

## HHP Clinical Bulletin on Transitioning Young Adults from Pediatric Care to Adult Care

Hawai'i Health Partners (HHP) supports the proactive transition of young adults from pediatric to adult health care at 18 years or older. This is both consistent with the American Academy of the Pediatrics (AAP) guidelines<sup>1</sup> and published studies which support a proactive transition process – resulting in statistically significant positive health outcomes for young adults, a better experience of care and more appropriate utilization of care services.<sup>2</sup>

Structured transition planning can help youths to progress successfully into adulthood – especially those with chronic conditions and special health care needs. A lack of which has been associated with adverse health consequences, and negatively effects on their quality of life and future education.<sup>3,4</sup>

The below graph represents the 2018 age distribution among HHP pediatricians.



<sup>1</sup> Updated Clinical Report on Health Care Transitions for Youth and Young Adults. (2018, October 22). Retrieved from <https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/Updated-Report-on-Health-Care-Transitions-for-Youth.aspx>

<sup>2</sup> Gabriel, P., McManus, M., Rogers, K., & White, P. (2017). Outcome Evidence for Structured Pediatric to Adult Health Care Transition Interventions: A Systematic Review. *The Journal Of Pediatrics*, 188, 263-269.e15. doi: 10.1016/j.jpeds.2017.05.066

<sup>3</sup> Lebrun-Harris, L., McManus, M., Ilango, S., Cyr, M., McLellan, S., Mann, M., & White, P. (2018). Transition Planning Among US Youth With and Without Special Health Care Needs. *Pediatrics*, 142(4), e20180194. doi: 10.1542/peds.2018-0194

<sup>4</sup> Self-management and Transition to Adult Health Care in Adolescents and Young Adults: A Team Process, John D. Mahan, et. al., *Pediatrics in Review* Jul 2017, 38 (7) 305-319; DOI: 10.1542/pir.2016-0074

We recommend proactively planning ahead for these conversations and connecting your aging-out patients to appropriate adult care services. Tools, talking points, and other resources to support your transition efforts are available via the AAP, and Got Transition™, a cooperative agreement between the Maternal and Child Health Bureau and The National Alliance to Advance Adolescent Health.

Hawai'i Health Partners also provides a list of adult PCPs with open panels (updated monthly) via our HHP Network Resource List (see below for access in, located in the 'HHP PCPs – ALL' worksheet tab.

Thank you for your excellent care of your patients and for helping to prepare them to be engaged, well-equipped adults with the skills and confidence to manage their health care.

### **Clinician Tools and Resources**

- Got Transition™  
[gottransition.org/providers](http://gottransition.org/providers)
- American Academy of Pediatrics  
[www.aap.org/en-us/professional-resources/practice-transformation/echo/Pages/Transition.aspx](http://www.aap.org/en-us/professional-resources/practice-transformation/echo/Pages/Transition.aspx)  
[www.aap.org/en-us/Documents/cocd\\_transition\\_resources\\_sept15.pdf](http://www.aap.org/en-us/Documents/cocd_transition_resources_sept15.pdf)

### **HHP Physician Network Information**

- Hawai'i Health Partners Network Resource List  
Available in Epic (Home Page), HPH Intranet (Groups & Projects/physician resources), and the HHP website in the 'Physician Login' area [*Forgot your User ID? Contact [Info@hawaiihealthpartners.org](mailto:Info@hawaiihealthpartners.org)*]  
[www.hawaiihealthpartners.org/for-providers/physician-login](http://www.hawaiihealthpartners.org/for-providers/physician-login)
- Hawai'i Health Partners – 'Find a Physician'  
[www.hawaiihealthpartners.org/find-a-physician](http://www.hawaiihealthpartners.org/find-a-physician)