



## Adolescent Medicine Resident Curriculum

### TRANSITION TO ADULT CARE

CREATIVE COMMONS

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**Society for Adolescent Health and Medicine**  
Adolescent Medicine Resident Curriculum – Transition to Adult Care

| MODULE AND LEARNING OBJECTIVES   | TEACHING MATERIALS  |                                    |   | CLINICAL AND COMMUNITY SETTINGS   |
|--|---|------------------------------------|---|---|
| TRANSITION TO ADULT CARE   | Readings and Videos   | Interactive Learning Opportunities | Materials to Develop Educational Sessions   |   |
| <p><b>Well Teens:</b></p> <ol style="list-style-type: none"> <li>Describe the timing and progression of transition preparation during adolescence</li> <li>Identify at least one tool for assessing youth readiness for transition</li> <li>Delineate the key components of transition preparation and implementation</li> <li>Describe the objectives and measurable outcomes of transitional care</li> </ol> | <p><b>Readings:</b></p> <ol style="list-style-type: none"> <li>AAP, AAFP, and ACP, Transitions Clinical Report. Supporting the health care transition from adolescence to adulthood in the medical home. Pediatrics 2011;128(1):182-200. <a href="http://pediatrics.aappublications.org/content/early/2011/06/23/peds.2011-0969.full.pdf">http://pediatrics.aappublications.org/content/early/2011/06/23/peds.2011-0969.full.pdf</a></li> <li>Bonnie R. Investing in the Health and Well-being of Young Adults. In: Institute of Medicine and National Research Council. National Academies Press.; 2015.</li> <li>John D. Mahan, Cecily L. Betz, Megumi J. Okumura and Maria E. Ferris. Self-management and Transition to Adult Health Care in Adolescents and Young Adults: A Team Process. Pediatr Rev. 2017 Jul;38(7):305-319. doi: 10.1542/pir.2016-0074. <a href="https://pedsinreview.aappublications.org/content/38/7/305">https://pedsinreview.aappublications.org/content/38/7/305</a></li> </ol> <p><b>Websites and Online Resources:</b></p> <ol style="list-style-type: none"> <li>Becoming an Adult: Taking Responsibility for Your Medical Care <a href="https://www.youtube.com/watch?v=cjXurYrFMZM">https://www.youtube.com/watch?v=cjXurYrFMZM</a></li> <li>Starting A Transition Improvement Process Using the Six Core Elements of HCT <a href="https://www.youtube.com/watch?v=oLaAEiYKRnW&amp;feature=youtu.be">https://www.youtube.com/watch?v=oLaAEiYKRnW&amp;feature=youtu.be</a> <ul style="list-style-type: none"> <li>Transition Preparation <a href="https://www.youtube.com/watch?v=77wy0nXHi6g&amp;feature=youtu.be">https://www.youtube.com/watch?v=77wy0nXHi6g&amp;feature=youtu.be</a></li> <li>Transfer to Adult Care <a href="https://www.youtube.com/watch?v=OsJQSEfOLZQ&amp;feature=youtu.be">https://www.youtube.com/watch?v=OsJQSEfOLZQ&amp;feature=youtu.be</a></li> <li>Integration into Adult Care <a href="https://www.youtube.com/watch?v=elqIZmpmhjw&amp;feature=youtu.be">https://www.youtube.com/watch?v=elqIZmpmhjw&amp;feature=youtu.be</a></li> <li>Youth, Young Adult &amp; Parent Engagement <a href="https://www.youtube.com/watch?v=Gqp7s5ziiYQ&amp;feature=youtu.be">https://www.youtube.com/watch?v=Gqp7s5ziiYQ&amp;feature=youtu.be</a></li> </ul> </li> <li>Florida HATS Health Care Transition Curricula <a href="https://www.floridahats.org/">https://www.floridahats.org/</a></li> <li>American College of Physicians Pediatric to Adult Care Transitions Initiative <a href="https://www.acponline.org/clinical-information/high-value-care/resources-for-clinicians/pediatric-to-adult-care-transitions-initiative">https://www.acponline.org/clinical-information/high-value-care/resources-for-clinicians/pediatric-to-adult-care-transitions-initiative</a></li> <li>AAP Transition ECHO <a href="https://www.aap.org/en-us/professional-resources/practice-transformation/echo/Pages/Transition.aspx">https://www.aap.org/en-us/professional-resources/practice-transformation/echo/Pages/Transition.aspx</a></li> </ol> |                                    | <p><b>MedEd Portal:</b></p> <ol style="list-style-type: none"> <li>Gooding H, et al. Transitioning Bryan: The Transition to Adulthood and the Medical Home. MedEdPORTAL Publication; 2015. <a href="https://www.mededportal.org/publication/10226/">https://www.mededportal.org/publication/10226/</a></li> <li>Alice A. Kuo, Mary R. Ciccarelli, Niraj Sharma and Debra S. Lotstein. A Health Care Transition Curriculum for Primary Care Residents: Identifying Goals and Objectives. Pediatrics. 2018 Apr;141(Suppl 4):S346-S354. doi: 10.1542/peds.2016-4300L. <a href="https://pediatrics.aappublications.org/content/141/Supplement/4/S346.long">https://pediatrics.aappublications.org/content/141/Supplement/4/S346.long</a></li> <li>FloridaHATS "Education &amp; Training for Health Care Professionals" <a href="https://www.floridahats.org/education-training-for-health-care-professionals/">https://www.floridahats.org/education-training-for-health-care-professionals/</a></li> </ol> | <ul style="list-style-type: none"> <li>Resident primary care clinic</li> <li>Adolescent clinic</li> <li>Inpatient settings</li> </ul> |



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| <p><b>Chronic Illness:</b></p> <ol style="list-style-type: none"> <li>Describe the impact of chronic illness on physical, emotional, sexual, social, and cognitive development, and the reciprocal impact of normal adolescent development on chronic illness</li> <li>Explain how chronic disease and intellectual impairment uniquely impact the process of transition preparation and challenges they pose for transfer of care</li> <li>List the consequences in young adulthood of ineffective, delayed, or unsuccessful transition</li> </ol> | <p><b>Readings:</b></p> <ol style="list-style-type: none"> <li>Lydie A. Lebrun-Harris, Margaret A. McManus, Samhita M. Ilango, Mallory Cyr, Sarah Beth McLellan, Marie Y. Mann and Patience H. White. Transition Planning Among US Youth With and Without Special Health Care Needs. <i>Pediatrics</i>. 2018 Oct;142(4). pii: e20180194. <a href="https://pediatrics.aappublications.org/content/142/4/e20180194.long">https://pediatrics.aappublications.org/content/142/4/e20180194.long</a></li> <li>Okumura MJ, Hersh AO, Hilton JF, Lotstein DS. Change in health status and access to care in young adults with special health care needs: results from the 2007 national survey of adult transition and health. <i>Journal of Adolescent Health</i>. 2013;52(4):413-418.</li> </ol> <p><b>Websites and Online Videos:</b></p> <ol style="list-style-type: none"> <li>Trapeze: A supported leap into adult health. Resources for paediatric teams <a href="http://www.trapeze.org.au/content/paediatric-teams">http://www.trapeze.org.au/content/paediatric-teams</a></li> </ol> |                                    | <p><b>Online Resources:</b></p> <p>Got Transition Resources: <a href="https://www.gottransition.org/resources/index.cfm">https://www.gottransition.org/resources/index.cfm</a></p> <ul style="list-style-type: none"> <li>Got Transition Six Core Elements Toolkit - Transitioning youth to adult health care providers: <a href="http://www.gottransition.org/resourceGet.cfm?id=208">http://www.gottransition.org/resourceGet.cfm?id=208</a></li> <li>Transitioning to an adult approach to care without changing providers: <a href="http://www.gottransition.org/resourceGet.cfm?id=210">http://www.gottransition.org/resourceGet.cfm?id=210</a></li> <li>Integrating young adults into adult health care: <a href="http://www.gottransition.org/resourceGet.cfm?id=212">http://www.gottransition.org/resourceGet.cfm?id=212</a></li> </ul> | <ul style="list-style-type: none"> <li>Resident primary care clinic</li> <li>Adolescent clinic</li> <li>Inpatient settings</li> <li>Subspecialty clinics</li> <li>Adult care settings (Internal or Family medicine clinic)</li> </ul> |

