



NURSING AND HEALTH CARE TRANSITION

Nurses are key partners in health care transition (HCT) improvement efforts, often leading HCT work in health systems and practices. Health care transition data show that:

- Nineteen percent, or 61 million, of the US population are between the ages of 12 and 25.¹
- Among this transition-aged group, 25-30% have one or more chronic conditions.^{2,3}
- Over 90% will survive into adulthood.⁴
- 2016 National Survey for Children's Health data reveal that 85% of 12-17-year-old youth (16.5% youth with SHCN, 14.2% youth without SHCN) are not receiving transition preparation from their health care providers.²

Position Statements on Health Care Transition

From [American Academy of Ambulatory Care Nursing](#) (2015), [Society of Pediatric Nurses](#) (2016), and [National Association of School Nurses](#) (2019)

Articles and Resources Related to Nursing and Health Care Transition:

[Pediatric Nurse Practitioners' Perspectives on Health Care Transition From Pediatric to Adult Care](#)

This article outlines opportunities and challenges identified by PNP's to improve the quality and process of transitioning adolescents to adult services. This report will help National Association of Pediatric Nurse Practitioners formulate a new Health Care Transition Policy Statement for the organization.

[2018 Clinical Report: Supporting the Health Care Transition From Adolescence to Adulthood in the Medical Home](#)

The updated 2018 clinical report provides the professional guidance on health care transition. Nursing was a part of the authoring group, and nursing leadership in HCT is mentioned within the paper.

- Listen to an [audio podcast presentation](#) on the new Clinical Report and its key components, featuring representatives of the American Academy of Pediatrics, American Academy of Family Physicians, and the American College of Physicians.

[Evaluation of a Health Care Transition Improvement Process in Seven Large Health Care Systems](#)

This article in the *Journal of Pediatric Nursing* tracks progress at participating systems in implementing Got Transition's Six Core Elements of Health Care Transition™. Two of the paper's system representatives are nurses.

[Outcome Evidence for Structured Pediatric to Adult Health Care Transition Interventions: A Systematic Review](#)

This is a systematic review about the significant outcomes of a structured process for health care transition.

[Transitional Care Interventions: Relevance for Nursing in the Community](#)

This paper concludes that effective transitional care requires excellent communication between acute and primary care providers, which has implications for integration and organization of care across settings and nursing competence.

More Health Care Transition Resources:

[The Six Core Elements of Health Care Transition™](#) define the basic components of health care transition support. These components include establishing a policy, tracking progress, administering transition readiness assessments, planning for adult care, transferring, and integrating into an adult practice.

Go to
GotTransition.org
for all other
HCT-related resources
and information!

[Incorporating HCT Services into Preventive Care for Adolescents and Young Adults: A Toolkit for Clinicians](#)

This Preventive Care and Transition Toolkit provides suggested questions and anticipatory guidance for clinicians to introduce health care transition during preventive visits with early adolescents (ages 11-14), middle adolescents (ages 15-17), late adolescents (ages 18-21), and young adults (ages 22-25).

Information on [payment for HCT activities](#)

¹ U.S. Census Bureau, Population Division. Annual Estimates of the Resident Population: April 1, 2010 to July 1, 2017.

² Estimates from the 2016 National Survey of Children's Health. Available at <http://childhealthdata.org>

³ Institute of Medicine and National Research Council. *Investing in the Health and Well-Being of Young Adults*. Washington, DC: The National Academies Press, 2014.

⁴ Perrin JM, Bloom SR, Gortmaker SL. The increase of childhood chronic conditions in the United States. *JAMA*. 2007;297(24):2755-2759.