

*Good 2 Go Transition Program*  
*The Hospital for Sick Children*

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The Hospital for Sick Children (SickKids)  
Toronto, Ontario  
Canada

[www.sickkids.ca](http://www.sickkids.ca)

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Outline

- The Early Days (of “Transition Planning”)
- The Early Days of being “Good 2 Go”
- 10 years and Counting
- Lessons Learned

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## The Early Days of Transition Planning

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## Transfer vs. Transition Planning

- “Transfer” Planning: [Transition 1989](#)
  - Video: [www.youtube.com/watch?v=VG6VEWiV1TA](http://www.youtube.com/watch?v=VG6VEWiV1TA)
- Transition Programing (at SickKids)
  - Lack of hospital-wide approach and consistency across ambulatory programs
  - Personnel-dependent programing led to lack of sustainability of transition activities
  - Absence of protected time for program planning or resource development

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### SickKids' 1<sup>st</sup> Transition Symposium April 16, 2002

I was very impressed about how the purple-haired doctor facilitated the small work group discussion. It was insightful and productive

Afternoon sessions were helpful for learning/sharing what is there now and everyone's goals/plans

A good start to making some institutional changes; best group work in a long time!

Great day; it was great – a great beginning; giving me lots of great ideas and things to take back to my team; looking forward to the next steps

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The 1<sup>st</sup> Proposal

“We propose a hospital-wide transition model that will enable successful, seamless transition from paediatric to adult care...that will be generalizable to ambulatory care at SickKids and appropriate external facilities, a model that is flexible enough to be customized for various patient populations”

**“The ultimate goal is to empower youth to take charge of their health care and move easily into the adult system”**

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SickKids’ Children’s Council

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The Early Days of Being  
“Good 2 Go”

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### Shared Management Model

	Provider	Parent/Family	Youth
Age and Time ↓	Major responsibility	Provides care	Receives care
	Support to Parent/family and child/youth	Manages	Participates
	Consultant	Supervisor	Manager
	Resource	Consultant	Supervisor/CEO

Kieckhefer GM., & Trahms CM. Supporting development of children with chronic conditions: From compliance toward shared management. *Pediatric Nursing* 2000;26(4):354-363.

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### “Make Stuff; People Like Stuff”

- Team composition
  - Miriam Kaufman, Pediatrician
  - Lorrie Horricks, Clinical Nurse Specialist
- Unofficial Motto:
  - *“Make stuff and say yes to every request”*

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### Resource Development

Help them grow...so they're Good 2 Go Timelines	MyHealth Passport	Getting Ready for Adult Care Booklet
Graduation Certificate	Transition Readiness Checklists	MyHealth 3-Sentence Summary

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### The Half-Way Point: 5 Years

- Shift from “making stuff” to paying attention to outcomes and evaluation planning to support sustainability plans
  - Ex. 1<sup>st</sup> Good 2 Go Transition Resource Manual
- Building capacity in others
  - Ex. Pediatric and adult health care providers, patients/families, administrators and community partners
- Identifying barriers and challenges to transitions
  - Ex. Implement a small change or plan for a more widespread policy implementation

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### 10 years and Counting

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### Good 2 Go Transition Program

- Core Team + Adjuncts, Students and Champions
  - Khush Amaria, Clinical Health Psychologist
  - Geraldine Cullen-Dean, Clinical Nurse Specialist
  - Megan Henze, Occupational Therapist
- 5 Service Domains
  - Direct Clinical Care of Patients and Families
  - Education and Knowledge Broker
  - Resource and Tool Development
  - Program Development Support and Consultation
  - Research and Evaluation
- Unofficial Motto:
  - “Inspire, Empower, Embed”

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### 5 Service Domains

- Describe some of our favorite activities and initiatives
- Discuss the implementation, barriers and the associated outcomes

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### Direct Clinical Care of Patients and Families

- Assess and provide transition-related intervention in the Good 2 Go Transition Clinic to patients and/or their families, in conjunction with their health care teams.
- Consult with SickKids health care providers and external partners to develop and implement transition care plans.

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### Direct Clinical Care of Patients and Families

- Good 2 Go Transition Clinic
  - A weekly clinic for adolescent patients at SickKids, age 12 to 17, who require psychosocial and educational support to prepare for transition to adult care
  - Also provide support to parents and families who care for adolescent patients transitioning to the adult health-care system
- Transfer Clinics
  - A clinic dedicated to discussing the transition process and prepare for the upcoming move to adult health care
  - Identified as a Leading Practice (by Accreditation Canada)

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### Education and Knowledge Broker

- Develop and provide educational workshops and presentations for SickKids' staff and their community adult partners on the key components of transitional care.
- Create and maintain an educational website accessible to patients, families, SickKids staff and other health care providers.
- Present on Good 2 Go Transition Program initiatives at conferences at local, national and international levels.
- Provide direct education to paediatric patients and their families on transition preparation

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### Education and Knowledge Broker

- Healthcare Provider Educational Workshops
  - Ex. Orientation session for new nurses
- Patient-specific Website Development
  - Ex. Go Positively: [www.sickkids.ca/Go-Positive](http://www.sickkids.ca/Go-Positive)
- Direct-Patient Education
  - Ex. Transition Fun in Inpatient Units

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### Resource and Tool Development

- Develop and provide tools and resources for programs that can be easily embedded and modified to meet specific patient and program needs.
- Serve as knowledge hub for literature on transition to health care providers and young people with chronic conditions and their families.

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### Resource and Tool Development

- Planning Your Future Handouts
  - [www.sickkids.ca/PlanningYourFuture](http://www.sickkids.ca/PlanningYourFuture)
  - A series of handouts for patients and health care providers to increase knowledge and to support planning of services and programs in adulthood.
  - Subjects include: academic supports, funding for developmental disabilities, finances, employment and physical disabilities.
- Good 2 Go Transition Program Resource Manual
  - Comprehensive summary of the history, philosophy, activities and success of program, includes description of barriers and interventions to overcome challenges

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### Program Development Support and Consultation

- Assist programs in developing and integrating transition-related practices within their programs.
- Support development of partnerships with community and adult health care sites to provide continuous smooth transfers for patients and families.
- Serve as “experts” in transition programming to multi-organizational and government level panels/councils developing transition guidelines and best practices.

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### Program Development Support and Consultation

- Transition Programming Implementation
  - Ex. Renal Transplant Clinic
  - Integration of Transfer Clinics, tools, evaluation plans
- Transition “Expert” Consulting
  - A Guideline for Transition from Paediatric to Adult Care for Youth with Special Health Care Needs (YSHCN): A National Approach (c/o Canadian Association for Pediatric Health Centres)
  - <http://bit.ly/2cz6lPi>

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### Research and Evaluation

- Plan and implement evaluation studies (quality improvement and research) of transition initiatives/tools and transition programs within SickKids, and collaborating hospital and community settings.
- Serve as a research consultant to programs evaluating transition efforts.

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### Research and Evaluation

- Quality Improvement Project
  - Ex. Transfer Clinics
  - Assess patient's satisfaction and impact at multiple time points: pre- and post- transfer clinics, and post-transfer
- Research Projects
  - Ex. iHeart Change <https://iheartchange.org/>
  - Transition Task Force to support for youth with congenital heart disease in their transition to adult care

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### Lessons Learned

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### Top 5 Tips

1. **Be Loud**
  - Have your elevator pitch, program plan, easy wins and “wish list” ready for executives, managers and anyone who will listen
2. **Don't do it alone**
  - Empower a team of champions and collaborate to build shared resources, tools and supports
3. **Make stuff**
  - Don't need to reinvent the wheel, “own everything” or be perfect to inspire change
4. **Start somewhere**
  - Choose some easy wins, and don't believe you need to change everything at once
5. **Have fun**
  - Play games, engage youth in planning/development, be creative

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### Thank You!

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