

Yorkshire & the Humber Children's and Maternity SCN

Transition of children and young people (C&YP) to adult services: Young People Friendly Care

Project Title

Transition of children and young people (C&YP) to adult services: Young People Friendly Care.

Rationale

In 2010 Sir Ian Kennedy shared his concerns that transition, 'long the cause of complaint and unhappiness'¹ was a critical area for service improvement, as services were failing to meet the needs of young people. The World Health Organisation defines young people (adolescents) as those aged 10-19 years. Adolescence is a developmental stage, distinct from childhood or adulthood, with increasing evidence of the specific neurocognitive development young people experience that underlies much of their behaviour. Advances in health care and improved quality of services means that children and young people are living longer with serious illness, chronic conditions and disabilities and will require ongoing care and support into adulthood. Children and young people need to be prepared and supported to live healthy and fulfilling lives. Adolescents are seen both in, and across, paediatric and adult services and effective transition processes are key in providing young-person friendly, developmentally-appropriate care.

In 2013 the Royal College of Nursing published their report 'Lost in Transition' (<http://www.rcn.org.uk/data/assets/pdf/0010/157879/003227WEB.pdf>) detailing principles of good practice for transition and engaging with CYP. The report recommends that; all staff working with young people and young adults must receive specific training to facilitate the transition between services. Young people need support and education to prepare them to develop resilience and cope with transition. Each health care area should commit to an agreed transition policy, which clearly outlines transitional care arrangements and services to be designed around the age and developmentally-appropriate needs of young people, rather than the needs or constraints of services.

In 2014, the Quality Care Commissions published a review of transition 'From the Pond into the Sea' (<http://www.cqc.org.uk/content/teenagers-disabilities-and-long-term-health-needs-lack-appropriate-support-their-approach>) which calls for changes in the commissioning of services and 'describes a health and social care system that is not working, that is letting down many desperately ill youngsters at a critical time in their lives.'² (Professor Steve Field, Chief Inspector of Primary Medical Services and Integrated Care)

National & Regional Context

Transition of children and young people (CYP) to adult services was identified at the engagement event for the Children's and Maternity Strategic Clinical Network (SCN) in September 2013 as a priority for stakeholders across Yorkshire and the Humber (Y&H). This

¹Getting it right for children and young people, overcoming cultural barriers in the NHS so as to meet their needs (2010)

²From the Pond into the Sea (2014) CQC

priority was endorsed by all 24 CCG's across Y&H and Transition has therefore been included on the Y&H Children's and Maternity SCN's work programme.

CYP Transition to Adult Services is one of the six priority work streams of Dr Jacqueline Cornish, National Clinical Director (NCD) for Children, and Young People & Transition to Adult Services.

A CYP Transition National Working Group has been established, chaired by the National Clinical Director for CYP / Transition and is the national vehicle for leading and improving transition planning for CYP across three key areas; CAMHs, SEND and Long Term Conditions. This work brings together CCGs, Trusts, Local Authorities, Social Care and the Voluntary Sector to address transition and good adolescent care.

The National Transition Working Group has developed a transition service specification 'insert' for use in Specialised Services commissioned by NHS England and is now refining the adaptation of this specialised transition service specification 'insert' for use in the non-specialised services commissioned by CCG's

In some areas of Y&H e.g. Leeds and Sheffield, work is already being undertaken to improve transition planning for CYP developing transition programmes and providing knowledge and insight to guide and inform service development across the Trust.

The Y&H SCN (Children) has undertaken a stocktake of the commissioning and provision of transition services in Y&H in order to understand the current transition arrangements in the region, support the development of the transition agenda and work together to improve the outcomes and experience of CYP

Proposed Plan of Work

Aims:

- To develop an understanding of transition, what 'good and effective' transition looks like for CYP and organisations, share good practice and address challenges and barriers.
- To support Commissioners and Provider organisations across the whole health and social care system to develop an integrated approach to transition engaging all aspects of health and social care in transition planning.
- To support collaborative working in order to respond and meet the needs of CYP as they transition from children's to adult services. To use current understanding of the developmental stage of adolescence and the needs of adolescents in paediatric and adult services to engage all services interfacing with young people
- To seek to provide a generic approach to transition which can be used by all Providers and Commissioners to improve quality of care and develop a patient centred approach. In addition it can be used to empower CYP to take ownership of their health and understand their condition, feel confident to seek help and advice and to understand any changes in their care.
- To undertake a baseline assessment and benchmarking exercise in all Trusts across Yorkshire and the Humber.

Expected Outcomes

- 1. Identify the priorities for transition across the region.**
 - Identify issues, challenges and barriers for transition
 - Develop recommendations for implementing transition and moving forward
- 2. Identify evidence based transition documentation and develop a 'Transition Toolkit' for providers and 'Transition Guidance' for commissioners.**

- Review transition documentation and evidence using the 'Key Themes and Principles' documents developed by Y&H SCN including ensuring all services are 'young person friendly'.
 - Develop outcomes for transition.
 - Make recommendations to local commissioners on models of transition that support evidenced best practice to improve outcomes for children.
 - Make recommendations to improve engagement and involvement of CYP and their families
- 3. Baseline assessment and benchmarking / Testing the 'Toolkit and Guidance'**
- Organisations to benchmark their services
 - Organisations to develop action plans to improve transition
 - Identify examples of best practice.
- 4. Transition Toolkit/Guidance Launch Event**
- Findings from the Benchmarking / Toolkit and Guidance testing.
 - Sharing Best Practice
 - Launch 'Toolkit' and 'Guidance'
 - Next steps for the region.

Initial Project Plan

1. Establish a Task & Finish Group.
2. Identify the challenges / barriers to transition and recommendations / next steps.
3. Identify appropriate mechanisms to benchmark user experience / feedback.
4. Identify relevant documentation and evidence to inform 'Transition Toolkit' for providers and 'Transition Guidance' for commissioners.
5. Identify and agree relevant standards to form the benchmarking tool for transition e.g. Great Ormond Street Benchmarking Tool.
6. Identify and establish appropriate linkages to work already undertaken across Y&H e.g.
 - Leeds Children's Hospital / Leeds Teaching Hospitals NHS Trust
 - Sheffield Children's Hospital / Sheffield Teaching Hospitals NHS FT
7. Identify and establish appropriate linkages to work already undertaken nationally
 - Ready Steady Go Hello – Southampton University Hospital
 - National Transition Working Group
8. Identify and formulate recommendations
9. Complete Benchmarking / Toolkit and Guidance testing.
10. Facilitate Transition Toolkit / Guidance Launch Event
11. Determine next steps and possible outputs/actions with members of the T&FG.

Emm Irving
February, 2015

Transition of children and young people (C&YP) to adult services – Initial Action Plan

Action	Lead Responsible	Timescale
1.		
2.		
3.		
4.		
5.		

Amendment History

Version	Date	Amendment History	Initials
0.1	19/11/14	First draft for comment	EI
0.2	20/11/14	Fiona Campbell - Amendments	FC
0.3	26/11/14	Rachel Tattersall - Amendments	RT
0.4	01/12/14	Fiona Campbell - Amendments	FC
0.5	01/12/14	Emm Irving - Formatting	EI
0.6	04/12/14	Clare Hillitt & Emm Irving - Amendments & Formatting	CH/EI
0.7	23/02/15	Emm Irving – Amendments	EI