Transitioning Care from Parent to Young Adult Applying a Family Systems Approach:

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A T1 DIABETES GUIDE TO THE UNIVERSE (AVAILABLE ON ITUNES)

Psychological Issues: Across All Age Groups and Individuals

- Powerlessness
- EMPOWERMENT of Family & Patient – “OWNING IT”
- Depression
- Depression-like Syndrome
- General Feelings
  - Anger
  - Frustration
  - Fear
  - Anxiety
  - Exhaustion

PEDS: What are we looking for?

- Effective coping
  - Individual – dealing effectively with feelings & emotions
  - Family – effective communication & support
- Optimal Metabolic Control
- Normal Growth & Development

Adult Side Is Dependent on How Peds Side Went!

A + B always = C!

Net effect is gradual and incremental

Important: Planning for discharge upon admission!

Follow the Timeline!

Initial Diagnosis → Ped Clinic → Adult Clinic

TRANSITION Period

Family Approach: With Children

The Family is the Patient

Mother  →  Father  →  Child

Intervention strategies focus on changing the family context and structure where these behaviors occur and are reinforced.

Problem caused by personal feelings AND dysfunctional patterns of communication, interaction and “low” behavioral expectations.
Assessment For Family Functioning: Pediatrics

Family emotional supportiveness
- Between parents—are mother and father emotionally available to each other?
- Availability—is there flexibility with daily schedules?

Family organization
- Joint decision making—between spouses
- Value congruence—between spouses
- Communications patterns—are messages about rules clear or confusing?

Competence/effectiveness
- Response to initial symptoms

- Solowiejczyk, Baker, Rosman, Nogueira, Sargent. Research conducted at CHOP, 1979

ADULTS: What are we looking for?

Effective coping
- Individual: Maturity
- Dealing effectively with associated feelings and emotions
- Couple/Family: Effective communication & support

Optimal Metabolic Control
Normal Growth & Development

The One Supports and Informs the Other: ALL THE TIME!!!

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Follow the Timeline! NOW NOT SUCH A MYSTERY!

"Concept" Elements of an Effective Transition Program:

Seamless support of previous clinical issues
Redefinition of new, age & life cycle appropriate goals
On-going support of newly defined goals

"Physical" Elements of an Effective Transition Program:

Smooth "physical handoff" between Peds team & Adult team. Clear communication to family & patient regarding "transitioning" goals and Adult Life & Clinic expectations.
Relevant & real transfer of clinical information and profile (medical records).
Face to Face RELEVANT & Patient/family specific support regarding transition and integration of new challenges & goals.
May the Force Be with You!

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