

QUALITY STANDARDS FOR TRANSITION

Aim: To provide a short checklist of diabetes specific information needed by a service to ensure they are offering a good quality transition process.

Beneficial features	Minimum standards	Examples / explanation
Person	Transition should be based on developmental readiness not chronological age.	Young people will be ready to move to an adult service at different ages; a 17 year old who has been working for a year may be more ready than one still at school.
Parent	Parents' needs must be considered in the transition process.	Parents may need support to hand over control of diabetes to their child.
Partnership	The young person, their parents and the professional should understand and reach agreement on each step of the process.	A competency based checklist for transition should be used. The expectations within this should be explained to young people and parents so they are clear what can be achieved.
Participation	Young people must be invited to share their views about their diabetes service annually.	The unit should run a survey or focus group annually. The results must be collated and used to improve the diabetes service with feedback offered.
Professional	The professionals involved in transition should demonstrate an interest in young peoples' health and wellbeing.	Professionals should have received appropriate training in how to communicate with young people e.g. e-learning for health and tools such as motivational interviewing. A process should be in place to get feedback from young people on each professional's communication skills. The GMC has a patient feedback questionnaire ¹ .
Preparation	Transition should be introduced at around 12 years of age.	In order to prepare young people for the differences in services there should be regular discussions at appointments from 12 onwards.
Planned	Each young person should have a personalised care plan agreed with them.	The steps in the transition process should be available for young people and parents. These steps should be agreed with the adult service whether in the acute Trust or in the community.
Place	Transition clinics and in patient care should take place in a young person friendly environment.	Implementing the You're Welcome standards ² . A young person should be offered their inpatient stay in a dedicated young persons' area which could be either the adult or paediatric ward.
Process	It should take at least a year of joint consultation for the young person to transition into adult services.	Each team should be represented at each consultation during that year. Young people may choose to move on earlier but it should be standard practice to offer them at least a year's worth of joint clinic appointments.
Pumps, Pregnancy and Pre-existing conditions	A clear policy for young people who have more complexity in their care plan is needed.	Young people with additional needs are often 'lost' to the transition process. Adult and paediatric services need to ensure that they have described how the needs of these young people will be met.

¹ Available at http://www.gmc-k.org/doctors/revalidation/colleague_patient_feedback_resources.asp

² Available at http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_073586