



Vermont Child Health Improvement Program



VCHIP

Vermont Child Health Improvement Program
UNIVERSITY OF VERMONT COLLEGE OF MEDICINE

VCHIP Transitions Project Lunch and Learn March 27, 2025

*Slides prepared by Alyssa Consigli, RD, CPHQ
Alyssa.Consigli@med.uvm.edu*

Facilitators



Alyssa Consigli

Project Director and Quality Improvement Coach, Vermont Child Health Improvement Program (VCHIP)



Michelle Rovnak

Project Coordinator and Tech Support, Vermont Child Health Improvement Program (VCHIP)

VCHIP Transitions Project

Vermont Child Health Improvement Program



[VCHIP Peds to Adult Care Transition Project](#)

Transitions of Care (Pediatric to Adult Focused Care)

This project aims to understand barriers and challenges of adolescents transitioning to adult primary and subspecialty care and work toward system improvement to facilitate a smooth transition of care. We engage pediatric and adult focused clinicians to address these challenges and barriers that prevent young adults from accessing high quality primary and specialty care. Our work is guided by [Got Transition's Six Core Elements of Health Care Transition](#) to support successful health care transitions for Medicaid-eligible youth.

Our team brings together faculty and staff from VCHIP and the Department of Medicine Quality Program to strengthen our progress in building a sustainable model for supporting health care transitions for Medicaid-eligible adolescents who are transitioning from pediatric to adult subspecialty and primary care.



Goals & Achievements

- Recruited 3 Pediatric Specialty Care Practices, 2 Adult Focused Specialty Care Practices, 2 Pediatric Primary Care Practices, 1 Internal Medicine practice, and 1 Family Medicine practice to engage in quality improvement initiatives to support successful transitions of care from pediatric to adult focused care.

Project Team

VCHIP

Keith Robinson, MD, FAAP, Lead Faculty

Valerie Harder, PhD, MHS, Lead Evaluator

Alyssa Consigli, RD, CPHQ, Project Director and Quality Improvement Coach

Angela Zinno, Project Coordinator

Michelle Rovnak, Project Coordinator

Susan Richardson, PhD, Research Analyst

Who's Here?

Introduce yourself in the chat

Share your favorite TV show as a young adult!

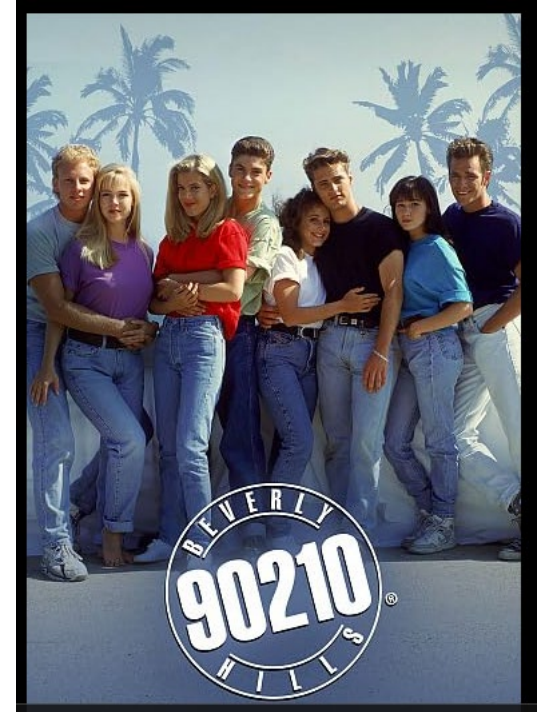


Photo credit: https://www.imdb.com/title/tt0098749/?ref=mv_close

Objectives

- Understand youth centered care strategies when working with adolescents and young adults during the transition journey
- Foster shared learning with youth supporting professionals through use of care scenarios

Pop Quiz

What age it is recommended to begin meeting with young people on their own?

AAP recommends as early as 11

Youth Centered Care



A youth friendly health center meets the needs of young people in ways that are sensitive, effective, and inclusive

Source: World Health Organization

Problems Encountered *without* a Coordinated Health Care Transition

- Medication/treatment adherence
- Medical complications
- Discontinuity of care
- Patient dissatisfaction
- Expensive health care utilization (Emergency Dept.; Urgent Care)
- Quality of care
- Medical errors



Interactive Care Scenarios

- Fictional characters designed to spark discussion, out of the box thinking, and engage a wide variety of care team and non-care team supports
- Care studies will be presented on slide, then posted in the chat
- When prompted, you can raise your hand to share an idea, or you can use the chat feature
- ~8-10 minutes for each scenario

What Would You Do?

JC is 22 years old and presents to the ED following a fainting episode at his new job. He grew up in Pennsylvania and recently came to Vermont for his first professional job in IT. His medical history includes diagnoses of juvenile idiopathic arthritis and general anxiety disorder, both of which have been well controlled with medication for many years. He states he has recently been inconsistent with taking medications due to financial strain and not really feeling like the medicine helps. You learn that his new insurance does not cover his prescribed medications. Once stabilized and released from the ED, he is referred to primary care.

How would you support JC at his first primary care visit?

What Would You Do?

Kaley is 20 years old and a patient at your pediatric clinic. She is a well-known patient with strong family and social supports. Kaley's medical history is significant for epilepsy and an intellectual disability. Your wife has accepted her dream job across the country and you, Kaley's lifelong primary care physician, will be leaving the practice in six months. As you begin to think about transferring her care, you consider a transition to an adult focused clinic, because of her age, however, you are concerned that she will get "lost" at the adult focused clinic.

How would you support Kaley and her family?

What Would You Do?

Jacob is 16 years old and was diagnosed with congenital heart disease soon after his birth. He is a thriving young person – in the honor's program at school, president of the student council, and active in the performing arts. Last year he was the lead in the musical, "The Music Man". Jacob is highly motivated and engaged in his care. Jacob's moms have done most of his healthcare oversight because he is so busy with school and extracurriculars. He recently shares that he would like to manage his own medications and start doing more health-related things on his own. "I'm going to college soon, and I don't want to be the kid whose moms are still managing their meds and making their appointments".

How would you support Jacob?

What Would You Do?

Avery is 20 years old, and you transitioned her to the adult focused primary care clinic about a year ago. Today, Avery has returned to the pediatric clinic to see you. When you ask her about her care, she tells you she stopped taking her ADHD medication because she didn't have any more refills. She is stressed because she is having trouble with her college classes and work. When you try to discuss the situation in more detail, she cries and tells you she won't go back to the adult clinic after her last visit there.

How would you support Avery?

Key Takeaways

- Every transition journey is unique
- Youth supporting healthcare providers can positively impact and empower young people during the transition years
- Achieving independence is a gradual process and involves many supports
- Teamwork and collaboration is essential

Feedback

Survey Link: <https://redcap.link/LunchandLearnEvaluation>

