Improving Transition from Pediatric to Adult Sickle Cell Care Using a Transition Checklist

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BACKGROUND

- Sickle Cell Disease (SCD) affects over **5,500** individuals in North Carolina.[1]
- The transition from pediatric to adult care is a high-risk period marked by increased ED use and hospitalizations.[2]
- Gaps in health literacy, self-management, and socioeconomic factors worsen health outcomes.
- A **standardized transition checklist** can guide providers in preparing patients for adult care.

PROJECT AIM

- By April 1, 2025, incorporate the transition checklist into the care of at least 60% of eligible patients (aged 12 and older with SCD) seen at any ECU Health Pediatric Sickle Cell Clinic visit.

PROJECT DESIGN/STRATEGY

Setting: ECU Health Pediatric Hematology/Oncology Sickle Cell Clinics (monthly).
Population: Patients aged 12+ with SCD.
Tool: 3-phase Transition Checklist focusing on: Health Knowledge, Health Behaviors, and Socioeconomic Factors.
Team Members: Providers, Nurses, Social Workers, Child Life Specialists.

Documented in EMR during each visit; advancement to next phase required ≥80% completion.

IMPLEMENTATION TIMELINE

Discussed	Competent	Healthcare	Discussed	Competent	Health Behaviors	Discussed	Competent	Socio-economic Factors
		Living well with SCD			Sexuality			Identifying social support networks
		Periods			High risk pregnancy			Short-/Long-term academic and career goals
		Priapism			Romantic relationships			Available government benefits
		Anemia			Stress management			Introduction into insurance
		When to call your doctor?			Behavioral pain management			Power of attorney (if necessary)
		Meaning of laboratory values			Importance of healthy diet and exercise			Sharing diagnosis with others
		Pain triggers and treatment			Potential impact of SCD on hobbies/interests			Assessment of home life challenges
		Adherence strategies			Alcohol, tobacco, illicit drug use			
		Current medications			Importance of mental health (depression, anxiety screening)			
		Immunizations						
		Knowledge of genotype						
		Options for adult care						
		MyChart app						

	provider
	nursing
	Physchosocial team
	discussed
	competent

Figure A. Phase I Transition Checklist

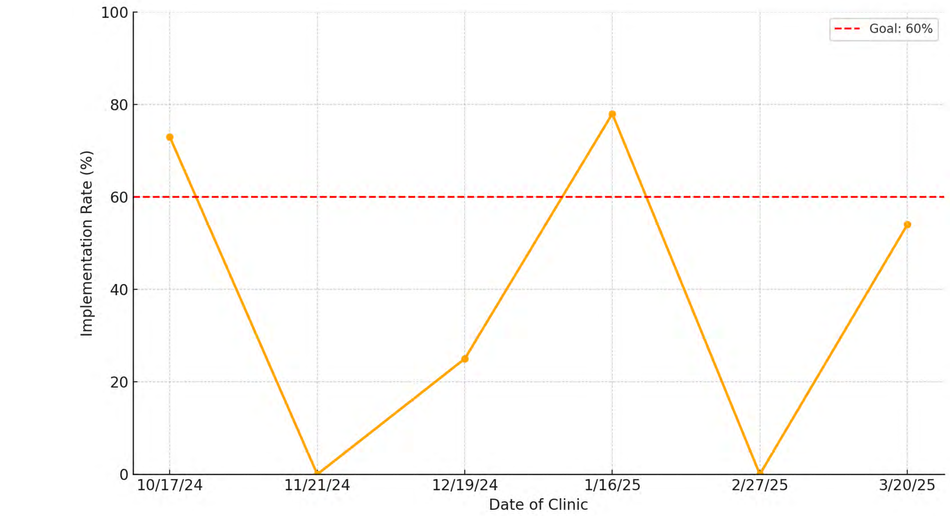

Figure B. Transition Checklist Implementation Rate by Clinic Date

RESULTS/OUTCOMES

- **54** eligible patients seen from Oct 2024–Mar 2025.
- **35% of patients (n=19)** had checklist documented.
- **5 patients** returned for follow-up → **100% continuation** of checklist.
- Only **2 patients (11%)** advanced to Phase II.
- See graph for visual summary of checklist implementation by clinic date.

LESSONS LEARNED

- Successful implementation is tied to specific **provider engagement**.
- **Variability in staff presence** affects consistency.
- Most patients are not yet transition-ready, reflected by low Phase II progression.
- Importance of regular **team reeducation** and discussion.

NEXT STEPS

- **Ongoing staff training** and project reinforcement during monthly meetings.
- Collaborate with new **Transition Coordinator** to standardize use.
- Explore barriers to Phase II progression (e.g., patient understanding, staff comfort).
- Evaluate patient and caregiver satisfaction with the checklist tool.

ACKNOWLEDGEMENTS

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References

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