

IMPROVING THE HEALTH OF STUDENTS IN WISCONSIN THROUGH HEALTH CARE TRANSITION

A structured pediatric-to-adult health care transition (HCT) process can support students who have an IEP to achieve their postsecondary goals. Successful transitions to college, employment, and independent living often depend on the ability of youth and young adults to manage their own health care and navigate adult systems of care. This can include knowledge of:

- health care needs
- medications and how to refill them
- what to do in a medical emergency
- how to make a doctor's appointment
- decision-making may change at age 18
- having and carrying health insurance information
- how to request accommodations, if needed

Key Facts from the 2021-22 National Survey of Children's Health¹

- As of 2021-2022, there were 131,000 youth ages 12-17 in **Wisconsin** who had a special health care need
- 69% of youth with special health care needs in **Wisconsin** did not receive services necessary for transition to adult health care

Wisconsin is one of 36 states and territories that have selected HCT as a National Performance Measure

Effective Pediatric-to-Adult Health Care Transition Results In...

- ↑ Adherence to care
- ↑ Adult clinic attendance
- ↑ Patient satisfaction
- ↑ Quality of life
- ↑ Self-care skills
- ↓ Lapse in care
- ↓ Perceived barriers to care
- ↓ Hospital admission rates
- ↓ Hospital lengths of stay
- ↓ Morbidity and mortality

SCHOOL NURSES CAN MAKE A DIFFERENCE

- ✓ Get involved in IEPs and PTPs
- ✓ Help students learn to describe their symptoms
- ✓ Help them learn their doctor's name
- ✓ Help them put emergency contacts in their phone
- ✓ Encourage students to spend time alone with their doctor and learn how to ask them questions
- ✓ Consider any health plans or emergency care plans that may need to move forward with the student after exiting school

Use time set aside for parent-teacher conferences to meet with students and their caregivers to discuss healthcare transition and changes in consent and privacy.

STRATEGIES TO IMPROVE HCT FOR STUDENTS IN WISCONSIN

- ✓ Provide [trainings](#) on HCT for Health Care Providers, Educators, Employers and others
- ✓ Make HCT resources from [Health Transition Wisconsin](#) available on state/local websites
- ✓ Encourage use of [HCT readiness assessments](#) and [sample goals](#) as part of the IEP transition planning process
- ✓ Elicit feedback from students and families on how HCT can best be incorporated into special education
- ✓ Contact [Youth Health Transition Initiative](#)² to pilot the [HCT readiness assessments](#) and [sample goals](#)
- ✓ Create messaging around how health is foundational to success in postsecondary employment, education, and independent living

Got Transition[®] is operated by The National Alliance to Advance Adolescent Health.

¹ U.S. Department of Health and Human Services, Health Resources & Services Administration, Maternal and Child Health Bureau. National Survey of Children's Health. Available at: <https://www.childhealthdata.org/>

² The Youth Health Transition Initiative is funded in part by the MCH Title V Services Block grant, MCH Bureau, Health Resources and services Administration, US Dept of Health and Human Services.

For information about Wisconsin's Title V transition efforts, contact healthtransitionwi@waisman.wisc.edu. For additional HCT resources, visit GotTransition.org.

