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"I can take this!" Medication Regimen Adherence while Transitioning to Adult Care

Cameron Fautheree,
Children's Health

Alexa Maldonado
Children's Health

Tamera Luster
Children's Health

Leslie Mendoza
Children's Health

Jordan Mosley
Children's Health

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Background

Patients taking medications daily for chronic conditions are expected to maintain their adherence even once they transition to adult care. However, through clinical experience we have noticed that many young adults are not aware of the medications they are taking let alone why it is necessary. In addition, chronically ill adolescents tend to rely on their caregiver.

PICO Question

Will altering educational strategies improve medication adherence in adolescents age 13-17 transitioning to adulthood versus strategies remaining the same?

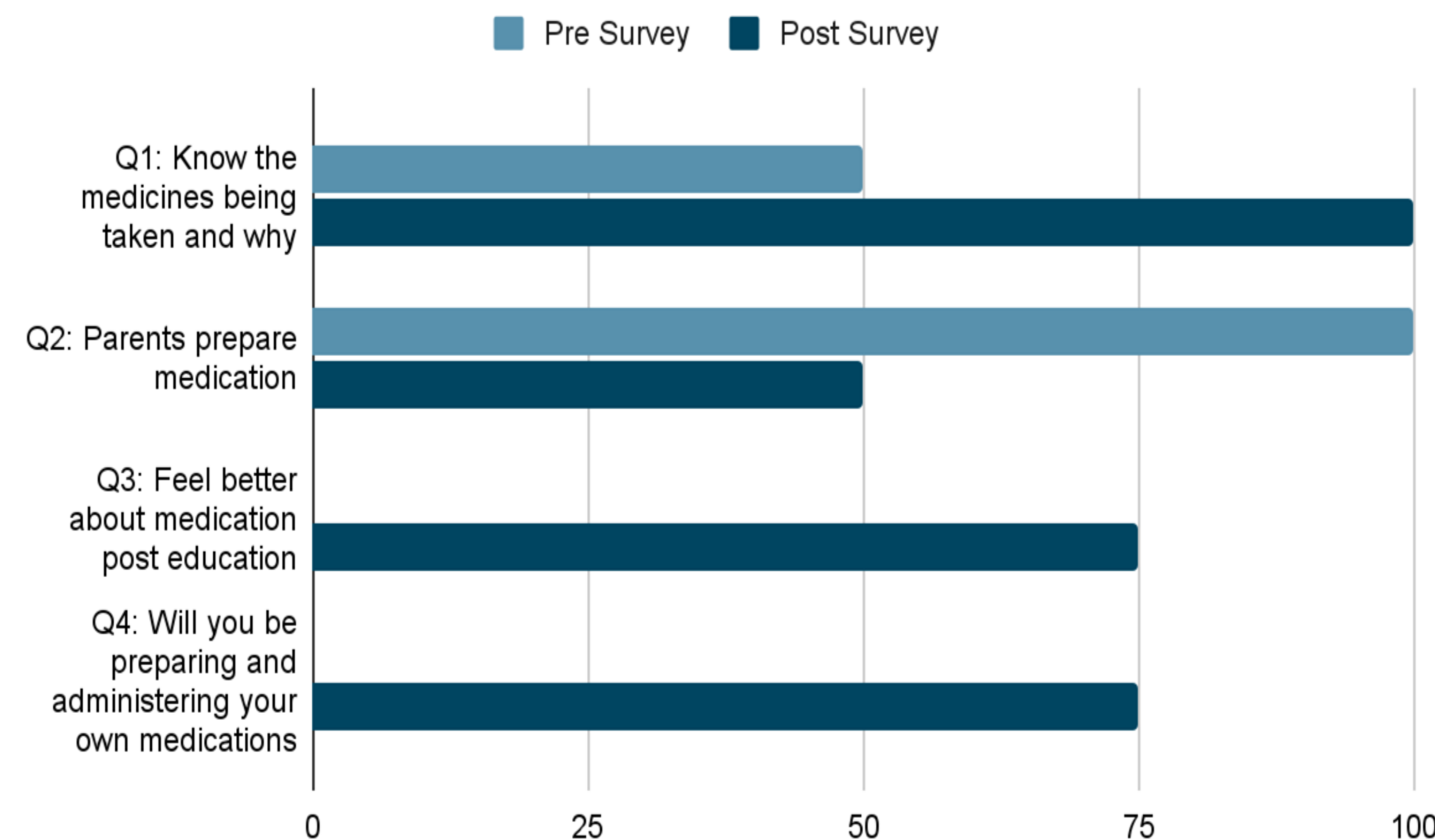
Objectives

To increase medical knowledge and patient adherence to adolescents' medication regimen as they transition to adult care.

Methods

- Current transition programs were reviewed
- Reviewed literature on medical adherence in chronically ill patients transitioning to adulthood
- A pre and post educational survey was developed to assess adolescents knowledge of their medication regimen
- The survey was administered to patients with chronic conditions age 13 or older

Results



Literature Review

- Pediatric patients rely heavily on their parents and they should start assisting with their care at home so they can learn self-management of their disease and become more knowledgeable and independent. (Willis, L. D. 2020)
- Preparation to transition begins while they are in the pediatric setting (Gutierrez et al, 2020)

Next Steps

- Gather additional data due to small sample size
- Coordinate with Clinical Informatics council to develop a specific EPIC tab designed to ensure ongoing transition education assessment

