



# Health Care Transition Basics and PPS-PCP Parallel Curriculum in Adolescent to Young Adult (AYA) Health Care Transition: Background and Updates

April 7, 2025

**Ma. Emma Alesna-Llanto, MD, FPPS, FPSAMS**

Chair, PPS Committee on Adolescent Health and Transition Care

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# OUTLINE

## PART 1: Health Care Transition (HCT) Basics

## PART 2: PPS Initiated Efforts

- **Background** in Medical Education in Adolescent Health
- **Focus**
  - PPS Adolescent Health and Transition Care (for Residents)
  - PPS-PCP Parallel Curriculum (IM Residents)
  - Undergraduate Medical Curriculum (UPEC)

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# Health Care Transition is part of PRIMARY CARE

Universal Health Care, 2019

Omnibus Health Guidelines for Adolescents, 2023



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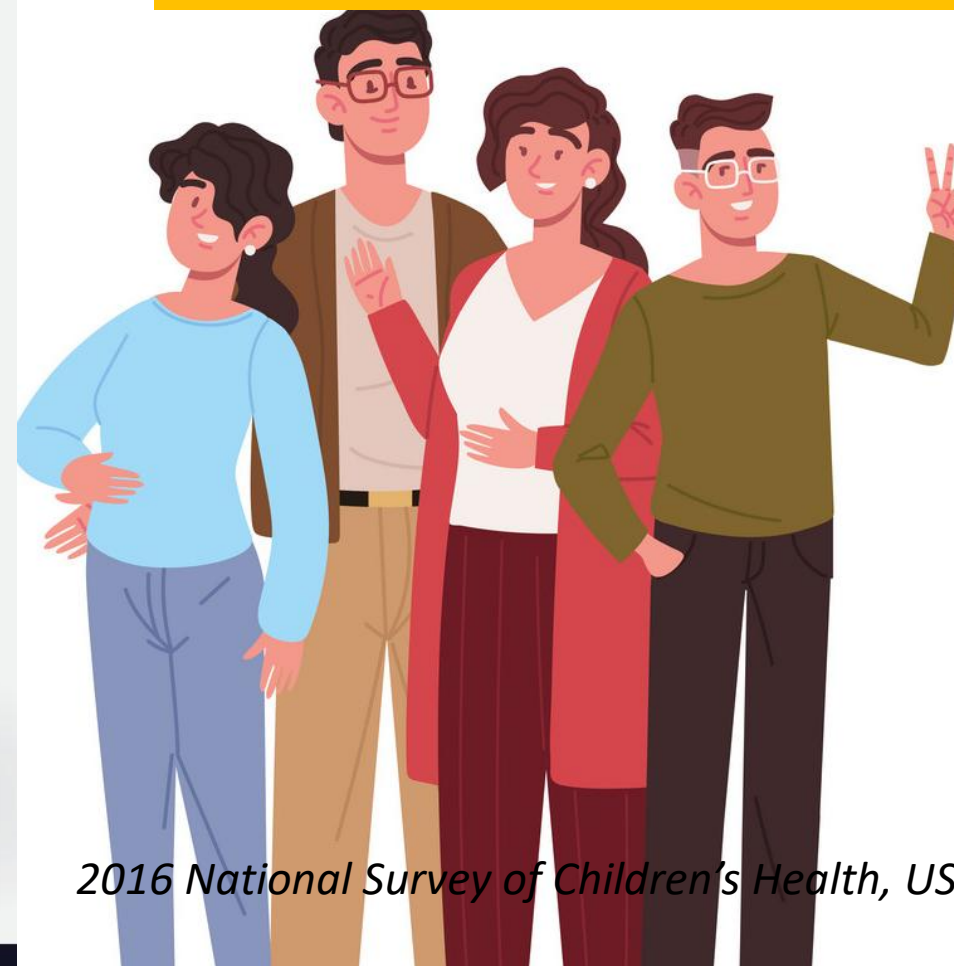
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**Lack of protocols  
make moving to  
adult healthcare difficult**  
85% of youth with or without  
special needs



*2016 National Survey of Children's Health, USA*

# Challenges in Moving to Adult Health Care

lack of  
training in  
HCT & AYA  
issues

failure to  
prepare  
teens for  
adult model  
of care

reluctance to leave  
pediatrician

lack of  
training in  
HCT & AYA  
issues

lack of  
training in  
childhood  
onset  
diseases

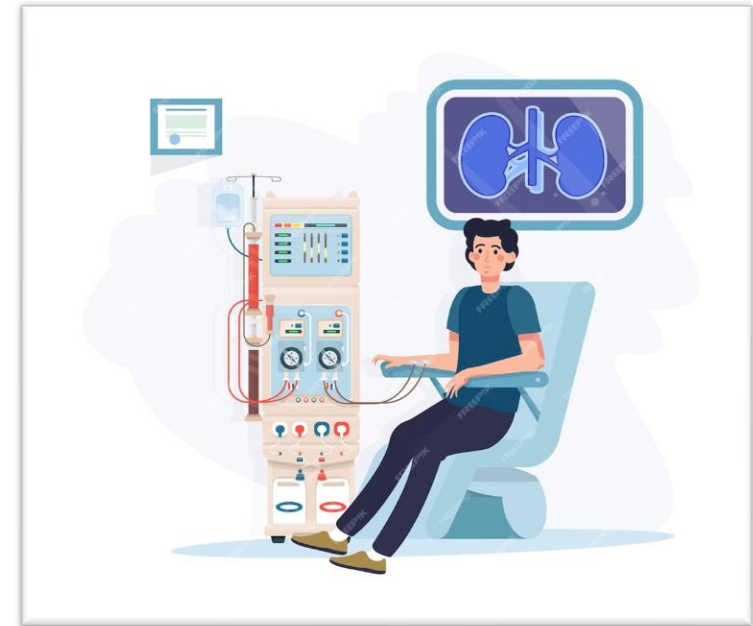




# Consequences of failed transfer to adult care for AYA with and without chronic illness



**Missed opportunities for preventive health care**



**Disruption in services for AYA w/ special health needs**

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## **INSTEAD of TRANSFER, a TRANSITION.**

**It is “purposeful, planned and timely transition from child to adult model health care, with or without a transfer to a new clinician.”**

Society for Adolescent Medicine, 1993  
American Academy of Pediatrics, 2018

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# Benefits of Health Care Transition

- improvement in adherence to care
- improved self-care skills
- improved perceived health status
- improved quality of life
- potential decreased hospitalization rates and cost savings

Patience H. White, W. Carl Cooley, **Supporting the Health Care Transition From Adolescence to Adulthood in the Medical Home.** Pediatrics Nov 2018, 142 (5) e20182587; DOI: 10.1542/peds.2018-2587

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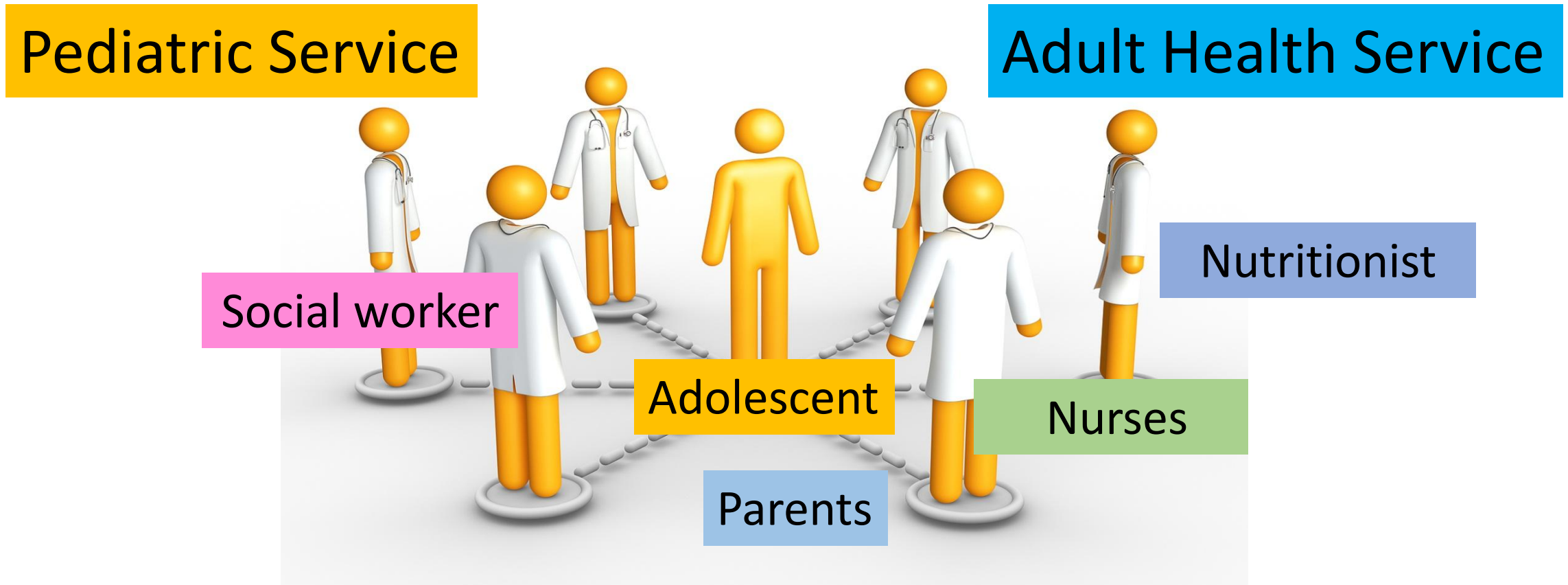


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# ESSENTIAL: Inter-professional Team, Protocols (and good communication thru joint conferences and clinics)



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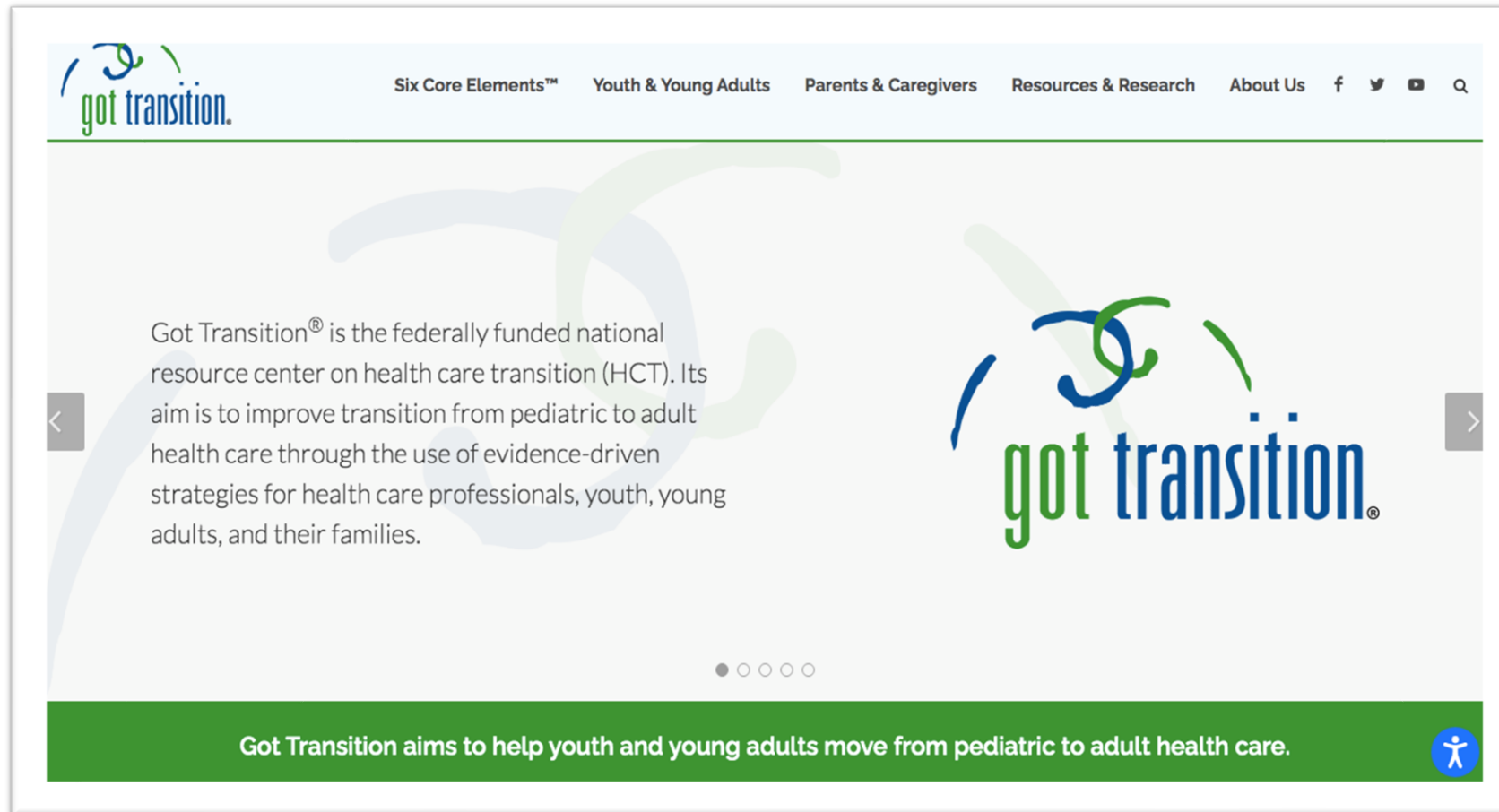
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# <https://www.gottransition.org>



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# 3 PHASES and 6 Core Elements HCT

**Preparation**  
**12-17 years**

**Transfer**  
**18-19 years**

**Integration**  
**20-26 years**

1

Transition  
Policy

2

Transition  
Tracking  
and  
Monitoring

3

Transition  
Readiness

4

Transition  
Planning

5

Transfer/  
Integration  
into Adult-  
Centered  
Care

6

Transition  
Completion/  
Ongoing Care



Got Transition™ created The Six Core Elements of Health Care Transition™ under HHS/HRSA grant number U39MC25729.

# Preparing Adolescents: Patient Education & Self- Management Skills

## Sections of Pediatric and Adult Nephrology:

Kidney Basics

Dialysis and Transplants

Lectures by  
**Nutritionist**



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# Addressing Adolescent Psychosocial Issues

## Adolescent Medicine

HEADSSS Relationships

Reproductive Health

Risk-taking behaviors

## Medical Social Services

Parenting a child with chronic illness

## PhilHealth Membership



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## UNC TRANSITION READINESS SCALE

**T**- Type of illness

**R**- Rx (medication)

**A**- Adherence

**N**- Nutrition

**S**- Self-management

**I**- Issues of reproduction

**T**- Trade/school

**I**- Insurance

**O**- Ongoing support

**N**- New health providers

# How do we know that the adolescent **READY** for transfer?

**Maria E Ferris et al (2012)**

A Clinical Tool to Measure the Components of  
Health-Care Transition from Pediatric Care to Adult Care:  
The *UNC TR<sub>x</sub>ANSITION Scale*, Renal Failure,  
34:6, 744-753, DOI: [10.3109/0886022X.2012.678171](https://doi.org/10.3109/0886022X.2012.678171)

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# Graduation and Transfer to Adult Health Services



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Completion/  
Ongoing Care



Got Transition™ created The Six Core Elements of Health Care Transition™ under HHS/HRSA grant number U39MC25729.



# Health Care Transition in the Philippines

- 2008 - HCT piloted in PGH and is now in PCMC, UST, NKTU & others
- 2015- HCT integrated in the Adult and Pediatric Nephrology Fellowship Curriculum
- 2020- PPS-PCP Parallel Curriculum on Health Care Transition



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# It will take a village of health service providers and educators



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# Levels of Medical Education in Adolescent Health in the Philippines



**Community &  
School-based  
HSPs**



**Undergraduate  
Medical Training**



**Pediatric  
Residency  
Training**



**Fellowship in  
Adolescent Medicine**



**Dr. Fe del Mundo**  
**1952-1955**



**Dr. Perla Santos-Ocampo**  
**1978-1980**

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# 1990's to the present

## Adolescent Medicine Fellowship Programs



1992

**Phil. General Hospital**

Dr Perla Santos-Ocampo

Dr. Rosa Ma. Nancho



1997

**Phil. Children's Medical Center**

Dr Alicia Tamesis

Dr. Rosa Ma. Nancho



**Dr. Mutya San Augustin**

Montefiore Einstein  
Medical Center, NYC



# Landmark Events in Adolescent Health in the Phil

1992-Adol Med Fellowship

2000- DOH AO 34-A s  
2000- Adolescent & Youth Health Policy (defined adolescent age: 10-19 years)

2013- DOH AO 0013 s. 2013 Adolescent Health and Development Program (AHDP)

2010- DOH National Standards & Implementing Guidelines for Adolescent Friendly Health Facilities (AFHF)

2012- RA 10354 RPRH Law  
2019- RA 11223 UHC

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# Training of Community-based Health Service Providers DOH, WHO, USAID, UNICEF, SAMPI\*

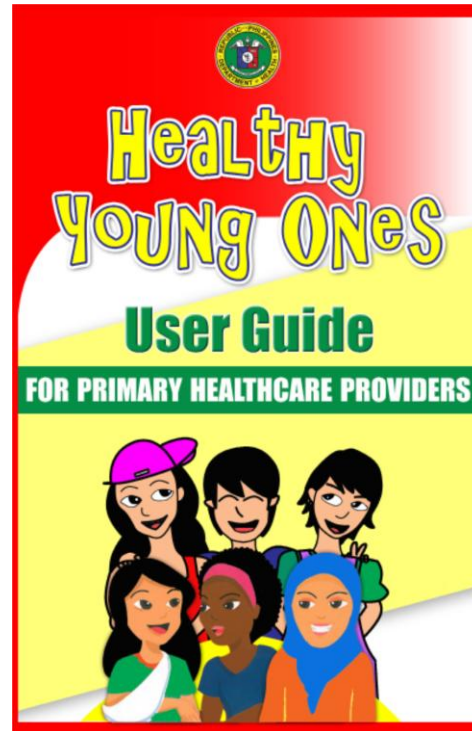
\*Society of Adolescent Medicine of the Phil, Inc



2010

**Adolescent Job Aid 1.0**

SAMPI Project Leader: Dr. Rosa Ma. Nancho



2016

**Adolescent Health Education  
and Practical Training  
(e-learning on DOH Academy)**

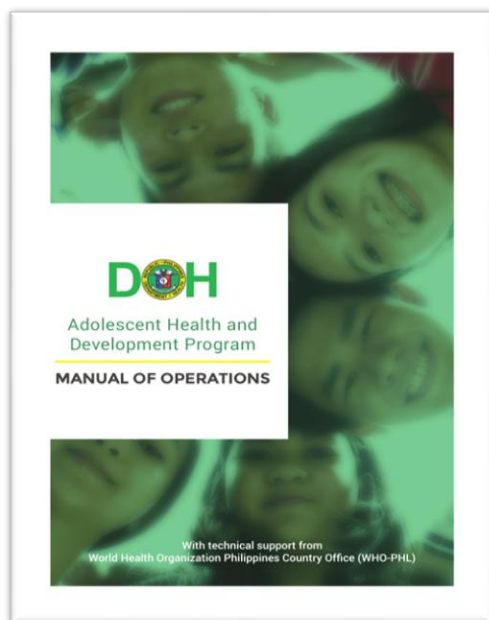
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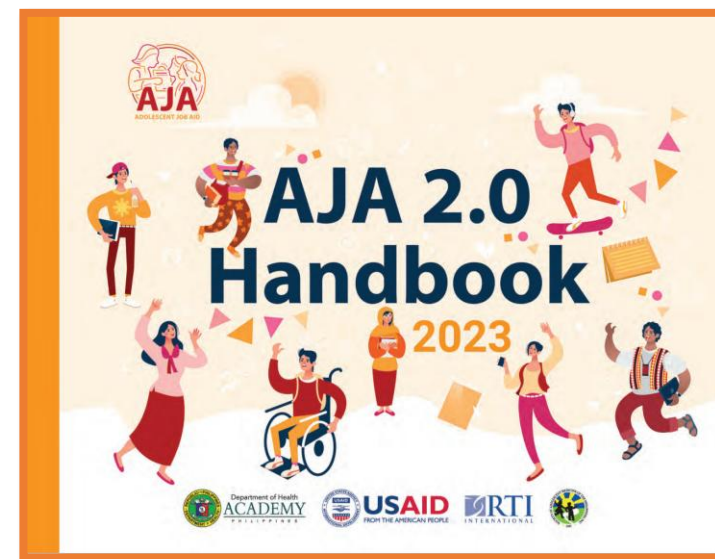
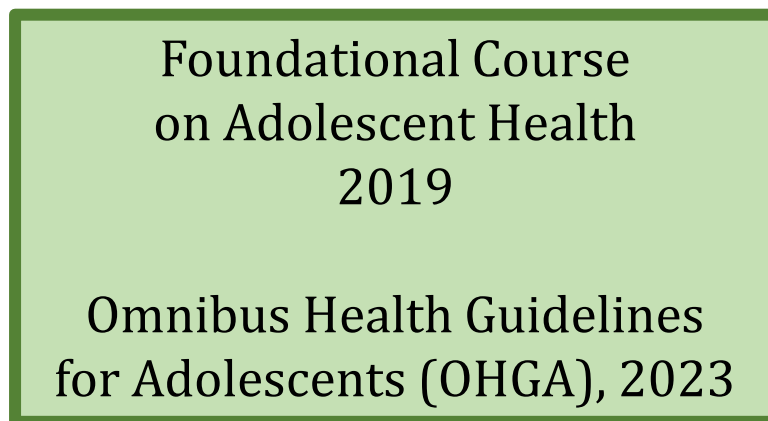
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# Training of Community-based Health Service Providers DOH, WHO, USAID, UNICEF, SAMPI



**Adolescent Health Development Program MOP, 2017**



**2023  
Adolescent Job Aid 2.0 &  
AJA 2.0 Skills Enhancement Training (ASET)**

SAMPI Project Leader: Dr. Ma. Emma Llanto



# Algorithms for common medical and psychosocial concerns

## PSYCHO-SOCIAL CONCERNS

- D1 Alcohol Use
- D2 Substance Use
- D3 Smoking, Vaping and Tobacco Use
- D4 Problematic Internet and Social Media Use



## SCHOOL

- E1 School Performance
- E2 Bullying
- E3 Sports Clearance



## MENTAL HEALTH

- F1 Depression
- F2 Anxiety
- F3 Assessment of Suicide Risk



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# OUTLINE

## Part 2

- Background of Medical Education in Adolescent Health
  - Department of Health – Primary Care
  - Adolescent Medicine Fellowship Training
- **Focus: PPS Initiatives**
  - PPS Adolescent Health and Transition Care (for Residents)
  - PPS-PCP Parallel Curriculum (IM Residents)
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# 2000-2002

## PPS: Early Focus on Adolescent Health Care



### Comprehensive Adolescent Health Clinic

Inauguration with Dr Fe Del Mundo,  
Dr C Alfiler and Dr RMH Nancho

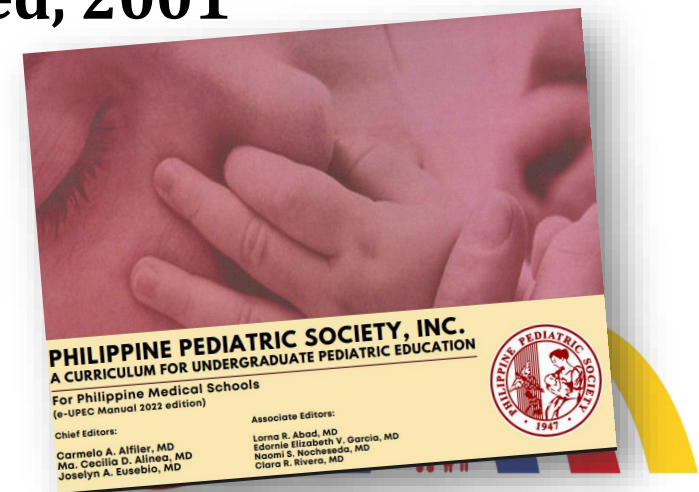
- DOH AO 34-A s.2000- defined adolescents as 10-19 years
- Flagship Project : Comprehensive Adolescent Health Program
- **Undergraduate Pediatric Education (UPEC), 1st ed, 2001**

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# Adolescent Health & Transition Care in Pediatric Residency Training



Dr. Salvacion Gatchalian



Committee on Adolescent Health and  
Transition Care ( 2019)

ADVISER: Dr Carmelo Alfiler

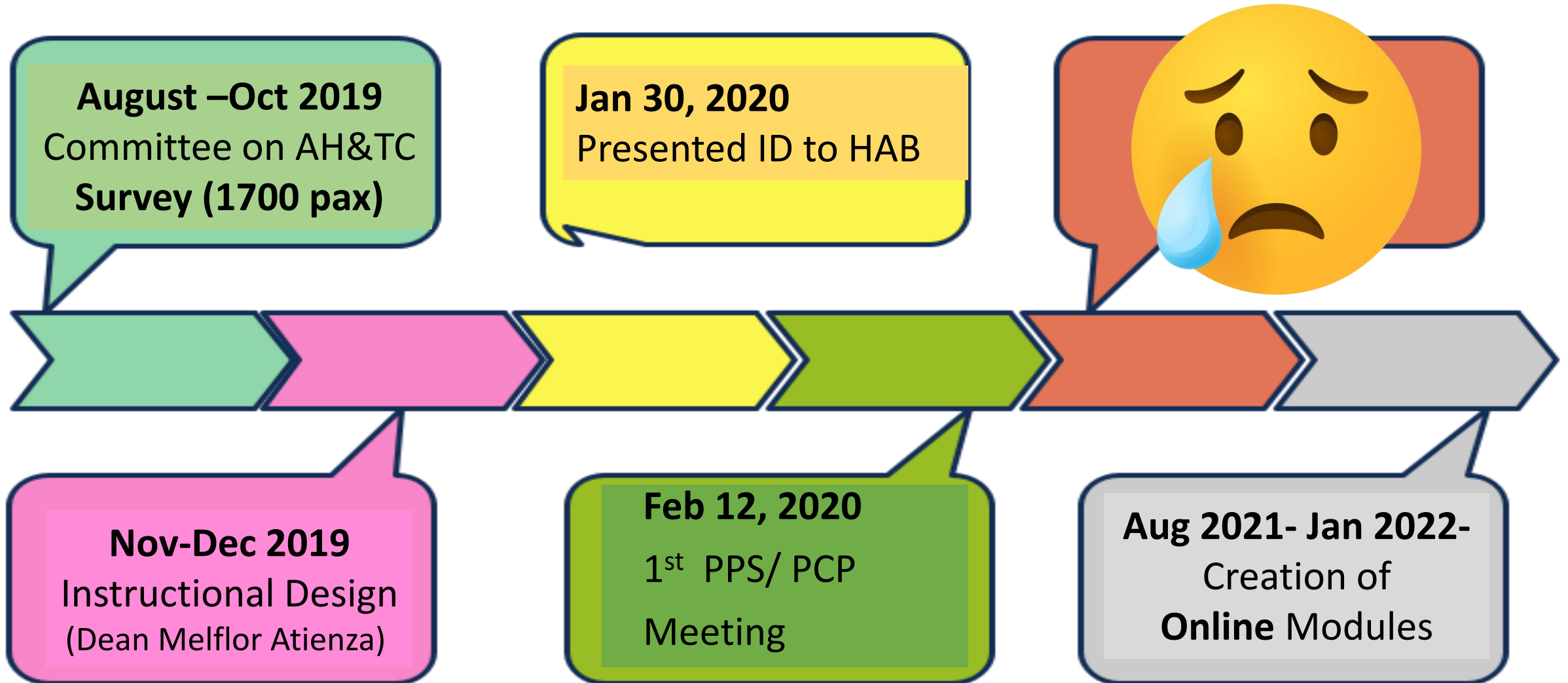
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## TIMELINE FOR: Adolescent Health and Transition Care MODULES



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# Committee on Adolescent Health & Transition Care

## Phil. Society of Adolescent Medicine Specialists (PSAMS)

**Module 1-** Dr. A Conti-Lopez, Dr. E Llanto  
**Module 2-** Dr. M. Valenzuela, Dr. K Causapin  
**Module 3-** Dr. L. Cruz , Dr, M. Mangubat  
Dr. A. Cardinal  
**Module 4-** Dr. E. Iligan, Dr. Natasha Ipac  
**Module 5-** Dr. D. Pecache, JY Cruz  
**Module 6-** Dr. M Maano, VMT Ticzon  
**Module 7-** Dr. D. Red, Dr. E. Cuisia-Cruz  
Dr. NM Rivas, Dr. E. Llanto

**Members:** Dr. J Regalado, Dr K. Aliling  
**Consultant:** Dr. Melflor Atienza, NTTC  
**Artist:** Mr. Bingo Ventura (Notimpo)  
**PPS Tech Support:** Thess, Carl



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Feb 23, 2022







# AH&TC e-Learning Modules



Module 1- **Getting to know the Filipino Adolescent**

Module 2- **Legal Aspects of Adolescent Healthcare**

Module 3- **Adolescent Growth & Dev**

Module 4- **Guidelines in Adolescent Health Care**

Module 5 -**HEADSSS Interview**

Module 6- **Mental Health**

Module 7- **Adolescent Pregnancy**

Module 8- **Health Care Transition**

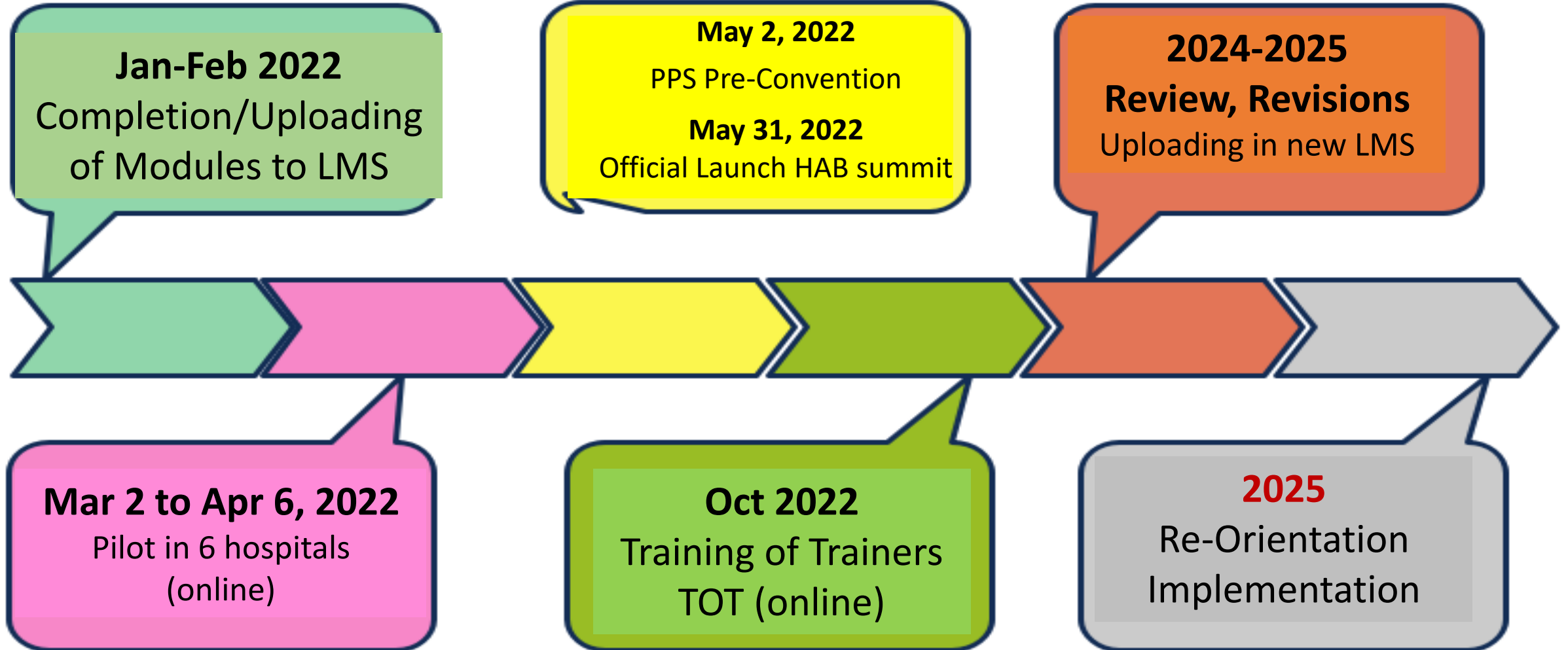
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## TIMELINE FOR:



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# The PPS-PCP Parallel Curriculum on Adolescent to Young Adult Health Care Transition: An Update



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# PPS-PCP Parallel Curriculum in Health Care Transition



**Feb 12, 2020**

**PCP** : Pres: Dr Gina Nazareth  
Dr. Carina Dizon; Dr Ricardo  
Francisco, Dr Nenita Collantes

**Adviser:** Dean Melflor Atienza

**PPS** : Pres: Dr Salvacion Gatchalian;  
Dr Emma Llanto; Dr. Karen Causapin

**Adviser:** Dr Carmelo Alfiler

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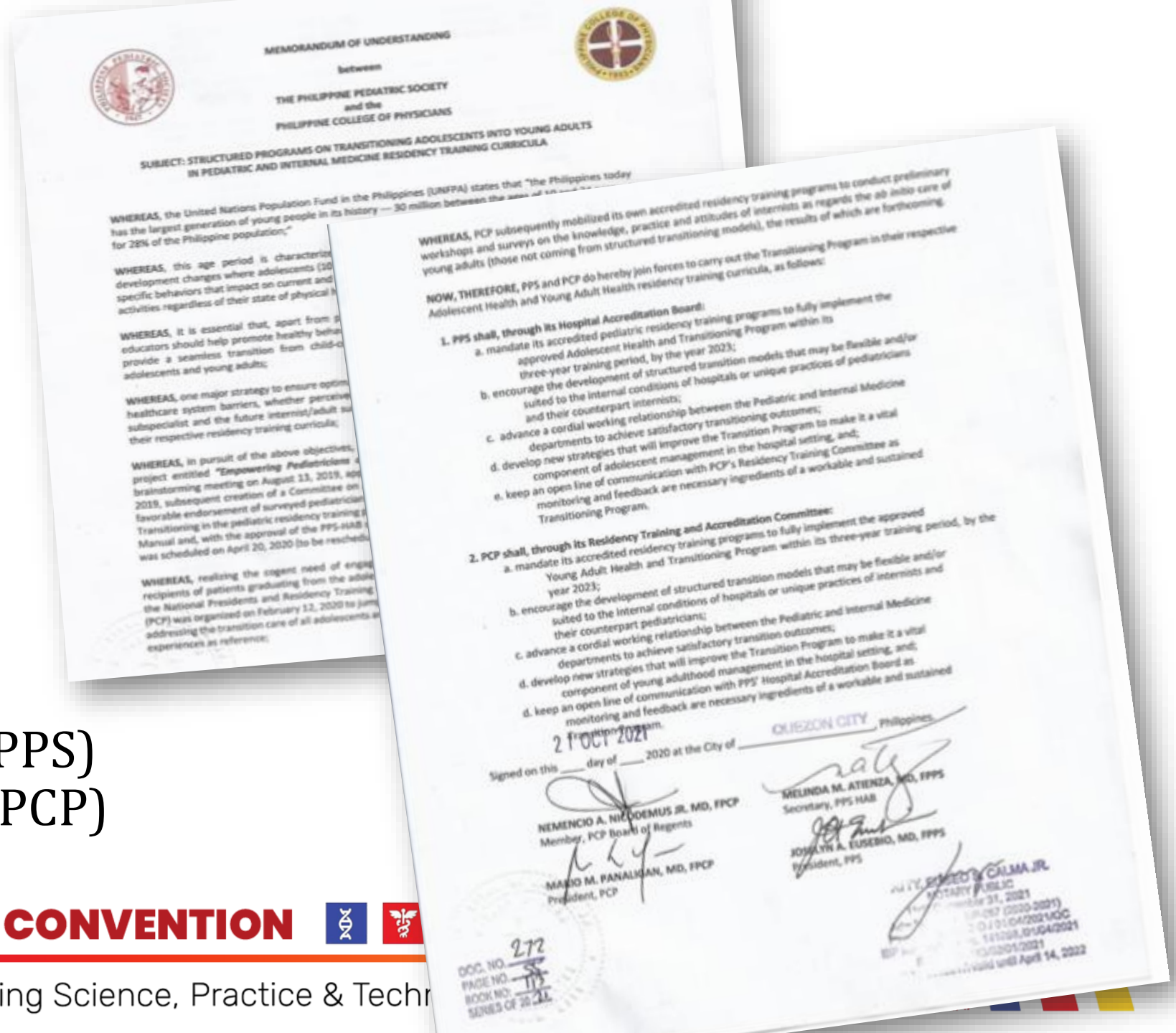


# Oct 21, 2021 Signing of MOU by Dr. Joselyn Eusebio (PPS) Dr Mario Panaligan (PCP)

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# PPS-PCP Parallel Residency Training Curriculum Implementation, March 22, 2024



PPS: **Dr Flor U. Ty**, PPS President

**Dr Carmelo Alfiler**, Adviser

PCP: **Dr Roentgene Solante**, President

**Dr. Deborah Ona**, Regent Champion,  
Residency Training

Members of the **Committee on Adolescent Health and Transition Care** and **Phil. Society of Adolescent Medicine Specialists (PSAMS)**

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## Philippine College of Physicians

Residency Training  
Program Committee

Philippine Pediatric  
Society and

Philippine Society of  
Adolescent Medicine  
Specialists, Inc.



### PPS-RTP Transitioning Workshop for 6 Pilot PCP Accredited Institutions

- ✓ Asian Hospital and Medical Centre
- ✓ East Avenue Medical Center
- ✓ Northern Mindanao Medical Center
- ✓ Philippine General Hospital
- ✓ Quirino Memorial Medical Center
- ✓ St. Luke's Medical Center - QC
- ✓ The Medical City - Ortigas

#### THE EVENT WILL BE HELD ON:



16 April 2024 - Tuesday



8:00 AM - 2:00 PM



UNILAB

## The First PPS-PCP Seminar Workshop on Adolescent to Young Adult Health & Transition Care-April 16, 2024





# PPS-PCP HCT Update as of 3/2025

Planned Launch in May 2025

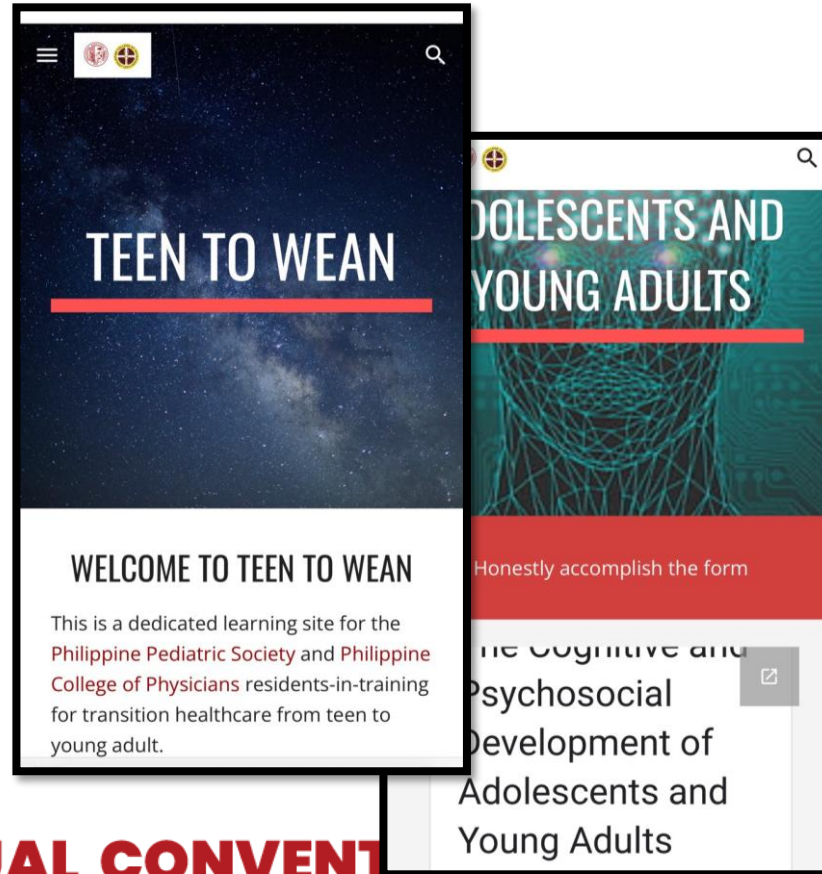
## HCT MANUAL

Guidelines for the Transition  
from Pediatric to Adult Health Care  
of Adolescent and Young Adults  
with and without Special Needs

Philippine College of Physicians  
Philippine Pediatric Society

January 2025

## E-learning modules



## PCP Team

**President: Dr. Imelda Mateo**

**Dr Cherry Abu**

Dr. Daveric Pagsisihan

Dr Hannah Urbanzo-Corpuz

## PPS/ PSAMS Team

**President: Dr. Nerissa Dando**

Dr. Ma. Emma Llanto

Dr. Gigi Cuisia-Cruz

Dr Vanessa T. Ticzon

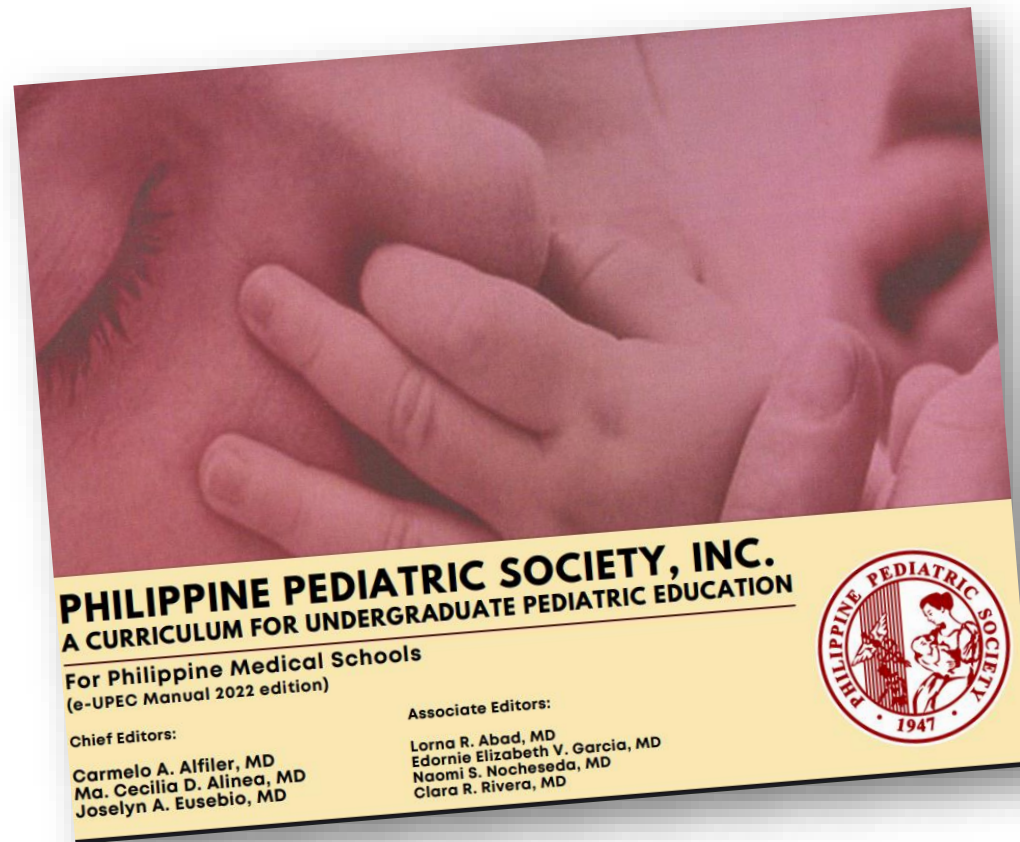
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# Adolescent Health and Transition Care in Undergraduate Pediatric Education



UPEC, 2001 Manual  
UPEC, 2013 Manual  
UPEC, 2022 Manual

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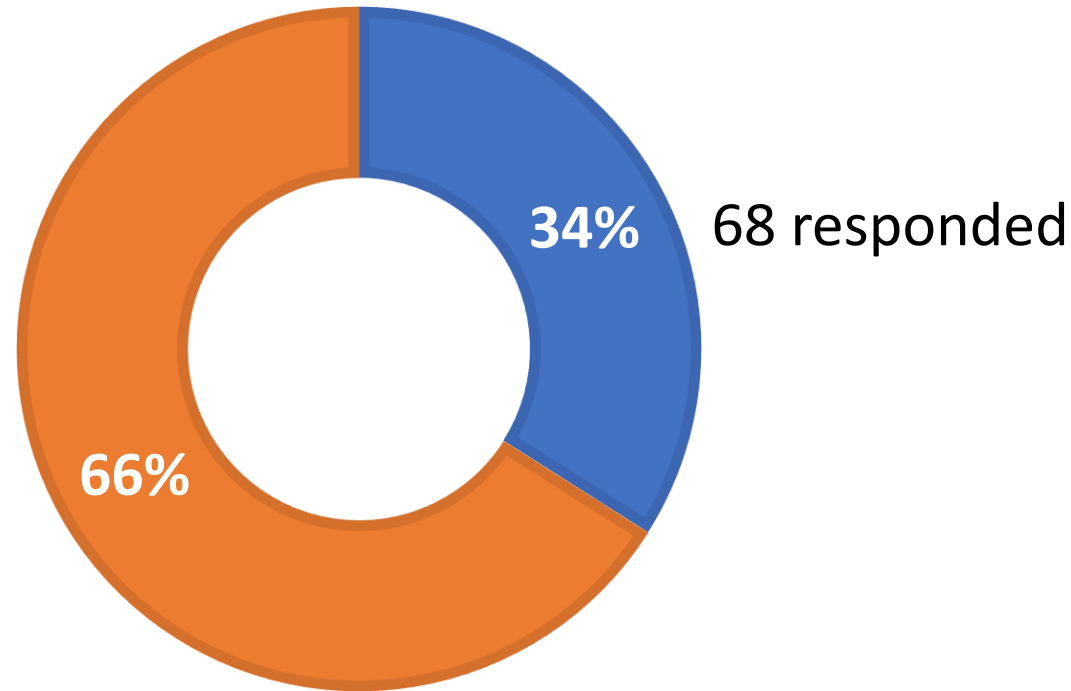
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# Survey among Medical Schools & HAB-Accredited Hospitals

PERCENTAGE OF RESPONSES OUT OF 200 REQUESTS



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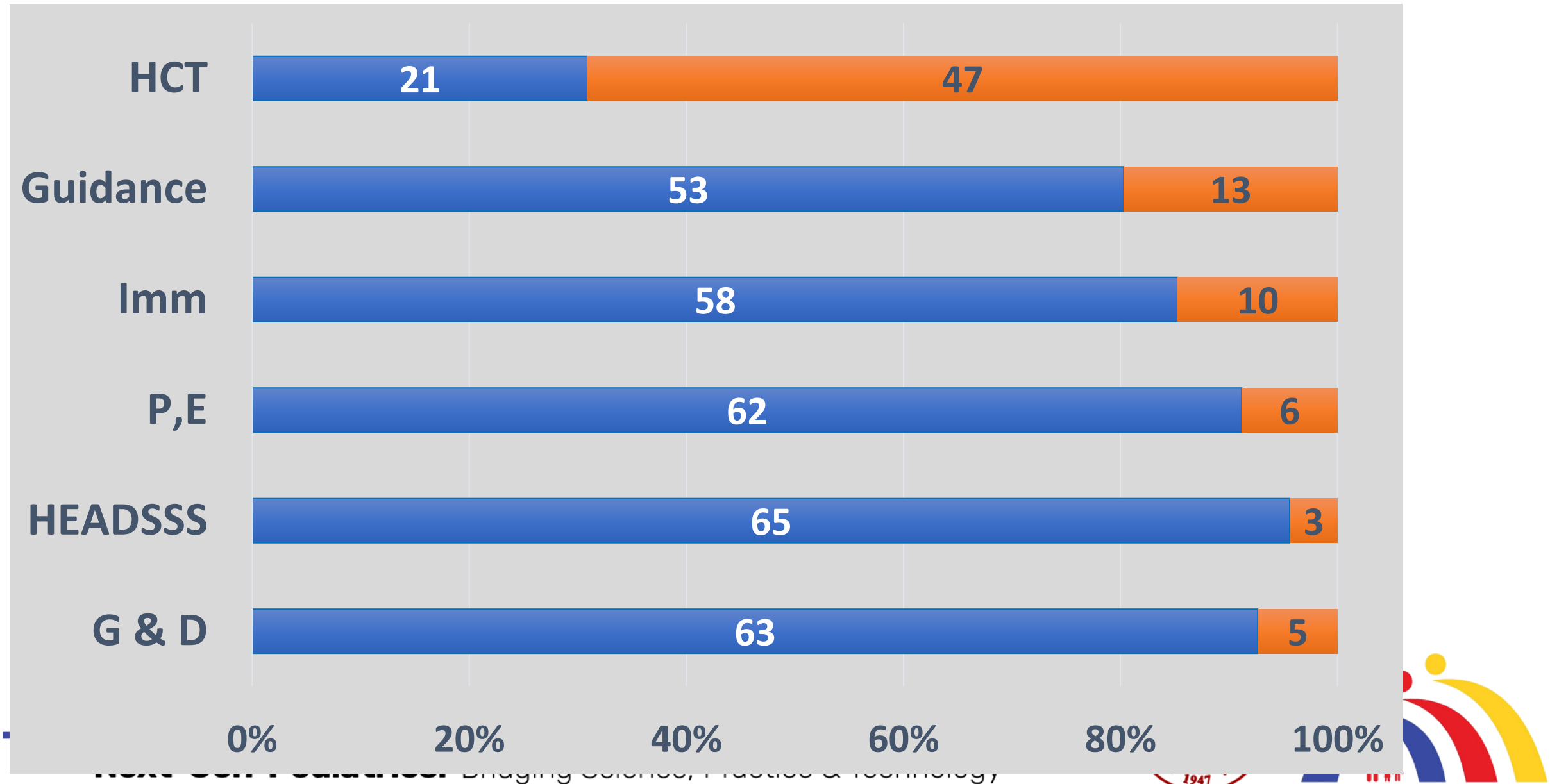
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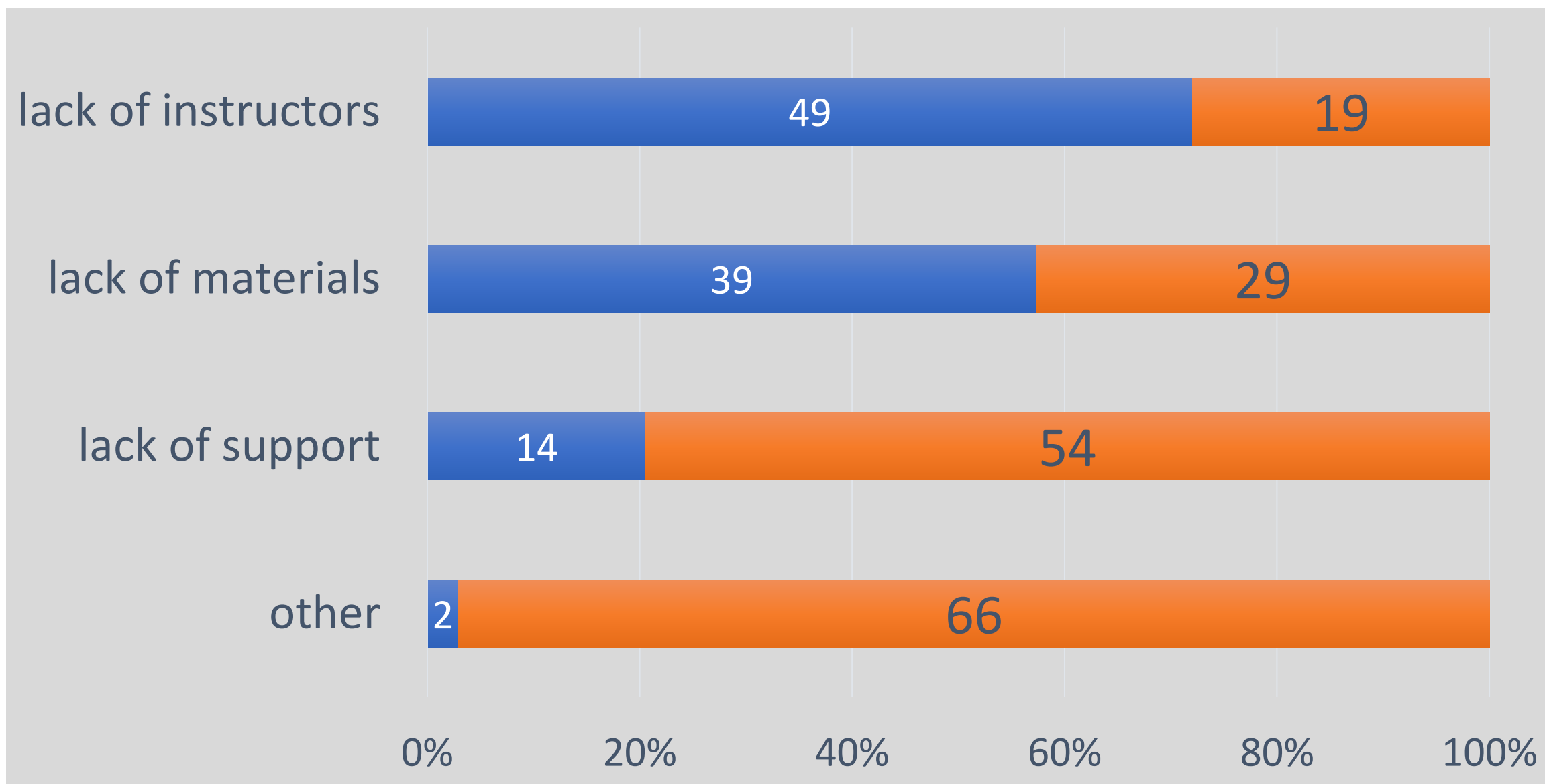


# TOPICS taught in Medical Schools & Hospitals ? N=68



# What are the challenges encountered?

N=68



# What are proposed adaptive solutions to LACK of INSTRUCTORS?

## TOP 3

1. **Capacitate general pediatricians** via lectures, workshops and post-graduate courses (f2f / online); faculty development programs
2. **Hire OR invite adolescent medicine specialists** to give lectures (f2f/ online); assistance from SAMPI/PSAMS
3. **Encourage residents to go into adolescent med fellowship**

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# What are proposed adaptive solutions to LACK of MATERIALS?

- **PPS to provide instructional design, materials** and references on the PPS website
- **Provide self –directed learning modules**
  - Simplified TLA (teaching /learning activities); case –based discussions; use of simulations/ standardized patients; flip classroom with reporting
- **Ask medical schools to share materials and references**

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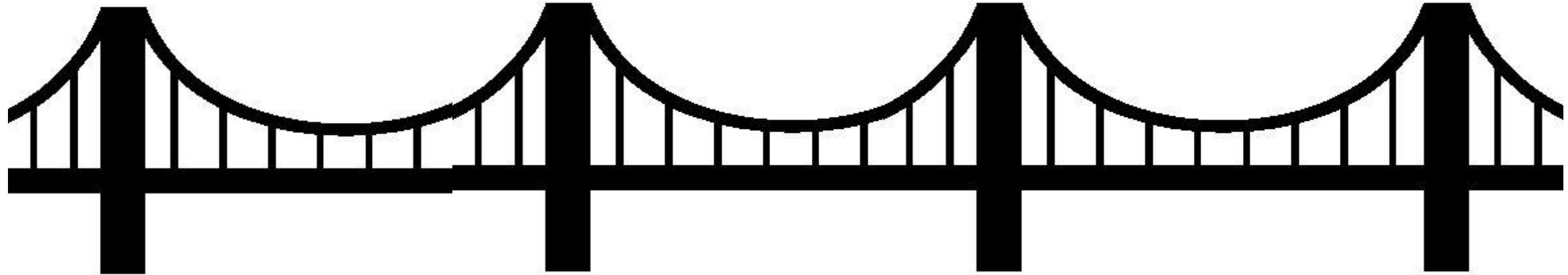
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CHILDHOOD

ADOLESCENCE

ADULTHOOD



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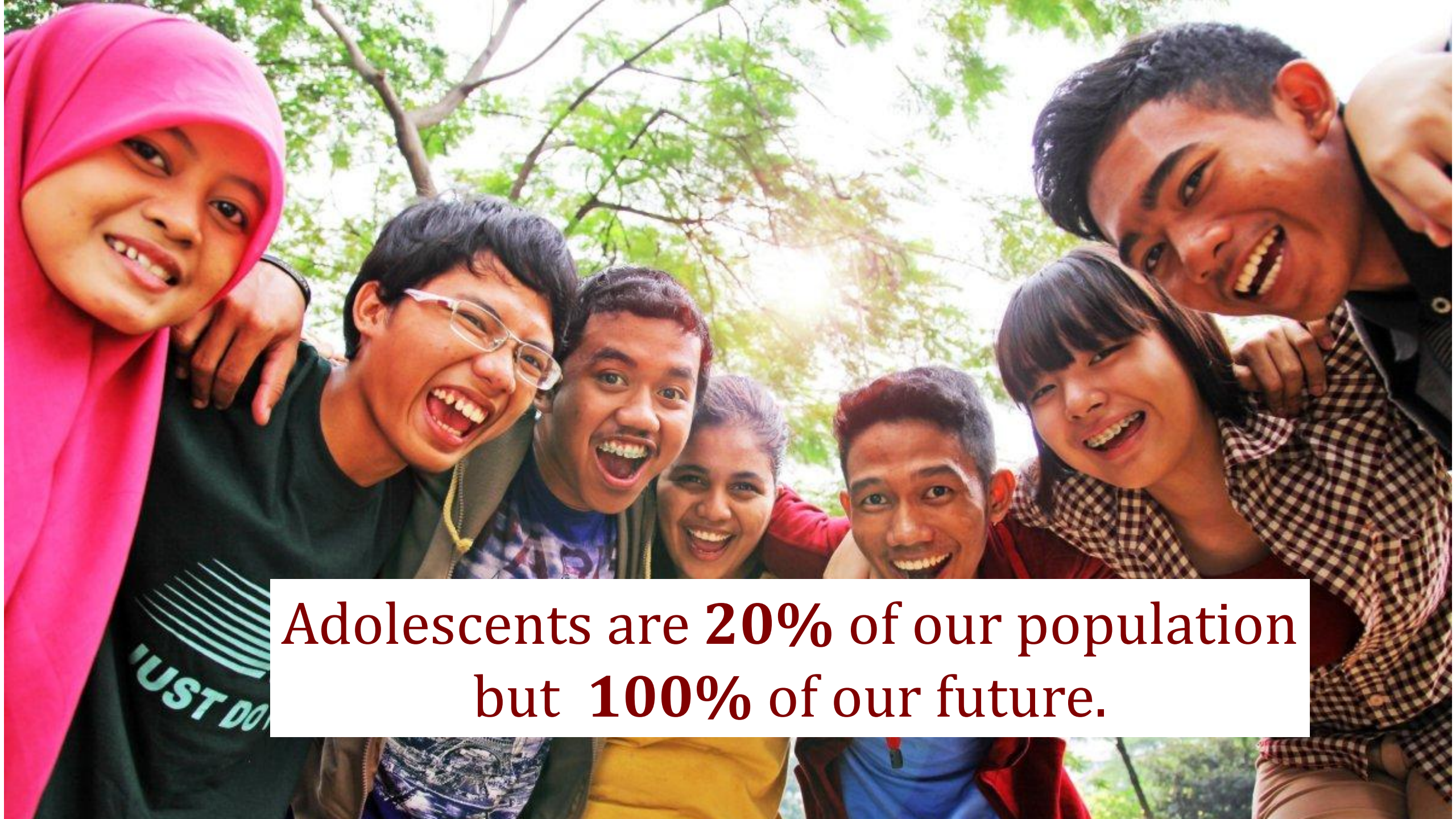
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Adolescents are **20%** of our population  
but **100%** of our future.