



PHILIPPINE COLLEGE OF PHYSICIANS

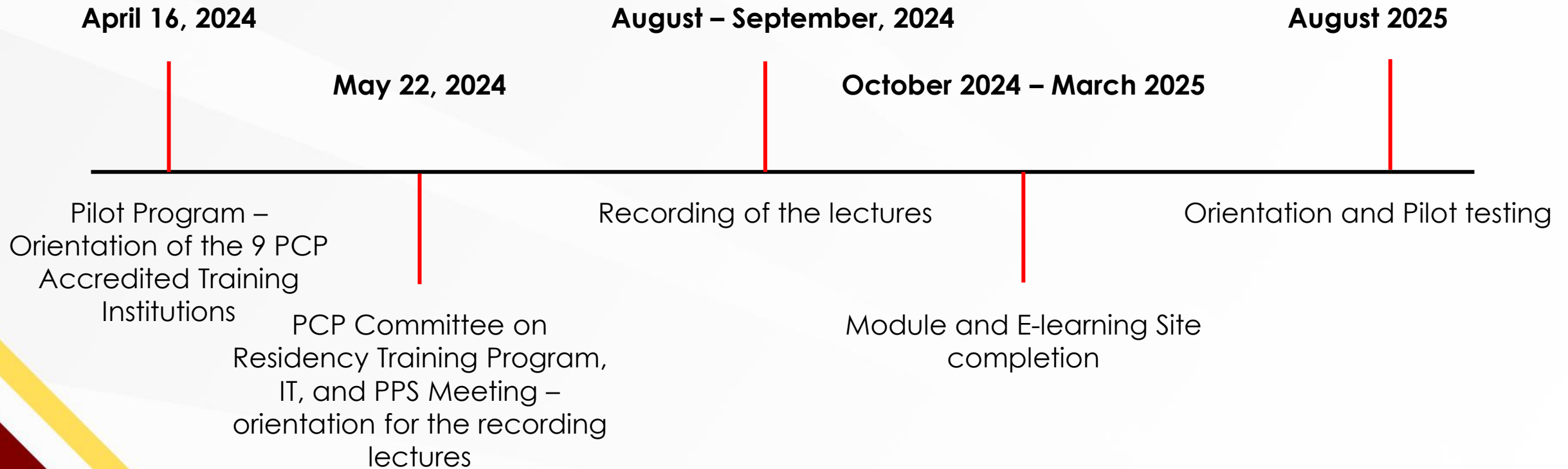
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PPS-PCP Parallel Residency Curriculum on Adolescent and Young Adult Health and Transition Care

Historical Background



Timeline



LATEST Meeting with PPS February 11, 2025 via Zoom

- Guideline Development and Corrections
- Creation of Transition Program for Healthcare Services
- Transition Clinic Setup and Roles
- Policy Development and Adolescent Care
- Pediatric Transition Program Development
- Adolescent Psychosocial Screening and Health
- Creating "Teen to Wean" Draft Site
- Transition Care Site Development
- Discussion of Pilot Program Challenges and Feedback



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

Guidelines Development Members

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Transition Clinic Committee

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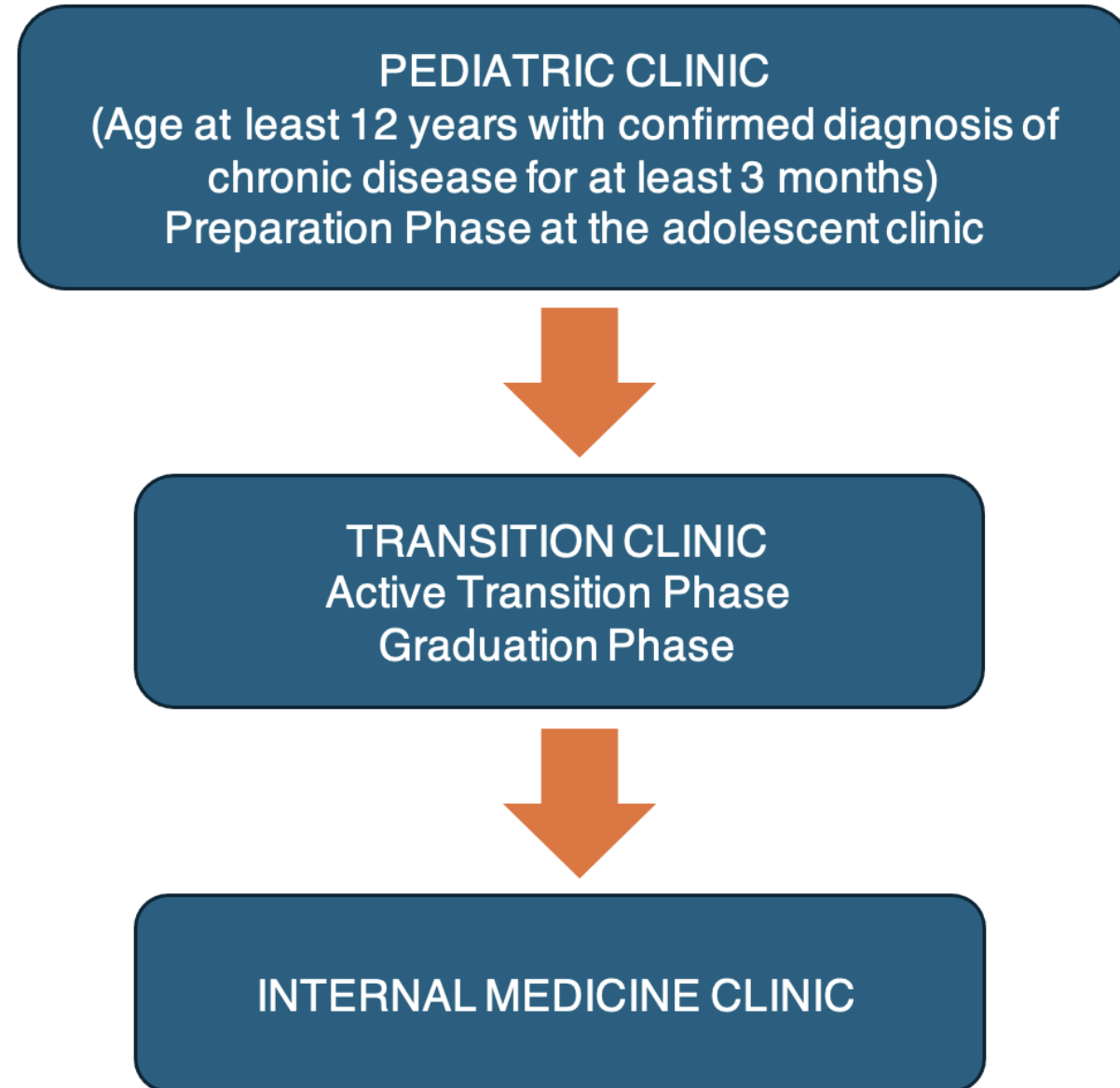
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Goal of the Curriculum

To provide a structured training and continuing education to pediatricians and internists handling adolescent and young adult (AYA) patients with chronic diseases, including those with special needs, who require purposeful, planned, and timely transition care planning

TRANSITION MAP



What is the Role of the Adult Physician in Transition Care?

- A transition program should adopt an approach combining both a pull (from adult care) and a push (from pediatrics).
- Adult physicians should know how to “pull” effectively to provide the needed service in transition.
- Adult physicians should consider the growing independence, developing thought processing skills, and, most significantly, the possibility of acquiring risk-taking behavior of the AYA.
- Guiding AYAs beyond transfer can aid them in becoming responsible for achieving their full potential.

First Consultation and Beyond

- The relationship with an adult physician should be continuous (it takes at least four visits before they trust a particular doctor).
- Adult physicians should take the time to explain confidentiality and its limits at the first consultation and not assume that it is fully understood (displaying information about confidentiality in clinics may also help).
- Consultation allows parents to satisfy their information needs and provide ongoing support for their child.

First Consultation and Beyond

- Actively encouraging lone consultation with AYA for part or all of the clinic appointments helps increase the young person's confidence in their healthcare and facilitates changes in the parental role.
- Lone consulting has been associated with improved quality of life, readiness for transition, and more successful transfer.

First Consultation and Beyond

- New service means an opportunity for a new start and new relationship, so the adult physician should remain open and “assume nothing.”
- It is an opportunity to explore their knowledge of their disease and assist them in fully understanding it to aid in planning for their future and for self-management.
- It is also essential to explore with them, “What’s the most difficult about their condition?” “How does it affect their life?”

First Consultation and Beyond

- Psychosocial screening and health promotion are also important and should be continuous in this stage of the transition.
- AYAs are at a point in their lives when risky behaviors may develop and potentially continue until adulthood.
- These behaviors are seen to be more common in young people with chronic conditions.

The Instructional Design

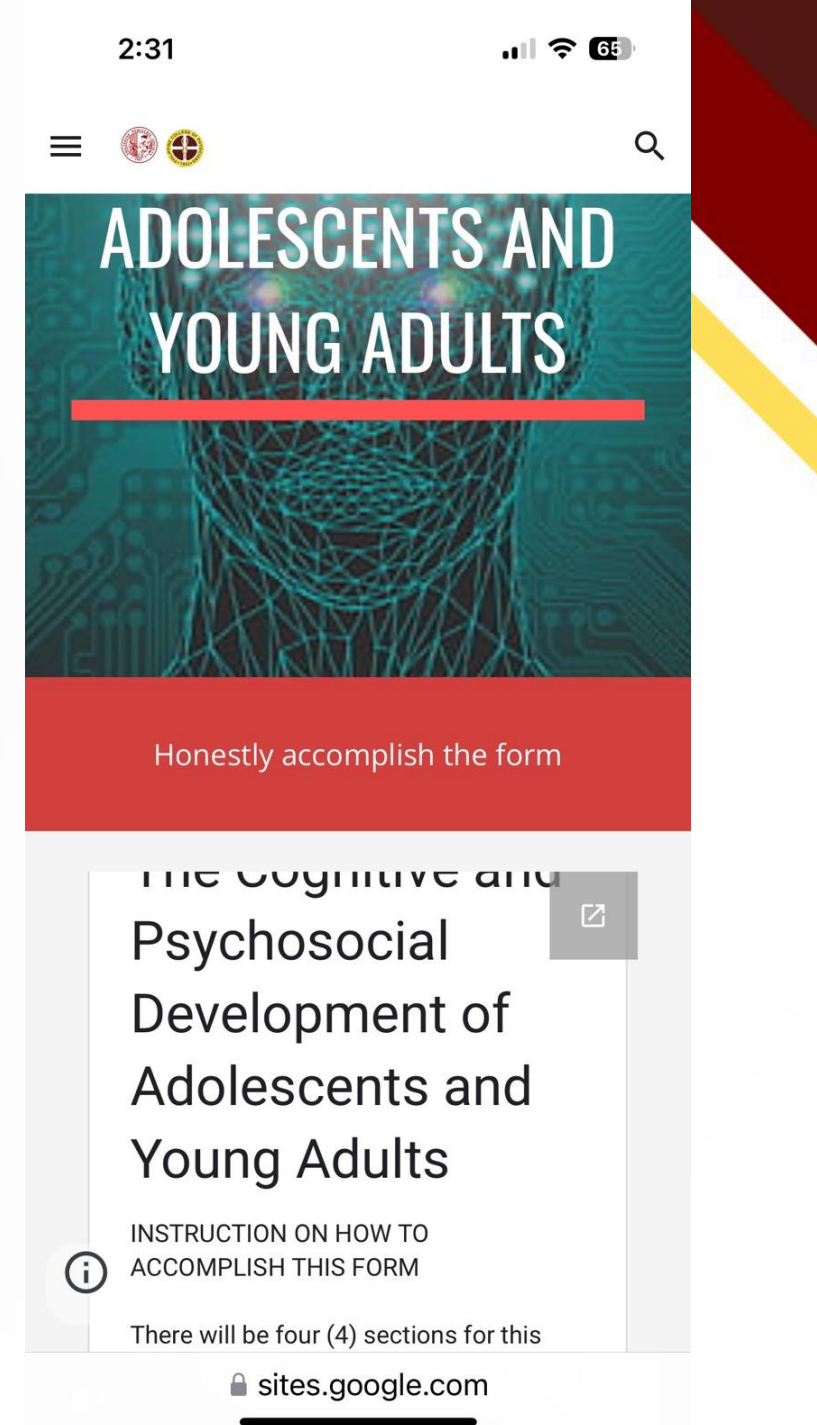
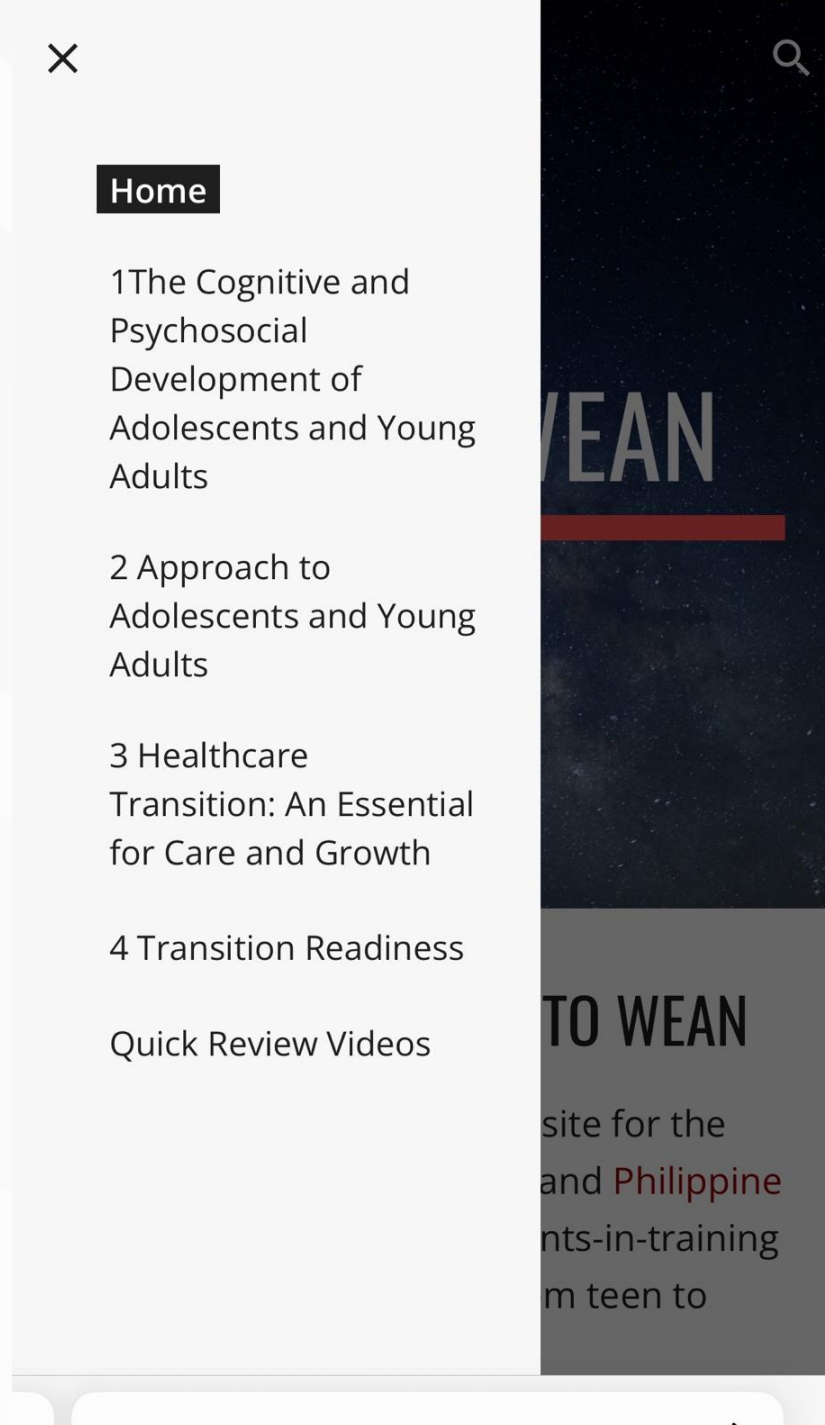
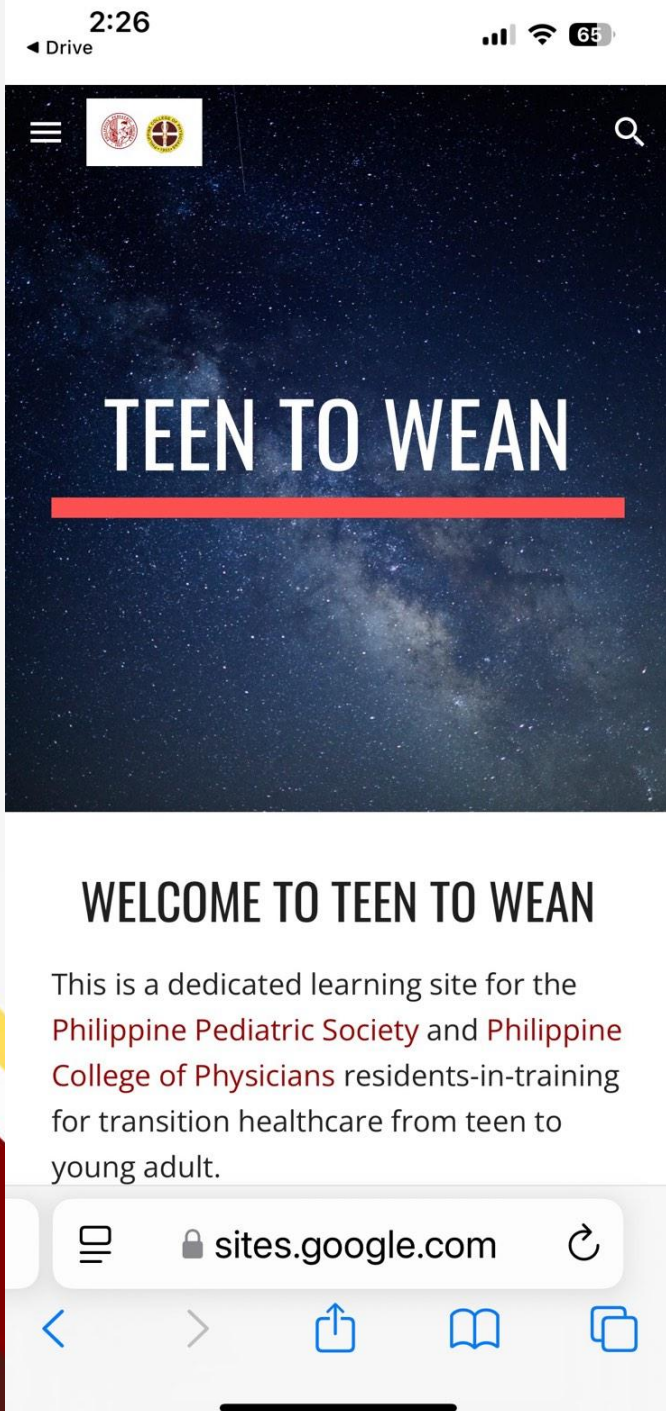
- The program is intended for all accredited training institutions (ATI), especially (but not necessarily) those with adolescent pediatricians.
- The program includes the following processes:
 - 1.** Ensuring that high-quality, developmentally appropriate health care services are available uninterrupted as the patient develops from adolescence to adulthood;
 - 2.** Providing a well-timed transition from child- to adult-oriented health care specific to each patient, ideally occurring at the age of 12 years;
 - 3.** Managing patients, families, and other health care providers and their responsibilities enables the youth to optimize their ability to assume adult roles and activities to the extent possible.
- With 8 Program Objectives

The Transition Clinic

- This clinic will allow them privacy and confidentiality away from babies and children.
- They can practice being independent by talking with their doctors without their parents present.
- Ideally, Internal Medicine should open a young adult clinic so patients can be with their peers.
- The adolescent clinic, as well as the young adult clinic do not have to be a new and separate clinic from the existing Pediatric Outpatient Clinic; it can be the same clinic but with a designated time and day.

The Young Adult Clinic: Recommendations

1. Set it up in the afternoon to early evening (after school hours).
2. Provide longer appointments to allow time for lone consulting and psychosocial screening.
3. Review the standard adult “did not attend” policy so that young adults are not discharged for non-attendance without exploring the reasons why.



What's Next?

- Orientation
- Workshop
- Pilot of volunteer institutions
- Creation of Young Adult Clinic