

# Riding the Wave of Change: Transforming Through Transition

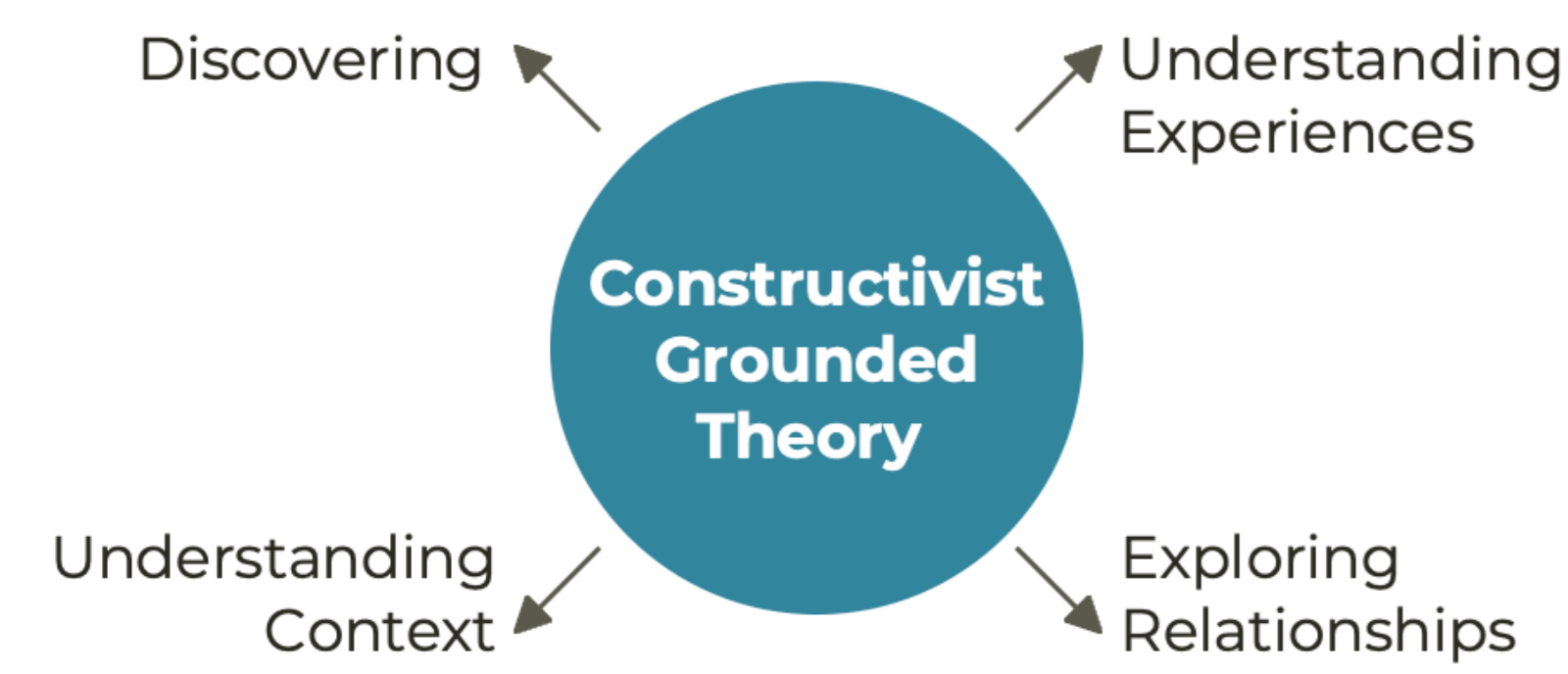


PRESENTER:  
**Lim, Angie**

## BACKGROUND

**Solid organ transplantation** is vital for children with organ failure. Transitioning to adult care presents **distinct challenges** for adolescents and young adults (AYA). These challenges can influence their **long-term health** and **quality of life**.

## METHODOLOGY & METHODS



1 Virtual Interviews | 2 Online Chats | 3 Online Blogs & Stories

## PATIENT PARTNERSHIP

The transition to adult-care significantly influences the **future health trajectories** of AYA transplant recipients. A smooth transition **benefits** AYAs and is also **cost-effective**, **minimizing potential healthcare complications**.

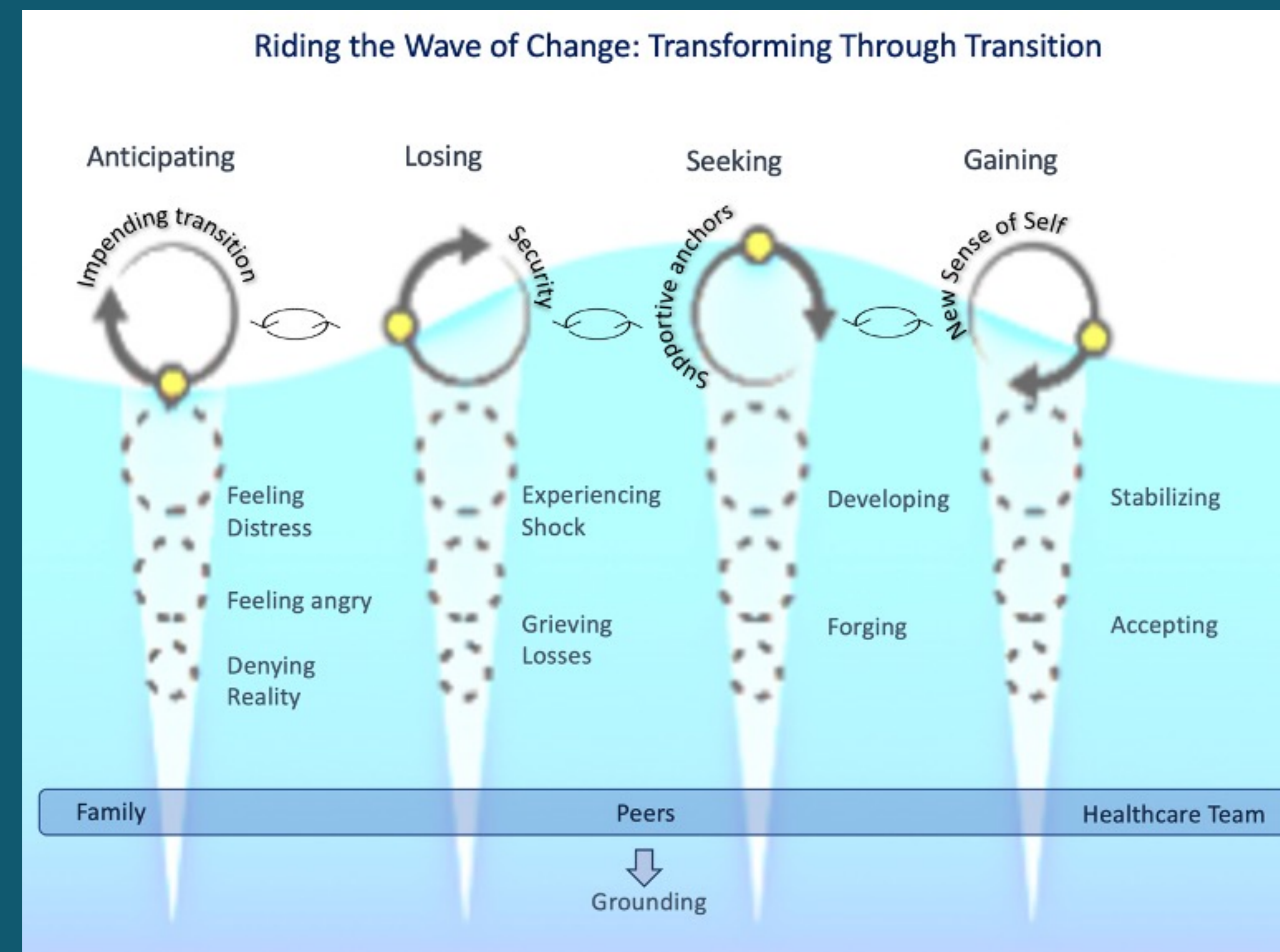
## RESULTS

- **Anticipating Impending Transitions:** Distressed, feelings of anger and denial
- **Losing Security to Uncertainty:** Shock, grieving lost relationships
- **Seeking Supportive Anchors:** Developing new relationships
- **Gaining a New Sense of Self:** Stabilizing through accepting and embracing changes



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# Collaborative, developmental, and trauma-informed approaches support successful transitions for transplant recipients.



## PARTICIPANTS



Demographics



Additional Quotes

- “ There are no bright, fun colours, and I have yet to experience a therapy animal or clown come to the adult ward, which I'm actually mad about. Why do we stop bringing dogs to people when they turn 21? ”  
- Leila, Recipient
- “ ...the transition was hard. [PEDIATRIC HOSPITAL] was like my family and it was hard to leave. I was happy coming back to visit... And I was nervous. ”  
- Andrew, Recipient
- “ ...The family had a lot of practice with communicating with the team and allowing him to come to his hemodialysis treatments on his own before transplant. This helped them to start transferring responsibility to him before transition. ”  
- Kelly, Recipient
- “ Most important to me at least, is the realization that it comes to the transplant person that it's their health and no one else can do it for them. Everyone can give you the tools and advice all they want, but if you don't take their health in their own hands, nothing will help. ”  
- Bruno, Recipient

## IMPLICATIONS

Nursing Practice	<ul style="list-style-type: none"> <li>• Foster patient and family-centred care and communication</li> <li>• Promote individualized transition care plans</li> <li>• Gradually introduce change</li> <li>• Facilitate open &amp; empathetic dialogue</li> <li>• Advocate for collaborative care models</li> <li>• Recognize emotional impact of transition</li> </ul>
Mental Health & Social Support	<ul style="list-style-type: none"> <li>• Building trust and relationships with adult-care team</li> <li>• Provide therapeutic support</li> </ul>
Healthcare Organizations	<ul style="list-style-type: none"> <li>• Address funding and structural issue</li> <li>• Improve access for specific populations</li> <li>• Provide specialized training</li> <li>• Foster communication and collaboration</li> </ul>
Research	<ul style="list-style-type: none"> <li>• Identify service gaps</li> <li>• Propose further research into transition experiences</li> <li>• Explore trauma-informed care lens, family unit involvement, mental health impacts, and cultural variations</li> </ul>
Policy Development	<ul style="list-style-type: none"> <li>• Reconsider policy on transition age</li> <li>• Advocate for a gradual, individualized transition process</li> <li>• Align policy with pediatric healthcare values and philosophy</li> </ul>

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Emergent Grounded Theory