

# 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 2020-21 National Survey of Children's Health<sup>1</sup>

- As of 2020-2021, there were 116,000 youth ages 12-17 in Wisconsin who had a special health care need
- 65% 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
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- ↓ Lapse in care
  - ↓ Perceived barriers to care
  - ↓ Hospital admission rates
  - ↓ Hospital lengths of stay
  - ↓ Morbidity and mortality

## 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 and other local agency websites
- ✓ Encourage use of [HCT readiness assessments](#) and [sample goals](#) as part of the IEP transition planning process
- ✓ Create messaging around how health is important and interrelated to postsecondary employment, education, and independent living
- ✓ Elicit feedback from students and families on how HCT could best be incorporated into special education programs.
- ✓ Co-create local solutions with the [Wisconsin Integrated Transition Planning Project](#)

## SCHOOL NURSES CAN MAKE A DIFFERENCE

- ✓ Talk with students about how to ask their doctor questions.
- ✓ Help students learn to describe their symptoms.
- ✓ Help them learn their doctor's name.
- ✓ Help students learn their diagnosis.
- ✓ Encourage students to spend time alone with their doctor.
- ✓ Help them put emergency contacts in their phone.

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.

For information about Wisconsin's Title V transition efforts, contact [healthtransitionwi@waisman.wisc.edu](mailto:healthtransitionwi@waisman.wisc.edu). For additional HCT resources, visit [GotTransition.org](http://GotTransition.org).

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