

Abstract submission for 2nd Biennial Australian Implementation Conference

Title: Trapeze, Making The Leap With Ease

Presenters: Dr Jane Ho, Staff Specialist, Madeleine Bridgett, Manager

Presentation: Workshop/Oral Presentation

Theme 2: Systems and structures to support high quality implementation

The Garling Report in 2008 recommended the establishment of a coordinated model of care to support people with chronic conditions to ensure improved health outcomes. Young people with chronic conditions arising in childhood such as congenital cardiac disease, spina bifida and muscular dystrophy are contributing significantly with over 90% now estimated to survive into adulthood. As a consequence of this increase in survival, young people are transitioning at an increasing rate from paediatric services into mainstream adult services which are often ill equipped to meet their needs. Further, anecdotal reports suggest that many young people are falling through the gap and failing to engage with any health care on leaving paediatric services.

In response to these needs, in 2012 the Sydney Children's Hospitals Network (SCHN) developed a new and innovative programme to implement and evaluate a specialist transition service specifically for young people. This service called Trapeze supports young people with chronic conditions as they move from tertiary paediatric hospitals to adult health care. The aim of Trapeze is for young people to better manage their conditions as they move to adult health services so they can live their own lives and stay out of hospital.

Trapeze became clinically active in 2013 and has received over 250 referrals. It utilises a coordinated model of care involving face to face and telephone support; health coaching and telehealth; case planning; and the use of technology, including social media to enhance the engagement of young people. The service recognises that young people have individual needs that change with time, and that psychosocial health is as important as their physical health. Trapeze strengthens the young person's links with their community (eg GP, community teams, schools, peers), in addition to supporting health care transition. Trapeze is a unique service that is based in a tertiary paediatric hospital but has links with many levels in the community: General Practice, the Agency for Clinical Innovation, community care teams, and government and non-government agencies.

This workshop will facilitate discussion about implementing a new service: development of clinical services, implementation of evidence based transition principles, electronic medical records, promotional and educational materials including website and social media, research and evaluation, and the importance of advocacy. There will be conversation about the factors that supported and hindered effective implementation, and the challenges of continuing review and change.

