

Am I ON TRAC? For Adult Care Questionnaire
A Youth Readiness Questionnaire for Youth 12-19 years of age
Youth Version of Questionnaire

Developed by BC Children's Hospital
ON TRAC Transition Initiative

Validated in partnership with UBC School of Nursing

Contacts:

Dr. Elizabeth Saewyc, UBC School of Nursing elizabeth.saewyc@ubc.ca
For validation study of AM I ON TRAC Youth Readiness Questionnaire

Mary Paone, MSN, RN, Nursing Lead for ON TRAC Initiative mpaone@cw.bc.ca
For opportunities for collaborative testing of this tool or other ON TRAC tools, BC's Children's Hospital

Research Team Members:

Melissa Moynihan, MSN, RN, UBC School of Nursing
Dr. Sandy Whitehouse, Department of Pediatrics, UBC, ON TRAC Initiative

This questionnaire has been designed to be used every year, or every few years, with adolescents who have chronic health conditions and/ or disabilities, to assess their progress towards readiness to transition to adult health care services. Instructions for how to score it are on the page following the questionnaire. While the instrument is available for use for free, we would appreciate being informed should you choose to use it, so that we can track its usefulness, and so we can inform you of any refinements or enhanced versions as they become available.

Suggested citation for the tool itself:

Paone M., Moynihan M., Whitehouse S., Saewyc E. (2012). Am I ON TRAC for Adult Care? Youth readiness questionnaire, 2012 version. British Columbia Children's Hospital, Vancouver, BC, Canada.

Suggested citation for validation:

Moynihan, M., Saewyc, E., Whitehouse, S., Paone, M., & McPherson, G. Assessing readiness for transition from paediatric to adult health care: Revision and psychometric evaluation of the Am I ON TRAC for Adult Care Questionnaire. *Journal of Advanced Nursing*, 71(6), 1324-1355. DOI: 10.1111/jan.12617

For updated information on readiness tools and testing visit Projects section – www.ontrac.bc.ca

AM I ON TRAC – For Adult Care Questionnaire (Version January 2012)
 Youth Readiness Questionnaire

For each of the following statements select the response that best describes you

Knowledge Indicators	Strongly disagree	Disagree	Agree	Strongly agree
1. I can describe my health condition to others				
2. I know what my long-term health problems might be				
3. I know what patient confidentiality means				
4. I understand the risks and benefits of health care treatments before consenting to those treatments				
5. I know how to get my medical records				
6. I know the names of my medications				
7. I know what each of my medications are for				
8. I know the side effects of the medications I take				
9. I can get to my clinic appointments on my own				
10. I know how my condition might affect my sexual health				
11. I know how to prevent sexual health risks such as pregnancy and sexually transmitted infections (STIs)				
12. I know how my health condition might limit my career choices				
13. I know how my health condition affects my physical activities				
14. I know how alcohol, drugs and tobacco can affect my medications				
15. I have a family doctor				
16. My family supports me in managing my health				

Behavioral Indicators	Never	Rarely	Sometimes	Often	Always
17. I visit my family doctor when I need to (For example: to have check-ups, get birth control, or if I have the flu)					
18. I meet with my health care providers on my own					
19. I participate in clubs, groups, sports or activities					
20. I talk to my friend(s) about my problems or worries					
21. I participate in activities/exercise to stay healthy					
22. I ask health care providers questions about my health at my visits					
23. I take my medications on my own					
24. When my symptoms are getting worse I contact the clinic for help					
25. I think about what I would like to do after high school					

**Scoring Guide for Revised
Am I ON TRAC for Adult Care Questionnaire (January 2012)
Youth Version**

Knowledge Scale - Items 1 to 14 (items 15 and 16 are not part of the scale, but separate indicators)

Scoring: Strongly disagree = 1 Disagree = 2, Agree = 3, Strongly agree = 4

Items 15 and 16 are not included in the score.

Sum item scores. Scores range from 14 to 56.

*If youth indicate they are not taking any medications items 6, 7, and 8 are not scored.

Scores range from 11 to 44.

Behaviour Index – Items 17 to 25

Scoring: Never = 1, Rarely = 2, Sometimes = 3, Often = 4, Always = 5

Raw Score - sum item scores. Scores range from 9 to 45

*If youth indicate they are not taking any medications item 23 is not scored. Scores range from 8 to 40.

Behaviour Cut-off Score – items 17 to 25 are given a 0 if threshold is not met and a 1 if the threshold is met. Item thresholds:

Question 17 – Often or higher

Question 18 – Sometimes or higher

Question 19 – Sometimes or higher

Question 20 – Sometimes or higher

Question 21 – Sometimes or higher

Question 22 – Often or higher

Question 23 – Often or higher

Question 24 – Often or higher

Question 25 – Often or higher

Threshold scores are summed. Youth need a cut-off score of at least 8 or 9 to be deemed ready for transition to adult care.

* If youth indicate they are not taking any medications item 23 is not scored and youth need a cut-off score of at least 7 or 8 to be deemed ready for transition to adult care.