

AM I ON TRAC FOR ADULT CARE? ASSESSING ADOLESCENTS' READINESS TO TRANSITION

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Aim

Successful transition to adult care is critical for adolescents with special health needs, but there are no well-validated measures to assess readiness for transition. This study validated the updated Am I ON TRAC for Adult Care? questionnaire, a 26-item measure that assesses adolescents' level of knowledge and self-care behaviours as a basis for readiness to transition from pediatric to adult medical care.

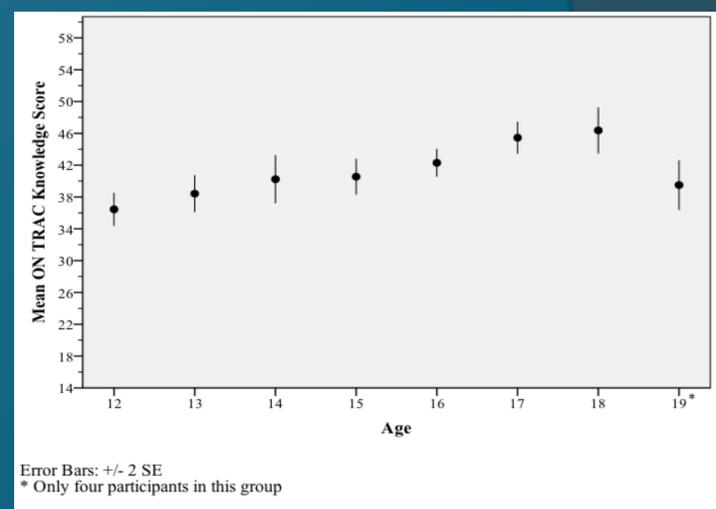
Methods

- During clinic appointments 200 participants, ages 12-19 years, from four outpatient clinics at BC Children's Hospital, Vancouver, completed a study package that included demographic information, the ON TRAC questionnaire, and two subscales of the Psychosocial Maturity Inventory (PMI).
- We used principle components analysis (PCA) of the 17 knowledge items with parallel analysis and scree plots to determine significant components.
- The behaviour items were summed as an index to measure consistent patterns of behaviour.
- Theorized cut-off scores for behaviour items were set at minimally accepted frequency of behaviours required for successful transition to adult care.
- Relationships between participant age, psychosocial maturity and ON TRAC scores were examined.

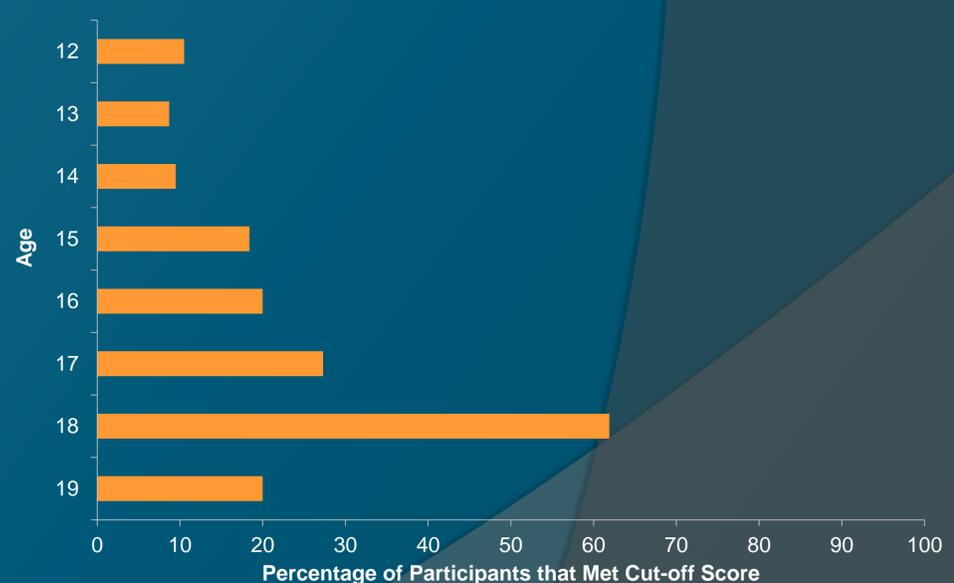
Results

- The PCA identified a 14-item unidimensional knowledge scale with a Cronbach's $\alpha=.84$.
- ON TRAC knowledge and behaviour scores both increased with participant age, but age had a stronger relationship with knowledge ($r=.43, p<.01$).
- Psychosocial maturity correlated with both ON TRAC scores, but had a stronger association with behaviour ($r=.39, p<.01$).
- Psychosocial maturity and age had a weak but significant correlation ($r=.16, p<.05$) suggesting age is a loose proxy for maturity.
- Only 27% of 17-year-olds but 62% 18-year-olds scored above the behaviour cut-off for transition readiness.

Mean ON TRAC Knowledge Score by Age



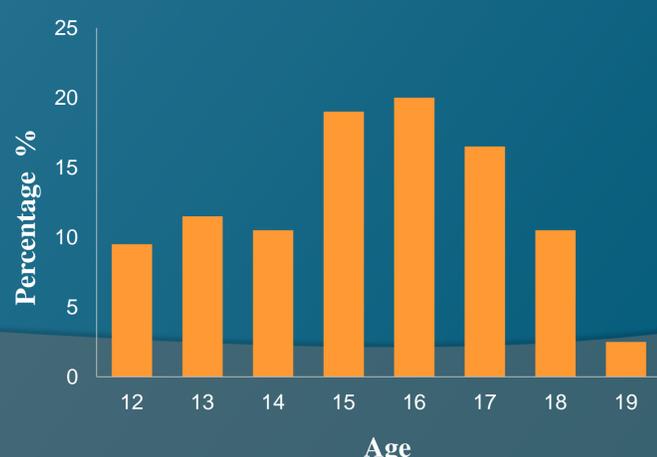
Percentage of Youth that Met the Behaviour Index Cut-off Score Grouped by Age



Participant Demographic Characteristics (N = 200)

Gender	
Male	57.5%
Female	42.5%
Clinic	
Diabetes	36%
Cardiology	27%
Gastroenterology	27%
Neurology	10%
Age [Mean (SD), Range]	15.33 (1.88), 12-19

Distribution of Participants by Age



Conclusions

The ON TRAC questionnaire is a psychometrically sound measure with strong internal consistency, and has potential to be used as a readiness assessment tool in clinical practice.