



THE PRESCRIPTION PAD TRANSITION/TRANSFER TO ADULT CARE

Transitioning Patients from Community Pediatricians into Adult Care Project: *How the Medical Transfer Summary Works in Practice: An interview with a Community Pediatrician*

— BC Pediatric Society



A new transfer form for patients aging out of pediatric care will make it much easier for BC pediatricians to focus on the information that matters most during transfer, says Dr. Manoj Parameshwar, a community pediatrician from Interior Health.

Dr. Parameshwar was among the early wave of physicians who stepped up to be part of the BC Pediatric Society project around patient transfer when it was launched last year. He has since been an active participant in the consultations and pilot project that followed, and has already incorporated the newly available form into his clinic's electronic records system.

"It's always been a challenge to get patients' care transferred into the adult system, and it's going to be easier for family physicians to address if there isn't a big letter from the pediatrician that they have to go through," Dr. Parameshwar noted. "The form gives pediatricians the option of having all the information that's needed to transfer made available to the family physician in a point-by-point, precise way."

The BCPS transfer form was developed in consultation with physicians to build on the work of the ON TRAC transfer form by creating a custom form designed to meet the distinct needs of community pediatricians and the family physicians and adult specialists these patients are transferred to. Other new tools developed as part of the project include a list of community resources broken down

The BC Pediatric Society has been working with community pediatricians, family physicians and adult specialists on a quality improvement project with the goal of supporting the transition process.

The BCPS Medical Transfer Summary (MTS) is one of the tools developed through several consultations with physicians throughout in the past year. In spring 2017 the MTS and other resources were piloted in practices of 7 BC community pediatricians, and the family physicians and adult specialists their patients were transferred to.

This article shares how the MTS worked in practice for one community pediatrician.

by health region for sharing with families, and information from the province's various Divisions of Practice for finding family physicians and adult specialists accepting new patients.

Dr. Parameshwar didn't test those other tools for the case he used in the pilot, as the young woman already had a family physician, and both he and the woman's family knew what community resources were available.

This pediatrician has typically written lengthy letters to his patients' family physicians in the past when preparing to transfer a young patient. He appreciates how concise the new form is, and says it works well to "jog my thinking" around important information to include.

"In the pilot, I used the form for the transfer of a 21-year-old patient with Down Syndrome and multiple issues along with that, and it worked well from my side – easier and less painful," he says. "I also found myself looking into factors for her care that I might have forgotten otherwise."

Dr. Parameshwar first heard about the project through BCPS emails that go out to members. He learned more at a members' dinner where details were shared of the pilot to test the new tools. He found during the pilot that the form helped him "put things in order," and that he ended up arranging information in a more logical way and including more than has been his normal practice when preparing a transfer letter.



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"I'm glad we've done this project. It will definitely improve patient care," he says. "The form helped me modify what I usually do, and do it with more clarity."

With a seven-year-old practice, Dr. Parameshwar noted that he doesn't yet have many patients old enough to transfer into adult care. He estimates he does four or five transfers a year. But even one transfer takes a lot of work, he adds, given that community pediatricians may have as much as two decades of history with a patient that they need to sort through and prioritize.

He also noted that the new form simplifies the process while also acting as a checklist for the information that matters most.

Ready to try out the Medical Transfer Summary for your next transfer? [Click here](#) to go to the new BCPS Transition/Transfer page. There you'll find the form, links to community resources, and links to helpful information should community pediatricians or families have difficulty finding family physicians and adult specialists able to assume care of the youth.

Transitioning Patients from Community Pediatricians into Adult Care is a project supported by the Specialist Services Committee (SSC) a partnership of Doctors of BC and the BC government.

We are very interested in finding out if you've had a chance to look at the [Transition/Transfer resources](#) for community pediatricians just released by BC Pediatric Society.

When the **short survey** from Dr. Aven Poynter arrives in your email inbox in the **first week of October 2107**, please take a few minutes to respond. Thank you!



Study Finds Gaps in Transitioning from Pediatric to Adult Diabetes Care

Researchers interviewed pediatricians, pediatric endocrinologists, diabetes nurses and educators at 12 diabetes centers and found that only 25% reported having suitable planning and preparation for transitioning adolescents with type 1 diabetes from pediatric to adult care. Researchers, reporting the findings in BMJ Open Diabetes Research and Care, said some barriers included the lack of a standardized transition care policy, limited communication between pediatric and adult care providers, and less flexibility in scheduling appointments for adult health care. Diabetes.co.uk (U.K.)

BC Pediatric Society - Medical Transfer Summary

Patient Surname(s): _____
 Given Name(s): _____
 PHN: _____
 Youth Phone/Email: _____
 Parent Guardian Phone/Email (optional): _____
 Emergency Contact: _____
 Projected Date of Transfer: _____
 Date of birth (dd/mm/yyyy): _____

Primary Contact: Yes No
 Primary Contact: Yes No
 Urgent Not Urgent

Please send to:
 Family Physician
 Adult Specialist
 Patient
 Parent/Guardian
 BCCH Specialist

ADULT HEALTH CARE TEAM			Type	Name	Phone	Fax
Identified	Still to Identify	Not Applicable				
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Family Physician			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Adult Specialist			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Adult Specialist			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Choose Here for Additional Team Members:			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Choose Here for Additional Team Members:			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Choose Here for Additional Team Members:			

SUGGESTED OUTLINE FOR YOUR TRANSFER LETTER

SUGGESTED TOPIC	SUGGESTED CONTENT
Recommendations for Future Care	<ul style="list-style-type: none"> Condition-specific and potential complications/late effects Recommended investigations Specialty-specific considerations Ongoing, regular bloodwork Date of diagnosis, initial and most recent tests Co-morbidities Advance directives Clinical warnings, other unresolved issues in ongoing care
Condition Specific Information (For each condition)	<ul style="list-style-type: none"> Psychosocial information re mental health and/or substance use Problem List (date, event or diagnosis/safety concerns, family dynamics, compliance with treatment)
Mental Health and Substance Use Concerns	<ul style="list-style-type: none"> Name, dose, rationale, plan Relevant previous medications, family dynamics, compliance with treatment Drug interactions Form of contraception Pharmcare Special Authority in place (if applicable)
Psychosocial Considerations	<ul style="list-style-type: none"> Lab reports, specialist consults and
Past Medical History	
Medications	
Diagnostic, Laboratory and Other Relevant Results	
Allergies	
Immunizations	
Transfer of Care	
REFERRING PHYSICIAN	

Please see attached transfer letter