



# Co-Design of Young Person's Multidisciplinary Clinic for 16-24-year Olds with Inflammatory Bowel Disease

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## Introduction

Transition is an essential milestone for adolescents with IBD as critical functioning skills necessary for self-management are not fully developed and adolescents often find it difficult to engage.

Patient engagement is key to improving care and has been shown to have positive health outcomes and to reduce health care costs.

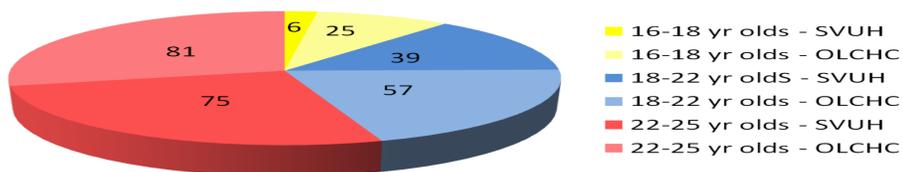
To date an ideal transition model has not been defined in the literature.

## Aim

To design and evaluate a multidisciplinary team (MDT) transition pathway in collaboration with young adults with Inflammatory Bowel Disease

## Method

289 patients aged between 16-25 years currently attend SVUH IBD service, 31 of these (11%) are under 18 years of age

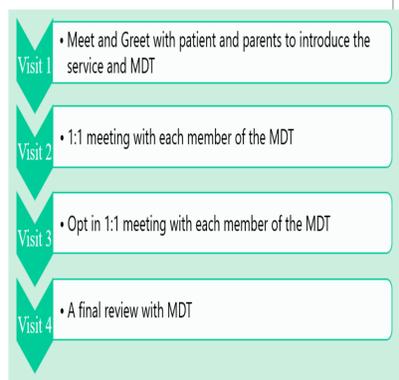


During 2019, 8 patients transitioning into SVUH IBD service were assigned to the pilot structured MDT pathway for 12 months.

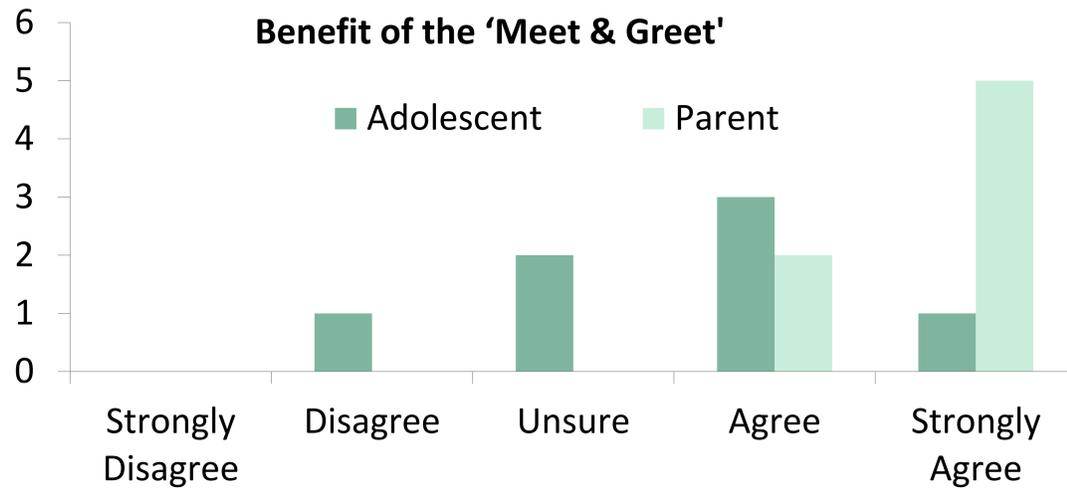
This involved meeting with Consultant, Clinical Nurse Specialist, psychologist and dietitian at clinic appointments.

Patient experience measures were given after each visit and on completion of the pathway in order to steer service development.

Participants rated experience on Likert scales and free text responses.



## Results

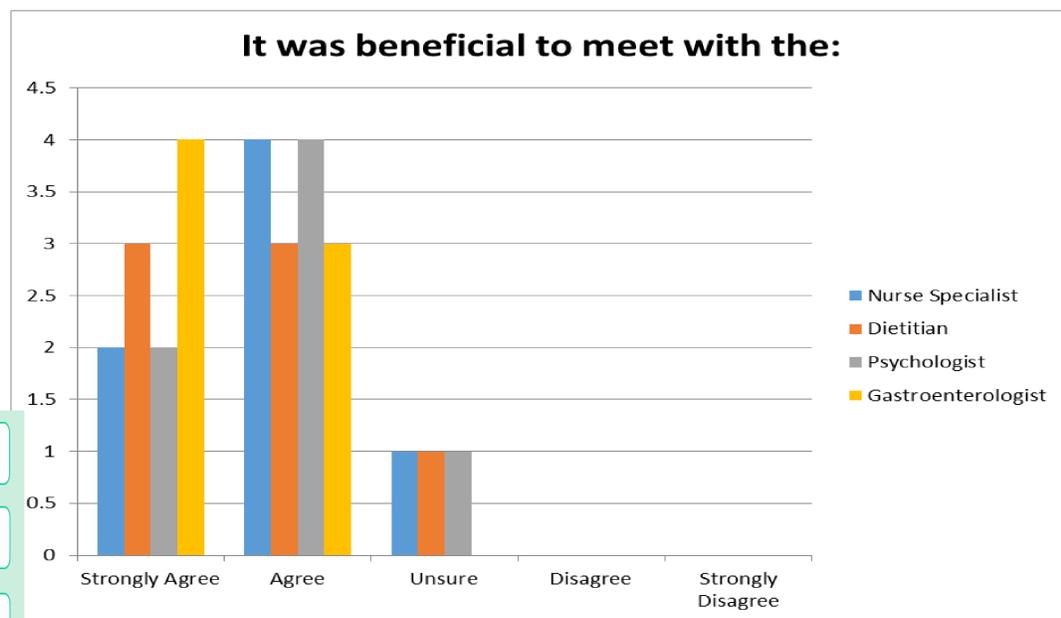


At the end of 1 year excellent satisfaction rates were reported by those attending.

Nonetheless 50% preferred consultant only clinics.

37.5% opted for full MDT review and

12.5% requested psychology input plus consultant at clinic.



## Conclusion

Adolescents may not be fully developed until halfway through the third decade of life

The project highlights the importance of patient focused studies when designing young patient's transition clinics.

This study is being expanded to review patient experiences from a larger cohort aged 18-24years and a RCT will be conducted to guide transition pathway

