TRANSITION TO ADULT SERVICES

South Australia Experience
Dr Rob Carroll
Royal Adelaide Hospital
Women’s and Children’s Hospital
Causes of Graft Failure

Total graft failures (n = 41)

- Early acute rejection: 2
- Technical failure: 5
- Recurrent disease: 9
- Non-compliance (confirmed): 14
- Chronic allograft nephropathy: 11
Established a joint paediatric/adult run Young Adult Clinic

- Aim to reduce graft loss secondary to non-adherence.

- Historical comparison between group prior to (2000-05) and following establishment of new model (2006-11)
Oxford Experience

- 6/9 – transplant failure in historical group
- 0/12 – intervention group
The Adelaide Programme: Joint Transition Clinics

- Alternating appointments from ~15 - 18 years
- Predominantly renal transplant patients
  - chronic disease on immunosuppressive treatment
  - Significant CKD >200 umol/l

- At 18 years\(^+\) - transition
  - Royal Adelaide Hospital
  - Young Adult Renal Clinic

- Ongoing co-management before and after transfer
  - Formal meetings, monthly to discuss patients
  - Email and telephone discussions
Young Adult Renal Clinic

- Off-site
  - Second Story – Adelaide youth health care site
- Youth worker support (Kidney Health Australia)
- Nursing support
  - Paediatric transition nurse – Ky-Lee Pyronee
  - Adult transition nurse – Danielle Stephenson
Adelaide Experience

- YAC clinic no episode of non compliance 0/14
- Non attendance to Young Adult Clinic 4/25 non compliance
Pilot young adults program - Adelaide, South Australia

February saw the first transitional clinic for young adults living with kidney disease take place in Adelaide. This program is a partnership between the Royal Adelaide Hospital and Kidney Health Australia and will hopefully provide a model for other states and hospitals around Australia. The initial clinic, which was deliberately held away from the hospital environment, was attended by 14 young adults – with one patient travelling six hours to participate! The clinic was followed by a casual dinner providing the young adults, partners, parents and health professionals the chance to interact away from the hospital setting.

In many cases, health outcomes for people living with kidney disease around the ages of 18 to 25 are poor, often due to factors like a lack of peer support and the increased responsibility that comes with moving from a paediatric to adult setting. The next clinic will take place in April with a cooking class planned for the evening.

If you're interested in taking part in this program, query Stephen Anderson at stephen.anderson@kidney.org.au or call (02) 9299 4599.