primary studies - published RCT

Preparing adolescents with chronic disease for transition to adult care: a technology program.

Code: PM24843066 **Year:** 2014 **Date:** 2014 **Author:** Huang JS

Study design (if review, criteria of inclusion for studies)

randomized clinical trial

Participants

Adolescents with chronic disease (ACD). Eighty-one ACD, aged 12 to 20 years

Interventions

8-month transition intervention (MD2Me). MD2Me recipients received a 2-month intensive Web-based and text-delivered disease management and skill-based intervention followed by a 6-month review period. MD2Me recipients also had access to a texting algorithm for disease assessment and health care team contact. Controls received mailed materials on general health topics.

Outcome measures

Disease management, health-related self-efficacy, and health assessments were performed at baseline and at 2 and 8 months. Frequency of patient-initiated communications was recorded over the study period. Outcomes were analyzed according to assigned treatment group over time.

Main results

MD2Me recipients demonstrated significant improvements in performance of disease management tasks, health-related self-efficacy, and patient-initiated communications compared with controls.

Authors' conclusions

Outcomes in ACD improved significantly among recipients of a generic, technology-based intervention. Technology can deliver transition interventions to adolescents with diverse chronic illnesses, and a generic approach offers a cost-effective means of positively influencing transition outcomes. Further research is needed to determine whether improved short-term outcomes translate into an improved transition for ACD.

http://onlinelibrary.wiley.com/o/cochrane/clcentral/articles/774/CN-01053774/frame.html

See also

Pediatrics. 2014 Jun;133(6):e1639-46. doi: 10.1542/peds.2013-2830. Epub 2014 May 19.

Keywords

Adolescent; Adult; Caregivers; Child; non pharmacological intervention - psyco-soc-edu-org; Self-Management; Behavioural interventions; training;