primary studies - published, non RCT

A multicenter prospective quasi-experimental study on the impact of a transition-oriented generic patient education program on health service participation and quality of life in adolescents and young adults.

Code: PM26597543 **Year:** 2016 **Date:** 2016 **Author:** Schmidt S

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

Non randomized controlled trial

Participants

Participants of 29 transition workshops with treatment as usual in 274 adolescents (16.8 mean age, SD=1.76) diagnosed with type I diabetes (DM), cystic fibrosis (CF) or inflammatory bowel disease (IBD).

Interventions

Transition-oriented patient education program. A two-day transition workshop was carried out at 12 sites in Germany, focusing in standardized modules on adjustment to adult care settings, organization of future disease management, career choices and partnership.

Outcome measures

Study outcomes were health-related transition competence, self-efficacy, satisfaction with care, patient activation and QoL. Measures were assessed at baseline and six-month follow-up.

Main results

Repeated-measurement covariance analysis using age as a covariate showed that the transition workshop significantly affected transition competence, self-efficacy and satisfaction with school care six months post intervention. The intervention did not significantly affect patient activation and QoL. However, post-hoc analysis suggested different effects across conditions.

Authors' conclusions

The program has a positive effect on the competence of adolescents in the transition phase.

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See also

Patient Educ Couns. 2016 Mar;99(3):421-8. doi: 10.1016/j.pec.2015.10.024. Epub 2015 Nov 3.

Keywords

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