

## To provide an equitable transition service by using group transition information sessions to young people with epilepsy (YPWE) aged 14, 15 and 16 years

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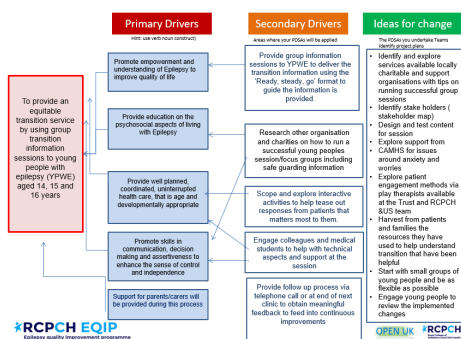
### Aim/purpose:

Promote empowerment and understanding of Epilepsy to improve quality of life for young people with epilepsy through education on the psychosocial aspects of living with Epilepsy. Promote skills in communication, decision making and assertiveness to enhance the sense of control and independence

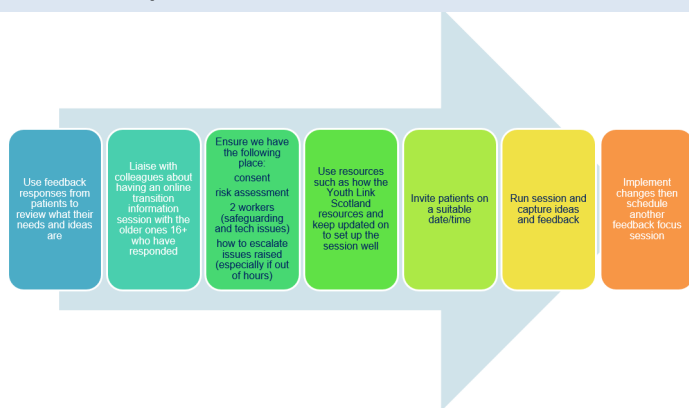
### What is the problem:

Previously the transition information session provided by children's ESN visiting the YPWE at home and going through the 'Ready, steady, go' questionnaire to guide the discussion which became ineffective. Audit completed January 2020 showed that there were 84 YPWE aged 14, 15, & 16 years on the caseload. Only 12% of patients had received some transition input from the children's ESN. This was due to the service being 50% understaffed (RCN guidelines). We also found ESN were providing group information sessions to their patients which proved an efficient and effective method of promoting patient education.

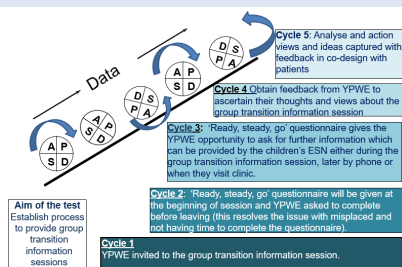
### Driver Diagram



### Process map



### PDSA cycles



### Data/Results/Patient engagement

Responses from YPWE aged 14, 15, and 16 years old

75% would attend group transition information session

Of which 12.5% would attend virtual group transition information session

12.5% would prefer one to one session from ESN

12.5% would prefer online eLearning session

40% would attend group transition information session during school hours

60% would attend group transition information session out of school hours

Of which 20% would attend at the weekend

50% would not like their parent/carer present at transition information session

37.5% would prefer their parent/carer present at transition information session

12.5% don't know if they'd like their parent/carer present at transition information session

### Successes/challenges

- Achieved 8 responses from patients regarding their ideas on how to improve transition service.
- YPWE will need an explanation of what we are trying to achieve to enable their understanding.
- YPWE will need time to speak to the Children's Epilepsy Team either on the phone or in person in clinic

### What our tests revealed

- Use the data base to identify YPWE aged 14, 15 and 16 years of age.
- 8 responses collated by Children's ESN via phone using a proforma to obtain their views on how they want the transition information session to be provided.
- Also the epilepsy team will catch the YPWE when they attend a clinic appointment to obtain their views.
- Limitations: Time restraints of Children's ESN team due to being understaffed and no additional resources available to complete EQIP.

### Team personal learning/Team highlights

- Our service will consider the views of the YPWE's about how they want the transition information session to be provided to them.
- We will aim to provide the session in format preferred
- If data shows that preference is for one to one sessions – we have a problem as this is not achievable.

### Next steps

- Continue planning group transition info session with patients
- Share results of data with YPWE
- Letter of thanks for providing their views sent to them.
- Share results of data with our management team
- Plan the way forward