



Essex Partnership University
NHS Foundation Trust

Southend City Council People Scrutiny Committee

31 October 2023

EPUT

EPUT Children's Specialist Health Services

Brilliant opportunity
to provide co-ordinated care with our
other children's services



Paediatric
Community
Nursing

Paediatric Asthma
and Allergy
Service

Paediatric
Continence
Service

Specialist
Health Visitor
for children with
additional needs
& Jigsaw Team

Paediatric Speech &
Language Therapy &
Dysphagia
Service

Specialist
School
Nursing & Epilepsy
Service

Paediatric
Diabetes
Service

Paediatric
Liaison Service

Specialist
Health
Visitor for
Perinatal
Mental Health

Paediatric
Occupational
Therapy

Lighthouse
Child Development
Centre
Consultants, administration
and medical secretaries

Paediatric
Physiotherapy

Integrated
Essex
Sexual Health

Children's School
Immunisations
Service

Family Nurse
Partnership
(FNP)

Our young people's transition programme



Using the “Ready, Steady, Go” programme in Essex

- 'Ready Steady Go' is a programme designed to help young people with the transition to adult age services
- The programme is aimed at children and young people aged 11 years and over who have a long-term health condition and are likely to require ongoing support from adult services throughout their lifetime
- It helps young people and their families prepare, plan and move from children's to adult services

Essex services already using the programme

- ADHD and neurodisability pathway services
- Paediatric diabetes service
- Special school nursing and epilepsy service
- ASD pathway services are currently preparing to use the programme

The “Ready, Steady, Go” programme



<https://youtu.be/30JMnQZz8nk>

Implementing the programme

National and local drivers

- NICE guidance NG43 – implementing transitional care locally and nationally using the “Ready, Steady, Go” programme
- Requirement of the Health and Social Care Act 2012
- Led by Dr Arvind Nagra, Consultant Paediatric Nephrologist and Lead for Transition at Southampton Children’s Hospital

Our aims and objectives

- With our partners, develop and implement an effective, generic transition programme for young people
- Deliver high quality transition support to improve young people’s experience and ability to manage their healthcare independently

What the programme does

- Provides a purposeful, planned process for young people with chronic physical/medical conditions as they move from children’s to adult services
- Helps reduce morbidity and mortality for young people moving to adult services



Empowering young people

Empowerment is key to the programme

- Empowering and equipping young people with the right skills and knowledge to manage their own healthcare confidently in both children's and adult services

A series of questionnaires supports the young person to work through the programme

- How to assess their knowledge of their condition and treatments and how this knowledge can empower them
- Supporting the ability to develop self-advocacy – speaking up for themselves
- Reviewing educational and future life plans to help them achieve their potential
- Identifying any psychological issues

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Ask 3 Questions

There may be choices to make about your healthcare.
Make sure you get the answers to these three questions:*

- What are my choices?
- How do I get support to help me make a decision that is right for me?
- What is good and bad about each choice?



Your healthcare team needs you to tell them what is important to you.
It's about shared decision making.

Making it happen

The “Ready” phase

At around 11-12 years of age

- At their next appointment, the young person completes the “Getting ready” questionnaire to establish what they need to move successfully from children’s to adult services
 - Issues are addressed over the next one to two years
 - Progress and goals are documented in the young person’s transition plan, held in their notes
- The young person’s parent or carer completes a separate questionnaire
 - Uses the same format as the young person’s questionnaire
 - Ensures the parent or carer is also supported through the process

Developing self-advocacy and ensuring success

- The young person is encouraged to start speaking up for themselves
 - Spends a few minutes of a consultation without their parent or carer present
 - Parent and carer involvement is crucial to success
 - Healthcare professionals engage with parent or carer over any issues they raise in their questionnaire
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Making it happen

The “Steady” phase

At around 13 to 14 years of age

- The young person completes the “Steady” questionnaire which covers the topics in greater depth
- This stage also monitors progress on existing issues and ensures any new issues that arise are also identified and addressed
- Progress is set at an appropriate pace for the young person over the next two years, again with agreed targets and goal setting

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The Ready Steady Go transition programme - Steady

The medical and nursing team aim to support you as you get older and help you gradually develop the confidence and skills to take charge of your own healthcare. Filling in this questionnaire will help the team create a programme to suit you. Please answer all questions that are relevant to you and ask if you are unsure.

Name: _____ Date: _____

Knowledge and skills	Yes	I would like some extra advice/help with this	Comment
KNOWLEDGE			
I understand the medical terms/words and procedures relevant to my condition			
I understand what each of my medications are for and their side effects			
I am responsible for my own medication at home			
I order and collect my repeat prescriptions and book my own appointments			
I call the hospital myself if there is a query about my condition and/or therapy			
I know what each member of the medical team can do for me			
I understand the differences between children's and adult health care			
I know about resources that offer support for young people with my condition			
SELF ADVOCACY (speaking up for yourself)			
I feel confident to be seen on my own for some/all of each clinic visit and to ask my own questions			
I understand my right to confidentiality			
I understand my role in shared decision making with the healthcare team e.g. Ask 3 Questions*			
HEALTH AND LIFESTYLE			
I exercise regularly/have an active lifestyle			
I understand the risks of drugs, alcohol and smoking to my health			
I understand what appropriate eating means for my general health			
I am aware that my condition can affect how I develop e.g. puberty			
I know where and how I can access reliable information about sexual health			
I understand the implications of my condition and medications on pregnancy/parenting (if applicable)			

*See www.uhls.nhs.uk/Medical/Website/2019/parentinformation/ChildHealth/ReadySteadyGo/parentready/ReadySteadyGo/postcard/parentready.pdf

Making it happen

The “Go” phase

At around 16 years of age

- This phase helps ensure the young person has all the skills and knowledge in place to move to adult services
- By the end of this stage, the young person should have the confidence and ability to manage their entire clinic consultation on their own
- Any new issues are highlighted
- Once again, goals are agreed and worked towards in preparation to move to adult services

Introducing the young person to adult services

- Introductions should be made at least a year before transition and earlier if possible
- The number of joint child/adult clinics will vary by individual
- Adult team – including GP - receives full summary of each case

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The Ready Steady Go transition programme - Go

The medical and nursing team aim to support you as you get older and help you gradually develop the confidence and skills to take charge of your own healthcare. Filling in this questionnaire will help the team create a programme to suit you. **Please answer all questions that are relevant to you and ask if you are unsure.**

Name: _____ Date: _____

Knowledge and skills	Yes	I would like some extra advice/help with this	Comment
KNOWLEDGE			
I am confident in my knowledge about my condition and its management			
I understand what is likely to happen with my condition when I am an adult			
I look after my own medication			
I order and collect my repeat prescriptions and book my own appointments			
I call the hospital myself if there is a query about my condition and/or therapy			
SELF ADVOCACY (speaking up for yourself)			
I feel confident to be seen on my own in clinic			
I understand my right to confidentiality			
I understand my role in shared decision making with the healthcare team e.g. Ask 3 questions*			
HEALTH AND LIFESTYLE			
I exercise regularly/have an active lifestyle			
I understand the risks of drugs, alcohol and smoking on my condition and general health			
I understand what appropriate eating means for my general health			
I know where and how I can access reliable information about sexual health			
I understand the implications of my condition and medications on pregnancy/parenting (if applicable)			
DAILY LIVING			
I am independent at home – dressing, bathing, showering, preparing meals, etc			
I can or am learning to drive			

*See www.uh.nhs.uk/Media/UH-website-2019/PatientInformation/ChildHealth/ReadySteadyGo/PrintReady/ReadySteadyGo-postcard-print-ready.pdf

Further sources of information


Ready Steady Go Programme



www.readysteadygo.net

www.eput.nhs.uk/ready-steady-go-transition-programme/

Ready Steady Go transition programme resources

INTRODUCTION (11-12 YEARS)	READY (11-13 YEARS)	STEADY (14-16 YEARS)	GO (16-18 YEARS)	HELLO (FIRST ADULT CLINIC)	PARENTS AND CARERS
 <p>Download: Introduction to the Ready Steady Go transition plan</p> <p>Useful links - long term health conditions:</p> <ul style="list-style-type: none"> Ready Steady Go website PEEER youth workers - here to support young people aged 11 to 25 who have a long term health condition Ready Steady Go plan for diabetes 					