Achieving NICE transition-related standards of care for young people with epilepsy – a quality improvement project

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Background
Moving from paediatric to adult services is a worrying and challenging time for young people with long-term conditions such as epilepsy. Evidence suggests that effective transition between services can improve long-term outcomes (1), yet national data highlights that transition is often overlooked with little recognition as an area of importance within healthcare (2). However, there has recently been a drive to refine and improve the transition process through the NHS long term plan.

Aim
This quality improvement project aimed to achieve the NICE quality transition standards (3) of care for epilepsy across a nine-month period in one paediatric department.

Measurement
An initial gap analysis was undertaken using 11 NICE quality transition-focused standards of care to demonstrate current performance of services for epilepsy.

Diagnostics – Fishbone Diagram

Change Ideas
- Regular transition workshops and progress meetings
- Implementation of the Ready, Steady, Go, paperwork & time-bound action points
- External talks from a transition improvement manager
- Joint transition clinics between paediatric and adult services
- Application for funding for a new epilepsy transition specialist nurse through Roald Dahl’s children’s charity

PDSA Cycles

<table>
<thead>
<tr>
<th>Cycle</th>
<th>Description</th>
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<tbody>
<tr>
<td>1.1</td>
<td>Implementation of time-bound action points with plan to arrange transition workshops &amp; progress meetings.</td>
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<tr>
<td>1.2</td>
<td>Transition gap analysis identified several current standards of care for young people with epilepsy.</td>
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<tr>
<td>2.1</td>
<td>Paediatric improvement plan meeting identified gaps in the service for young people moving to adult services.</td>
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<tr>
<td>2.2</td>
<td>Transition gap analysis undertaken for paediatric epilepsy services using 11 NICE transition quality standards.</td>
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<tr>
<td>3.1</td>
<td>Paediatric transition service meetings identified targets for transition meeting and engaging with parents.</td>
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<td>4.1</td>
<td>Specific action points made for paediatric epilepsy transition service.</td>
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Results – Run Chart

Run chart showing % of NICE transition quality standards met following implementation of change ideas for paediatric epilepsy.

Discussion
- Initial baseline measurement showed that only 27% of transition-related standards of care were met for epilepsy.
- Following the implementation of several change ideas, the measurement for partially meeting and meeting standards increased collectively to 73%.

Reflections & Learning
- This QI project has enabled one paediatric department to better achieve NICE transition standards of care for young people with epilepsy.
- Highlights included: setting-up joint transition clinics and securing a new epilepsy transition nurse specialist through Roald Dahl’s Marvellous Children’s charity.
- Further work is needed to ensure young people & their families are actively involved in the design, delivery, & evaluation of services for transition (standards 1 & 2).

References
(1) Implementing Transition: Ready Steady Go, A. Nagra
(2) From the pond into the sea, children’s transition to adult health services, CQC
(3) Transition from children’s to adults’ services, NICE Quality Standards