

An Interactive Guide to Facilitate Goals of Care Conversations



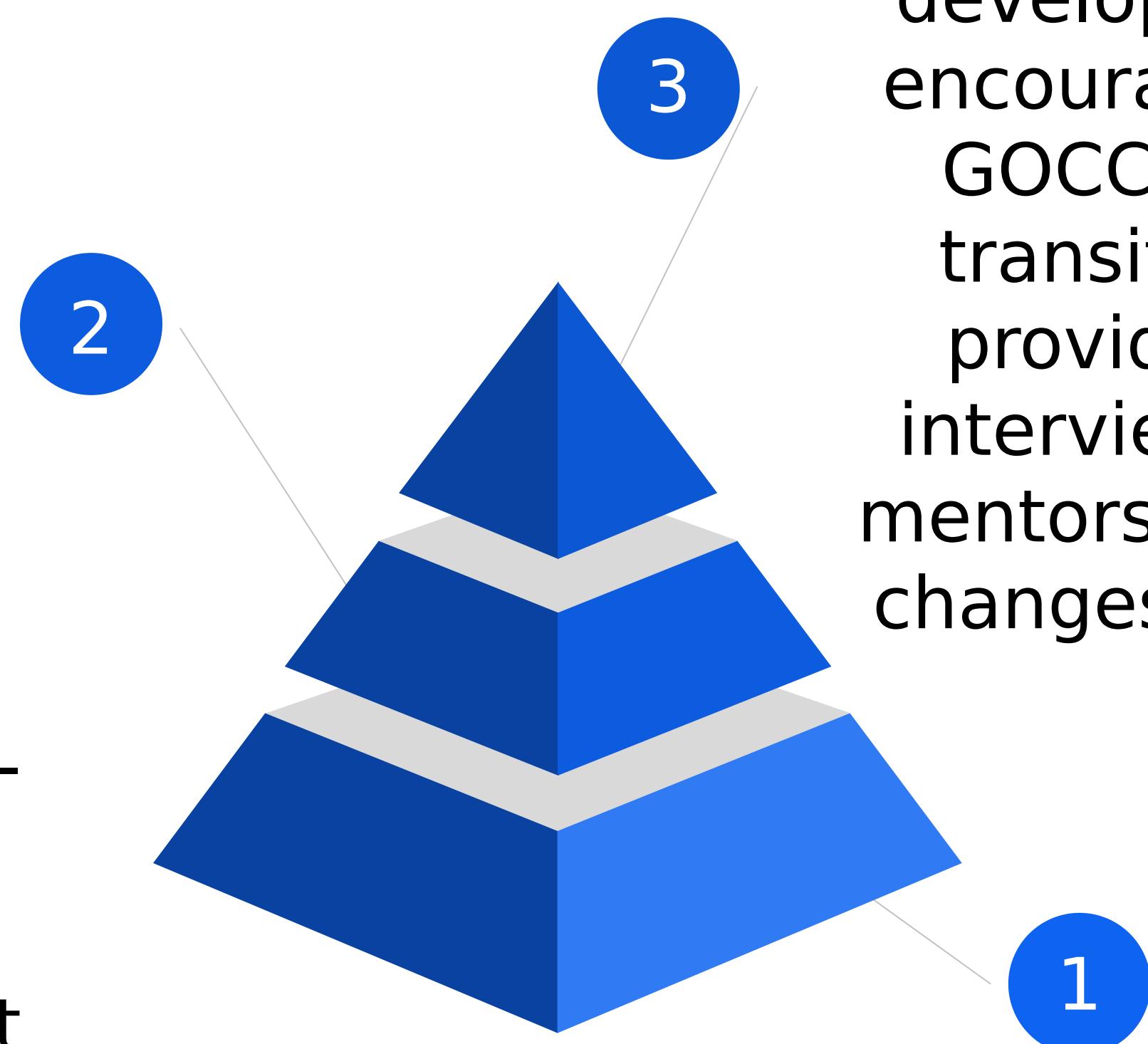
Introduction

- Goals of care conversations (GOCC) between patients and physicians align care with the patients' values and goals. The transition between pediatric to adult care can make it hard for patients to communicate life goals and interests and be vulnerable with new providers. Diabetes is a chronic disease associated with major lifestyle changes for the rest of life, warranting GOCCs. Healthcare guides, even for pediatric populations, are often very technical, requiring high demands on health literacy.

There is a need for a **plain language, youth-friendly** intervention to **ensure goals of care are communicated** to adult providers following transition from pediatric care.

Methodology

Identifying a Need In chronically-ill patients in this stage of life, additional resources are needed to facilitate patient-centered transitions from pediatric to adult care.



Developing an Intervention Our team developed a guide to encourage productive GOCCs as patients transition between providers. We also interviewed research mentors for advice and changes to the model.

Selecting a Population From the subpopulation of patients with chronic illnesses, our team selected the demographic of young adults with diabetes.

The Intervention

A GOC guide that encourages patients to thoughtfully address different aspects of their own long-term healthcare, including treatment, lifestyle, benefits, and risks.

Target subpopulation: Diabetes patients transitioning from pediatric to adult care

Setting: The guide will be given to diabetes patients at their last pediatrics appointment (usually age 18) and/or their first adult medicine appointment

We will provide the option to complete the prompts electronically or on paper

Example questions:

What aspects of your life, such as education, family, career, etc., mean the most to you?

How has your illness affected or interfered with these priorities?

Where do you see yourself in 5 years, and how do you think your healthcare will fit into that picture?

Success and Sustainability

- Intervention has small startup costs, with some clinician training and monitoring costs. Reimbursement can be provided through billing codes for **Principal Illness Navigation**, which, as of 2024, compensate outpatient providers for assisting with decision-making and care navigation for patients with serious illness

Inputs	Activities	Outputs	Short-term outcomes	Long-term outcomes
<ol style="list-style-type: none">Online guideClinicians trained in interventionStaff oversight	<ol style="list-style-type: none">Pilot guide among youthRevise guideTrain clinicians on use of guideTrack uptake	<ol style="list-style-type: none">Number of guides distributed and completedNumber of discussions with adult provider	<ol style="list-style-type: none">Increased GOCCs with adult providersGreater provider awareness of patient values	<ol style="list-style-type: none">Greater provider comfort with GOCCShared patient-provider decision-making