

Behavioral Medicine

FALL 2023





Psychosocial Treatments and Transition to Adult Care

Transition from Pediatrics to Adult Care



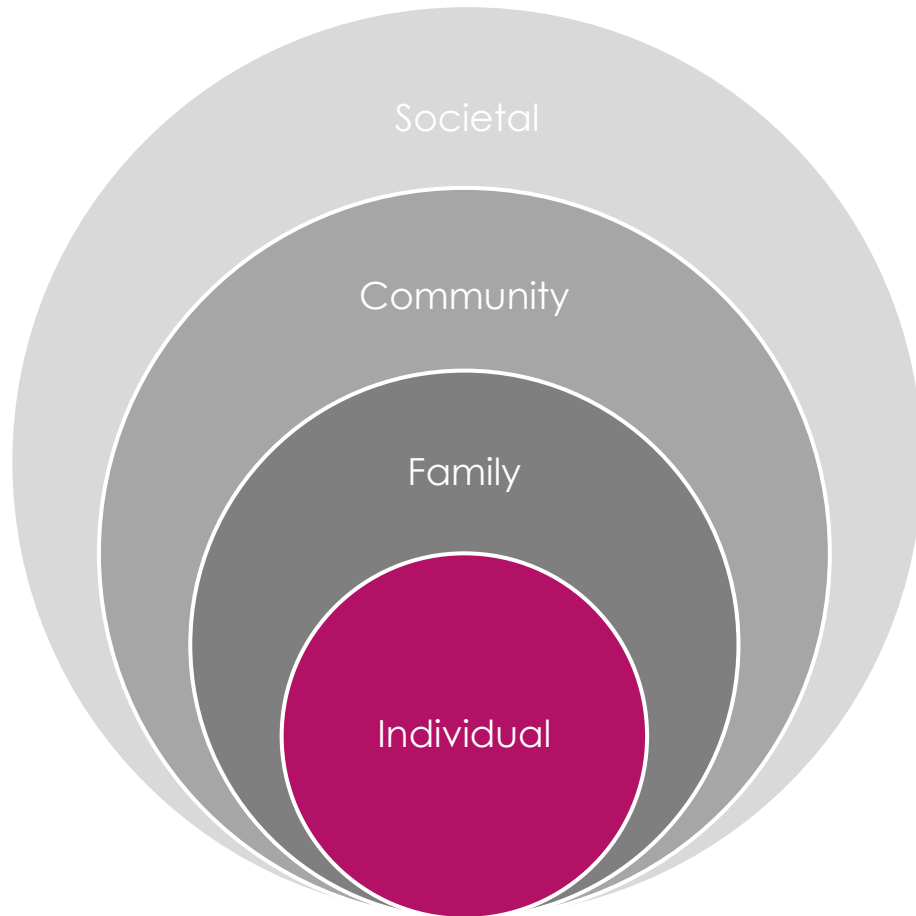
Societal

Community

Family

Individual

Factors Impacting Transition



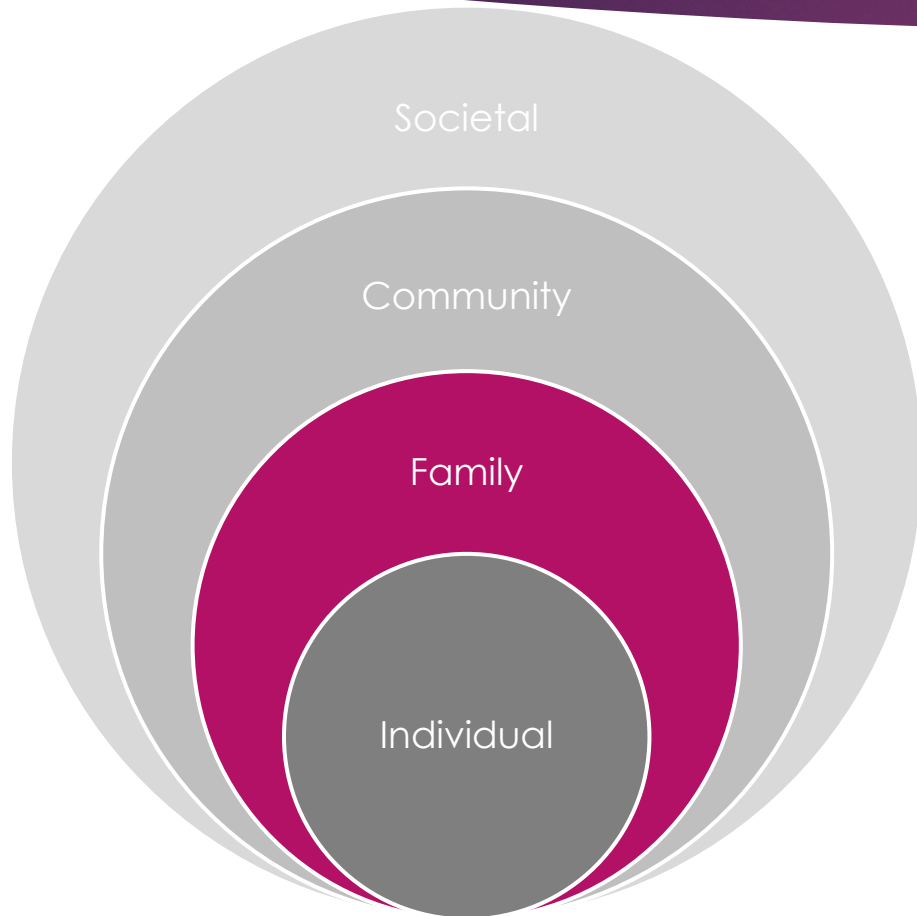
Nonmodifiable Factors

- Gender
- Race/Ethnicity
- SES
- Cognitive Ability

Modifiable Factors

- Disease/Treatment Knowledge
- Beliefs/expectations
- Motivation
- Relationships
- Psychological/Behavioral Difficulties

Factors Impacting Transition



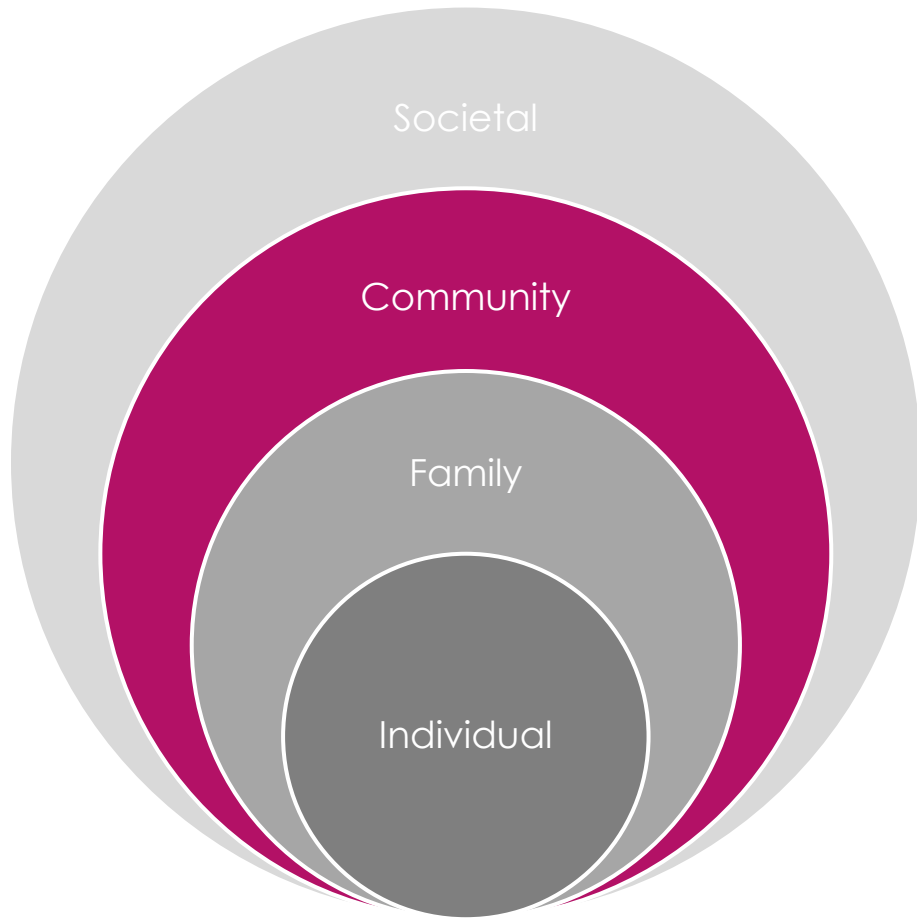
Nonmodifiable

- Family resources

Modifiable

- Alignment of parental goals/values
- Parent-child conflict
- Parental involvement

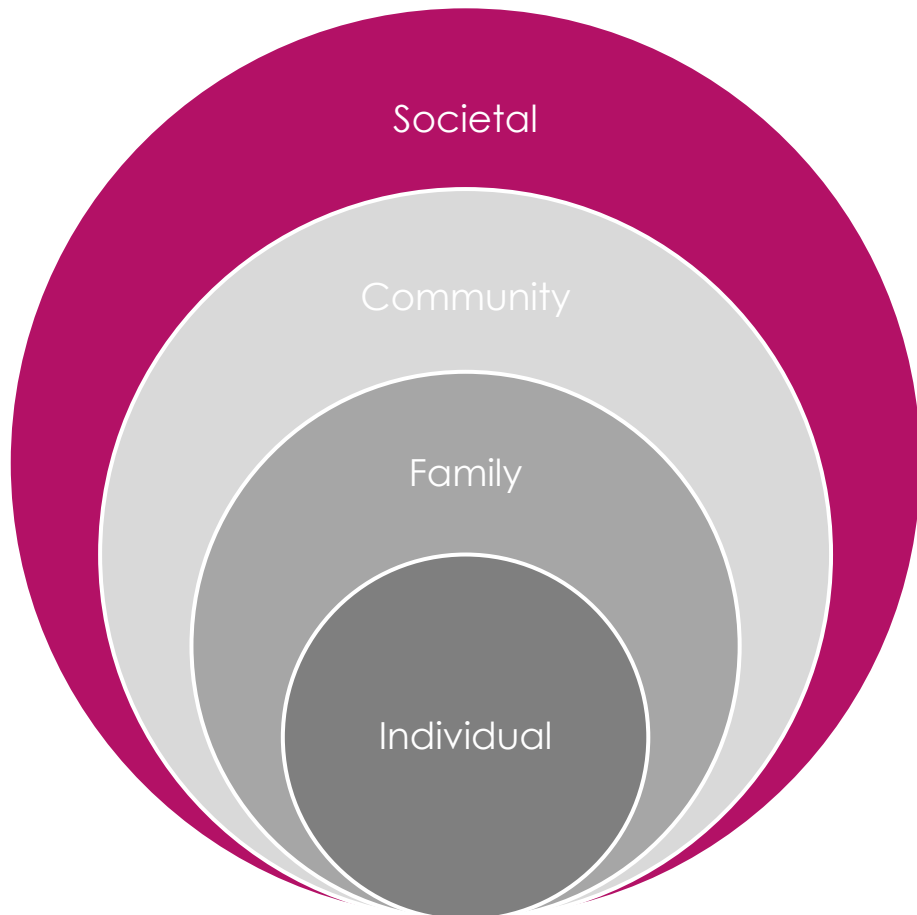
Factors Impacting Transition



Discussion

What are some community level factors that could impact transition?

Factors Impacting Transition



Health Care System

- Relationship and communication with providers
- Changes in care in the adult world
 - Higher caseloads
 - Shorter visits
 - Medically focused
 - Individual providers
- Insurance coverage/costs

Transition Interventions



TRANSITION
COORDINATOR



TRANSITION
CLINIC



EDUCATION



SKILL BUILDING

How to Prepare for and Communicate with Health Care Providers

Effectively communicating with your medical team can be helpful to ensure you receive the best quality care. There are several things that you can do to help ensure that your medical team has the information they need. Some health care providers may be less familiar with _____ as it is relatively rare. It can be helpful to provide a MEDICAL CONDITION Information Sheet for your provider (can use material from this handout).

Tips:

- Keep track of your health information. This includes:
 - List of past and current health problems (including both physical and mental health)
 - List of doctors names and numbers
 - List of medications, times, dosages, and who prescribes
- Prepare a list of topics you would like to address
 - Keep it limited to the most important 2-3 topics
- Bring a paper and pencil (or even another supportive person) to keep track of what they tell you
- Don't hesitate to ask questions and repeat back answers for clarification
- Ask for instructions about what needs to be done after the appointment

*If you are under 18, your parents may need to provide consent for your provider to see you without parents present. Don't forget to bring a copy of your insurance card and a photo ID with you to appointments.



P – Presenting detailed information about how you are feeling

Have list of different concerns (may bring a diagram of body to cross off what parts you want to talk about”



A – Asking questions if desired information is not provided



C – Checking your understanding of information that is given to you



E – Expressing any concerns about the recommended treatment”



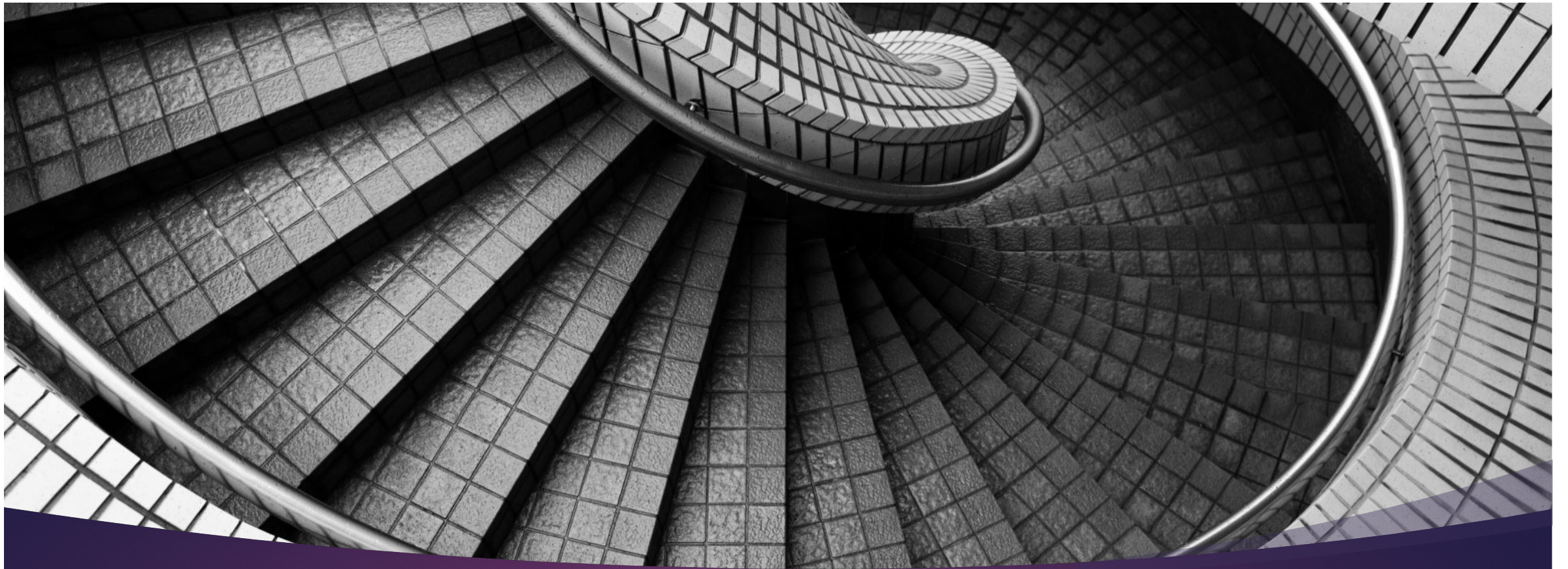
Six Core Elements of Health Care Transition 2.0 Transitioning Youth to an Adult Health Care Provider

for use by Pediatric, Family Medicine, and Med-Peds Providers

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Prepared by the Got Transition/Center for Health Care Transition Improvement project team, Margaret McManus, Patience White, and Megan Prior, with assistance from our cabinet executive team, Jeanne McAllister, Carl Gooley, Eileen Forrester, Laura Pickler, Mallory Cyr, Nierke Dosa, Teresa Nguyen, Tawana Goodie, and Wendy Jones, and our federal Maternal and Child Health Bureau project officer, Marie Mann. Special thanks to Corinne Dreskin and Daniel Beck of The National Alliance to Advance Adolescent Health. This work is funded through a cooperative agreement from the Maternal and Child Health Bureau, Health Resources and Services Administration (U39MC25729).



Managing Stress

Stress Management

Psychological methods
designed to reduce impact of
potentially stressful experiences



3 components

Education

- What is stress and why it matters

Getting skills

- Monitoring stress, recording it, noticing reactions

Practicing skills

- How to reduce the experience of stress

Relaxation Strategies



Progressive Muscle
Relaxation



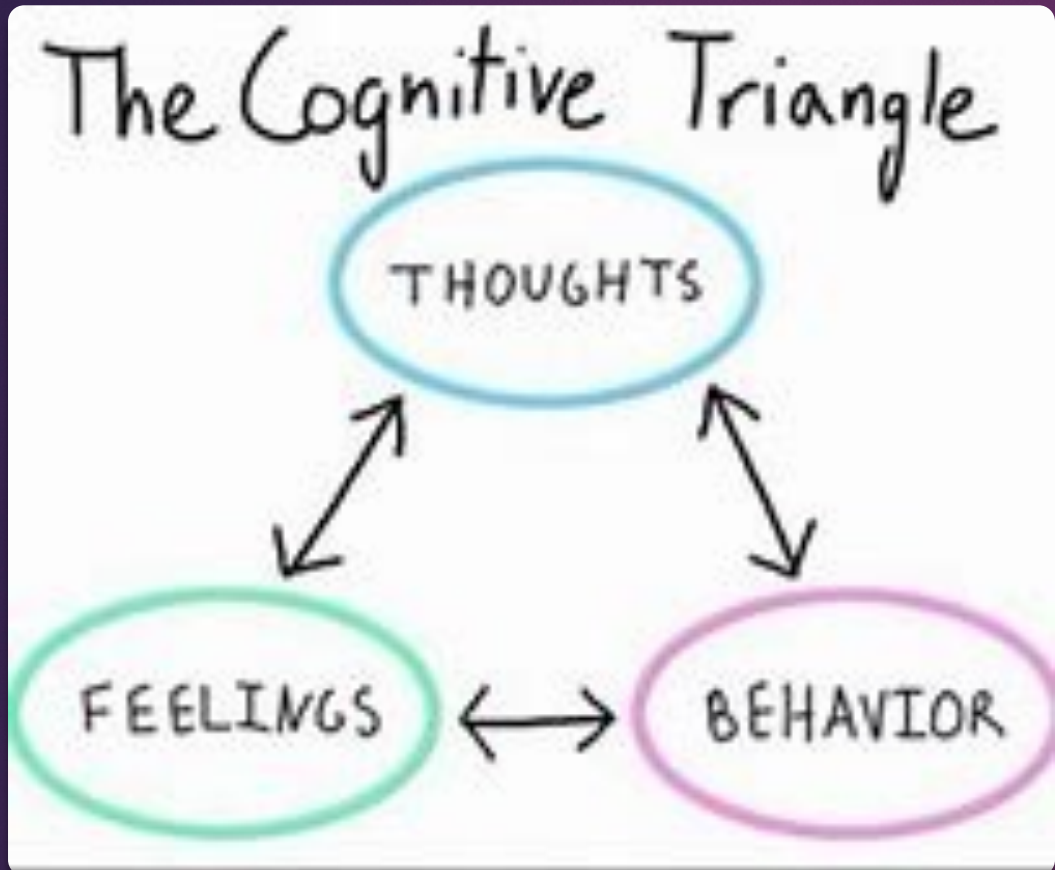
Diaphragmatic Breathing

Mindfulness- Based Stress Reduction

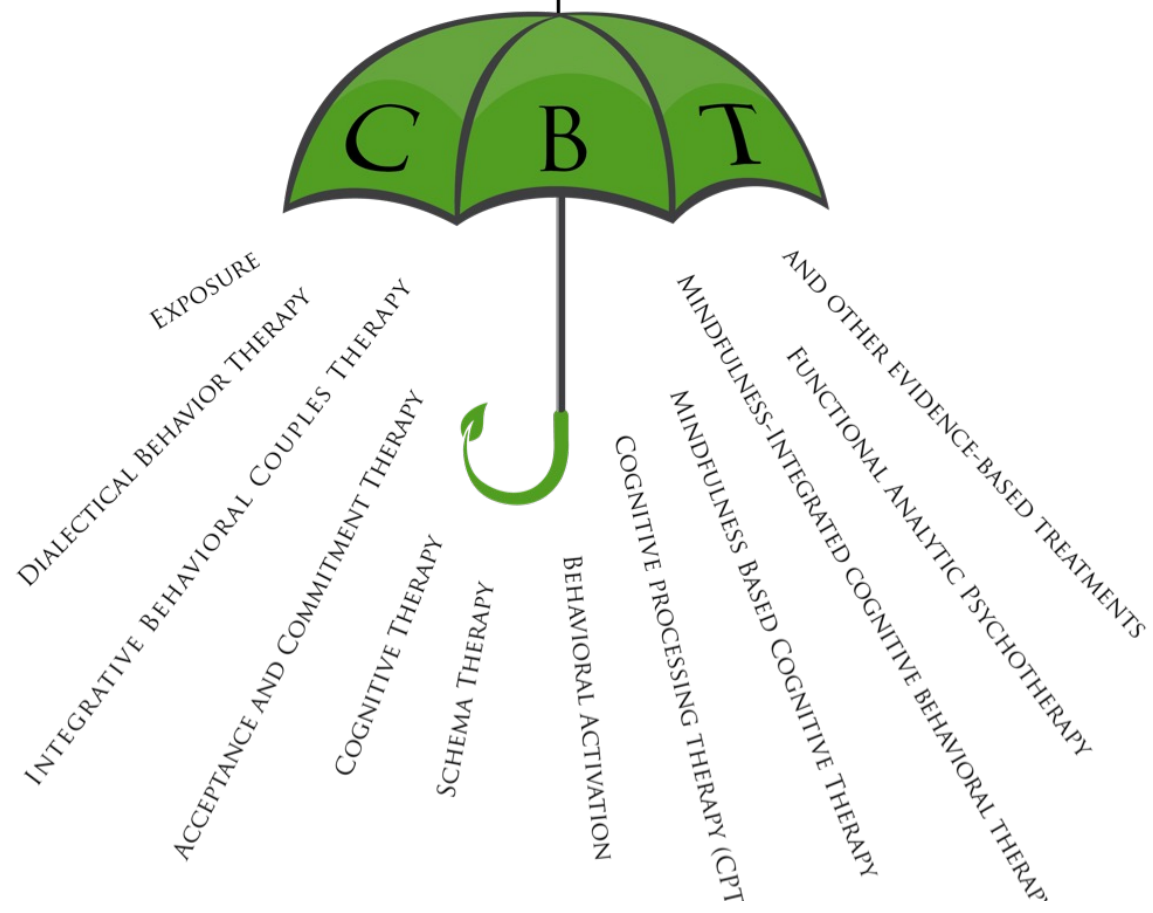
- ▶ Mindfulness
 - ▶ “awareness that emerges through paying attention on purpose, in the present moment, and non-judgmentally to the unfolding experience moment to moment.”
- John Kabat-Zinn
 - ▶ “awareness, of the present moment, with acceptance” Germer, 2005
 - ▶ contact with the present moment, as defined by “contacting both internal stimuli, such as bodily sensations, thoughts, and feelings, and external stimuli, such as sounds, sights, smells, and touch” with the goal being to encourage simple observation of one’s reactions to these events Fletcher & Hayes, 2005, p 320-21.

3 tenets of mindfulness and acceptance based interventions

- ▶ 1) intention (a sense of *purposefulness* for mindful awareness and action)
- ▶ 2) attention (taking notice or *observing* both internal and external experiences)
- ▶ 3) attitude (the *accepting* way in which we respond to these internal and external experiences)



Cognitive Behavioral Therapy



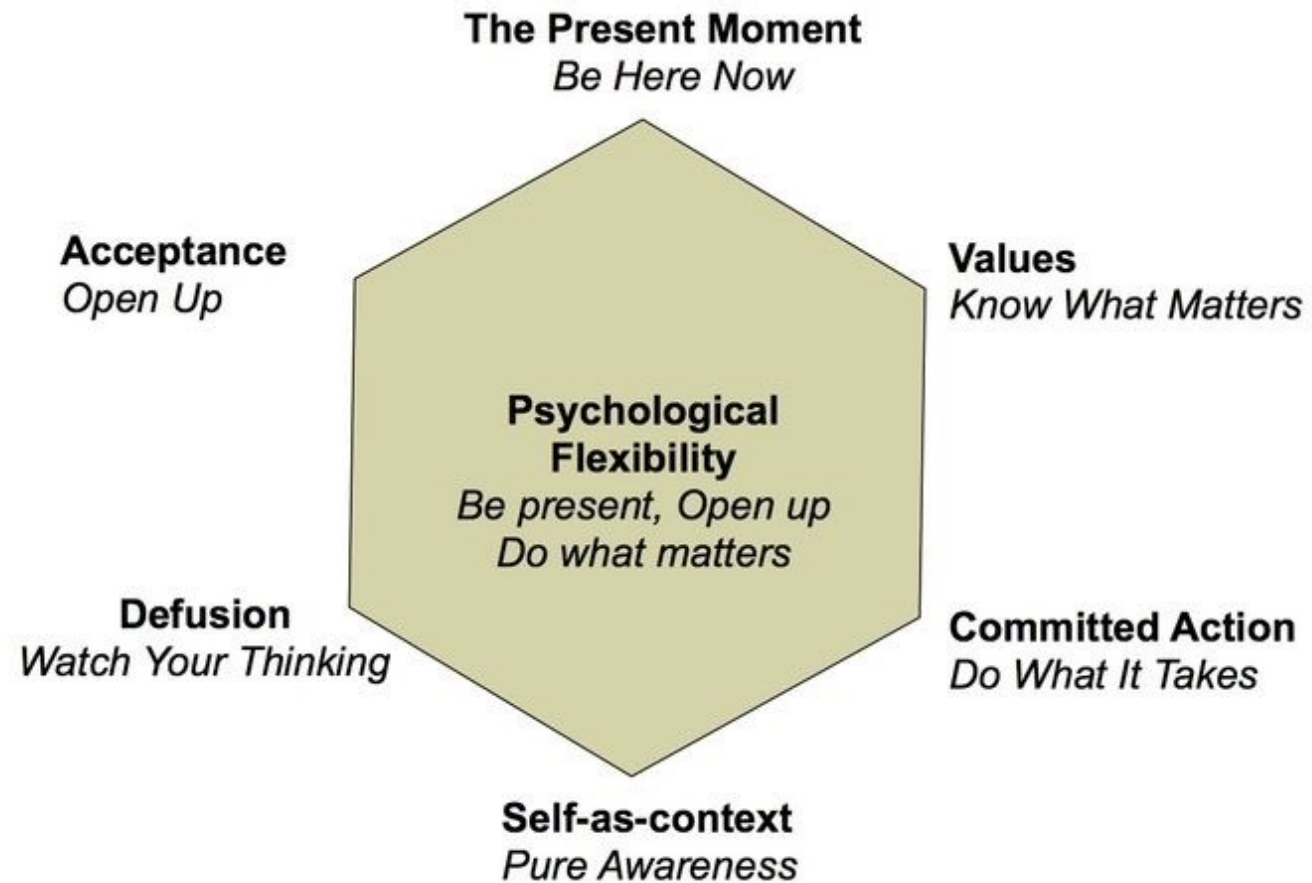
Cognitive Behavioral Stress Management

- ▶ Stress inoculation training
 - ▶ Reconceptualization – changes appraised meaning
- ▶ Skills
 - ▶ Relaxation
 - ▶ Controlled breathing
- ▶ Follow-through
 - ▶ Use daily
 - ▶ Increase physical activity

Emotional Disclosure

- ▶ The Secret Life of Pronouns: James Pennebaker at TEDxAustin

ACT In A Nutshell



Coping Tools



Gratitude



Humor



Pets



Spirituality/Meaning

Complementary/Alternative Medicine (CAM)

Traditional
Chinese
Medicine

Ayurvedic
Medicine

Homeopathy
&
Naturopathy

Dietary
Supplements

Prayer

Acupuncture

Yoga

Hypnosis