Advantages and challenges with co-developing an ehealth intervention with young people for transition to adult healthcare services.

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Phase 1
Evidence

Phase 2
Build co-design team

Phase 3
Design website & materials

Phase 4
Experimentation

Phase 5
Contextualization & modification

Phase 6
Launch
Phase 1 – obtain evidence

- Young people (14-18 yrs), young adults (18-25yrs), parents & HCPs from 9 services across 6 hospitals
- Diabetes, Cystic Fibrosis, Congenital Heart Disease
- Survey with young people, 14-25 years (n= 217)
- Semi-structured interviews (n=116)
- Participative stakeholder conference (n=29)
- Systematic reviews (n=3)
What did young people want?

- Website that was friendly, attractive and trustworthy
- Information that was trustworthy, reliable, easily downloaded, colourful format, non-patronising language.
- Hear young people’s transition stories – tips and advice.
- Information on managing the transition, what to expect (roles & responsibilities), becoming more independent, illness management, medications.
- Information about key hospital personnel, differences between child and adult services, location and configuration of services, FAQs.
Phase 3: Co-design materials & website

- Co-learning, co-sharing of expertise, co-development, iterative process
- Participatory workshops – 12 young people
- One-to-one interviews - 4 PWCF
- Co-design group - 5 young people
- Videos - 6 young people
Phase 4: Experimentation

- General layout, logo, banner, images
- Menu items
- Colors and images (not girly or manly)
- Navigation - simple tabs
- Empowering language (not explained to us like we are kids)
- Information available to download or print
- Short videos (3-5 mins)
- Accessible on mobile phones
Phase 5: Contextualization & modifications

- Young people’s co-design group
- Advisory steering group (parent, nurse, doctor, health psychologist, digital technology expert, senior lecturer & project team)
- Adult stakeholder advisory group (Diabetes Ireland, CFAI, Heart Children)
thinking about transition

My first thought was why I have to move?

planning your transition

It's really important to familiarise yourself with what you are moving to.

making the transition

Transition is a process...but I'm OK with that...cause now I am more confident!

Where to start?
It's time to start thinking about your transition to adult health care services, but where to start?

Find out more

Transition plans in action
It's time to plan your transition to adult health care services, here's some tips to help you.

Find out more

The Next Steps
It's time for your transition to adult health care services so how can you prepare yourself?

Find out more
Phase 6: Launch of website

- Ambassadors & Champions
- Site & Stakeholders
- Accessibility of resource
- Dissemination (tv, radio, newspapers, websites, twitter, facebook, blogs)
- Winner of Best project in hospital MSD Health Literacy Awards
- Monitoring usage & updating
Thanks & Questions welcomed
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