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

Prof. I Coyne¹, G Prizeman¹, Dr. A Sheehan¹, Prof A While²

¹Trinity College Dublin

²King's College London





**Phase 1
Evidence**

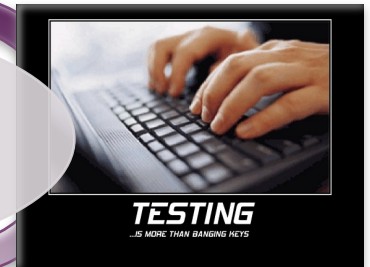


**Phase 4
Experimentation**

**Phase 2
Build co-design
team**



**Phase 5
Contextualization &
modification**

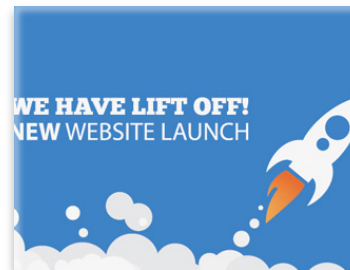


**Creative
Website De**

**Phase 3 Design
website &
materials**

**WE HAVE LIFT OFF!
NEW WEBSITE LAUNCH**

**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 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)





SteppingUP.ie

transition information for young people,
with long-term illnesses, moving to
adult health care services

- Home
- About Transition
- Clinics and Personnel
- Top Tips
- Transition Stories
- Q&A's
- Essential Reading
- Links
- Gallery



thinking about transition

“ My first thought was why I have to move? ”

Where to start?

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

[Find out more](#)



planning your transition

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

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](#)



making the transition

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

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
My email: coynei@tcd.ie

