

Are **Transition Readiness Assessment Questionnaire Scores** associated with **Patient Navigator Utilization**?

Exploring the associations between transition readiness, sex and patient navigator utilization for youth undergoing transition to adult care

AUTHORS



Zoya Punjwani, Megan Patton, Susan Samuel

BACKGROUND

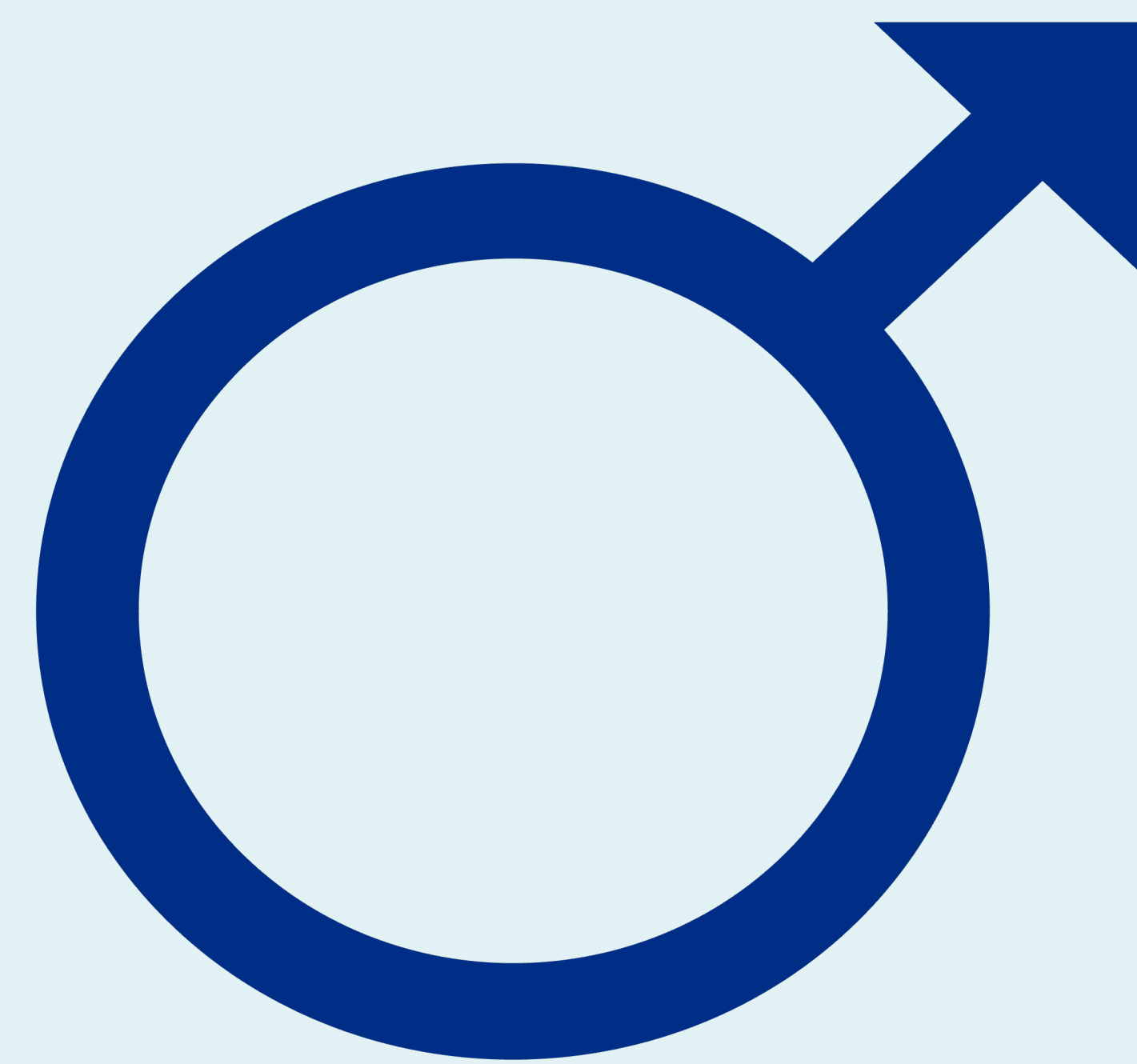
- **Transition from pediatric to adult health care for youth with chronic conditions is a vulnerable and complex time**, associated with gaps in care and poor overall health outcomes.
- **Youth need to be ready to go through this transition.** It is important to measure readiness to target interventions.
- Transition Readiness Assessment Questionnaire (TRAQ) is the most validated measure of transition readiness. Females have higher TRAQ scores compared to males, suggesting higher transition readiness.
- **Research objective:** To assess the relationships between TRAQ scores, sex and utilization of a patient navigator intervention.

METHODS

- Secondary data analysis was conducted with a diverse sample of 124 patients (aged 16-21) with chronic health conditions, who have access to a patient navigator intervention.
- Youth patient partners identified important variables that needed to be tested in this study.
- Logistic regression was used to identify the associations between TRAQ scores, sex, and navigator utilization.

RESULTS

- Females had 1.942 odds (95% CI 0.932, 4.115, $p=0.079$) of utilization of navigator intervention compared to males.
- There was a significant effect of sex on transition readiness wherein females had 2.453 odds (1.107, 5.662, $p=0.030$) of higher TRAQ scores compared to males.
- There was no significant effect of TRAQ scores on PN utilization.



Males have lower TRAQ scores compared to females at the start of transition.



TRAQ scores were not associated with patient navigator utilization.



Females had higher odds of navigator utilization compared to males; however, this relationship was not significant.

CONCLUSIONS

This was the first study that explored the relationship between TRAQ scores, sex and navigator utilization. It is important to improve current transition readiness measures for readiness assessments to provide meaningful insights into the next steps for managing the care for AYA transitioning to adult care.