

BRIDGES TO TRANSITIONS SYMPOSIUM



UPMC Children's Hospital of Pittsburgh Bridges to Transitions Symposium

Saturday, June 24, 2023

9:00am—12:00pm

**In-Person at Rangos Conference Center Auditorium
UPMC Children's Hospital of Pittsburgh
And Virtually via Zoom**

Registration and Optional, Complimentary Continental Breakfast Open at 8:00am. Parking will be complimentary for patients and family members in the North Campus Garage on the UPMC Children's Hospital of Pittsburgh and Rangos Research Center Campus. Instructions and detailed maps will be provided to attendees, as well as friendly assistance from event staff.

Optional, Complimentary Conversation and Connections Luncheon to follow formal program adjournment until 2:00pm, all course attendees are welcome, with an emphasis on providers and families.

Virtual attendance option to be turned on in event of sold out in-person registration or strong interest from non-local individuals who cannot travel to attend.

Course Directors:

Andrew McCormick, MD, FAAP

Associate Professor of Pediatrics

Medical Director, UPMC Vascular Anomaly Center

Director, Healthy Transitions Program

UPMC Children's Hospitals of Pittsburgh

Arvind Hoskoppal, MD

Associate Professor of Pediatrics

Director, Adult Congenital Heart Disease Program

Heart Institute at UPMC Children's Hospital of Pittsburgh

Invited Faculty:

Adrienne Kovacs, PhD, CPsych

Equilibria Psych

Toronto, Canada



Welcome

Welcome to the Bridges to Transitions Symposium, hosted by UPMC Children's Hospital of Pittsburgh!

We are thrilled to invite you to this groundbreaking event taking place on Saturday, June 24, 2023. Our symposium aims to provide a platform for patients, families, and healthcare professionals involved in the care of individuals with chronic diseases diagnosed during childhood. Together, we will navigate the crucial transition from pediatric to adult care and emphasize the importance of mental, emotional, social, and educational support during this transformative period.

At the Bridges to Transitions Symposium, we recognize the power of collaboration between psychosocial support experts and clinicians in delivering comprehensive care. By integrating best practices from clinical and social sciences, our ultimate goal is to facilitate an optimal transition, empowering patients to learn, grow, and thrive.

Introduction

The UPMC Children's Hospital of Pittsburgh Bridges to Transitions Symposium is designed to assure patients diagnosed as children with inherited or acquired chronic disease, their families, and the applicable multi-disciplinary healthcare team are readily able to access mental, emotional, social, and educational resources needed to successfully navigate the clinical and personal changes that occur during the transition from pediatric to adult care.

This symposium highlights the importance of psychosocial support experts and clinicians working in tandem to provide comprehensive care for patients diagnosed with enduring and progressing conditions who are approaching or currently undergoing the critical transition period. The program format and content are designed to provide critical and holistic updates in best practice care delivery across this wide range of specialists working in unison to care for this often complex, vulnerable, and evolving patient population. With successful integration of clinical and social science best practices by a dedicated multi-disciplinary team, the transition period can be a time these patients learn, grow, and thrive.

Learning Objectives

- Enhance recognition of the importance of utilizing a multi-specialty team to facilitate optimal transition from pediatric to adult care clinically, mentally, emotionally, and socially for each unique patient.
- Increase awareness of common clinical, social, societal, and other challenges faced by transitioning patients and how to employ effective navigation strategies.
- Explore the challenges of and opportunities presented by rapidly changing technology and other current cultural trends, such as social media, in care delivery for this patient population.
- Improve awareness of and ability to facilitate access to a strong support network and other critical resources essential to optimal pediatric to adult transition of care.

Target Audience

The Bridges to Transitions Symposium is a unique educational event designed to benefit a multi-dimensional audience including:

- All members of the multi-disciplinary health care team involved in the care of pediatric patients transitioning to adult care.
- Any patient and/or loved one who wish to share their experience transitioning from pediatric to adult care.
- Any patient and/or loved one who wish to learn more ahead of future transitions of care.
- Any patient and/or loved one who wish to establish or strengthen their support network in the care transition community.
- Any patient and/or loved one who wish to attain improved access to the critical resources available to transitioning patients at the local and regional level.
- Any students, trainees, researchers, staff, corporate, quality, or leadership health care professionals interested in learning more or vested in the care of the lifelong management patient population we serve, with an emphasis on the critical transition period.
- Any members of the community who want to learn more or get involved in making our region's communities more equitable, accessible, and optimal for all our community members.
- Any disease pathology support group members or advocates who believe they can provide benefit to or receive benefit from the planned programming and networking opportunity for the transitions of care community.

Program Agenda

Saturday, June 24, 2023

8:00—9:00am: ***Symposium Open for Registration and Continental Breakfast***

9:00—9:05am: **Welcome and Introduction**
Andrew McCormick, MD and Arvind Hoskoppal, MD

9:05-9:15am: **Opening Remarks**
Diane Hupp, DNP, RN, NEA-BC, FAAN

Section I: **Core Elements for Successful Transition**

9:15-10:15am:

Peds Medical: How to prepare your patient for transition to adult model of care
Beverly Kosmach-Park, DNP, RN, FAAN

Adult Medical: How to prepare to receive a young adult with childhood condition
Kristen Ehrenberger, MD

Transitions in Care: Family/patient Perspective
James Bachenheimer

10:15-10:30am:Community and Resource Connection Break

Section II: **Breakout Sessions**

10:30-11:30am:

- **Sexuality, Contraception, and Reproduction**
Malamo Countouris, MD, MS; Kirsten Rose-Felker, MD; Orquidia Torres, MD
- **The Role of Social Services in Transitions**
Robert Corcoran, CPA; Shari Mamas, JD
- **Leveraging Technology and Social Media to Aid Transitions**
Brad Dicianno, MD; Julia M. Pantalone, MD

Section III: **Transitions in Care: Keynote Lectureship**

11:30am-12:00pm:
Adrienne Kovacs, PhD

12:00—2:00pm: ***Conversation and Connections: Family and Provider Luncheon (No CME credit awarded)***

Open to all providers and families.

*** *Luncheon is complimentary and optional.*

University of Pittsburgh Faculty

Malamo Countouris, MD, MS

Assistant Professor of Medicine
UPMC Heart and Vascular Institute

Brad Dicianno, MD

Professor and Endowed Research Chair of Physical Medicine and Rehabilitation
Assistant Dean for Medical Student Research, University of Pittsburgh School of Medicine
Medical Director, UPMC Center for Assistive Technology,
Director, UPMC Adult Spina Bifida Clinic,
Medical Director and Chief Operating Officer, University of Pittsburgh Human Engineering Research
Laboratories (HERL)
Department of Physical Medicine and Rehabilitation
University of Pittsburgh School of Medicine

Kristen Ehrenberger, MD, PhD

Assistant Professor of Medicine
Department of Medicine
UPMC Children's Hospital of Pittsburgh

Diane Hupp, DNP, RN, NEA-BC, FAAN

President, UPMC Children's Hospital of Pittsburgh

Beverly Kosmach-Park DNP, RN, FAAN

Clinical Assistant Professor of Surgery
Clinical Nurse Specialist, Liver and Intestine Transplant
Director of Transplant Transition, MyPATH
Department of Transplant Surgery
UPMC Children's Hospital of Pittsburgh

Julia M. Pantalone, MD

UPMC Internal Medicine/Pediatrics Resident, PGY2
UPMC Medical Education

Kirsten Rose-Felker, MD

Assistant Professor of Pediatrics
Heart Institute at UPMC Children's Hospital of Pittsburgh
UPMC Heart and Vascular Institute

Orquidia Torres, MD, MS

Assistant Professor of Pediatrics
Director of Medical Student and Resident Education, Adolescent Medicine
Program Director, Adolescent Medicine Fellowship
UPMC Children's Hospital of Pittsburgh

External Faculty

Robert Corcoran, CPA

Financial Advisor
Bridger Financial Group

Shari Mamas, JD

Managing Attorney
Disability Rights Pennsylvania

Course Coordinator

Angela E. Kinnunen, MPA

Project Manager HVI
UPMC Heart and Vascular Institute
University of Pittsburgh Medical Center
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CONTINUING MEDICAL EDUCATION CREDIT

Accreditation and Designation Statement

In support of improving patient care, the University of Pittsburgh is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the health care team.

Physician (CME)

The University of Pittsburgh designates this live activity for a maximum of 2.75 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nursing (CNE)

The maximum number of hours awarded for this Continuing Nursing Education activity is 2.75 contact hours.

Physician Assistant (AAPA)

The University of Pittsburgh has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 2.75 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

Other health care professionals will receive a certificate of attendance confirming the number of contact hours commensurate with the extent of participation in this activity.

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All individuals in a position to control the content of this education activity have disclosed all financial relationships with any companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. All of the relevant financial relationships for the individuals listed below have been mitigated.

Brad DiCianno, MD

Grant/Research Support: NIDILRR

Other: imHere

No other members of the planning committee, speakers, presenters, authors, content reviewers and/or anyone else in a position to control the content of this education activity have relevant financial relationships with any companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

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