

Poster presentation

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Review of the success of a transition clinic for young adults with rheumatic diseases

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from 15th Paediatric Rheumatology European Society (PreS) Congress
London, UK. 14–17 September 2008

Published: 15 September 2008

Pediatric Rheumatology 2008, **6**(Suppl 1):P148 doi:10.1186/1546-0096-6-S1-P148

This abstract is available from: <http://www.ped-rheum.com/content/6/S1/P148>

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Background

A systematic review of the Young Adults with Rheumatic Diseases (YARD) clinic in a tertiary care centre was completed to evaluate the success of the clinic in providing comprehensive care to young adults with chronic rheumatic diseases.

Materials and methods

A retrospective chart review was undertaken to collect demographic information from all patients seen at the YARD clinic from February 2006 to May 2008. Data collected included diagnosis, vocational status, number of clinic visits and "no show" rate.

Results

A total of 136 patients have been transitioned into the clinic. The diagnoses (number of patients) included juvenile idiopathic arthritis (50), spondyloarthropathy (32), mixed connective tissue disease (6), uveitis (6), systemic lupus erythematosus (6), psoriatic arthritis (6), juvenile dermatomyositis (2), vasculitis (3), chronic recurrent osteomyelitis or avascular necrosis (5), or other (19). 48 patients attend university/post-secondary education, 56 high school, 24 work full time, 1 was on maternity leave, 1 was on disability, 1 was not attending school or working and 5 are of unknown vocational status. There were only 29/455 "no-show" visits, however several reminders were required for many patients. All patients were seen on their own after their first YARD visit. All patients received allied

health care support. One patient was hospitalized because of disease flare.

Conclusion

YARD clinic is well attended, with only 6% "no shows" Patients continue to have good disease control, with only one patient requiring hospitalization for disease flare 96% of patients are attending educational institutions or working.