Medical outcomes post transition of clinical care from a paediatric cystic fibrosis care model to an adult cystic fibrosis care model – an Irish perspective

Thornton KP1, Ronan NJ2,3, Shortt C2, McCarthy M2, Fleming C2, Daly M2, Hickey C2, Howlett C2, Flanagan ET2,3, Eustace JA3, Murphy DM1,2, Plant BJ1,2

1Medical School, University College Cork, Cork
2Cork Adult CF Centre, Cystic Fibrosis Centre, Respiratory Department, Cork University Hospital, University College Cork, Cork.
3HRB Clinical Research Facility, University College Cork, Cork.

As life-expectancy increases in CF it is paralleled by an increasing number of patients transitioning from a paediatric care-model to an adult care-model. In chronic illnesses including CF the transition process is often complicated by concerns about the potential implications. Traditionally studies have evaluated subjective aspects of transition including patient satisfaction. There are limited objective studies in this area. Our study investigated the change in clinical status in the year pre & post transition.

Data was collected retrospectively for the year pre-transition and the first year post-transition for the last 28 patients who transitioned from our paediatric to adult program. FEV1, FVC, BMI, number of pulmonary exacerbations were recorded.

There was no significant difference in the mean decline in FEV1 (p=0.66) or FVC (p = 0.248) in the year pre-transition compared to the year post. There was a significant decrease in the total number of exacerbations (PO & IV antibiotics) in the year post-transition (p = 0.015). There was no significant change in the number of exacerbations requiring IV antibiotics (p = 0.568). A significant increase in use of home IV antibiotics was noted after transition (p = 0.006) with a parallel non-significant reduction in number of inpatient days (mean -2.35 days, p = 0.211). There was no significant change in BMI after transition (p = 0.66).

In a cohort of patients with CF transition is not associated with a clinical decline; however, it is associated with a change in antibiotic practice - with a reduction in oral antibiotic usage and a change in location of IV antibiotic delivery.