

The Registered Nurses' Association of Ontario (RNAO) is the professional association representing registered nurses, nurse practitioners and nursing students in Ontario, Canada. The International Affairs and Best Practices Guidelines Centre is a signature program of RNAO focussed on the development, dissemination and active support of the uptake of evidence-based clinical and healthy work environment best practice guidelines (BPG), and the evaluation of their impact on patient/resident/client, organizational, and health system outcomes (Figure 1). Best Practice Spotlight Organizations® (BPSO®) are health-care and academic organizations that implement and evaluate BPGs. There are currently more than 1,500 BPSO sites worldwide.

## Objectives

In June 2023, RNAO released the second edition of its *Transitions in Care and Services* BPG. The objective of the guideline is to provide evidence-based recommendations for nurses and members of the interprofessional team, organizations and the health system to support safe and effective transitions in care for pediatric and adult persons and their support network. This BPG focuses on transitions between and across settings, including, but not limited to: primary care, home and community care, mental health and substance use health settings, acute care, rehabilitation, long-term care, correctional facilities, and other social care settings such as shelters.

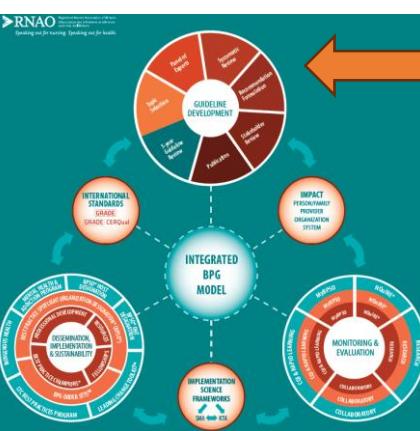


Fig. 1 RNAO's Integrated BPG Model

This work is part of the Best Practice Guidelines (BPG) Program, funded by the Government of Ontario.



## Methods

An expert panel of interprofessional practitioners, researchers and policy makers was convened that included persons with lived experience and representatives from Ontario Health Teams. A six-step process was then followed to develop the guideline. The GRADE methodology was used to conduct systematic reviews and develop recommendations.

GRADE

## Recommendation areas

- Collaboration with persons and their support network
- Assessing care needs and readiness for a transition
- Interprofessional collaboration:
  - to develop a transition plan
  - to formally collaborate across sectors
- Review of medication history
- Providing navigation support, including:
  - information
  - follow-up support to assess and respond to evolving care needs
  - support from peer workers with lived experience

## Collaboration with Ontario Health Teams

This BPG was developed in consultation with Best Practice Spotlight Ontario Health Teams (OHT) to help achieve the Quadruple Aim and the United Nations' Sustainable Development Goals by addressing population health, supporting underserviced populations and promoting health equity. To ensure the recommendations support integrated care across sectors, representatives from BPSO OHTs participated in preliminary discussions groups and were part of the expert panel, and provided feedback on the draft guideline.



## Monitoring and Evaluation

**Process and outcome indicators** have been developed and included within the BPG to support rapid learning for effective transitions, monitoring and continuous quality improvement. The process indicators align with good practice statements and recommendations in the guideline; the outcome indicators align with outcomes of the research questions guiding best practice recommendations. Both types of indicators will guide organizations and Ontario Health Teams in understanding the impact of implementing best practices for transitions in care and services.

