

Transition from Pediatric Care to Adult Care

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What Is Transition?

- Making the change from a pediatric physician to an adult physician in a planned approach
- Decision is made through assessment and discussion with patient/family, doctor/nurse and social worker
- Transition is a process not an event
- Happens at different ages for different patients, depending on medical and social circumstances

Preparation for Transition

- Begins earlier than you might think
- Handout for Checklist for Self-Management Skills

Why Start Self-Management and Transition Education early?

- Practicing self-management skills early on, as age appropriate, will help the patient learn these behaviors and tasks, to the point that when transition to adult care occurs, these behaviors are like second nature.
- Beginning the integration of self-management skills into the patient's day to day life helps create a daily routine of compliance which is the expectation in adult care
- Mastery of self-management skills and confidence in those skills are two of the key factors to successful transition to adult care.

Self-Management Skills

- Ability of a patient to manage aspects of their disease and disease management
- Examples:
 - ✓ Knowing names and doses of medications
 - ✓ Being responsible for daily medications and remaining compliant with them
 - ✓ Knowing schedule of refills for medications and obtaining them from the pharmacy (and doing so before the medication runs out!)

Examples Continued

- ✓ Knowing frequency of follow up clinic visits and scheduling them and/or assist in scheduling them
- ✓ Knowing who to call if you're experiencing symptoms and/or unusual changes in your health
- ✓ Keeping a list of calendar appointments for clinic visits, infusions, lab draws, etc.
- ✓ Ensuring reliable transportation for compliance with clinic visits, infusions, lab draws, etc.

When Is The Right Time to Transition?

- Different for every patient and family
- Dependent on the patient's health, social circumstances, plan for college/employment, etc.
- Also dependent on self-management skill level
- Transition Readiness Assessment Questionnaire (TRAQ)

When Is The Right Time To Transition?

- As the patient gets older, it's important to note the many changes regarding lifestyle choices, social circumstances, rites of passage, etc. that occur in a young adult's life which make transitioning to an adult provider even more appropriate and ultimately what is in the best interest for their health and well-being.
- Taking into account all these factors, discussion and decision regarding transition to adult care is made with input from both the patient and/or family and the medical team.