

# **Transition**

**Transferring medical care of young people with special health needs from child-centred to adult-oriented healthcare systems.**

# **Transition Goals**

**All young people with special health care needs should have access to uninterrupted, comprehensive and accessible care.**

# **Timing of Transition**

**Transition is a gradual process.**

**It should start before late adolescence  
and should be tailored according to the  
needs of the adolescent**

# **Optimal Transfer between Healthcare Professionals**

- **Should guarantee continuity of medical care**
- **Should provide ongoing good quality of life for young people with chronic conditions**
- **Should ensure young people cannot opt out of both systems only to reappear in the adult system in a crisis.**

# Requirements of healthcare services for adolescents with complex health needs

- **Adolescent-friendly**
- **Continuity of care**
- **Multidisciplinary team**
- **Developmentally appropriate**
- **Appropriate technical facilities**
- **Empathetic attitude**
- **Cultural competency**

# **Transition**

**Requires communication and collaboration  
between the following participants**

- **Adolescents**
- **Primary care physicians**
- **Paediatric subspecialists**
- **Adult subspecialists**
- **Members of the multidisciplinary team**
- **Family members**
- **Service commissioners**

# **Transition**

## **The Role of the Primary Care Physician**

- **Explanation and endorsement of confidentiality and informed consent**
- **Good standards for primary and preventive healthcare**
- **Supervision of growth and development**
- **Immunisations**
- **Treatment of acute illnesses**
- **Promotion of good general health**
- **Continuous communication with the multidisciplinary team**

## **Prior to Transition**

**All Paediatricians should ensure that the following issues are addressed**

- **Peer relationships**
- **Sexuality issues**
- **Eating patterns**
- **Substance use and abuse**
- **Accident and injury prevention**
- **Mental health issues**
- **Educational and occupational needs**
- **Access to support groups**

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## **The Role of the Subspecialist**

- **Explanation and endorsement of confidentiality and informed consent**
- **Promotion of personal responsibility for illness and treatment – including parents or partners when appropriate**
- **Making adolescents part of planning of their future health care**
- **Providing a written portable summary of their disease or condition**
- **Continuous communication with the multidisciplinary team**