



Preparing to Transition from a Pediatric to Adult Care Practitioner

Transitioning to adulthood with IBD

As a teenager, you will be expected to begin taking more and more responsibility for your own care and gradually moving from dependence on your parents and caregivers to independently managing your disease.

As a patient you should learn as much as you can about your condition and health care needs. You should try to do as much as you can to manage your disease on your own and actively participate in your health care. The doctors and nurses who provide your care should partner with you in this process. Below are some ideas for helping you manage your healthcare.

Key areas you should be able to successfully manage

KNOW

- Your Disease
- Your Medicines including name, purpose, dosage, potential side effects and interactions
- Your Tests and what the results mean for your ongoing care

DEVELOP INDEPENDENCE AND ASSERTIVENESS

- Take personal responsibility for knowing your medication schedule and adhering to it
- Take responsibility for making your own appointments with the doctor
- Self report your history to the physician rather than relying on parents and caregivers
- Plan for the future including how to manage your disease at school, the types of work you might pursue and all aspects of your health insurance

HEALTH AND LIFESTYLE

- Know the effects of drugs and alcohol and smoking on your disease
- Know the consequences of not following your medication regimen
- Understand the impact of your condition on sexual function and fertility

The precise age at which you assume these tasks and responsibilities will vary based on your psychological, emotional and social maturity as well as your disease activity, environment and support systems. This is a dynamic process and is not the same for everyone.

Use the checklist on the reverse side to help you track your progress. Order more copies by emailing cdhnmfmaterials@gmail.com



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OGY,

www.KidsIBD.org
www.CDHNF.org
www.NASPGHAN.org

CDHNF National Office:
P.O. Box 6, Flourtown
PA 19031

Phone: 215-233-0808

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Checklist for Independent Management of IBD

AGE	PATIENT
12-14	EARLY ADOLESCENCE <i>New knowledge and responsibilities</i> <ul style="list-style-type: none"><input type="checkbox"/> I can describe my GI condition<input type="checkbox"/> I can name my medications, the amount and times I take them<input type="checkbox"/> I can describe the common side effects of my medications<input type="checkbox"/> I know my doctors' and nurses' names and roles<input type="checkbox"/> I can use and read a thermometer<input type="checkbox"/> I can answer at least 1 question during my health care visit<input type="checkbox"/> I can manage my regular medical tasks at school<input type="checkbox"/> I can call my doctor's office to make or change an appointment<input type="checkbox"/> I can describe how my GI condition affects me on a daily basis
14-17	MID ADOLESCENCE <i>Building knowledge and practicing independence</i> <ul style="list-style-type: none"><input type="checkbox"/> I know the names and purposes of the tests that are done<input type="checkbox"/> I know what can trigger a flare of my disease<input type="checkbox"/> I know my medical history<input type="checkbox"/> I know if I need to transition to an adult gastroenterologist<input type="checkbox"/> I reorder my medications and call my doctor for refills<input type="checkbox"/> I answer many questions during a health care visit<input type="checkbox"/> I spend most of my time alone with the doctor during visit<input type="checkbox"/> I understand the risk of medical nonadherence<input type="checkbox"/> I understand the impact of drugs and alcohol on my condition<input type="checkbox"/> I understand the impact of my GI condition on my sexuality
17+	LATE ADOLESCENCE <i>Taking charge</i> <ul style="list-style-type: none"><input type="checkbox"/> I can describe what medications I should not take because they might interact with the medications I am taking for my health condition<input type="checkbox"/> I am alone with the doctor or choose who is with me during a health care visit<input type="checkbox"/> I can tell someone what new legal rights and responsibilities I gained when I turned 18<input type="checkbox"/> I manage all my medical tasks outside the home (school, work)<input type="checkbox"/> I know how to get more information about IBD<input type="checkbox"/> I can book my own appointments, refill prescriptions and contact medical team<input type="checkbox"/> I can tell someone how long I can be covered under my parents' health insurance plan and what I need to do to maintain coverage for the next 2 years.<input type="checkbox"/> I carry insurance information (card) with me in my wallet/purse/backpack.

This checklist was based on faculty expertise, review of existing publications and adaptations of "Transition Planning Checklist" by the Children's & Women's Health Centre of British Columbia.