

Introduction

Transition from paediatric services to adult is a significant milestone.

More children are surviving into adulthood with chronic conditions ⁽¹⁾.

As an adult stoma nurse am I aware of the challenges that this group brings?

Are the adolescents prepared to make the move from paediatric services to adult care? This is a review of the literature published.

Methods

Discussion with paediatric stoma care nurse.

Literature search – Athens, BMI, CINHAL, Google, RCN, DoH.

Results

Knowledge of local practice. 4 articles found, 1 more from reference list, DoH documents and RCN guide for working documents reviewed.

TRANSITION. AN AGE OR A STAGE?

Discussion

What is an Adolescent?

The transitional period between puberty and adulthood in human development, extending mainly over the teen years and terminating legally when the age of majority is reached. ⁽²⁾

Main Concerns Raised by Adolescents

Feeling dumped, abandoned, thrown out, cut off, tossed out.
Lack of confidence.

Two thirds gastroenterology services have no transition ⁽⁴⁾

Reasons for Transition

Adult service accepting more transition patients ⁽³⁾

Significantly less contact with services complaints

Prepare for reduction in services

Distinct development stage ⁽³⁾

Self management ⁽³⁾

Health and lifestyle ⁽⁴⁾

Open discussions without parents ⁽⁴⁾

Confidence of adolescent ⁽³⁾

When to Transfer Services?

No one established time

Should not be based on age ⁽³⁾

When fulltime education has stopped ⁽³⁾

When disease in remission ⁽³⁾

Depends on individual maturity, stability of disease ⁽⁴⁾

Different Methods of Transition

Handover clinic direct transfer from paediatric to adult services.

Parallel clinic - adult and paediatric running at the same time but independently.

Transition clinic - Adolescent patients seen by both teams so that all involved develop familiarity and transfer of expertise. ⁽⁴⁾

80% adolescents not ready for transition when handover/direct transfer used.

Parents happier with transition clinic.

Adolescents more likely to report problems when confident in transition clinic. ⁽³⁾

Conclusion

Predominant focus of transition clinics to give patients opportunity to develop disease awareness, self management and decision making in the healthcare setting ⁽⁵⁾.

Services need to be focused on needs of patient not service ⁽⁸⁾.

Transition clinics are an important part of an adolescents development and aid with a smooth transition to adult services.

References

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