



Pediatric PH: Transitioning to Adult Care

2018 PHA on the Road – Long Beach, Calif.

Session Description

This session is designed to support teens and their families as they transition their care from a pediatric to an adult medical center. Discussion will include topics such as: understanding your medical history and diagnosis, managing your medications, ensuring open communication with your healthcare providers and developmental considerations when educating adolescent and young adult patients.

Learning Objectives

At the end of the session attendees will be able to:

- Describe the difference between transition and transfer of medical care.
- Demonstrate ways teens and young adults can be empowered to take responsibility for their own health and lifestyle.

Teach Teens and Young Adults About Transfer and Transition of Care

- **Transfer:** An event or series of events through which teens and young adults move their care from a pediatric to an adult healthcare environment.
- **Transition:** Purposeful and planned courses of action that teens and young adults with chronic medical conditions will take to proceed from child-centered to adult-centered health care systems.

Empower Teens and Young Adults to Take Responsibility for Their Own Health and Lifestyle

- Teach teen patients about developmental and age considerations, including what to expect, coping mechanisms, etc.
- Help them learn more about their own diagnoses including:
 - Symptoms, risks and diagnostic tests/procedures.
 - Names of medications, their indications, dosages, side effects, interactions with other medications, how to prepare their own medications, etc.
 - Teaching them to self-report medical history with providers.
 - Knowing what clinical tests are repeated and what the results mean.
- Teach them to manage their own PH care by:
 - Making and managing their own appointments, understanding insurance information and medication refills.
 - Teaching them about general health: primary care, nutrition, dental care, advanced directives, psychological health, other specialties if needed.
- Help them create an 'elevator pitch' when explaining PH to others