

Paediatric respiratory medicine

Transitioning to adult care from paediatric respiratory services

Transitioning from paediatric to adult care

This leaflet is to help you and your parents start to think about the future and moving or transitioning.

Don't worry, changing to adult care means you can receive a more appropriate service now you are no longer a child.

What is transitioning?

The best time to start the process of transitioning is between 14-15 years. We will transfer you to adult care after your 16th birthday. Transitioning will be discussed with you and you will be invited to a transition clinic. This is where the adult team will also be present in clinic. This gives you and them an opportunity to become acquainted and ask any questions.

You will also be encouraged to arrange a visit to the unit at Papworth Hospital before your first appointment there if you feel this would be useful.

Do I have to transition and why?

All children have to transition at 16 years as you are no longer regarded as a child and a children's clinic is no longer a suitable environment for you to be seen in. As you get older your medical requirements will change and cannot be catered for in a children's clinic. It also gives an opportunity for you to be seen within an age appropriate environment clinic with more age appropriate faculties with staff who are more equipped to deal with your needs.

Where will I transition to, and do I have a choice?

Yes the choice is up to you; it depends on where you live. Usually people are referred to Papworth Hospital adult respiratory clinic. If you feel this is not where you wish to have your adult care transferred to then please feel free to discuss this with the respiratory team.

What happens if I leave home?

If you move away from home then the adult respiratory nurse can find you another respiratory centre near your new home and will contact them to transfer your care.

What do I need to do to prepare?

There are a few things that are worth practicing doing over the next few years without relying on your parents.

- Remember your physiotherapy – can you do it by yourself?
- Can you make up your nebuliser solutions and put your nebuliser together?
- Start to see members of the medical team by yourself to begin with and your parents join later.
- Call or email the respiratory nurse yourself with questions.
- Know what it means to have a chronic respiratory condition.
- Know what chest physiotherapy is and why it's important.
- Learn the names of the medicines you are taking and the reasons for taking them.
- Keep a list of your medication and make a note of when they start to run out so a new prescription can be sought in plenty of time.

How does transitioning happen?

We will start to talk about transitioning you as soon as you reach 14 years of age. You will be booked into a transition clinic for one or two visits each year up to the point at which you are actually transferred to adult care. At your transition clinic appointments, you will have an opportunity to meet the adult team and get to know them. We will encourage you to take more responsibility for your own care. Once you near your 16th birthday we will let you know when your last appointment with us will be. We will send your transition paperwork to the relevant team and once you have an appointment with them there will be no need to attend any further appointments with us.

Can my parents still come with me to appointments?

Anyone is allowed to join you in clinic, but the adult team will increasingly expect you to be able to answer their questions and generally chat to them yourself. You can continue to attend clinic with a friend or family member for as long as you require it.

Will they know me at these new clinics?

Yes. We will send a detailed letter to the adult team before your first appointment so that they will know you and are then to talk to you about the future, your plans and your care.

Do these clinics have the same staff as I'm used to?

All adult clinics have the same multi-disciplinary teams you are used to.

Contacts/ Further information

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