

Healthy Transitions: Transitioning from Pediatric Care to Adult Care

Healthy Transitions Pilot Sites

The North Dakota Integrated Services (NDIS) project recruited six families of children and youth with special health care needs to be Healthy Transitions (HT) pilot families. NDIS staff consulted with HT families as they maneuvered through transition phases with their child and/or youth. These phases included transitioning from pediatric care to adult care, elementary school to middle school, high school to postsecondary education, and adolescence to adulthood. Because these transitions can be stressful and difficult, the HT families generated a set of best practices, based on their experiences, for each phase to ensure successful transitions. The set of best practices for transitioning from pediatric care to adult care is shown below.



Best Practices: Pediatric Care to Adult Care

ENCOURAGE SELF-ADVOCACY: Self-advocates are more knowledgeable about their special health care needs and feel more comfortable interacting with providers.

- Start well before the transition to adult care
- Educate youth about their special health care needs
- Teach medication and condition management

SEEK REFERRAL AND CONSULTATION: Obtain referral for adult providers from pediatric provider and ask the pediatric provider to be involved in the first appointment with the adult provider, if possible.

- Obtain referral from pediatrician
- Schedule consultation with adult provider
 - Youth
 - Pediatric Provider
 - Adult Provider

GENERATE A CARE PLAN: Create a care plan to be shared with the adult provider.

- Care Plan should include
 - Medical diagnosis
 - Lab results
 - Unique information
 - Create care plan with pediatric provider
 - Go over the care plan with the adult provider
 - Use when seeing other providers
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Preparation of this material was supported by grant #6D70MC09828-01-01 from the US Department of Health and Human Service-Maternal and Child Health Bureau to the NDCPD.