



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.



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PEDIATRIC GASTROENTEROLOGY,
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Checklist for Independent Management of IBD

AGE

PATIENT

12-14

EARLY ADOLESCENCE

New knowledge and responsibilities

- ☐ I can describe my GI condition
- ☐ I can name my medications, the amount and times I take them
- ☐ I can describe the common side effects of my medications
- ☐ I know my doctors' and nurses' names and roles
- ☐ I can use and read a thermometer
- ☐ I can answer at least 1 question during my health care visit
- ☐ I can manage my regular medical tasks at school
- ☐ I can call my doctor's office to make or change an appointment
- ☐ I can describe how my GI condition affects me on a daily basis

14-17

MID ADOLESCENCE

Building knowledge and practicing independence

- ☐ I know the names and purposes of the tests that are done
- ☐ I know what can trigger a flare of my disease
- ☐ I know my medical history
- ☐ I know if I need to transition to an adult gastroenterologist
- ☐ I reorder my medications and call my doctor for refills
- ☐ I answer many questions during a health care visit
- ☐ I spend most of my time alone with the doctor during visit
- ☐ I understand the risk of medical nonadherence
- ☐ I understand the impact of drugs and alcohol on my condition
- ☐ I understand the impact of my GI condition on my sexuality

17+

LATE ADOLESCENCE

Taking charge

- ☐ I can describe what medications I should not take because they might interact with the medications I am taking for my health condition
- ☐ I am alone with the doctor or choose who is with me during a health care visit
- ☐ I can tell someone what new legal rights and responsibilities I gained when I turned 18
- ☐ I manage all my medical tasks outside the home (school, work)
- ☐ I know how to get more information about IBD
- ☐ I can book my own appointments, refill prescriptions and contact medical team
- ☐ 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.
- ☐ I carry insurance information (card) with me in my wallet/purse/backpack.