

Transition from Pediatric to Adult Health Care

A CLINICAL PERSPECTIVE FROM THE NATIONAL LIPID ASSOCIATION



This checklist provides guidance for health care professionals when transitioning patients from pediatric to adult health care. While a variety of events may affect the actual timing of when change occurs, the information below provides a suggested timeline and key topics for review.

TIMING: 1 to 2 years before anticipated transition

- » Introduce the idea of transition and when this will likely occur in your practice.
- » Encourage shared responsibility between the child and family. Examples include allowing the child to make future appointments, request prescription refills, etc.
- » Recommend that the child:
 - ☐ Learn the name of their medical condition and all the prescription medications and supplements they may be taking. Suggest the child keep a written or digital copy of this information.
 - ☐ Learn to interpret key laboratory test results and be familiar with their personal treatment goals.
 - ☐ Understand how smoking, drugs/alcohol and other unhealthy lifestyle choices may affect their general health and risk of morbidity and premature mortality.

TIMING: 6 to 12 months before anticipated transition

- » Discuss the role of health insurance and encourage the child and family to review/discuss their current insurance plan, future needs and options.
- » Discuss career choices in relationship to the child's diagnosis and insurance needs.
- » Encourage the family to begin gathering pertinent health information that will be helpful to the child's adult care team when he/she is a young adult.
- » Review your family history, particularly related to family members with similar conditions. Construct a pedigree chart, review and update it as needed, and suggest that the child keep a copy with their medical history.

TIMING: 3 to 6 months before anticipated transition

- » Suggest that the child become familiar with the cost of his/her current medication(s) and options to limit out-of-pocket expenses, including discount coupons and generic options, if available.
- » Discuss:
 - ☐ Differences between pediatric and adult health systems.
 - ☐ The importance of other health care team members, such as a dietitian/nutritionist.
 - ☐ The importance of shared decision-making.
 - ☐ Resources for reliable information of the child's medical condition, including educational websites and links to credible organizations.
- » Encourage the child/family to review the following forms and, if appropriate, take timely action.
 - ☐ A HIPAA waiver - Granting the parents (or another trusted adult) access to the young adult's medical records, and their health care professional permission to talk with their parents and other health care providers about their care.
 - ☐ Medical power of attorney - Which appoints an individual to make health care decisions on their behalf should they become incapacitated due to serious injury or illness.
 - ☐ Durable power of attorney - Enabling the parent to handle the young adult's financial affairs if they become incapacitated.
 - ☐ Living will - Specifies personal choices about life-extending medical treatment in the event that a person cannot communicate their wishes themselves.

TIMING: 0 to 3 months before anticipated transition

- » Provide recommendations for qualified adult healthcare providers and written referrals, if needed.
- » Discuss:
 - ☐ The approximate timing for the first visit to an adult healthcare provider.
 - ☐ How to access urgent or emergency healthcare after discharge from the pediatric clinic.
 - ☐ How long prescription refills will be available.
 - ☐ How to access healthcare records.