

# Fundamentals for Families: Transition to Adult Care

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# “Health Care Transition”

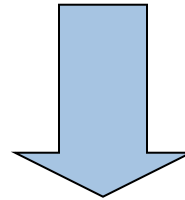
The purposeful, planned process that addresses the medical, psychosocial, and educational needs of adolescents with chronic physical and medical conditions as they move from child-centered to adult-oriented healthcare systems.

Watson A and Warady B, Dial and Transplant, 2011

# The Transition Process

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**Transfer of Care**



**Pediatric Care**

**Adult Care**



**Transition**

Rosen DS. Grand Rounds: all grown up and nowhere to go: transition from pediatric to adult health care for adolescents with chronic conditions. Presented at: Children's Hospital of Philadelphia; 2003; Philadelphia, PA

## Transition from pediatric to adult renal services: a consensus statement by the International Society of Nephrology (ISN) and the International Pediatric Nephrology Association (IPNA)

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**Keywords** Adherence · Adolescence · Adult renal · Pediatric · Transition · Youth work

The number of young patients graduating from paediatric to adult renal care has progressively increased due to improved management resulting in patient survival rates of 85–90% [1, 2]. Adult renal services are being exposed to an increasing number of adolescent and young adult patients who have either transitioned from paediatric care or presented directly to adult services. It is recognised that there are substantial risks of nonadherence at the time of transfer from pediatric to adult care and amongst the cohort of patients aged <25 managed in adult care [3, 4]. Recovery from acute kidney

injury and increased detection of nephrourology on antenatal scanning means that there is also number of children with chronic kidney disease stages 1–4 who are being followed by paediatric nephrologists [5, 6]. There is general agreement that CKD 3–4 should be transferred to adult services those with CKD 1–2 could most typically be primary care with clear instructions to refer to if there is evidence of progressive kidney damage hypertension or proteinuria. Growth and development are essential issues for all children. For children with condition such as CKD, a comprehensive, multi-disciplinary team of clinicians, nurses, dietitians, social workers, therapists, psychologists and educators is the best way to minimise disabilities and maximise the

## Transition from pediatric to adult renal services: a consensus statement by the International Society of Nephrology (ISN) and the International Pediatric Nephrology Association (IPNA)

Alan R. Watson<sup>1</sup>, Paul N. Harden<sup>2</sup>, Maria E. Ferris<sup>3</sup>, Peter G. Kerr<sup>4</sup>, John D. Mahan<sup>3</sup> and Maher Fouad Ramzy<sup>5</sup>, Consensus Panel Members

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The transfer of young patients from pediatric to adult renal care takes place after a transition process which involves both sides. It is important that it is individualized for each young person, focusing on self-management skills as well as assessing support structures. The consensus statement has been developed by the panel of adult and pediatric nephrologists and endorsed by the councils of both ISN and IPNA. It is hoped that the statement will provide a basis for the development of locally appropriate recommendations for clinical practice.

*Kidney International* (2011) **80**, 704–707; doi:10.1038/ki.2011.209; published online 10 August 2011

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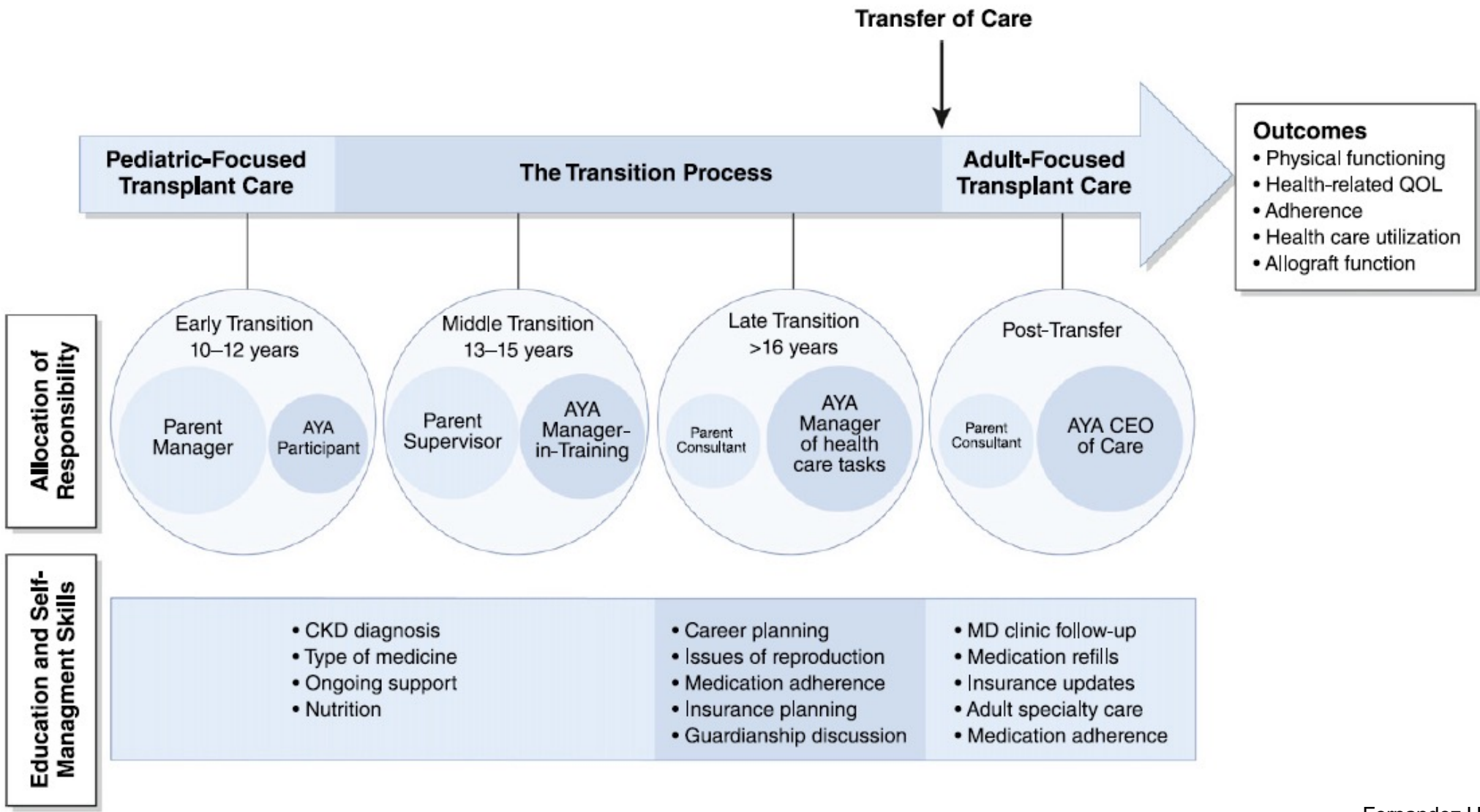
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Recovery from acute kidney injury and increased detection of nephrourological problems on antenatal scanning means that there is also an increasing number of children with chronic kidney disease (CKD) 1–4 who are being

# IPNA-ISN Consensus Statement

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- Transfer should be individualized for each patient after he or she has completed a transition plan.
- Transfer should be agreed upon jointly by the patient and his or her family in conjunction with the pediatric and adult care teams.
- Young people should be introduced to the concept of transition in early adolescence.
- **Transition should be directed by lead clinicians (transition champions) in pediatric and adult units to coordinate and educate on transition issues.**



Fernandez H, et al. CJASN, 2022





**Instructions:** Read the question to the patient, and mark the choice that best describes the patient's response.

### Chronic Kidney Disease

	Ready	Approaching	Not Ready	Comment
What is the name of your kidney disease?				
What is your GFR, creatinine or stage of kidney disease?				
Does a kidney transplant last a lifetime?				
What are the treatment options if your transplant fails?				
Why is it important to save your veins?				
What is the preferred arm to have labs drawn from or IV's placed?				

### Rx: Medications

	Ready	Approaching	Not Ready	Comment
Do you carry a list of your medications?				
What could happen if you do not take your medication?				
Are there any medications you should not take?				
Can you tell me what each of your medications are for?				
Do you have a system to organize your medication?				
What would you do if you ran out of refills?				



## Lab Information

	Ready	Approaching	Not Ready	Comment
What time do you take your immunosuppressive medications?				
What time should your transplant labs be drawn?				
Why is it important to get labs?				

## Health

	Ready	Approaching	Not Ready	Comment
Does having a transplant/being on dialysis affect your ability to: Female- Become Pregnant				
Does having a transplant/being on dialysis affect your ability to: Male- Get Someone Pregnant				
Do you feel comfortable talking to your doctor by yourself?				
Why is exercise and good nutrition important?				
Why is it important to control your blood pressure?				
What are important reasons for you to call your nurse or doctor?				
How can using drugs, alcohol or smoking affect your health?				
Why is it important to receive your dialysis treatments prescribed by your physician or nurse?				
Why is it important to meet your fluid goal or restriction?				
Do you perform your medical procedures yourself? (catherizations's,bladder irrigations,epogen shots)				

## Self-Management Skills

	Ready	Approaching	Not Ready	Comment
Do you remember to take your medications on your own?				
Do you call in your prescription refills yourself?				
Do you review your own lab results with your doctor or nurse?				
Do you know how to schedule an appointment?				
Do you plan your transportation to clinic?				
Do you carry your insurance card with you?				
Do you know who to call if you have questions or concerns? How do you find this number?				

## Insurance

	Ready	Approaching	Not Ready	Comment
Do you know the name of your insurance?				
Do you understand you may have to pay a fee for clinic visits, labs, and medications?				

## Ongoing Support

	Ready	Approaching	Not Ready	Comment
Who is your primary care doctor?				
Who is your support system that will help you manage your care? (family, friends, or clergy)				
What concerns or questions do you have about transition?				

