



## Manchester Royal Infirmary

# Getting ready to move on to the Adult Immunology and Allergy Services (Transition)

A guide for patients and parents/guardians



## **What is Transition?**

Transition is the process, planning, preparation and the handing over of medical care from childrens' services to adult care.

Transition should be a gradual process as it allows everyone involved in your care the opportunity to discuss what you will need as an adult, choose which adult hospital or services are best for you and support you through your move.

## **Why is Transition important?**

We know that transition programmes improve health outcomes. Young people have individual health needs and whilst coping with the challenges of adolescence, your medical condition should also be managed appropriately.

## **Why do I need to move on?**

As you grow into a young adult, an adult service will be the best place for you to get the care that you need. The staff in children's services are expert at caring for babies, children and teenagers, and the staff in adult services are experts at caring for young adults, adults and older people.

By the time you are at the end of the transition process, you may feel that you have grown out of children's services and are ready to move to an adult setting.

We realise that this may be a difficult experience for you, as you are familiar with the staff that have been caring for you over the years, however once you get used to the adult hospital you should settle into your new routine.

## **When will I move to Adult Health Care?**

For most young people, transition will be introduced at the age of 12-13 years. At this time the doctor and specialist nurse will begin to discuss your eventual move into adult services. You will be given this leaflet informing you of the process of moving from children's to adult care. Parents/guardians will also have the opportunity to discuss this further with the nursing and medical team involved in their child's care.

At the age of 13-15 an adult nurse will attend one of your clinic appointments and will take you and your family to the adult out-patient department before your final paediatric appointment.

You enter adult services at the age of 16 onwards. We encourage you to discuss any worries or concerns that you may have so we can support you and your family through the transition process.

## **Can I choose where I move on to?**

It may be that you can choose which hospital you attend for your adult care. Your Immunology nurse and consultant should be able to advise you which adult hospital has the facilities that are right for you.

This will be something that we look at as part of your transition into adult care.

## **Will adult services be different?**

One of the main differences between children's and adult services is the amount of independence that you will be given. This means that we will help you try to understand your condition, so that you can be involved in your care and make decisions for yourself. You will need knowledge of your condition in order to know how to keep yourself well.

It may feel scary at first when you are asked to make decisions about your health. However, you will be given all the information you need to help you make the right choice. Immunology nursing and medical staff are always available to answer any questions that you may have.

Within adult care, nursing and medical staff will spend more time speaking to you rather than your parents/guardians. However, if you would still like your parents present to support you then we understand. Alternatively, you may want to go to the appointment on your own. Below is a space for you to write out any question you may have thought of before your appointment:

### **Do you have any questions you would like to ask your Immunology Nurse/Doctor?**

(Please use this space to write down any questions)

## A note for parents

As a parent, you can help your child by encouraging them to attend their appointments to meet the adult team who will be responsible for their care.

You can also encourage them to think of and ask their own questions. It may be useful to sit down a day or so before to help them plan this.

There are many skills that you can help your child gain in order to transfer into adult care. These include encouraging them to speak up for themselves and helping them to be involved in decision making. You may also want to consider what skills your child needs in order for them to take responsibility for their own care. This might be practical tasks, communication skills and emotional feelings.

Transition should not be a sudden move and there should be plenty of time to prepare for transfer into adult care. If the transition process is managed well, there will still be lots of support available after the transfer of care. However, we do acknowledge all our patients are individuals and understand there may be some patients who will continue to require parental support when they move to adult services. This will be identified during the transition process and we will continue to support the patient and parents/family within the adult care setting. In the meantime, you can plan how you will help your child to be ready.

## Useful links

[www.piduk.org](http://www.piduk.org) and [www.ukpips.org.uk](http://www.ukpips.org.uk)  
– Advice and support for patients with Primary Immunodeficiency

[www.haeuk.org](http://www.haeuk.org)  
– Advice and support for patients with Hereditary Angioedema.

[www.raredisease.org.uk](http://www.raredisease.org.uk)  
– A resource to help those living with rare conditions

[www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk)  
– Training, support and advice to help people live with allergy

## Useful contact numbers

Named Immunology Specialist Nurse (Children's) – (0161) 701 5422, or bleep via switchboard number 3944 available  
Monday – Friday 8.00 am – 3.30 pm

Named Immunology Specialist Nurse (Adult) – (0161) 276 6186 07920 593486 available Monday – Friday 9.00 am – 5.00 pm.

## This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## No Smoking Policy

Please protect our patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted in any of our hospital buildings or grounds, except in the dedicated smoking shelters in the grounds of our Central Manchester site.

For advice and support on how to give up smoking, go to <http://www.nhs.uk/smokefree>.

## Translation and Interpretation Service

It is our policy that family, relatives or friends cannot interpret for patients. Should you require an interpreter ask a member of staff to arrange it for you.

تنص سیاستنا علی عدم السماح لافراد عائلة المرضى او اقاربهم او اصدقائهم بالترجمة لهم. اذا احتجت الى مترجم فيرجى ان تطلب ذلك من احد العاملين ليرتب لك ذلك.

ہماری یہ پالیسی ہے کہ خاندان ، رشتہ دار اور دوست مریضوں کے لئے ترجمہ نہیں کرسکتے۔ اگر آپ کو مترجم کی ضرورت ہے تو عملے کے کسی رکن سے کہیں کہ وہ آپ کے لئے اس کا بندوبست کر دے۔

ইহা আমাদের নীতি যে, একজন রোগীর জন্য তার পরিবারের সদস্য, আত্মীয় বা কোন বন্ধু অনুবাদক হতে পারবেন না। আপনার একজন অনুবাদকের প্রয়োজন হলে তা একজন কর্মচারীকে জানান অনুবাদকের ব্যবস্থা করার জন্য।

Nasze zasady nie pozwalają na korzystanie z pomocy członków rodzin pacjentów, ich przyjaciół lub ich krewnych jako tłumaczy. Jeśli potrzebują Państwo tłumacza, prosimy o kontakt z członkiem personelu, który zorganizuje go dla Państwa.

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我们的方针是，家属，亲戚和朋友不能为病人做口译。如果您需要口译员，请叫员工给您安排。



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