

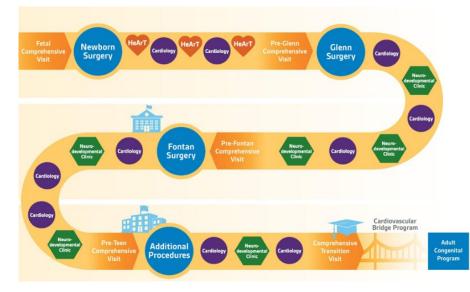
Navigating Transition: Advise for a Successful Transition

Sydney & Kate Walker with Karen LeComte

April 28, 2024

Significance of Transition Period for Fontan Patients:

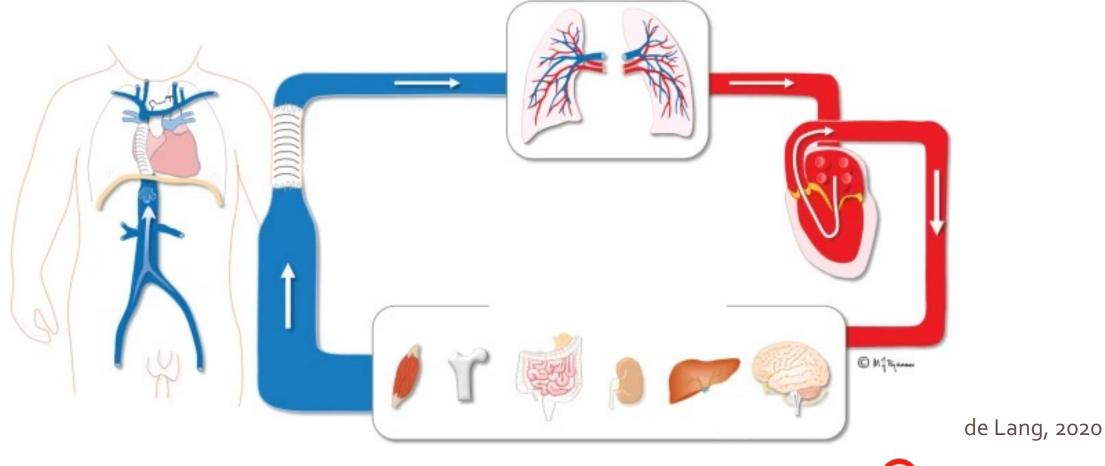
- Youth to Adult Health Care Transition
- Long Term Health Management
- Psychosocial and Developmental Considerations
- Education and Vocational Planning
- Reproductive Health & Family Planning



Weiner, 2017



Why is it so important for a person with a Fontan to transition well?





The term 'transition' simply means moving from one state to another.

WE HOPE IT LOOKS LIKE THIS:





→ (<mark>3</mark>)

Prepare to assume care for your heart while you are in pediatrics. Transfer to the adult program.

Continue the journey of learning to care for your heart with the adult doctors and nurses.



Successful Transition for Improving Outcomes & Quality of Life:

- Self Management
- Self Advocacy
- Health Knowledge

Mackie, et al., 2019



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Providence Health Care

Yasmin & Amir Virani Provincial Adult Congenital Heart Program

 Transition Preparation On Trac curriculum (standardized transition education content by pediatric cardiac nursing) Final pediatric transition teaching session completed by age 18 VPACH clinic information brochure provided to patient/family at BCCH 	In Transition (post transfer/pre attachment) Phone conversation with VPACH nurse: • confirm phone & email contact information. • questions/ enquires about clinic addressed 'Welcome letter' & 'frequently asked questions' document sent via email.	Attachment to Adult Care Adult clinic appointment scheduled within 12 months of referral. Relationship with adult care team & surveillance schedule established. Ongoing transition support, self management education & assistance with emerging adult issues.	Ongoing care & support Self management & self advocacy skills support. Additional lifespan transition support (family planning, medical procedures & surgery, etc.).
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11 years

~24 – 26 years



Youth Perspective Excitement **Balancing medical** needs with personal Adjusting to new goals healthcare team and differences in adult healthcare system Feelings about Managing Fears and Uncertainty Health Independently

Parent Perspective

Balancing providing support and allowing youth to take ownership over health Pride

Adjusting to new system and care providers

Anxiety about losing control over medical decisions

Feelings about youth managing health independently



Strategies for Success

- Participate in the transition process aim for gradual independence.
- Understand your heart condition.
- Take ownership of your health and learn to manage your condition.
- Discuss your goals, concerns and preferences for adult care with your healthcare team.



Questions????



Thank you!

