



CANADIAN
FONTAN

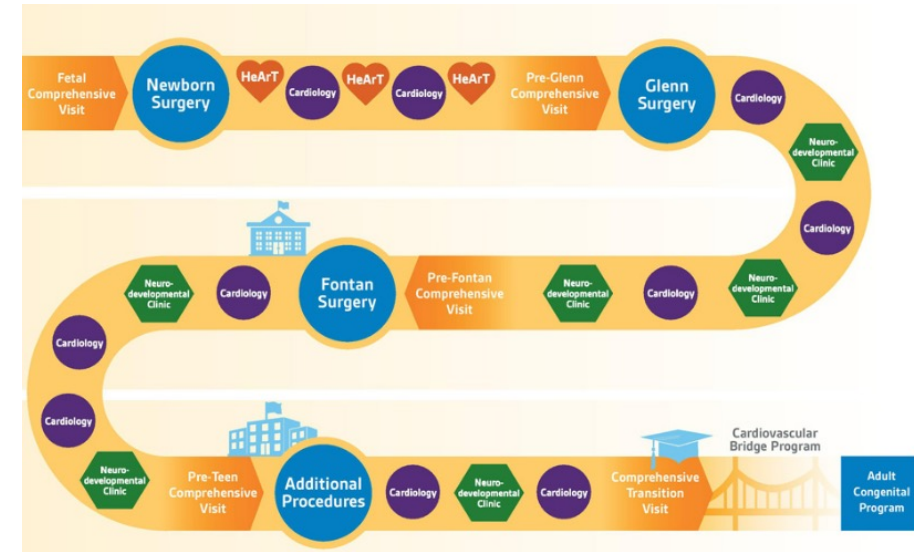
Navigating Transition: Advice for a Successful Transition

Sydney & Kate Walker
with Karen LeComte

April 28, 2024

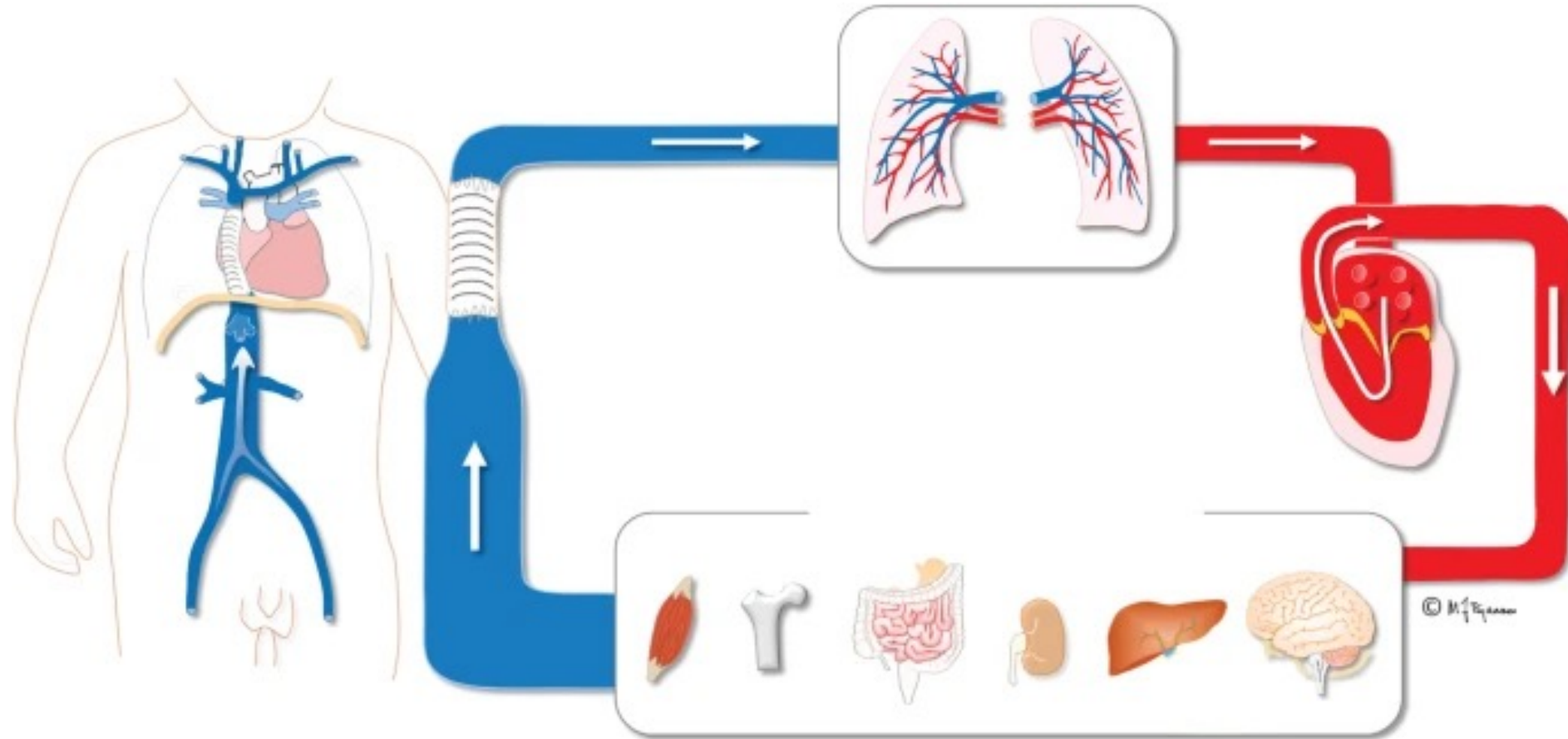
Significance of Transition Period for Fontan Patients:

- 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?



de Lang, 2020

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

WE HOPE IT LOOKS LIKE THIS:

1



2



3

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.

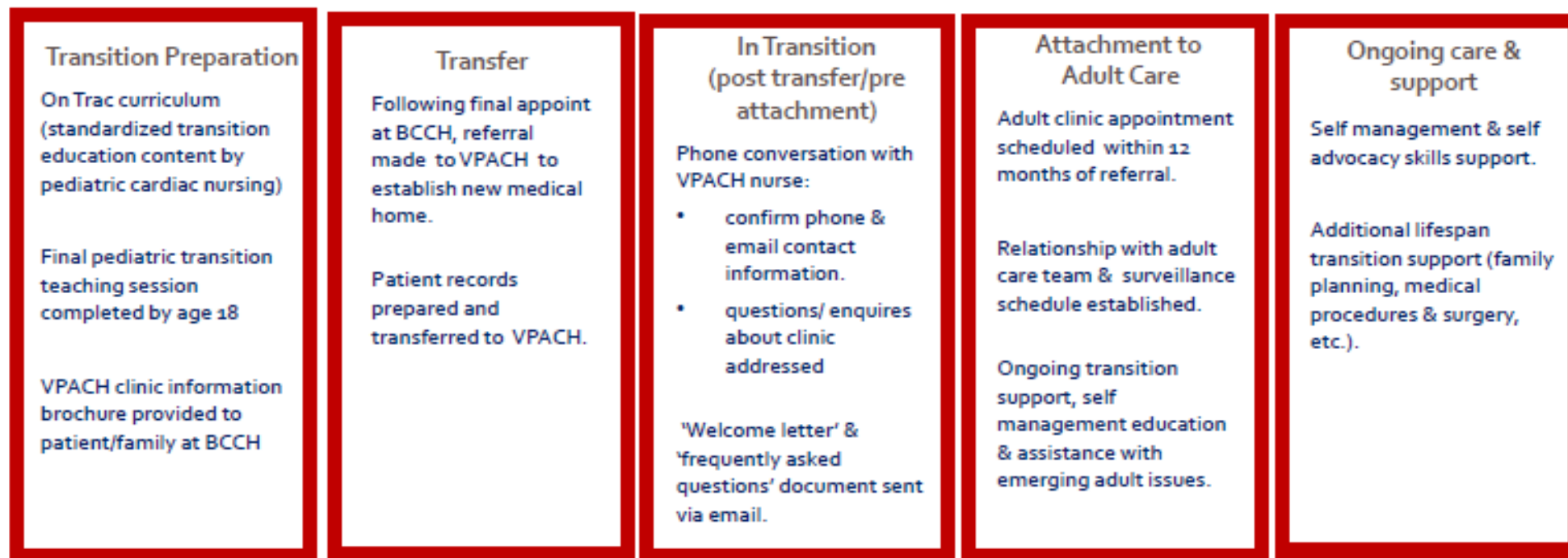
Successful Transition for Improving Outcomes & Quality of Life:

- Self Management
- Self Advocacy
- Health Knowledge

Mackie, et al., 2019



iStock



11 years



~24 – 26 years

Youth Perspective

Balancing medical needs with personal goals



Excitement

Adjusting to new healthcare team and differences in adult healthcare system

Feelings about Managing Health Independently

Fears and Uncertainty

Parent Perspective

Balancing providing support and allowing youth to take ownership over health

Feelings about youth managing health independently



Pride

Adjusting to new system and care providers

Anxiety about losing control over medical decisions

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!