

## IBD Centre Transition Plan - Information for IBD Nurses

### Link to Transition modules

The following recommendations for timelines and educational goals during the transition period are based on those developed by the NASPGHAN and other Pediatric IBD centres to meet important milestones between the ages of 12 and 17.

This is a general transition plan which will be adapted to the individual adolescent's knowledge and needs.

### Patients at 12 – 14 Years: New Knowledge and Responsibilities

- Can name diagnosis, location of IBD, how IBD affects them on a daily basis, and how they feel when disease is active.
- Can name medications and/or treatments, dosage and timing of treatments (medications, vitamins, and nutritional products), possible side effects from medications, and how they remember to take medications.
- Can describe symptoms to doctor and healthcare team.
- Can list the foods and/or activities that make them feel bad or uncomfortable.
- Knows things to do to feel better (heating pad, hot bath, relaxation, etc).
- Can use and read a thermometer.
- Can keep a stool and/or pain calendar.
- Can prioritize the health issues that matter the most and share them with the team.
- Is an active team player (asks questions, takes part in decision-making, and contributes to health care plan).
- Shares past experiences (both successes and challenges) and what matters most.
- Is honest and communicates openly, tells the team about what is not working or if they are having trouble with health care plan.
- Knows name of their gastroenterologist and IBD nurse.
- Can answer and at least one question during healthcare visits.
- Is comfortable asking questions at clinic visits and can ask at least one question during healthcare visits.
- Is comfortable telling the team when they have trouble following a treatment plan or think that something isn't working.
- Can manage their IBD when away from home (bathroom access, taking medications, diet, etc).

## **Patients at 15 - 16 Years: Building Knowledge and Practicing Independence**

- Carries medical information regarding condition and medications (purse, wallet, backpack, phone, etc).
- Knows which websites and books contains credible information about disease.
- Understands risks of medication non-adherence.
- Can contact pharmacy to get medication refills.
- Can make changes to medication/treatments as recommended by IBD healthcare team.
- Knows what can trigger flares.
- Is comfortable starting appointments unaccompanied.
- Answers questions during healthcare visits.
- Is comfortable talking with IBD doctor/nurse when they don't like or have trouble following a treatment plan.
- Knows other health services available (social worker, dietician, psychologist, and family doctor).
- Knows names and purposes of routine tests (blood tests).
- Knows will be transferred to adults gastroenterologist when turns 18.
- Knows how to balance social life with school and health care management.
- Knows what to do to cope with stress.
- Knows who to talk to if depressed.
- Understands impact of drugs, smoking and alcohol on condition.
- Knows how disease and/or treatment may impact sexual health.

## **Patients at 17 Years and Older: Taking Charge**

- Can explain how IBD affects digestive system and rest of body.
- Knows why each medication is taken and can prepare medication in advance to accommodate trips, vacations, and overnights.
- Knows what medications not to take as they might interact with current medication or might worsen disease.
- Knows when having flare-up and when to see a doctor.
- Knows how to get in touch with IBD nurse if questions or problems arise.
- Can schedule follow up appointments with gastroenterologist.
- Is comfortable asking my doctor/nurse why tests are required, whether there are other treatment options, the benefits and harms of various options, and the likelihood of them happening.
- Tell doctor/nurse if do not understand what they are talking about during medical appointments.
- Ideally would independently manage own healthcare (medications, immunizations, healthcare appointments, refill prescriptions and contact healthcare provider, etc.)
- Can communicate information about health insurance coverage and necessary steps to maintain coverage.