

TRANSITION HEALTH ASSESSMENT

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Completed by _____

Knowledge of health condition and management

Is knowledgeable about the condition in terms of etiology (causes of the condition), pathophysiology (how the condition affects how the body functions such as breathing, circulation, etc.) clinical signs and symptoms and long term prognosis (what do the medical experts predict/speculate about the long term consequences/life expectancy)

The adolescent can describe his/her condition, can answer the questions as to what caused it, how it affects his/her body, etc.

Is knowledgeable about the long term management and treatment regimen.

Identifies the adherence problems pertaining to treatment plan.

Willingness to adhere to vigorous health management.

Understands the purpose, action and interaction of prescribed medications.

Understands the meaning of laboratory values/diagnostic tests.

Understands the purpose and sequence of procedures.

Preventative Health Behaviors

Has Primary Care Physician (PCP).

The extent to which this professional is knowledgeable of the condition.

The adolescent's perception of who is the PCP-the parent, adolescent, or both.

Is current with immunizations.

Is current with health care screenings.

Is aware of the negative consequences of using alcohol, cigarettes, drugs, unprotected sex (and how they specifically affect the adolescent's condition), firearms.

Employs adequate measures for safety self protection, such as wearing a helmet, seatbelts.

Takes adequate measures for self protection such as wearing orthotics (AFO's, KAFO's, night splints).

Has/wears current Medi-Alert bracelet/necklace.

Engages in some form of regular exercise.

Has phone numbers of local sports groups/recreational activities.

Uses alternative means for getting health care needs met (such as reflexology, vitamin therapy).

Has oral hygiene program of brushing and flossing teeth and has teeth cleaned regularly.

Understands how the condition affects the teeth.

Recognizes early signs and symptoms of infections (URI, UTI).

Emergency Measures

Has reliable phone access at home or nearby location.

Has phone numbers of family, circle of friends to call in urgent/emergency situations/matters.

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- Has numbers of health and non-health emergency services, poison control center.
- Can identify the location of the nearest ER.
- Can identify (and friends) the procedure for accessing medical services after office hours.
- Has notified the fire department and reviewed emergency evacuations procedures with them (for fire, earthquake, community violence, domestic violence).
- Has notified utility companies of extraordinary needs.
- Is willing to share information with friends about the warning signs or his/her condition and need for emergency care.

Environmental Modifications/Accommodations

- Has electrical circuit rewired for life support equipment (ventilator). May also need power for wheelchair, hoist lift, etc.
- Has adequate facilities for storage of supplies and equipment.
- Has appropriate ramps for wheelchair access, tubs, and doors available in any transitional living environment.
- Recognizes needs to consider in assessing location of living accommodations (i.e. 1st floor secondary to power outages causing loss of elevator use).
- Knows how to dispose of supplies (i.e. needles).

Monitoring of Health Condition

- Is able to verbalize indications for seeking medical care.
- Is able to identify triggers for problems or flare-ups of medical condition.
- Is aware of environmental risks (increased elevation for sickle cell, large crowds if immunosuppressed).
- Is aware of foods/other environmental triggers to avoid in public places (food allergies, winds, scanners in airports, microwaves, cold weather), concerts (with lots of smoke).
- Is able to identify side effects of medications and treatments and appropriate therapeutic action to take.

Management of Health Condition

- Has specialty care provider(s).
- Has schedule for ordering supplies, replacement of durable equipment.
- Has 3 day reserve of supplies in case of emergency.
- Is familiar and efficient with ordering of products and numbers needed which includes, size, number, manufacturer.
- Records serial number and keeps receipts of durable equipment in case of loss or damage.
- Has extra/backup supplies of equipment and are properly stored and maintained.
- Is able to identify times, procedures and circumstances for taking medications.

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Demonstrates ability to plan ahead for refills, making arrangements for getting prescription renewed; knows how to pay for medications, anticipates any changes in payor and notifies pharmacy.

Demonstrates ability to manage or take charge of attendant(s), home health aide(s), school aide(s), interpreter(s). Knows who to call (agency/representative) if problems with attendant(s).

Demonstrates ability to hire and use personal attendants/assistants (PAS):

Knows PAS needed.

Knows how to hire and maintain PAS.

Knows how to train PAS staff.

Is aware of the need to schedule PAS services.

Communication

Is confident/comfortable in seeking answers, asking questions of providers.

Has peers/professionals to talk to about disease.

Has an interpreter available if needed.

Has appropriate communication devices/systems as needed.

Is aware of teen/young adult support groups/camps.

Community Resources

Is aware of resources in community and how to access.

Has transportation for community travel.

Has informed school nurse as to type of medications, treatments adolescent needs during school hours and those that require monitoring.

Has phone numbers of community providers such as MD, therapists, medical equipment supplier.

Has phone numbers of community support groups.

Demonstrates ability to evaluate appropriateness of service providers such as availability, expertise, philosophical orientation, cost, and accessibility.

Evaluates companies in terms of qualified staff, adequate support and provision of safe, competent care.

Responsible Sexual Activity

Is aware of situation that could put them at risk for exploitation and victimization.

Is able to provide reliable information about sexual history: nature/level of sexual activity, previous pregnancies, number of partners, STDs, exposure to HIV.

Is aware of how the chronic condition affects exposure to STDs or treatment for STD.

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Is aware of how an STD affects the chronic condition.

Uses contraception/STD prevention strategies if sexually active.

Reports previous history of sexual abuse.

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Has access to sex education and contraception education.

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Demonstrates ability to manage or take charge of attendant(s), home health aide(s), school aide(s), interpreter(s). Knows who to call (agency/representative) if problems with attendant(s).

Demonstrates ability to hire and use personal attendants/assistants (PAS):

Knows PAS needed.

Knows how to hire and maintain PAS.

Knows how to train PAS staff.

Is aware of the need to schedule PAS services.

Reproductive Counseling

1. Has access to reproductive counseling including the possibility of genetic transmission.
2. Is aware of the impact physically a pregnancy would have upon the chronic condition and timing of pregnancy in terms of age.
3. Is aware of the implications the pregnancy may have on life expectancy.
4. Has considered the realistic challenges of becoming a parent.

Health Records

Has met with the school nurse/appropriate school/community staff and discussed needs.

Has copy of health and related records (e.g. regional center).

Ensures health records are received by new provider.

Has current health history such as screenings, immunizations.

Is knowledgeable about own special needs related to immunizations/flu shots.

Has insurance card or copy.

Demonstrates ability to record and keep appointments for medical visits, dental care, etc.

Health Insurance

Knows when eligibility terminates for health insurance coverage (maximum age of eligibility is reached).

Has health care insurance.

Is able to budget for medically-related expenses not covered by third party payer or has made arrangements.

Has applied for MediCal, SSI, CCS; utilizes CHDP services as needed.

Has understanding of how to appropriately access health care system (such as who to call first and for what).