

Guidance for Clinics on Transition

Amanda Ely: July 2015.

This guidance on transition was provided by young people living with HIV as part of the “Treat me like this” Youth Guidelines Group Project.

Young People described the positive aspects of their experience of attending paediatric clinics, which included:

- **Being able to access clear information on medicine**
- **Friendly staff /seeing familiar faces each time**
- **Being rewarded for taking medicine**
- **Staff being protective over your health, feeling looked after**
- **Having extra time in appointments**
- **Working with you and your parents**
- **Booking your appointments for you**
- **Understanding your problems and being able to give advice**
- **Being in colourful and inviting environment**

Those who had transferred to adult clinics described some key differences:

- **You are expected to be more independent**
- **The clinic is less noisy and calmer**
- **It is less fun!**
- **There is no food!**
- **More people your age**
- **It can feel uncomfortable and awkward**
- **Doctors rely on you to look after yourself –the responsibility for your health changes**
- **You have less appointments, the advice is different, you can be seeing different doctors**
- **Rooms are not colourful**
- **It is more ‘medical’**

Young people have come up with some ideas on how clinics can support the transition of a young person from paediatric to adult clinic.

- **People should be asked first if they feel they are ready to move on to adult clinic**
- **Try to ensure a parent or carer attends the first appointment with the young person in the adult clinic**
- **Try to keep support from the children’s doctor going for a while**
- **Transferring to adult clinic with a friend, where possible, can be helpful. It may be possible to make a peer link who can attend appointments with the young person.**

- **Have a leaflet for the young person which is a guide to the changes which will take place when they move clinics**
- **Doctors need to be friendly to new people, have someone talk to people who have just transferred to adult clinic**
- **Offer young people a transition letter including a treatment chart which identifies the medicine they have taken, so they can take this to the adult clinic with them.**
- **Adult clinics should continue to offer topical anaesthetics before taking blood.**