Transition programme

| DATE | SECTION NUMBER | PROGRESS NOTES/GOALS |
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Transition programme

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The Ready Steady Go materials were developed by the Transition Steering Group led by Dr Arvind Nagra, paediatric nephrologist and clinical lead for transitional care at Southampton Children's Hospital, University Hospital Southampton NHS Foundation Trust based on the work of: 1. S Whitehouse and MC Paone. Bridging the gap from youth to adulthood. Contemporary Pediatrics; 1998, December. 13-16. 2. Paone MC, Wigle M, Saewyc E. The ON TRAC model for transitional care of adolescents. Prog Transplant 2006;16:291-302 3. Janet E McDonagh et al, J Child Health Care 2006;10(1):22-42. Users are permitted to use 'Ready Steady Go' and 'Hello to adult services' materials in their original format purely for non-commercial purposes. No modifications or changes of any kind are allowed without permission of University Hospital Southampton NHS Foundation Trust.

The following acknowledgement statement must be included in all publications which make reference to the use of these materials: "Ready Steady Go' and 'Hello to adult services' developed by the Transition Steering Group led by Dr Avind Nagra, paediatric nephrologist and clinical lead for transitional care at Southampton Children's Hospital, University Hospital Southampton NHS Foundation Trust based on the work of: 1. S Whitehouse and MC Paone. Bridging the gap from youth to adulthood. Contemporary Pediatrics; 1998, December. 13-16. 2. Paone MC, Wigle M, Saewyc E. The ON TRAC model for transitional care of adolescents. Prog Transplant 2006;16:291-302 3. Janet E McDonagh et al, J Child Health Care 2006;10(1):22-42." Further information can be found at www.uhs.nhs.uk/readysteadygo v2.0 2015



Transition programme

| Name: | Hospital no: | |
|--|------------------------|---------------------------------|
| Address: | DOB: | Steady |
| | Transition start date: | Ready Steady Go programme |
| | School/college: | |
| Home tel no: | | |
| Email: | Mobile no: | |
| Diagnosis: | | |
| Target date for transfer adult services: | | |
| Discharge summary completed: | | |
| Resources: | Date: | |
| Transition leaflet for young people | | |
| Transition leaflet for parents/carers | | |
| Other (please specify) | | |
| Offer copy of clinic letters | Date: | |
| MDT involvement | | |
| Youth worker | | |
| Social worker | | |
| Psychology | | |
| Specialist nurse | | |
| Dietitian | | |
| Other | | |
| Key worker | | |
| Adult unit team contacts | | |
| Date of planned visit to adult unit | | |

Transition programme

KNOWLEDGE (K)

- Describes condition, effects and prognosis 1.
- Understands medication purpose and effects 2.
- 3. Understands treatment purposes and effects
- Knows key team members and their roles 4.

SELF ADVOCACY (S)

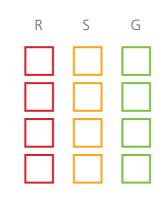
- Part/whole clinic appointment on their own 1.
- Knows how to make appointments/alter appointments 2.
- Understanding of confidentiality 3.
- Orders repeat prescriptions 4.
- Takes some/complete responsibility for medication/other treatment 5.
- Knows where to get help 6.

HEALTH AND LIFESTYLE (H)

- Understands importance of diet/exercise/dental care 1.
- Understands impact of smoking/alcohol/substance use 2.
- Understands sexual health issues/pregnancy/STDs 3.

ACTIVITIES OF DAILY LIVING (A)

- Self care/meal preparation 1.
- Independent travel/mobility 2.
- Trips/overnight stays away from home 3.
- 4. Benefits





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Transition programme

VOCATIONAL (V)

- Current and future education/impact of condition on career plans 1.
- School attendance and performance 2.
- 3. Work experience and how to access careers advice
- Outside activities and interests 4.
- Disclosure to school/employer 5.

PSYCHOSOCIAL (P)

- Self esteem/self confidence 1.
- 2. Body/self image
- Peer relationships/bullying 3.
- Support networks/family/disclosure to friends 4.
- Coping strategies 5.

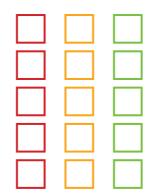
TRANSITION (T)

- Understands concept of transition 1.
- Agrees transition plan 2.
- Attends transition clinic 3.
- Visits adult unit (if appropriate) 4.
- Sees GP independently 5.

| Ready | Date | Signature |
|--------|------|-----------|
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| Steady | Date | Signature |
| | | |
| Go | Date | Signature |

Transition programme

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