

# AN INTERACTIVE INFORMATION DAY TO HELP THE TRANSITION PROCESS

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# Structure of the Presentation

- What is transition
- Transition Planning in Nottingham
- Background to the Transition Information Day
- Organisation of the day
- Feedback from the day
- What we learned
- Next steps

# What is Transition

Transition can be defined as “a purposeful, planned process that addresses the medical, psychosocial and educational/vocational needs of adolescents and young adults with chronic physical and medical conditions as they move from child-centred to adult-oriented health care systems.”

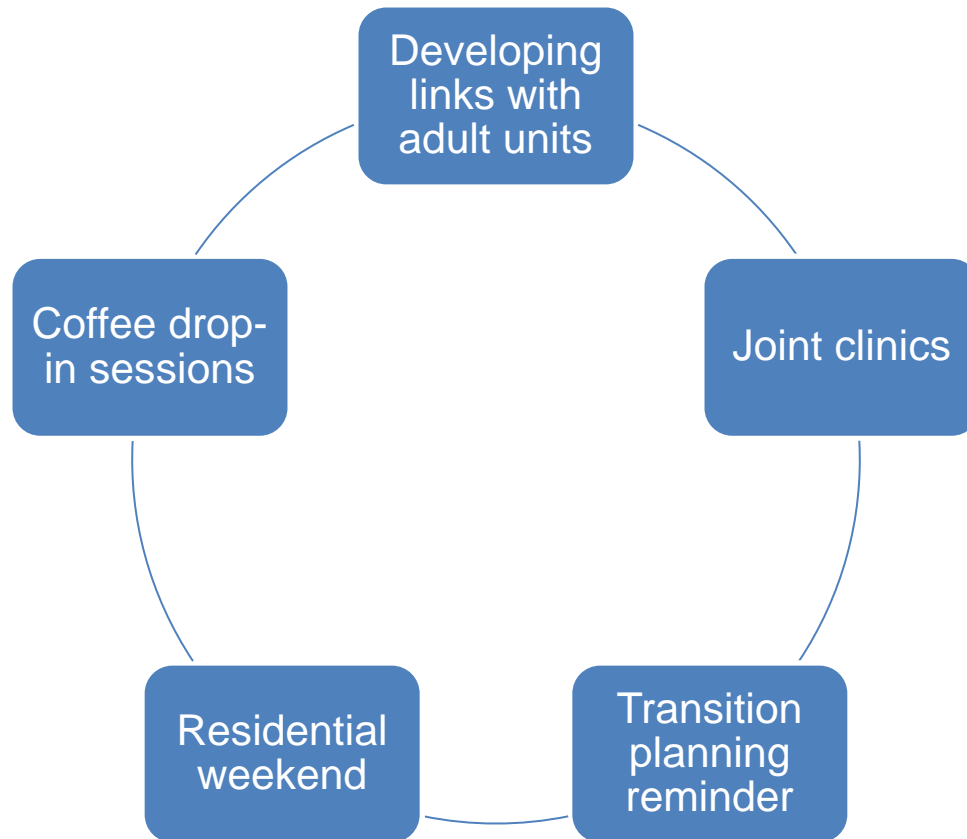
Department of Health 2006

# Transition Planning in Nottingham

- Preparation begins from age 14 onwards
- There is no defined age for transfer
- Nottingham is a regional unit, young people transfer to several different adult units across the region
- We are developing our transition pathway



# Where are we now?





# The Transition Information Day

- Purpose of the day
- Time and place
- Participants – Patients and parents
- Staff

# Moving On...

## Getting Ready for the Adult Unit



**Saturday 21st April**  
**Monty Hind Centre**  
**Leen Gate (Behind the QMC)**  
**10am - 3pm**  
**Free Car Parking!**



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# Programme for the Day

Introduction

Group Sessions - Young people  
- Parents

Expert Patient - Young people who have  
transferred to the adult unit

Lunch

Meeting staff from the adult unit





# Young People's Group Work

- Ice-breaking exercise – main group
- 'Coach trip' – exercise for 3 smaller groups
- Feedback to the main group
- Socialising

# Young people's Group Work - Outcomes

- Ice breaking exercise helped to develop trust
- Opportunities to explore worries and anxieties in an unthreatening atmosphere
- Informal time for socialising was important for building relationships

# Parents' Group Work

- Positive and negative aspects of the children's renal unit
- Concerns about your child moving to the adult unit and things you are looking forward to about moving
- What worries do you have about your child taking more responsibility for their health
- Are there other areas of your child's life in which he/she is showing more independence and responsibility

# Main Themes from Parents 1

## Children's versus Adult Unit

- Children's unit is friendly, supportive, staff know my child and my family
- There is always someone at the end of the phone
- We always get lots of information
- The ward is like a big family
- Adult unit will be less flexible, it will be large and impersonal
- Loss of control over what is happening to my child
- Big age range in people attending the adult unit
- It will be more business-like



# Main Themes from Parents 2

## Concerns About the Child

- Need to be reminded about medicines
- Not comfortable speaking for themselves
- Not able to say how he feels
- Not confident about the child taking control

## Positives About the Child's Maturity

- Can cook
- Doing voluntary work
- Learning to drive
- Can use public transport
- Making plans for the future
- Have organised a party

# Feedback About the Day– Main Themes

## Parents

- Reassuring
- Informative
- Relaxed atmosphere
- Good to talk to other parents
- Worthwhile experience

## Young People

- Informative
- Good fun
- Informal
- Worked well

# Feedback - Comments

## Parents

- Many of my worries have now been eased today. Meeting other children who have already transferred has helped immensely
- Good to talk to staff from adult unit and have the process explained
- Good humour, nice and relaxed. People can share experiences which is helpful

## Young People

- It's nice to see that it's not just me that is worried
- I learned it's ok to open up and talk to people
- Excellent. I learnt not to be so shy and talk to people
- Relaxed and informal – really good. Too early

# What We Learned From the Day

- Important to learn what the parents' concerns are
- Parents gained a lot from meeting other parents in the same situation
- Parents felt reassured after meeting staff from the adult units
- Young people benefitted from having informal time with each other in a relaxed atmosphere





# Next Steps

- Incorporate the transition information day into our transition planning as a regular annual event
- Encourage more staff from the adult multi-disciplinary teams to attend
- More 'informal' time for the young people to socialise
- More formal time to plan strategies for parents in how to deal with concerns that came up in discussion groups

# Thank You

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