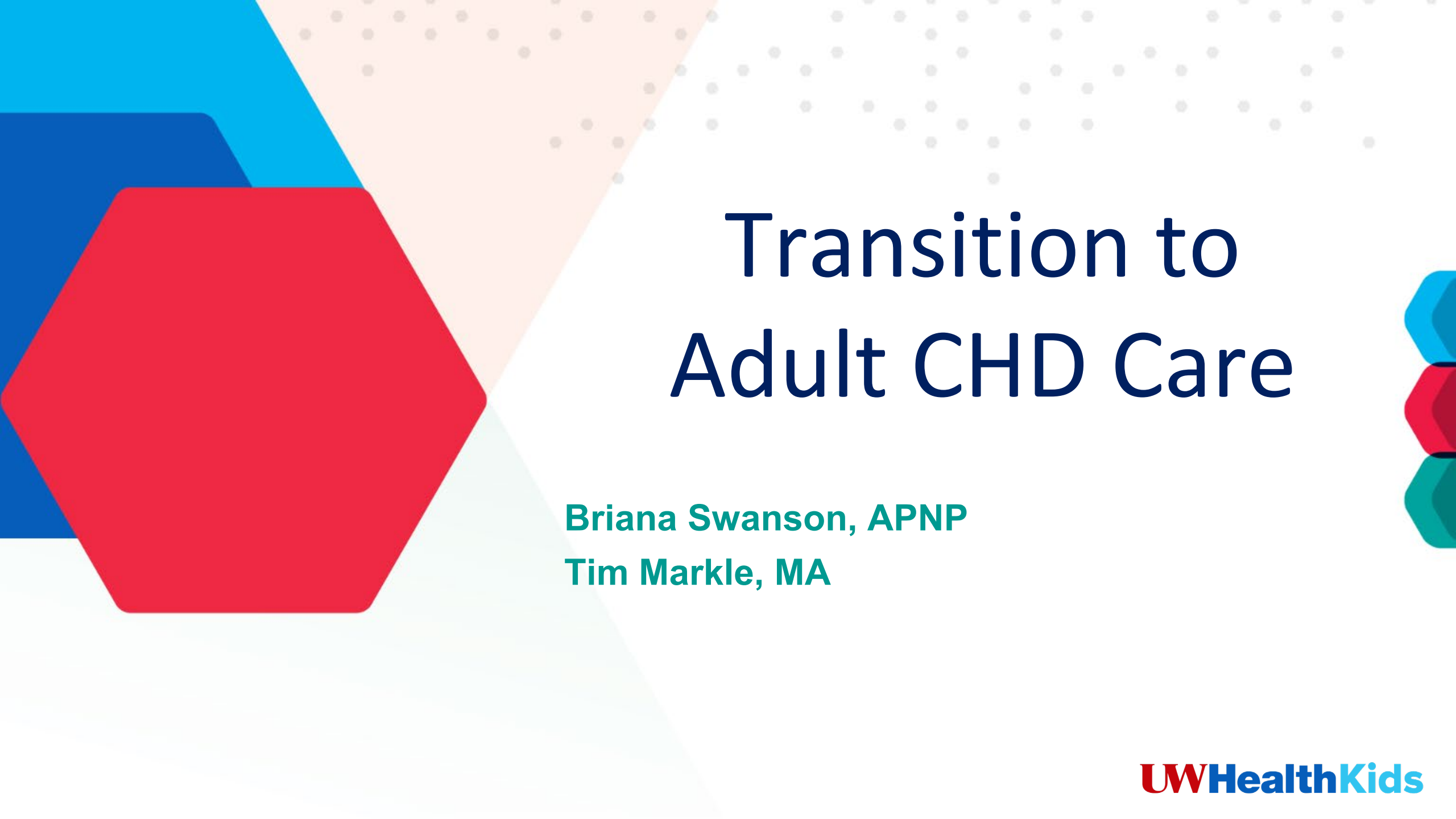




Transition to Adult CHD Care

Briana Swanson, APNP

Tim Markle, MA



What is Health Care Transition?

Health care transition (HCT) is the process of moving from a child/family-centered model of health care to an adult/patient-centered model of health care, with or without transferring to a new clinician. It involves planning, transfer, and integration into adult-centered healthcare.

<https://www.gottransition.org/six-core-elements/> accessed 7.21.21



The Three Parts of Health Care Transition

Multi-year, multi-layered process

1. Preparing for Transition (beginning around 12 years old)
2. Transfer of Care (usually between 18-22/26 years old)
3. Full Integration into Adult Health Care (rest of their lives)

HCT Skills and Knowledge (Everyone)

- Include independent time during visits and ask doctor questions
- Make your own appointments (phone, online, or app)
- Know who to contact for questions/appointments/emergencies
- Know medicines and why you take them
- Take medicines on your own and refill prescriptions (phone, online, or app)
- Understand how health insurance works
- Discuss legal implications of turning 18 and decision-making
- Create a medical summary and keep a copy (school/travel)

HCT Skills and Knowledge (Heart)

- Know your heart history and surgeries
 - At least have this on file (paper or electronic)
- Know what type of symptoms you should call us for
- Understand the need for life-long heart care from a congenital heart disease specialist
- Continue to practice regular teeth brushing/flossing and visiting the dentist
- Discuss heart healthy exercise and nutrition

Adolescent to Young Adult: Time of Emerging Stresses High Risk for Interrupted Health Care

Changing relationships

Moving away from home

Navigating healthcare



New financial responsibilities

Independence

Mental health



Congenital Heart Disease Transition

- Congenital heart disease requires lifelong care with an adult congenital heart disease provider
- Know how to find a doctor or specialist that is right for you
- In Wisconsin, there are 2 health care centers that have Adult Congenital Heart Disease

Contact us

Tim Markle

Wisconsin Autism Transition
Demonstration Project

tmarkle@wisc.edu

Briana Swanson DNP, APNP, AGPC-BC

Adult Congenital Cardiology Nurse
Practitioner

Department of Medicine of
Cardiology

bswanson@uwhealth.org

Resources

- [Adult Congenital Heart Association - Home – ACHA](#)
- [Conquering Congenital Heart Disease \(CHD\) - Conquering CHD](#)
- [Got Transition®](#)
- [Health Transition Wisconsin – Supporting Youth to Adult Health Care Transition – UW–Madison](#)