

Royal Brompton and Harefield hospitals

Congenital heart disease transition clinic

Helping you move from children's
services to adult services





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This leaflet is about your move from the children's congenital heart disease services to adult services at Royal Brompton and Harefield hospitals. If you have any questions, ask your nurse at the congenital heart disease transition clinic.

The congenital heart disease transition clinic

The congenital heart disease transition clinic is a clinic that helps you move from children's services to adult services.

"The transition clinic helped me to understand more about my condition."

Areeba

What is transition?

We use the word transition to describe the process of supporting you as you move from child services to adult services. During the transition process we will encourage you to gradually become as responsible for your own care as you can.

Why do I need to move to adult services?

At the moment, you are cared for by children's services, and your parent(s)/carer(s) make decisions about your health and care.

When you become a teenager, there are lots of changes going on in your life. You become more independent, and make more decisions yourself.

Your body also changes when you become a teenager, and then an adult. The doctors and nurses in adult services are experts in caring for adults with heart conditions. They will give you the care you need as you get older.

You will move to adult services around the age of 16. The age you move to adult services is not the same for everyone, and depends on the care and support you need.



Why go to the transition clinic?

The transition clinic team will help you make a gradual and smooth move to adult services.

You may feel anxious about making this move particularly if you have been cared for by the children's team for a long time. This is normal. The transition clinic team will be there to help you. Members of the team will give you plenty of time, information and support to prepare for the move to adult services.

What happens at clinic appointments?

You will first be invited to the transition clinic when you are about 12 or 13 years old. Your appointment may be in the outpatients department, or by video or telephone rather than face-to-face. The number of appointments you have at the transition clinic will depend on how much support you need.

Video appointments use the NHS Attend Anywhere web-based video platform. You will be sent details of your appointment by letter, email or text message with a link to the Attend Anywhere video platform.

You can view a video and find out more information about Attend Anywhere on our video consultations web page (www.rbht.nhs.uk/patients-visitors/patients/outpatient-information/video-consultations).

At each clinic appointment you will see a transition nurse.

The nurse will:

- talk to you about your medical condition and discuss procedures, care and medication you have had or are having
- help you learn more about your condition and how to become more independent in decision-making about your care.

***“The nurse took the time to explain everything.
I found it very helpful.”***

Martin

Your nurse will also talk about other things that might be affected by your heart condition, for example:

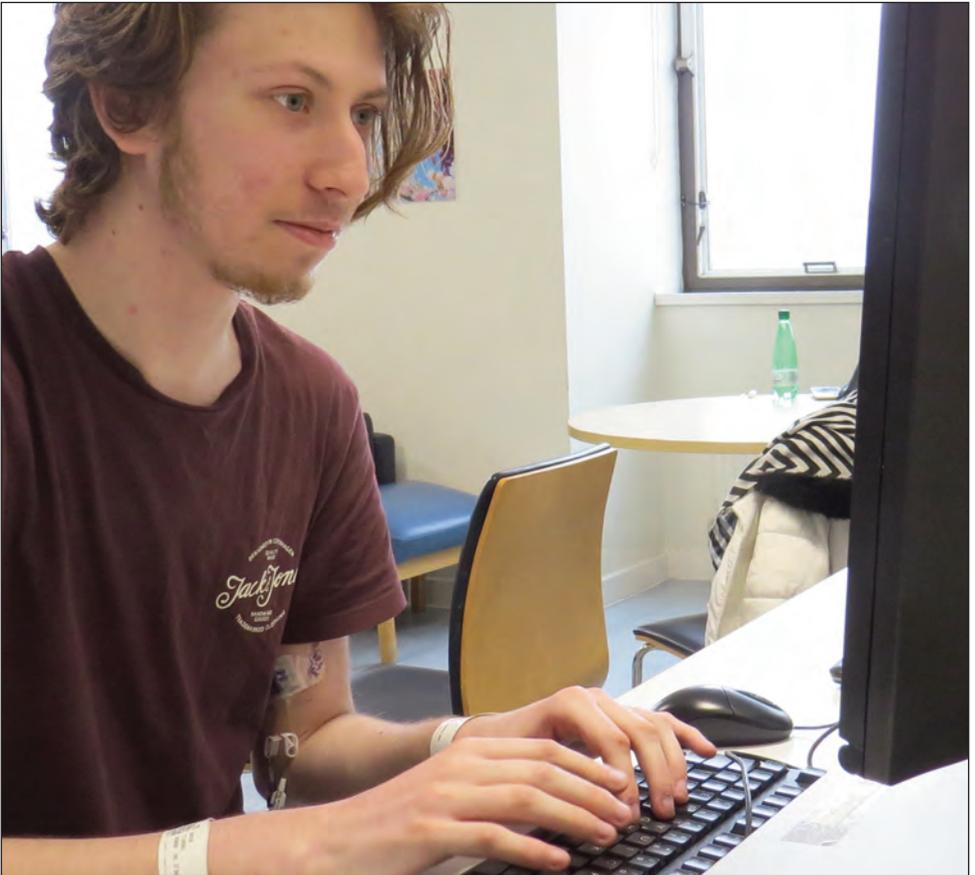
- healthy lifestyles and good dental hygiene
- feelings and emotions
- exercise and symptoms to look out for
- school, college or university
- career choices
- sexual health
- travel advice and holiday insurance



The nurse will answer your questions and tell you about support groups for young people with congenital heart disease. You can talk to your nurse about anything that you are worried about.

You can go to clinic appointments on your own, or with your parent(s)/carer(s). You can also attend part of any appointment on your own.

Going to all or part of clinic appointments alone will give you time to get used to talking to healthcare professionals on your own.



Whatever you say to a healthcare professional is confidential (private). Healthcare professionals can only share information with other healthcare professionals if it is relevant to your care or they are worried you are at risk in some way. A health professional will tell you if they are going to share any information, and explain who they will tell and why.

You will continue to be supported by the transition team up until the age of 21. This is to help you get all the support and information you need before and after the move to adult services.

Coming to hospital for tests or treatment

Up to the age of 15, when you need treatment and tests, you go to Rose ward (the children's ward at Royal Brompton Hospital).

When you are about 16, you will go to Paul Wood ward (an adult ward).

When you go to adult services, you will not need to explain everything. The doctors in adult services work closely with the doctors in children's services, and have expert knowledge of congenital heart disease.

Royal Brompton and Harefield hospitals is one of the largest specialist centres for adult congenital heart disease in the world.

Paul Wood ward is for patients aged 16 or over. Beds are in bays, and you only share your bay with people who are the same sex as you. There are bathrooms and toilets near the bays. Wifi is available on the ward, and there is a room where you can watch TV and eat your meals.

If you are still in education our hospital school will be able to provide support during your stay with us.

Visiting the adult ward

If you would like to visit Paul Wood ward, ask a member of the transition nursing team to arrange a visit for you.

Transition days

We run transition days for teenagers with congenital heart disease. They are a good way to get more information and meet other young people with congenital heart disease.



Nurses, doctors and other experts give advice about diet, exercise, smoking, drugs, alcohol and sexual health.

The transition days are called 'Rhythmic Beats', and are held in London. If you would like to go, ask a member of the transition team.

Check-ups and changing address

It is very important to have regular check-ups to look after your health.

If you move away or go to university, you need to register with a local GP and give us your new address details. Usually you will still have your check-ups at Royal Brompton and Harefield hospitals.

When you reach the age of 16, any information about hospital appointments and your care will be addressed to you. Your parents will only be able to make, cancel or change your appointments if you have given permission for them to do so.

It is important to get in touch with the transition team if you are unable to attend an appointment.

Contact us

To find out more about the transition clinic, you or your parent(s)/carer(s) can email the congenital heart disease transition team on **transitionCHD@rbht.nhs.uk**.

If you need to change your appointment, please call the team's office on **0330 12 88772** Monday to Friday from 9am–5pm.



Your notes

If you or your parents/carers have any concerns about the service you receive in hospital, and don't feel you can speak to those who are looking after you, you can call the Patient Advice and Liaison Service (PALS) Royal Brompton Hospital on: 020 7349 7715. You can also email: pals@rbht.nhs.uk. PALS is a confidential service that provides support and advice to patients, families and carers.

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Royal Brompton and Harefield hospitals are part of Guy's and St Thomas' NHS Foundation Trust

إذا كنت ترغب في الحصول على ترجمة فورية لمضمون هذه الوثيقة إلى اللغة العربية، يرجى منك الاتصال بأحد مستخدمينا بجناح المصلحة التي يتم فيها استشفائك. أحد موظفينا سيسعى لترتيب إجراءات الترجمة وإتمامها في الوقت المناسب لك.

Brosurteki bilginin Türkçe tercemesi için tedavi görüyor olduğunuz bölüme bas vurunuz. Bölüm personeli tercümenin gerçekleşmesini en kısa zamanda ayarlayacaktır.

