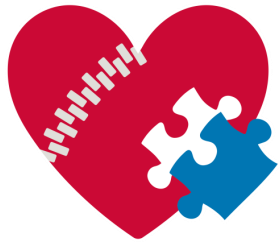


The journey to adult services.

Lexie Katsaitis
Head of Youth Services
Little Hearts Matter

The Aim



To prepare, equip and inform a child / young person so that they experience a smooth transition and transfer to adult services.

Prepare, feel active in their care

Equip, have the skills to manage

Inform, reduce the fear of the unknown

Empowering the young person and their parent/carer to increase understanding, engagement and compliance.



Lets look at Teenagers

- They don't identify as children but don't feel like adults.
- Emotional responses as teens process information with the amygdala. This is the emotional part.
- Going through puberty - hormonal.
- Withdrawn from adults as they identify more with peers.
- Priorities are shaped by their peers.



Multiple Transitions

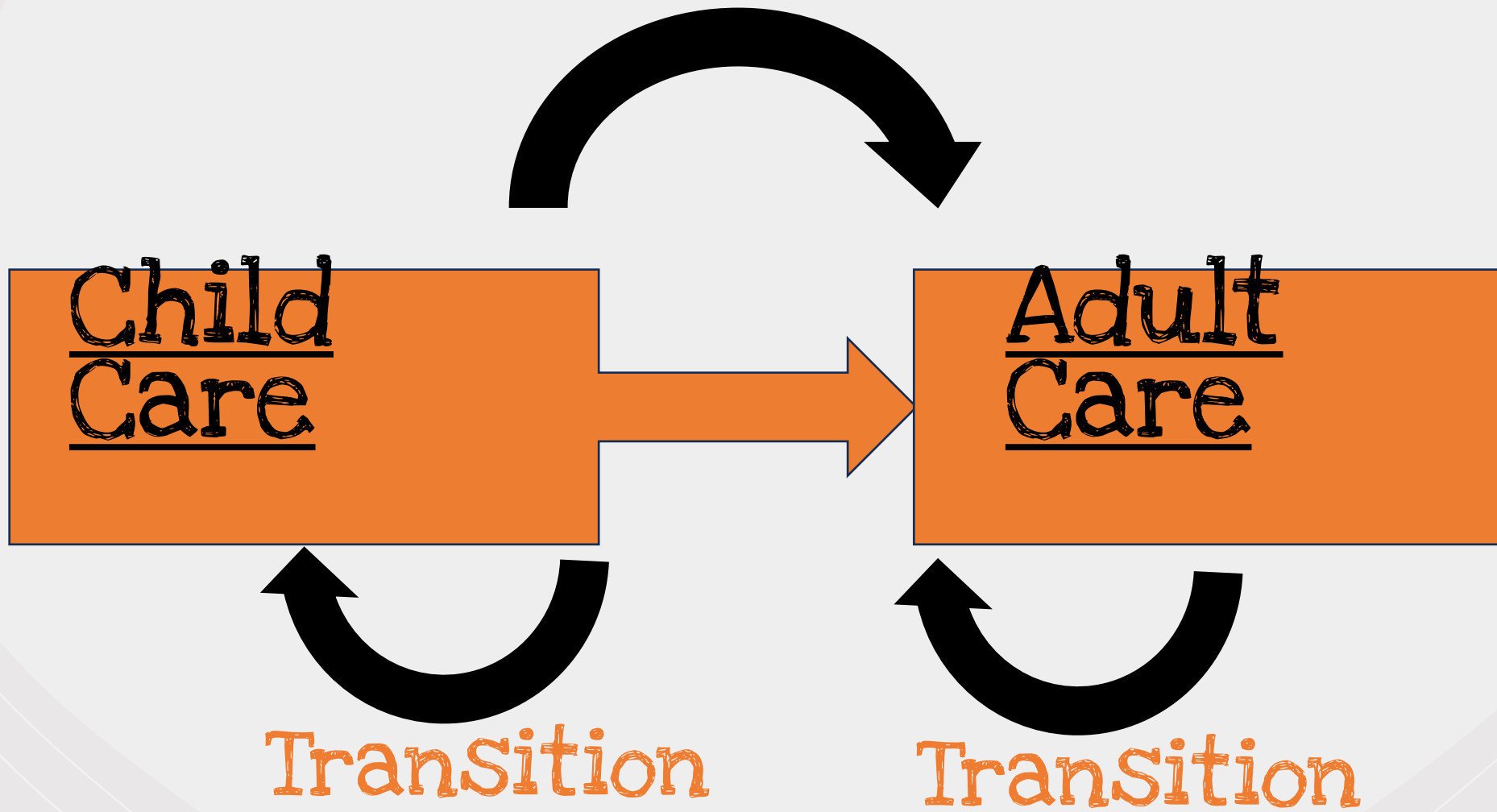


- Educational transitions
- Physical transitions
- Sexual transitions
- Health transitions
- Increased responsibilities

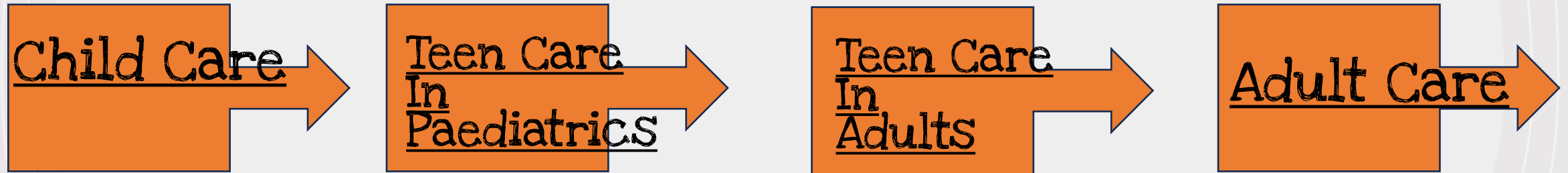
The stress and fear surrounding this can affect behaviour, mental health and aspiration.



Transfe r



Collaborative



Working



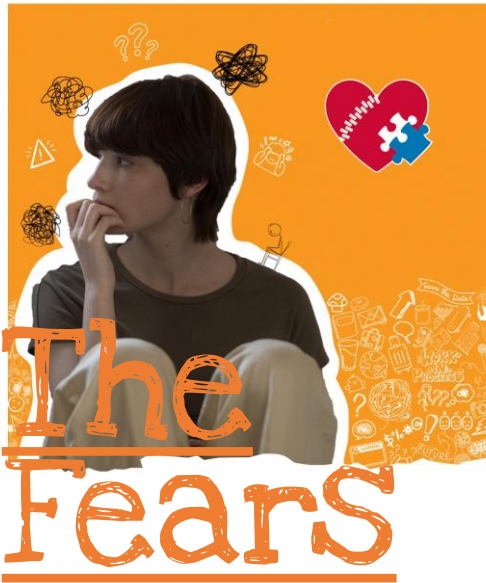
Will my mom and dad be allowed in my appointments?

What tests will I have to do? Are there new ones?

My mom doesn't think I'm ready, so I can't be!

Will it be full of old people?

Will they change everything?



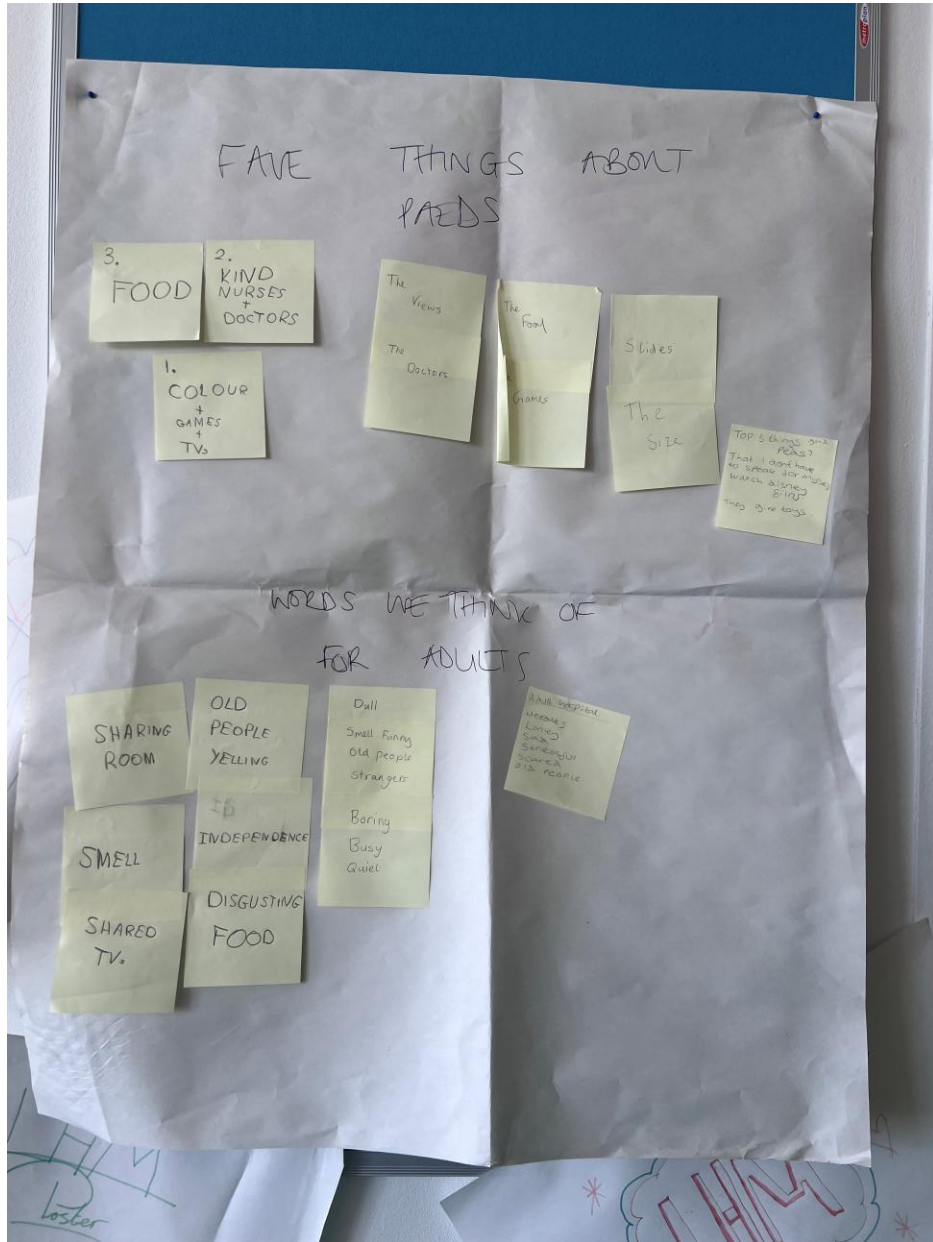
What if they ask me embarrassing questions?

Will this new team know me? What if I don't like them?

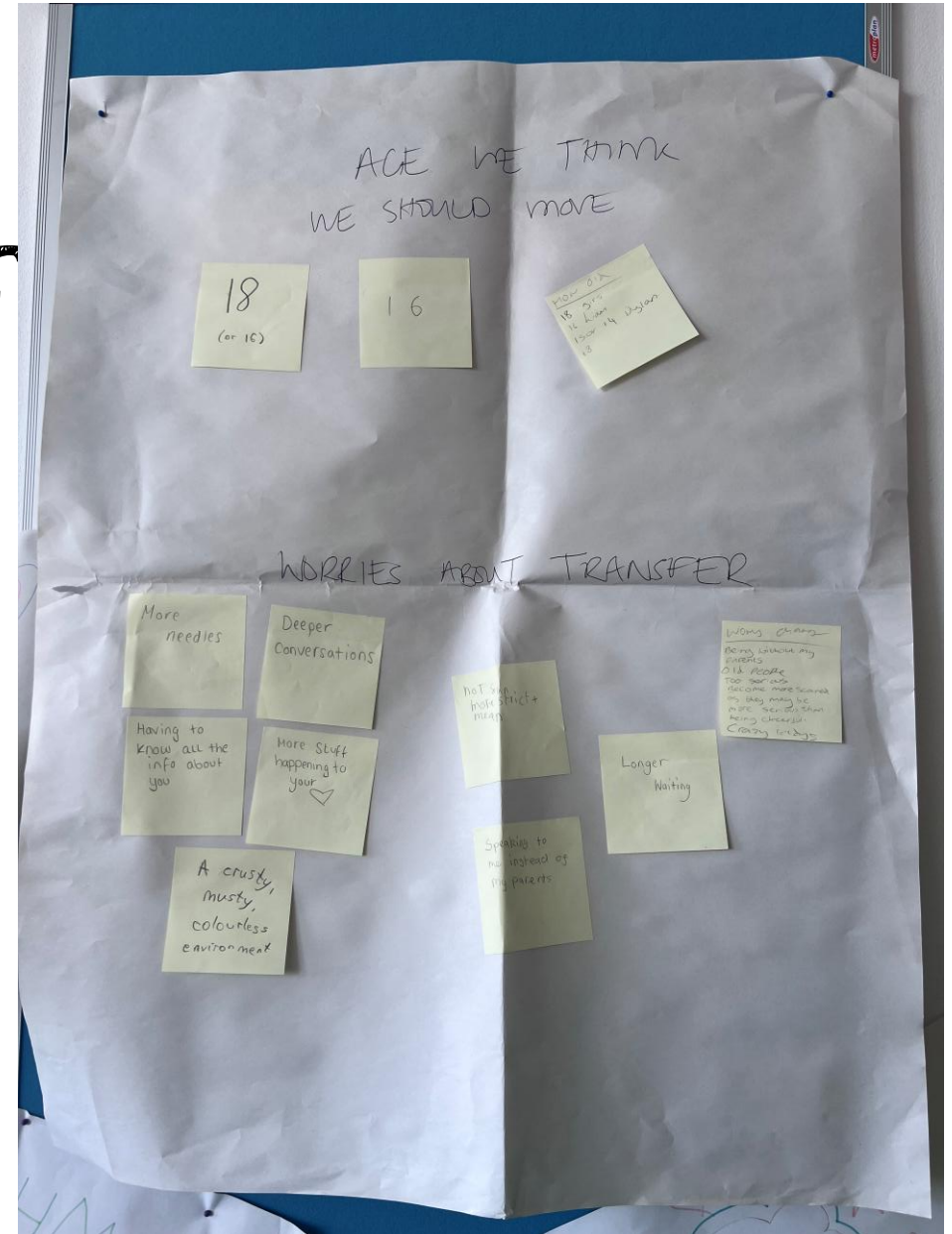
I'm scared of answering wrong in my appointments.

Will the adult hospital look completely different?

This is happening too quickly?



What our young people really think?



Relationship Building



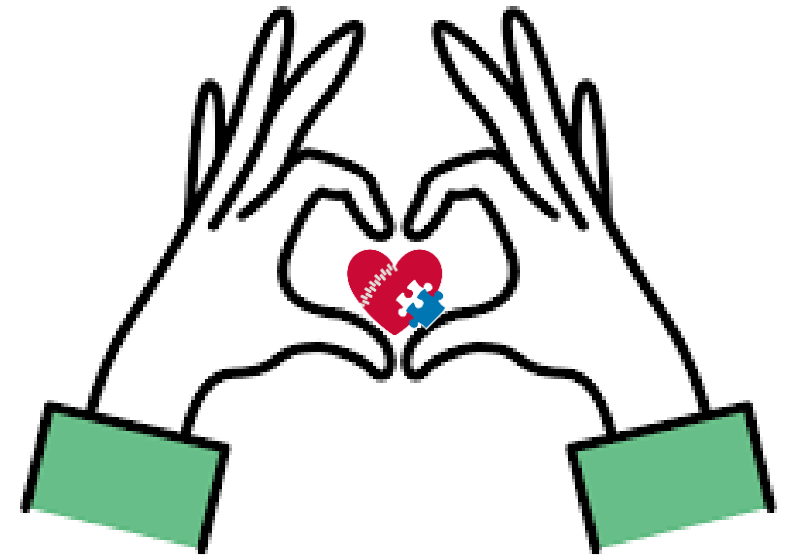
Building a positive, relatable and safe relationship with teenagers is a huge part of the work.

Who creates this relationship with the patient?

Should this relationship also be with the parent/carer?

Relationships and their impact

- **TRUST:** Seeing trust and collaborative working between units can create trust between young people and their teams.
- **RELATABILITY:** Shaping care for an age group and the individual will solidify a healthy relationship and increase engagement and compliance.
- **CONSISTENCY:** Relationships take time, but young people are more likely to open up about sensitive topics with those they feel safe with.
- **HONESTY:** Being honest is imperative, but wording the truth for teenagers is a skill.





The individual patient

Young people with half a working heart have shared experiences but are still individuals.
What do we need to keep in mind?

Neurodiversity and neurological issues.

Maturity levels.



Phobias.

Lived experiences both inside and outside of cardiac care.

Different styles of parenting.

Cultural Differences.



How can parents/carers support the journey?

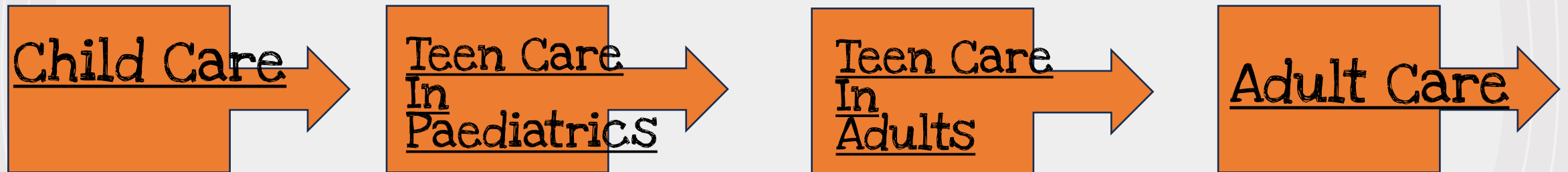


- Experts in the journey So far
- Relationship with young person
- Influence on the young person
 - Bridge of information

The parent has been on this journey to this point, there has to be sensitivity but also awareness of the needs of the young people.



Collaborative



working



Transition and Transfer for inpatient care

Young people that are going through health complications or have been moved to inpatient care before or during transition are often overlooked.

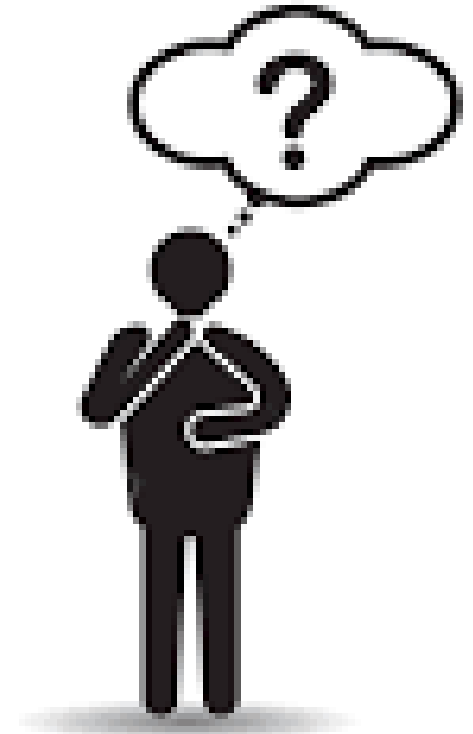
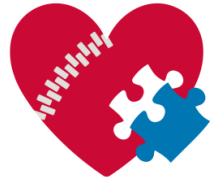
Their health care becomes priority and rightly so, but a clear transition/transfer process for them is even more important.

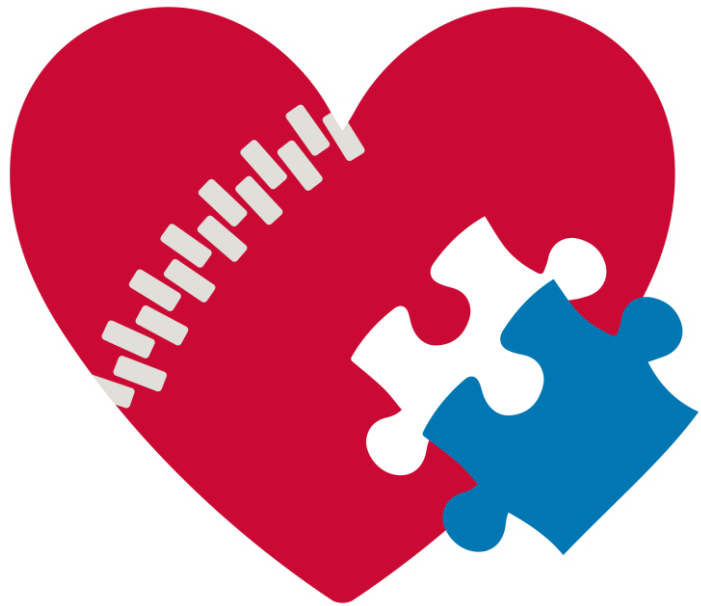
They have additional stress and fear so will need consistency, positive and safe relationships and age appropriate care as much as their peers, if not more so.



Things to think on...

- The priorities during transition between the units and young people do not seem to be the same.
- The stark contrast between paediatric and adult hospital can add further stress. There is a clear child and adult service but not a clearly defined teenage/young adult approach
 - Relationship building should be a priority, adolescents and young adults depend on trusted relationships. It is rare to get full engagement/compliance without it.
- Aspects of care including information sharing should be started in paediatric





Thank you

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