Transition programme

DATE	SECTION NUMBER	PROGRESS NOTES/GOALS

Transition programme

NOTES	

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 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." Further information can be found at www.uhs.nhs.uk/readysteadygo v2.0 2015



Transition programme

Name:	Hospital no:	
Address:	DOB:	Read Stead
	Transition start date:	Steady program
	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

(K)	KNOWLEDGE	R S G
1.	Describes condition, effects and prognosis	
2.	Understands medication purpose and effects	
3.	Understands treatment purposes and effects	
4.	Knows key team members and their roles	
(S)	SELF ADVOCACY	
1.	Part/whole clinic appointment on their own	
2.	Knows how to make appointments/alter appointments	
3.	Understanding of confidentiality	
4.	Orders repeat prescriptions	
5.	Takes some/complete responsibility for medication/other treatment	
6.	Knows where to get help	
(H)	HEALTH AND LIFESTYLE	
1.	Understands importance of diet/exercise/dental care	
2.	Understands impact of smoking/alcohol/substance use	
3.	Understands sexual health issues/pregnancy/STDs	
(A)	ACTIVITIES OF DAILY LIVING	
1.	Self care/meal preparation	
2.	Independent travel/mobility	
3.	Trips/overnight stays away from home	
4.	Benefits	

Transition programme

(V)	VOCATIONAL		R	S	G
1.	Current and future education/impact of	condition on career plans			
2.	School attendance and performance				
3.	Work experience and how to access care	eers advice			
4.	Outside activities and interests				
5.	Disclosure to school/employer				
(P)	PSYCHOSOCIAL				
1.	Self esteem/self confidence	[
2.	Body/self image				
3.	Peer relationships/bullying				
4.	Support networks/family/disclosure to friends				
5.	Coping strategies				
(T)	TRANSITION				
1.	Understands concept of transition				
2.	Agrees transition plan				
3.	Attends transition clinic				
4.	Visits adult unit (if appropriate)				
5.	Sees GP independently				
Ready	Date Si	gnature			
Steady	Date Si	gnature			
Go	Date Si	gnature			

Transition programme

Please tick and date when addressed, details to be recorded in free text section giving code eg K2, A3

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