

Transition digest #8-08 (Sept 12, 2008)

1. Training Materials

A. "Talking with You're Doctor and Other Health Care Professionals"

This 18 minute video is designed to teach adolescents and young adults (AYAs) how to communicate more effectively with health care providers so that professionals understand AYAs concerns, answer AYAs' questions and give information and supports AYAs need to be more in charge of their own health. The video also shows AYAs how to prepare and give health care providers the information they need to give teens the best possible medical care.

This video was developed by John Reiss and Randy Miller at the Institute for Child Health Policy through a contract with Florida's Children's Medical Services Program.

You can view a high resolution version of this video on the ICHP Web site at:

<http://video.ichp.ufl.edu/twyd.php>

You can also view and download this video through Google videos at:

<http://video.google.com/videoplay?docid=-3435816903071408662&hl=en>

In the near future, this instructional video will be available on a DVD for \$5 per copy (includes shipping).

For more information, e-mail John Reiss at jgr@ichp.ufl.edu

B. On Trac resources. Information from

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Hello All - Just thought I'd let people know that we are selling off the On Trac resources here (BC Children's). Need to make room for other inventory in the book store. Prices have been slashed - if you've been thinking of purchasing anything for your programs, etc, now would be a great time to do so. When they're gone, they're gone. No re-prints planned. I've attached prices below. You can contact the bookstore directly to place orders.

Cocktails Was \$40.00 Now \$10.00

Family care book	\$40.00	\$20.00
Setting the Trac	\$80.00	\$40.00

Setting the Trac: Clinician's package Was \$240.00 Now \$100.00
Includes 1 copy Setting the Trac, 5 copies Getting on Trac.
(Full price \$140.00)

Your plan-it Was \$25.00 Now \$10.00

Youth health resource package \$200.00 \$80.00
Includes 1 copy each of Cocktails, Family care book, Getting on Trac,
Setting the Trac, Your plan-it. Full price: \$105.00

C&W Bookstore
Children's & Women's Health Centre of BC
4480 Oak Street, Rm. K2-126
Ambulatory Care Building
Vancouver, B.C. V6H 3V4
1-800-331-1533 ext 3
Tel: (604) 875-2345 Local 7644
Fax: (604) 875-3455
Email: bookstore@cw.bc.ca
<http://edreg.cw.bc.ca/BookStore/public/bookstore/>

C. The following was developed by the Florida Department of Health in anticipation of Hurricane Season. It provides useful guidance for individuals who take medications regularly; and may serve as a good reminder for all families with children with chronic health conditions; and for young adults who are taking more responsibility for managing their own care.

FOR IMMEDIATE RELEASE
August 18, 2008

Contact: Susan Smith
(850) 245-4111

Medications in Disaster Situations

TALLAHASSEE— In the event of a tropical storm or hurricane, you may need to evacuate your home and regular services may be temporarily limited. To ensure that you are able to continue taking your medications under such circumstances, the Florida Department of Health (DOH) recommends that you **plan now** by taking the following measures:

- Call your doctor now and request a 30-day supply of medication if possible.
- Get a pill organizer and pack enough pills for two weeks. Get assistance from your caregiver or medical professional in making sure you have packed enough of the medications you will need.
- Make a list of all your medications: how they should be taken, what time, etc. Make copies of the list. Put one copy with the medications; give one to a friend, and keep one with you at all times. Make sure to list any allergies, as well as foods you need to avoid. Your doctor's name and emergency phone number should also be on this list. Your medical professional or caregiver should be able to assist you in this.

- Pack your medications now to have ready to carry with you at a moment's notice.
- If you are taking prescription narcotic pain medications, keep them with you at all times.
- If you are on a special diet or require special supplements, take a two-week supply with you.
- Over the counter items that you should also bring with you: Pain reliever/ Ibuprofen, antacid, laxative/suppository, Imodium, Benadryl, decongestant, antibiotic ointment, lubricating eye drops.
- If you are using respiratory medications with a nebulizer, bring it with you.

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2. ARTICLES:

A. Missed appointments in an outpatient clinic for adolescents, an approach to predict the risk of missing. *J Adolesc Health*. 2008 Jul;43(1):38-45. Epub 2008 Apr 18 Chariatte V, Berchtold A, Akre C, Michaud PA, Suris JC

B. Adolescent coping. *Advances in theory, research and practice*. (May 2008, Psychology Press, Taylor and Francis Group. Hardback £49.95; Paperback £19.95, www.psyypress.com) Frydenberg E.

C. Transition from pediatric to adult services: are we getting it right? *Curr Opin Pediatr*. 2008 Aug;20(4):403-9. Kennedy A, Sawyer S.

D. Transitions of care from Child and Adolescent Mental Health Services to Adult Mental Health Services (TRACK Study): a study of protocols in Greater London. *BMC Health Serv Res*. 2008 Jun 23;8:135. Singh SP, Paul M, Ford T, Kramer T, Weaver T.

E. *Young People's Transitions from Care to Adulthood*. International Research and Practice. Stein M, Munrow Jessica Kingsley (Eds)
 In *Young People's Transitions from Care to Adulthood* leading academics gather together the latest international research relating to the transition of young people leaving care, outlining and comparing the range of legal and policy frameworks, welfare regimes and innovative practice across 16 countries. The book also highlights the variations that exist between different groups leaving care. Featuring key messages for policy and practice, this book will give academics, practitioners and policymakers valuable insights into how to encourage resilience and improve outcomes for care leavers. Click for more details:
<http://www.jkp.com/catalogue/book.php/isbn/9781843106104>

F. A concept analysis of health related quality of life of young people with chronic illness. *J Clinical Nursing* 2008;17:1823-1833. Taylor RM, Gibson F, Franck LS.

G. Social and school connectedness in early secondary school as predictors of late teenage substance use, mental health, and academic outcomes. *J Adolesc Health*. 2007 Apr;40(4):357.e9-18. Bond L, Butler H, Thomas L et al

H. Transitioning health care responsibility from caregivers to patient: A pilot study aiming to facilitate medication adherence during this process. PEDIATRIC TRANSPLANTATION Volume: 12 Issue: 3 Pages: 309-315 Published: MAY 2008. Annunziato RA et al

I. Its Not You're Diabetes. – by Tom Karlya (Diabetes Viewpoints)

http://www.dlife.com/dLife/do/ShowContent/daily_living/Viewpoints/t_karlya_072208.html

From the article: “ I remember those words today as clearly as I first heard them probably over 14 years ago. At the time she first uttered those words to me, Mindy was an adult with a child of her own and she had lived with diabetes for 30 years. “Tom, this is going to piss you off but remember that this disease is not yours. Its Kaitlyn’s and until you give it back to her, she will never thrive. Give it back to her and she will thrive in many areas more than just diabetes.”

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3. Conferences and Meetings

A. 2008 Transition Conference Bridge to the Future - Imagine the Possibilities 10/27 - 10/29 Peoria IL

This Conference is dedicated to encouraging the development and implementation of challenging, yet achievable, person-centered goals for young people living with disabilities. The conference is being structured to include interactive workshops that address the topics of post secondary education/training, health care, community, and employment for youth with disabilities.

Register on line at www.cccmeetings.com/transition.pdf

B. 9th Annual Chronic Illness and Disability: Transition from Pediatric to Adult-Based Care Conference to be held in Houston, Texas, November 13-14, 2008.

Additional information is available through Baylor College of Medicine Office of Continuing Medical Education at <http://www.baylorcme.org/search/detail.cfm?cme=707>

(Second posting)

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4. On-line presentations

A. DePaul University's Chronic Illness Initiative (CII) focuses specifically on the needs of students with chronic health conditions. As far as I know, it is the only university-based program/initiative in the US that focuses on supporting students who have significant health care needs.

The link to the program web site is:

<http://snl.depaul.edu/StudentResources/TheChronicIllnessIni/index.asp>

The CII held a Symposium in the Spring, 2008 related to their program, and some of the presentations from this meeting are available as iTunes movies.

To access these files, go to

[Meet and Greet Video](#) on the CII web page.

(Don't know why they use the label "Meet and Greet Video" for this material, but so be it...

You will need iTunes to be able to view these presentations.

B. National Public Radio story on transition to college of young man with asperser's

Introduction to the story

Sending your child off to college can be an anxious time for many parents. But for parents of children with a mental illness or learning disability, the transition is especially challenging. One worry is that parents of adult children have no legal standing in their medical care. In Nashville, Tenn., the Diehl family has worked hard to prepare their son for the move from home to college.

To read the transcript and to listen to this story, go to:

<http://www.npr.org/templates/story/story.php?storyId=94429083>

C. For all you blues fans – video of [14 year old boy affected by spina bifida singing the blues.](#)

Two Video on YouTube

<http://www.youtube.com/watch?v=MTbEL-joL9o&feature=related>

<http://www.youtube.com/watch?v=1ylv8djnepk&feature=related>

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5. Requests for assistance & other news

[None](#)

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6. Topics for discussion and contribution

My thanks to those who have contributed to the list with resources and requests. I invite all of you to think about resources – meetings, conferences, articles, web sites, videos, that might be of interest to your colleagues on the list, as well as issues you would like to have list members comment on...

You can send a message to the list by hitting "reply" or by sending an e-mail to

John Reiss jgr@ichp.ufl.edu

Felicity Sloman fsloman@bloorview.ca

The End

Look forward to your future contributions to the list -

John Reiss, List Moderator

and

Felicity Sloman - Co List Moderator

<http://hctransitions.ichp.ufl.edu/>