



Great Ormond Street Hospital for Children NHS Trust: Family File

Transition checklist

Transition is the term used to describe getting ready to move on from a children's service such as Great Ormond Street Children's Hospital to an adult hospital or service. This checklist is designed to help prepare you and your teenager for this move. For more information about transition, please see our information sheets for families and young people available from the Adolescent Medicine team or our website at www.goshfamilies.nhs.uk.

Task	N/A	Starting to practise	Partially performs	Performs independently	Comments or planned support
Describes his or her chronic illness, disability or health problem					
Understands the implications of the illness, disability or health condition on daily life					
Describes current and/or planned treatment					
Describes the various health care professionals (including community staff) involved in his or her care					
Describes any previous admissions and/or operations					
Identifies any allergies and/or special requirements					
Describes current health, recent changes and/or symptoms					
Asks and answers questions about his or her health during appointments, admissions and ward rounds					



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Spend some time in clinic appointments on his or her own					
Attends entire clinic appointments on his or her own					
Stays in hospital overnight without parents					
Is responsible for or participates in his or her own treatment or therapies					
Can list or keeps a record of his or her medication and their purpose					
Is responsible for taking medicines as prescribed					
Keeps track of the amount of medicine left and when to order more					
Knows how to arrange or arranges repeat prescriptions or obtains medicines from the pharmacist					
Describes his or her right to confidentiality and how staff protect confidentiality					
Describes his or her rights to informed consent and gives consent when appropriate					



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Knows how to obtain information about his or her health, illness or disability					
Knows who or where to ask for support and advice as required					
Knows how he or she can make contact with other young people with the same illness, disability or health problem					
Knows how to deal with questions or comments from the public about his or her illness, disability or health condition					
Describes who to contact in an emergency and/or how to get emergency treatment					
Knows how to arrange or arranges GP, dentist and hospital outpatient appointments					
Knows how to travel to hospital appointments or arrange travel					
Keeps his or her own record of relevant contact details					
Keeps a calendar of medical appointments					



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Describes changes that occur physically, emotionally and socially, as part of puberty and growing up					
Takes care of her own menstrual needs and keeps track of her monthly periods					
Knows how smoking, alcohol and drugs affect his or her health, illness, medicines					
Describes how he or she can maintain a health lifestyle with the illness or disability					
Describes the effect of his or her illness or disability on educational and career plans					
Knows how to access careers advice					
Knows how to obtain assistance with finances, mobility aids and personal care support					
Knows where to get sexual health and family planning information, advice or treatment					
Knows which forms of contraception are effective or safe to use in addition to regular medicine regime and where to obtain supplies					



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Knows the potential effects of his or her illness or disability on fertility, family planning and physical sexual ability					
Knows where to obtain genetic counselling, if appropriate					
Describes future health and treatment expectations					
Describes the process for making complaints					
Describes the process of accessing medical records					

Adapted with permission from the Royal Children's Hospital (Melbourne) transition project