

# The Cardiac Transition Clinic at GOSH



This leaflet from Great Ormond Street Hospital (GOSH) tells you about the transition clinic at GOSH, where we specialise in looking after adolescents with heart conditions that were present at birth (congenital heart disease).

[Information for young people](#)



Some of you will be meeting new doctors for the first time and we understand this might be a worrying time. In the transition clinic, we aim to help you understand your condition and prepare you for the move over to the adult service. We will help you to develop the confidence and independence to manage your condition in the future.

Please use this opportunity to ask questions and discuss your concerns with the doctors and nurses. As you become

older, you will be encouraged to take more responsibility for your own health. It is important that you understand your heart condition, your treatment, what surgery (if any) you have had and what to look out for in the future, so that you stay as healthy as possible. The majority of people with congenital heart disease require life-long follow up so we can check their health and identify any changes as early as possible. If you have any worries about your heart condition we can arrange for a psychologist to support you.

You will be able to meet the Nurse Specialist team at the Transition Clinic. The nurses provide practical and emotional support, education and counselling for young people with congenital heart disease and their families. All young people should see a Nurse Specialist at least once before they go to the adult hospital, for information and education on their condition, lifestyle, careers, employment and travel as well as general health advice.

It is important that young people begin to see doctors and nurses on their own for part of the consultation so they can develop confidence and independence. If you would like to see the doctor on your own please ask us. Young people are routinely seen on their own for part of the consultation when you see the Nurse Specialist. If you need advice when you are home, you can contact us by telephone or email.





## Adolescent Transition Clinic

The clinic takes place every Thursday afternoon and you will be seen here until you are ready to be transferred to the adult service, usually around the age of 16 years. The clinic is run together by GOSH and the adult hospital, Barts Heart Centre, so that you and the adult team have the opportunity to get to know one another before you eventually move over to their care.

The Consultant Cardiologist for Adolescents at GOSH works closely with the Nurse Specialists and the Adult Consultant Cardiologist from Barts Heart Centre, who you may also meet in clinic.

At each visit, you will have your blood pressure, heart rate, oxygen saturation and weight checked. You may have an echo (echocardiogram) and, if needed, an ECG (electrocardiogram) or pacemaker check before seeing the doctor. After you have seen the doctor, you may see a Nurse Specialist. They will help you understand your heart condition and any related issues. They will also discuss what to expect during your transition to adult services.



## What happens after your final appointment at GOSH?

Your medical information and ongoing care will be transferred to the GUCH (Grown Up Congenital Heart) unit at Barts Heart Centre, St Bartholomew's Hospital, when you are around 16 years old. If you have not received an appointment letter from Barts within three months of your next appointment, it is important to contact the GUCH office at Barts directly on 020 3765 8761.

There is a team of experienced GUCH Nurse Specialists at Barts Heart Centre who will be able to help you during office hours. If you would like to talk to them or would like to have a look around before your first appointment there, please ring 020 3765 8608. You may like to check out their hospital online at [www.bartshealth.nhs.uk/our-hospitals/st-bartholomew's-hospital](http://www.bartshealth.nhs.uk/our-hospitals/st-bartholomew's-hospital).

You will find the Barts Heart Centre in central London at:

St Bartholomew's Hospital  
West Smithfield  
London EC1A 7BE

If you would like to discuss transition or any other aspects of your health before you are seen at Barts, please contact the GOSH Cardiac Adolescent Team for advice on 020 7813 8139 (secretary) or 020 7813 8143 (Nurse Specialists).

You can also email the team at [Cardiac.AdolescentTeam@gosh.nhs.uk](mailto:Cardiac.AdolescentTeam@gosh.nhs.uk)

## Further information and support

**Rhythmic Beats** is an information day for young people to learn about their condition, lifestyle recommendations and prepare for adult care. Let us know if you would like more information or would like to attend.

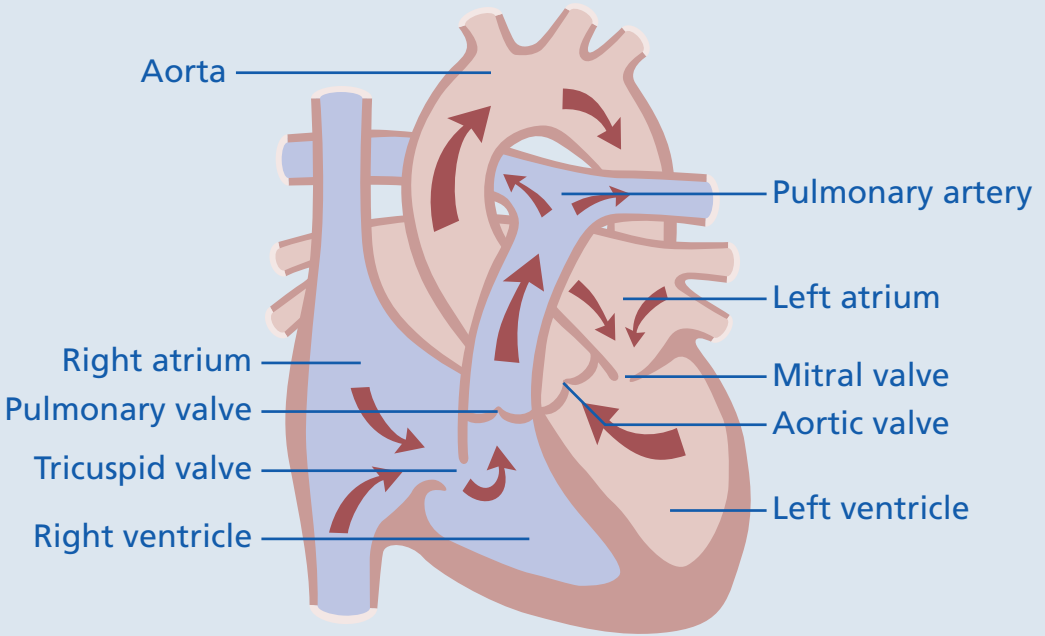
**The Somerville Foundation** is an organisation offering advice and support to young people who were

born with a heart problem. Call their helpline on 0800 845 759 or visit their website at [www.theSF.org.uk](http://www.theSF.org.uk)

The **British Heart Foundation** has a young person's group. Visit their website at [www.bhf.org.uk](http://www.bhf.org.uk) – select Heart Health then Children and Young People to learn more or search 'yheartfan' on Facebook™.



# My heart



## Questions you could ask your transition team:

- What should I know about my heart for the future?
- Are there any exercise recommendations or restrictions for my heart?
- Are there any lifestyle recommendations for my heart?
- Do I need antibiotics before invasive dental procedures?





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November 2017

Ref: 2017C0262

Compiled by the Cardiac  
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with the Child and Family  
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Information for children and young people