



Transitioning to Adult Care: Knowing Your Health Condition and Medicines

Dear Patient and Family,

Learning how to manage your health and wellness is key to transitioning to adult care (or health care transition). Knowing about your health condition is the first step in taking charge of your care. This guide includes tools to help you and your family begin to learn about your health condition, health history, and medicines you take.

Your Children's Health Care Team wants you to be ready and are here to help you make the transition to adult care. Talk with us if you have any questions.

Sincerely,

Children's Health

Skills for Knowing Your Health Condition and Medicines

Knowing about your health condition and medicines is the first step in taking charge of your health care. Below are important skills and tips to help you start.

- **Learn about your health history. Skills to practice.**
 - Talk to your health care team, parents, or caregivers about your health history.
 - Learn about any surgeries or procedures you have had.
 - Write down your history or put it in your smart device. Check your MyChart (patient portal) information.
 - Practice giving your health history to your health care team at your next visit.
- **Learn about any health conditions (diagnoses) you have.**
 - Talk to your health care team, parents, or caregivers about your condition.
 - Learn the name of your condition.
 - Learn what it means to have this health condition.
- **Learn the signs and symptoms of your health condition.**
 - Ask your health care team what signs and symptoms to look for if your condition gets worse.
 - Know what to do when you notice those signs and symptoms.
 - Use a notebook or smart device to keep track of any changes in your health.
 - Share any changes with your health care team.
- **Learn about your medicine, including names, amount, and reason you take each one.**
 - Know your medicine names, how much you take, how often you take them and the reason for taking them.
 - Ask your health care team, parents, or caregivers to help teach you about your treatment and medicines.
 - Learn about side effects of your treatment or any medicines you take.
- **Learn about any special medical equipment you use.**
 - Learn what type of medical equipment you are using and how to use it.

My Health Condition

It is important for you to know about your health condition and how to care for yourself. The questions below will help you learn about your health condition. Talk with your parents, caregivers, or health care team to answer these questions.

1. What is my health condition?

2. How will my health condition change as I get older?

3. How does my health condition change my daily life?

4. When should I see my Primary Care Physician (PCP)? When should I see my Specialist doctor?

5. When should I call 911?

6. How can I stay healthy and take care of myself? (Sleep, diet, exercise, handling stress, etc.)

My Health Condition (continued)

7. Your health care team includes all the people here at Children's Health that work together to help you. Our team can be doctors, nurses, social workers, psychologists, child life specialists, therapists, nutritionists, medical assistants, and others.

Members of my care team are:

Name	Role	Why I see them

8. Medicines that I take for my health problem are:

Question	Medicine:	Medicine:	Medicine:	Medicine:
Why do I take the medicine?				
How much do I take?				
What time do I take it?				
My side effects.				
When did I start taking the medicine?				
When should I stop taking the medicine?				
The doctor that ordered the medicine?				

Pharmacy name: _____ Phone number: _____



My Health Condition (continued)

9. Treatments needed (breathing treatments, dressing changes, physical therapy treatments, etc.)

Treatment name	Why I need this	How often I need this	Who helps me with the treatment

10. Special medical equipment or supplies I use:

Equipment/supplies name	Reason for having equipment/supplies	Who I call with questions or problems

Your Medical Summary

A medical summary is a snapshot of main information about your health condition. This includes your health history. Keep your medical summary with you and take it to your doctor's visits. Use this to help you answer questions your health care teams have and update the summary if anything changes. This information can also be found on your patient portal (MyChart).

Contact Information

Name:	
Date of Birth:	
Address:	
Phone Number(s):	Email:

Emergency Contact #1

Name:	Relationship:
Address:	
Phone Number:	

Emergency Contact #2

Name:	Relationship:
Address:	
Phone Number:	

Health Insurance Information

Health Insurance Name:	
Subscriber Name (person who holds the insurance):	
Member ID:	Group Number:

List of Health Conditions (Diagnoses)

Diagnosis	Date of Diagnosis
1.	
2.	
3.	

Your Medical Summary (continued)

Allergies (medicines, food, environmental and what happens)

1.	2.
3.	4.

List of Past Surgeries or Procedures

Name of Surgery or Procedure	Date of Surgery or Procedure
1.	
2.	
3.	

Recent Labs and Radiology

Name of Test	Date of Test	Findings
1.		
2.		
3.		

Healthcare Providers

Name of Provider	Specialty	Contact Information
1.		
2.		
3.		

List or Print (from MyChart) Your Medicines (Prescribed and Over the Counter)

Name of Medicines	How Much do I Take	How Often do I Take
1.		
2.		
3.		
4.		
5.		
6.		
7.		

Your Medical Summary (continued)

Pharmacy Information

Name of Pharmacy	Address	Phone Number
1.		
2.		

List of Durable Medical Equipment (DME)

Name of Equipment	Name of Vendor	Contact Information
1.		
2.		
3.		

Home Health Information

Name of Home Health Agency	Contact Information
1.	
2.	

List of Medical Supplies

Name of Supplies	Name of Vendor	Contact Information
1.		
2.		

Medical Decision-Making Documents and Tools

Name of Document and Tools	Active Date
1.	
2.	

Other Details (Special Nutrition Needs, Assistive Technology Used, Communication/Language/Cultural Needs, Glasses/Contacts, Hearing Aids)

Knowing Your Signs and Symptoms

Knowing about your health condition means learning about routine signs and symptoms and signs and symptoms that your health condition is getting worse. It is important to know these signs and symptoms and what to do about them.

A sign is something that can be seen or heard. Signs can include swelling, ringing in the ear, or bruising.

A symptom is something that can be felt by you. Symptoms can include feeling tired, weakness, having pain, or change in your appetite or energy.

- Ask your health care team, parents, or caregivers about what signs and symptoms to look for.
- Learn how your body feels when you are feeling well.
- Learn the signs or symptoms when you are not feeling well.
- Keep track of any changes in your health as they happen in a notebook or smart device. Share any changes with your health care team.
- Talk with your health care team about what to do if you start having any signs and symptoms.
- Know when and how to contact your health care team if you are having any signs and symptoms.
- Know when you should go to the emergency room.

Knowing Your Medicines

Knowing about the medicines you take is important as you start to take charge of your health. Below is a list of tips that can help you learn about your medicines.

- Learn the name of your medicines.
 - Some medicines may be prescribed by doctor and picked up at a pharmacy.
 - Other medicines may be purchased without a prescription. These are known as “over- the-counter.” Examples are vitamins and some pain medicines.
 - Most medicines are sold under different names. There is a generic name for the medicine. Medicine may be sold by the store name or a brand name. For example, Ibuprofen is the generic name but may be sold as Advil, Motrin, or the store brand.
- Learn how much to take of each of your medicines.
 - Take your medicines as your doctor has ordered.
 - Do not take too much or too little.
- Learn when to take each of your medicines.
 - Take your medicine as often as directed by your health care team.
 - Examples can include taking medicine 1 time a day in the morning or 2 times a day, 1 time in the morning and 1 time at night.
 - Use pill boxes to help organize your medicines.
- Learn the reason why you take each medicine.
 - Ask your doctor or pharmacist any questions you have about your medicines.
- Learn how to take your medicine.
 - Follow instructions on how to take medicine.
 - Some medicines cannot be taken with other medicines.
 - Instructions can include to take medicine with food or not to drive after taking.
- Learn about possible side effects of the medicine you take.
 - A side effect is a symptom that you did not expect.
 - Some side effects can be dizziness, rash, or sleepiness.
 - Let your health care team know if you have any side effects from your medicines. They can help you manage your side effects.

Knowing Your Medicines (continued)

- Learn what your medicines look like.
 - Know if the pharmacy gives you something different.
 - Your medicine can come in ways like a pill, liquid, or powder.
- Learn how often you will need more medicines.
 - Medicines that will last 30, 60, or 90 days as ordered by your doctor.
 - Request refills for your prescribed medicines before you run out.
 - Know the name of the pharmacy and phone number where you get your medicines filled.
- Always keep a list of your medicines with you.
 - This list can be in your wallet or your phone.
 - Bring a list of your medicines with you to your doctor's visits.

Transition Tips for Parents and Caregivers Knowing Health Condition and Medicines

As your teen transitions to adulthood, your continued support is needed. Below is a list of skills and tips to help you support your teen or young adult as they begin to manage their own care independently.

- Describe their health history:
 - Help your teen learn about their health history including any illness, surgeries, procedures they may have had.
 - Have your teen practice talking to their health care team about their medical history.
- Describe their health condition:
 - Talk to your teen about their health condition and what it means to have this diagnosis.
 - Have your teen practice explaining their health condition with their health care team.
- Describe their signs and symptoms of worsening conditions.
 - Help your teen learn the signs and symptoms of their health condition.
 - Have your teen ask their health care team about what signs and symptoms to look for when they are not feeling well.
 - Talk with your teen about what to do when they are not feeling well and what to do for new or worsening symptoms.
- Knowing their medicines, including names, dosage, and reason they take each one.
 - Help your teen learn the names of their medicine, when to take them, and why they take them.
 - Help your teen learn about possible side effects of any medicines they take.
- Describe any special medical equipment your teen may use.
 - Talk to your teen about what type of medical equipment they are using and how to use it.

