

Click on
the  below
for more
information 

THE TRANSITION PATHWAY



When you are around 12 we will start to talk to you about how you can start managing your own health care, by explaining much more about what is going on with your condition, medication and how we look after you. You will be able to ask lots of questions and be involved in decisions about your health.

When you are around 12 years old we will begin to talk to you about growing up with your heart condition and what effects it may have on you in adult life. The team at your children's hospital will begin to talk to you about moving to the adult hospital in future years. They will explain what to expect when you transfer to the adult service, how to look after yourself and help you to understand your heart condition. The following diagram shows the steps that will happen to help get you ready for this move.



If you are seen in Bristol your routine appointments will be in a transition clinic where the Clinical Nurse Specialist (CNS) and your Cardiologist will talk to you about starting to manage your own health care. Your family will also be part of all these conversations. They will talk about issues such as your heart, lifestyle issue and support.



If you are seen in your local hospital your consultant will talk to you about transferring to the adult service when you are older.

You can also contact the CNS team in Bristol or Cardiff for more information and support.



When you are 15 you may be invited to come to a transition evening to find out more about living with a heart condition and what will happen when you move to adult services.



At 16 we will arrange for you to be seen in local adult services or in a young people's clinic in the Bristol Heart Institute. In this clinic, there is a longer appointment to see the Consultant Cardiologist and Clinical Nurse Specialist, and discuss any questions you may have. There will be time for you to see members of the team on your own if you have things that you would like to discuss in private. Your family will be able to come and see the doctor and nurse specialist with you.



By the time you are 24 you will be seen in the usual follow-up clinics for adults.

If there are times when you have questions or would like some additional support then click here

support 