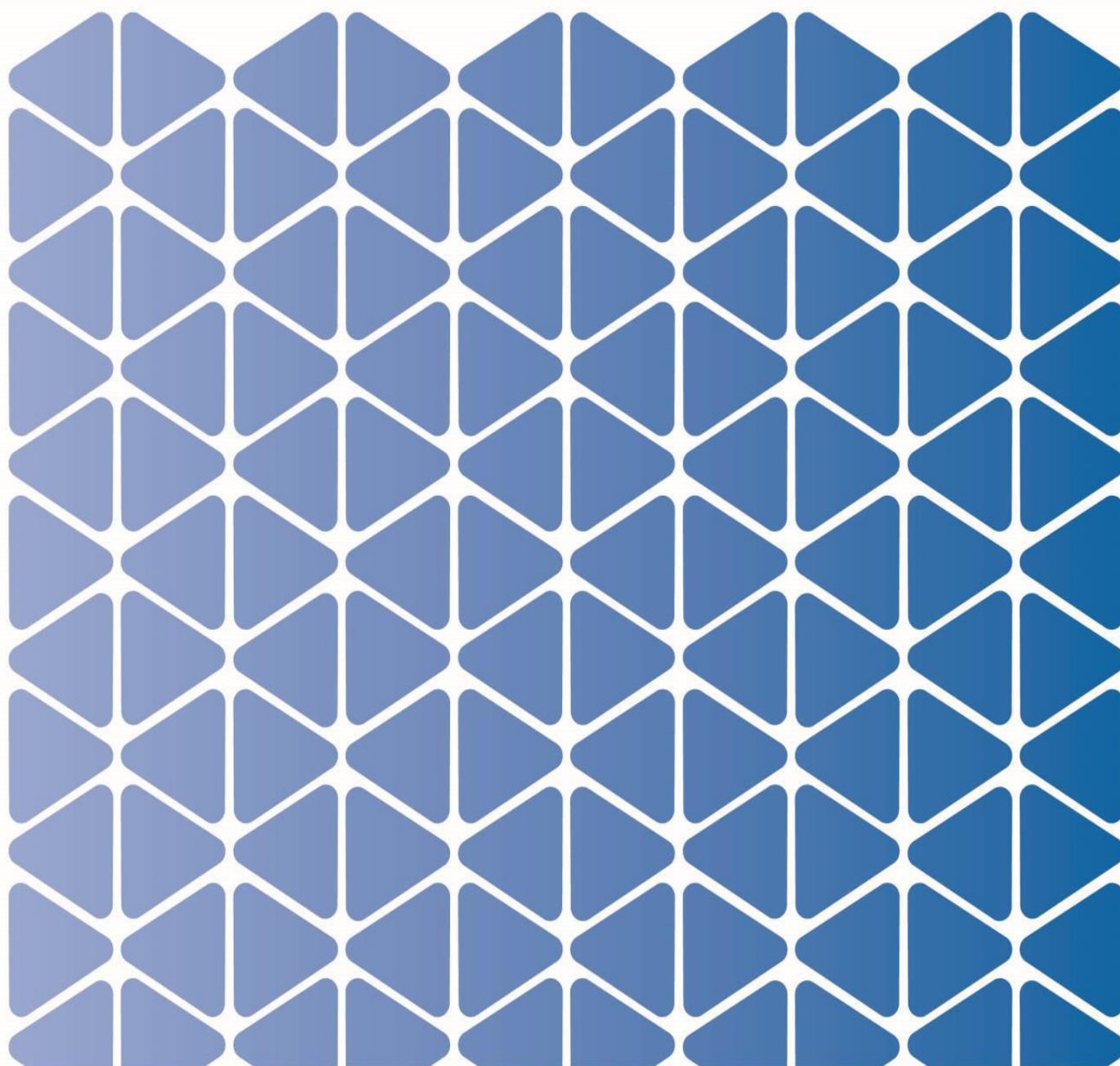


PATIENT INFORMATION**ASTHMA TRANSITION FROM
PAEDIATRIC TO ADULT SERVICES**

The term “transitioning into adult services” refers to where your care will be located once you are around 17-18 years old, and which team will look after you. This may be an adult medical team within the hospital, or it may be your GP. Sometimes it is hard to tell which health care professional it will be until closer to the time, as your condition can change during this period.

At this point, it looks likely you will be transferred to:

From around 15 years of age, we will be offering for you to come and see us on your own. It is normal to have mixed feelings about this. If you still want your parent or guardian/carer to come in, they can but we would like you to try and answer some of the questions on your own.

If you are transferred to adult services within the hospital, we will show you where you will be coming for appointments. We will also try to arrange a joint appointment with both the paediatric & adult team so you can meet them with people you know.

What you need to do:

1. Book a yearly asthma review with your GP
2. If asthma symptoms and/or reliever use increases, book an appointment with your GP
3. Take medication as prescribed unless a medical professional tells you to stop
4. Order inhalers/medication early to make sure you don't run out
5. Carry your reliever _____ and spacer with you everywhere!

Things we would like to help you with:

Medication

- We want you to get used to being responsible for taking your own medication without being reminded by your parents/carers. This may include setting your own reminders such as on your mobile phone or in a certain place (by a toothbrush or kettle).
- If your parent/carer currently order your repeat prescriptions, ask to watch how they do this as you will need to know in future. Most GP practices/pharmacies offer an app or online service.
- If you are on a lot of medication, we can provide a list of what you are on and why you take these. Please ask your respiratory team if you would like this.

Booking appointments & speaking to healthcare professionals

- Ask your parent/carer to show you how they contact your GP &/or hospital team and get used to doing it with help.
- Before your appointment you could write any questions down so you say everything you want to.

Leading an active & healthy lifestyle

- Regular exercise is good for your lungs because it increases the strength of the muscles around your lungs and the rest of your body. As you build strength, your muscles need less oxygen to work. This means you will be able to breathe more easily when you are active.
- Smoking/vaping/drugs – we would advise avoidance of these as we know these can make your asthma worse. This includes being around people when they are doing these things.
- Look out for damp or mould where you are living or spending a lot of time, as this can make your asthma symptoms worse.

Pregnancy & planning children in the future

- Prior to, or as soon as you find out you are pregnant, please inform your team (GP/adult/midwife) you have asthma. Keep taking your asthma medicines as you and your baby are at more risk if you stop (unless advised to do so by your health care professional).

Jobs

- You may not know what you want to do yet but when thinking of a career, it is important to think whether you will be around your triggers in that work environment. Inform your manager you have asthma; this is so that they can support you to avoid triggers if possible.

How to take your inhalers – if your inhaler looks like this shape, please always use a spacer as you get more medicine in your lungs.



(Asthma & Lung UK inhaler videos)

Count the puffs

A Salbutamol (blue reliever) inhaler does not have a dose counter. It is important you make a note of how many puffs you are using. As it can be puffed another 86 times (approximately) when empty, even if it looks like something is coming out or sounds as though there is something in the canister.

Whether it is a Ventolin or Salamol it only has 200 puffs!

Will I still have open access to a ward?

If you had open access whilst you were under our care, you will no longer have this. If you require medical attention, it will be through your: Adult hospital team / GP / 111 / ED

If you attend ED and require admission to hospital, please alert your adult hospital team and they will try and move you to a more suitable ward when beds are available.

Useful websites & apps

www.asthmaandlung.org.uk

www.movingonasthma.org.uk

www.beatasthma.co.uk

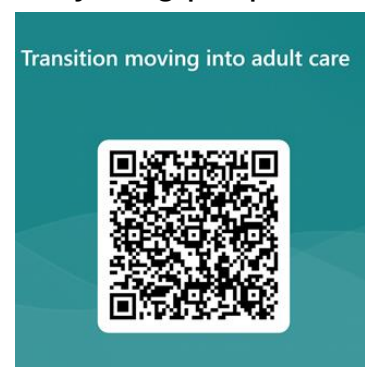


NHS England Website: [Quit smoking - Better Health - NHS \(www.nhs.uk\)](http://www.nhs.uk)

<https://www.readysteadygo.net/home.html>

Please can you help shape the future services for teenagers and young people with our hospital and help make sure your voices are heard by filling in our transition to adult services questionnaire.

Find out more at our Transition into Adult Care website - <https://www.worcsacute.nhs.uk/transition>



If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.