**TRANSITION ACTION PLAN**

**LATE TRANSITION (17 YEARS and older)**

**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DOB: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **DOMAINS/GOALS** | **ACTIVITIES TO ACHIEVE GOALS** | **Teaching Dates Outcome** |
| **TRANSPLANT KNOWLEDGE** | | |
| The late adolescent can competently discuss:   * his/her indication for transplant * a general overview of rejection, diagnosis and treatment * rationale for lab review * how to obtain his/her health summary or medical record |  |  |
| **MEDICATIONS** | | |
| The late adolescent:   * can correctly list all prescribed medications, dosages, rationale for use and administration times. * can describe any significant side effects he/she is experiencing from the prescribed medications * has a specific method for keeping track of prescribed medications * can state the name of his/her pharmacy * contacts the pharmacy independently for refills |  |  |
| **ADHERENCE** | | |
| The late adolescent:   * can discuss the benefits of being adherent in taking medications and getting labs * understands and can describe causes for missing medications * is taking medications independently * has a method to maintain/improve adherence |  |  |
| **RISK-TAKING BEHAVIORS** | | |
| The late adolescent   * can describe the effects of smoking, drinking alcohol, and taking street drugs on the transplanted organ. * has at least one practical strategy for avoiding participation in these behaviors when in a group |  |  |

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| **DOMAINS/GOALS** | **ACTIVITIES TO ACHIEVE GOALS** | **Teaching Dates Outcome** |
| **MANAGING MY HEALTH: WHAT I DO TO STAY HEALTHY** | | |
| The late adolescent:   * is participating in activities to promote healthy living * can list foods that transplant recipients should avoid and understands the rationale * can explain why sun exposure can be harmful to transplant recipients and can list several skin protection strategies * can list OTC medications that should be avoided after transplant and the rationale * can list additional health conditions and describe the care needed for that condition * can list at least two appropriate resources for medical advice * is independently keeping track of his/her healthcare information |  |  |
| **MANAGING MY HEALTH CARE NEEDS: SELF-ADVOCACY** | | |
| The late adolescent is demonstrating increased self-advocacy skills through:   * discussing care independently with providers * keeping track of appointments, meds, labs * completing a medical history when requested * planning adequately for an emergency situation or extended travel * generally understanding how to get an adult provider referral |  |  |
| **REPRODUCTIVE HEALTH** | | |
| The late adolescent:   * can state in general how having a transplant effects the ability to conceive a child or to father a child * understands that he/she is at greater risk for acquiring a STI and how to prevent these infections if/when sexually active |  |  |
| **SCHOOL/WORK** | | |
| The late adolescent   * is actively thinking and planning about his/her future * can list perceived limitations that may affect his/her career choice |  |  |

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| **DOMAINS/GOALS** | **ACTIVITIES TO ACHIEVE GOALS** | **Teaching Dates Outcome** |
| **SUPPORT SYSTEM** | | |
| The late adolescent:   * can describe what he/she does when feeling stressed or overwhelmed * can identify his/her support system * demonstrates a connection to his/her school or community |  |  |
| **SELF-ESTEEM** | | |
| The late adolescent:   * can list perceived concerns about their health because he/she has had a transplant * can list perceived concerns about their future because he/she has had a transplant |  |  |
| **HEALTH CARE INSURANCE** | | |
| The late adolescent:   * can state the name of his/her insurance provider * knows how to contact his/her insurance provider * can generally define the terms copay and deductible * is aware that he/she may have a different insurance carrier at a specific age |  |  |

**ADDITIONAL COMMENTS:**