



# Symposium

## Transitional care for young adults

Thursday 25 July - 14:00-15:30

### Organisers:

Kirsten Boisen, Pernille Hertz, Ena Lindhart Thomsen

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### Description of symposium

International guidelines recommend continued transitional care after transfer to adult care to secure continued developmentally appropriate quality care for young adults. Without appropriate transitional care in adult care, young adults risk low treatment adherence and adverse events as well as significant concerns regarding independent living, education and career planning as well as fertility issues and family planning. However, development and implementation of feasible structured transition programs in adult care are sparse.

At this symposium, we will present the development and introduction of a generic transition program in adult care. The program was developed in cooperation with young adults, parents, and healthcare professionals from adult care as well as allied professionals including a psychologist.

Furthermore, we will present three examples from adult care (epilepsy, gastroenterology, and rare liver diseases) with initiatives securing a smooth transfer, safe onboarding to the adult clinic, and developmentally appropriate care after transfer.

The symposium will end with a debate among participants and speakers addressing facilitators and barriers for developmentally appropriate care in adult healthcare settings.

### **Speakers:**

Kirsten Boisen, Pernille Hertz, Ena Lindhart Thomsen, Center of Adolescent Medicine, Copenhagen University Hospital Rigshospitalet, Denmark

Christopher Filtenborg Brandt, Department of Digestive Diseases, Transplantation and General Surgery., Section for Intestinal Failure, Section for Liver Diseases, Section for IBD, Copenhagen University Hospital Rigshospitalet, Denmark

João Madaleno, Liver Disease Unit, Department of Internal Medicine, Adult Liver Transplant Unit, Unidade Local de Saúde de Coimbra – Hospitais da Universidade de Coimbra, Coimbra, Portugal

Hanne Mørk Christensen and Rannvá Gammelgaard, The Epilepsy Clinic, Copenhagen University Hospital Rigshospitalet, Denmark

### **Short description of talks:**

#### **Co-creation of a generic transition program in adult care focusing on empowerment and developmental milestones in young adulthood**

We will present the development and introduction of a generic transition program in adult care focusing on empowerment and developmental milestones in young adulthood (e.g., moving away from parents' house). The program was developed in cooperation with young adults, parents, and healthcare professionals from adult care as well as allied professionals including a psychologist.

#### **The transition from child to adult is tough – perhaps even more so for our patients.**

Transitioning from the safe and familiar pediatric ward to typically multiple adult wards is a major challenge for the young patients and their families. How do we as an adult intestinal failure unit try to play our part in this process?

#### **The healthcare transition of young adults with rare liver diseases and liver transplant**

We will present and describe the successful components of a transition service for young adults with rare liver diseases, highlighting the importance of self-management support and a multi-disciplinary approach. We will also review some challenges and barriers, particularly those concerning maintaining continuity of care during the transfer process.

### **Presentation of transitional care in a specialised adult epilepsy clinic**

We will discuss the challenges faced in transitional care, with a focus on young adults. Our discussion will address these challenges from a broader perspective, incorporating our own experiences. We will emphasize the importance of adequate resources, political commitment, and strong support from immediate leadership in this area.

<b>Detailed plan for symposium</b>				
<b>Day/time:</b> Thursday 25 September 14:00-15:30				
<b>Time</b>		<b>Responsible</b>		<b>Title/content</b>
14:00	5'	KB		Welcome, short introduction, who are we Experience with barriers in transitional care for young adults
14:05	15'	ELT		Co-creation of a generic transition program in adult care focusing on empowerment and developmental milestones in young adulthood
14:20	15'	CFB		The transition from child to adult is tough – perhaps even more so for our patients
14:35	15'	JM		The healthcare transition of young adults with rare liver diseases and liver transplant
14:50	20'	HM/RG		Presentation of transitional care in a specialised adult epilepsy clinic
15:10	15'	KB/all		Q&A and debate among participants and speakers addressing facilitators and barriers for developmentally appropriate care in adult healthcare settings.
15:25	5'	KB/ELT		Take home messages