



Washington University in St. Louis

SCHOOL OF MEDICINE

The Edward Mallinckrodt Department of Pediatrics
Division of Pediatric Hematology & Oncology

Transitioning from Pediatric Sickle Cell Clinic to the Young Adult Sickle Cell Clinic

Dear Patient,

Welcome to your teen years! Over the last 14 years of your life, the Sickle Cell Team of Washington University at St. Louis Children's Hospital has carefully worked with your parents to keep you healthy and safe. Now that you are getting older, we would like to help you become in charge of your own health so that you have a successful graduation to the Young Adult Sickle Cell clinic.

The American Academy of Pediatrics, the leading source for Pediatric doctors, recommend that you start seeing adult doctors when you are 18 -19 years old. The Sickle Cell Team (MD's, NP's, SW, Education Liaison, Nurses, Coordinators, etc.) will work closely with you and your parents to make sure that you are prepared for this move when you turn 19 years old. To help make sure that the move to an adult doctor(s) is successful, it is important that you learn how to talk about and manage your own medical needs. It is important that you spend part of your clinic visits by yourself with your doctor or nurse practitioner (NP) so that you learn how to talk about your medical history and your concerns. Please ask your parent(s) to help you learn the information below:

- Your past medical history [surgeries, hospital stays, diagnoses (medical problems), etc.]
- The names of ALL medicines you take – the amount and how often
- Allergies to medicines or foods
- History of your immunizations (shots)
- The name of your primary care doctor or NP, and any other doctors you see. Learn their office address and phone number

When you turn 18 years old, you will be considered an adult. As part of patient privacy rules, your parent will no longer be able to see or get your protected health information without your permission. The Washington University Medical Center offers a "Release of Information" form that we will have you to sign when you turn 18 years old. This form will be put in our files and it gives your medical team permission to still speak with your parents, unless you say otherwise. Other things to think about as you get closer to moving to adult doctors include:

- How will you keep health insurance once you turn 19 years old?
- Will you go to school (college or trade school) or get a job after high school graduation?
- How will you get to and from your doctors' appointments?

We are here to help you answer these questions and any other questions you may have about this policy. We look forward to building this new partnership with you and your parents.

Sincerely,
The Sickle Cell Team of Washington University