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**TRANSITION ACTION PLAN**

**MIDDLE TRANSITION (14-16 YEARS)**

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

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| **DOMAINS/GOALS** | **ACTIVITIES TO ACHIEVE GOALS** | **Teaching Dates Outcome** |
| **TRANSPLANT KNOWLEDGE** | | |
| The mid-adolescent can:   * state his/her indication for transplant * provide a general overview of rejection (definition, diagnosis and treatment) * state why labs are followed routinely |  |  |
| **MEDICATIONS** | | |
| The mid-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 method for keeping a list of prescribed medications * can state the name of his/her pharmacy and has access to the phone number; knows who is responsible for calling in refills |  |  |
| **ADHERENCE** | | |
| The mid-adolescent:   * can describe times when he/she misses medications and frequency of missed medications * can generally discuss the benefits of being adherent in taking medications and getting labs * can describe his/her level of independence in taking medications * has a method to improve daily medication adherence * knows when his/her labs should be obtained |  |  |
| **RISK-TAKING BEHAVIORS** | | |
| The mid-adolescent   * can generally discuss why smoking, drinking alcohol, and using street drugs can affect his/her health as a transplant recipient |  |  |

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| **DOMAINS/GOALS** | **ACTIVITIES TO ACHIEVE GOALS** | **Teaching Dates Outcome** |
| **MANAGING MY HEALTH: WHAT I DO TO STAY HEALTHY** | | |
| The mid-adolescent:   * is participating in activities to promote healthy living * can list foods that transplant recipients should avoid and states why they should be avoided * understands that sun exposure can be harmful to transplant recipients and can list at least 3 skin protection strategies * can list OTC medications that should be avoided after transplant and knows why they should not be used * can list additional health conditions they may have |  |  |
| **MANAGING MY HEALTH CARE NEEDS: SELF-ADVOCACY** | | |
| The mid-adolescent is demonstrating increasing self-advocacy skills through:   * discussing changes in care with parents/guardians or health providers * starting to keep track of appointments, meds, labs * talking independently with the health care provider for at least part of his/her appointment * knowing whom to contact for health care information or a medical record summary * can describe the family’s plan for an emergency situation |  |  |
| **REPRODUCTIVE HEALTH** | | |
| The mid-adolescent:   * can discuss perceived concerns they may have about pubertal development related to transplant * can state in general how having a transplant effects the ability to conceive a child or to father a child * is aware that he/she is at greater risk for acquiring a STI and how to prevent these infections if/when sexually active |  |  |
| **SCHOOL/WORK** | | |
| The mid-adolescent:   * can describe how he/she feels about school * is attending school regularly * is thinking about his/her future plans * can list perceived limitations affecting future plans |  |  |

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| **DOMAINS/GOALS** | **ACTIVITIES TO ACHIEVE GOALS** | **Teaching Dates Outcome** |
| **SUPPORT SYSTEM** | | |
| The mid-adolescent:   * can describe what he/she does when feeling stressed or overwhelmed * can identify his/her support system * demonstrates a connection to school and/or community |  |  |
| **SELF-ESTEEM** | | |
| The mid-adolescent:   * can describe perceived concerns about his/her health as a transplant recipient |  |  |
| **HEALTH CARE INSURANCE** | | |
| The mid-adolescent:   * can state that insurance is needed to help pay for health care costs * can state the name of his/her insurance provider * is aware that he/she may have a different insurance carrier at a specific age * is aware of the term “co-pay” and knows what this means in regard to medications |  |  |

**ADDITIONAL COMMENTS:**