**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
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| **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
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| **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
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| **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
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| **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
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| **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
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| **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
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| **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
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| **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
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**ADDITIONAL COMMENTS:**