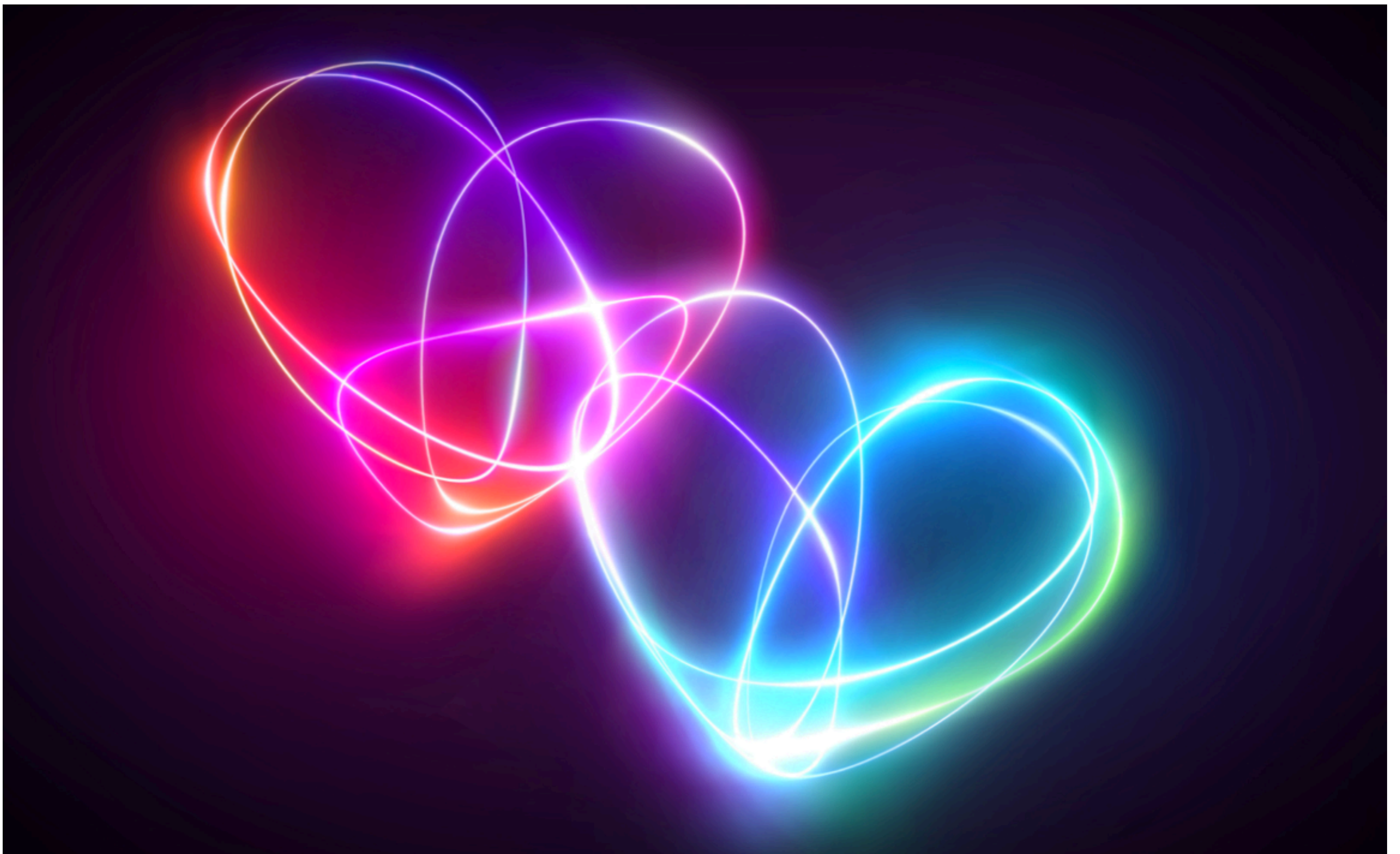


CONGRATULATIONS!

YOU'RE GRADUATING FROM PEDIATRIC TO ADULT CARE



SickKids[®] | Labatt Family
Heart Centre

Labatt Family Heart Centre
The Hospital for Sick Children
555 University Avenue
Toronto, ON, M5G 1X8
Phone: (416) 813 – 5848, Option 6

Cardiology Clinic
4th floor – Atrium

Cardiac Transition Program
cardiac.transition@sickkids.ca

 **UHN** Peter Munk
Cardiac
Centre

Peter Munk Cardiac Centre
Toronto General Hospital
585 University Avenue
Toronto, ON, M5G 2N2
Phone: (416) 340 – 4085

Adult Congenital Heart Disease Clinic
5th floor – Norman Urquhart Building

Cardiac Transition Program
cardiac.transition@uhn.ca

Preparing for your Appointment

What to bring with you:

- Your health card
- Name and address of your family doctor
- Your list of questions
- Your pharmacy address and phone number
- A health summary which includes your cardiac diagnosis, history of past procedures, and any other medical conditions you may have
- A list of all your medications, including vitamins and supplements
- A nutritious snack and something to keep you busy

Plan ahead by:

- Considering how you will get to your appointment
- Giving yourself enough travel time
- If driving, find out where parking is available



GETTING TO THE HOSPITAL

TAKING THE TTC

Subway: Take the University line to Queen's Park station. Follow signs in the station to the Toronto General Hospital. Walk south on University Ave. to the hospital.

Streetcar: Take the 506 College streetcar. Get off at the University Ave. stop and walk south on University Ave. to the hospital.

BY CAR

From 401: Drive south on Avenue Rd. (Note: Avenue Rd. becomes University Ave. south of Queen's Park – the provincial legislature). Toronto General Hospital is located just south of College St.

From Gardiner Expressway: Exit York St. and drive north. York St. becomes University Ave. Toronto General Hospital is just north of Gerrard St.

Parking: Parking is available across from the hospital, in a lot that can be accessed from Elizabeth St. The parking lot is always open.

GETTING TO THE ADULT CONGENITAL HEART DISEASE CLINIC

The Toronto Adult Congenital Heart Disease (ACHD) clinic is located on the 5th floor.

- If entering through the University Ave. entrance – take the Peter Munk elevators to the 5th floor.
- If entering through the Elizabeth St. entrance – walk straight through the food court and then turn left towards the Peter Munk elevators.

Please check in at the clinic reception desk. You will be asked to provide your health card. Plan to be at each appointment for several hours.

Getting Ready for Adult Care

What is transition?

Transition means moving from one life stage to another and can bring mixed emotions, including excitement, fear, sadness and/or relief. Moving from SickKids to Toronto General Hospital (TGH) is an example of an important transition. You have likely become familiar with the hospital and staff, and you have developed a routine around your healthcare. The best way to deal with any transition is to plan ahead and be prepared.

What is the Cardiac Transition Program?

The Cardiac Transition Program helps youth and young adults develop the skills they need to prepare for a healthcare transition and transfer. The transition team can also help you learn more about your heart, procedures you may have had, your medications and how to keep your heart healthy. To learn more about what the program offers, please contact the transition team by email at cardiac.transition@sickkids.ca.

Why do I transition to adult care?

Your SickKids healthcare team specializes in the health of children and youth. As you become an adult, your healthcare needs change and will be better met in a hospital or clinic for adults.

When do I transfer and what happens next?

Transferring from SickKids to TGH usually happens around the time that you turn 18, when you are legally considered an adult. Your cardiac team at SickKids will arrange for your transfer to TGH. At your final SickKids cardiac appointment, you will sign a form, permitting SickKids to transfer your cardiac medical records to TGH. The ACHD team will review your records and schedule your follow-up appointment accordingly. They will contact you directly, however, if you have any questions you may also reach out to them.

How do I prepare for a healthcare transition?

Transition takes time, so start as early as possible! Your healthcare team will help you. Here are a few tips to help you prepare for the transition:

- ✓ know your cardiac history and be able to summarize your health
- ✓ practice self-monitoring (paying attention to your body) and describing your symptoms in appointments
- ✓ manage your medications, schedule appointments, and make healthy lifestyle choices
- ✓ answer questions in appointments, be involved in making decisions, and, over time, spend part or all of the appointment alone with your healthcare provider
- ✓ start to learn about your health insurance and types of treatments it covers

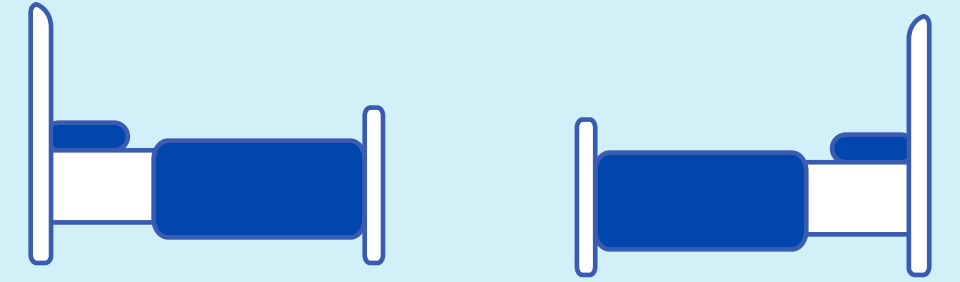
Many youth and young adults feel better knowing they are in control. Learning the skills to help with this process can take time; but, in the end, ***these skills can help you achieve your goals for the future.***

What will the Toronto ACHD Program be like?



Prepare ahead and make sure you bring along things to entertain yourself. Remember to bring a charger for your devices.

At each appointment you will have an Electrocardiogram (ECG) and Echocardiogram (ECHO) test. You may also have other tests such as chest x-ray, exercise test, blood work, and/or magnetic resonance imaging (MRI).



If you are admitted to the hospital, be prepared to be in a shared room. Private rooms are available, but at a cost. Check your insurance coverage, if available.

The Toronto ACHD program opened in 1959 and is the first and one of the largest Adult Congenital Heart Disease programs in the world. The team consists of global leaders in ACHD.

To learn more visit torontoachd.ca



The ACHD program cares for anyone over the age of 18 years old. Expect to be one of the youngest patients seen in clinic.

Your healthcare provider will expect to hear from you and will ask you questions directly. You may be expected to attend appointments on your own, but you can request that a support person come in with you.

Life-long follow up is necessary and the adult cardiac team will continue to focus on your health as you get older.



Remember, this is YOUR healthcare appointment. Your questions and concerns are important and will be the focus of your visit.



Helping you stay as healthy as possible is the ultimate goal.

The main difference between SickKids and Toronto General Hospital is in the focus of the care:

- **Paediatric care is *child and family-centred*.** At SickKids, **the child and their family** are central to how we provide care. This involves having your family present during your appointments and involved in making decisions about your care.
- **Adult care is *patient-centred*.** At Toronto General Hospital, **you (the patient)** take the lead role in making decisions and managing your health. While this may be a bit overwhelming at first, it is a great opportunity to start gaining some independence.

Communicating with your Healthcare Team



Talking to your cardiologist or cardiac nurse can help prepare you for your transition to adult cardiac care. Sometimes, it can be hard to talk with them, especially if your parents always did the talking for you.

Here are a few tips to help you better communicate with your adult cardiac team:

- Be honest and say what you think.
- Ask questions if you need help! If you do not understand something, ask to have it explained to you again.
- If you have questions, *after your appointment*, contact your cardiologist or nurse to make sure your questions are answered.
- Make notes during your appointment to remember what happened.
- Start your appointment without your parents in the room. This way, if you have a private matter to discuss, you can do it then and you will not have to ask them to leave the room.
- Make sure that you understand how your cardiac condition is being managed (e.g., what is your treatment plan?).
- Remember: This is your body. Make sure that you are comfortable with the plan. If you have any concerns, tell your nurse or cardiologist. This will help them to find the best treatment plan that works for you.
- Follow-up after two weeks if you have not heard about things you discussed during your visit such as, test results, referrals, or new test (e.g., MRI, ECHO, Holter) bookings.

Life-long cardiac care

People with a cardiac condition stay healthier if they have lifelong follow up. It is important to keep in contact with your family doctor regularly (at least once a year—even when you are healthy).

You may also have questions about becoming an adult with a heart condition. Some common concerns are:

- Relationships and sex
- Exercise restrictions
- Lifestyle behaviours such as smoking, drugs, and alcohol
- Feeling different, anxious and/or depressed
- Family planning: contraception, planning a healthy pregnancy/fathering a child, parenting options
- Health insurance (to pay for medications and personal care supplies)
- Post-secondary education
- Working
- Managing finances (income supports, funding)
- Moving out on your own
- Where to get community supports and services



These questions and concerns are normal. Discuss them with your cardiac team.

For more information about your transition to adult care, please contact the Cardiac Transition Team at cardiac.transition@sickkids.ca