



# Your transition from children's allergy services to adult allergy services

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## **What does transition mean?**

Transition is the process where we plan and prepare you for the handover of your allergy care from children's services to adult services.

As a teenager, moving to adult services is a natural step and it is important for you to develop independence in your allergy care, as you do in other aspects of your life.

Making this change, which may be at the hospital or with your GP, may be stressful for you. This is to be expected particularly if you have been attending the children's department for a while and are used to the staff and how we run our clinics.

By talking about the transition and planning for it well in advance we hope to reduce your stress and make sure that the process is as smooth as possible.

## **Do I have to move?**

As you get older, some of the things you want to discuss or the care you might need, is not properly provided by the children's services.

You may also find that you prefer to be seen in a more grown-up environment rather than be surrounded by young children, toys and noise!

## Can I choose which adult allergy service I move to?

Part of the transition process will be looking at the service that best meets your allergy needs.

There may be a choice of adult allergy services at different hospitals, or it may be that your own GP is the most appropriate service.

## How will it work?

There are three phases to the transition process which are explained below:

### 1. Planning phase (13-14 yrs)

When you are 13-14 years old, we will introduce the idea of transition to you. We will talk about how much you already know about your allergies, and how to manage them.

### 2. Preparation phase (14-16 yrs)

When you are 14-16 years of age, we will start to encourage you to have some of your appointment time with your doctor or nurse on your own, and discuss a plan for transition. There will be doctors and nurses from both children's and adult allergy teams at your appointment.

### 3. Transfer phase (16-18 yrs)

When you are 16-18 years, we will talk with you about how ready you are to move to adult services, and ensure you have the information you need about your allergies.

## Who can help me get ready for the move to adult services?

There are lots of people available to support you before and during the move to adult services. These include nurses, doctors and dietitians at the adolescent clinics, your GP and your school nurse.

They can help you prepare by

- teaching you about your allergies and how to manage them
- making sure you know how, when and who to contact in an emergency
- working through scenarios relating to your allergies
- making sure you know what support networks are available, such as the anaphylaxis campaign
- helping you understand how your allergies might affect your future education and career plans
- helping you feel comfortable and confident in talking to the doctors, nurse and dietitians about your allergies on your own.

## Your family

Your family have been responsible for looking after your health since you were young and they may continue to be involved in your allergy care during the transition to the adult services.

It is important to realise that your parents may be having a hard time handing over responsibility to you, and realising that you are becoming an adult.

Try to talk to them about how you feel, and discuss practical issues with them too, such as making appointments, ordering repeat prescriptions and asking questions in clinic.

## Questions you might like to discuss with your allergy team

Below are some questions you might like to discuss with your allergy team about your transition:

- When will I be moving to the adult services?
- Can I choose the adult service I move to?
- What is different about the adult service?
- Can I meet the adult team before I move to them?
- Will I always have allergies?
- Will my allergies affect my plans for my future such as travel, university or work?

## Useful sources of information

### **The Anaphylaxis Campaign**

Helpline and information service about severe allergic reactions.

w: [www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk)

t: 01252 542029

### **Allergy UK**

Helpline and information service to support allergy sufferers in the UK.

w: [www.allergyuk.org](http://www.allergyuk.org)

t: 01322 619898

## Contact us

If you have any questions or concerns about your transition, please book a nurse telephone call by following the link:

[www.zesty.co.uk/practices/childrens-allergy-nurse-helpline](http://www.zesty.co.uk/practices/childrens-allergy-nurse-helpline) or **t:** 0207 188 3300

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit

**w:** [www.evelinalondon.nhs.uk/leaflets](http://www.evelinalondon.nhs.uk/leaflets)

## Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline.

**t:** 020 7188 3003, Monday to Friday, 10am-5pm

**e:** [letstalkmedicines@gstt.nhs.uk](mailto:letstalkmedicines@gstt.nhs.uk)

## Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department. **t:** 020 7188 8801 (PALS)

**e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints)

**e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

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