

FACTSHEET

This fact sheet is for education purposes only. Please consult with your doctor or other health professionals to make sure this information is right for your child. If you would like to provide feedback on this fact sheet, please visit: www.schn.health.nsw.gov.au/parents-and-carers/fact-sheets/feedback-form.

Having a Fontan circulation and transitioning to the Adult Health Service

This information is designed for use by young people with a Fontan circulation and their families.

Transition is the process of moving from paediatric or child health to adult health services. This is often an exciting time because you will begin to have more responsibility but it can also be challenging as you learn new skills in order to do this. This checklist is designed to help get you started on your journey to the adult health service. It is important to identify goals and before you know it you will be confident, informed and ready to tackle managing your health as an adult.

Can you name all of your medications, the doses and how often you should take them? Make a list in this space:	
Do you know how to get more medication when you need it? (Write any contact details you might need here)	
Can you name your GP and Cardiologist? GP name:	

<p>Cardiologist name:</p>	
<p>Emergency contact name/ number:</p>	
<p>Do you know how to make an appointment with your GP and Cardiologist?</p> <p>Name: _____ Phone number: _____</p> <p>Name: _____ Phone number: _____</p>	
<p>Can you describe your heart condition and any other medical conditions you have?</p>	
<p>Do you know if you have any allergies?</p>	
<p>Can you identify signs and symptoms that might indicate you should see your doctor sooner than planned? Make a list in this space:</p>	
<p>Do you keep a brief medical record? It might help to keep a copy of your medical documents in a folder. Note important dates such as operations and appointments.</p>	
<p>How will you manage your own appointment schedule? You could try keeping a record your phone, you can even make a reminder so you don't forget</p>	

Don't forget to leave plenty of time for transport.	
Are you able to ask medical professionals questions that are important to you? Remember, the more questions you ask, the more answers you get! Make sure to keep a note of the answers, most of us don't remember everything we hear in an appointment.	
Do you have your own Medicare card? Write the number here: It's a good idea to make a photocopy too, in case you misplace your card.	