



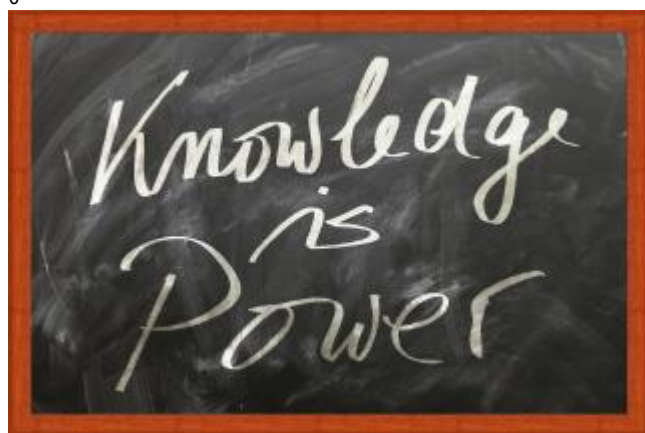
New Transition resources and Heart and Stroke collaboraton

News

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We are excited to announce the launch of our revised and expanded Transition information section on our website, which includes an outline of transition timeline recommendations and a tools and resources section to support and educate youth and families during the transition process. Check it out!

General information about Transition and Risks: <https://www.cchaforlife.org/transition>

Transition timeline recommendations: <https://www.cchaforlife.org/transition-timeline-recommendations>

Tools and Resources: <https://www.cchaforlife.org/transition-tools-resources>

In other news, CCHA collaborated with Heart and Stroke, I Heart Change, Fondation En Couer (Dr. Anne Fournier), Braveheart Support Society/IWK and Global Arch to create a CHD Transition of Care tip sheet (download pdf below) in time for CHD Awareness Week. Also available in French

Congenital heart disease transition of care tip sheet

Congenital heart disease (CHD) is any defect in the heart valves, great vessels, heart walls or chambers at the time of birth.

Do you know...

CHD is the most common birth defect among newborns.

Many people with CHD require lifelong expert medical care, and struggle with both physical and mental health challenges.

There are now more adult cardiac centres, thanks to medical and surgical advancements.

Making the transition to adult congenital heart disease care

Transition is a process that begins in the early teenage years and continues through early adulthood. The transfer from paediatric care provider to an adult congenital cardiologist will likely happen around age 18. As part of the transition, you will learn to be more responsible for your own health and health decisions.

Where will I be transferred to?

Degree	Examples	Who should you ask about your heart?
Simple	- Mitral/aortic stenosis - Repaired ventricular or atrial septal defect	Even simple CHD can have complications. Your adult cardiologist will decide who should be following your care. They might refer you to a general cardiologist or a community cardiologist who works with adults at hospitals.
Moderate	- Coarctation of the aorta - Chest anomalies - Valvular forms of heart failure	
Complex	- Any of the simple conditions, but more. - Transposition of the great arteries with atrial/ventricular septal - Any type of congenital heart disease that causes complex function or requires frequent medical management getting to the heart's base - Complex anatomy of the heart	You may be seeing an adult CHD specialist at one of the 15 adult CHD centres.



Steps to take for a successful transition

1. Talk to your healthcare team about transitioning to adult care and next steps.
2. If you need to choose a different primary healthcare provider, ask your cardiologist if they can recommend a provider who has other CHD patients.
3. Keep a health passport with you. This is a summary of medical information including the name and phone number of your cardiologist, your diagnosis and surgical history, and medications.
4. Ask questions. Learn about your condition.
5. Know that moving to adult care can seem stressful for everyone. It's a good idea to talk about your concerns and feelings with people you trust, including your healthcare team.

Other actions you can take:

- Learn about your heart condition and steps to make a successful transition. www.cchaforlife.org/transition-timeline-recommendations
- Know that there are adults about transition and living with CHD available at www.cchaforlife.org
- Access to online resources and local adult CHD centres near you. www.cchaforlife.org/transition
- Join Heart & Stroke Facebook group for online community support. www.facebook.com/HeartStroke
- Find support groups such as Braveheart Support Society or Fondation En Couer and IWK.
- Share your ideas on social media using #CHDAwarenessWeek or #CHDAwareness.

"Having your CHD cardiologist follow up regularly through life, every 18 months, means if you feel 100% fine, Adults with CHD who are followed regularly are less likely to develop serious medical problems."

— Pam Higgins, MD, PhD

Do you know...

Adult CHD patients are at higher risk for a variety of health issues, including heart rhythm problems, heart failure, coronary artery disease, stroke and others.

[Download CHD_Transition of Care tip sheet_EN_2020.pdf](#) (155.92 KB)

[Download CHD_Transition of Care tip sheet_FR_2020.pdf](#) (196.26 KB)

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