

Patient information

Transitioning Alder Hey to Royal Liverpool Hospital

Diabetes and Endocrinology

What is Transition?

In health care, we use the term 'transition' to describe the process of planning, preparing and moving from children's health care to adult health care. Transition is a gradual process of change, giving everyone time to ensure that young people like yourself are prepared and feel ready to make the move to the adult health care setting.

Transition is an important journey, and it is essential that we work in partnership with you and your family/carers to ensure you are fully supported, understand what is happening and feel in control.

When should transition happen?

Many young people move to adult health care between the ages of 16 to 18 years of age.

At Liverpool University Hospital Foundation Trust (LUHFT), we want to make the transition as easy as possible for you. Dr Deepa Beeharry will be your adult Consultant Endocrinologist here at the RLUH.

You will have an allocated member of staff named 'Kerrie Grounds' who is responsible for organising your transition to the adult endocrine team. They will also be responsible for ensuring that you are supported throughout the process and receive all the relevant information needed for you to feel ready to move to adult services.

Kerrie Grounds is an Advanced Clinical Practitioner in Endocrinology at RLUH and takes the 'transition co-coordinator' role in this process.

You can discuss any queries or concerns with any member of your health care team here at RLUH.

Preparing for transition

We know that approaching a move to adult care can be a scary time in a young person's life. As you are getting older, you will start to take more responsibility for your health, medicines and treatment.

Our aim here at the RLUH is to provide support, offer guidance and deliver education to enable you to have all the skills to start taking this responsibility, and to feel comfortable in the adult health care service.

Why do I need to move clinic?

Adults have different endocrinology (hormonal) needs to children. The doctors in the adult clinic are experts in treating adults and making sure your hormones are at the right levels to ensure you stay healthy.

How the Transition Clinic Works

We currently hold a joint transitional endocrine clinic with; Dr Julie Park (Consultant Paediatric Endocrinologist), Dr Deepa Beeharry (Consultant Adult Endocrinologist) and Kerrie Grounds. (Advanced Clinical Practitioner).

Initially the clinic will be held at Alder Hey hospital. However, when you and the members of the Transitional team agree the time is right for you, your care will be transferred to the Transition clinic here at RLUH.

Dr Park will continue to remain present during your attendance here at the RLUH, and the clinics will be held in **Outpatient 2** department located on the ground floor. The aim of the clinic is to make the transition to adult care a successful and positive experience for you.

LUHFT has a fully equipped endocrine investigations unit which is located on Ward 10 at Broadgreen Hospital. This is where you will attend if you need any 'in depth' tests, of your hormone levels.

We have a team of Endocrine Specialist Nurses who provide both outpatient and inpatient services. We are here as a point of contact, and support network for you. We have a telephone helpline and telephone follow up service.

Meet the team:

Consultant Adult Endocrinologist

Dr Deepa Beeharry

Consultant Paediatric Endocrinologist

Dr Julie Park

Transitional Co-Ordinator/Advanced Clinical Practitioner (first point of contact):

Kerrie Grounds:

Contact number: 0151 706 2417

The most difficult thing for you is to break contact with the children's service once the move to adult services has happened.

It is important for your continuing health that any questions or concerns are discussed with the **adult team**.

Although you can stay in touch with the team at Alder Hey, your new team here at RLUH should be the first point of contact in all matters related to your endocrine health.

If you have any questions or concerns about transition, please talk to your transitional co-coordinator, Advanced Clinical Practitioner: Kerrie Grounds

Tel: 0151 706 2417/5872

Textphone number: 18001 0151 706 2417

Your consultant Dr Deepa Beeharry – (secretary) on Tel: 0151 706 3090.

Textphone Number: 18001 0151 706 3090

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further Information

Please feel free to contact the Endocrine Specialist Nurses with any questions you may have. There is an answer machine where you can leave your name and contact details. We will return all calls: Monday – Friday 08:00hrs – 16:00 hrs.

The Endocrinology Specialist Nurses:

Kerrie Grounds

Amanda Hamilton

Karen Jones

Michel Llewelyn

Blessy Yohannan

Tel: 0151 706 2417

Textphone number: 18001 0151 706 2417

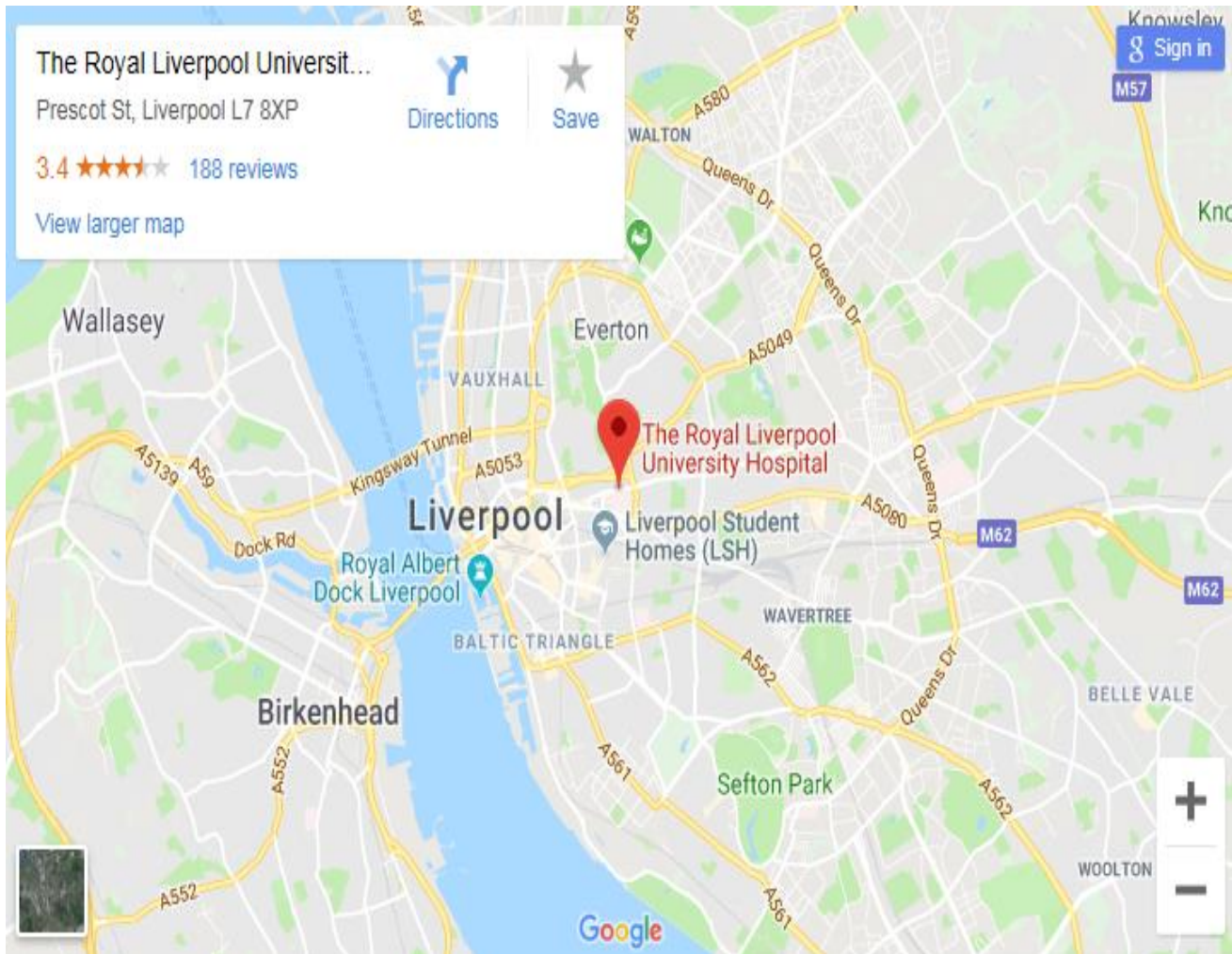
Support Group:

**The Pituitary Foundation
PO BOX 1944
Bristol
BS99 2UB**

Tel/Fax: 0117 370 1320
Email: helpline@pituitary.org.uk
www.pituitary.org.uk

Author: Diabetes and Endocrinology
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Directions to the RLUH



All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل انتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعة الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والإلكترونياً.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字体、音頻、盲文、穆恩體 (Moon) 盲文和電子格式，敬請索取。

در صورت تمایل میتوانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پئوهندیدار بهو نهخوشانهی له لایهن تراستهوه پهسهند کراون، نهگهر داوا بکریت له فورماتهکانی تردا بریتی له زمانهکانی تر، نیزی رید (هاسان خویندنهوه)، چاپی گهوره، شریتی دهنگ، هیلی موون و نهلیکترونیکی هیه.

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Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhaddo kale, sida luqaddo kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.