



Epilepsy Transition Readiness Clinic

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Epilepsy Demographics

- 1 in 26 people will develop epilepsy in their lifetime
- Epilepsy is the 4th most common neurological condition and epilepsy affects more than 65 million people worldwide.
- Epilepsy and seizures can develop in any person at any age.
 - Seizures and epilepsy are more common in young children and older people.

Differences between adult and pediatric care

Pediatric

- Parents make decisions
- Concerns about school
- Have caretakers around all the time
- Typically a member of a family
- Not driving

Adult

- Patients make decisions
- Concerns about career
- May live independently or wish to live independently
- Care for (or desire to have) a family of their own
- Driving or desire to drive

Epilepsy in Adolescence

- 18-25 years-old is a unique population
 - Adult
 - Gaining independence from parents
 - Still eligible for parent's insurance
 - Do not need parents to make decisions
 - Deciding on what they will do when they “grow up”
 - May or may not be in college
 - May or may not have a job

Types of Adolescent Patients w/ Epilepsy

Epilepsy since childhood

- Understand the need to take medication
- Used to parents making decisions for them
- Always have had transportation limitations
- May know of resources available to children but not adults

Epilepsy recently diagnosed

- Getting used to taking medications regularly
- Have their own opinion on treatments
- May have had transportation privileges taken away
- Has no idea that resources are available

What is Transition Readiness

- Transition Readiness is preparing youth with medical conditions for adult medical care
- Transition Readiness is a comprehensive, team based process which includes the patient and parents/caregivers
- It is a Pathway to Independence
- Assessment is geared towards needs, strengths and goals for the patient and parent/guardian

Who Gets to Talk about Transition

- Any child with a chronic medical condition or disability
- It can be argued transition begins at the onset of diagnosis
- Ideally, discussions about transition begin with the pediatrician and during young adolescence

Purpose of a Transition Readiness Clinic

- Medical compliance
- Independence/ Life Skills
- Many patients are arriving without much discussion or preparation for the medical care as an adult
- Functional adults in society
- Educated on personal health and wellness
- Able to identify supports and times of medical crisis
- Develop coping strategies for medical needs

Transition Readiness Clinic

- Goals of Clinic
- Clinic Design
- Surveys
- Ongoing Evaluation and Follow Up with Patients

Resources

- Community and Government Resources
 - Reference Sheet for Parents
 - Community Contacts

Thank you

QUESTIONS?