

Checklist for Independent Management of IBD



AGE

PATIENT

12-13

EARLY ADOLESCENCE

New knowledge and responsibilities

- I can describe my GI condition
- I can name my medications and the doses and times I take them
- I can describe the common side effects of my medications
- I know my doctors' and nurses' names and roles
- I can use and read a thermometer
- I answer some of the doctor's questions during my health care visit
- I can call my doctor's office to make or change an appointment
- I can describe how my GI condition affects me on a daily basis
- I am able to answer all the questions in [this medical information worksheet](#)

14-16

MID ADOLESCENCE

Building knowledge and practicing independence

- I know the names of medical tests and why they are done
- I know what can trigger a flare of my disease
- I know my medical history
- I reorder my medications from the pharmacy and call my doctor for refills
- I answer most of the doctor's questions during my health care visit
- I understand the risk of not taking my medications
- I understand the impact of drugs and alcohol on my condition
- I understand the impact of my GI condition on my sexuality and sexual function
- I am able to answer all the questions in [this medical information worksheet](#)

17+

LATE ADOLESCENCE

Taking charge

- I can describe what medications (both prescription and over the counter) and foods I should not take because they might interact with the medications I am taking for my health condition
- I am alone with the doctor or choose who is with me during a health care visit
- I can tell someone what new legal rights and responsibilities I gained when I turned 18
- I manage all my medical tasks outside the home (school, work)
- I know how to get more information about IBD
- I can book my own appointments, refill prescriptions and contact my medical team
- I carry insurance information (card) with me in my wallet/purse/backpack.
- I am able to answer all the questions in [this medical information worksheet](#) and bring to my new adult GI doctor

This checklist was based on faculty expertise, review of existing publications and adaptations of "Transition Planning Checklist" by the Children's & Women's Health Centre of British Columbia.

NASPGHAN
FOUNDATION
For Children's Digestive Health & Nutrition

GI Kids
Help & Hope
for Children with
Digestive Disorders

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North American Society for Pediatric Gastroenterology, Hepatology and Nutrition

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