

### **School Nurses Engaging Students in Health Care Transition: Abbreviated Version**

Healthcare Transition is the **process** of moving youth, with or without special needs, from a pediatric to an adult model of care. Transition encourages youth to become independent and knowledgeable about their healthcare needs while teaching families to be supportive, and healthcare providers to track and assess the youth/young adult's readiness for adult health care and independence. The school nurse has the unique opportunity to assist their students in preparing to take charge of their health by developing their skills in self-advocacy and self-management. Here are some tips for school nurses to follow:

#### **Tips for Students**

- Start early educating youth about health and encouraging questions and dialogue
- Direct students to appropriate resources such as <https://dph.georgia.gov/transitioning-youth-adult-care>
- Provide linkages to health care providers and community resources
- Ensure students are informed about their medication and the proper dosage
- Model a healthy relationship between youth and school nurse

#### **Tips for Students with IEPs**

- Identify those students who have an Individualized Education Plan (IEP) and would benefit with health care specific goals
- Educate family on the importance of including health care in the IEP to include issues on medication adherence, accessible school entrances, transportation, school activity areas, class scheduling, classroom seating, special diets, insurance etc.
- Establish a relationship with the school's transition team so you can be present at the transition planning meetings

Whether it's helping a student feel comfortable asking questions regarding their health care concerns or exploring post-secondary opportunities, school nurses play an essential role in the successful transition of youth and young adults with and without special health care needs from pediatric to adult care. For more information about Health Care Transition or available resources, contact Children's Medical Services at the Georgia Department of Public Health via email: [childrens.medical@dph.ga.gov](mailto:childrens.medical@dph.ga.gov)