

Becoming an adult can be particularly challenging for adolescents with a chronic health condition. Not only do they need to build self-reliance and independence; they are also facing the transition from pediatric care to adult care. The qualitative and quantitative studies in the 'On Your Own Feet' research program mapped the preferences and competencies for health care of adolescents treated in Erasmus MC Rotterdam. In addition, the program made clear how they, their parents, and health care providers experienced the transfer to adult care.

These adolescents wish to be involved in their health care and it would be wise to incorporate their perspectives into adolescent health care provision. Differences in attitudes and preferences can be captured in four comprehensive taxonomies representing different self-management styles: the Q-Care Profiles. Adolescents' actual participation during consultations and in self-management of their condition is still low and contrasts with their self-efficacy and transfer readiness. As current transitional practices are inadequate in Dutch hospitals according to adolescents, parents and professionals alike, there is a necessity to bridge the gap between pediatric and adult care and to strengthen adolescents' competencies to become partners in health care.



On Your Own Feet

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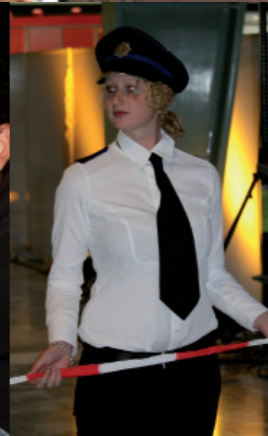
On Your Own Feet

Preferences and competencies for care of adolescents with chronic conditions

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