

FIRST INTERNATIONAL SUMMER COURSE ON CHILDREN AND ADOLESCENTS WITH CHRONIC ILLNESS

2016: A FOCUS ON TRANSITION

LAUSANNE, AUGUST 30TH-SEPTEMBER 2ND

FINAL PROGRAM

TUESDAY AUGUST 30 TH		
8:30-9:30	An overview of chronic conditions in young people	Joan-Carles Suris
9:30-10:30	Children and Adolescents with Chronic Illness: psychological issues	Alain Deppen
10:30-11:00	Coffee break	
11:00-12:30	Reproductive needs of adolescents with chronic conditions	Saira-Christine Renteria
12:30-13:30	Lunch	
13:30-15:00	Workshop 1 (choose from workshps 1-3)	
15:00-15:30	Coffee break	
15:30-17:00	Workshop 2 (choose from workshps 1-3)	
17:00-17:30	Informal discussion with facilitators	All

Two workshops to choose from:

1. ***Research with adolescents with chronic conditions: what should you know before getting started*** (André Berchtold)

Description: Adolescents with chronic conditions are primarily adolescents, and it's not because they suffer from a particular disease they are more likely to participate in a scientific study. We will discuss the differences between them and their healthy peers and the implications regarding sampling strategies and statistical analyses.

2. ***What parents of adolescents with chronic illness should know (before reaching adolescence)*** (Christina Akre)

Description: The aim of this workshop is to address the needs and challenges faced by parents of young people with chronic conditions. We will use video vignettes of parents of adolescents with chronic conditions to better understand their needs and the challenges they go through from their point of view. In an interactive format, we will also explore ways to support parents early on which, in turn, can help them more effectively support their adolescent children in their autonomy acquisition.

3. ***Easy for you to say! Treatment adherence in chronic illness*** (Joan-Carles Suris)

Description: Using clinical vignettes, this interactive workshop will discuss different forms of treatment adherence, risk and protector factors related to it, and the ways to tailor treatment issues to adolescent's lifestyles.

WEDNESDAY AUGUST 31ST

8:30-9:30	Are they doing what they are supposed to? Chronic illness and adolescent lifestyle	Joan-Carles Suris
9:30-10:30	Preferences for care of young people with chronic conditions	AnneLoes van Staa
10:30-11:00	Coffee break	
11:00-12:30	Health challenges in internationally adopted and migrant children	Grete Teilmann & Mario Gehri
12:30-13:30	Lunch	
13:30-15:00	Workshop3 (choose from workshps 4-6)	
10:30-11:00	Coffee break	
15:30-17:00	Workshop4 (choose from workshps 4-6)	
17:00-17:30	Informal discussion with facilitators	All

Two workshops to choose from:

4. *Presenting your own research: tips and ideas for improvement* (André Berchtold & Joan-Carles Suris)

Description: In this workshop participants will be asked to present one slide summarizing the research they are doing or they plan to do with an emphasis on one specific research question or methodological issue. With the input of the other participants, the facilitators will give hints that can improve the project (this workshop is limited to **maximum 10 participants**).

5. *Caring for adolescents with disabilities: dependence and independence* (Christopher Newman)

Description: This workshop will focus on the special needs and challenges of adolescents whose health conditions limit their activities, independence and participation in society. Case studies including an overview of disability theories and rehabilitation practice, will make participants aware of the importance of integrated care, even for the most dependent youngsters, in the transition towards adulthood.

6. *Approach to therapeutic education in children and adolescents living with a chronic illness* (Andrew Dwyer)

Description: Adult patients with chronic conditions provide approximately 90% of their own care. Therefore, developing self-care skills and empowering patients to manage their health is an important goal for health promotion. This workshop will provide a developmental perspective on therapeutic education and will discuss challenges and barriers to effective therapeutic education for adolescents as well as approaches to overcome them.

THURSDAY SEPTEMBER 1ST

8:30-9:30	Transition: the long and winding road	Joan-Carles Suris
9:30-10:30	Transition coordinator in congenital heart disease: Filling the gap between pediatric and adult care	Corina Thomet
10:30-11:00	Coffee break	
11:00-12:30	Parents need transition care too!	Christina Akre
12:30-13:30	Lunch	
13:30-15:00	Workshop 5 (choose from workshps 7-9)	
15:00-15:30	Coffee break	
15:30-17:00	Workshop 6 (choose from workshps 7-9)	
19:00	Course diner	

Two workshops to choose from:

7. *Obesity and eating disorders: a complex transition* (Sophie Bucher Della Torre & Isabelle Carrard)

Description: Obesity and eating disorders represent a significant health issue for youth; however the process of transition in this field is a neglected topic. Somatic and psychological components have to be addressed during treatment and this requires the cooperation between professionals from different disciplines. This workshop aims at analyzing transition from pediatric to adult care with this complexity in mind.

8. *Patient Readiness for Transition: Assess or Develop?* (AnneLoes van Staa)

Description: In this workshop, we will work out what 'readiness for transition' entails in the context of young people with chronic conditions. We will critically examine existing instruments to assess patient readiness for transition such as TRAQ (developed by Wood & Sawicki 2010). We will contrast such assessments with alternative instruments based on the principle of positive youth development, such as the Ready Steady Go program (UK), On TRAC (Vancouver) and Skill for Growing Up (the Netherlands). During the workshop participants will work in small groups, discussing and comparing the materials and prepare a short presentation about the pros and cons of each approach.

9. *Transition in mental health – who cares?* (Grete Teilmann)

Description: A subgroup of young people with chronic somatic conditions does also suffer from a mental disorder. Studies have shown an increased frequency of mental disorders in young people with chronic conditions, and onset of mental disorders is frequent during the late teenage-years. But how do we best care for these "double-troubled" young people and their families during transition, and how is collaboration between pediatrics, child-psychiatrists and the corresponding adult-specialists? During an interactive workshop we will present recent data on the field and the participants will discuss experiences, current clinical practice, guidelines (or absence of guidelines), and visions for the future.

FRIDAY SEPTEMBER 2ND

8:30-10:30	Examples of transition programs: strengths and pitfalls	Corina Thomet; Christopher Newman; AnneLoes van Staa; Philip Moons
10:30-11:00	Coffee break	
11:00-12:00	Keynote: Transfer and transition: Where to go from here?	Philip Moons
12:00-12:30	Evaluation	All
12:30	Good-bye (with sandwiches to go)	

FACILITATORS

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Prof. AnneLoes van Staa, PhD, MD, RN, assistant professor at Erasmus University Rotterdam, Institute of Health Policy and Management; professor "Transitions of Health Care" in Rotterdam University of Applied Sciences, The Netherlands