

Results of a transition questionnaire: from pediatric to adult hemophilia care

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To optimize transition, the nurses at the adult department have introduced a transition questionnaire. At the first visit at the adult department the patient is requested to answer the questionnaire. The aim is to gather valuable information regarding this group's lifestyle and social situation. Use of the questionnaire opens up for a dialogue and can make the patient feel more at home in the new adult team, encouraging a positive relationship between patient and caregiver.



Results

Twenty-seven patients have answered the questionnaire. Median age was 22 yrs, (range 20-24). Twenty-two of the patients (81%) perform sports, see Table 2. One of the patients considered his hemophilia to limit him from having a girlfriend and he felt concerned regarding sexual activity. Forty-four percent of the patients have obesity according to BMI, median 23 (range 18-37). According to a visual analogue scale regarding life situation (0=worst and 10=best), 85 % of the boys scored above seven. Seven of the boys reported that their quality of life would be improved if they did not have hemophilia.

Table 1.

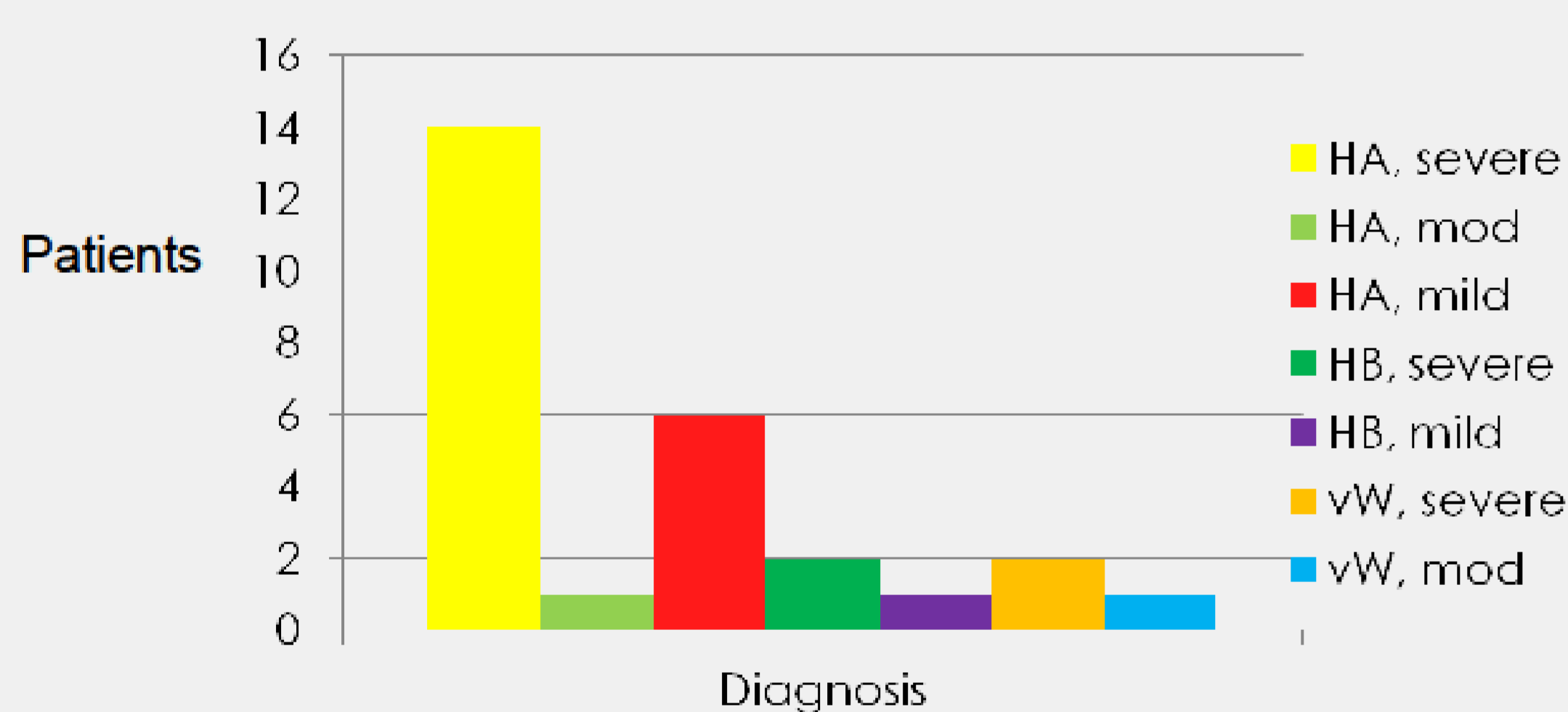


Table 4.

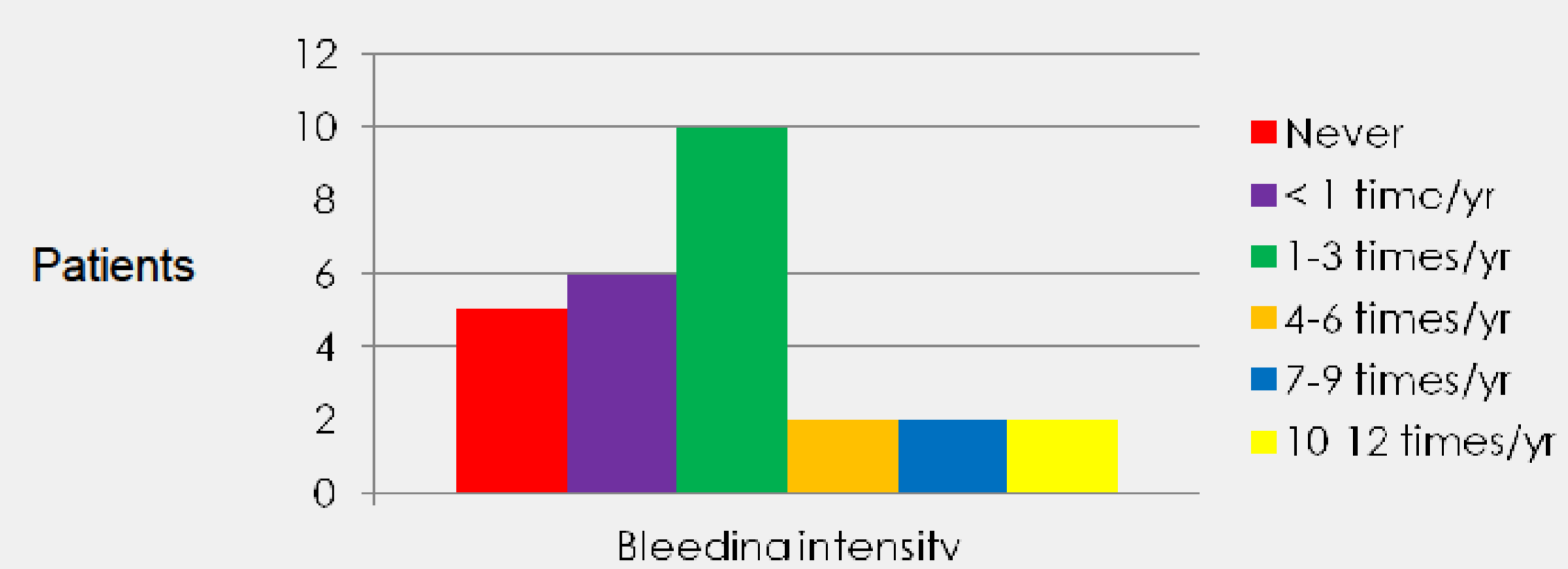


Table 2.

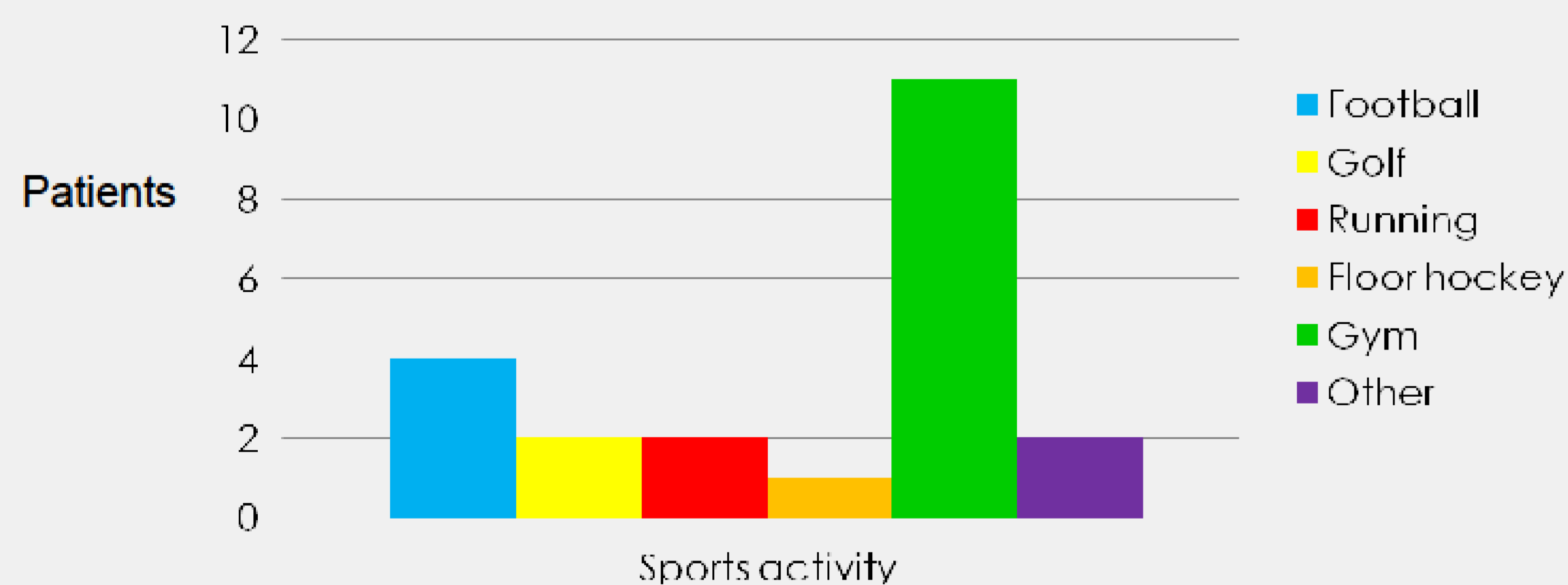
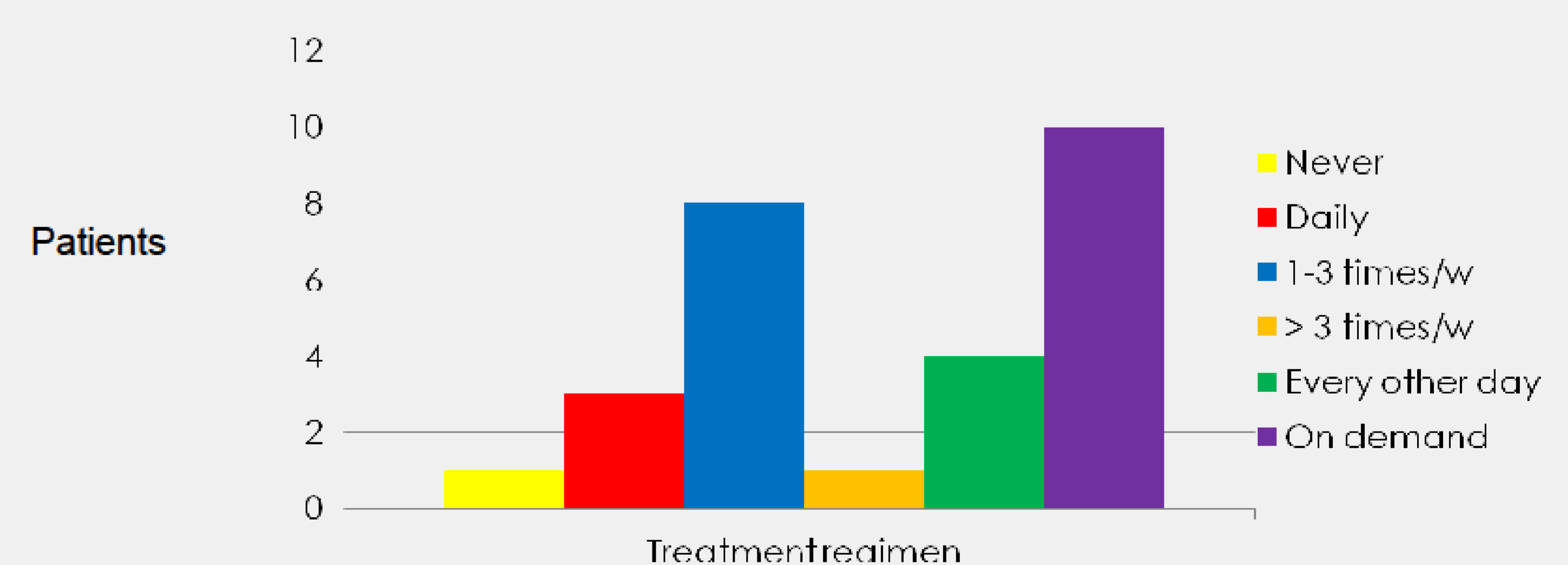


Table 3.



Conclusion

Promising results show that most of the patients are physically active, participating in a variety of sports. Having hemophilia does not limit them from traveling or hanging out with friends. Even if the patients report an active lifestyle, twelve of the twenty-seven young men have obesity according to BMI. A reason could be that most of them are students, perhaps living a more inactive lifestyle compared to their younger years. Working out at the gym, being the most popular form of physical activity, builds muscle mass and may thus increase BMI. We may need to implement an additional method of monitoring obesity, for example monitoring waist circumference. We can also encourage other forms of activity. We could furthermore address the perceived reason regarding why some of the patients consider their quality of life impaired due to having hemophilia. We find the questionnaire opens up for a dialogue, encouraging the possibility to address important issues. The questionnaire provides the possibility to listen and to offer support.

