

### 15-16 YEARS

You are at the center of our healthcare team and your involvement is important to us. Managing your IBD is important to living well. We believe that gaining knowledge, skills and confidence in your IBD will help as your life changes over the next years ahead. One of the changes ahead and an eventuality is that your care will be transferred to an adult health care provider at 18 years of age. Before transitioning from the CHEO IBD Centre to adult care, we think we could start using this time to understand what you know and what you might like to know about managing your IBD. We developed the following questionnaire to help us know what we could help with. So, please answer to the best you are able. Thank-you.

Name: \_\_\_\_\_ ID#: \_\_\_\_\_ Date: \_\_\_\_\_

<b>WHAT I KNOW ABOUT MY IBD</b>	<b>Yes, I can do this on my own</b>	<b>I can do this with some help</b>	<b>No, I can't do this</b>
I know what my diagnosis is.			
I can explain where my disease is located.			
I can explain how I feel when my disease is active.			
I carry medical information about my disease and medications with me in my wallet or backpack.			
I know which websites and books I can use to get credible information on my disease.			

<b>MAKING MEDICATIONS WORK FOR ME</b>	<b>Yes, I can do this on my own</b>	<b>I can do this with some help</b>	<b>No, I can't do this</b>
I know about my medical therapy (medication/other treatments).			
I understand the risks of not taking my medication properly (on time and regularly).			
I can call the pharmacy to get refills on my medication/ other treatments.			
I can make changes to my medication/other treatments as recommended by my IBD healthcare team.			

<b>STAYING ON TRACK AND MANAGING MY IBD</b>	<b>Yes, I can do this on my own</b>	<b>I can do this with some help</b>	<b>No, I can't do this</b>
I can describe what can trigger a flare-up.			

<b>MANAGING MY HEALTH</b>	<b>Yes, I can do this on my own</b>	<b>I can do this with some help</b>	<b>No, I can't do this</b>
I can prioritize which health issues matter most to me and share them with the team.			
I am an active team player when it comes to my care (asking questions, taking part in decision-making, contribute to my health care plan).			
I share past experiences, both successes and challenges and share what matters most to me.			
I am honest and communicate openly and tell the team about what is not working or if I'm having trouble with the healthcare plan.			

<b>WORKING WITH MY IBD TEAM</b>	<b>Yes, I can do this on my own</b>	<b>I can do this with some help</b>	<b>No, I can't do this</b>
I feel comfortable starting my appointment by myself.			
I answer questions during medical appointments.			
I feel comfortable talking with my doctor/nurse if I don't like a treatment or have trouble following it.			
I know what other health services are available to me (ex: social worker, dietician, psychologist, family doctor).			
I can tell others the names and reasons for routine tests			
I know that I will be transferred to an adult gastroenterologist when I turn 18.			

<b>SCHOOL/SOCIAL ISSUES</b>	<b>Yes, I can do this on my own</b>	<b>I can do this with some help</b>	<b>No, I can't do this</b>
I know how to balance social life with school and health care management.			
I know what to do to help me cope with stress.			
I know who I can talk to if I'm feeling depressed.			
I can describe the impact of alcohol, smoking and drugs on my condition.			
I know how my disease and/or treatment may impact my sexual health.			

**COMMENTS:**

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