

- Making sure you understand the importance of a healthy lifestyle, including exercise, diet, smoking and sex

### Transition tours

Transition tours are arranged so you can view the hospital including wards, renal outpatients and the dialysis unit (if needed). Please contact us via the telephone numbers below if you would like a tour.

### Contacts

- **Young Adult Support Nurse**  
Tel: 07867 180 386
- **Youth Worker**  
Tel: 07920 807 586
- **Young Adult Consultant Secretaries**  
Tel: 0121 371 5837

### Useful websites

- [www.kidney.org.uk](http://www.kidney.org.uk)
- [www.kidneymatters.co.uk](http://www.kidneymatters.co.uk)
- [www.kidneypatientguide.org.uk](http://www.kidneypatientguide.org.uk)
- [www.infoKID.org.uk](http://www.infoKID.org.uk)
- [www.nhs.uk/livewell/sexandyoungpeople/Pages/Sex-and-young-people-hub.aspx](http://www.nhs.uk/livewell/sexandyoungpeople/Pages/Sex-and-young-people-hub.aspx)
- [www.talktofrank.com](http://www.talktofrank.com)



The Trust provides free monthly health talks on a variety of medical conditions and treatments. For more information visit [www.uhb.nhs.uk/health-talks.htm](http://www.uhb.nhs.uk/health-talks.htm) or call 0121 371 4323.

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**Young Adult Renal Clinic**  
Heritage Building  
Queen Elizabeth Hospital  
Mindelsohn Way, Edgbaston  
Birmingham, B15 2TH  
Telephone: 0121 627 2000

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Information for  
patients attending  
the Young Adult  
Renal Clinic –  
Heritage Building  
(QEH)

Delivering the best in care

**UHB is a no smoking Trust**

To see all of our current  
patient information leaflets please visit  
[www.uhb.nhs.uk/patient-information-leaflets.htm](http://www.uhb.nhs.uk/patient-information-leaflets.htm)

## Young Adult Renal Clinic

Transferring to adult services can be an anxious time, not only for you, but for your family as a whole.

Transition is a gradual process of planning, preparing and moving from children's health care services to adult healthcare services, a bit like moving from junior school to secondary school. How long this process lasts depends on your needs and your family's needs, and is an agreed timeline between you and your consultants – both from the Birmingham Children's Hospital (BCH) and the adult services at the Queen Elizabeth Hospital Birmingham (QEHB).

## What is a young person's clinic?

When you are around 16 years old, your consultant will refer you to adult services.

You will be seen at QEHB and staff from BCH will also join you. This will include consultants, nurses and support staff. This will mean that the doctors and nurses at QEHB can learn about you from both you and your team. Your care will remain under BCH until you and your teams agree to transfer your care to QEHB.

At the clinic you will meet your new nephrology (kidney) doctors, nurses, youth worker, pharmacist and psychologist.

## Clinics

The clinics at QEHB follow a similar pattern to those at BCH. When you arrive, you will be greeted by a receptionist. You will then be asked to provide a urine sample and wait in the waiting room. You will then be called by the nursing staff who will measure your blood pressure and weight. You will also have a blood test and then be asked to wait to be called by your doctor. You will be introduced to the other members of the team.

## Blood tests

Your blood tests will be taken by a nurse. If you have any fears or concerns about this process, please speak to the nurse. You may be asked about when you last took your anti-rejection medication (if you have had a transplant).

## How do I get my blood results?

At QEHB you can have access to your own health records; including your blood results through a system called 'My Health'. You will be offered this service when you come to your first clinic. There is an additional service called 'Renal Patient View' where you can view your blood results from BCH, QEHB and some other hospitals, and this can also be set up for you at the QEHB.

We do not routinely contact you about your blood results after the clinic, but

will telephone you if there are any changes.

## Repeat prescriptions

Once transferred to QEHB, your regular anti-rejection medication will be issued to you at your clinic visit. At present, they will not be automatically delivered to you. If you have any concerns regarding your medication supply, please call our dedicated Transplant Pharmacist via the hospital switchboard 0121 371 2000.

## Who can help me get ready to transfer?

Your kidney team (both QEHB and BCH) will help you move from a children to adult setting. We will provide you with support and information in order for this to happen as smoothly as possible. We can help you get ready for clinics within an adult setting by:

- Teaching you about your condition, its treatment and possible side effects
- Building your confidence – for example, beginning to take charge of your medications and seeing the consultants by yourself
- Making sure you know where and when to get help, and who to contact in an emergency
- Helping you to understand how your condition might affect your future education and career plans
- Making sure you know about support networks that are available