

BEVIN'S TRANSITION STORY

My name is Bevin and I am 19 years old. I have CF and I transferred to the adult hospital about 10 months ago. I remember feeling really, really nervous before the transition because I didn't know what to expect. The children's hospital felt like a 'home away from home' and I had built strong relationships with all of the staff.

Before I moved, certain things were put in place. I got to meet the consultant and CF nurse from the adult hospital, they came to the children's hospital in August and then I transitioned in November. That meant I recognised familiar faces when I eventually did transfer. While I didn't really want to move on I knew I had to, it was time to go and by the time November came round I was excited about the move. However, one of the hardest things was saying goodbye to the team at the children's hospital on my last visit there.

On my first visit I didn't feel nervous and the consultant and CF nurse from the children's hospital were there, so again there were familiar faces. But then I got a bit of a shock when I found out that they wanted to admit me for an IV, I was a bit taken aback. I was glad that I had taken my Mam with me that day as my 'back-up' and it was nice for her to meet the staff too, as hospital will be a big part of her life in the future as well. In a way I think it was a good thing because if I have to be admitted now I don't mind and I'm not afraid.

I was always very independent with my medications and treatments but now I make and attend my appointments myself. If I am sick now, it's me and not my parents who rings the hospital to speak with the CF nurse and sort it out. My parents did find it a bit difficult to let go, one of them had always come to the children's hospital with me and done the talking for me. They had to get used to me signing consent forms and answering all the questions.

At the start the team used different terms to those used in the children's hospital so that took some time to get used. Now I will ask for an explanation if I don't know what they are saying. I feel that I already have a really good relationship with the new team.

For anyone making the transition I would recommend that on the first day you should take a parent or friend, anyone that you are comfortable to talk with about your illness. That kind of support is great.