

QUESTIONS ON TRANSITION AND SELF-CARE IMPORTANCE AND CONFIDENCE¹

Pre-Transfer Sample Questions

On a scale of 0-10, please circle the number that best describes how you feel right now.

How important is it to you to prepare for/transfer to an adult clinician before age (X)?

| | | | | | | | | | | |
|---------------------------------|---|---|---|---|-----------------------|---|---|---|---|------------------------------|
| 0 (It is not very important) | 1 | 2 | 3 | 4 | 5 (I feel neutral) | 6 | 7 | 8 | 9 | 10 (It is very important) |
|---------------------------------|---|---|---|---|-----------------------|---|---|---|---|------------------------------|

How confident do you feel about your ability to prepare for/transfer to an adult clinician before age (X)?

| | | | | | | | | | | |
|-------------------------------------|---|---|---|---|-----------------------|---|---|---|---|-------------------------------|
| 0 (I do not feel very confident) | 1 | 2 | 3 | 4 | 5 (I feel neutral) | 6 | 7 | 8 | 9 | 10 (I feel very confident) |
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Post-Transfer Sample Questions

On a scale of 0-10, please circle the number that best describes how you feel right now.

How important is it to you to take care of your own health?

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|---------------------------------|---|---|---|---|-----------------------|---|---|---|---|------------------------------|
| 0 (It is not very important) | 1 | 2 | 3 | 4 | 5 (I feel neutral) | 6 | 7 | 8 | 9 | 10 (It is very important) |
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How confident do you feel about your ability to take care of your own health?

| | | | | | | | | | | |
|-------------------------------------|---|---|---|---|-----------------------|---|---|---|---|-------------------------------|
| 0 (I do not feel very confident) | 1 | 2 | 3 | 4 | 5 (I feel neutral) | 6 | 7 | 8 | 9 | 10 (I feel very confident) |
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See the next page for suggested actions that the clinician can take after addressing importance and confidence scoring with their patients.

¹ J Wasson & E Coleman. Health confidence: a simple, essential measure for patient engagement and better practice. *Family Practice Management*. 2014; 21: 8-12.

TABLE 1 (CONTINUED)

SUGGESTED ACTIONS FOR THE CLINICIAN AFTER ADDRESSING IMPORTANCE AND CONFIDENCE SCORING

After asking them to score 0 to 10 on the importance and confidence transition/self-care questions, what to do next?

- If the importance rating is low, focus on this.
- Focus on the lower number, particularly if there is a discrepancy between the ratings.
- If ratings are roughly equal, start with importance.
- If both are low, it may not be the right time to focus directly on transition to an adult clinician.
- Share this observation with the adolescent/young adult and try to understand exactly how they are feeling. Consider that some other issue might be more relevant; for example, adolescent/young adult is uncertain about leaving your care.

Useful Questions for Exploring Importance and Building Confidence

Exploring Importance

- What would have to happen for transferring to an adult clinician/managing your own health to feel more important to you?
- Why have you given yourself such a high or low score on importance to transferring to an adult clinician?
- What would need to happen for your importance score to move up from x to y?
- What worries you about moving up from x to y?
- What are the good things about preparing for transition to an adult clinician?
- What concerns do you have about transferring to an adult clinician?
- If you were to transfer to an adult clinician, what would it be like?

Exploring Confidence

- What would make you more confident about taking charge of your health/transferring to an adult clinician?
- Why have you given yourself such a high or low score on confidence?
- How could you feel more confident about managing your health/transferring to an adult clinician, so your score goes from x to y?
- How can I help you succeed in taking charge of your own health?
- What are some of the practical things you need to do to feel more confident in managing your health/transferring to an adult clinician? Do any of them sound achievable?
- Is there anything you can think of that would help you feel more confident?