

Patient Name		Date	
Medical Record #	Transition ID	Institution	

UNC TR_xANSITION Scale™ for Adolescents and Young Adults:

Instructions: Read the question to the patient, and circle the choice on the right that best describes the patient's response. Sum the scores for each section in the "Subtotal" row. Not all questions may be applicable to each patient. Divide the subtotal by the number of applicable questions in each section to obtain the "Proportion".

Type of chronic health condition

		Correct	Non-specific	Does not know
1	What is the name of your health condition?	1.0	0.5	0.0
2	What physical symptoms do you experience because you have [name of health condition]?	1.0	0.5	0.0
3	How might [name of health condition] affect your health in the future?	1.0	0.5	0.0
<i>Sum the scores for this section</i>		Subtotal T	_____ out of 3	
<i>Divide the subtotal by the number of applicable questions</i>		Proportion T		

R_x: Medications

		Can name all	Can name some	Cannot name any	N/A
4	What are the names of the medicines, vitamins, and/or supplements your doctor has asked you to take for your health condition?	1.0	0.5	0.0	
5	When are you supposed to take [name each medication, vitamin, and supplement patient should be taking]?	1.0	0.5	0.0	
6	What is the purpose of [name each medication, vitamin, and supplement patient should be taking]?	1.0	0.5	0.0	
7	What could happen if you do not take [name each medication, vitamin, and supplement patient should be taking] like your doctor has asked you to?	1.0	0.5	0.0	
<i>Sum the scores for this section</i>		Subtotal R _x	_____ out of _____		
<i>Divide the subtotal by the number of applicable questions</i>		Proportion R _x			

Created under the direction of Dr. Maria Ferris with assistance from Kristi Bickford, Dr. Carol Ford, Caroline Jennette, Dr. Susan Hogan, Donna Harward, Nicole Fenton, Bradley Layton, Lynn McCoy, James O'Neill, Robert Imperial, the UNC adolescent patients, the interdisciplinary transition team & Teresa Edwards from the Odum Institute.

Funding: The UNC Kidney Center, Center for Education Research and Therapeutics, and K.B. Reynolds Charitable Trust. Version 12_18_09

Adherence

		Yes	Sometimes	No	N/A
8	In a typical week, do you usually miss a full day of medicine, either because you forgot to take it or didn't want to take it?	0.0	0.5	1.0	
9	Do you usually have trouble remembering to take your medicines every day?	0.0	0.5	1.0	
10	Do you usually come to your doctor appointments when they are scheduled?	1.0	0.5	0.0	
<i>Sum the scores for this section</i>		Subtotal A		___ out of ___	
<i>Divide the subtotal by the number of applicable questions</i>		Proportion A			

Nutrition

		Knows definitely	Has an idea	Does not know	
11	When choosing foods and drinks, do you read the nutrition labels on them to find out if they are healthy choices for you?	1.0	0.5	0.0	
12	Are you supposed to follow any special diet because you have [name of health condition]?	1.0	0.5	0.0	
13	<i>[if the patient is on a special diet]</i> What are examples of the foods and/or drinks that you should have more or less of?	1.0	0.5	0.0	N/A
<i>Sum the scores for this section</i>		Subtotal N		___ out of ___	
<i>Divide the subtotal by the number of applicable questions</i>		Proportion N			

Self-management skills

		Yes	Sometimes	No	N/A
14	Do you usually remember to take your medicines on your own?	1.0	0.5	0.0	
15	Does someone usually have to remind you to take your medicines?	0.0	0.5	1.0	
16	Do you usually call in your prescription refills yourself?	1.0	0.5	0.0	
17	Do you usually pick-up refills from the pharmacy yourself?	1.0	0.5	0.0	
18	Do you yourself usually call or email your doctor when you have a question or need to speak with him/her?	1.0	0.5	0.0	
19	Do you usually make your own doctor appointments?	1.0	0.5	0.0	
20	<i>[if the patient has medical procedures to perform]</i> Do you usually perform your medical procedures yourself (catheterization, insulin shots, etc?)	1.0	0.5	0.0	
<i>Sum the scores for this section</i>		Subtotal S		____ out of ____	
<i>Divide the subtotal by the number of applicable questions</i>		Proportion S			

Note: Some patients may be too young for the following questions to be appropriate. Score these patients as 0's, as these are important skills not yet obtained.

Issues of reproduction

		Knows definitely	Has an idea	Does not know	
21	Would your health condition likely affect your ability to: <i>[if female]</i> become pregnant? <i>[if male]</i> get someone pregnant?	1.0	0.5	0.0	
22	<i>[Females only]</i> What are risks you might face if/when you become pregnant because you have [name of health condition]?	1.0	0.5	0.0	N/A
23	<i>[Females only]</i> Do you take any medicines that would be harmful to an unborn baby if you became pregnant?	1.0	0.5	0.0	N/A
24	Can you tell me ways sexually active people help protect themselves from unwanted pregnancy or STD's?	1.0	0.5	0.0	
<i>Sum the scores for this section</i>		Subtotal I			
<i>Divide the subtotal by the number of applicable questions</i>		Proportion I			
		Male		____ out of 2	
		Female		____ out of 4	

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Trade / School

		Knows definitely	Has an idea	Does not know
25	What are your future plans in regards to school and/or a job?	1.0	0.5	0.0
<i>Sum the scores for this section</i>		Subtotal T		_____ out of 1
<i>Divide the subtotal by the number of applicable questions</i>		Proportion T		

Insurance

		Knows definitely	Has an idea	Does not know	
26	What is health insurance and why is it important to have?	1.0	0.5	0.0	
27	What is the name of your current health insurance provider?	1.0	0.5	0.0	
28	[If he/she is currently insured] At what age will your current health insurance coverage end?	1.0	0.5	0.0	N/A
29	How can you get health insurance coverage for yourself when you are an adult?	1.0	0.5	0.0	
<i>Sum the scores for this section</i>		Subtotal I		_____ out of _____	
<i>Divide the subtotal by the number of applicable questions</i>		Proportion I			

Ongoing support

		Self	Parents/friends	Does not know
30	When you are an adult, who will manage your health condition, for example help you remember to take your medicines, call in prescription refills, pick up meds from pharmacy, and make doctor appointments?	1.0	0.5	0.0
<i>Sum the scores for this section</i>		Subtotal 0		_____ out of 1

New health care providers

		Knows definitely	Has an idea	Does not know
31	When it comes time for you to switch to an adult doctor, how will you find one?	1.0	0.5	0.0
32	In order to get your medical records transferred to another doctor, what is required to make this happen?	1.0	0.5	0.0
<i>Sum the scores for this section</i>		Subtotal N	_____ out of 2	
<i>Divide the subtotal by the number of applicable questions</i>		Proportion N		

Raw total score	<i>Sum all section subtotals here (max 32)</i>	
T.R_xA.N.S.I.T.I.O.N Score™	<i>Sum all section proportions, or divide the raw total score by the total number of eligible questions (max 10)</i>	

<http://unckidneycenter.org/hcprofessionals/transition.html>