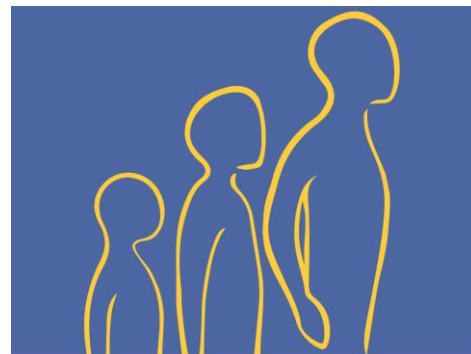


# EAACI Guideline on the effective transition of adolescents and young adults with allergy and asthma recommendations

## General Recommendations

1. Young people should start to learn how to manage their own asthma, allergies and skin disease when they are about 11-13 years old.
2. It is important to think about:
  - Making sure that clinics have a plan/special document about how to care for young people as they grow up.
  - Telling the young person and their parents or carers about how the plan will work and how it will change as they grow up.
  - Using a checklist to find out when the young person is ready to take more responsibilities for their own asthma, allergy and skin disease as they grow up.
  - Checking that the young person is able to and takes the medicines they have been given.
  - If the young person has to move across from a children's clinic to one for adults, it would be helpful for them to see both children's and adult's doctors in one clinic transiently while they get used to the change.
  - The doctors and nurses caring for young people in children's and adult clinics should have regular meetings to discuss their care.
3. Doctors and nurses could use web-based and other mobile technologies such as texts or skype to communicate with the young person.
4. It may be helpful for doctors and nurses to talk to young people about how their asthma, allergies and skin disease may affect their social life (e.g. when being with friends or family), education and career plans.
5. Doctors, nurses and other medical staff should have special training to help young people with asthma, skin symptoms and allergies.
6. There should be regular checks of how well the clinic works to make sure it is effective and helpful for young people.



**ADOLESCENT  
AND YOUNG ADULT  
TASK FORCE**



**EAACI**  
EUROPEAN ACADEMY OF ALLERGY  
AND CLINICAL IMMUNOLOGY

## Treatment of allergy, skin disease and asthma

7. The doctors and nurses should try to make the young people's treatment easy to follow.
8. Phone reminders, apps and other methods may be useful to help young people to remember their treatment and take more responsibility for looking after their asthma, skin disease and allergies.

## Self-management of allergy, skin disease and asthma

9. A personal action plan covering what to do would help young people manage their asthma, skin disease or allergies.
10. It would be helpful during the hospital visit to focus on issues and ways to manage asthma, skin disease and allergies where the young person is less confident.

11. Young people and their family might want guidance from doctors and nurses on how to manage their asthma, skin disease or allergies when the young person is at social events (e.g. sports, celebration, holidays).
12. Young people could learn from other contemporaries with asthma, skin disease and allergies about how to manage their life.
13. Doctors or nurses should have conversations with teenagers designed to strengthen their motivation and commitment to improve their asthma management.

#### Psychological issues and help

14. Doctors and nurses should look out for young people who feel anxious or depressed as these may affect their asthma, skin disease and allergies.
15. Doctors and nurses should find out if young people have experienced stressful events (such as parents' divorce or bullying) which may affect their asthma, skin disease and allergies.
16. A psychologist may be able to help young people to manage their asthma, skin disease and allergies better.

#### Support from family, friends and others

17. Families should be encouraged to support young people as they start to manage their own asthma, skin disease and allergies.
18. Young people should be encouraged to let their friends know about their asthma, skin disease and allergies and how they can help in an emergency.
19. Clinics should recommend reliable websites and other useful sources of information about asthma, skin disease and allergies to young people.