

# Factors of importance for transition 1336

## - Experiences of living with allergy from adolescent and a parenting perspective

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### Conclusions

It is important to involve the adolescents in their care to facilitate the transition and support the parents to help their child to grow up as independent single adults despite serious allergy. A transition plan between pediatric and adult care is needed.



### Background

There is a need for more knowledge about factors of importance for a successful transition from childhood to adulthood among adolescents with allergic disease and especially those with severe allergy.

### Objective

To describe experiences of living with severe allergy from the adolescents and their parent's perspective and thereby identify factors of importance for transition from pediatric to adult care.

### Method

A qualitative study based on six focus groups interviews, two with adolescents with severe allergy and four with their parents.

In total 11 adolescents (age 10–16 years old) and 21 parents participated. The interview guide contained questions about experiences of living with severe allergy. The transcribed data was analysed using systematic text condensation.

### Result

Four themes were present (Table 1). The adolescents took own responsibility for their disease but the parents were not aware of that. The parents, expressed a need to always be prepared, they did not seem to be aware of the responsibility their children took for themselves. Parents who described they had continuity in healthcare meetings, where met by high competence and with a professional approach were more satisfied with the support from health care.

Table 1. Themes and subcategories based on experiences of adolescents and their parents

Themes	Subcategories ADOLESCENTS	Subcategories PARENTS
To be special	To feel excluded To feel misunderstood	Focus on the child in a negative way To feel misunderstood
To be prepared	To take responsibility	To be protective
Importance of parents	Mom knows best	
Meetings with health care		Need support from health care

"It's a bit tough with the medicine; you always have to bring your bag."

"Health care must be much, much better at supporting those who have problems."

"It's a complex world the health care."