

Family Education Sheet

Transition from Pediatric to Adult Care: Developing a Medical Summary



Boston Children's Hospital

Weitzman BRIDGES Young Adult
Transition Program

View more health education materials at
www.bostonchildrens.org/familyeducation

This sheet explains what a medical summary is and how you can create one yourself.

Key points

- A medical summary is an overview of your medical information and history.
- You can share it with new providers or those who are not familiar with your medical information.
- Use your patient portal to gather the information you need for your medical summary.

What is a medical summary?

A medical summary is an overview of your medical information and history. It is usually 1-2 pages and outlines your important medical information. An updated medical summary is a great tool for communicating your medical history as well as your current medications, diagnoses, specialty providers and any specific needs.

Why is it necessary?

A medical summary is helpful in interacting with new providers. You can use it while working with a provider who is not familiar with your medical information. This includes planned appointments with new providers, or unplanned situations, such as an Emergency Department or urgent care visit. You should keep your medical summary easily accessible so you have it in unplanned situations.

What should be in a medical summary?

- Diagnoses (illnesses or problems)
- Current medications including dosage and frequency (how often you take it)
- Allergies
- Past procedures with their dates
- Your primary language and preferred communication method
- Specialty providers, including provider name, organization and specialty
- Special considerations or important things to know, such as needing a handicap exam table, guardianship status, medical decision making, health care proxy.
- Social history, including living situation, community supports (Department of Developmental Services, community case manager, home nursing, personal care attendants)

When should I make a medical summary?

Most people make their own medical summary when planning their transition from pediatric to adult providers. This happens during adolescence or young adulthood. The transition happens because adult providers are trained to care for your specific health care needs as you become an adult. This includes age-specific screenings and making adult diagnoses.

The transition process is different for everyone. It usually starts by transitioning primary care and is followed by the transition of specialty providers, as appropriate.

How do I put together my medical summary?

You can gather health information through Boston Children's Hospital patient portal. The patient portal stores information about active providers and prescribed medications. Please talk with your providers to gather details. You can also get medical records through our Medical Records Department, if you need more detailed health records.

How can I learn more about transitioning care?

Please ask a nurse for these printed materials.

Educational materials

- [What Happens When I Turn 18?](#)
- [Transfer of Care to Adult Providers: A Guide for Young Adults](#)
- [Your Child's Transfer to Adult Providers: A Guide for Parents and Guardians](#)

You can also download these materials in more languages by visiting www.bostonchildrens.org/familyeducation, filtering to "All Languages," and going to the "Transition to Adult Care" category.

MyChildren's Patient Portal

- [Boston Children's MyChildren's Patient Portal](#)

Medical Release Form

- [English Medical Records Release Form](#)
- [Spanish Medical Records Release Form](#)
- For more information, visit childrenshospital.org/patient-resources/medical-records.