

**Easy read**

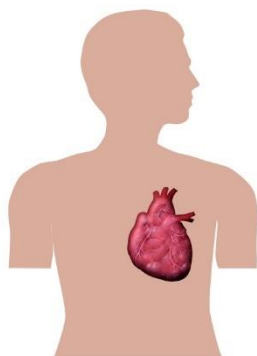
# Growing up with a heart condition



The children's **congenital heart disease** team cares for you at the moment.



**Congenital heart disease** means that you were born with a heart condition.





As you get older, you might start to do more things on your own.



As you get older, you need to leave the children's heart team.



The adult congenital heart disease team then cares for you.



The adult clinic is on the ground floor of the Fulham Road building.



Some appointments with the adult team are held online using a computer, tablet or mobile phone.



The adult team looks after people born with a heart condition as they get older.



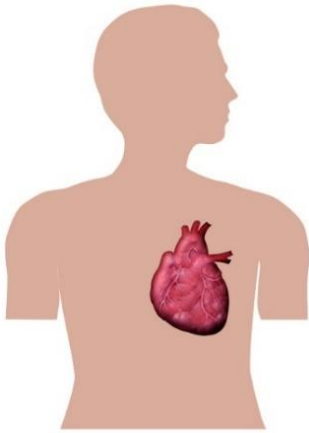
If you need to stay overnight in hospital, you will be in the Paul Wood ward. This is a ward for adults.



To prepare for this change, you have appointments with a **transition nurse**.



The **transition nurse** talks to you about moving from children's services to adult services.



The transition nurse talks to you about your heart condition.



The transition nurse asks you questions about things that matter to you.



The transition nurse also talks to you about any medicines that you take.



The transition nurse explains what to do if you feel unwell.

# Speak to someone



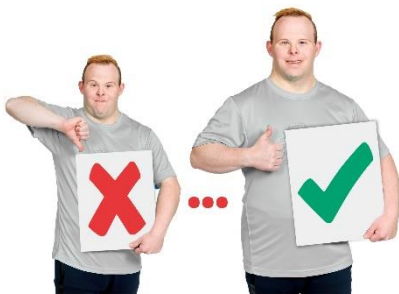
If you are worried or have questions you can speak to someone.



Call us on 0330 128 8011



Email [transitionchd@rbht.nhs.uk](mailto:transitionchd@rbht.nhs.uk)



If you have any ideas about how to make this information better, email [healthcontent@gstt.nhs.uk](mailto:healthcontent@gstt.nhs.uk)

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A list of sources is available on request