



Case Presentation

Transition of Care – A Time of Turmoil

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Initial Presentation

- Age 15 – Sent to hematology clinic by pediatrician for low hemoglobin of 4.8. Admitted to outside hospital for work up
- Primary complaint – fatigue and difficulty carrying backpack. Diet is “clean” with no red meat, takes a protein supplement and essential oils daily
- Exam – pale, otherwise normal exam
- Diagnosed with iron deficiency and sent home s/p after PRBC transfusion

Re-Presentation

At age 17 years – brought by parents GI for 10-month history of diarrhea and abdominal pain

- Initially found to be positive for C-Diff and treated with Flagyl with improvement of symptoms. However, proceeded to endoscopy that showed moderate chronic active colitis with transmural inflammation, focal cryptitis, superficial neutrophils, ulceration, and glandular disarray/dropout
- **Labs:** ALT -107 AST -63 GGT – 45 ANA – positive, Anti-smooth muscle IgG positive
- **Conclusion:** Crohn's disease with autoimmune, possible PSC and referred to Hepatology

At Pediatric Hepatology

- Parents report history of iron deficiency anemia, C-diff stomach issues but doing much better. Had liver biopsy ordered but not scheduled
- Liver eval – Liver biopsy and MRCP consistent with PSC
- Started on Prednisone with transition to Humira for Crohn's and Vanc + Ursodiol for AIH/PSC overlap

Fast Forward 3–4 Years

- Intermittent compliance with meds
- Intermittent clinic attendance – in college
- Normal liver enzymes. Resolution of symptoms of Crohn's
- Delayed repeat scope due to COVID
- Next call is for refills....but he is over 21 years of age. 3 months prescribed

Transition Issues & Discussion

1. Parents were main communicators. Now?
2. Confusing history and patient may not remember all of it
3. Medical records are at multiple places...and don't transfer automatically
4. No final wrap up appt. to facilitate transition
5. No transition program at pediatric site
6. Who orders labs while he waits to get into a GI clinic?
7. Which adult GI practices accept complicated young adults and provide the extra services needed?