



# **INTERNATIONAL STUDENT CONFERENCE ON PEDIATRICS 2024**

# **ABSTRACT BOOK**



**Vilnius  
University**

**VILNIUS UNIVERSITY PRESS  
2024**

## Organizing Committee

**Julija Pargaliauskaitė**

*Coordinator of Vilnius University Faculty of Medicine Students' Paediatrics Scientific Group*

**Austėja Sakalauskaitė**

*Student at Vilnius University Faculty of Medicine*

**Assoc. prof. dr. Goda Vaitkevičienė**

*Head of Vilnius University Faculty of Medicine Paediatrics Scientific Group*

**Elina Fainveice**

*Coordinator of Rīga Stradiņš University Paediatrics Interest Group*

**Assoc. prof. dr. Ilze Grope**

*Head of Rīga Stradiņš University student' Paediatrics scientific group*

## Scientific Committee

**Assoc. prof. dr. Goda Vaitkevičienė**

*Head of Vilnius University Faculty of Medicine Paediatrics Scientific Group*

**Assoc. prof. dr. Ilze Grope**

*Head of Rīga Stradiņš University student' Paediatrics scientific group*

**Assoc. prof. dr. Sigita Burokienė**

*Vilnius University Faculty of Medicine clinic of children's diseases*

**Assoc. prof. dr. Karolis Ažukaitis**

*Vice-Dean for Research and Innovation Vilnius University Faculty of Medicine*

**Assoc. prof. dr. Ingūna Lubaua**

*Department of Pediatrics at Rīga Stradiņš University*

**Dr. Hedija Čupeca**

*Lecturer at department of Pediatrics at Rīga Stradiņš University*

**Authors are fully responsible for the content of their abstracts.**

Leidinio bibliografinė informacija pateikiama Lietuvos nacionalinės Martyno Mažvydo bibliotekos Nacionalinės bibliografijos duomenų banke (NBDB).

DOI: <https://doi.org/10.15388/Proceedings.2024.45>

ISBN 978-609-07-1049-4 (skaitmeninis PDF)

Copyright © 2024 Authors. Published by Vilnius University Press. This is an Open Access article distributed under the terms of the Creative Commons Attribution Licence, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

# CHILD TO ADULT. HEALTH CARE TRANSITION FOR CHILDREN WITH COMPLEX DISORDERS

**Author:** Julija Šnipaitytė  
**Supervisor:** Viktoras Sutkus

*Vilnius University, Vilnius university hospital Santaros klinikos*

**Introduction.** The main aim of this report is to discuss the importance of successful transition to adult health care for children with complex disorders. To make it easier to understand the difficulties and challenges related to medical care that arise when children with complex disorders reach the age of 18, I will review a clinical case involving Charge syndrome. Charge syndrome is a genetically inherited disease that affects multiple organ systems, including the heart, nerves, genitals, ears, and other vital organs. These patients require special care from an early age, provided by a multidisciplinary team of doctors. Difficulties arise when patients reach the age of 18, since they can no longer be treated by paediatricians. It is very important to ensure a consistent transfer of health care from children to adult physicians, ensuring quality care in adulthood. Children with Charge syndrome not only have many congenital pathologies, but compared to healthy people, their development and maturation also lag behind. For these children multidisciplinary care is especially necessary.

**Objectives.** The successful transition of health care to adults is becoming an increasingly relevant and concerning part of the lives of children with complex disorders. This means that we aim to emphasize the challenges of proper care for patients with complex disorders and ensuring their increased independence, not only in childhood but also as they start adult life.

**Methods.** Research articles were reviewed primarily to provide an impression of the successful patient transfer from paediatric care to adults' care. A patient with Charge syndrome was discussed to demonstrate the needs of children during this challenging time in their lives.

**Results.** Research articles have revealed that successful health care transfer is very important for children with complex disorders. It depends on the experience of the paediatric and adults' doctors who take over the needs of a child with complex pathology to properly care for the patient. Patient case demonstrates that it is difficult to find specialists willing and trained to take care of patient with multiple health problems. Successful transfer of health care ensures the patient's ability to continue to be cared for by specialists who will monitor patient's health, help the patient integrate into society, achieve independence, and live a fulfilling life.

**Conclusions.** Most specialists have little experience with patient transition from paediatric to adult care for children with complex disorders. As this issue raises significant concern, further research and increased cooperation is needed to maximize the success of healthcare transitions to support adult patients as they leave paediatric care.

**Keywords.** Transition, paediatrics, complex disorders, health care.