



**OBERLIN<sup>RD</sup>**  
**PEDIATRICS**

## **Oberlin Road Pediatrics Transition Policy**

**Oberlin Road Pediatrics is committed to helping our patients make a smooth Transition from pediatric to adult health care. This process involves working with young adults, and their families to prepare for the change from a “pediatric” model of care (where parents make most decisions) to an “adult” model of care where the young adult takes full responsibility for their health and decisions. This means that we will begin to spend time during a visit with the teen without the parent present in order to assist them in setting health priorities and supporting them in becoming more independent with their own health care. Physicians may start this process around age 14 in order to establish confidentiality guidelines with parents and teenagers.**

**At age 18, young adults become adults. We respect that many of our young adult patients choose to continue to involve their families in health care decisions. Only with the young adult’s consent will we be able to discuss any personal health information with family members. If the young adult has a condition that prevents him/her from making health care decisions, we encourage parents/caregivers to consider options for supported decision-making.**

**We will collaborate with young adults and their families regarding the age for transferring to an adult provider and recommend that this transfer occur before age 22. A patient may be transferred earlier than age 22 if the physician deems health issues would be better cared for by an adult provider. We will assist with this transfer process, including helping to identify an adult provider, sending medical records, and communicating with the adult provider about the unique needs of our patients when necessary.**

**As always, if you have any questions or concerns, please feel free to contact us.**

## **ORP recommended adult providers**

**Before choosing your next Primary Care Physician, here are some factors to consider:**

**1) Make sure that your insurance plan covers the physician/group.**

You can usually look on the website for your insurance plan for a list of “in network providers.” It saves a lot of money to use providers that are in-network with your insurance.

**2) Where will you be living most of the time? Can you use Student Health at college?**

Most medium and large colleges have a Student Health Center. These Health Centers provide the care that most college students usually need: acute visits for illness, sports medicine, Women’s health, dermatology, travel medicine, and mental health services including depression and ADHD management. Smaller colleges & community colleges usually don’t have a Student Health Center. Of course, young adults that have joined the work force out of high school need an adult-oriented Primary Care Doctor.

**3) Is there a hospital or medical group that has been a big part of your specialty care?**

Most specialty care physicians are not hospital-owned, so it’s not important then if your next physician’s group is independent or hospital-associated. But if you have had a lot of medical visits with specialists that are associated with one hospital system (ex. Duke, UNC, Wake Med) then you may find it easier to transfer to specialist doctors and also a new Primary Care Physician that is associated with that hospital system. For example, if you’ve had lots of visits through the years at Duke, then your records will transfer easier from that specialist to Duke Primary Care rather than Wake Med Primary Care.

**4) How is care from an adult physician different than that from my pediatrician?**

Pediatricians are accustomed to interact with the child from the time of birth through graduation AND the parents, for most medical situations. The adult-modeled new physician will expect the young adult patient too independently:

- Keep appointments and cancel them in advance, per the office policy;
- Tell the physician the current symptoms, including duration of symptoms, and health history;
- Follow a treatment plan that is developed with the physician;
- Know what is covered by your insurance plan.

**5) How can you easily convey medical background information with an adult-model Primary Care doctor?**

Our HER (Electronic Health Record) system can easily print out for you and Exchange Document. This lists your Medical Problems, Allergies, Medications, Lab results and other information. Just ask!

**Student Health Center information:**

|                  |   |              |
|------------------|---|--------------|
| NC State         | healthcenter.ncsu.edu                   | 919-966-2281 |
| ECU              | ecu.edu/cs-studentaffairs/studenthealth | 252-328-6841 |
| UNC-Charlotte    | studenthealth.uncc.edu                  | 704-687-8622 |
| UNC-Greensboro   | SHS.uncg.edu                            | 336-334-5340 |
| Appalachian SU   | healthservices.appstate.edu             | 828-262-3100 |
| Duke             | studentaffairs.duke.edu/student health  | 919-681-9355 |
| UNC Wilmington   | uncw.edu/healthservices/shc.htm         | 910-962-3280 |
| Western Carolina | wcu.edu/student-life                    | 828-227-7640 |
| NC A&T State     | ncat.edu/student-affairs                | 336-334-7880 |

**Raleigh Primary Care Providers**

|  |                               |                  |
|--|-------------------------------|------------------|
| Duke Primary Care, Family Medicine Offices |                               | dukemedicine.org |
| Duke Primary Care Blue Ridge               | 2406 Blue Ridge Rd., Ste. 250 | 919-954-4160     |
| Duke Primary Care Brier Creek              | 10211 Alm St., Ste. 1100      | 919-484-8345     |
| Duke Primary Care Butner-Creedmore         | 2503 East Lyon St., Creedmore | 919-528-1535     |

**Wake med Primary Care Offices**

wakemedphysicians.com/PrimaryCare

Apex Medical Group  
Brier Creek medical Group  
City Center Medical Group  
Falls Pointe Medical Group  
Fuquay-Varina Primary Care  
Garner Primary Care  
Knightdale Family Practice  
Morrisville Primary Care  
North Wake Internal Medicine  
Parkway Primary Care

**Rex Primary Care Services:**

rexhealth.com/primarycare

Rex Family practice of Knightdale  
Rex Family practice of Wakefield  
Rex Primary Care of Cary  
Rex Primary Care of Holly Springs  
Rex/UNC Family Practice of Panther Creek

**Raleigh Family Practice**

4414 Lake Boone Trail, Suite 502, Raleigh

rfppa.com

919-875-0539

**Capital Family Medicine**

3320 Executive Dr., Suite 214, Raleigh  
10831 Forest Pines Dr., #104, Raleigh, (Wakefield)

Capitalfamilymedicine.com

919-878-8596

919-488-8066

**Boylan Healthcare**

North Hills: 3900 Browning Place, Ste. 101, 27609  
Health Park: 8300 Health Park, Ste. 309, 27615

919-781-9650

919-659-5637

**Blue Ridge Family Physicians**

Blue Ridge

blueridgefamilyphysicians.com

919-787-3448

**Garner Family Practice**

801 Poole Dr., Garner

garnerfamilypractice.com

919-779-1440