



OBERLINRD
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 by 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