

Job-Related Integration for Adolescents with Chronic Renal Failure

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Introduction:

Adolescents with chronic renal failure often leave school without any perspective for an apprenticeship. We observed that the lack of perspective may induce to non-adherence in many of these adolescents. In 2008 the pediatric nephrology unit in Zurich introduced a new concept with the aim to recognize early enough so-called "high risk" adolescents.

Methods:

A new concept, beside the official non-adherence-program, was performed in order to recognize "high risk" adolescents and to start early enough with a better job-related integration instead to pursuit time-consuming-troubleshooting due to non-adherence without real good results.

These adolescents have often a family background with migration, poor support and/or low intellectual ability. Renal nurses, Co-workers of the pediatric development unit, hospital teachers and social workers from the University Children's Hospital Zurich were responsible for the execution of the following measures: to evaluate family environment of the adolescents, to ask for the agreement of the parents in order to pursuit further actions, to contact the schoolteachers, to evaluate the intellectual development and to contact careers adviser. We also support the adolescents in financial issues, in writing a letter of application and to contact big business organizations asking for a free apprenticeship.

Conclusions: Adolescents with chronic renal failure have often a difficult school and social background. Our innovative concept is a good support for a better job-related integration. In addition, adolescents with a successful professional integration have a better quality of life and a lower risk for non-adherence.