

# Kidney Transplant

(includes all slides with notes)



## 1.1 Kidney Transplant

**The preferred treatment for most patients with kidney failure**  
Information for patients



### Notes:

A kidney transplant is the preferred choice for most people with kidney failure.

## 1.2 Topics

### What we'll cover

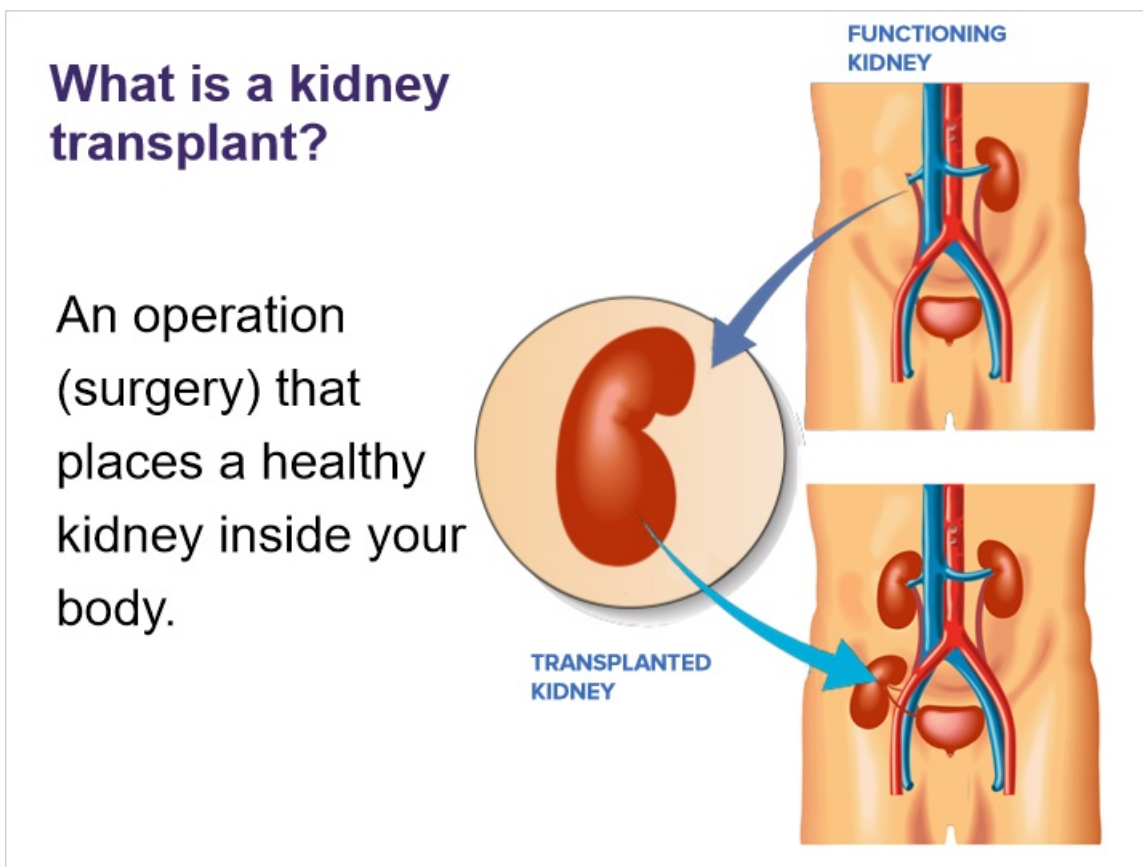


- Transplant as a treatment option.
- Types of transplants.
- Benefits of a transplant.
- Eligibility for transplant.
- Finding a living donor.
- Transplant surgery and follow-up.

#### Notes:

In this session we'll explore transplant as a treatment option. We'll discuss the types of transplants, their benefits and how we determine if this is a good option for you. We'll discuss strategies for finding a living donor and what to expect after a transplant for you and any potential donor.

### 1.3 What is a Kidney Transplant?



#### Notes:

During transplant surgery, a healthy kidney from another person is placed inside your body. This is a very effective *treatment* for kidney disease but not a cure.

This picture shows where the new kidney is placed in the body.

## 1.4 What is a Kidney Transplant?

### What is a kidney transplant?

- Medications for the rest of your life.
- Meet regularly with healthcare team.



#### Notes:

You will need to take medications for the rest of your life to make sure the kidney stays healthy. You will also need to meet regularly with your healthcare team.

## 1.5 Why Consider a Kidney Transplant?

### Why consider a kidney transplant?



#### Notes:

A main reason to consider a kidney transplant is to avoid the need for dialysis.

## 1.6 Why Consider a Kidney Transplant?



 Eat and drink with fewer restrictions.

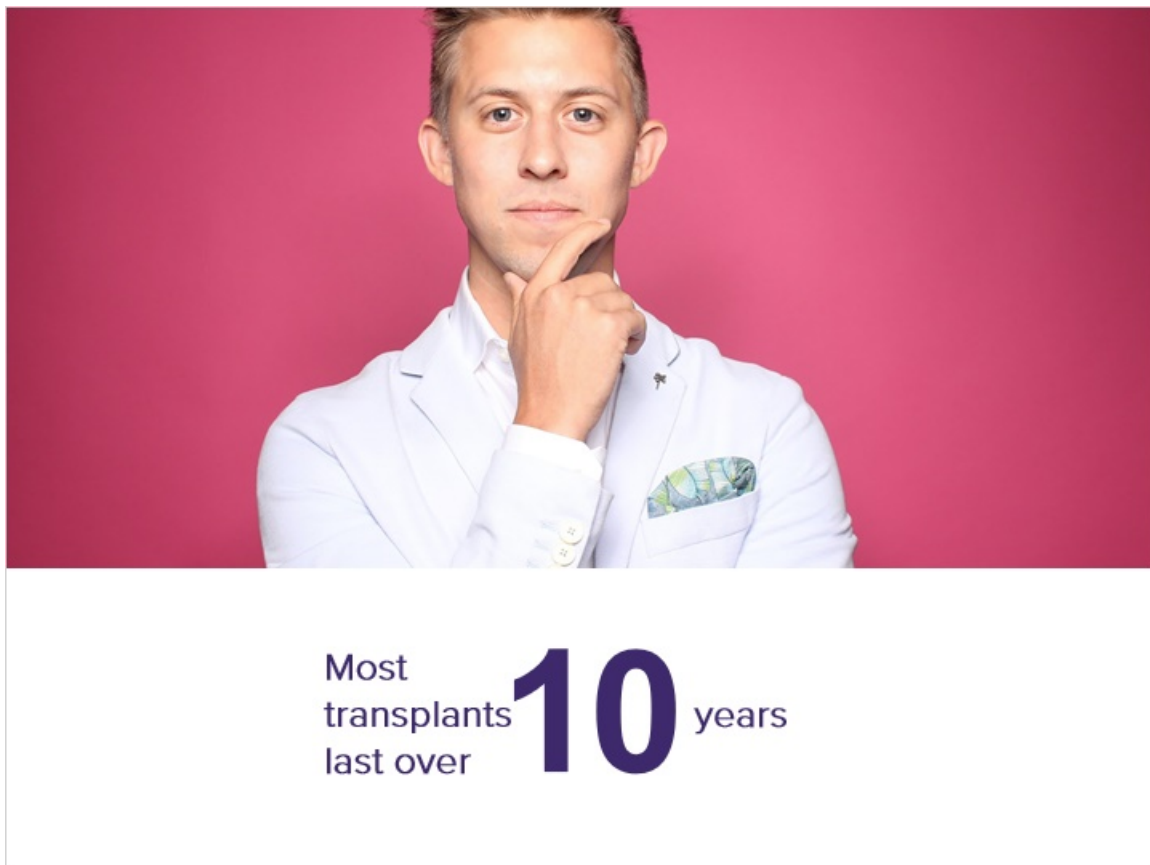
 Do regular daily activities.

 Including travel.

### Notes:

People with transplants have a more normal life than those on dialysis. They live longer, have better health and have more freedom.

## 1.7 Why Consider a Kidney Transplant?



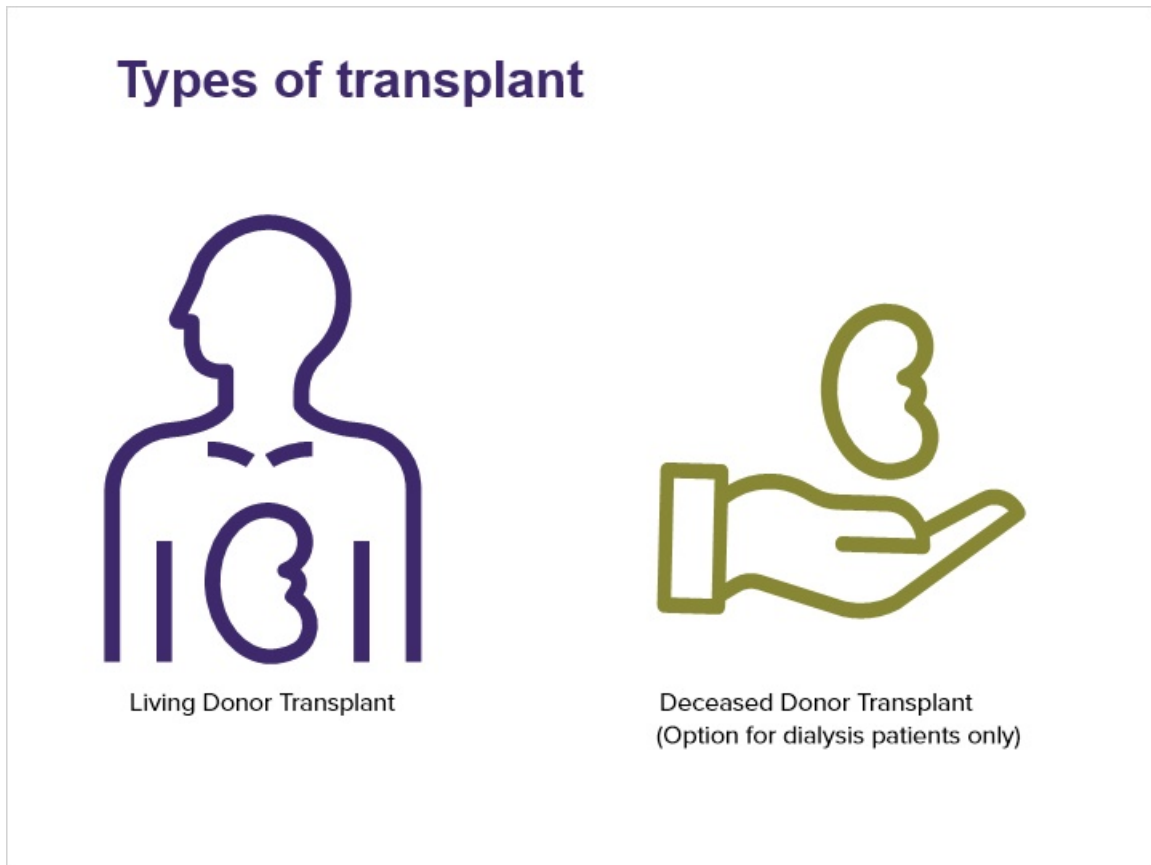
Most  
transplants  
last over **10** years

### Notes:

Most kidney transplants last for more than ten years.



## 1.8 Types of Transplant



### Notes:

There are two types of kidney donors... living donors and deceased donors.

## 1.9 Types of Transplant

### Living donor transplant



The kidney **donor is alive.**



**Actual wait time depends on blood group and presence of antibodies.**


#### Notes:

A living donor is just as it sounds. The kidney comes from someone who is alive and has volunteered to donate one of their kidneys. People can live long and healthy lives with one kidney. Someone who volunteers to donate their kidney will go through many tests to make sure they are healthy and it is safe for them to donate their kidney.


## 1.10 Types of Transplant

### Deceased donor transplant

(Dialysis patients only)



The kidney **donor** has died.



**!** Waitlist is **2 to 8 years.**

### Notes:

In the case of a deceased donor, the kidney comes from someone who has passed away-and who agreed to donate a kidney before they died.

## 1.11 Types of Transplant



### Notes:

BC Transplant is the agency that takes care of all kidney transplantation in BC, and makes sure that every donated kidney is healthy before it is transplanted.

## 1.12 Benefits of Living Versus Deceased Donor

### Transplant benefits

#### Living donors



#### Advantages

- Last longer.
- Lower risk of rejection.
- Allow better overall health.
- Done before kidney failure.

#### Notes:

There are a number of advantages to having a kidney transplant from a living donor versus from a deceased donor.


Transplants from living donors:


- Last longer
- Have a lower risk of rejection
- Allow better overall health
- Can be done before kidney failure.

## 1.13 Benefits of Living Versus Deceased Donor

### Transplant benefits

Deceased donor






- Last longer.
- Lower risk of rejection.
- Allow better overall health.
- Done before kidney failure.

MUST be on dialysis.

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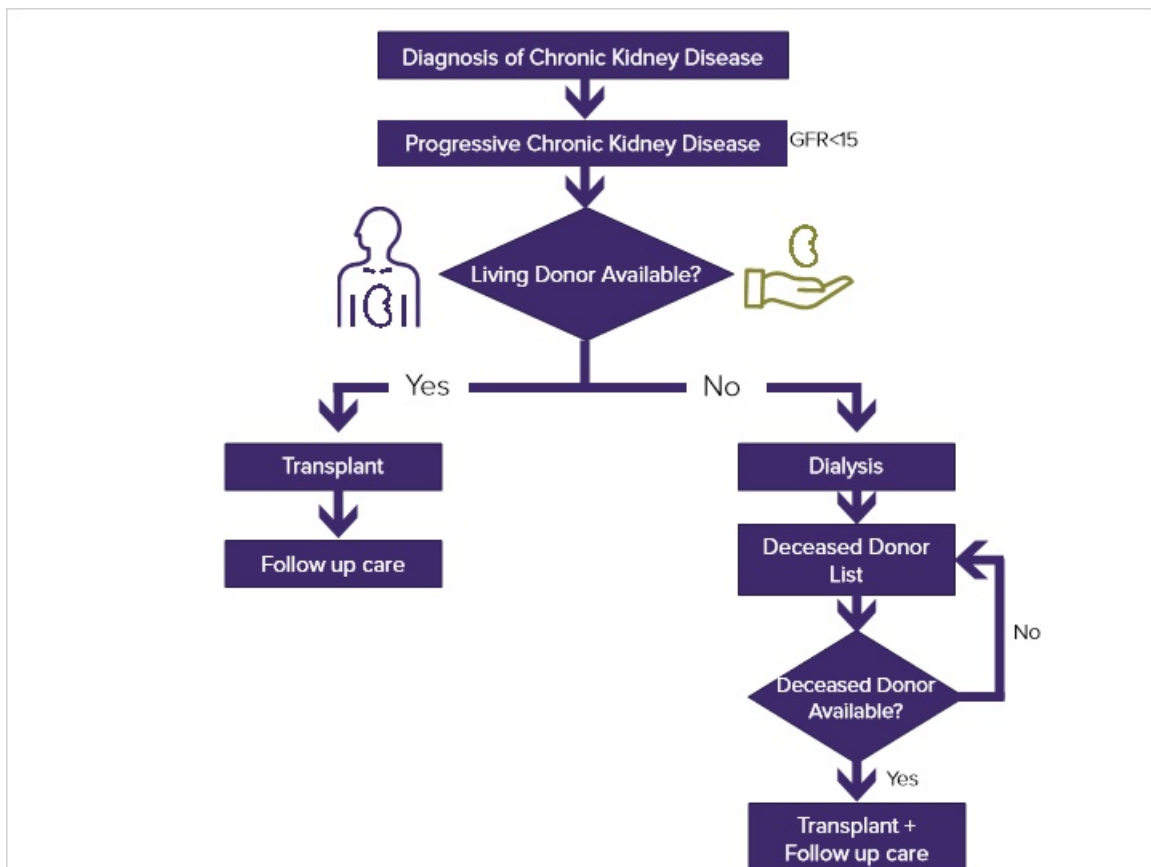
Talk with your Kidney Care Team about finding a living donor.

### Notes:

For a deceased donor you must be on dialysis before you are put onto the wait list.

Talk with your Kidney Care Team about finding a living donor and the resources that are available to help you.

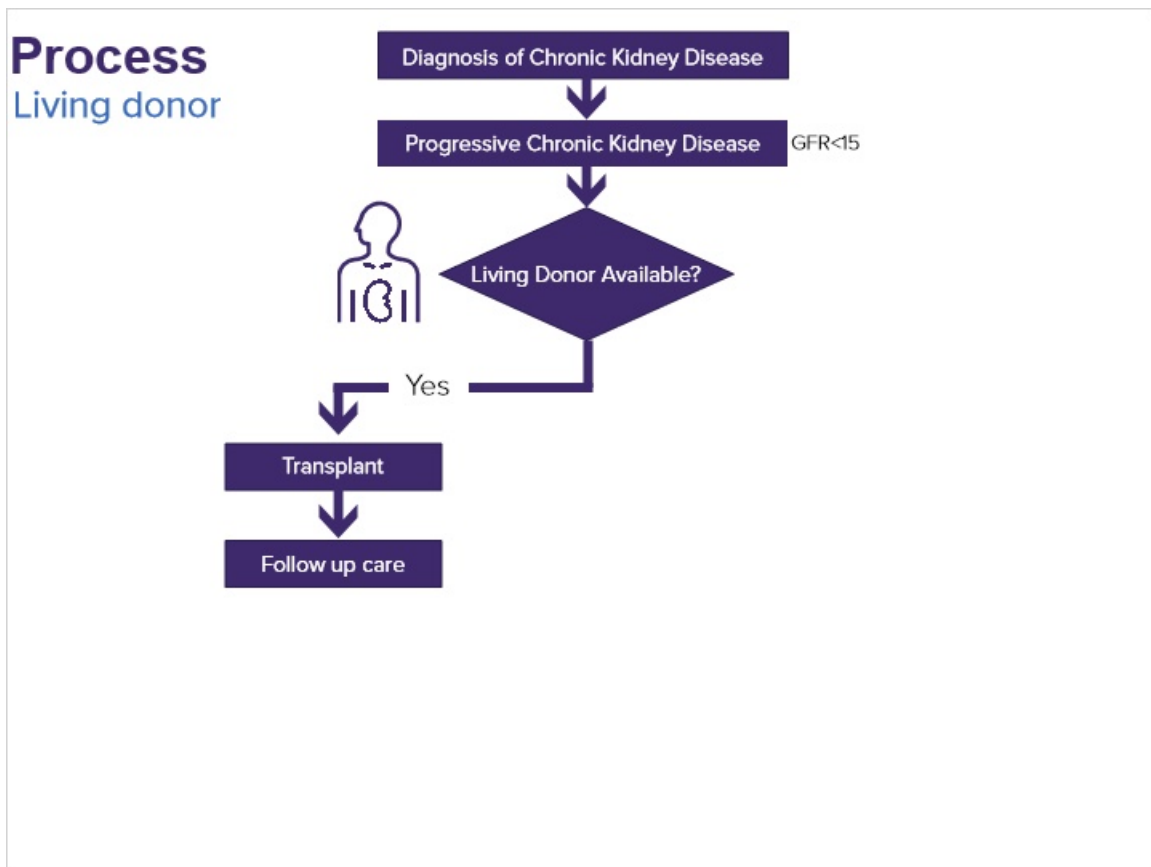
### 1.14 Process - Living vs Deceased Donor



#### Notes:

This slide compares the steps of obtaining a transplant using a living versus a deceased donor. As you can see, the process is much simpler and faster with a living donor.

### 1.15 Process - Living donor



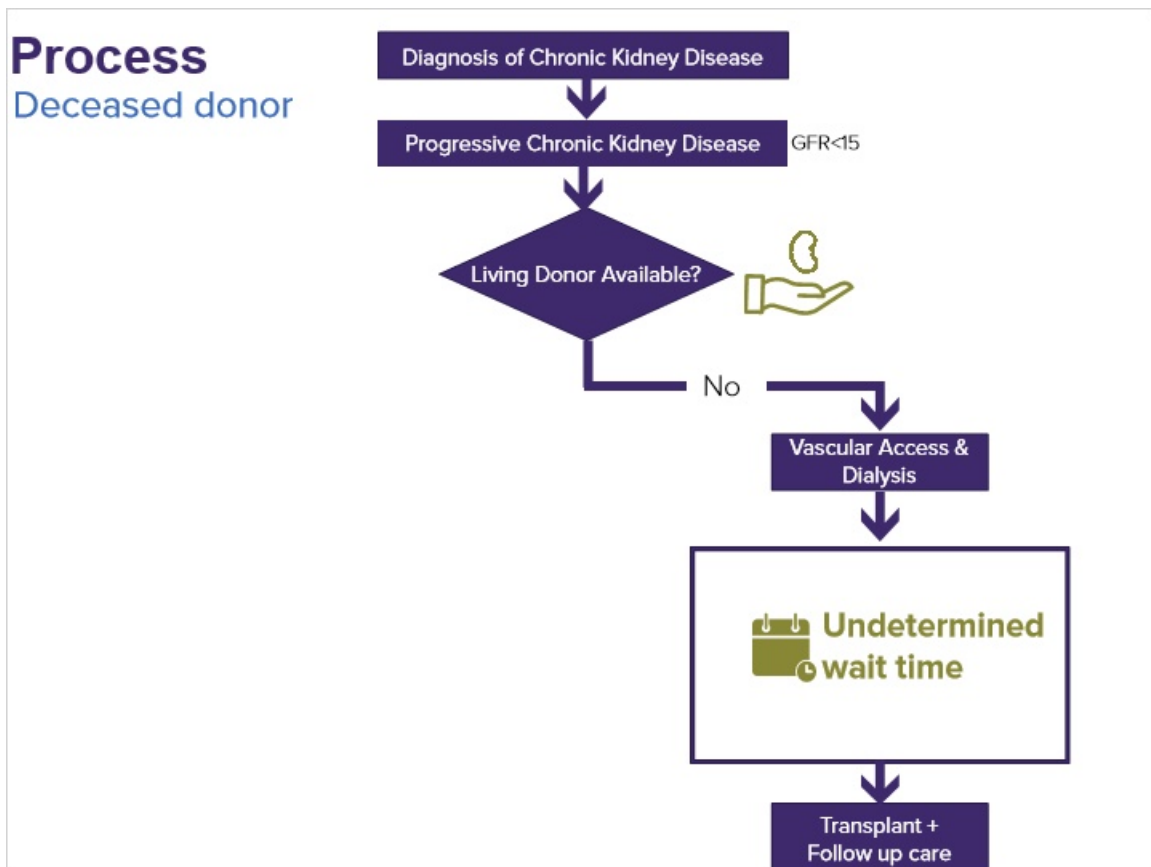
#### Notes:

The process with a Living Donor involves:

- Diagnosis of kidney failure
- Progressive kidney disease (GFR <15)
- Donor and recipient assessed
- Transplant surgery
- Follow up care



## 1.16 Process - Deceased donor



### Notes:

The process with a deceased donor involves

- Diagnosis of kidney failure
- Progressive kidney disease (GFR <15)
- Vascular Access created
- Dialysis started
- An undetermined wait time
- Transplant surgery
- Follow up care

## 1.17 Am I Eligible for a Transplant?

### Am I eligible for a transplant?



**Anti-rejection medications are provided without cost to you and are usually well tolerated.**

#### Notes:

Kidney transplants involve complex surgery and mean you must take anti-rejection drugs for the rest of your life.

Before you receive a kidney transplant, your care team will assess whether it is a suitable option for you.

## 1.18 Am I Eligible for a Transplant?

### Transplant assessment



Most transplant recipients are < 80yrs.

- Impact.
- Medical conditions.
- Supports.

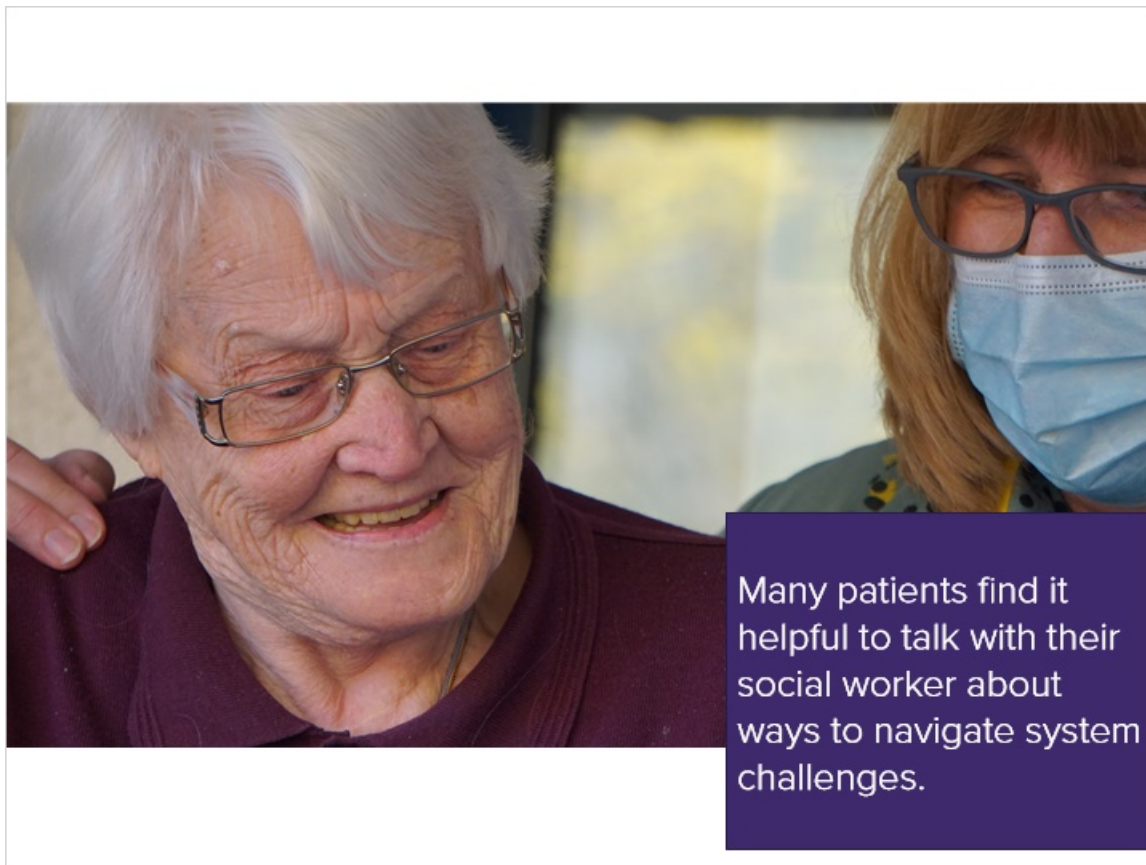


#### Notes:

In assessing you for a transplant, your kidney care team will consider:

- The impact of transplant surgery and follow-up care for you
- Any medical conditions that might affect the success of your transplant
- And the supports you have for staying healthy with your transplant

## 1.19 Am I Eligible for a Transplant?



### Notes:

Many patients find it helpful to talk with their social worker about some of the issues they may face following a kidney transplant.

## 1.20 Transplant is a Possibility... What's next?

### Transplant is a possibility

... What's next?



Additional tests.



Confirm suitability.

#### Notes:


If you are eligible for a transplant, you will be referred to a transplant team in Vancouver.

Working with your local kidney care team, the transplant team will do a number of further tests to confirm that transplant is a suitable option for you.


## 1.21 I am Suitable for a Transplant... What's next?

### I am suitable for a transplant...

What's next?




If you have a living donor, transplant surgery will be arranged when your kidneys start to fail (usually at GFR 15 or less).




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**Additional tests**

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If no living donor is involved, you will be put on the deceased donor waitlist when you start on dialysis.



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**Confirm suitability**

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### Notes:

If these further tests show you are suitable for transplant, the next question is where will the transplant kidney come from: a living donor or a deceased donor.

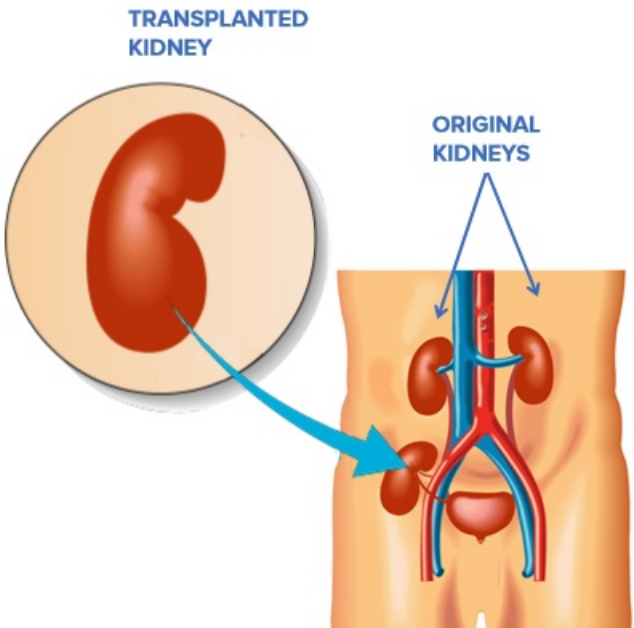
If you have a living donor, your transplant surgery will take place when your kidneys start to fail.

If you don't have a living donor, you will be put on the deceased donor waitlist.

## 1.22 What Does the Surgery Involve?

**What does the surgery involve?**

- Surgery takes 3-5 hours.
- Stay in hospital 5-7 days.



### Notes:

Many people are surprised to learn that their own kidneys are left in their body when they get a new kidney.

The surgery for a kidney transplant can take up to five hours, and after surgery you will need to stay in hospital for about a week to recuperate.

## 1.23 What happens after Surgery?

### What happens after surgery?



You visit the  
Transplant  
Centre:

- Twice a week for the first month.
- Once a week for 2 months.
- Frequency of visits will decrease over time.

#### Notes:


After your surgery you will need to visit the Transplant Centre regularly for the first month, and less frequently as time goes on.




## 1.24 What happens after Surgery?


### What happens after surgery?

If you live outside the Lower Mainland






Move to Vancouver for 2-3 months after your transplant.



Your social worker can help with planning.

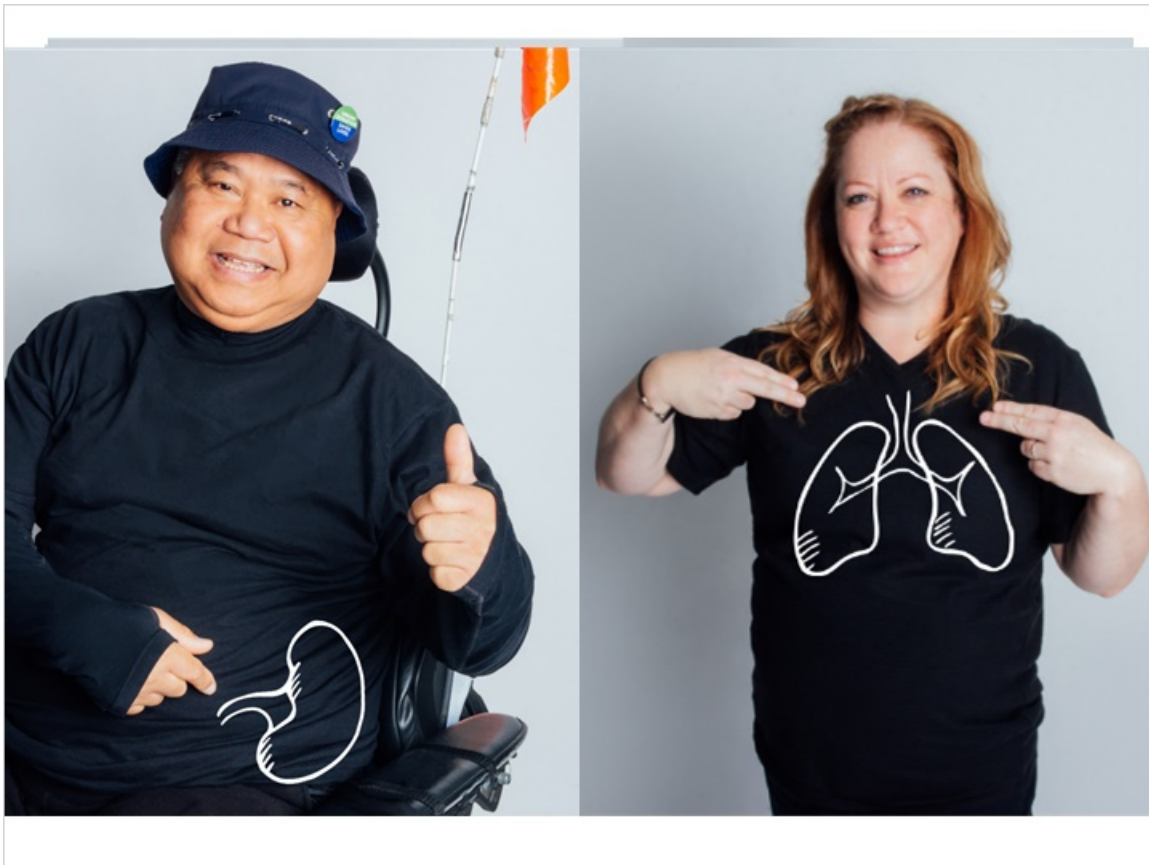


Post Transplant Clinic closer to your home.

### Notes:

Patients who live outside the Vancouver area will need to find accommodation in Vancouver for up to three months after their operation. When you're ready to go home, the transplant team will arrange your follow-up care at a clinic closer to where you live.

## 1.25 How Do I Find a Living Donor?



### Notes:

There are advantages to having a living donor for your kidney transplant, but finding a living donor can seem difficult and you may have many conflicting feelings.

Some may be confused about who is a potential donor, or hesitant to ask people. Others are unsure of how to go about it.

Some are disappointed that no-one has offered to donate their kidney.

Many are concerned about the impact on the donor and fear for their future health.

Some are anxious they may feel indebted or concerned about their relationship to the donor.

## 1.26 How Do I Find a Living Donor?

### How do I find a living donor?



You are not alone in this process.



Support.



Information.



Tools.



#### Notes:

The thing to remember is you are not alone. Your kidney care team is there to support you with information and tools to help you find a living donor and make your kidney transplant experience a success.

## 1.27 How Do I Find a Living Donor?

### How do I find a living donor?



**!** People often offer to donate without being asked. Many feel donation is a natural fit for them.



### Notes:

Finding a living donor starts by thinking first of people who are close to you - your family, friends and neighbours.

## 1.28 How Do I Find a Living Donor?

### How do I find a living donor?



- Donors do not need to be blood relatives.
- Any blood type.
- Donors can live anywhere in Canada.


### Notes:


Donors do not need to be blood relatives. In fact they don't even need to have the same blood type as you. And you don't need to find someone in BC. Your donor can live anywhere in Canada.


## 1.29 How Do I Find a Living Donor?

### How do I find a living donor?

Some ways to reach out to individuals or groups



 **We can share some sample outreach letters.**



### Notes:

Finding a living donor is helped by using of all forms of communication, including:

- Talking to people
- Writing letters or emails
- Using social media
- And recruiting friends to help spread the word

### 1.30 Living Donation: the Process

## Living donation: The process

Key points for potential donors

**!** The assessment process is confidential.

- Provided information.
- Screened carefully.
- They can live healthy, normal lives with one kidney.

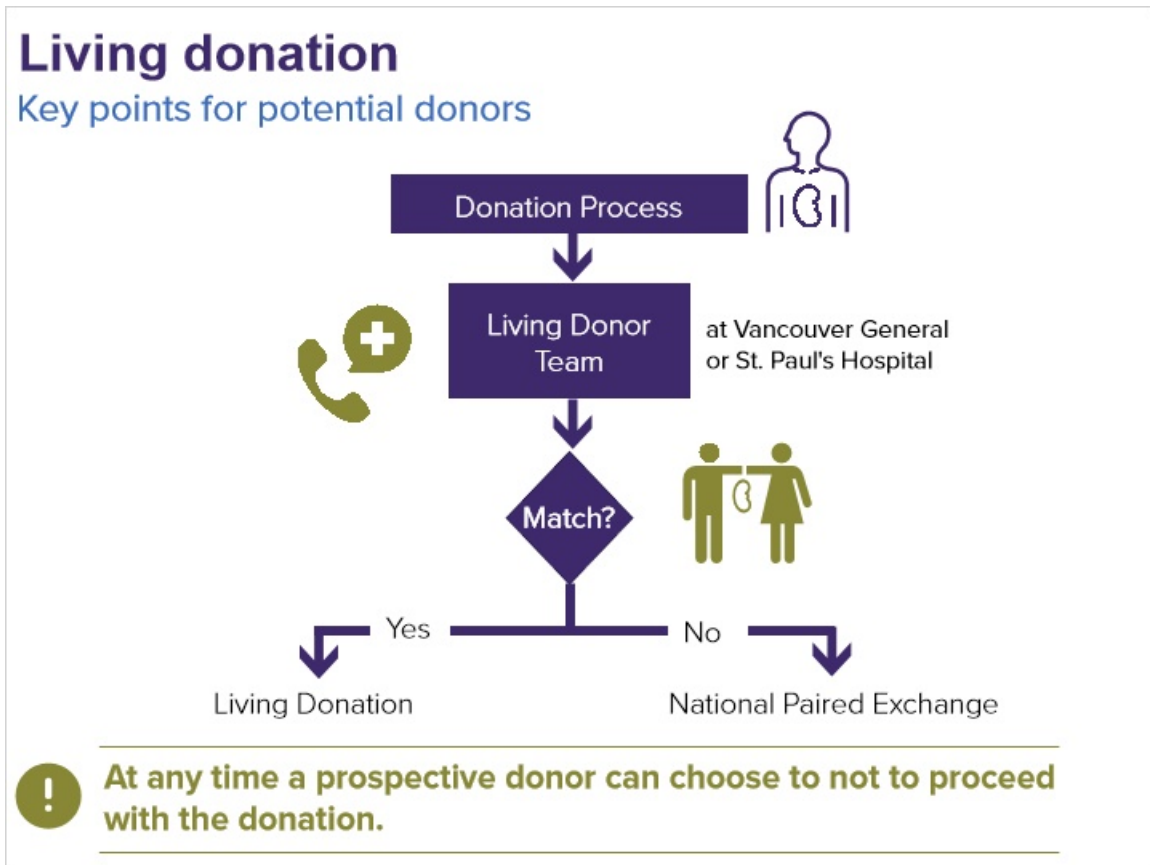


#### Notes:

For anyone thinking of becoming a living donor, it's important that they know:

- They will be given all the information they want before committing to donating
- They will be checked carefully to make sure they are medically OK to donate a kidney
- They can live a normal healthy life with just one kidney

### 1.31 Living Donation: the Process



#### Notes:

It's important to understand the living donor must begin the kidney donation process.

It starts by having them contact the Living Donor Team at Vancouver General or St. Paul's Hospital to register for the screening process.

If your donor isn't a match, they can still participate as a donor through a national program that will find someone else who needs a kidney who is a match for them.



## 1.32 Living donation: The surgery

### Living donation: The surgery

#### Donor surgery



**Out-of-town donors should expect to stay a week in Vancouver.**

- Same day.
- Booked in advance.
- Up to 4 nights in hospital.

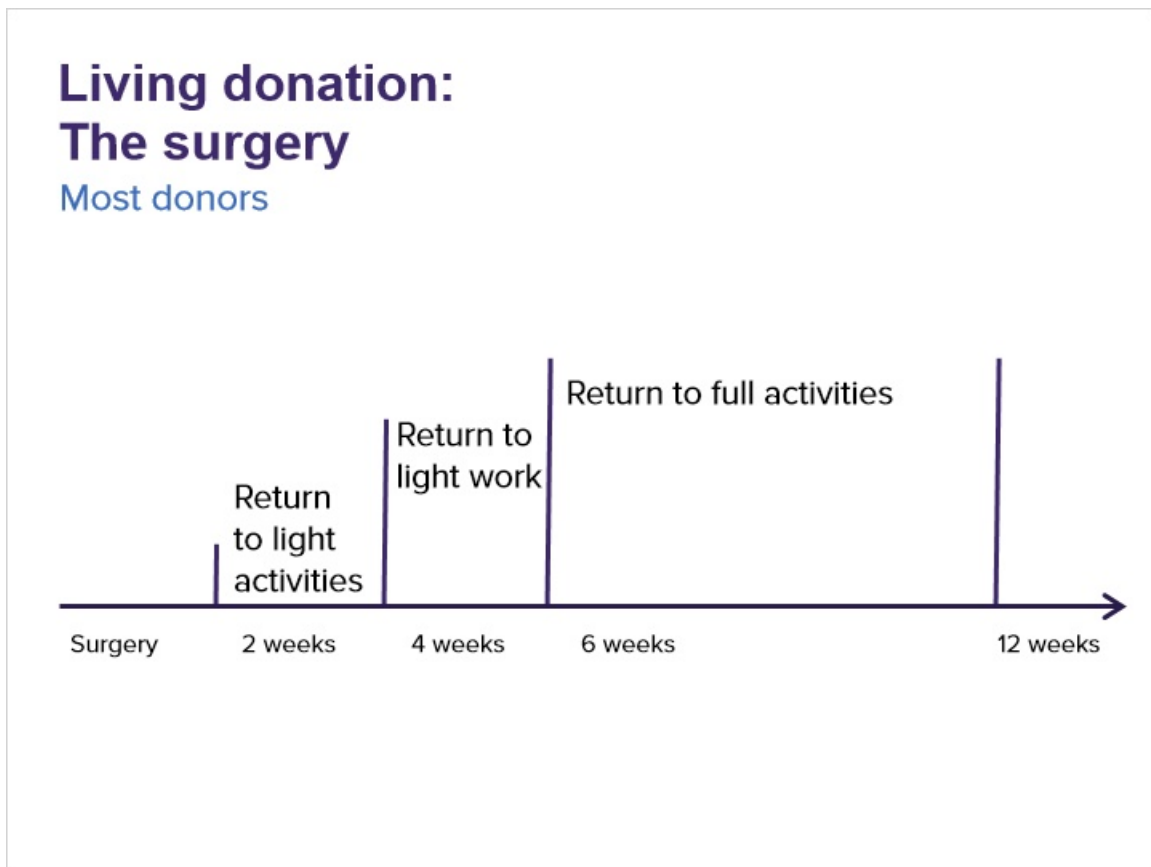


#### Notes:

The surgery to remove a kidney from a donor is done on the same day as the surgery to put that kidney into the person who needs it.

These surgeries are arranged in advance in Vancouver. After the operation, donors will spend up to four nights in hospital.

### 1.33 Living donation: The surgery




#### Notes:

Most donors can resume light activities within two weeks of their surgery and return to light work after a month or so. For full activity they will need to wait six to twelve weeks.


## 1.34 Living donation

### Living donation


Practical help




- Pre-emptive transplant allows for planning and organization.
- Family and friends often volunteer to help.



Transportation.



Household chores.



Child care.

### Notes:

Finding your living donor well before you need your transplant is best as it allows time for planning and organizing your life.

At the time of your transplant you will need help you with everyday activities.

## 1.35 Living donation

### Living donation

#### Practical help

- Private benefits.
- Employment insurance.
- Legitimate reason to be off work.



#### Notes:

Some donors may have access to private health benefits and employment insurance to help provide support.

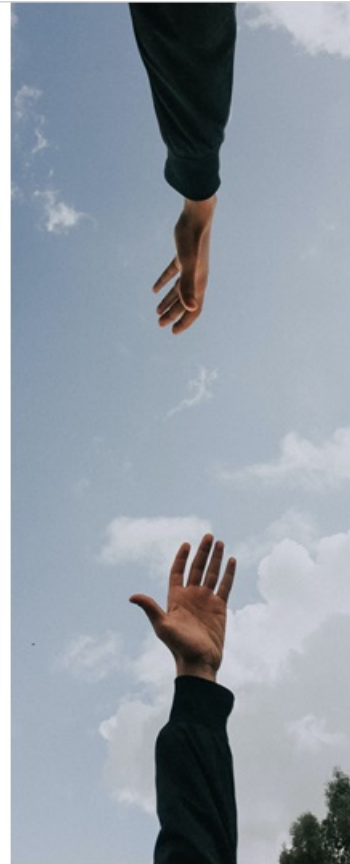
Most employers recognize kidney donation as a legitimate reason for missing work.

## 1.36 Living donation

### Living donation

Programs that support living donors

- **Living Donor Expense Reimbursement Program** can help donors with costs, including time away from work. [www.kidney.ca/britishcolumbia/loderp](http://www.kidney.ca/britishcolumbia/loderp)
- **Living Donor Mentor Program** can match potential living donors with mentors who have already donated a kidney. Call 1-866-390-PEER (7337). [www.kidney.ca/britishcolumbia/peer-support](http://www.kidney.ca/britishcolumbia/peer-support)



#### Notes:


There are also other programs available to help support donors, like:

- the Living Donor Expense Reimbursement Program- to help with costs, and
- the Living Donor Mentor Program - which offers the support of others who have previously been donors.

### 1.37 Living donation Keys to success

## Living donation

Keys to success



- Provide regular updates.
- Contact the Transplant Centre for more information.
- Multiple donors.

#### Notes:

To improve your chance of success in finding a living kidney donor it's helpful if you:

- provide regular communication and updates to your family and friends
- Invite donors to contact the Transplant Centre for information
- Find more than one living donor

## 1.38 Living donation

### Living donation

Keys to success



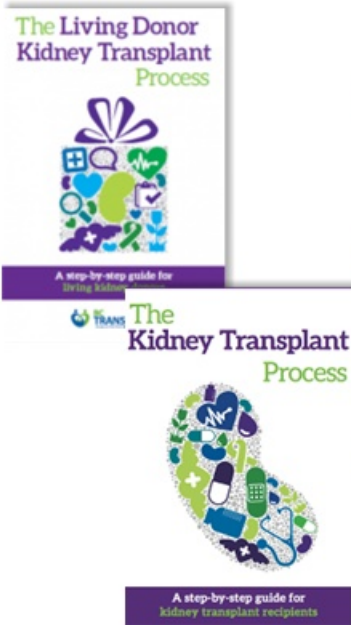
Understand that finding a donor can take some time.

#### Notes:

Understand that finding a donor can take some time.

### 1.39 Resources for Patients and Donors

## Resources for patients and donors



The Living Donor Kidney Transplant Process  
A step-by-step guide for living donors

The Kidney Transplant Process  
A step-by-step guide for kidney transplant recipients

BC Transplant  
[www.transplant.bc.ca](http://www.transplant.bc.ca)

BC Renal  
[www.bcrenal.ca](http://www.bcrenal.ca)

The Kidney Foundation of Canada  
- BC and Yukon Branch  
[www.kidney.bc.ca](http://www.kidney.bc.ca)  
Ph: 604-736-9775  
1-800-567-8112

#### Notes:

There are lots of other resources for both kidney transplant patients and donors from.

- BC Transplant
- BC Renal and
- The BC Kidney Foundation



## 1.40 Contact information

### Contact information

Vancouver General  
Hospital Transplant Team.  
ph: 604 875-5182 |  
1-855-875-5182

[kidneydonornurse@vch.ca](mailto:kidneydonornurse@vch.ca)

St. Paul's Hospital  
Transplant Team.  
ph: 604 806 9027 |  
1-877-922-9822

[donornurse@providencehealth.bc.ca](mailto:donornurse@providencehealth.bc.ca)



#### Notes:

You can also contact the kidney transplant teams at Vancouver General and St. Paul's Hospital.

## 1.41 Kidney Transplant



Notes: