

KIDNEY TRANSPLANTATION & LIVING DONATION



October 18, 2024



OVERVIEW OF PRESENTATION

1. Kidney Transplant Recipient Program(Ellin and Jaymie)

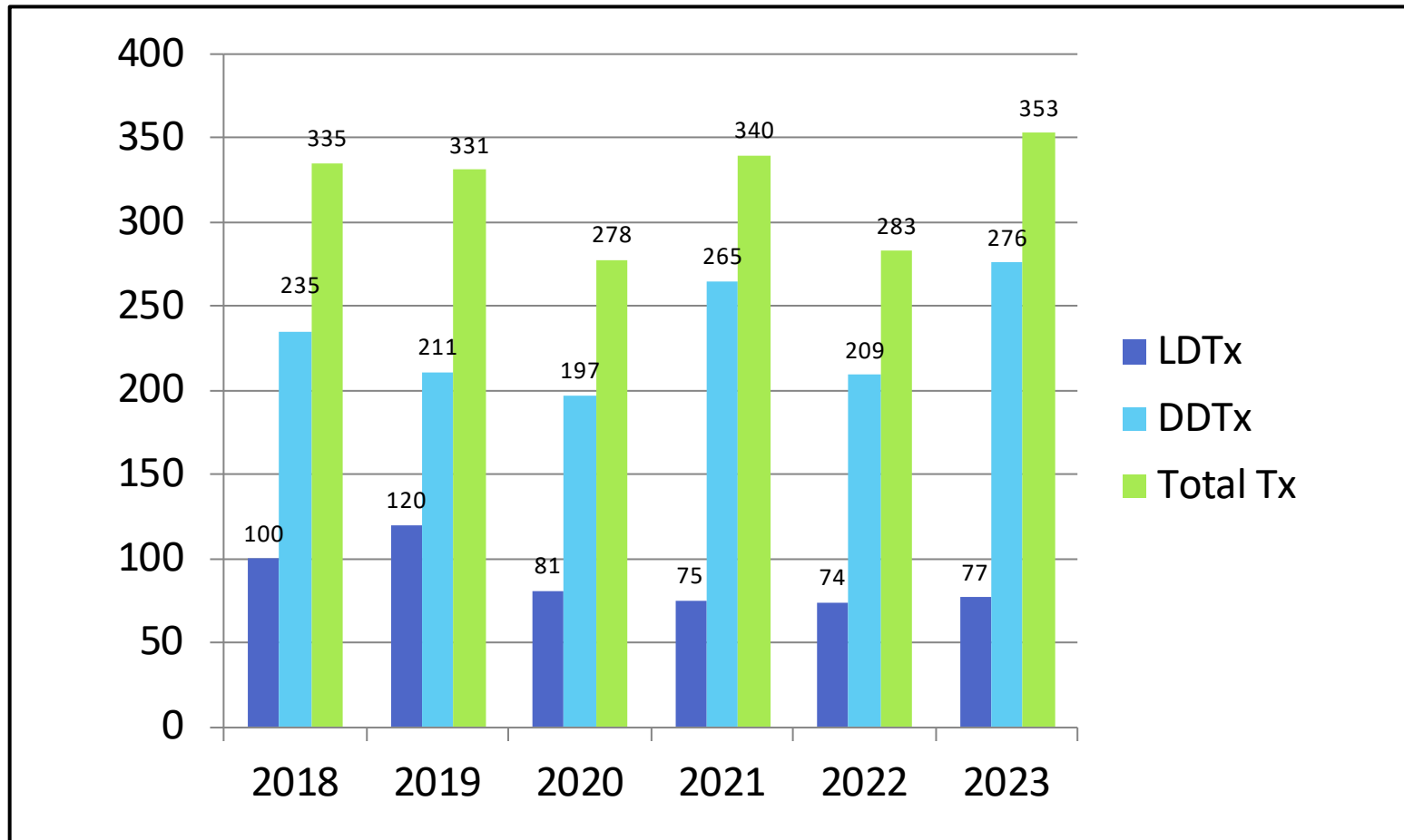
- Who is eligible? What are the transplant options?
- What is the process?
- Kidney recipient's experience
- Questions & answers

2. Living Kidney Donor Program (Will, Carolyn, and Nathan)

- How can someone donate?
- What is the donor assessment like?
- Roles of Social Workers & Finding a living donor
- Living kidney donor's experience
- Questions & answers

BC KIDNEY TRANSPLANT STATS

WWW.TRANSPLANT.BC.CA



KIDNEY TRANSPLANTATION....

Is it the right treatment for me? Do the benefits outweigh the risks?

Benefits of transplant

- Feel better / have more energy
- Freedom from dialysis
- Greater independence / free to travel
- Increased life expectancy/quality of life
- Regular diet

Risks of transplant

- Surgical Procedure
 - Eg: bleeding, infection, anesthesia
- Medications weaken your immune system
 - More prone to infections
 - More prone to some cancers



REFERRAL PROCESS

- Referred by primary nephrologist
 - Preferably when GFR is 15 – 20
- Primary Nephrologist and GP continue to act as primary caregivers
- Referral does not mean you are on the waitlist for a transplant. You must be assessed first

ASSESSMENT PROCESS

Initial workup and preliminary education is completed by referring center.

Testing includes:

- **Bloodwork**
- **Heart diagnostics**
- **Chest x-ray**
- **Dental check up**
- **Baseline cancer screening (FIT/colonoscopy, Pap smear/ mammogram for females, PSA for males)**
- **Infectious disease screening and vaccinations**



ASSESSMENT PROCESS- CLINIC VISIT

When basic tests are completed, a patient can be booked for a transplant clinic assessment.

A clinic visit includes appointments with:

- The transplant physician
- The transplant surgeon
- Social Worker
- Additional staff as deemed necessary

ASSESSMENT PROCESS - CLINIC VISIT

Your waiting time for a clinic appointment will depend on...

- **Whether you have a potential live donor**
- **Blood type and the anticipated waiting time for your blood group**

THE APPROVAL PROCESS

- Once all investigations are reviewed by the entire team, you will be...
 - Approved
 - Declined
 - Asked to complete further testing
- Length of approval process will depend on medical conditions, tests required and availability of appointments
- Time to transplant will depend on donor options and blood type

APPROVED FOR TRANSPLANT. NOW WHAT?

Pre-Dialysis

- Live donor transplant when GFR <15
- Deceased donor waiting list when started on dialysis

On Dialysis

- Deceased donor waitlist
- Live donor transplant

WHY LIVING DONATION?

Benefits for Recipient:

- Transplant kidney lasts longer with living donation
- Avoid the waiting list
- Potential for pre-dialysis transplant
- More opportunity to plan ahead for transplant
- Greater control over personal/professional life



DECEASED DONOR WAITLIST

Wait time for deceased donor transplant is affected by:

- Blood type
 - A 1.5-2.5 years
 - O 2.5-3 years
 - B 2.5-4 years
 - AB 1-1.5 years
- Dialysis start date
- Changes to a recipient's health status
 - Temporarily placed on hold for new medical issues or travel
- Level of sensitization, if any

ARE YOU SENSITIZED?

- A donor's blood type must be suitable for you
- Blood testing predicts whether a particular donor's kidney can be safely transplanted. This is checked before a living donor or deceased donor transplant is confirmed.
- You may be harder to match (more sensitized) because of a past:
 - Blood transfusion
 - Pregnancy
 - Transplant
 - Serious infection



WHAT IS YOUR ROLE/RESPONSIBILITY?

Manage lifestyle factors:

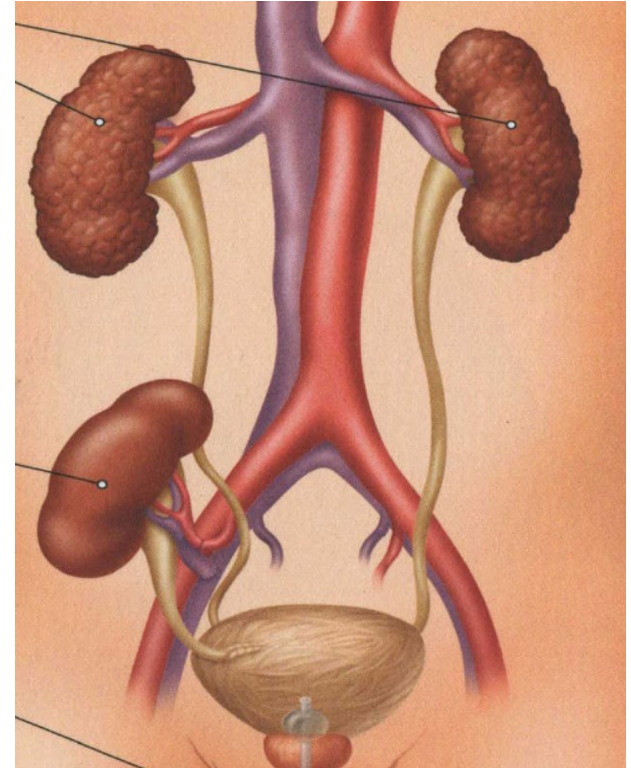
- Optimize your health so you are ready for transplant
- Maintain healthy, active lifestyle
 - Healthy weight
 - Optimal diabetic control
 - Smoking cessation

Once referred, keep transplant center informed of:

- New medical concerns
- Seeing a new Health Care Provider / Specialist
- Admission to hospital
- Change of address and contact numbers
- Travel outside of B.C.

RECIPIENT TRANSPLANT SURGERY

- Surgery takes about 3 hours
- Original kidneys left in place
- Transplanted kidney placed low in abdomen, near bladder



WHAT TO EXPECT POST TRANSPLANT

- In hospital for 5-7 days
- Assessed frequently and anti-rejection drugs started
- Recipient stays in Vancouver for up to 3 months post-transplant
- Once stable: transferred to a Post-Transplant clinic closer to home

Note: Home Team and Transplant Team social workers will assist with planning for transplant

GRAFT FAILURE / REJECTION

Acute rejection

- When immune system attacks the kidney
- Occurs in 10-15% of patients in the 1st year
- Responds well to treatment
- Does not mean you will lose your kidney

Chronic Rejection

- Slow, progressive decrease in graft function
- Reasons are less understood

(average lifespan of a kidney transplant is 16 years)

TRANSPLANT RECIPIENT EXPERIENCE

INTRODUCING..... JAYMIE!



QUESTIONS AND ANSWERS FOR RECIPIENT TEAM

LIVING KIDNEY DONOR PROGRAM

LIVING DONOR PROGRAM

- Provides education and testing for donors
- Commits to safe outcomes
- Supports a donors' decisions
- Maintains confidentiality



LIVING DONATION PRINCIPLES

- Voluntary decision
- Free from coercion
- Donor sets the pace of the assessment
- Informed consent is an ongoing process during workup
- Right to withdraw or stop testing at anytime



WHO CAN BE A KIDNEY DONOR?

- Family Members
- Friends, acquaintances, work colleagues

NOTE: By participating in the **Kidney Paired Donation Program**, you can help a loved one or friend get a kidney transplant even if you can not directly donate to them.



POSSIBLE REASONS FOR DECLINING A DONOR

- Inadequate kidney function to donate
- Diabetes or impaired glucose tolerance
- Obesity
- Cancer
- Active substance misuse
- Uncontrolled blood pressure
- Unsuitable anatomy (too many arteries or veins)
- Psychosocial issues, coercion, inability to give informed consent

LIVING DONOR ASSESSMENT PROCESS

Registration

- Each donor self registers by email or phone
- Receives an information package
- Chooses to complete a health questionnaire and registration information

Baseline Testing

- Laboratory and diagnostic tests
- Arranged close to home – collaborate with Family physician
- Compatibility testing

Donor Team Assessment

- Completed at SPH or VGH
- Donor Nephrologist, surgeon, social worker, RN
- Renogram and CT scan

Donor Suitability

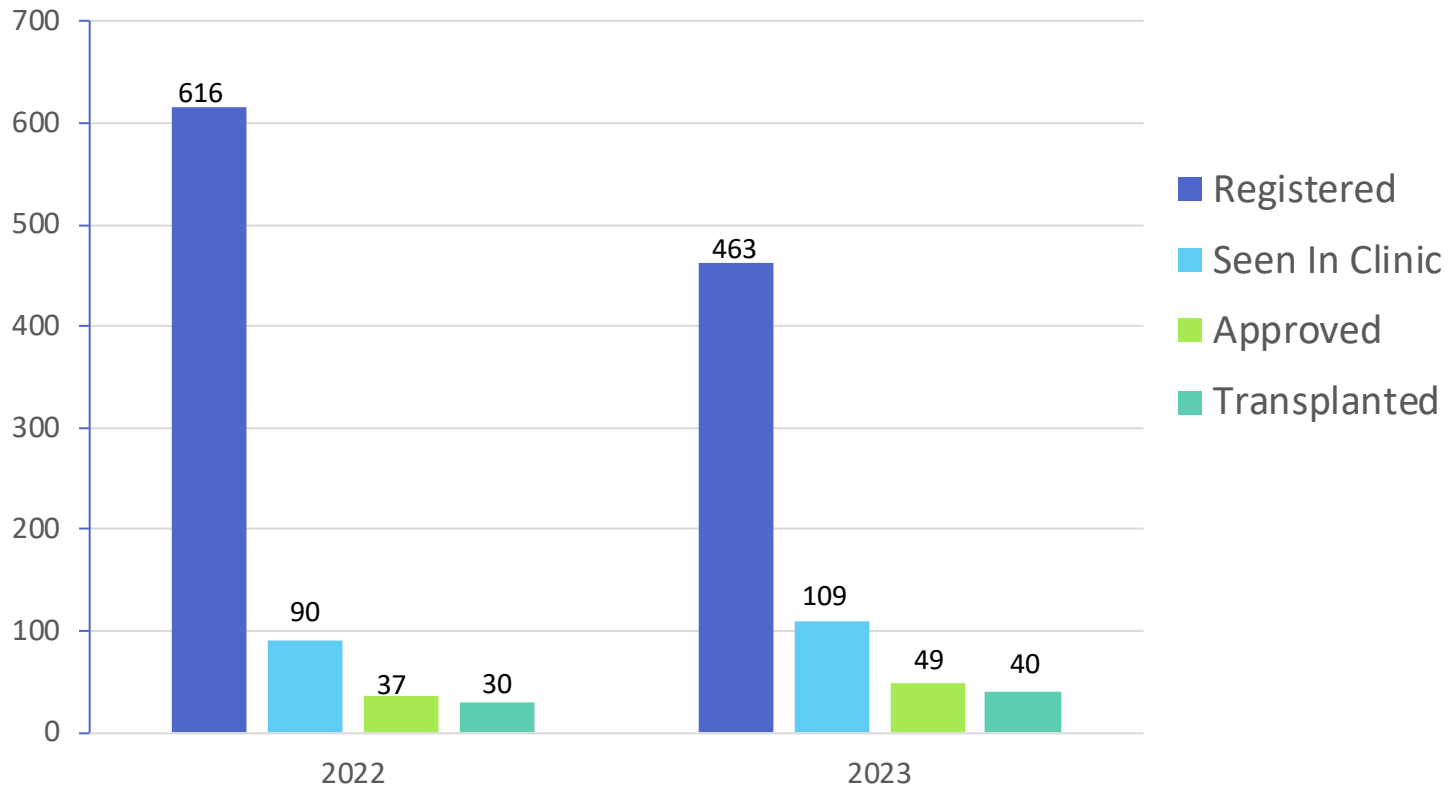
- Suitable to proceed – Direct donation, Kidney Paired Donation, or Anonymous Donation
- Declined – Risks are too great

Surgery Planning

- Recipient also suitable and timing appropriate
- Donor timing / preference
- OR and surgical team availability



DONOR STATS: ENROLLMENT TO DONATION (VGH)



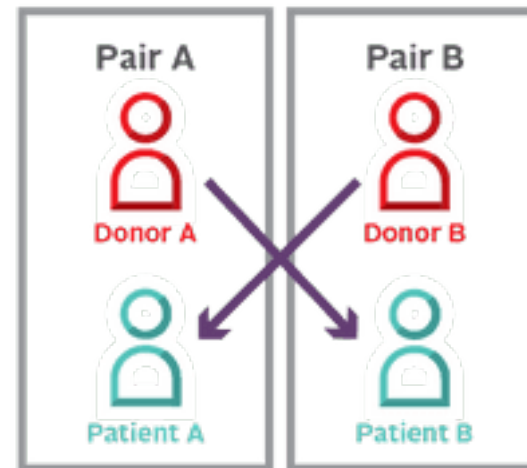
KIDNEY PAIRED DONATION (KPD) PROGRAM

- Kidneys are shared Canada-wide
- Considered if a donor approved but is not a suitable match for their intended recipient
- Also suitable for anonymous donors
 - Not linked to any recipient

KPD CHAIN EXAMPLES

Paired Exchange

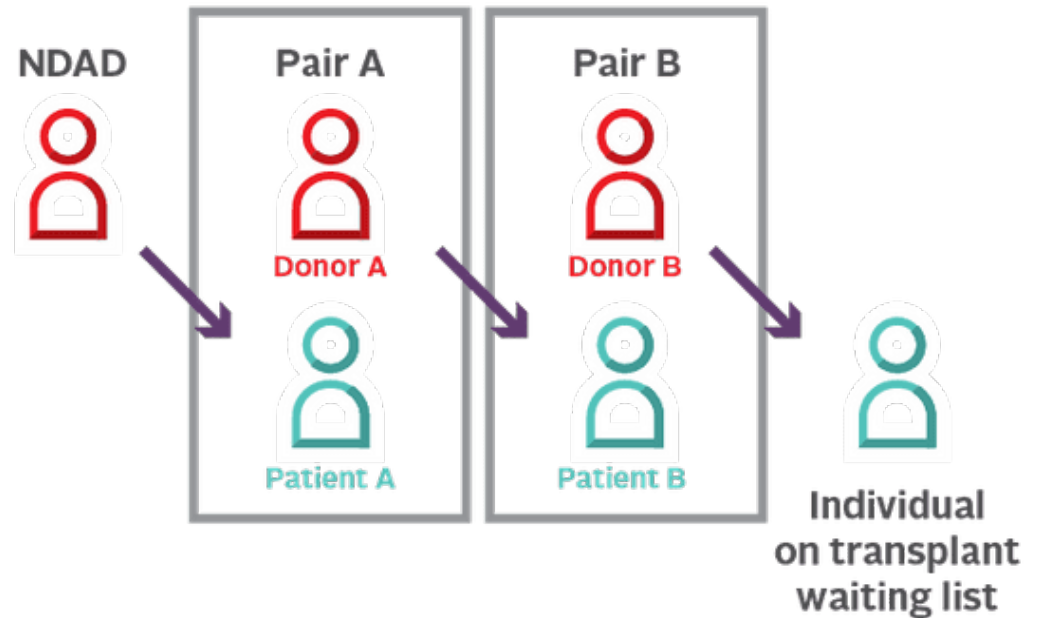
- Exchange between two pairs



KPD CHAIN EXAMPLES

Domino Chain

- Initiated by a Non-Directed Anonymous Kidney donor (NDAD)
- Can include up to 6 pairs from different transplant centres in Canada



SOME FACTS ABOUT KIDNEY PAIRED DONATION

- Entering the paired donation cycle does not guarantee a match
- The donor
 - Must be approved by a centre in Canada
 - May have to travel
 - Remains anonymous to their matched pair



OUT OF COUNTRY DONORS

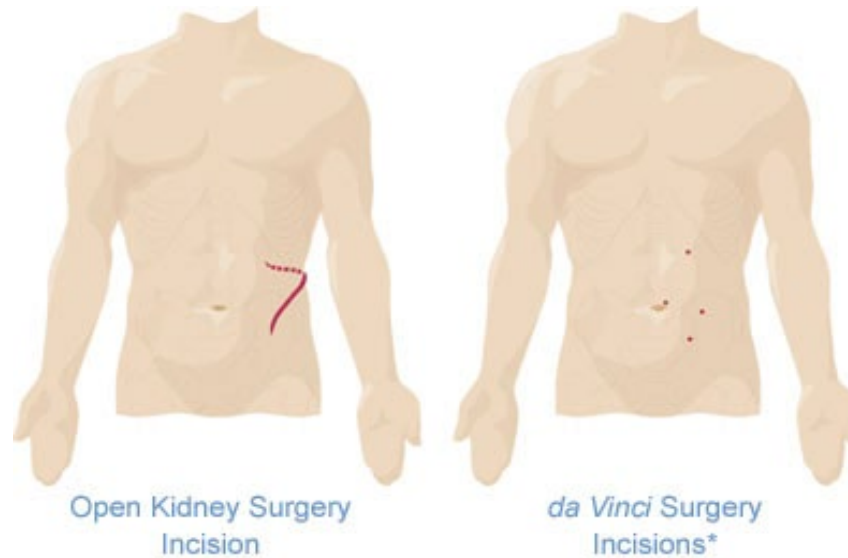
- Must be known to the recipient
- Must be blood type compatible
- Must have access to health care
- Visitor's Visa may be required (but not granted)
- Donor testing repeated once in Canada (covered by MSP)
- Still may be found unsuitable



THE DONOR SURGERY

Two types of donor incision:

1. Laparoscopic (minimally invasive surgery)
2. Open nephrectomy





DONOR'S SURGICAL RISKS

- Living donation is major surgery
 - Length of hospital stay typically 2-3 days
- Complication rates are low
- Most common concerns after surgery:
 - Incision pain for 1-2 weeks
 - Nausea for 24-48 hours
 - Constipation for 1-2 weeks
- Risk of a serious complication is 1 – 2%
- The risk of dying as a result of the operation is 0.03%



WHAT TO EXPECT LONG TERM

- Life expectancy not reduced
- Long term kidney function about 70% of pre-donation
- Risk of kidney failure later in life very low (<1%)
- Pregnancy considerations
 - Closer follow-up recommended during pregnancy
- Long term risk of proteinuria, higher blood pressure



DONOR LONG-TERM FOLLOW UP

- Life long follow up required
- Annual medical exams with family physician
 - Lab work, Blood Pressure
 - Results are copied to Transplant Centre and reviewed
- Transplant team consults as needed

SOCIAL WORKER ROLES

RECIPIENT SOCIAL WORKER ROLES

Home Team Social Worker (KCC/Dialysis)

- Ongoing support before transplant
- Assistance with donor outreach
- Works with you and the transplant team to plan for transplant

Transplant Social Worker

- Conducts transplant assessment
- Provides counselling and emotional support
- Additional donor outreach support and strategies
- Assists with transplant planning (accommodation, support plan, additional resources)
- Support during surgery and recovery while in Vancouver

WHAT IS DONOR OUT REACH?

- Most people benefit from a living donor transplant
- It can be hard to talk about living donation and your need for a transplant
- It is important you are comfortable with doing outreach
- Your home and transplant teams know what has helped others and can offer you information, tools and support
- Support can increase the effectiveness of your outreach efforts

INFORMATION FOR RECIPIENTS

- Donors often offer to donate once they understand the need
- Donors are equally concerned about their relationship with you
- Donation is not the right emotional fit for everyone
- Donors are never obligated to donate and no pressure is placed on them
- Donors obligations/responsibilities are considered and planned for

AFTER DOING OUTREACH

- Finding a donor can take a while
- Receive ongoing emotional support
- Trust the process and talk to your home and transplant teams as it unfolds
- Focus on the positives of your efforts, outreach is a way to be active in your medical treatment plan
- Provide regular updates to your friends and family

ADDITIONAL RECIPIENT SUPPORT

Kidney Foundation Peer Connect Program (for Recipients)

- Home or Transplant SW can help you connect with a recipient
- For more information: The Kidney Foundation
www.kidney.ca/bc or **1-800-567-8112**

DONOR SOCIAL WORKER

- Meets with donors during assessment for donation
- Assists donor to explore whether donation is the right decision
- Provides supportive counselling around donation and any related concerns
- Assists with practical tasks and planning for donation
- Provides support and assistance through surgery and recovery

DONOR'S PERSPECTIVE

- See donation as a gift
- Often report it was an “automatic” decision
- Don't want attention or any “fuss” about donation
- Report it was a rewarding experience for them
- Lead normal, healthy life with one kidney

DONOR SOCIAL WORK ROLE AFTER DONATION

- Provides ongoing support during recovery
- Liaises with medical team regarding any concerns
- Assists with practical concerns related to recovery
- Provides counselling support regarding recovery and expectations

DONOR PROGRAMS

Living Organ Donor Expense Reimbursement Program (LODERP)

- Assists donors with some out of pocket expenses

Living Donor Mentorship Program

- Trained volunteer kidney donors can connect with people considering donation
- Matches kidney donors and potential donors with similar backgrounds, lifestyles

For more information: **The Kidney Foundation**
www.kidney.ca/bc or **1-800-567-8112**

LIVING KIDNEY DONOR EXPERIENCE

INTRODUCING.....NATHAN

QUESTIONS & ANSWERS FOR THE DONOR TEAM

CONSIDER YOUR TRANSPLANT OPTIONS

- Learn about Transplant and Living Donation
- Bring family & friends to education sessions and appointments
- Get support from your Home and Transplant Teams
 - Use Donor outreach tools and sample letters
- Living Donor Transplant gives the best results and is the only way to get a transplant before starting dialysis

INFORMATION & RESOURCES

BC Provincial Renal Agency:

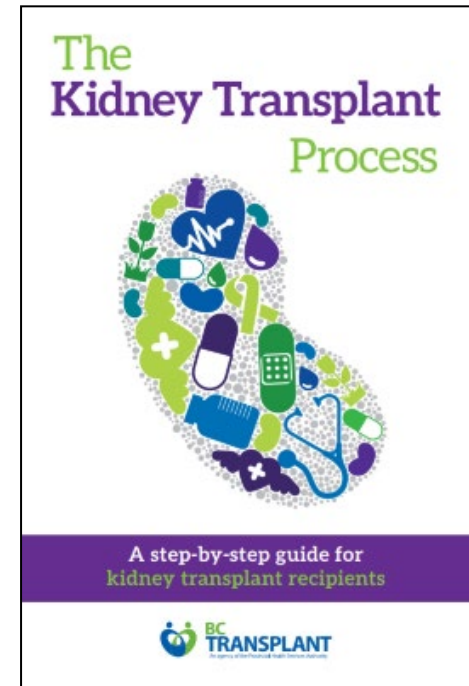
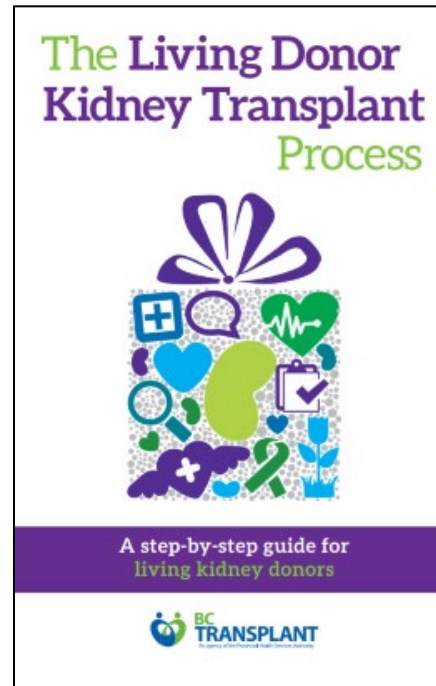
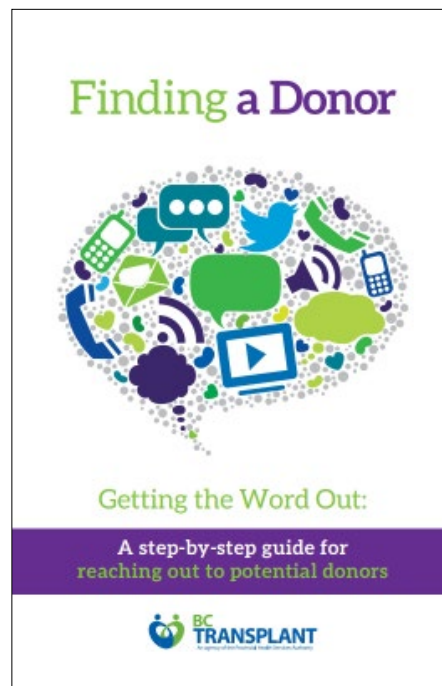
www.bcrenalagency.ca

BC Transplant:

www.transplant.bc.ca

Kidney Foundation:

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PLEASE COMPLETE YOUR EVALUATION

