

Kidney Transplant



1.1 Kidney Transplant

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

Information for patients



1.2 Topics

What we'll cover

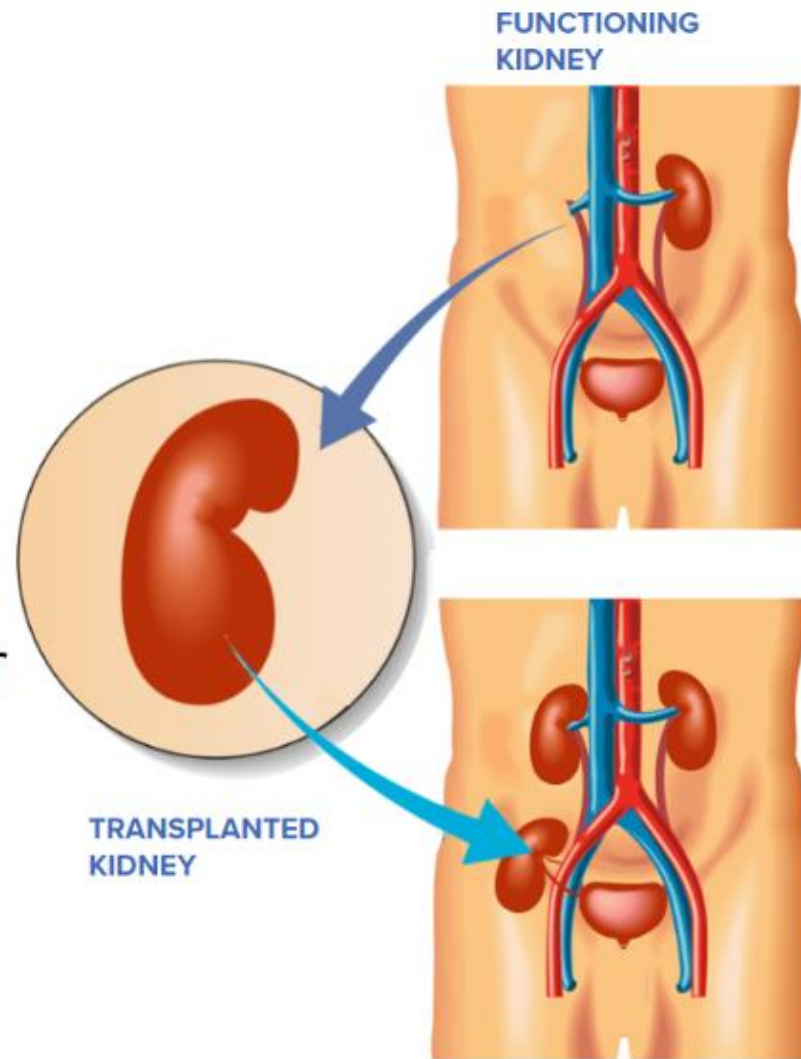


- Transplant as a treatment option.
- Types of transplants.
- Benefits of a transplant.
- Eligibility for transplant.
- Finding a living donor.
- Transplant surgery and follow-up.

1.3 What is a Kidney Transplant?

What is a kidney transplant?

An operation (surgery) that places a healthy kidney inside your 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.



1.5 Why Consider a Kidney Transplant?

Why consider a kidney transplant?



1.6 Why Consider a Kidney Transplant?



Eat and drink with fewer restrictions.



Do regular daily activities.



Including travel.

1.7 Why Consider a Kidney Transplant?



Most
transplants
last over **10** years

1.8 Types of Transplant

Types of transplant



Living Donor Transplant



Deceased Donor Transplant
(Option for dialysis patients only)

1.9 Types of Transplant

Living donor transplant



The kidney **donor is alive.**



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

1.10 Types of Transplant

Deceased donor transplant

(Dialysis patients only)



The kidney **donor has died.**



! Waitlist is 2 to 8 years.

1.11 Types of Transplant



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.

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.

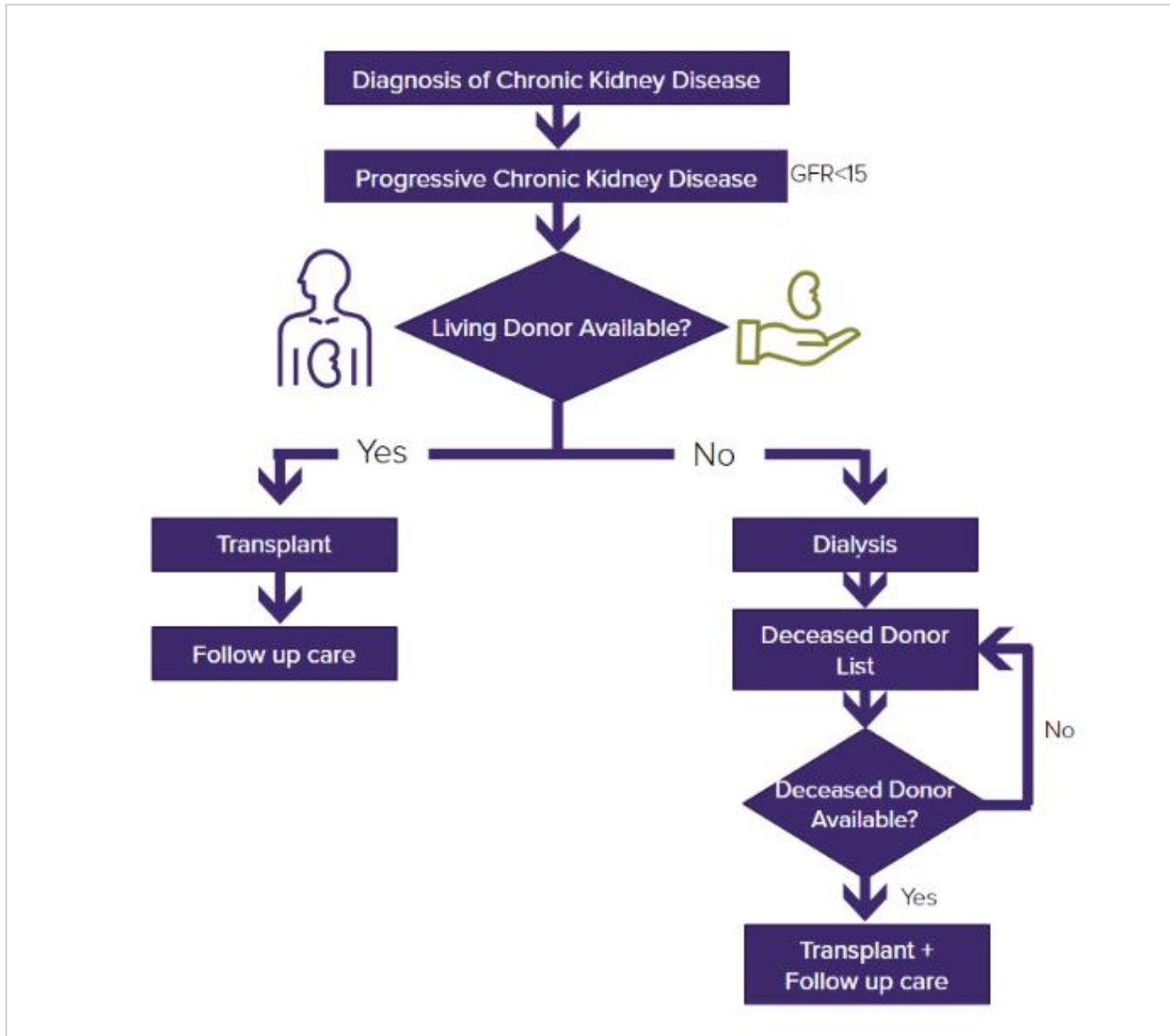


MUST be on dialysis.

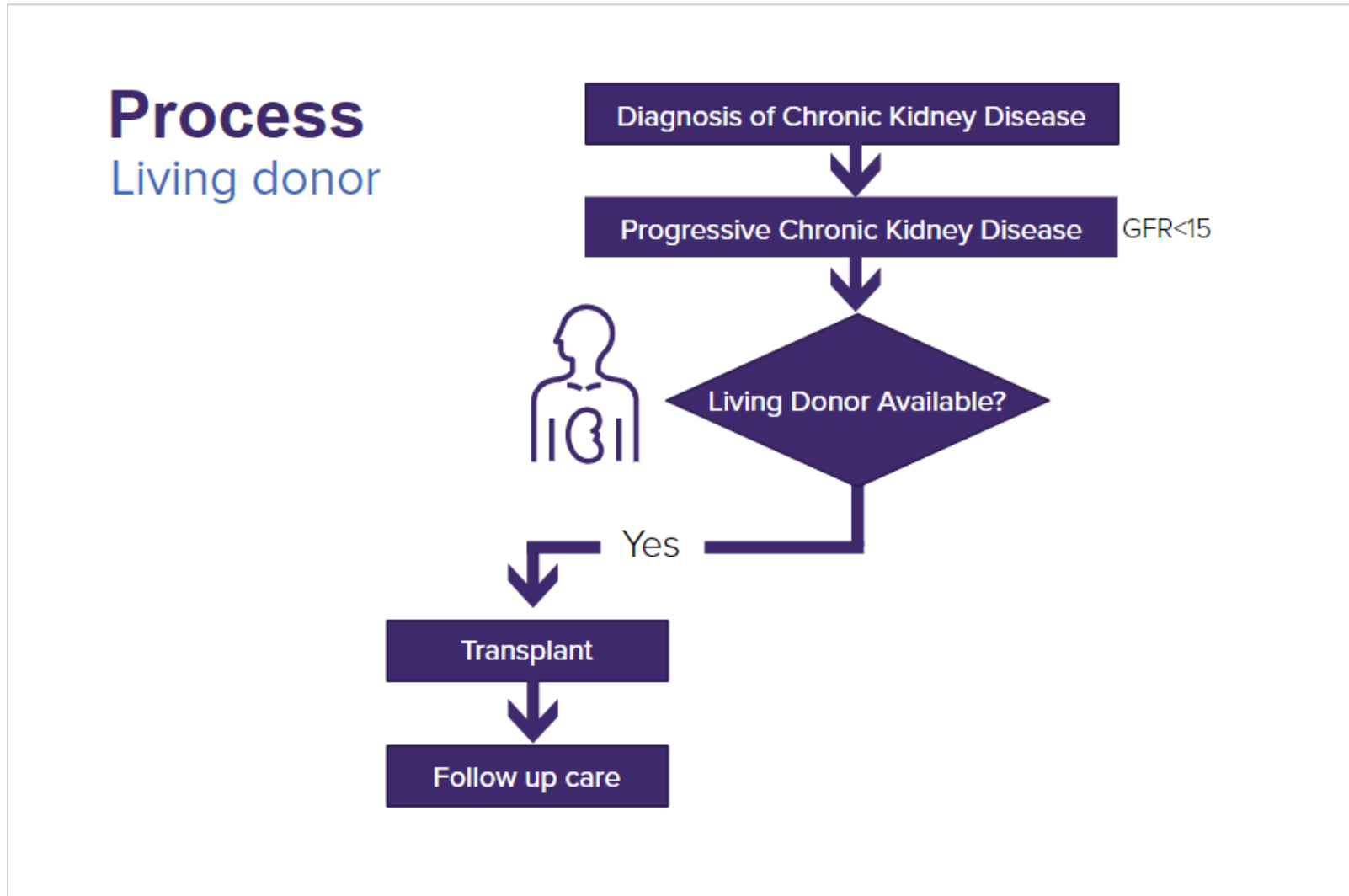


Talk with your Kidney Care Team about finding a living donor.

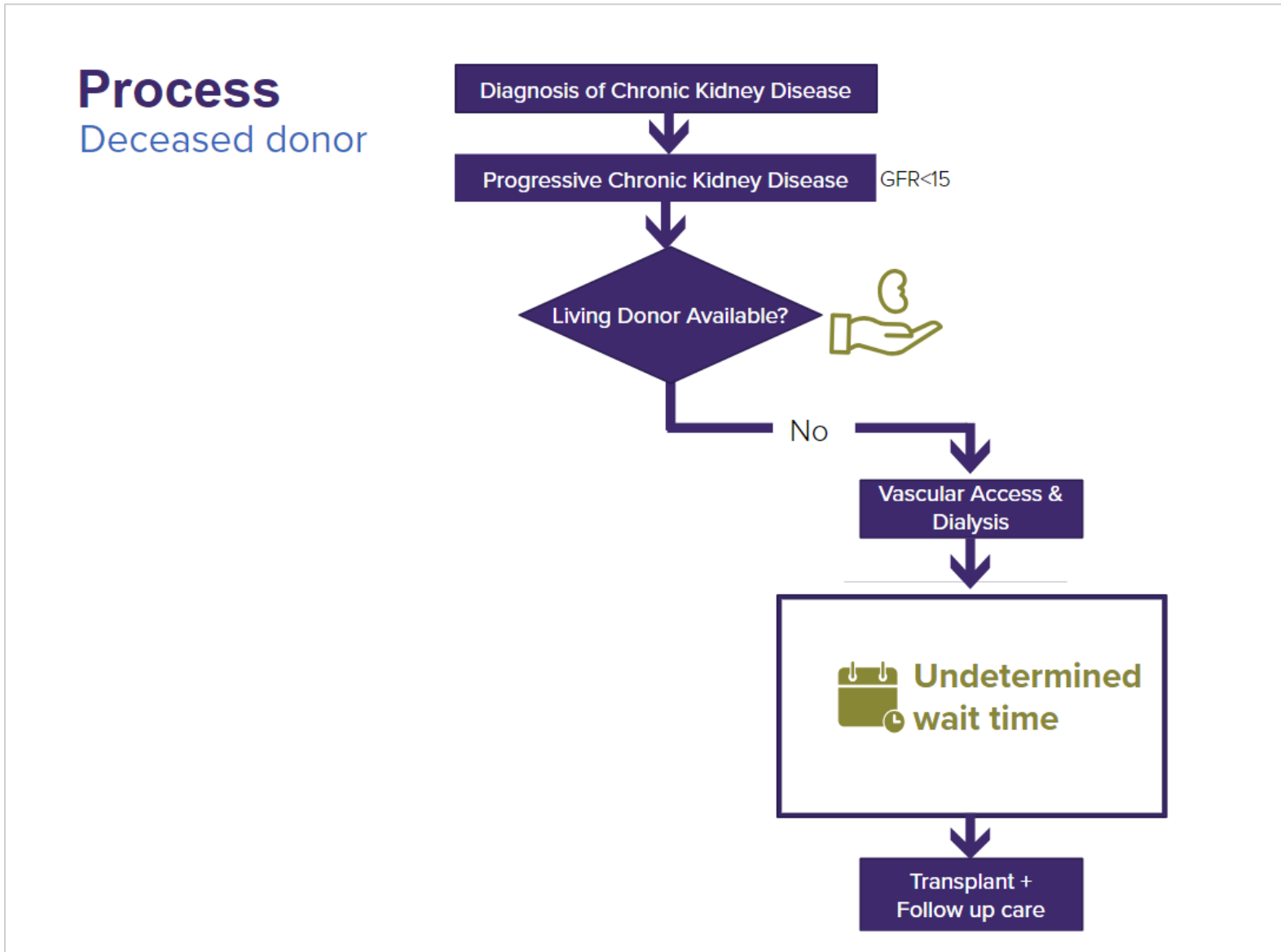
1.14 Process - Living vs Deceased Donor



1.15 Process - Living donor



1.16 Process - Deceased donor



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.

1.18 Am I Eligible for a Transplant?

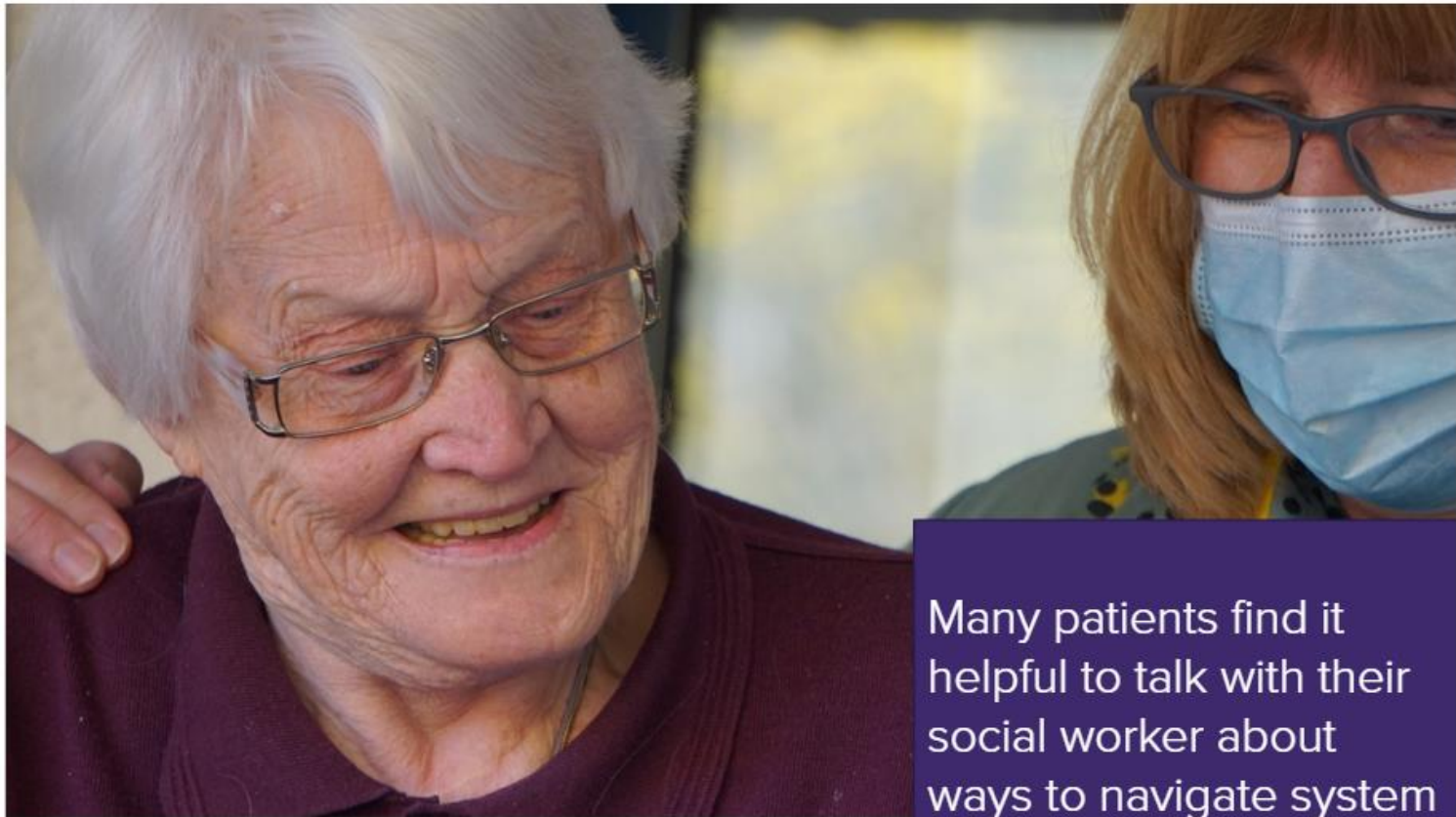
Transplant assessment

! Most transplant recipients are < 80yrs.

- Impact.
- Medical conditions.
- Supports.



1.19 Am I Eligible for a Transplant?



Many patients find it helpful to talk with their social worker about ways to navigate system challenges.

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

Transplant is a possibility

... What's next?



Additional tests.



Confirm suitability.

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).

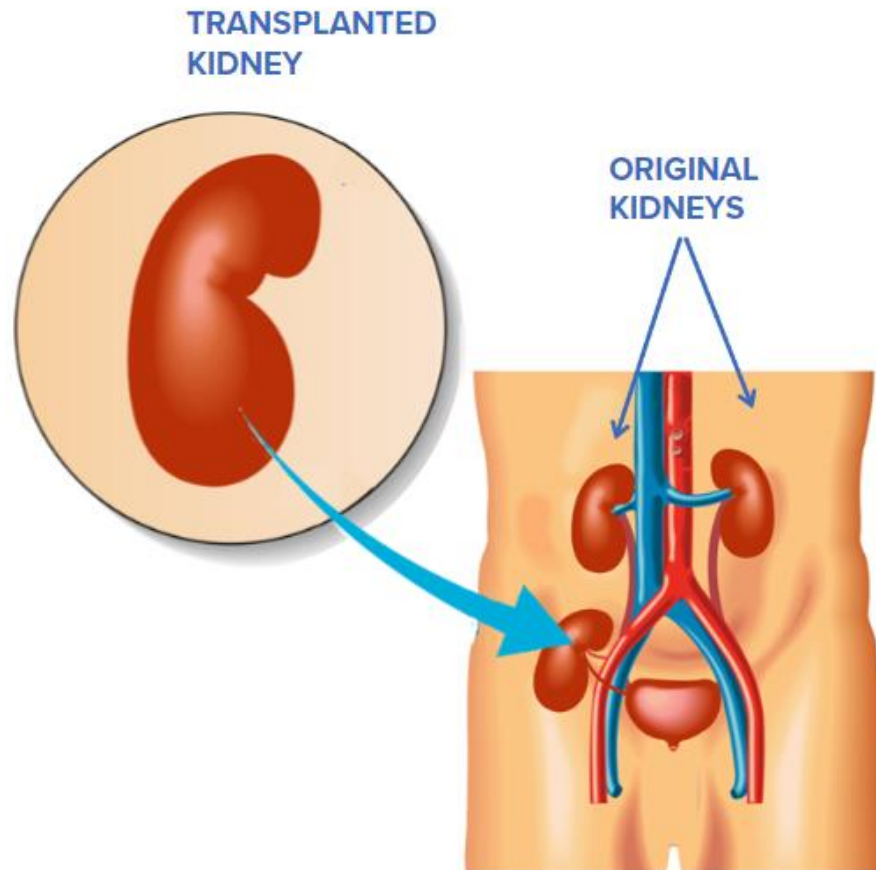


If no living donor is involved, you will be put on the deceased donor waitlist when you start on dialysis.

1.22 What Does the Surgery Involve?

What does the surgery involve?

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



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.

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.

1.25 How Do I Find a Living 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.

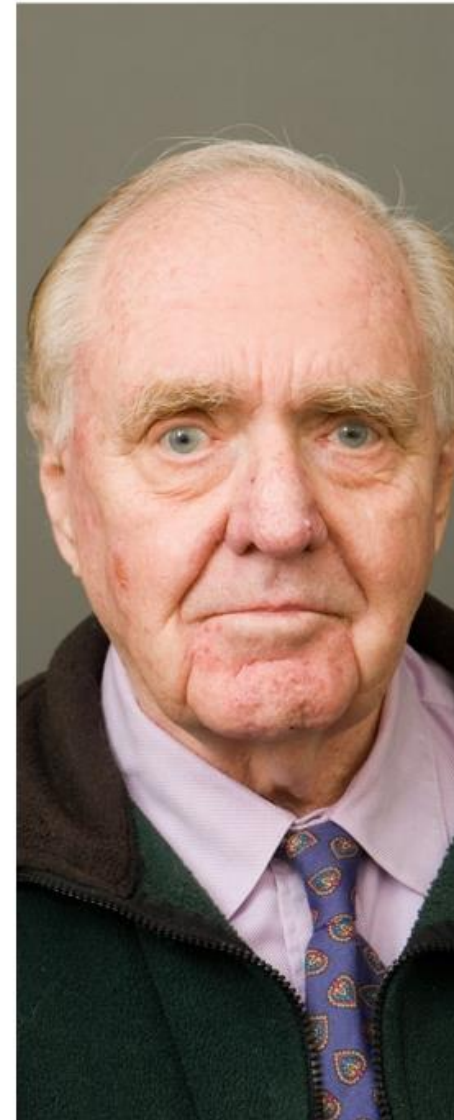


1.27 How Do I Find a Living Donor?

How do I find a living donor?



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



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.

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.



1.30 Living Donation: The Process

Living donation: The process

Key points for potential donors

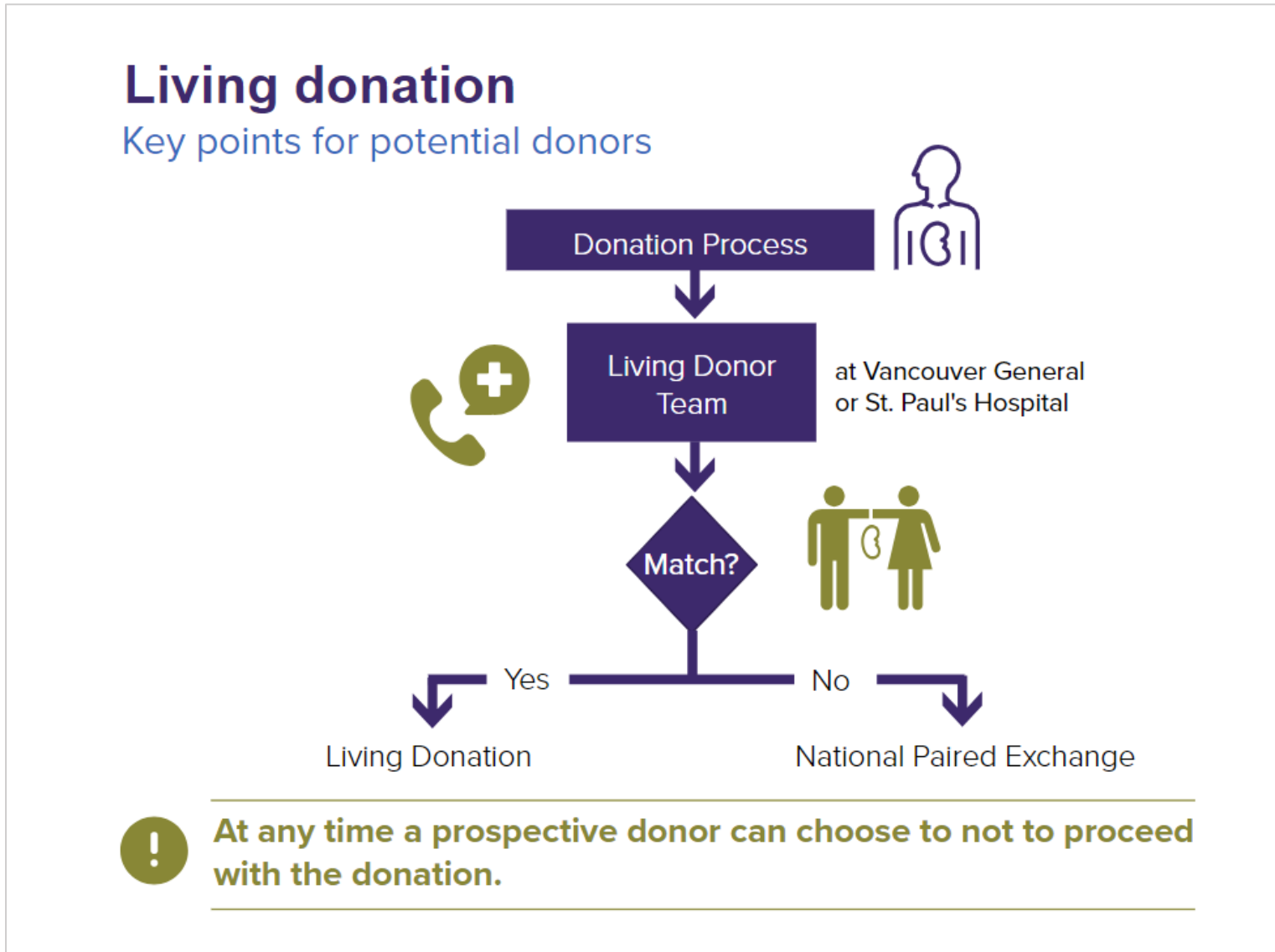


The assessment process is confidential.

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



1.31 Living Donation: The Process



1.32 Living donation: The surgery

Living donation: The surgery

Donor surgery



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

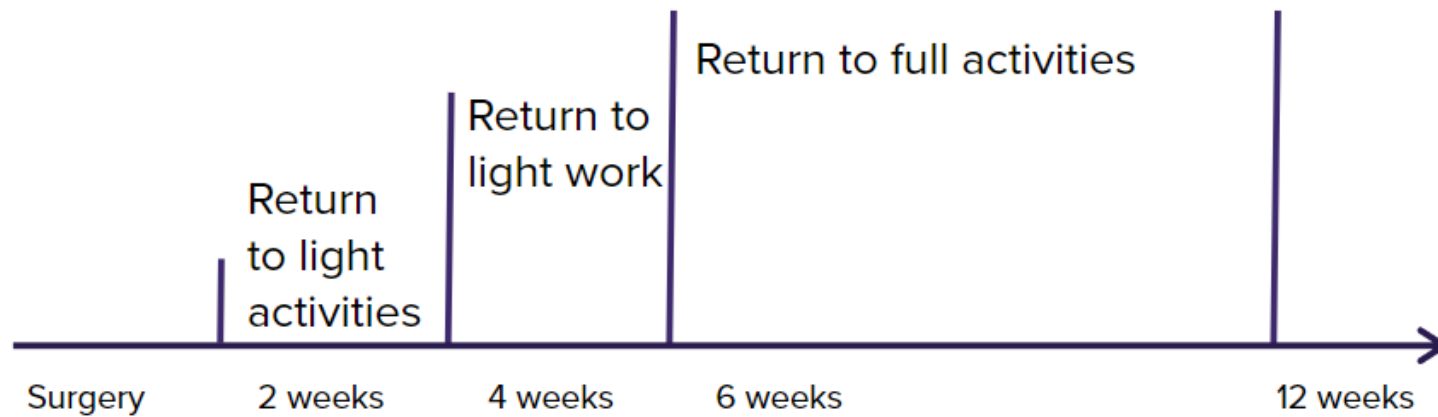
- Same day.
- Booked in advance.
- Up to 4 nights in hospital.



1.33 Living donation: The surgery

Living donation: The surgery

Most donors



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.

1.35 Living donation

Living donation

Practical help

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



1.37 Living donation Keys to success

Living donation

Keys to success



Provide regular updates.



Contact the Transplant Centre for more information.



Multiple donors.

1.38 Living donation

Living donation

Keys to success



Understand that finding a donor can take some time.

1.39 Resources for Patients and Donors

Resources for patients and donors

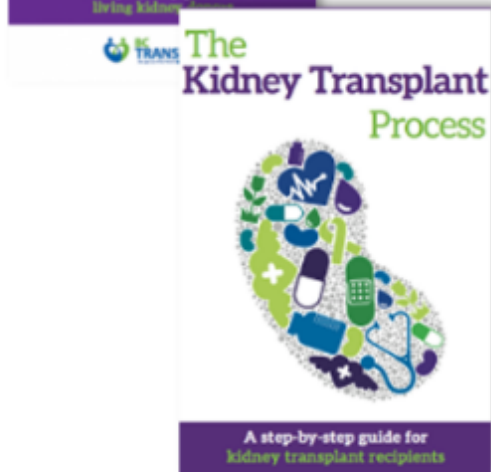


BC Transplant

www.transplant.bc.ca

BC Renal

www.bcrenal.ca



The Kidney Foundation of Canada
- BC and Yukon Branch

www.kidney.bc.ca

Ph: 604-736-9775

1-800-567-8112

1.40 Contact information

Contact information

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

kidneydonornurse@vch.ca

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

donornurse@providencehealth.bc.ca



