

# KIDNEY TRANSPLANTATION & LIVING DONATION



Apr 20, 2021

# OVERVIEW OF PRESENTATION

## Welcome & Introductions

### Kidney Transplant Recipient Program

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

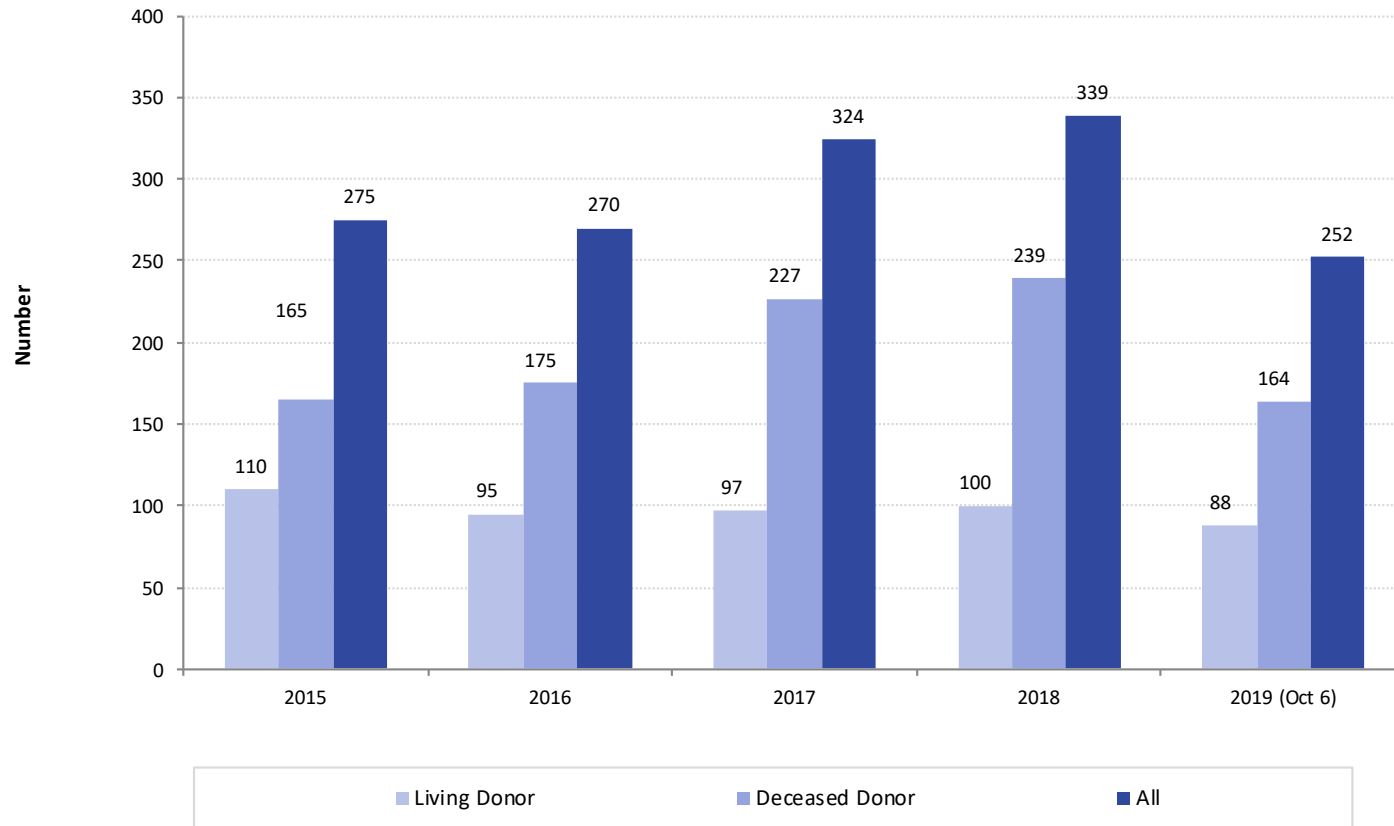
### Living Kidney Donor Program

- How can someone donate?
- What is the donor assessment like?
- Living kidney donor's experience

# BC KIDNEY TRANSPLANT STATS

[WWW.TRANSPLANT.BC.CA](http://WWW.TRANSPLANT.BC.CA)

## Number of Kidney Transplants in BC by Donor Type



# KIDNEY RECIPIENT

## IS TRANSPLANT THE RIGHT TREATMENT FOR ME?

**A person who receives a kidney is called a transplant recipient.**

**A kidney transplant is a treatment, not a cure for kidney disease.**

### **Benefits of transplant:**

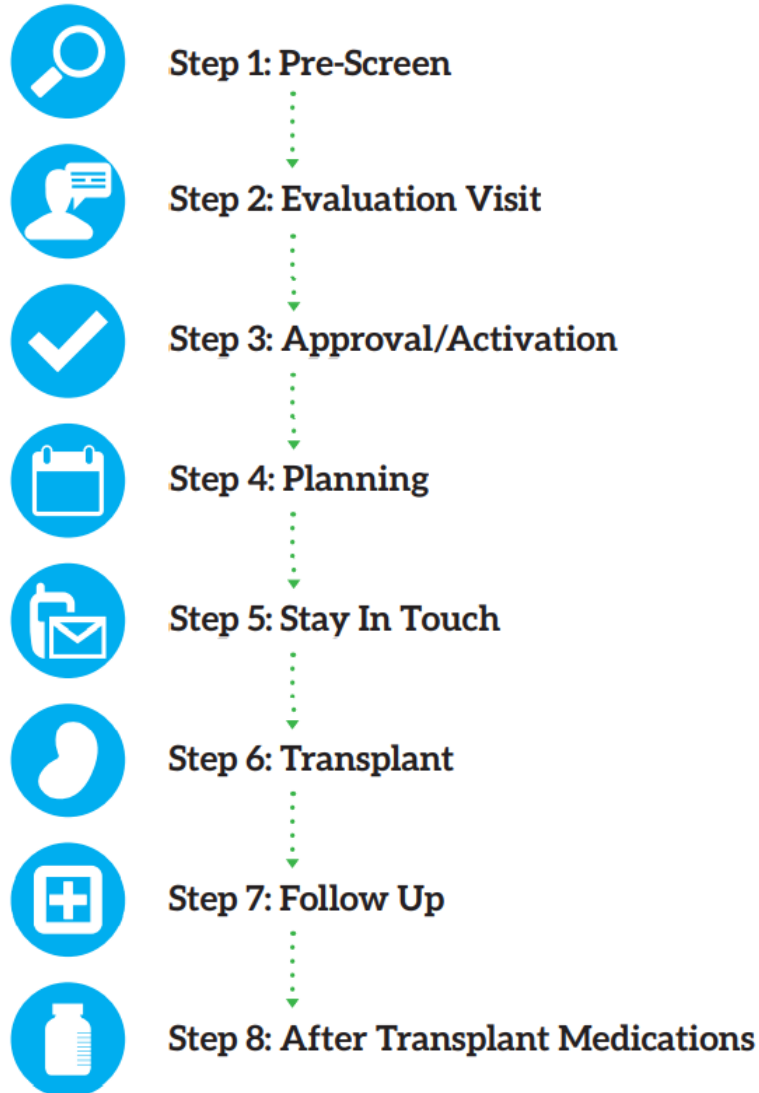
- Freedom from dialysis
- Better quality of life and independence
- Increased life expectancy

### **Risks of transplant:**

- Surgical: bleeding, infection, and side effects from anesthetic
- Anti-rejection medications weaken your immune system
  - More prone to infections and some cancers

# KIDNEY RECIPIENT

## THE PROCESS



# STEP 1: PRE-SCREEN REFERRAL PROCESS

**Your primary nephrologist submits your referral to a Transplant Centre**

- GFR 20-25
- Baseline testing arranged by your Primary Team  
(Kidney Care, PD, HD)

Primary Nephrologist and Family Doctor remain your primary caregivers

**Referral to Transplant Centre does not mean you are on the waitlist for a transplant.**

- You must have an assessment and be approved by a Transplant Centre

# STEP 1: PRE-SCREEN

## BASELINE TESTING

### **Baseline testing may include:**

- Bloodwork
- Heart tests
- Chest x-ray
- Dental check up
- Regular cancer screening as recommended by the BC Cancer Guidelines
- Infectious disease screening and vaccinations

**Once your baseline testing results are reviewed, a recipient can be booked for transplant clinic evaluation appointment.**

# STEP 2: EVALUATION PROCESS

## CLINIC APPOINTMENT

### **Clinic appointment includes meeting:**

- Transplant physician (nephrologist)
- Transplant surgeon
- Social Worker
- Nurse Coordinator

We encourage you to bring a support person to this appointment.

### **Your waiting time for a transplant clinic evaluation appointment depends on:**

- Living donor potential
- Blood type



# STEP 2: EVALUATION PROCESS

**After your appointment, together the Transplant team meets to discuss your case**

- Often, the team needs more investigations to make a decision about your suitability for transplant
- For example, you may be referred to a heart doctor and/or asked to complete additional diagnostic tests so the transplant team can have all the information it needs to make a decision

## **Length of Evaluation Process**

- Depends on medical conditions
- Additional tests requested
- Availability of appointments

# STEP 3: APPROVAL

**Results of investigations are reviewed by the Transplant team. Together, they will make a decision about your transplant candidacy.**

- Approved
- Declined
- Asked to complete further testing based on results of investigations
- Booked for a review appointment

# APPROVED FOR TRANSPLANT

## WHEN CAN I RECEIVE MY TRANSPLANT?

### Pre-Dialysis

- Preemptive transplant
  - Approved live donor
  - GFR <15

### On Dialysis (PD/HD)

- Live donor transplant
- Activated to the deceased donor waitlist

# HOW DO I MATCH A DONOR?

- A donor's blood type must be compatible with your blood type
- Cross match: A sample of your blood and your donor's blood are mixed together to see if there's a reaction
- Recommend all potential donors contact the donor team to explore their options

## **What is sensitization?**

When our bodies identify a foreign cell, it can produce an antibody. The more antibodies a recipient has, the harder it will be to match a donor

## **Sensitizing events:**

- Blood transfusion
- Pregnancy
- Previous Transplant
- Infection

# WHY LIVING DONATION?

## Benefits for Recipients:

- Kidney usually lasts longer
- Potential for pre-emptive transplant before starting dialysis
- Planned surgery, more time prepare
- Greater control over personal/professional life

# DECEASED DONOR WAITLIST

- **Grouped by Blood type:**
  - **A** 1-2 years
  - **AB** 1-2 years
  - **O** 2-3 years
  - **B** 4-5 years

} Average wait time
- **Ranked according to dialysis start date**
- **Level of sensitization**
- **Changes to a recipient's health status**
  - Temporary hold to investigate new medical issues

# HOW CAN I PREPARE FOR TRANSPLANT?

## **Take an active role in your health**

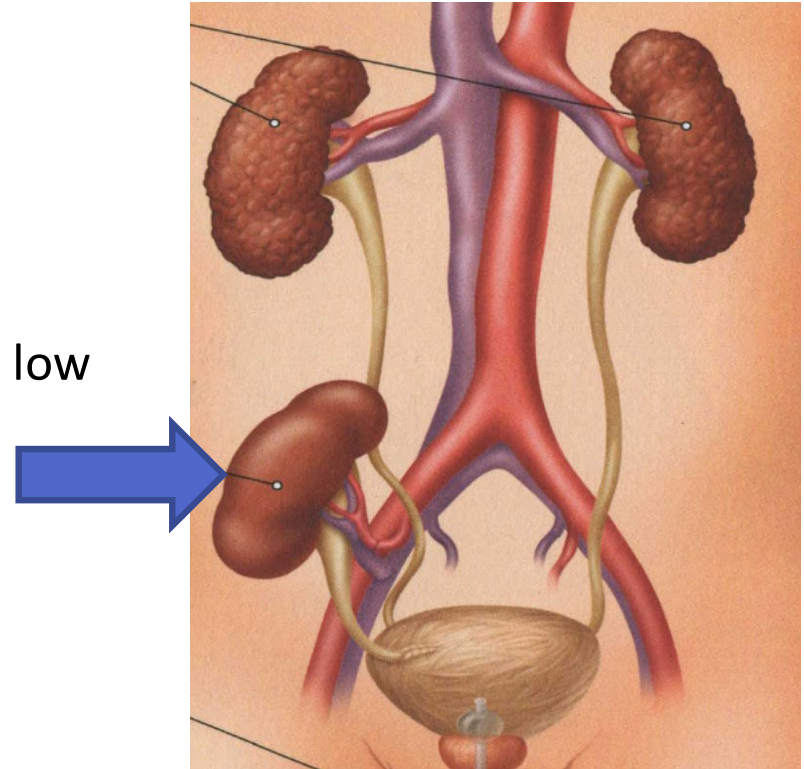
- Take your prescribed medicines
- Keep your scheduled appointments with your Health Care Providers
- Follow diet and exercise guidelines

## **Once referred, keep Transplant Center informed of:**

- New medical concerns/diagnosis
- New Health Care Provider /specialist doctor
- Hospital admissions
- Change of address and contact numbers

# TRANSPLANT SURGERY - RECIPIENT

- Operation takes about 4 hours
- Original kidneys left in place
- Transplanted kidney (graft) placed low in abdomen, near bladder
- Start anti-rejection medication





# WHAT TO EXPECT POST TRANSPLANT?

- Admitted to hospital for 5-7 days
- Anti-rejection medications
- Stay in the Lower Mainland for ~3 months for close monitoring
- Once stable, transfer to a Post-Transplant clinic closer to home

## **Social Workers will assist with planning for transplant**

- Primary Team and Transplant Social Workers work together
- You will hear about their role shortly

**Average lifespan of a kidney transplant is 16 years**

# TRANSPLANT RECIPIENT EXPERIENCE

# 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

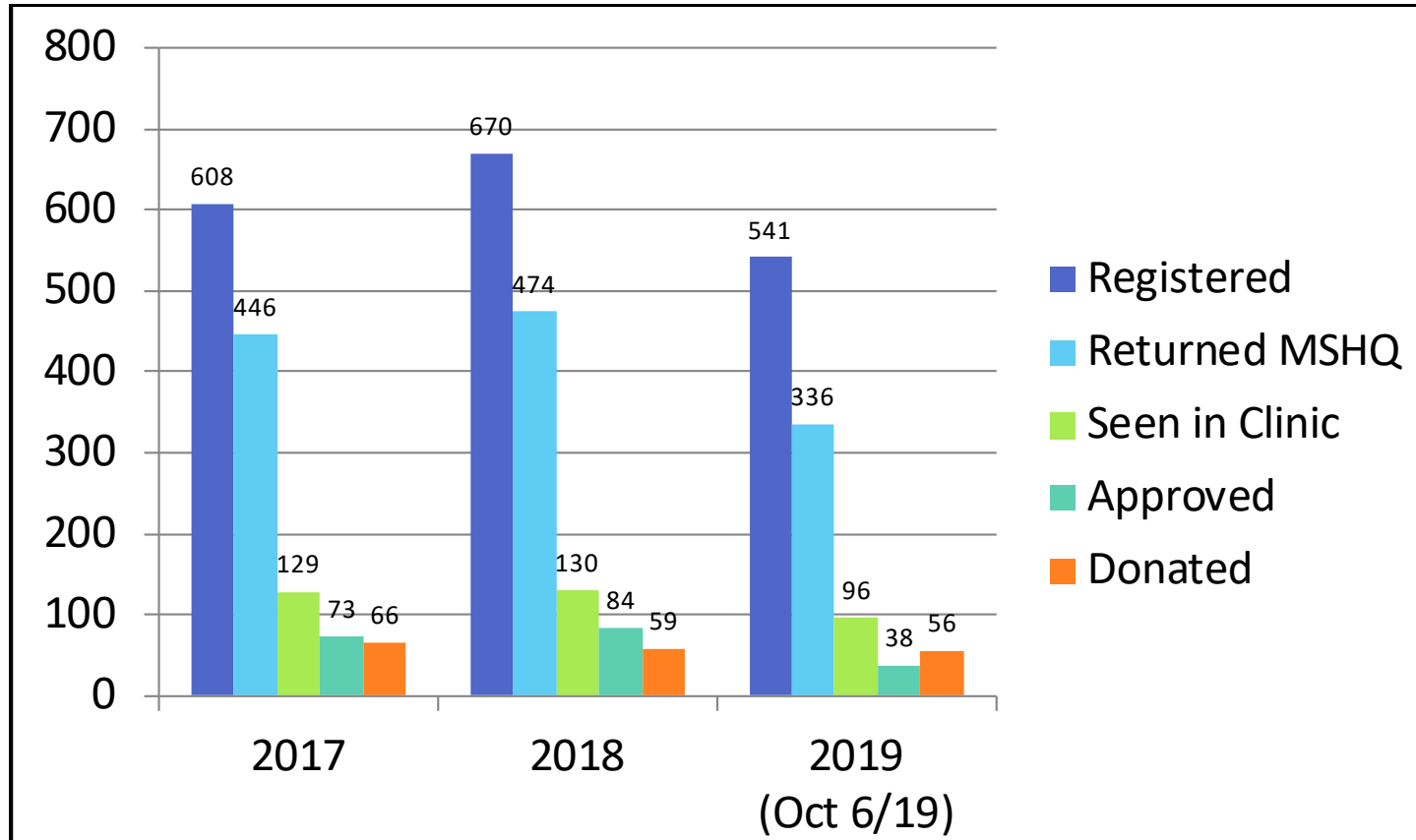
## Donor Suitability

- 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 (SPH EXPERIENCE OVER 3 YEARS)



# 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

# 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

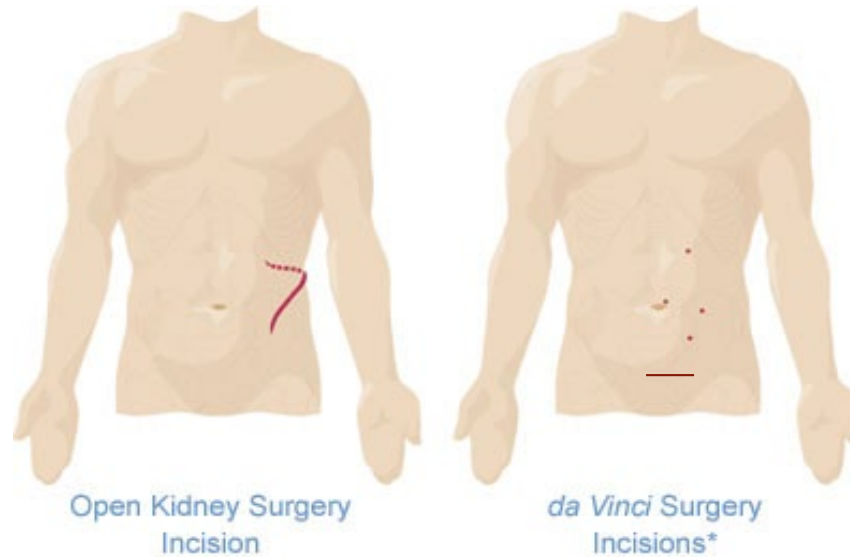
# OUT OF COUNTRY DONORS

- 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 3-4 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 3 in 10 000

# 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 protein in the urine or 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
- Provides counselling and emotional support

## Transplant Social Worker

- Conducts transplant assessment
- 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](http://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](http://www.kidney.ca/bc) or **1-800-567-8112**

# LIVING KIDNEY DONOR EXPERIENCE

# 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 Renal:**

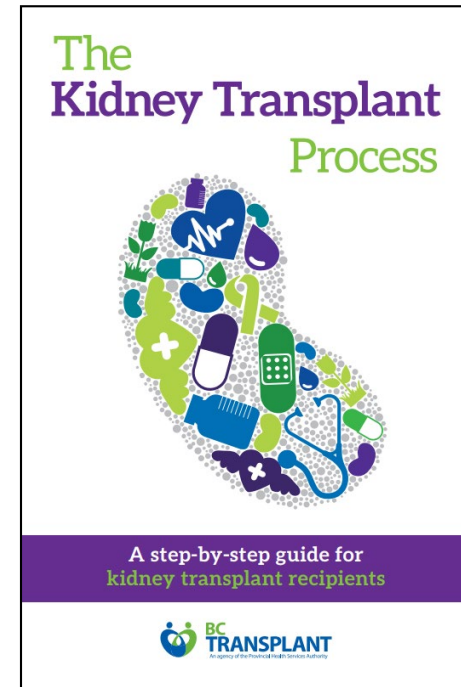
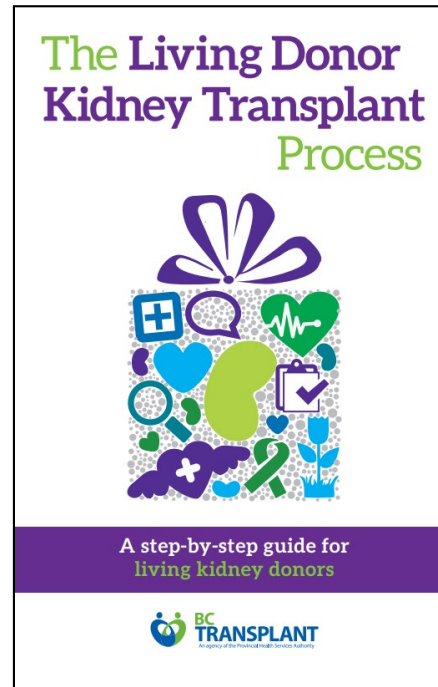
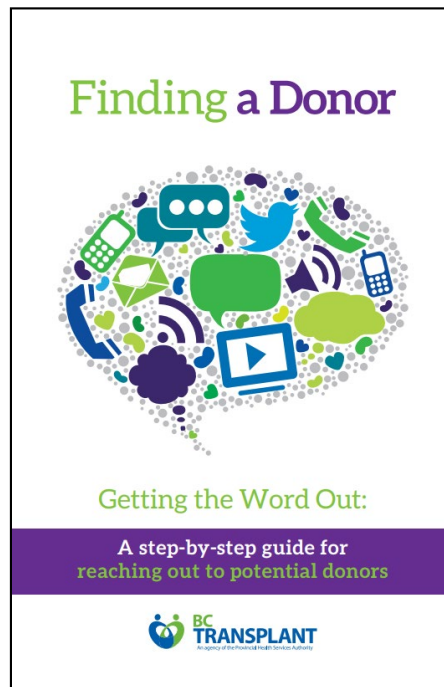
[www.bcrenal.ca](http://www.bcrenal.ca)

**BC Transplant:**

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

**Kidney Foundation:**

[www.kidney.ca/bc](http://www.kidney.ca/bc)



**THANK YOU FOR YOUR  
PARTICIPATION!  
PLEASE COMPLETE YOUR  
EVALUATION**

