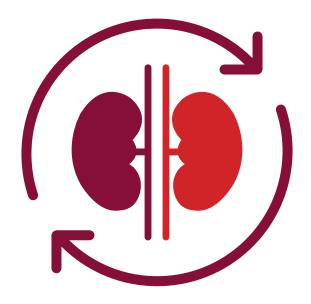
# Kidney Transplant Passport









### Introduction

This booklet is to help you and your family understand the different steps of the Pre-Transplant Assessment process.

A kidney transplant is a surgery to place a healthy kidney from a living or deceased donor into a person whose kidneys no longer function properly. It is a great treatment option if your kidneys are failing, or when you are on dialysis.

There are many benefits to having a kidney transplant but there are risks too. Most transplants are successful and last for many years, but a transplant does not cure kidney disease. How long the transplant will last is different for everyone.

Deciding whether a kidney transplant is right for you is a personal decision that deserves careful thought and consideration of the serious risks and benefits. Talk through your decision with your family, friends and other trusted advisers.

Questions I have about transplant		

## My transplant team

Team Member	Name	Phone
Nephrologist		
Transplant Facilitator		
Nurse Navigator		
Social Worker		
Other		

### What happens now?

Once you have had a discussion with your Nephrologist and you have decided that you would like to proceed with the transplant workup, the Transplant Facilitator will receive a referral. There are mandatory tests and procedures that the Trillium Gift of Life Network requires all patients to have as part of the transplant workup.

These mandatory tests and procedures help your healthcare team understand your overall health. They also assist your team to find other health problems that could put you at risk during your transplant surgery or during your recovery afterwards.

Waiting for a kidney transplant can be both exciting and stressful for patients and their families. In addition to experiencing the unknown related to the transplant process, some patients and families may have concerns about managing other aspects of their lives during the waiting period.

### **Social Workers**

Social Workers are an active and unique part of the transplant team. They look at each patient's unique psycho-social-emotional needs and help to identify sources of stress and enhance coping skills. They work with both patients and their loved ones toward meaningful solutions. Social workers help navigate the many systems people face including social, financial, and health. As well, they offer resources that can assist patients and their families with the transitions that occur during the transplant process.

Social Work services are offered through the Regional Renal Program at Peterborough Regional Health Centre and satellite programs at Northumberland Hills Hospital and Ross Memorial Hospital. Social Workers work together with local renal team members and with Social Workers from the transplant sites. Social Workers play a meaningful role in supporting patients to feel empowered, be informed and be active participants in the transplant process.

### **Transplant Ambassadors**



The Transplant
Ambassador Program
(TAP) is a very helpful
resource to help you
better understand the
kidney transplant and
living donation process.

Transplant Ambassadors are either kidney donors or transplant recipients. Ambassadors volunteer their time to speak with patients at all stages of your kidney journey prior to transplant. This could when you are first told you have kidney disease, you are considering your treatment options or even when you are on dialysis.

TAP Ambassadors know it is not easy to understand kidney failure, dialysis, and transplant. They 'know what you're going through because they have been there too.' Ambassadors can share their own experiences with you and answer many of the questions and concerns you and your family have. They can talk to you about ways to find a living donor and how to stay as healthy as possible while you wait for a transplant.

TAP Ambassadors are available to speak to you, your family, or your potential living donor by phone or in person at the Renal (Kidney) Clinic and Dialysis Units in Peterborough, Cobourg, and Lindsay Hospitals.

Please ask a staff member to set up a meeting with a Transplant Ambassador or you can call 1-833-274-3740 or visit the TAP website at **www.transplantambassadors.ca** to speak to an ambassador.

# Questions I have for the social worker and transplant ambassador


# What are the benefits of having a kidney transplant?

There are many reasons why some people decide to have a kidney transplant. Some of the most common reasons are:

- · Better quality of life
- · Being able to live longer
- · No longer needing dialysis
- · Being free to travel
- Having fewer limits on what you can eat and drink

# What are the types of kidney transplants?

#### **Deceased donor kidney transplant**

A deceased donor transplant is when a healthy kidney is donated by someone who has died. They have chosen to be an organ donor upon their death. You must be on a form of dialysis while you wait for a deceased kidney transplant.

#### Living donor kidney transplant

A living donor transplant is when a healthy kidney is donated to you by someone who is still alive. It is a better option than deceased donor because kidneys from a living donor usually lasts longer and you often have a shorter wait time for a transplant. Living donors must also go through a work-up, which can take 6 to 12 months, or longer. This type of transplant can even happen before dialysis is needed.

For more information about deceased or living donation, speak to your healthcare team.

# Questions about the types of kidney transplant


## How long will I wait for a transplant?

It's important to remember that wait times vary from person to person. Each person's wait time is for a different reason. Generally, your wait time will depend on:

- Your blood type
- · Your antibodies (PRA)
- · The availability of organs
- · How long you have been on dialysis

# How does my blood type affect my wait time?

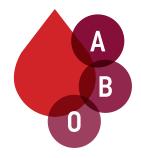
Patients can only receive a kidney from someone with the same blood type. Some blood types have a lot of patients who are waiting for transplants, so the wait time is longer. The chart to the right gives you an idea of how long people with different blood types usually wait for a kidney.

Patients who have a living donor with a blood type that is incompatible may still be able to get a transplant. For more information, speak to your health care team.

Your Blood Type	Your Estimated Wait Time
0	5 to 7 years
Α	2 to 5 years
В	6 to 8 years
AB	2 to 5 years

## What blood types match?

Donor Blood Type	Recipient Blood Group
0	O, A, B, AB
Α	A, AB
AB	AB
В	B, AB



# My test and appointment checklist

All tests are mandatory and must be less than one	e year old, uniess otherwise specified
General	Date Completed
Referring nephrology letter	
Current medication list	
Diagnostic Tests	Date Completed
Chest x-ray (PA and Lateral)	
Abdominal ultrasound	
12 Lead ECG	
Echocardiogram	
Stress Echo or Dobutamine Stress Echo	
Other	Date Completed
Coronary Angiogram	·
Cardiology consult	
Renal Biopsy	
Iliac Dopplers	
MRI brain	
Social Work consult	
Psychiatry consult	
Any other relevant results/consults	

	Laboratory Tests	Date Completed
	ABO with Rh Factor	
	CBC, INR, aPTT	
	Electrolytes	
	Albumin	
	Total Protein	
	Bilirubin, ALP, ALT	
	Urea	
	Creatinine, eGFR	
	PTH	
	HgbA1C	
	Cholesterol/Triglyceride/HDL/LDL	
	CMV IgG	
	EBV IgG	
	Varicella Zoster Virus IgG	
	HIV 1 & 2	
	HTLV 1 & 2	
	Hepatitis C Antibody	
	Hepatitis B Surface Antibody	
	Hepatitis B Core Antibody	
	Hepatitis B Surface Antigen	
	Syphilis	
	Measles, mumps, rubella	
Мус	uestions about these tests	

☐ FIT Test	Additional Testing	Date Completed
	or	
Colonos	scopy	
☐ Mamm	ogram	
PAP sm	ear	
☐ Oral Glu	ucose Tolerance Test (for non-diabetics)	
Tubercu	ılosis (TB) skin test or equivalent	
Other re	elevant results/consults, please specify:	
My questi	ons about these tests	

### **Next steps**

Once all your mandatory pre-transplant help guide you through the next phase of the assessment tests have been completed, your pre-transplant assessment process. test results will be sent by fax to the Transplant Centre of your choice-usually Toronto General My Transplant Coordinator is: or St. Michael's Hospital. The Transplant Centre team will review all Their contact number is: your results and contact you to set up an appointment to meet the transplant team and discuss your kidney transplant options. If you have any questions or concerns, please feel free to reach out to your health care team Additional tests and assessments may at PRHC. be required. You will be provided a Transplant Coordinator **Transplant Facilitator:** 705-743-2121, x. 3865 at the Transplant Centre. This person will Nurse Navigator: 705-743-2121, x. 3770 **Questions I have for my care team** 

We are so happy that you have decided to pursue a potential kidney transplant. Be assured that our team will support you during your journey.

Please don't hesitate to call anytime if you have questions. We would be happy to assist.

Transplant Facilitator 705-743-2121, x. 3865



**Nurse Navigator** 705-743-2121, x. 3770

We hope you found this booklet useful, please reach out if you have any questions or concerns.

#### Where to get more information

You can search the following websites in your internet browser:

Explore Transplant Ontario

Transplant Ambassador Program

Ontario Renal Network

Kidney Foundation of Canada

Toronto General Hospital Kidney Transplant Program

St. Mikes Kidney Transplant Program

UHN's Centre for Living Organ Donation Transplant Program



Peterborough Regional Health Centre 1 Hospital Drive, Peterborough, ON K9J 7C6 705-876-5147 x. 3865

Guided by you  $\cdot$  Doing it right  $\cdot$  Depend on us www.prhc.on.ca

