How To Get Listed for Kidney Transplant

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Objectives

• What kidney failure is
• 3 major forms of treatment
• Kidney transplant evaluation
• Kidney transplant List
Functions of kidneys

- Control Fluid balance
- Acid-base balance
- Electrolyte balance: Calcium, Phosphorous, Sodium, Potassium
- Produce hormone to control blood pressure
- Eliminate body waste products
- Produces protein that stimulates production of red blood cells
GFR/Creatinine

- **Glomerular filtration rate (GFR)** is the best measure of kidney function. The GFR is the number used to figure out a person’s stage of kidney disease. A math formula using the person’s age, race, gender and their serum creatinine is used to calculate a GFR.

- **Creatinine** is a waste product that comes from muscle activity. When kidneys are working well they remove creatinine from the blood. As kidney function slows, blood levels of creatinine rise.
5 stages of Chronic Kidney Disease

- **Stage 1** with normal or high GFR (GFR > 90 ml/min)
- **Stage 2** Mild CKD (GFR = 60-89 ml/min)
- **Stage 3** Moderate CKD (GFR = 30-59 ml/min)
- **Stage 4** Severe CKD (GFR = 15-29 ml/min)
- **Stage 5** End Stage CKD (GFR <15 ml/min)
Alternative Treatments For CKD stages 4/5

• Peritoneal dialysis
• Hemodialysis
• Kidney Transplant
Referral for kidney transplant

• GFR < 20

or

• Currently on dialysis
Kidney Transplantation

• **Living Related Kidney Transplant:** Mother, Father, Son, Daughter, Cousin, Aunt, or Uncle

• **Living Non-Related Kidney Transplant:** Spouse or friend

• **Deceased Donor Kidney Transplant:** Declared brain dead
Absolute contraindications

• Current life expectancy of less than 5 years
• Cancer: individual basis
• HIV: Must have a negative viral load
• Severe cardiac, pulmonary, or liver disease
• Serious active infection
• Age > 80 for kidney/pancreas
• Obesity
• Non-compliance
• Inadequate financial resources or social support
• Active substance abuse (drug or alcohol)
• Pregnancy
• Psychological instability
Multidisciplinary team

You will meet with each member to complete a comprehensive medical assessment.

- Transplant Surgeon
- Transplant Coordinator
- Social Worker
- Financial Advisor
- Dietitian
- Pharmacists
Multidisciplinary team

**Transplant Surgeon**
- Review medical history
- Complete physical exam
- Discuss risks and benefits of kidney transplant

**Transplant Coordinator**
- Will be your main contact during evaluation and listing process
- Outline testing and medical evaluation to be completed
- Patient Education
- Evaluate your readiness for kidney transplantation
Multidisciplinary team

**Social Worker**
- Evaluates your readiness for transplant
- Support your psychosocial needs
- Employment, Educational history, family dynamics, financial support addressed

**Financial advisor**
- Discuss financial situation
- Counsel you are available resources that may help pay for transplant, follow-up care and transplant medications.
Multidisciplinary team

**Dietitian**
- Provide a nutritional assessment
- Provide Education: Diabetes, Renal, Electrolyte, Weight management
- Will provide education post transplant

**Pharmacist:**
- Reviews and evaluates your current medication regimen
- Education provide regarding potential side effects and potential drug interactions
- Reviews pertinent lab results ex: PO4 and binders
- Works with your nephrologist
- Will provide education post transplant
Kidney Transplant Evaluation

Initial testing
- Chest Xray
- EKG
- Panorex xray/Dental consult
- Lab work:
  - Blood type
  - Tissue Typing
  - Viral/Hepatitis studies
Kidney Transplant Evaluation

Additional testing as order by transplant surgeon:

- Abdominal Ultrasound
- 2D Echocardiogram
- Cardiac stress test
- Cardiac clearance
- Carotid dopplers
- Lower extremity doppler studies
Kidney Transplant Evaluation

Routine Screenings:
• Colonoscopy: All patients over the age of 50

Females:
• Pap Smear/Pelvic Exam
• Mammogram: All women over age 40
Selection Criteria Committee

• All medical tests and evaluations are presented to committee for approval.
• The transplant team will decide whether or not transplant is appropriate best treatment option for you.
• Once approved you can be listed
• The transplant coordinator will list you and notify you.
Re-Evaluations

- Deceased Donor list potential candidate are seen every 12, 18, or 24 months to complete a comprehensive medical examination
Patient Responsibilities while awaiting kidney transplant

- Provide up to date phone numbers and contact information
- Notify transplant office of potential insurance changes.
- Keep transplant office up to date on current health status. Blood transfusions, hospitalizations, change in dialysis
- Keep up to date on monthly blood samples sent to Gift of Hope.
Patient Responsibilities while awaiting kidney transplant

• IF we can’t reach you, if your tests or blood work aren’t up to date or if your insurance coverage has changed, it could mean the difference between receiving an organ- and continuing to wait.
Common List Questions

“Hold” or inactive status:

• Current illness or hospitalization
• Wait times for current disease, infection, or cancer. EX: Foot ulcers, breast cancer
• Waiting to achieve weight loss goal
• Medical compliance: attendance @ dialysis or medication regimen
Common List Questions

Wait time:
• A person accrues wait time as soon as they are listed on UNOS. It is important to complete your evaluation as soon as possible.
• You can inquire about how much time you have acquired and this information is reviewed with you at time of re-evaluation
• Current wait time 3-5 years depending blood type.
Common List Questions

Multi-Listed:

• Increase your chances of transplantation
• If you are able to provide transportation for transplantation and follow up as well as your insurance will allow you.
• List OSF and outside our local area: Wisconsin, St. Louis, Indianapolis, Iowa City
• Each center does an independent evaluation
UNOS: United Network for Organ Sharing

- Not for profit
- Private
- Computerized online kidney matching system
- 24/7
- Organ placement
- Organ transportation
- Donor information
How are kidneys allocated

- Local
- Regional
- National
Current Statistics as of 9/13/13

- 130,127 awaiting transplant (All Organs)
- Kidney: 104,711
- Kidney/Pancreas: 2,122
- Pancreas: 1,190
Questions ??

National Kidney Foundation

LOVE YOUR KIDNEYS