



Making a Living Donor Kidney Transplant Happen

Dr. Peter Burke, Transplant Nephrologist, Medical Director

ChristianaCare Kidney Transplant Program

2021

End Stage Renal Disease

- More than 500,000 Americans suffer from End Stage Renal Disease
- Currently, there are more than 100,000 Americans waiting for a kidney transplant
- The average wait time for a deceased donor transplant off the UNOS wait list is 5-10 years for our region.
- “A staggering 5,000 people die every year waiting for a kidney transplant & another 5,000 are taken off the list because they are no longer healthy enough to receive a transplant.”



Source: www.lkdn.org



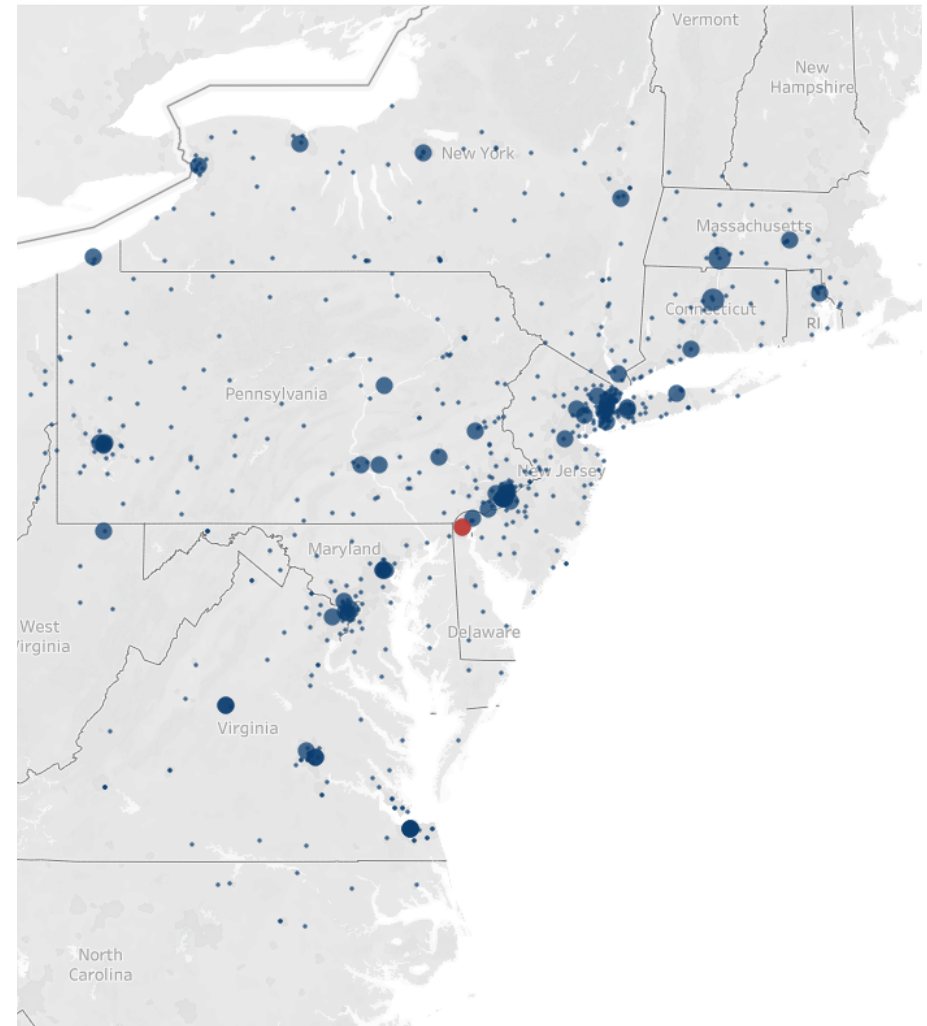
What are the Benefits of having a Living Donor?

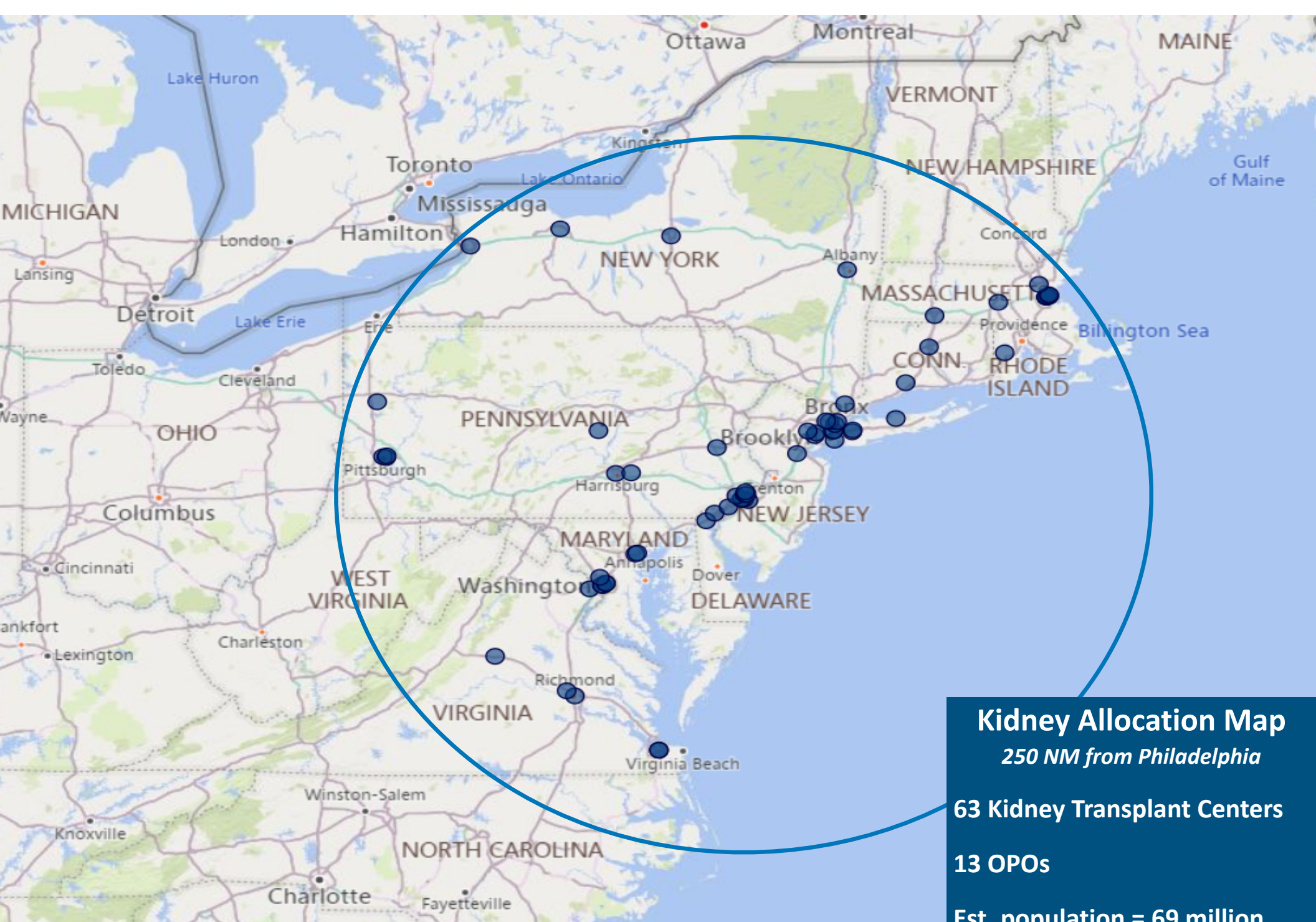
- Shorter wait time for kidney transplant
- Most Living Donor Transplants can be arranged in 6-12 months
- Kidneys from Living Donors last LONGER & work BETTER than from deceased donors
- Convenience of planned surgery & recovery



New UNOS Region Mapping for Organ Allocation

- Finding a Living Donor is more important than ever!
- Wait time on Deceased Donor List for patients in our surrounding community increasing since March 15, 2021, due to a UNOS mapping change.





Kidney Allocation Map

250 NM from Philadelphia

63 Kidney Transplant Centers

13 OPOs

Est. population = 69 million

Approx. 23,000 Kidney Pts.

Considerations for Donating a Kidney





Who can be a Living Kidney Donor?

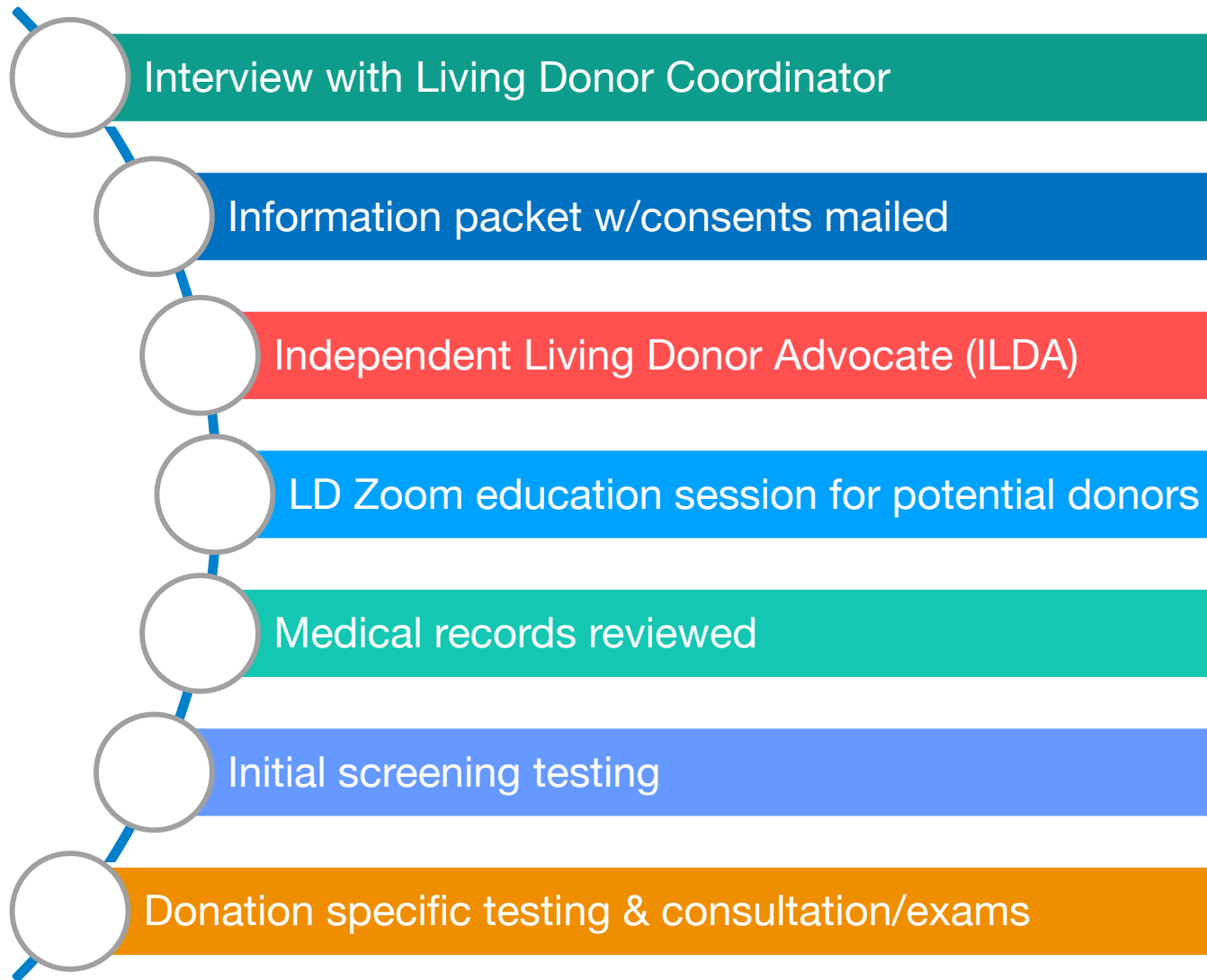


- A Living Kidney Donor must be **healthy** themselves.
- Living Donors **must be 18 years or older** and mentally able to understand the decision to donate & give informed consent.
- A thorough screening & medical evaluation process ensures that only those who would be able to live full and healthy lives with only one kidney are living donors.
- A Living Kidney Donor can be a blood relative, spouse, co-worker, friend, or even a complete stranger. Because of modern anti-rejection medicines, using only direct relatives is no longer necessary.

Living Kidney Donation is a very generous & completely voluntary decision that must be free of coercion or inducement.



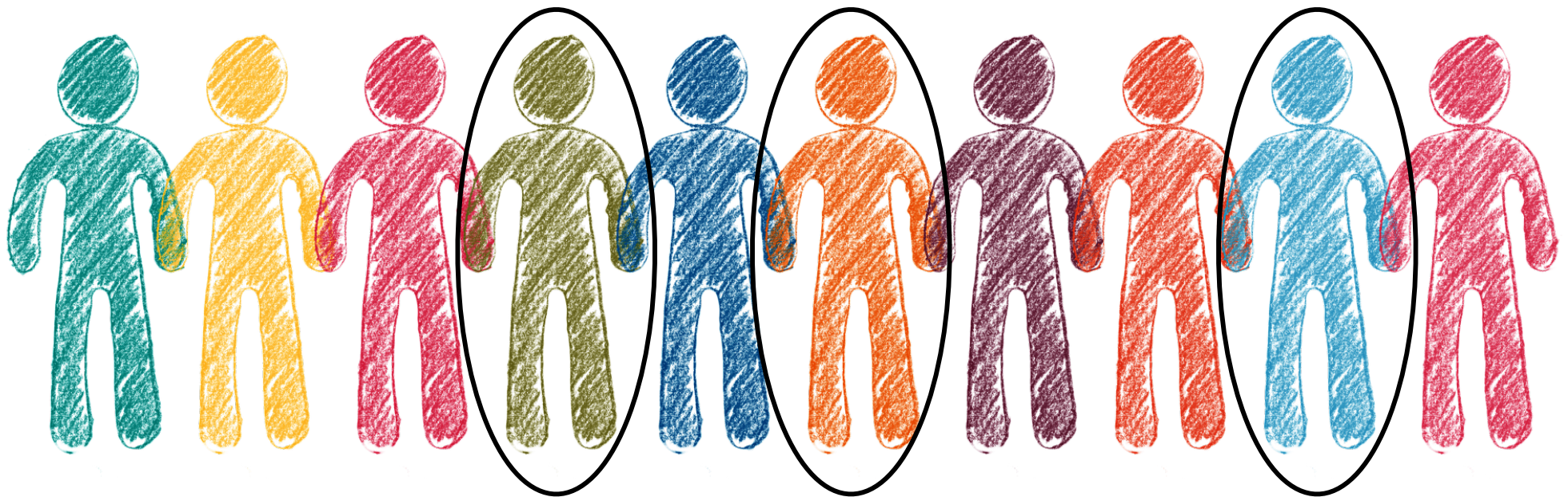
Living Donor Process



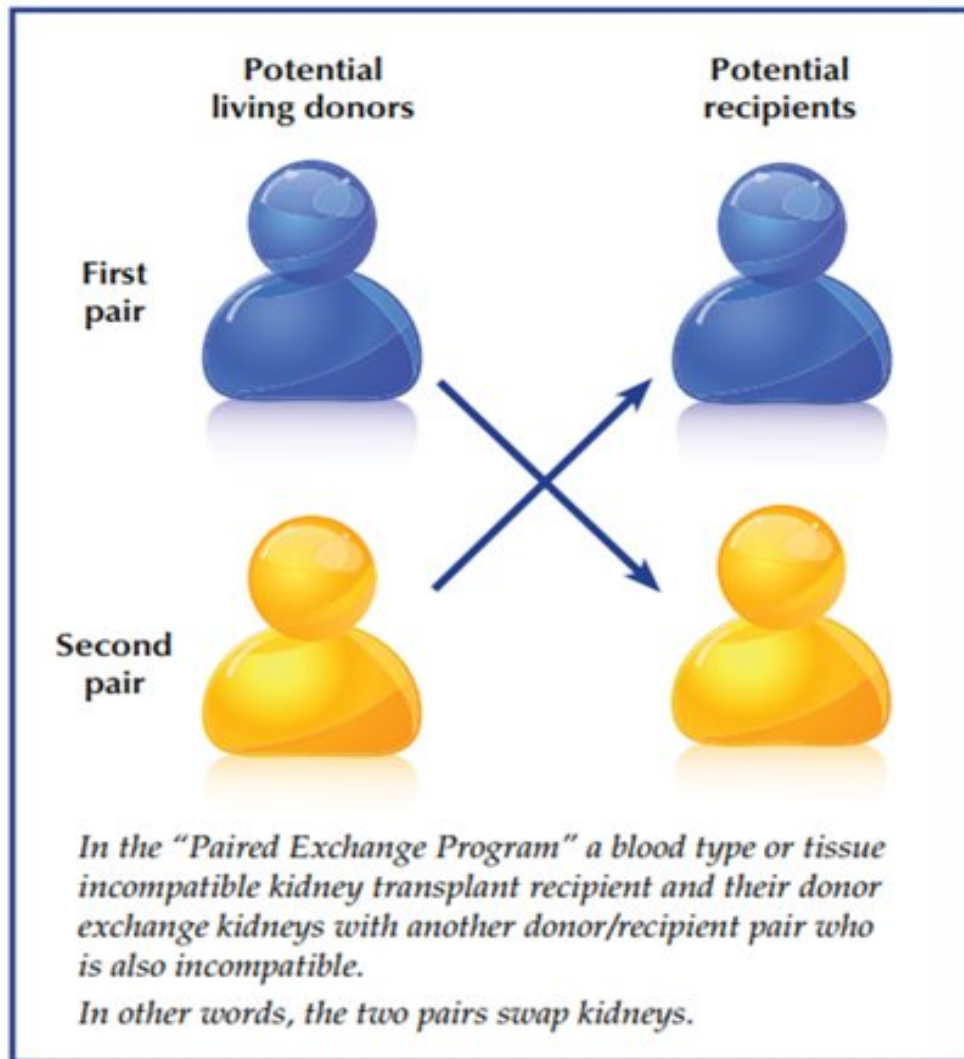


One may not be enough

Statistics show that only 30% of potential living donors are cleared medically, surgically, socially and psychologically.



Paired Donation Option



Can be a good option for the following:

- Blood/tissue mismatch
- Height/weight mismatch
- Age mismatch
- For better match to promote best graft longevity

Donors may choose to donate into exchange even when compatible in order to gain donor benefits.

(i.e., lost wage/travel reimbursement, life/disability insurance, LD transplant in event of CKD/ESRD of donor)

BONUS: Possibility to start a transplant "chain"

The National Kidney Registry (NKR) does >100 transplant swaps/month

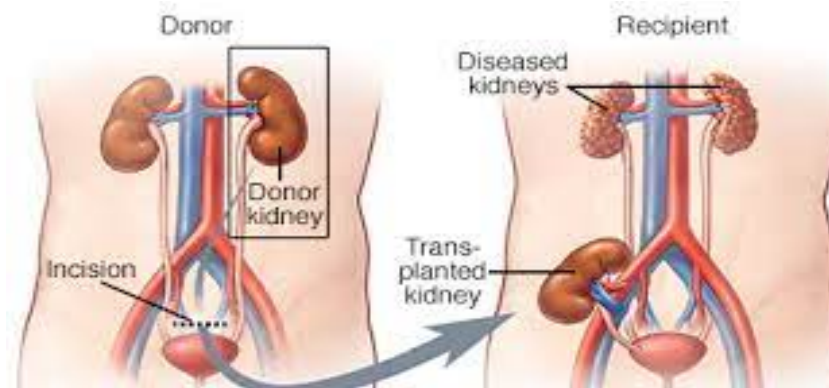


Paired Donation: National Kidney Registry



- **Standard Voucher:** Living Kidney Donor donates into the NKR exchange for an upcoming future transplant their recipient will need within the next year.
- **Family Voucher:** Living Kidney Donor donates into the NKR and may write the names of 5 loved ones for a voucher that can be used anytime in future.
Note: Each voucher can only gift one living kidney, if more than one individual listed on a family voucher requires transplant it will only cover one.
- **Convenience:** Donation is done when it is most convenient for a Living Kidney Donor to have their surgery/recovery and their potential recipient might not yet be ready for a transplant.
- **Post-Donation Care:** This way a donor who plans to be the primary caregiver for a recipient can donate their kidney and recover from surgery, so that so that they can care for their transplanted loved one.

Living Donor Surgery



- Laparoscopic nephrectomy
- Average time in hospital = 3 days
- Post op/recovery = 4 to 6 weeks
- Possibility of financial assistance programs for donor
- Donor does **NOT** pay for evaluation, pre-op testing, surgery/hospitalization, or any post-op medications
- Donor is followed by the transplant team for 2 years post donation to ensure adequate function of remaining kidney



Living Donor Champions!

Who will be your ***GREATEST CHEERLEADER*** to promote your need to family and friends and spread the word around the community?





Get The Word OUT!!

Every interaction is a chance for a conversation to promote the need for kidney donors.

More than 100,000 Americans are on the kidney transplant list!!

Be Honest—Tell **YOUR** story!

- Identify people in your life to help be your Living Donor Champions!
- Use your resources! (i.e., *Facebook, Instagram, email, letters, donor cards, calls*)





Share YOUR Story



Introduction

Share your first name & your connection to kidney disease.

(EX: "My name is Mary, and I'm one of the 100,000 Americans on the kidney transplant wait list. I'm looking for a hero who will be my living kidney donor.")

Share a few medical details

How long since you've been diagnosed? How long on dialysis?

The harsh truth: "The average wait time on the kidney transplant wait list is 5-10 years. Many die waiting for a kidney."


Share a few personal details

How this impacts your family/friends? Your job? What has CKD/ESRD prevented you from doing in your life?
How would a transplant change your life?

Ask people to SHARE YOUR STORY

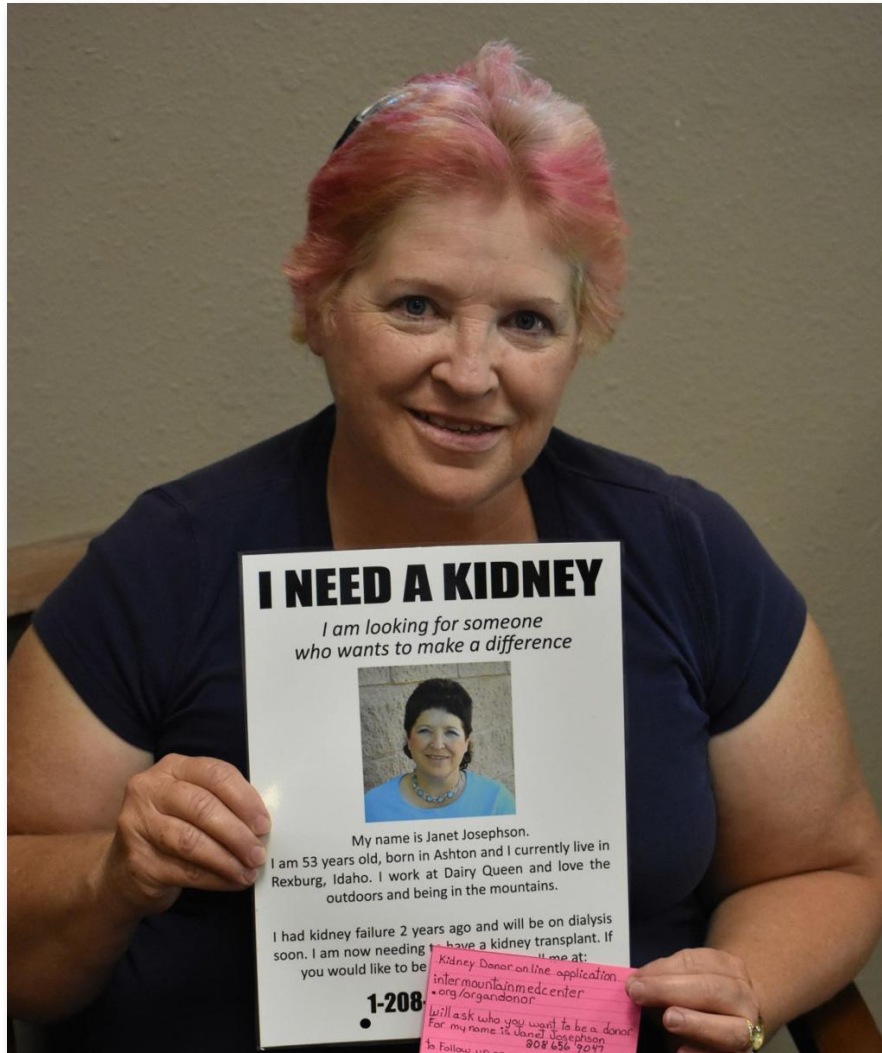
Tell them how to contact your transplant center

ChristianaCare Transplant at 302-623-3866 or online at www.christianacare.org/kidneytransplant



If you're too uncomfortable writing the story/post, ask a loved one to be your CHAMPION and post for you!

Make a Flier!



- Include a picture!
- Make it personal!
How would a transplant change your life? What would it mean to you & your loved ones?
- Include info of your transplant center for them to contact

Do *NOT* include Blood Type

Use Social Media Sites

Facebook

Instagram

YouTube

Twitter

Tumblr

Nextdoorapp

Reddit

Tiktok





Crissy Mac on YouTube

- Originally started posting YouTube videos of her quest to be listed for transplant & find a living donor.
- Now continues to post videos on post transplant wellness. >5K subscribers

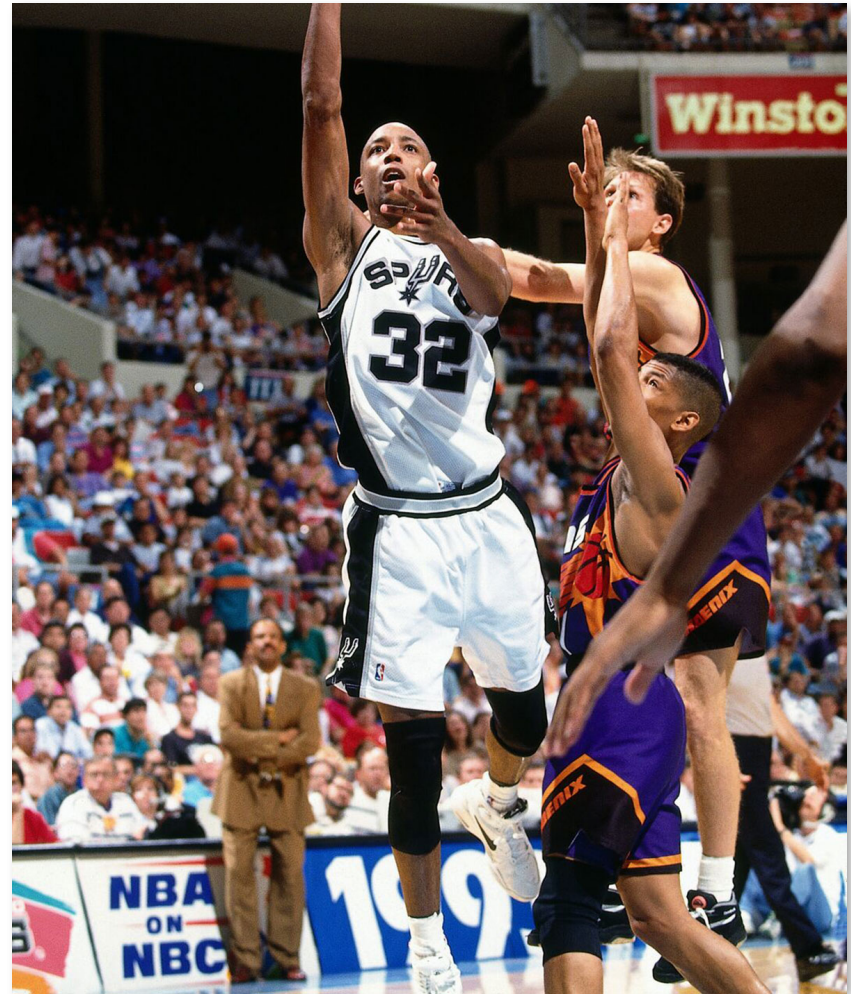
<https://www.youtube.com/watch?v=bAWQ2WG8JP4&t=50s>



NBA Star Sean Elliot

In 2019, NBA Star Sean Elliot celebrated his 20 yr. anniversary of his Living Donor Kidney transplant from his brother Noel.

He was the 1st person to play in the NBA following a transplant.



Living Kidney Donor Jake Garn



Former Astronaut Jake Garn donated his kidney to his 27yro daughter in 1986. He continued to serve his country as a member of Congress till 1992. He is now 88 years old, retired, and “loves to spend time with his grandkids”.

When asked about his living kidney donation to his daughter, he stated “Her mother carried her for 9 months to bring her into this world. I was honored to make a small sacrifice to keep her with us.”



Direct Potential Donors to our Website



Kidney Transplant Program

Kidney Transplant

Our Program
Transplant Process
Living Donation
Education Resources

Kidney Transplant

Why choose the Kidney Transplant Program at ChristianaCare?

ChristianaCare offers the only adult kidney transplant program in Delaware. You can be confident that our expert [team of doctors and nurses](#) are close at hand as you prepare for your surgery and to start your new life.

Each year more than 1,000 patients rely on our transplant team for kidney failure care. We provide complete kidney transplant care, including [kidney transplant evaluation](#), [waitlist care](#), [after transplant care](#) and transplant education. And we serve those who wish to give the gift of life through [living kidney donation](#). We [evaluate patients](#) for living donation, help care after donation, and [educate about living donation](#).



Call: 302-623-3866

[Request an Appointment](#)

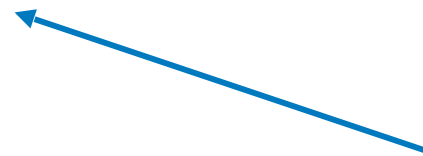
[Interested in Living Donation?](#)

Follow us on Facebook

<http://www.christianacare.org/kidneytransplant>

OR

Web search *ChristianaCare Transplant*



Click link to open
Referral Form



Online Resources List

Explore Transplant

www.ExploreTransplant.org



Supports patients and care providers with educational programs and training seminars. Purpose is to help kidney patients make informed transplant decisions.

National Kidney Foundation

www.kidney.org



Provides information for patients, medical professionals and the public regarding Kidney Disease.

United Network for Organ Sharing (UNOS)

www.unos.org



Provides information and data about transplants, living donation, the waiting list, and transplant centers.

US Department of Health and Human Services

www.organdonor.gov



Provides information about organ donation and transplantation.

Organ Procurement & Transplantation Network (OPTN)

<http://optn.transplant.hrsa.gov>



Contains all national data on the candidate waiting list, organ donation and matching, and transplantation. Provides Member Directory to allow patients to search for nearby transplant centers.

National Living Donor Assistance Center

www.livingdonorassistance.org



Provides financial assistance with travel costs and expenses associated with living donation.

Online Resources List

American Transplant Foundation

www.americantransplantfoundation.org



Provides information, resources, and stories about kidney transplant. Perspectives are coming from medical professionals as well as transplant patients and donors.

Living Kidney Donors Network

www.lkdn.org



Promotes education to the general public about living kidney donation as well as provide specific information to patients so that they can effectively communicate their needs.

National Kidney Registry

www.kidneyregistry.org



Uses advanced technology and large pools of donor/recipient pairs to find better matches through "paired exchange."

Alliance for Paired Kidney Donation

www.paireddonation.org



Provides a service that helps educate people about paired donation. Additionally, helps to connect people with others they know will be compatible.

Give a Kidney

www.giveakidney.org



Provides information about the benefits of becoming a kidney donor. This includes education about safety, the operation specifics, and the before/after process.



Spread the word...





Share Your Thoughts!

