Making a Living Donor Kidney Transplant Happen

Getting patients transplanted in less than a year.
What are the benefits of having a Living Donor?

- Shorter wait time for kidney
- Get transplanted sooner, live a longer life, and don’t die on dialysis
- Kidneys from Living Donors last longer
- Convenience of planned surgery and recovery
Who can be a donor?

PROTECTING DONOR

• Someone who is willing and at least 18 years old.
• Must have adequate kidney function.
• No history of kidney disease.
• No history of kidney stones in the last 10 years.
• Must be healthy and live a healthy lifestyle (i.e. no smoking or BMI < 35).
• No history of diabetes.
• No high blood pressure or well controlled on 1 or 2 medications.

PROTECTING RECIPIENT

• No active communicable diseases.
• No active cancers.
Donation Process

1. Living Donor Coordinator Screening
2. Information Packet w/Consents
3. Independent Living Donor Advocate (ILDA)
4. Donation Specific Testing
5. Screening Testing
6. Medical Records reviewed
7. Screening by Team
8. Donor accepted or denied
9. Donation Surgery Scheduled
One may not be enough

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

In the “Paired Exchange Program” a blood type or tissue incompatible kidney transplant recipient and their donor exchange kidneys with another donor/recipient pair who is also incompatible.

In other words, the two pairs swap kidneys.
Strategies & Tools

- Identify people to have discussions with to create awareness.
- Get the word out! (i.e., Facebook, Instagram, email, letters, calls)
- Utilize Living Donor Champions
  - A spokesperson for the patient.
  - Someone who cannot be a living donor (or not willing).
  - A recruiter for potential candidates.
- Know where to go to get information
  - Memorize our office number
  - ChristianaCare Kidney Transplant website and online referral link
  - Other online referral sources provided
- Get familiar with materials to promote your need for a kidney
  - Refer to this presentation to be emailed after presentation
  - Toolkit with samples to be emailed after presentation
  - Packet sent in mail after this presentation
  - Hand out donor cards to encourage people to learn more and refer themselves!!
Starting My Story

Introduction

- Your first name and connection to kidney disease. For example:
  - “My name is Alex and I have been waiting for a kidney transplant for 4 years.”
  - “My name is Jennifer and I’m writing because my Uncle Marc needs a kidney.”

More Details

- Include some personal details about patient (whether it’s you or a family member/friend.
  - When diagnosed, How long on dialysis
  - What’s difficult about kidney disease, dialysis and/or waiting for a transplant
  - Hobbies, interests, pets, passions
- What’s involved in being a living donor

Conclusion

- How a transplant would help improve patient’s life
- If people are interested in considering donation, what should they do?
5 Ways to Inspire Living Donation

- **Be natural, yet informative:** Share your circumstances in a relaxed and informative way.

- **Make it bigger than yourself:** Weave the numbers of the nation’s kidney shortage into your message.

- **Keep it upbeat:** Share the hopeful side of receiving a transplant. Be enthusiastically optimistic about receiving the gift that can optimize your remaining years.

- **Highlight benefits of living donor transplant:** Explain ability to plan and schedule their transplant and how living donor kidney transplants offer extended years of function and better outcomes.

- **Encourage action:** Refer interested people to reliable websites and your transplant center for unbiased information and next steps.
5 Ways to Inspire Living Donation

- It may take a village of offers to find your ideal donor.
- Share your message with someone new at least once a day.
- Be a voice for the voiceless.
- Believe your best life is not only possible—it’s coming your way now.
What would hold you back?

I’m afraid I won’t know what to say. I’m nervous.

What if they ask questions that I don’t know how to answer?

I feel like I don’t know who to ask.

What if they say “no”?
Direct Potential Donors to our Website

http://www.christianacare.org/kidneytransplant
or
Web Search Christiana Transplant

Click Buttons to open Referral Forms
## Online Resources List

<table>
<thead>
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<th>Resource</th>
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| **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

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<tr>
<td>American Transplant Foundation</td>
<td>Provides information, resources, and stories about kidney transplant. Perspectives are coming from medical professionals as well as transplant patients and donors.</td>
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<tr>
<td>Living Kidney Donors Network</td>
<td>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.</td>
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<tr>
<td>National Kidney Registry</td>
<td>Uses advanced technology and large pools of donor/recipient pairs to find better matches through “paired exchange.”</td>
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<tr>
<td>Alliance for Paired Kidney Donation</td>
<td>Provides a service that helps educate people about paired donation. Additionally, helps to connect people with others they know will be compatible.</td>
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<tr>
<td>Give a Kidney</td>
<td>Provides information about the benefits of becoming a kidney donor. This includes education about safety, the operation specifics, and the before/after process.</td>
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