Planning for a Liver Transplant

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Liver Transplant Coordinator
Proactive Planning for Transplant Panel

- Jayne Kleist, LSW
  Liver Transplant Social Services
- Marilyn Salley
  Transplant Financial Coordinator
Choosing a Transplant Center

Considerations:

- Insurance coverage
- Distance from center
- Survival statistics
- Costs
Liver Transplant Evaluation

- Diagnose liver disease and/or extent
- Meet the transplant team
  - Hepatologist
  - Surgeon
  - Social worker
  - Financial team
  - Dietitian
Transplant Team continued…

- Pharmacist
- Research coordinators
- Chaplain
- Nurses
- Lab technicians, radiology personnel
- Transplant nurse coordinators pre and post
Transplant Team continued…

- Endocrinologist
- Cardiologist
- Pulmonologist
- Nephrologist
- OR staff
- Infectious disease
- Educators
- Others
Liver Transplant Evaluation continued…

- Other health problems

- Education
  - Risks and benefits
  - Alternative treatments
  - Survival rates
  - Complications
  - UNOS
Liver Transplant Evaluation continued…

- Progressive, advanced and incurable liver disease
- Selection conference
  - Team decision
Then what happens?

- UNOS waiting list
- Blood type, size
- Waiting time varies
  - MELD score
    - total bilirubin, INR, creatinine
  - PELD score for children < 12 years
    - total bilirubin, INR, albumin, height, weight
Considerations

➤ Financial, before and after transplant
  • Insurance
  • Medication coverage
  • Travel/lodging
Taking Care of Yourself

- **Fatigue**
  - Common
  - Inactivity increases fatigue
  - Move a little
  - Rest when you need it
  - Sleep
  - Keep a positive attitude
  - Keep your mind busy
Taking Care of Yourself...

- Nutrition
  - Eat nutritionally
  - Nutritional supplements
  - Low sodium
  - Small amounts of protein
  - Vitamins as recommended
  - Small, frequent meals
Vitamins and Minerals

- A
- D
- E
- K
- Zinc
- Calcium
Medications

- Pill box
- Medication schedule
- List in purse or wallet
- Take with food if allowed
- Know name, dose, frequency, side effects
Taking Care of Yourself continued...

- Physical therapy
- Work vs. Disability
- Caregivers
  - Friends
  - Family

Accept offers of help
Medical Care

- Transplant Center
- Local physician
- Authorization to share medication information
- Team effort: you, your family/friends, local physician, transplant team!
Preparing to get the call

- Distance – will you drive? fly? relocate?
- Details at home – pets? mail? home?
- Packing
  - Comfortable clothes
  - Portable hobbies
  - Seasonal items
- False alarms
Other considerations

- Multiple listing
- Living donor vs. Deceased donor
- Costs to donor
  - Travel
  - Lodging
  - Lost wages
Other considerations

- Disease recurrence
- Advanced Directive
- Resources
  - www.ustransplant.org
  - www.unos.org
  - www.transplantliving.org
  - 866-227-7501
The only way out is through

- Robert Frost