

Planning for a Liver Transplant

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Liver Transplant Coordinator

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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
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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

The background of the slide features several sets of concentric circles in a lighter shade of blue, resembling ripples in water, scattered across the bottom half of the page.

Medical Care

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

