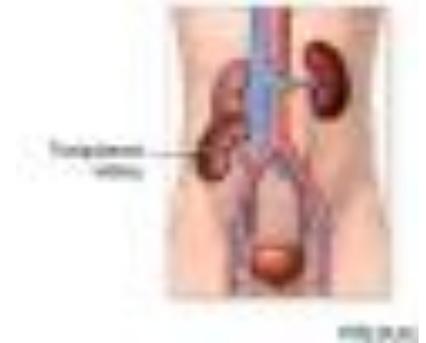


Welcome to our class on Kidney Transplants, and Financial aspects of CKD



Sponsored by Nephrology Associates of Michigan

Given BY:

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&

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Section I

Class Goals

- How the process to get to a transplant works
- What is a kidney transplant
- Who is a transplant candidate
- Where transplant kidneys come from and how they are evaluated
- How the donor is evaluated
- Anti-rejection drugs & Immunosuppression
- Advantages and disadvantages of a transplant
- Diet and Transplant
- Financial Considerations for transplants

What is the Transplant Evaluation Process?

- Obtain a transplant referral from your physician
- Choose & contact the transplant center of your choice
- Attend your initial evaluation & complete your testing
- If you have a living donor, schedule their evaluation and testing
- The transplant team will review your file and lets you know in writing of their decision

Who is on the transplant team?

- Transplant coordinators
- Social worker
- Financial coordinator
- Transplant surgeons
- Dietitian
- Nursing staff
- Pharmacist

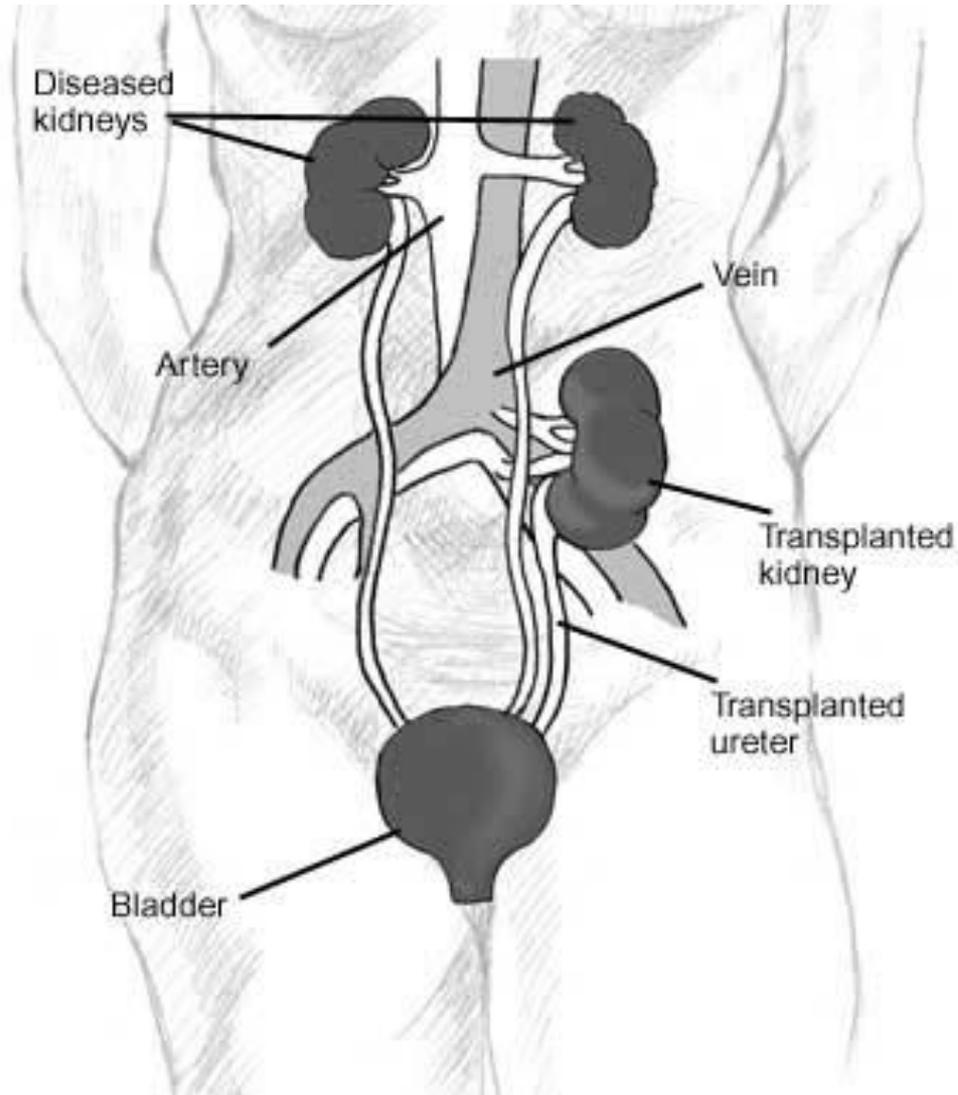


What is a Kidney Transplant?



- Surgery where a new kidney taken from a living or deceased donor is put in the lower abdomen of your body.
- Replaces kidney function
- It is a treatment – not a cure
- The new kidney makes urine and cleans blood
- Your own kidneys are left in your body

Transplant



Who is a Transplant Candidate?

- Irreversible kidney damage & GFR <20mL/min
- Medically and psychologically stable
- Age restrictions can differ between centers
- No infections – even in teeth
- Cancer-free for a period of time (time varies depending on the type of cancer, 2-5 years)
- No major heart, lung, liver diseases
- You do not need to be on dialysis, early preemptive transplants are possible

How do I know if I am a transplant candidate?

- A thorough evaluation is required by every transplant center to determine if you are both medically & mentally stable for a transplant.
- Testing & acceptance criteria varies from one transplant center to another.
- Financial considerations are completely addressed by the transplant center, including post transplant medication coverage before a transplant can take place.

Are You a Transplant Candidate?

- **The Medical, Mental & Social Evaluation:**
 - Medical history and full physical exam
 - Blood tests: type (ABO), Tissue typing (HLA)
 - Scans, x-rays, dental clearance, cardiac stress test, ultra-sound dopplers, prostate check, pap, mammogram, colonoscopy
 - Smoking and illicit drug use (quit if applicable)
 - Over weight? You may be asked to loose weight
 - Family support & emotional well being evaluation

Where Do Kidneys Come From?

- Cadaver organ donors (74%)
 - Anonymous
 - UNOS (United Network for Organ Sharing) keeps list
 - Wait can be several years depending on program
- Living-related donors (19%)
 - Parent, brother, sister, child, other relative
- Living-unrelated donors (7%)
 - Spouse, friend, neighbor, stranger



Living Donor Paired Exchange

- When you have 2 incompatible recipient pairs making two compatible living donor transplants.
- Example: donor #1 is not compatible with recipient #1, and donor #2 is not compatible with recipient #2.
- Donor #1 is compatible with recipient #2 and donor #2 is compatible with recipient #1 and an exchange is made.

Expanded Criteria Donor Program (ECD)

- Deceased donor Kidneys for which kidney survival and function are inferior when compared to standard criteria for deceased donor kidneys.
- Ex. Donor older than age 60 or age 50 to 59 with history of stroke as cause of death, pre-existing hypertension or creatinine > 1.5 at time of death.

The Wait List

- You can be on more than one list
- Check on insurance coverage for out of state listing
- Wait times vary across the country
- No one can tell you exactly how long you will wait for a kidney
- There are over 70,000 people on the wait list in the United States

Can I go to another country to have a transplant?

- Yes, you can go to another country to have a transplant however **your surgery and transplant rejection medications will unlikely be covered by your insurance or Medicare.**
- There are **serious risks** due to unknown donor infections and diseases, unknown surgical technique and hospital conditions and possible poor follow-up care.

Who Can Be A Living Donor & How is A Living Donor Evaluated?

- Donor must also be at least 18 years of age (21 at some centers)
- In good physical & mental health
- Willing to donate (under no pressure)
- Lengthy evaluation process and medical tests
 - Physical & mental exam
 - Blood and other tests as indicated
 - Must meet medical criteria for donation

Living Donor Risks & Benefits

- Possible surgical complications such as pain, infection or bleeding
- Risk of death is small but present
- Long term risk to donors are being studied and results are positive. No long term adverse effects have been identified.
- Potential Donor benefits: improvement in recipient and increased self-esteem
- For more information: www.livingdonors.org

Financial Issues For A Living Donor

- Insurance of transplant recipient may pay for the evaluation and surgery expenses
- Donor's time off from work, and costs of travel may not be covered by insurance
- Donor may qualify for sick leave, short-term disability or unpaid leave
- It is illegal to earn money by donating a kidney

Evaluating a Deceased Donor Kidney

- The person has suffered brain death
- Evaluation of kidney health & function
- Donor must meet medical criteria
(No infection, cancer, HIV, and cytomegalo virus)
- Good match (Tissue Type, Blood Type, Antigen)
- Cadaver kidney must be transplanted within 24-72 hours of removal from the donor

How is a kidney evaluated?

- To determine a good, healthy match, the following steps are done:
 - Blood tests :
 - Blood type
 - Tissue type
 - Cross-match :does the recipient have antibodies that will attack their new kidney?
 - Medical criteria
(time kidney spent on ice & other criteria)
 - Age of kidney



How Do We Prevent Transplant Rejection?

Anti-Rejection Medication

- Immunosuppressants help to keep your body from rejecting your new kidney
- Rejection is the leading cause of transplant failure
- Rejection can occur at any time, but often in the first 3 months
- Rejection may occur despite your best efforts

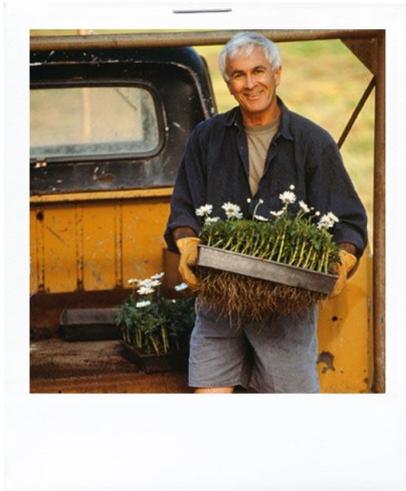


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Immunosuppressive medications



- To suppress or stop the body's normal immune response to reject the donor kidney
 - Help you tolerate the new kidney
 - Must be taken daily
- Major advances in immunosuppressive therapy
 - Cyclosporine is the most common
 - CellCept—Prograf--Tacrolimus

Risks and possible side effects



Lowered resistance to illness

- Immunosuppressive medications lower your resistance to infection
- To stay healthy, you must protect yourself from coming in contact with infections
- Take the correct dosage of medication and see your doctor regularly

Risks and possible side effects (Cont.)

- **Some of the most common side effects include:**

- Weight gain
- Increased sweating
- Elevated blood pressure
- Acne
- Muscle weakness
- Gum problems

- Upset stomach
- Hand tremors
- Mood swings
- Puffiness of the face and abdomen
- Increased susceptibility to infection

Advantages of Transplant

- Kidney function near normal
- No need for dialysis
- Fewer clinic visits
- Less restrictions (fluid & diet)
- More energy & less hospital admissions
- More free lifestyle



Disadvantages of Transplant

- Risks of surgery
- Risk of rejection
- Medication side effects
- Lower resistance to infection and illness
- Stress while waiting
- Increased risk of diabetes
- Out of pocket costs



A Kidney is Found For You

What is next?

- You will be contacted by beeper or telephone to come to the transplant center for a possible transplant.
- You will have some blood tests to find out if you are compatible with the donor
- You will have a complete medical exam
- If the serum cross match is negative you are ready to go

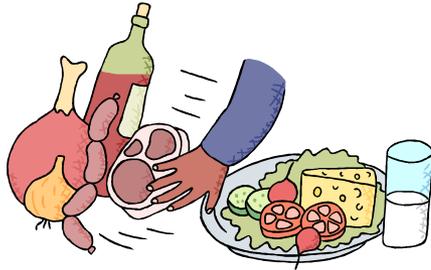
Possible Problems After Surgery

- Bleeding around the kidney
- Narrowing of main artery taking blood into the kidney
- Obstruction of urine flow
- Lymphocele
- Pneumonia
- Bladder Infection
- Infection at surgical site
- Rejection of kidney
- Blood clots
- Must get out of bed within 24 hours after surgery to help avoid complications

What Happens If My New Kidney Fails?

- You will resume dialysis
- You will be placed back on the transplant list if you are cleared for a new transplant
- You will be followed by your transplant surgeon and nephrologist

Responsibilities of the Recipient



- Get regular physical exams
- Take all prescription medications
- Follow your diet and exercise program
- Learn the signs & symptoms of infection
- Report any symptoms or problems



Diet for transplant

- Usually few diet limits are needed—except maybe calories
- Avoid raw meat and fish
- Follow good rules of food safety



People with a Kidney Transplant

- Go to work and school
- Travel
- Play sports and exercise
- People with kidney transplants experience improved quality of life and in some cases a longer life, compared with dialysis.
- People on dialysis can do all of these things to but with more restrictions and less options.

Section 2

Financial & Insurance Considerations

- Goal: establish a basic understanding of health care coverage for kidney transplants.
- Note: coverage may change based on Medicare changes and is on an individual basis.

Transplant Financial & Insurance Issues

- How much will this cost?
- Can I still work?
- Know your insurance coverage
- COBRA
- Medicare coverage
 - Eligibility under End Stage Renal Disease
 - Medicare part A & B
 - Secondary coverage / medigap

Medicare Part A Transplant Coverage

- Hospital services in an approved hospital, labs and required testing
- Full cost of care for a live donor and cost of finding a cadaver kidney
- Additional inpatient hospital care for any complications

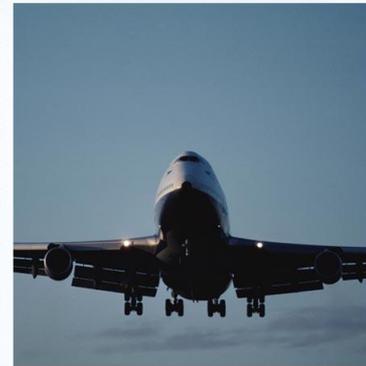
Medicare Part B Covers

- Doctor's services for transplant surgery
- Doctor services from your kidney donor during their hospital stay
- Immunosuppressive Drugs
- Blood transfusions if needed

Call 1-800-Medicare to get the most recent edition of “**Medicare Coverage of Kidney Dialysis and Kidney Transplant Services**” or download it off www.fda.gov

Manage, Gain Control & Look To The Future!

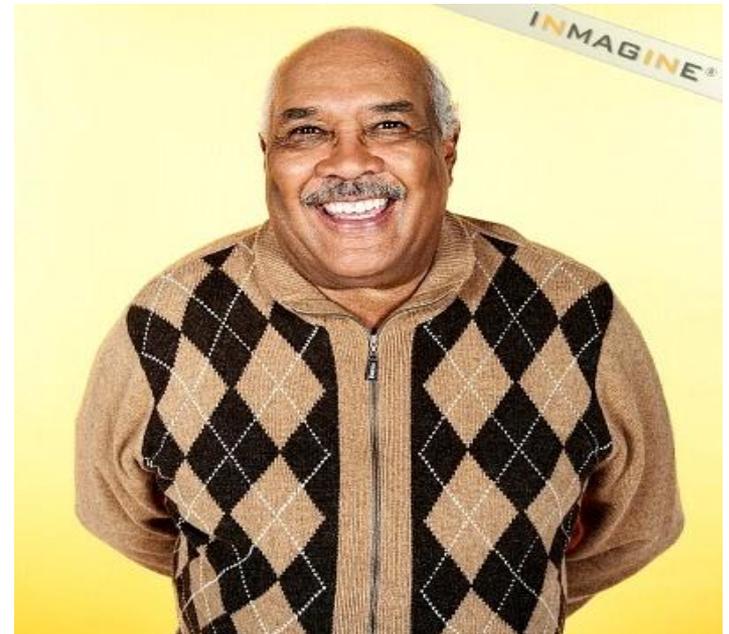
- Know what you need to do to stay healthy & do it!
- Exercise
- Return to what you enjoy doing
- Try new activities



Section 3

Class Goals

- Discuss Life Care Planning
- Advanced Directives
- Living Wills
- DPOA



Advanced Directive

Living Will & Durable Power of Attorney for Health Care

- Advanced Directive:** states what you want and don't want for medical care (tube feedings, CPR, mechanical respiration, dialysis, surgery etc.)
- **Living Will:** lets you write down the kind of care you want if you are unable to make decisions but does not allow you to appoint someone to make these decisions for you.
 - **DPOA:** designates another person to make health care decisions for you in the event you are unable to make these decisions for yourself.

This Concludes our Presentation

- Any Questions for :
- Jeanne Krawiec ANP-BC
- Jerry Tee Patient Advocate

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Quiz continued

3. This is a service to support people in the dying process _____
4. A _____ tells your health care providers in writing what type of medical care you want or do not want if you should become unable to make these decisions for yourself.

TRUE or FALSE

1. A kidney transplant is a cure for kidney disease.

T or F

2. A complete physical and some testing is required to get on the kidney transplant list.

T or F

3. It's OK if I skip my immunosuppressant drugs a couple days a week

T or F

4. My transplant medications are covered by Medicare as long as my kidney is working well

T or F

Transplant Quiz

5. Advantages of a kidney transplant include: kidney function near normal, chance of a longer life and less trips to the doctor.
T or F
6. Treatment for depression may include both medications and counseling.
T or F
7. It is legal to get a transplant in another country and Medicare will cover the cost of all immunosuppressant medications for you.
T or F
8. Raw oysters and sardines are good food choices after you have a kidney transplant.
T or F
9. I will not be able to play any type of sport or exercise after I have a kidney transplant.
T or F