Mental Health & Well Being: Living with your Transplant

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Disclosures

I have no relevant disclosures.

Learning objectives

1) Understand the common mental health needs throughout the transplant process
2) Recognize the increased risk of psychiatric illness in the transplant population
3) Understand the role of therapy and psychiatric medications for transplant patients
4) Identify resources available for transplant patients and their caregivers

Current state of transplantation

2019: Record number of lives saved

10.7% increase in the number of deceased donors*

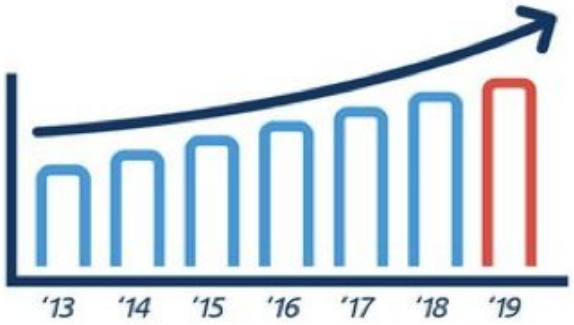
Almost 40,000 total transplants

Almost **7,400** living donor transplants*

New record number

8.7% increase in transplants from 2018*

7th year of increase



*Based on OPTN data as of January 7, 2020. Data subject to change based on future data submission or correction.

UNOS

Retrieved from https://unos.org/news/organ-donation-sets-record-in-2019/

Transplant process

1) Onset of end-stage organ disease
2) Evaluation for transplant
3) Waiting list
4) Transplant procedure
5) Post-transplant life

Transplant specific stressors

Pre-transplant

- Uncertainty
- Role changes
- Medical issues
- Long wait times

Post-transplant

- Surgical complications
- Side effects
- Expectations
- Role changes

Rollercoaster of emotions

Retrieved from https://avivabarnett.com/wp-content/uploads/2018/01/rollercoaster.jpg

Anxiety/depression & transplant

Anxiety or depression in pre-transplant

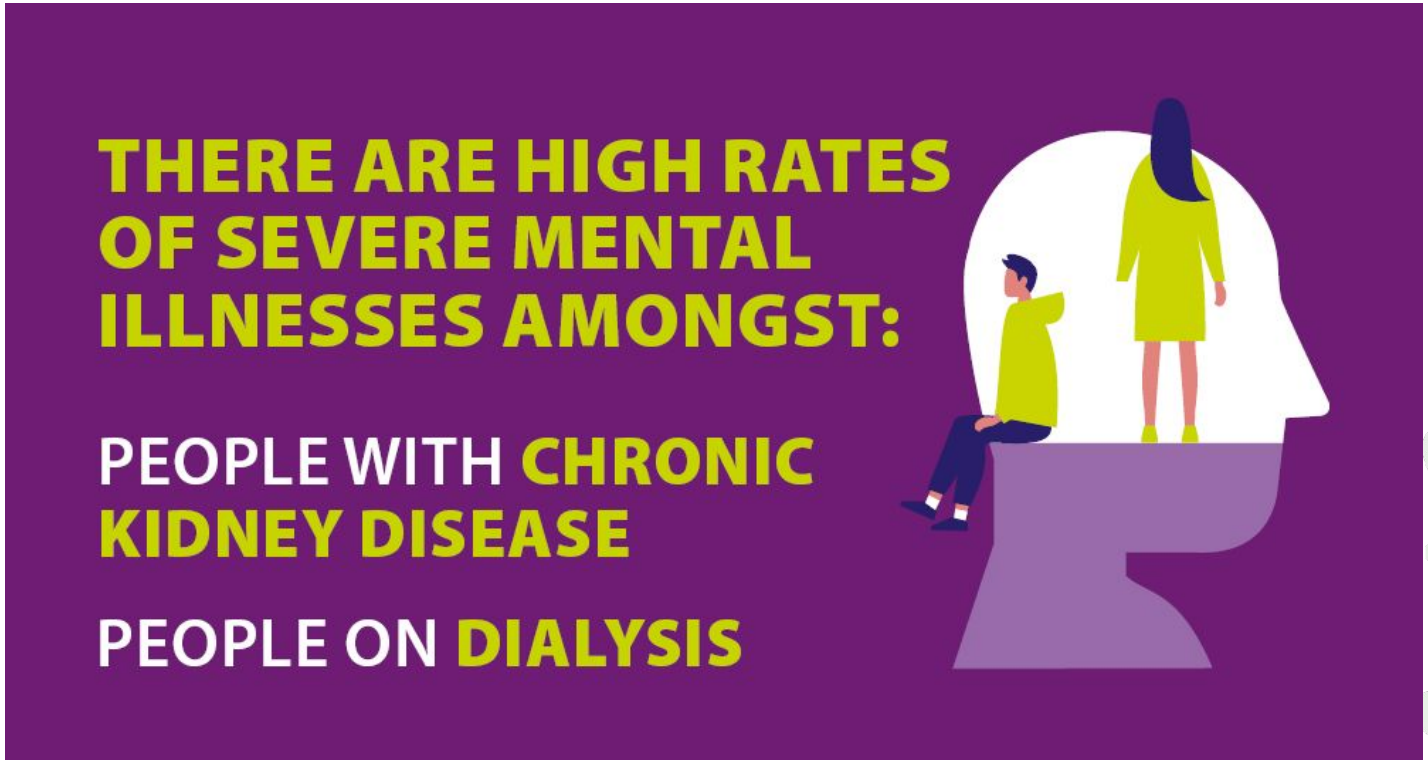
- 25% lung, 30% liver, 40% kidney, 50% heart

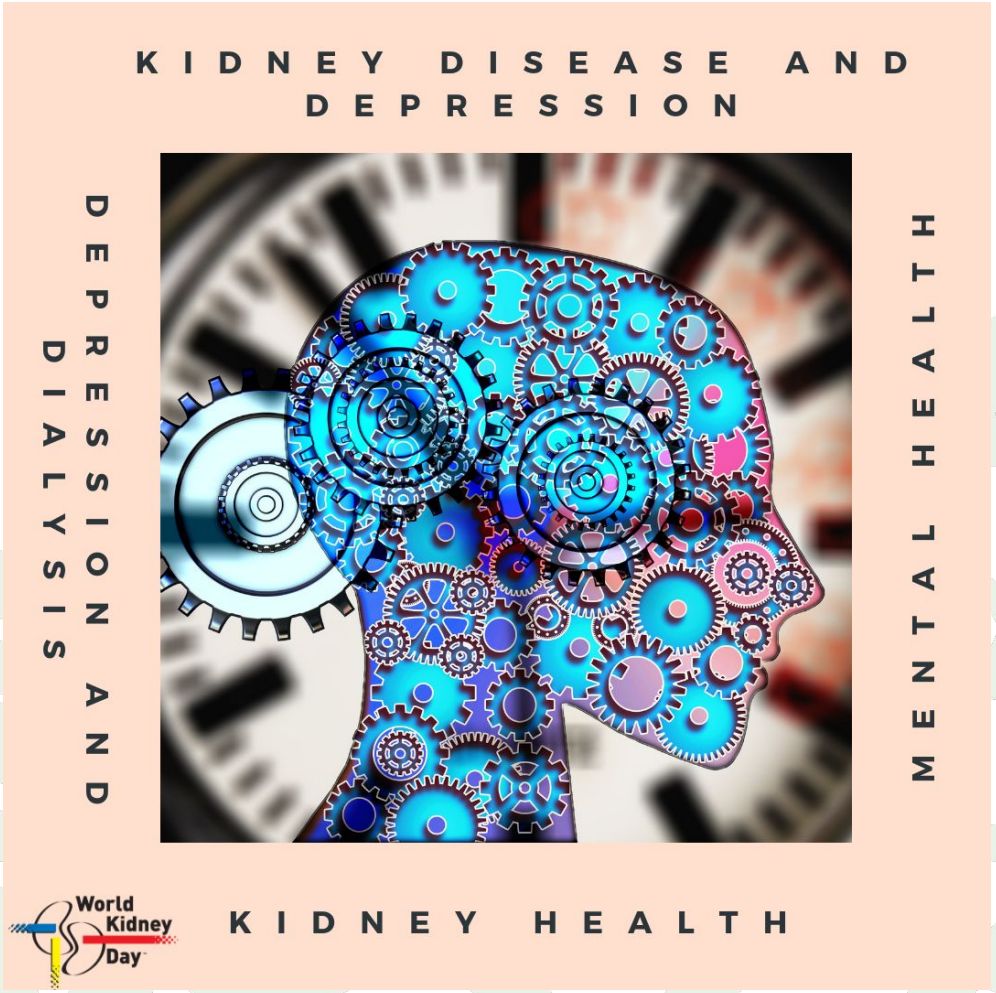
Anxiety or depression in post-transplant

- Up to 60% in all solid organ transplant recipients
- Depression post-transplant can increase risk of mortality

Trumper A, Appleby L. Psychiatric morbidity in patients undergoing heart, heart and lung, or lung transplantation. J Psychosom Res. 2001;50:103–5
DiMartini A, Dew MA, Crone C. Organ transplantation. In: Sadock BJ, Sadock VA, Ruiz P, editors. Kaplan and Sadock's Comprehensive Textbook of Psychiatry. 9. Vol. 2. Philadelphia: Lippincott Williams & Wilkins; 2009. p. 2441
Dew MA, Rosenberger EM, Myaskovsky L, et al. Depression and anxiety as risk factors for morbidity and mortality after organ transplantation: a systematic review and meta-analysis. Transplantation. 2015;100:988-1003.

Kidney disease & mental health





Retrieved from https://www.worldkidneyday.org/wp-content/uploads/2019/05/sweet-heart.png
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How do I know if I am struggling?

Warning signs

- Ongoing sadness or irritability
- Lack of interest
- Thoughts of self-harm
- Excessive fear or anxiety
- Changes in eating or sleeping habits

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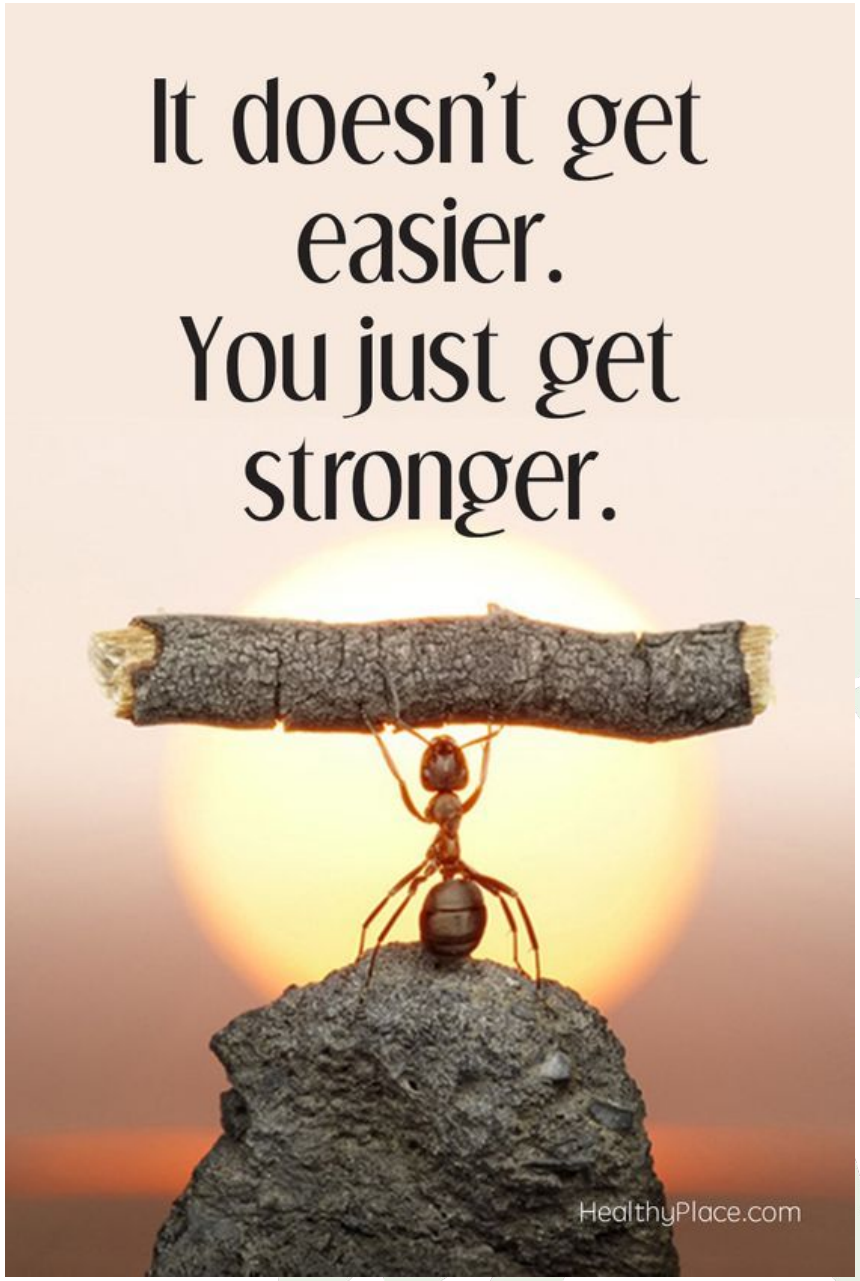
What can help?

Individual therapy

- Improves coping skills
- Processes emotions



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Role of medications

Medications

- Antidepressants can help manage both anxiety and depression
- Work closely with prescribing provider
- Weighing risks and benefits

Finding a mental health provider

Referrals

- Ask your primary care provider
- Ask your transplant coordinator or social worker
- Call your insurance company

www.psychologytoday.com

Psychology Today

Transplant specific resources

Support groups

- National Kidney Foundation Peers
  - 1-855-NKF-PEERS (653-7337)
  - NKFpeers@kidney.org
- TRIO meetings
- Facebook Groups

TRIO Maryland

NATIONAL KIDNEY FOUNDATION.

TRIO Maryland

Other ways to manage stress

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Caregivers play crucial role

- Caregivers provide many roles
- Needs of caregivers can often be overlooked

Retrieved from https://chrysaliscenter-nc.com/wp-content/uploads/2019/11/caregiver1.png

Caregiver burnout

Retrieved from https://caregiverdave.com/wp-content/uploads/2019/07/guarding-against-caregiver-burnout-alzheimers-dementia-two-380x250.png

Caregiver resources

- **Maryland TRIO**: 1-800-874-6386
- **Called to Care**: A Program for Family Caregivers (Bayview)
  - 410-550-8018
- **Caregiver Action Network**
  - 202-454-3970, info@caregiveraction.org
- **Well Spouse Association**
  - 1-800-838-0879, wellspouse.org
- **Maryland Department of Aging**
  - 410-767-1100, aging.maryland.gov

Retrieved from https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSfiOjMMULmm-uXCzxvgv94BnqfMrINKFPolw&usqp=CAU

Your transplant & mental health

- **Mental health resources**
  - www.psychologytoday.com
- **COVID resources**
  - www.bhsbaltimore.org/find-help/covid-19-wellness-resources

Question & Answers

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Transplant Resources: Mental Health & Caregiver

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TRIO Maryland

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  - ***Finding a mental health provider***
    - www.psychologytoday.com
  - ***Support groups***
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    - Maryland TRIO
  - ***COVID resources***
    - www.bhsbaltimore.org/find-help/covid-19-wellness-resources
- Caregiver Resources
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