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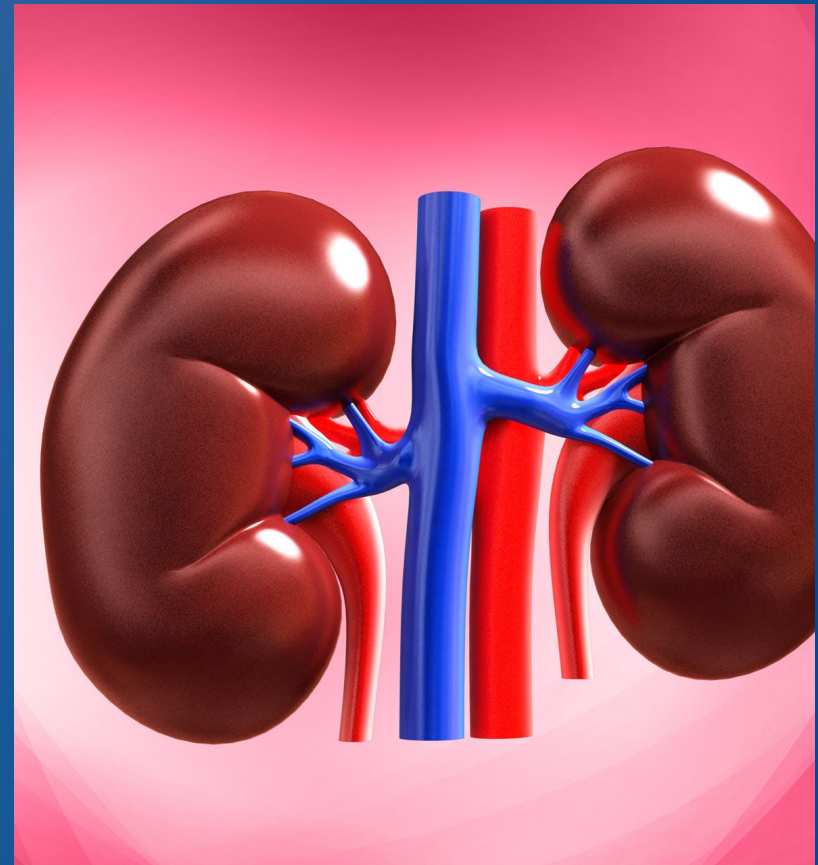
THE JOHNS HOPKINS  
HOSPITAL

# Preparing for Your Kidney Transplant

Presented by: Michelle Morrison, RN MSN

# Why are my kidneys so important?

- Remove waste products from the body
- Remove drugs from the body
- Balance the body's fluids
- Release hormones that regulate blood pressure
- Produce an active form of vitamin D that promotes strong, healthy bones
- Control the production of red blood cells



# Kidney Transplant “Fast Facts”

- 99,000 people are waiting for a kidney transplant in the United States (2020)
- *Average wait time for deceased donor kidney transplant is 3 to 6 years*
- Each year, 5,000 people die while waiting for a kidney transplant
- >20,000 kidney transplants are performed annually



# Benefits, Risks and Alternatives

## Benefits

- Longer survival
- Improved quality of life
- Live life without the requirement of dialysis
- Overall feel better

## Risks

- Surgical procedure
- **Lifelong immunosuppressant medication**
- Risk of rejection, malignancy, infection, graft failure, and death

# Kidney Transplant Waitlist

- **Waitlist Status**

- **Active (Status 1)**

- Cleared for organ offers, accruing time

- **Inactive (Status 7)**

- Accruing time, but not eligible for organs offers, possibly due to pending tests or current medical, financial or psychosocial status

- **Not a candidate**

- Possible contraindications:

- advanced cardiovascular disease, active malignancy, active substance abuse, or a prohibitively high Body Mass Index ( BMI)

- *Once listed as Active (Status 1) on the Wait List you must make certain your blood sample (tissue typing sample) is sent to the Johns Hopkins Immunogenetics Lab. It will be determined by the Transplant team how frequent your sample should be sent. Without a current sample you could risk delay of your transplant. A letter with detailed information will follow once you are made active on the list.*

# Live Donor Kidney Transplant

## *“The Gift of Life”*

- You don't need to have the same blood type to donate
- Types:
  - Direct Donation
  - Non-Direct Donation (Altruistic)
  - Paired Kidney Exchange (Swap)

Covered	Not Covered
Evaluation Visits	Travel Expenses
Diagnostic Bloodwork	Unrelated Medical Conditions
Diagnostic Tests	
Surgery	
Post-Surgical Care	

# How Do I Find a Live Donor?

- Share your STORY!!
  - **'The Donor App' Website:** Sign up and list **Johns Hopkins** as the Transplant Center and you will be called for further instructions. This app will help you write and share your story.
  - Social media platforms: Encourage your friends/family to share through their social media platforms to increase the number of people that see your story
- **Johns Hopkins Donor Team Contact Information**
  - **410-614-3873**
  - [https://www.hopkinsmedicine.org/transplant/programs/kidney/living\\_donors/](https://www.hopkinsmedicine.org/transplant/programs/kidney/living_donors/)

# Kidney Transplant Organ Offers

- Allocated based on how **long** you've waited on the waitlist (driven by date of first dialysis)
- If you are called for an organ offer, keep in mind that a few other patients are called as well:
  - Target patient
  - Back up to the target patient
- At times, patients are called in to the hospital for tight time constraints but later discharged
  - Surgeons may view the organ upon arrival and decide that it is not transplantable
  - You may be brought in as a backup and never get the organ
  - **No penalty for declining an offer!**

# Preparing for *AFTER* your Kidney Transplant

- New medications
- JP drains
- Hospital stay 4-7 days
- Assigned a nurse coordinator
- Follow up appointment schedule: daily, weekly, monthly
- *Females and Males of reproductive potential should consult their transplant team prior to pregnancy due to the increased risk of birth defects while taking immunosuppressive medications*
- Deceased Donor Kidney Transplants can last an average of **11.7 years**
- Live Donor Kidney Transplants can last an average of **19.2 years**

# PANCREAS TRANSPLANT

# Indications for Pancreas Transplant

- Simultaneous Kidney and Pancreas Transplant (SPK)
  - Blood sugar swings from high to low, often without warning
  - Frequent admissions to the hospital for diabetic ketoacidosis
  - Average wait time of 1 year
- Pancreas Transplant Alone (PTA)
  - A pancreas-only transplant is performed on patients with type I diabetes and no kidney problems.
- Pancreas After Kidney Transplant (PAK)
  - Sometimes, a patient who has type I diabetes and end stage renal disease will have a living kidney donor. In this case, the kidney transplant is performed first, using the living donor's kidney. Then, the patient waits for a deceased donor pancreas to become available.

# Contact Information

Interested in being evaluated?

Have questions?

Please contact me:

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