



I was referred for Liver Transplant: Now What?!

Proactive Planning Before Transplant

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Choosing a Center

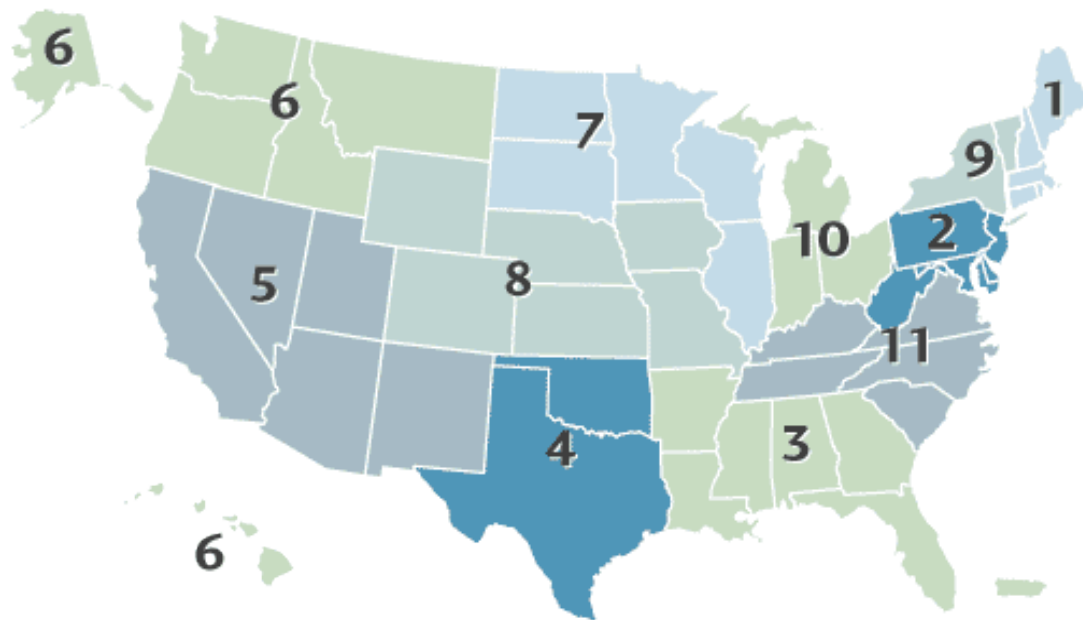
Considerations:

- Insurance coverage
- Distance from center
- Survival statistics
- Costs
- Transplant MELD Scores by UNOS Region

UNOS Region

UPMC Liver Transplant Program

- Established 1981
- Over 5,000 liver transplants performed
- Part of UNOS region 2



The Transplant Process

- Referral
- Fiscal Clearance
- Evaluation
- Presentation at Selection Committee
- Listing
- Call for transplant surgery



Meet the Transplant Team

- Nurse Coordinator
- Hepatologist
- Surgeon
- Pharmacist
- Social Worker
- Transplant Psychiatry/Behavioral Health
- Nutritionist
- Financial Analyst
- Ancillary services determined by specific testing



What to Expect

- Testing, testing and more testing
- Education
- Medical History
- Psycho/Social History
- Insurance/Rx Coverage
- Long days

* Don't be afraid to be honest with your clinicians

Listing Process

- Presented at Selection Committee
- Criteria for transplant
 - Medical
 - Psychosocial
- Blood type, size, MELD



MELD score-Model for End-Stage Liver Disease

- MELD Score evaluates liver and kidney function by measuring 3 blood tests
 - **Bilirubin** causes jaundice/yellow eyes
 - **INR** measure blood clotting
 - **Creatinine** measures kidney function
- PELD score for children <12
 - Total bili, INR, albumin, height, weight
- MELD score exceptions

Waitlist Waiting...

- **Take Care of Yourself**

- Fatigue is common
- Anxiety is common
 - Inactivity increases fatigue
 - Move a little
 - Sleep
 - Keep a positive attitude
 - Keep your mind busy



Taking Care of Yourself

- Nutrition
 - Option to follow with Transplant Nutritionist
 - Eat Healthy
 - Nutritional supplements
 - Low sodium
 - Small amounts of protein
 - Small, frequent meals

**Do not take any supplements or make changes to your diet with out consulting your Physician.*

Taking Care of Yourself

- Physical Therapy
- Work v. Disability
- Caregivers
 - Friends
 - Family
 - Church/Community members



**Accept offers for help*

Communication in Medical Care

- Communication with the Transplant Team is important
- Authorization to share medical information
- Call your Nurse Coordinator with **any changes** in medical conditions, changes in your insurance, any other questions, concerns.

Preparing for “The Call”

- More than 4 hours from the Center?
 - Will you drive, fly?
- Help
 - Who will watch your kids, your pets? Who will help with home chores (like mail) while you’re away?
- Pack:
 - Comfortable Clothes
 - Portable Hobbies
 - Insurance cards and financial information
 - MPOA, Living Will
- False Alarms



Considerations

Financial: Before and after transplant

- Insurance: Know your coverage!
- Medication coverage
- Fundraising
- Travel/lodging to and from Pittsburgh
- Time off work

Considerations



Psychosocial:

- Family support/caregivers
 - Caregiver burnout
- Transportation
- Substance abuse rehabilitation
- Mental Health treatment
- Motivation for transplant
- Goals post transplant
- Medication regime and costs
 - Pillbox, list in purse/wallet, know name, dose and frequency
- Advanced Directives

Considerations

Medical:

- Multiple Listing
- Living Donor vs. Deceased Donor
 - CDC High risk donors
 - Costs to Living Donor
 - Travel, lodging, lost wages
- Disease Recurrence

Always remember...

- The process is overwhelming for everyone
- Your Transplant Team is here to support YOU.



The only dumb question, is the question not asked!

Thank You



Additional Resources

- UNOS: www.unos.org
- www.transplantliving.org
- Fundraising: www.helpopelive.org
- American Liver Foundation
- Angel Flight: www.angelflight.org
- Transplant Recipients International Org www.trioweb.org