

Patient Check List – Example

The Coronado Check-List

When Kidney recipient Dan Coronado began his transplant journey, he realized that there were many questions that he and his family wanted to ask their medical team. Dan realized that receiving a new kidney would be a chance to start a new life independent of dialysis. He also knew that being his own advocate would help him embrace the changes necessary for post-transplant success.

While this checklist was created by a kidney transplant candidate, many of the concepts are universal. Dan has offered to share this with you as a gesture of encouragement and support. As always, confirm specifics with a member of your transplant medical team. This list is simply a guide to help you frame questions about the journey ahead.

Do you have a Transplant Mentor to serve as your coach?

If not, call 913-851-147 or email giftdonor@giftdonor.org

Have you reviewed the Transplant Resources tab from the Gift of Life web site?

<http://www.giftdonor.org/programs/transplant-resources/>

1. Understanding the Process:

Kidney Transplant Process: A guide to the process of a typical kidney transplant, the steps from the evaluation process thru your transplant surgery notification.

- **Dialysis – What is required to bridge until a transplant is available?**
 - Attendance
 - Completed sessions/compliance
 - Other medical factors

- **Members of your medical team**
 - Doctor
 - Nephrologists
 - Dialysis center
 - Hospital Team – Transplant Coordinators, Social Worker, Chaplin

- **Factors Considered for Transplant - Attitude, Understanding and Varying Factors**
 - Desire
 - Weight management
 - Other medical factors
 - Donor (living donation/deceased donation)
 - Compliance

2. Organize NOW- Binder of important information

- Phone numbers
- Business cards of your medical team
- Instructions from hospital or medical team
- Labs
- Medications
- Letters of acceptance from hospital/insurance company/ Medicare
- Living will
- Power of attorney and Durable Power of Attorney for Healthcare
- Review Caring Conversations booklet from Center for Practical Bioethics
<https://www.practicalbioethics.org/resources/caring-conversations>

3. Preparing for Transplant Evaluation – Renal Transplant team

- **Introduction Class**
 - Social worker
 - Psychological (emotional preparedness)
 - Financial
 - Who is your support network? (Family, spouse, partner, friends, coworkers, etc...)
 - Dietician

- **Testing**
 - Blood typing
 - Tissue typing
 - Dental
 - Colonoscopy
 - Mammogram/pap smear/pelvis exam (for females)
 - Cardiac (heart stress)
 - Pulmonary
 - X-rays, sonograms and imaging
 - Blood work
 - Compliance

- **Counseling – Who can answer your questions?**
 - Surgeon
 - Other doctors (concerning your other medical factors)
 - Transplant Pre-transplant, and post-transplant coordinator
 - Hospital transplant social worker

- **Evaluation- Dialysis Team**
 - Attendance
 - Completed sessions/compliance
 - Medications
 - Other medical factors

- **Evaluation Team from Hospital**
 - Counseling completed
 - Testing completed
 - Evaluation team input
 - Other medical factors
 - Compliance
 - YES – on “The List”
 - NO – more tests; compliance discussion; re-evaluation
 - Deferred for later evaluation

4. “On The List”: Things to Understand

- Wait time – What does that mean to you and your family?
- Medications – Which ones to take, the list of medicines and who knows this?
- Diet
- Personal health
- Compliance (medications/dialysis)

Health Considerations

- Blood type
- Kidney match
- Donor (living donation/deceased donation)
- Number (your place on the list)
- Location (your region)
- Other medical factors
- Readiness (CONTACT INFO, transportation, hospital bag, inform job, home care, pet care, support system notification)

“**The Call**”: Transplant coordinator informs you may be a BACK UP or YOUR kidney is available

- Does hospital have your primary AND secondary contact numbers?
 - Are you prepared to answer the call at night? 24/7?
 - Are the phone bills paid?
- **As a Back Up Transplant Recipient**
 - The call comes from transplant coordinator (this may happen 2-3 times)
 - Transplant MAY happen or MAY NOT
 - Factors to consider,
 - Kidney is perfect for the transplant ahead of you on the list
 - HIV and high risk donor or diseased
 - Age of donor
 - not a good match
 - other factors
 - BE READY
 - Anxious, nervous, scared
 - NO = disappointment/let down/anger
 - BE POSITIVE, the next kidney that matches may be “yours”

○ **Your Call**

- The call comes from transplant coordinator (your kidney is available)
- Transplant MAY happen or MAY NOT
- Factors to consider
 - location of kidney (needs to be transplanted within 24-30 hours)
 - kidney needs to be tested by surgeon
 - 15 different test on kidney for match, flow and pump tests
 - kidney is acceptable (decision made by surgeon)
- You are informed, it's a GO!
- Yes!!! Anxious, nervous, scared
- Take a hot shower (start clean, relaxes you, it will be several days until next one)
- Wear clean underwear
- Hospital bag ready to go
- Notify job, home care, animal care, support system notification
- Drive carefully, arrive safe
- Have a pillow in the car for the ride home!

5. Your Post-Transplant Journey!

- While you are in the hospital, seek clarification about your schedule for the next month, when are you expected for additional tests and follow up visits?
- Do you have a Gift of Life Transplant Mentor to provide you encouragement and support through this next phase? If not....call 913-851-1947!