

Welcome to the



UHN

Kidney
Transplant
Program



UHN Ajmera
Transplant Centre

Your Pre-Transplant Team



Afreen Ahmed

Pre-Kidney Transplant
Coordinator



Sallian Sutherland

Administrative Assistant



Liss Lomas

Pre-Kidney Transplant
Coordinator

Your Pre-Transplant Team

Contact us via myUHN (*Patient Portal*)...

- You need to reschedule or cancel your appointments (provide AT LEAST 5 working days notice).
- You would like to know status of your evaluation
- Changes to your health status
- Changes to your phone numbers and home address
- You change dialysis centres

Your Pre-Transplant Team



Michael Garrels
Listed
Transplant Coordinator



Julie Cissell
Donor
Transplant Coordinator



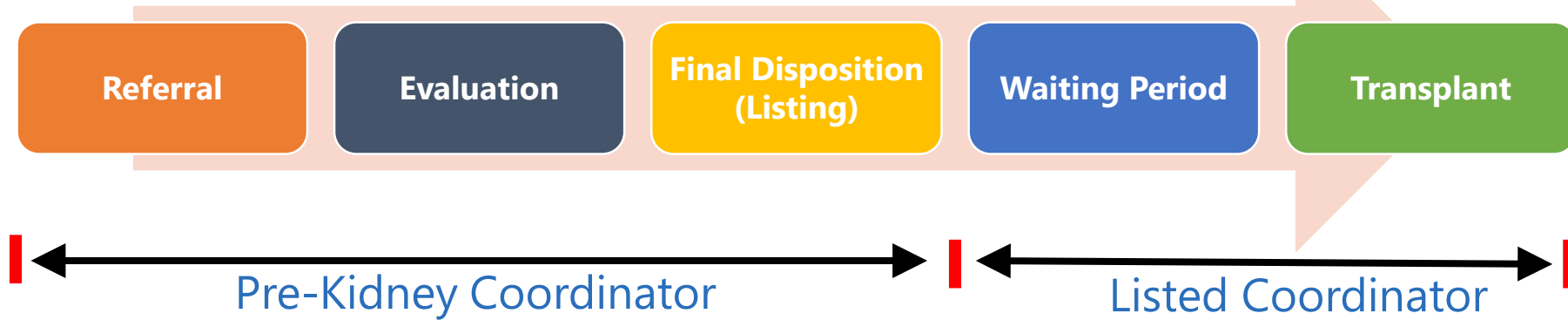
Bee-Jay Realubit
Listed
Transplant Coordinator



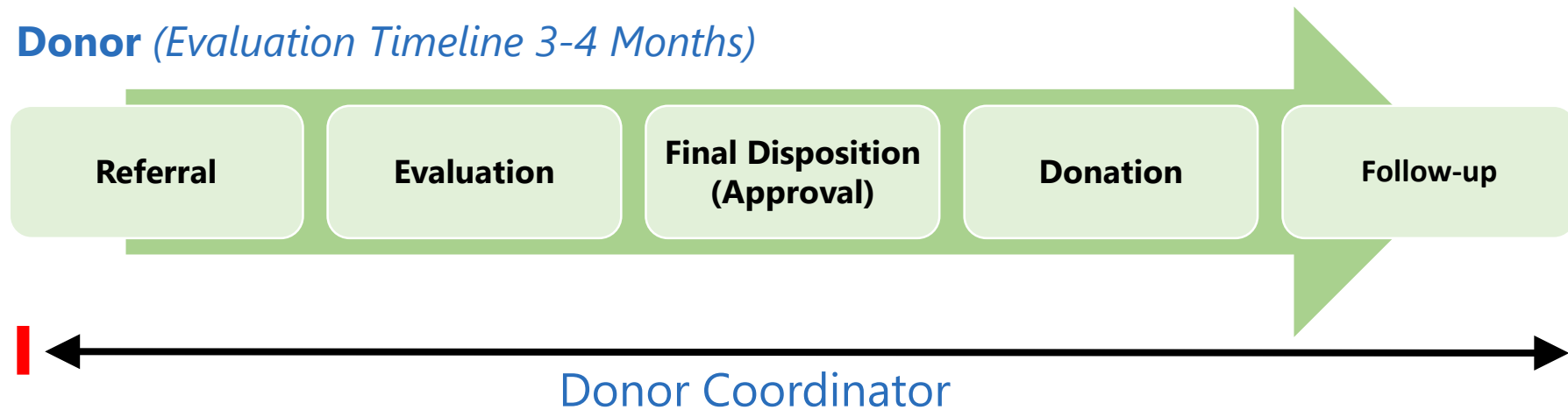
Melinda Schell
Donor
Transplant Coordinator

Coordinator Roles

Recipient (Evaluation Timeline 6-12 Months)



Donor (Evaluation Timeline 3-4 Months)



We strive to maintain the privacy and confidentiality of all patients involved; limited details will be provided about your potential donors

Today, you will learn about...

- [UHN's Kidney Transplant Program](#)
- [How kidneys work](#)
- [The different types of kidney transplants](#)
- [The kidney transplant process at UHN](#)
- [What to expect after a kidney transplant](#)
- [Resources at UHN and in the community](#)

UHN's Kidney Transplant Program

We are the **largest kidney transplant program** in Canada!

Performing **200 Kidney Transplant** a year
of which **1/3 are Living Donor Transplants**

UHN's Kidney Transplant Program

What makes us special?

- More than 50 years of transplant experience
- Performed over 3,000 kidney transplants
- Follow more than 7,500 multi-organ transplant patients
- Pioneer research that leads to advances in transplant medicine



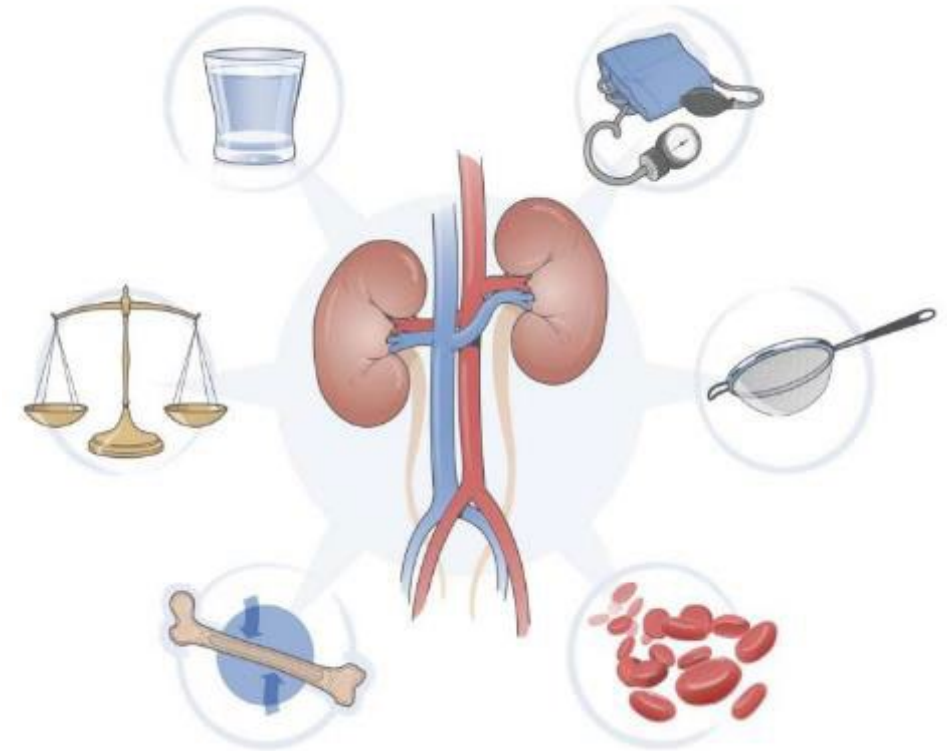
What do your kidneys do?



What do your kidneys do?

Your kidneys:

- Filter the waste products, water, and other substances from the blood
- Balance the electrolytes (calcium, sodium, potassium, etc.) in your blood
- Help keep an acid-base balance in your blood



Why were you referred for transplant?

End-Stage Kidney Disease (ESKD)

- Last stage of **chronic kidney disease**
 - This is when your kidneys can no longer support your body's needs
 - Possible treatments:
 - Dialysis
- or**
- Kidney Transplant

Kidney transplant is considered the **"gold standard" treatment** (best available treatment) for people with ESKD.



Types of Kidney Transplants



Types of Kidney Transplants

Deceased Donor:

- Kidney is from someone who passed away
- Anonymous (you do not know who the donor is)
- Donor Categories:
 - Standard Criteria
 - Expanded Criteria
 - Exceptional Distribution

Living Donor:

- Kidney is from someone who is alive
- Can be from someone who is related or unrelated to you
- Types of Living Kidney Donation:
 - Direct Donation (Compatible Donor)
 - Kidney Paired Program (Incompatible Donor)

Our goal is to highlight for you as many donor opportunities as possible.

- 1. To decrease your wait-time to transplant &*
- 2. Increased chances of finding a compatible donor*

Exceptional Distribution Donor (ExD)

- Generally, accepting an ExD donor will shorten your time to transplant. The function of these organs is the SAME as organs from non-ExD donors.
- Your doctor will review the specific risks and benefits for YOU, with any specific donor you may be offered.
- The choice to accept an ExD donor is YOURS; you will not lose your spot on the waitlist if you do not wish to accept an ExD donor.

You MUST read the ExD pamphlet ([website-page 52](#)) before seeing the transplant nephrologist



Living Donor

Someone can be a living donor if they are:

- ✓ 18 years old or older
- ✓ Healthy
- ✓ Willing to donate

To be a living donor, you must:

- Contact the Donor Office
- Complete the health history form
- Complete blood tests, scans, etc. at TGH

A **living donor** can be a spouse, family member, friend, co-worker, or stranger.

If you have multiple donors, we encourage each of them to come forward when you are referred for transplant. Maximize your living donor search which can include potential donors as widely as possible.

Centre for Living Organ Donation

Education – Weekly Webinars 12pm EST

- 1st Tuesday- Information for Potential Kidney Donors
- 2nd Tuesday- Finding a Living Donor & Donor Champion
- 3rd Tuesday- Financial Supports for Living Donors
- Last Wednesday- Caregiver Information

Register at givelifeuhn.eventbrite.ca

Contact Us

Phone: 416 340 5400

Email: livingorgandonation@uhn.ca

Website: www.livingorgandonation.ca

Social Media & YouTube: [@GiveLifeUHN](https://www.instagram.com/GiveLifeUHN)



Candice Coghlan

Education & Outreach Coordinator
Kidney Transplant Recipient 2009

Living Donor Kidneys

What is the survival rate for living donor kidneys?

- After **one year**: **~96%**



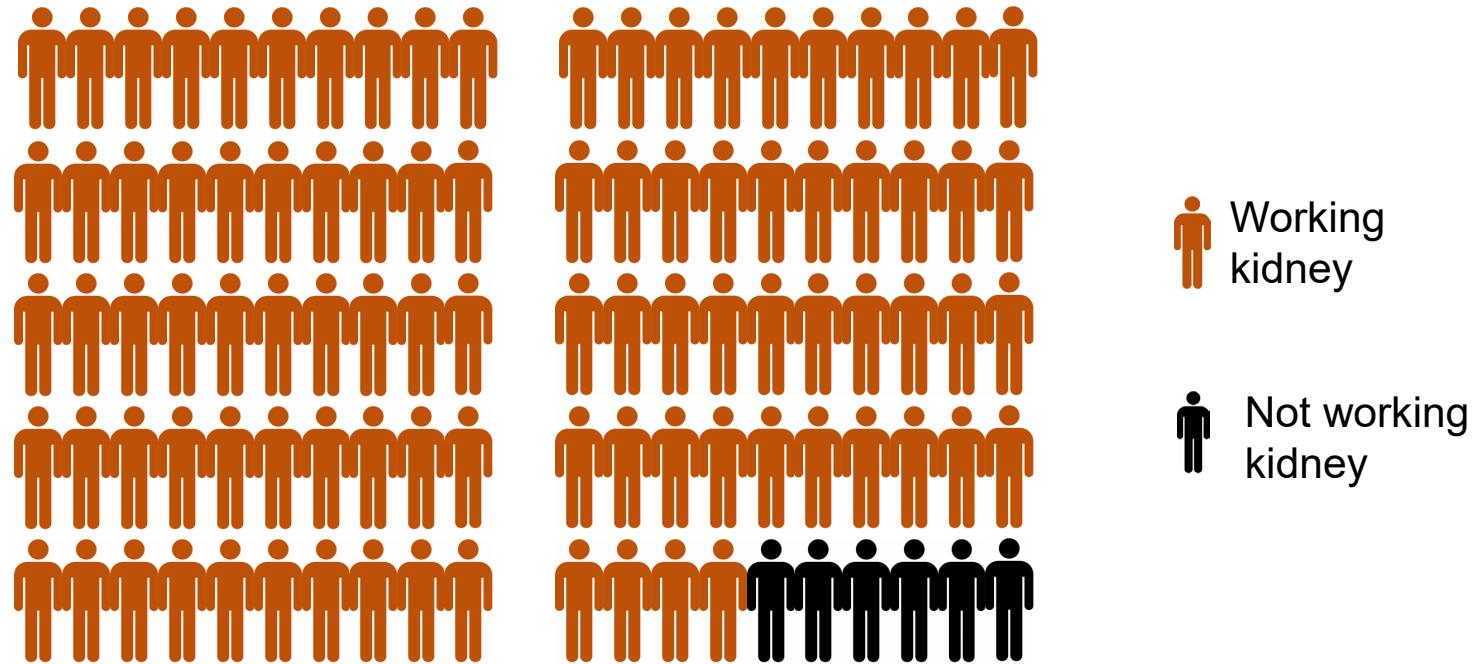
- After **five years**: **~86%**

Many factors influence how long your kidney transplant will last.

Deceased Donor Kidneys

What is the survival rate for deceased donor kidneys?

- After **one year**: **~94%**

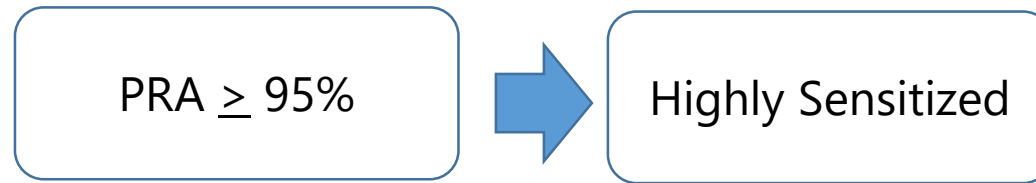


- After **five years**: **~82%**

Many factors influence how long your kidney transplant will last.

What if I'm hard to match?

If you are hard to match, you are a "**highly sensitized patient**". This is tested through the **panel reactive antibody (PRA)**.



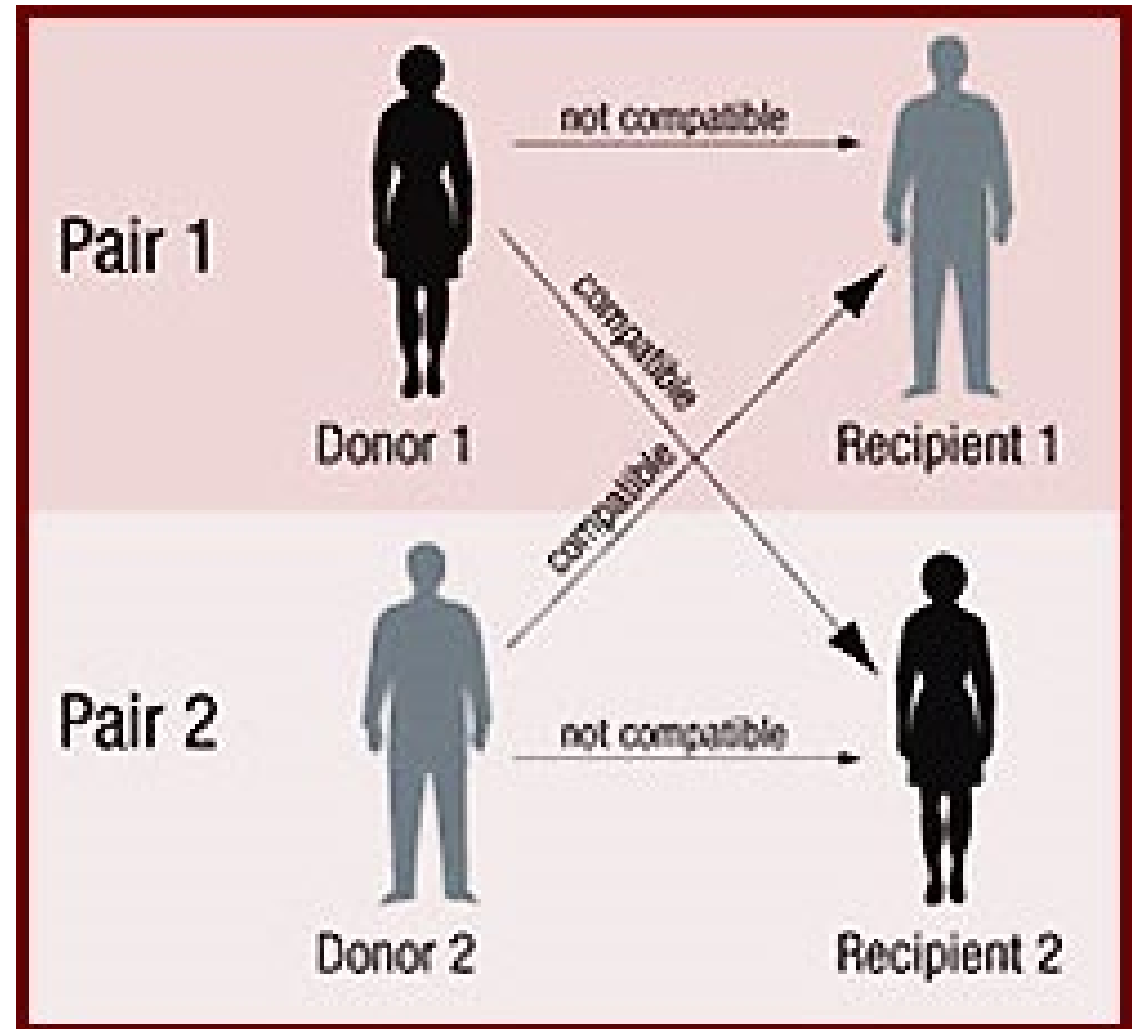
PRA antibodies can develop because you have had:

- a blood transfusion before, OR
- a prior transplant, OR
- previous pregnancies

May be eligible for the **Highly Sensitized Patient Program**

Kidney Paired Donation (KPD) Program

- Kidney Paired Donation Program – National program. Incompatible living donor pair database.
- Secondary option to a living donor kidney.
- Not a guarantee and timelines to transplant unpredictable.
- Generally, pairs that are blood group incompatible pairs or have evidence that Donor Specific Antibodies (DSA).



Is kidney transplant right for me?

Benefits	Considerations
✓ No more dialysis	• Will need to take anti-rejection medications for the rest of your life
✓ Feel better and healthier (gives you more energy)	• Medications have side effects and increase your risks for certain conditions (such as cancer)
✓ Fewer limits on what you can eat or drink	• This is not a cure (you may need a second or third transplant)
✓ Allows you to be more independent (e.g., able to travel more easily)	• It may not be safe if you have certain medical conditions
✓ On average, live longer than people on dialysis	



Transplant Assessment Process



Why are you here today?

- To determine if you are a suitable candidate for kidney transplant
- To understand how the transplant process works:



Evaluation Phase



This phase includes **two steps**:

Step 1:

Registration at UHN;
Transplant assessment tests;
Doppler ultrasound;
Visit with the Nephrologist

Step 2:

Visit with the:

- Social worker
- Anaesthesiologist
- Surgeon

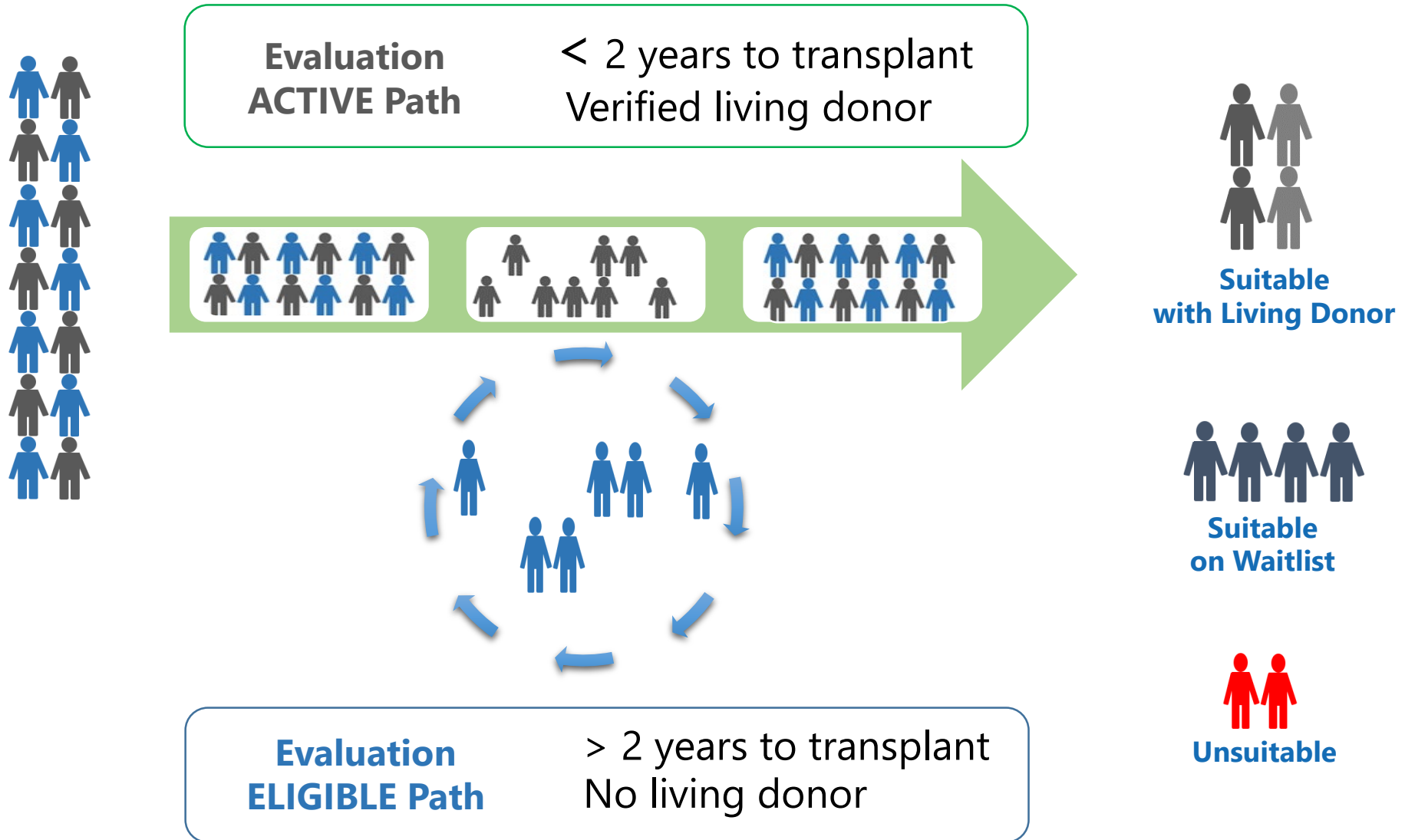
Evaluation Phase



The **transplant assessment tests** you will have may include:

- Infection tests (e.g., testing for tuberculosis)
- Heart tests
- Blood tests
- Imaging (x-rays)
- Screening for diabetes and cancer
- Other consults*

When will I have my full transplant assessment?



The Evaluation Eligible Path: A Better Experience for You

Repeat testing during your workup and while on the waiting list is of little value.

- ✓ Unnecessary testing over many years offers no health benefit
- ✓ Less discomfort, cost, and inconvenience for you
- ✓ Protects your valuable time
- ✓ Responsible use of public healthcare funds



Your chronic kidney care team monitors you closely and they will provide updates about any major changes to your health.

What happens while I wait for my transplant assessment?

- Your file is reviewed every 3 months.
- You will start your full transplant assessment when you are 2-years from your first transplant offer.
- Stay strong and healthy – follow instructions from your kidney care team and family doctor closely.



This does NOT change your waiting time for transplant.



Listing Phase



After the evaluation, there will be a **listing meeting**. This is when the Pre-Transplant Team will:

- Review all your tests and assessments
- Check and make sure you have enough drug coverage (e.g., Trillium Drug Program)

Then, you will be put on the transplant list. We will call you and notify your referral centre when this happens.

Being on the Waiting List



To get a transplant offer, you must:

- Be at the **top** of the Transplant list

OR

- Have a **living donor**

Note: Just being on the list is NOT what gets you a transplant.



How long will I have to wait?



The **amount of time you will wait** for a transplant depends your number of **Allocation Points** which are based on:

- Your blood type
- How long you have been on dialysis
- Your antibodies (PRA)

$$\text{Allocation points} = (0.1 \times \text{number of months on dialysis}) + (\text{your cPRA} \div 25)$$

- The availability of organs

What can I do while I wait?



While you are waiting, it is important that you:

- ✓ Stay healthy and active
- ✓ Make sure your vaccinations are up-to-date (e.g., flu shot, hepatitis B, chicken pox, Covid-19)
- ✓ Have regular follow-up appointments with your family doctor
- ✓ Keep looking for a living donor!
- ✓ Make sure we have your up-to-date contact information

Getting the Call for Transplant

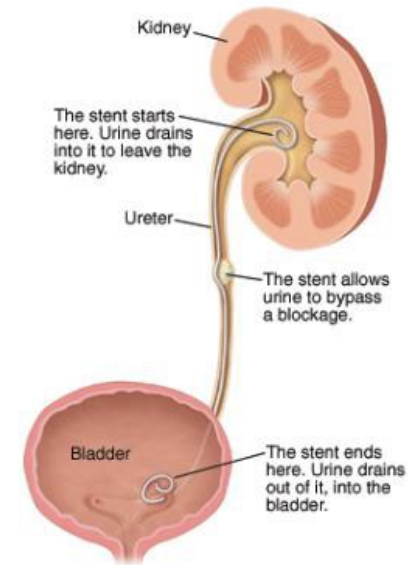
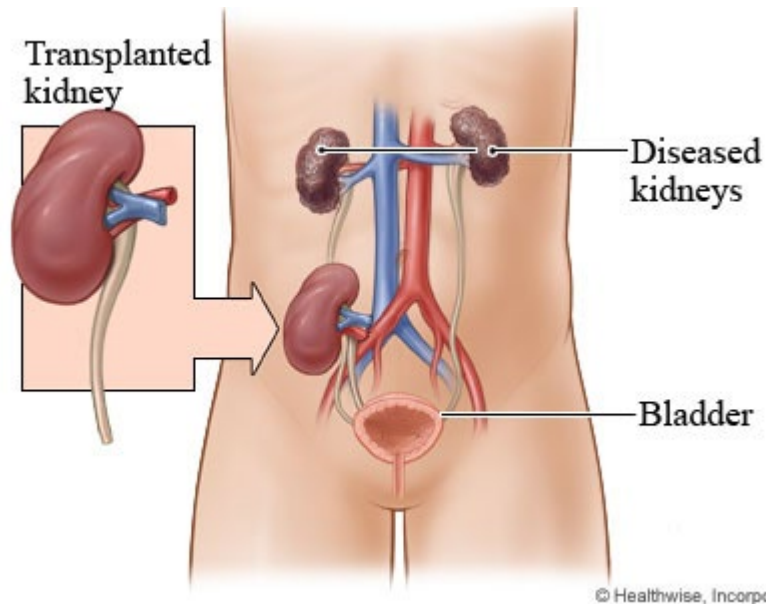


We need to always have your **up-to-date contact information** so that we can reach you when a kidney becomes available or to tell you if you are a back-up.

If we call you to tell you a kidney is available, you must:

- Call back within 1 hour
- Be ready to come to the hospital as soon as possible

Kidney Transplant Surgery



Temporary stent removed
4-6 weeks post-transplant



What will happen after the transplant?



Staying Overnight in the Hospital

After your surgery, you will stay overnight in the hospital for **5-7 days**.

During your stay:

- You will attend a class to learn about your medications and how to take them properly
- We will work with you to prepare you for discharge
- Your urinary (Foley) catheter will be removed after 2-3 days
- Your PD catheter or hemodialysis line will be removed/flushed
- Your staples will be removed after 2 weeks in clinic

Anti-Rejection Medications

It is important that you take your **anti-rejection (immunosuppressive) medications** after your transplant.

- These medications help prevent your body from rejecting the new kidney
- They must be taken everyday
- Refill medications on-time to avoid running out

Anti-Rejection Medications

These medications may have **side effects**, such as:

- Weight gain
- High blood pressure
- Having more lipids (fats) in your blood
- Changes in your mood

Anti-Rejection Medications

These medications may also **increase your risk** for certain conditions:

- Infection
- Cancer
- Diabetes
- Osteoporosis

For more information about these medications,
contact the **Transplant Outpatient Pharmacy**:

Phone: **416 340 4415**

Location: **Peter Munk Building, 12th Floor, Room 211A**

Follow-Up Appointments

In the first 4-6 weeks after your surgery, you will return to the TGH Kidney Transplant Clinic for follow-up appointments:

Reason for appointment	How often	For how long
Check-up	Once a week	4-6 weeks
Bloodwork	Twice a week	4-6 weeks
Stent removal	Only once, 4-6 weeks after your surgery	Only once

The number of appointments will change as you recover.

We will monitor you closely!

At your appointments, we will check:

- Your anti-rejection drug levels
- If there are any infections
- How well your new kidney is working (to make sure it isn't being rejected)
- Other side effects

Life after Transplant

While you are recovering, it's important that you:

- Do NOT lift/push/pull more than **10 pounds** for the first 12 weeks
- Talk to your transplant team:
 - If you are planning to travel (especially in the first 6-12 months after your surgery)
 - Before you start driving again
 - If you are thinking about getting pregnant

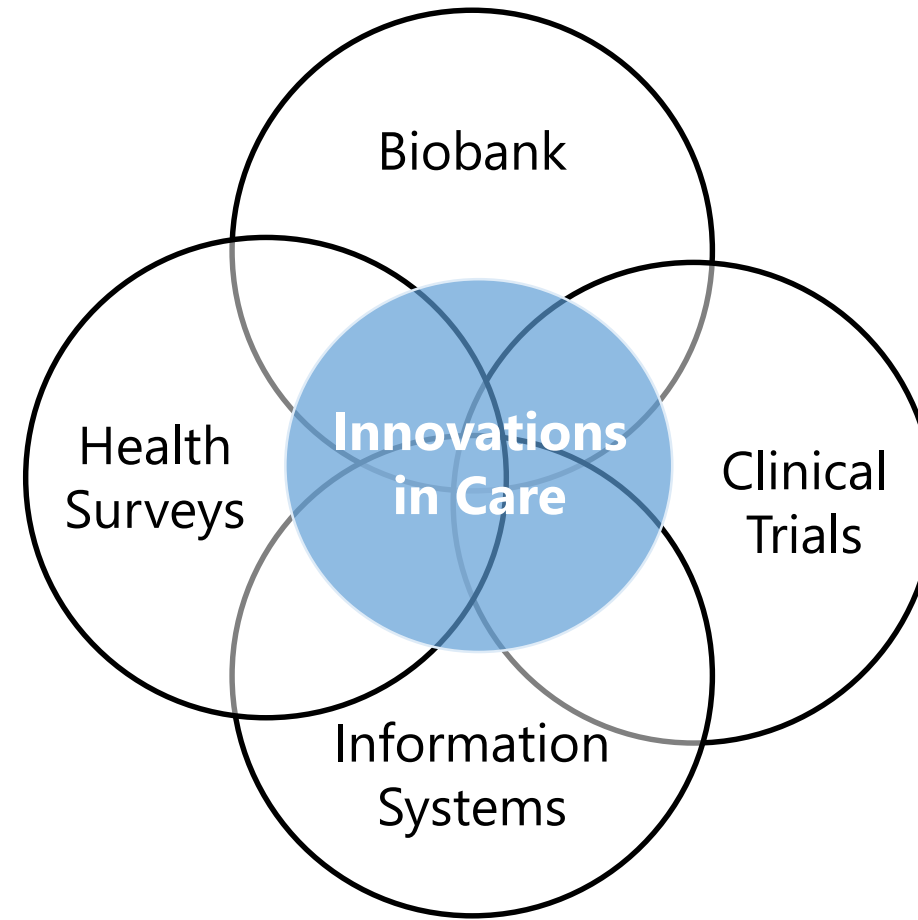
"10 pounds" is equal to:

- A small microwave oven
- Most vacuum cleaners
- A laundry basket filled with towels or jeans
- A large watermelon
- A sack of potatoes
- A large bag of sugar or flour

Innovations in Kidney Transplant

The **C**entre for **R**enal
Research: **I**nformation,
Technology, **I**nnovation,
Quality, and **E**ducation
(CR²ITIQuE)

Contact us: critique@uhn.ca





Resources:

**Where you can get more information
about kidney transplants**



TGH Patient and Family Library

Trained staff can help you:

- Find health information that is accurate and easy to understand
- Find resources in your community, such as support groups

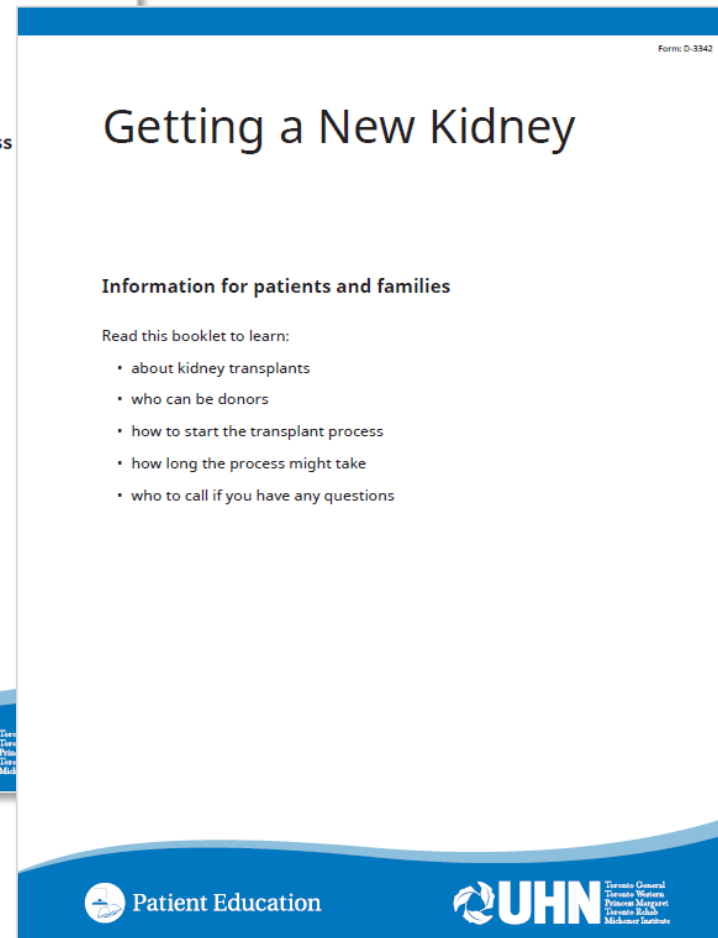
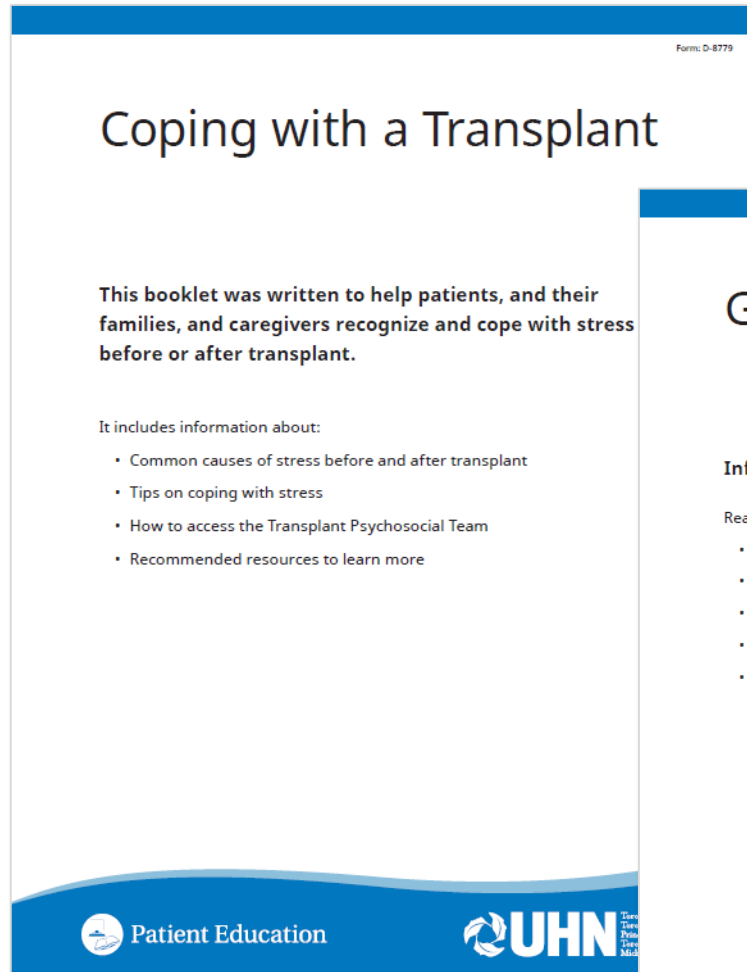
Location: Norman Urquhart (NU) Building,
Level 1

Phone: 416 340 4800 ext. 5951

Email: tgpen@uhn.ca

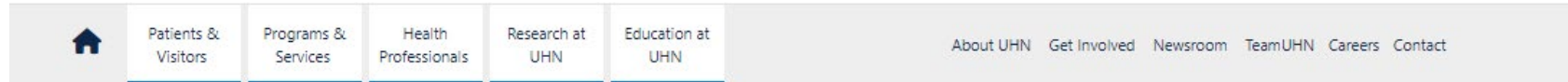


Additional UHN Brochures

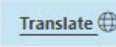


Visit our Website!

Go to: www.UHNtransplant.ca

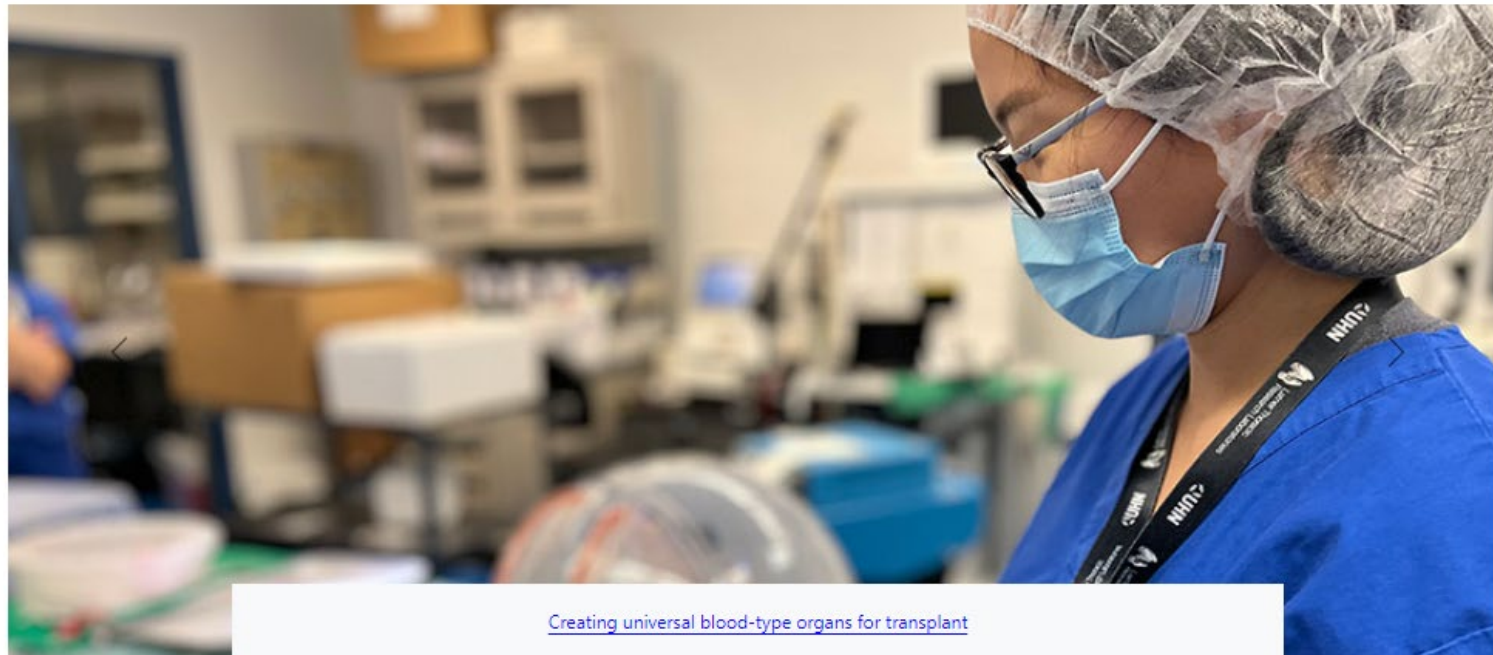


Search UHN.ca



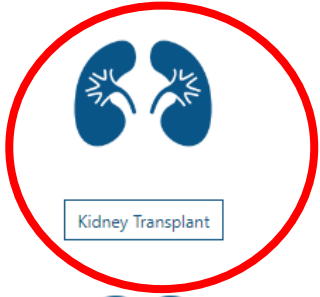
Welcome to the Ajmera Transplant Centre

Leading the world in transplantation.



[Creating universal blood-type organs for transplant](#)

Our Programs



University Health Network > Ajmera Transplant Centre > Kidney Transplant Program

Kidney Transplant Program



Welcome to the largest kidney transplant program in Canada. [Our team](#) is dedicated to helping patients through every stage of a successful transplant, offering transplant services to patients with even the most complex medical conditions.

We are also home to Canada's largest [kidney living donor program](#), providing exceptional patient care and achieving excellent results for recipients and donors.

Find a Clinic or Inpatient Unit



Our Clinic ▾

Our Inpatient Unit ▾

Your Transplant Journey



Your Journey Through Transplant ▾

- Pre-transplant
- Transplant Surgery
- Post-Transplant
- Transplant Pharmacy

Our Education & Research

You are NOT on the transplant waiting list at this time



Review your ENTIRE transplant manual and ALL information sheets on the Kidney Transplant Website.

Please review the ENTIRE transplant manual and ALL information sheets on the Kidney Transplant Website:

Pre-Transplant Resources:

[https://www.uhn.ca/Transplant/Kidney Transplant Program/Pre Transplant](https://www.uhn.ca/Transplant/Kidney%20Transplant%20Program/Pre%20Transplant)

Kidney Transplant Manual

Patient Information for Exceptional Distribution Donors

Living Donor Resources:

[https://www.uhn.ca/Transplant/Living Donor Program/](https://www.uhn.ca/Transplant/Living%20Donor%20Program/)

Kidney Transplant Program:

[https://www.uhn.ca/Transplant/Kidney Transplant Program](https://www.uhn.ca/Transplant/Kidney%20Transplant%20Program)

Thank you!

Questions?