



Transplant: The Basics

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Transplant: The Basics

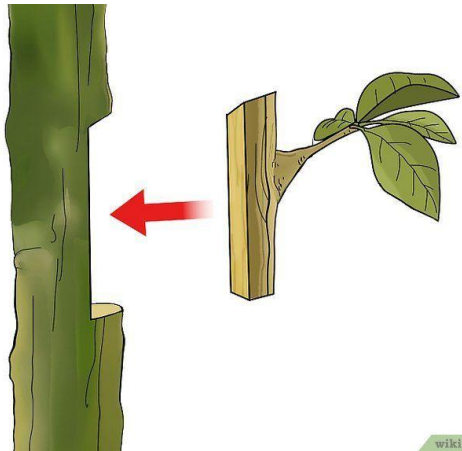
- What *is* a transplant?
- Equity in transplantation in Aotearoa
- Who might need a transplant?
- Where do organs come from?

Living vs Deceased donation

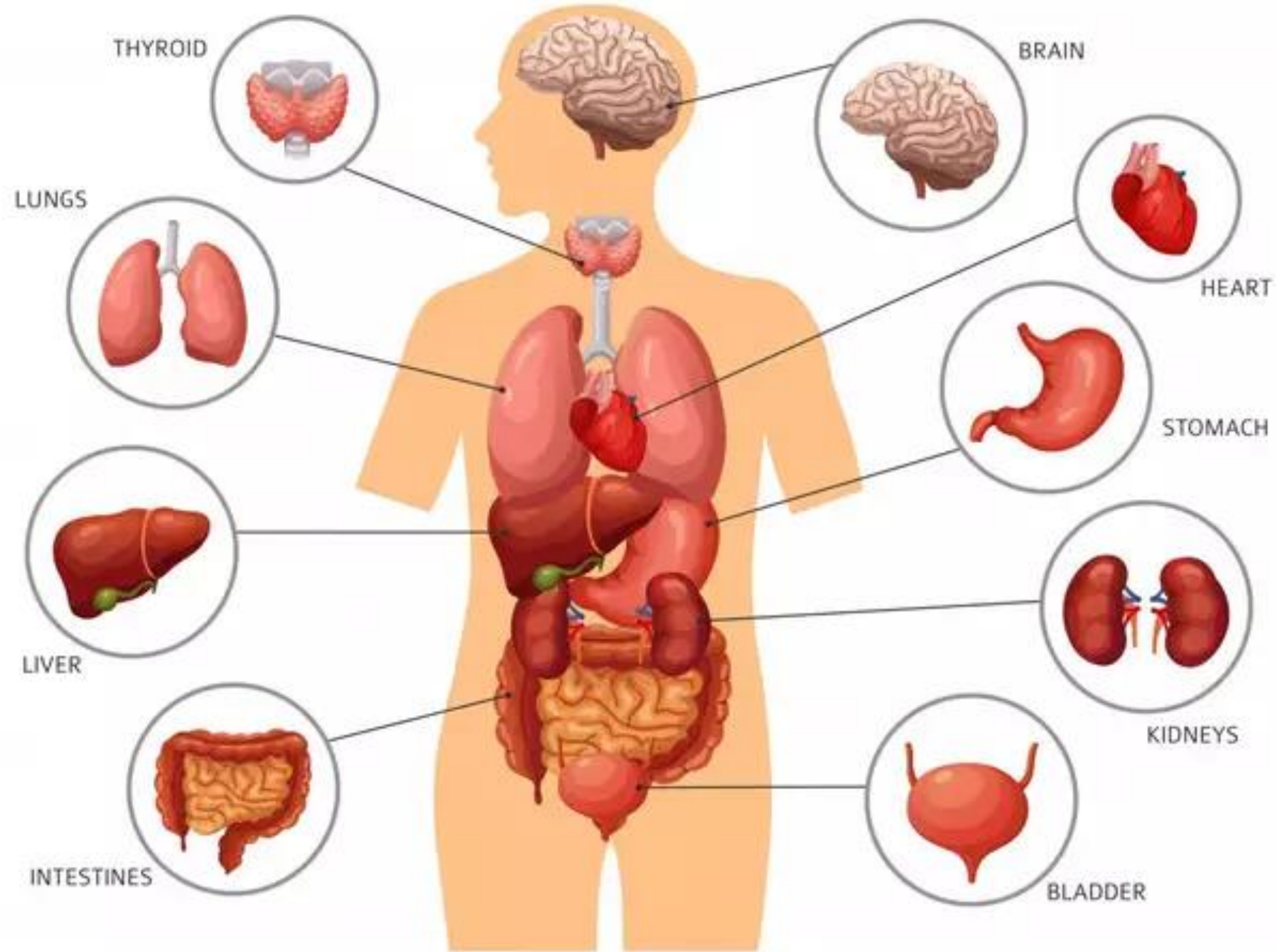
- Is transplant a good treatment for everyone?
- What are the downsides?
- Who can donate an organ?

What *is* a transplant?

Replacing a broken or failing organ with a healthy one from another person



"Honoa te pito ora ki te pito mate"



What is a transplant?

- Transplant involves an operation for both the donor and recipient, as well as long term care for the organ
- Transplant can restore health, save someone's life, and give freedom from dialysis.
- Compared with people with kidney failure living on dialysis, people who receive a kidney transplant live for longer and have a better quality of life.
- Dialysis is a machine that does some of the job of the kidneys after they fail. Dialysis keeps someone alive, but it is not an easy life nor a long life.

Survival – Dialysis vs Transplant

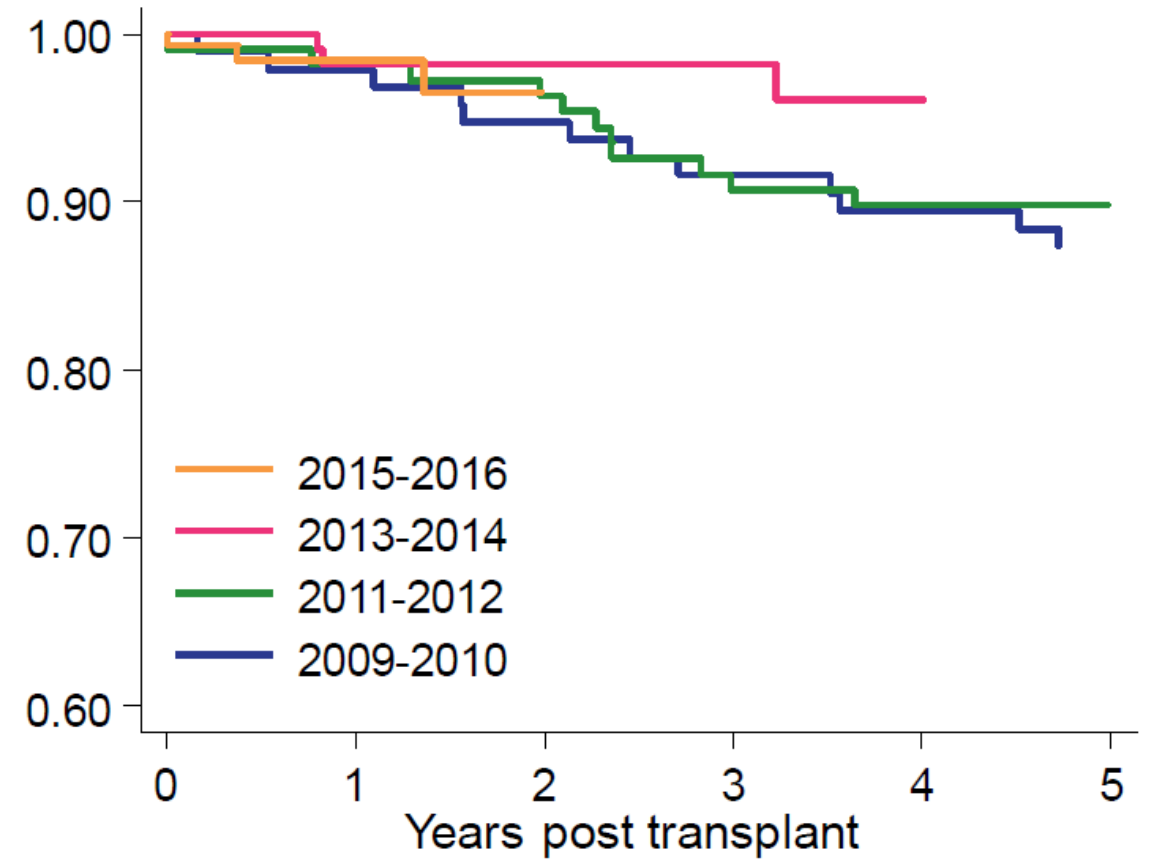
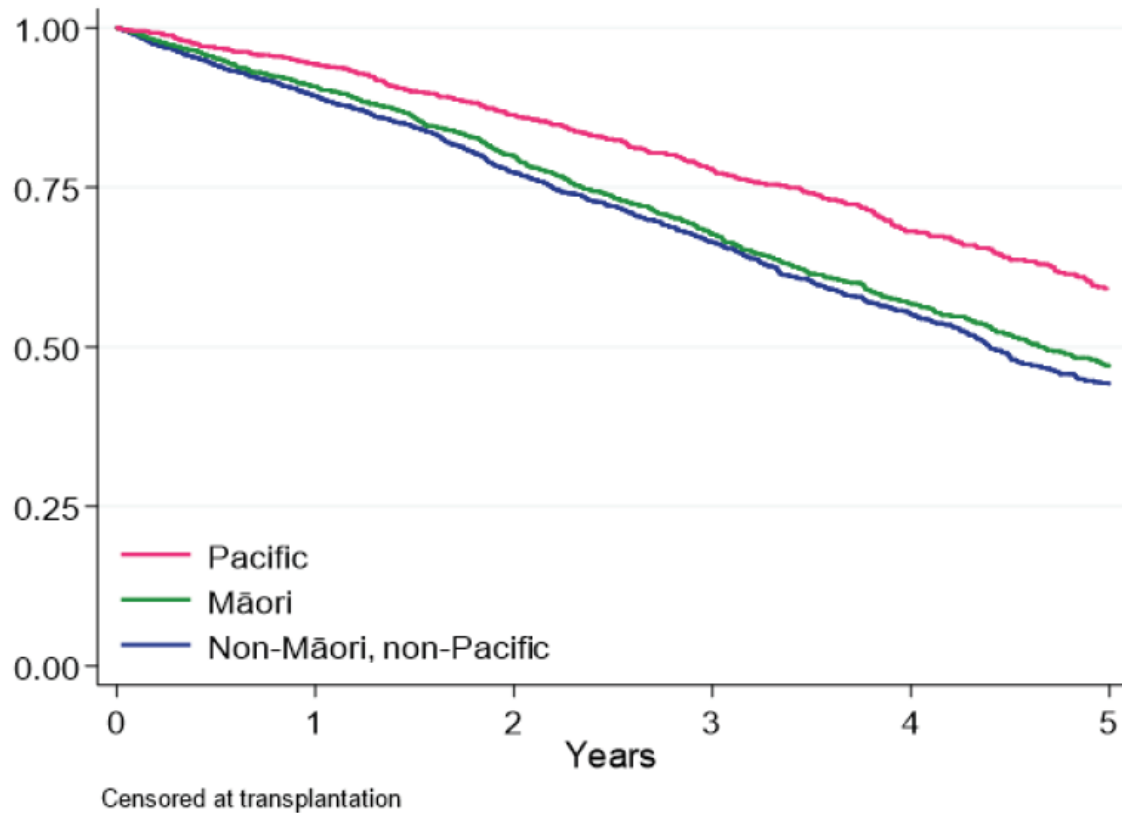
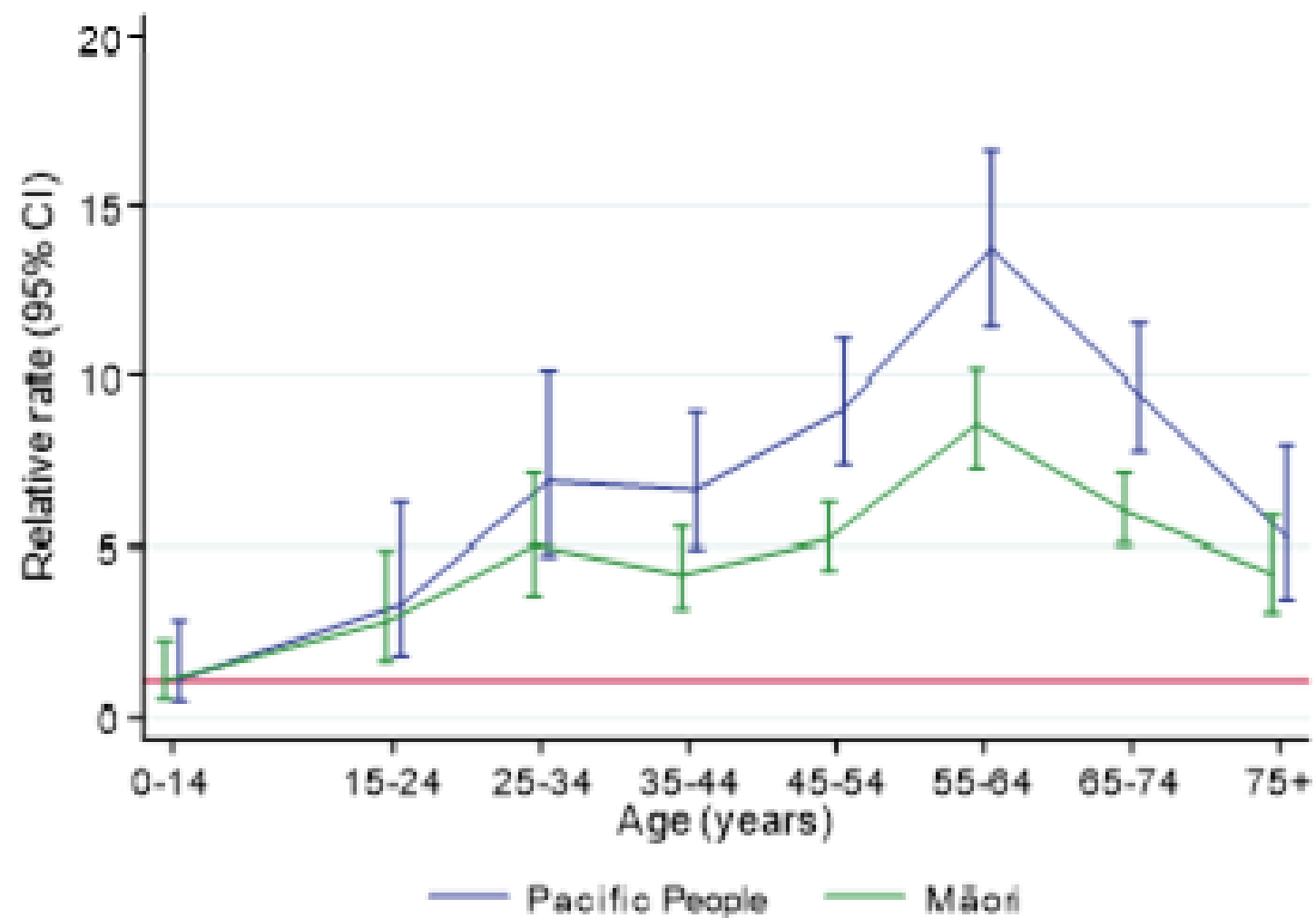
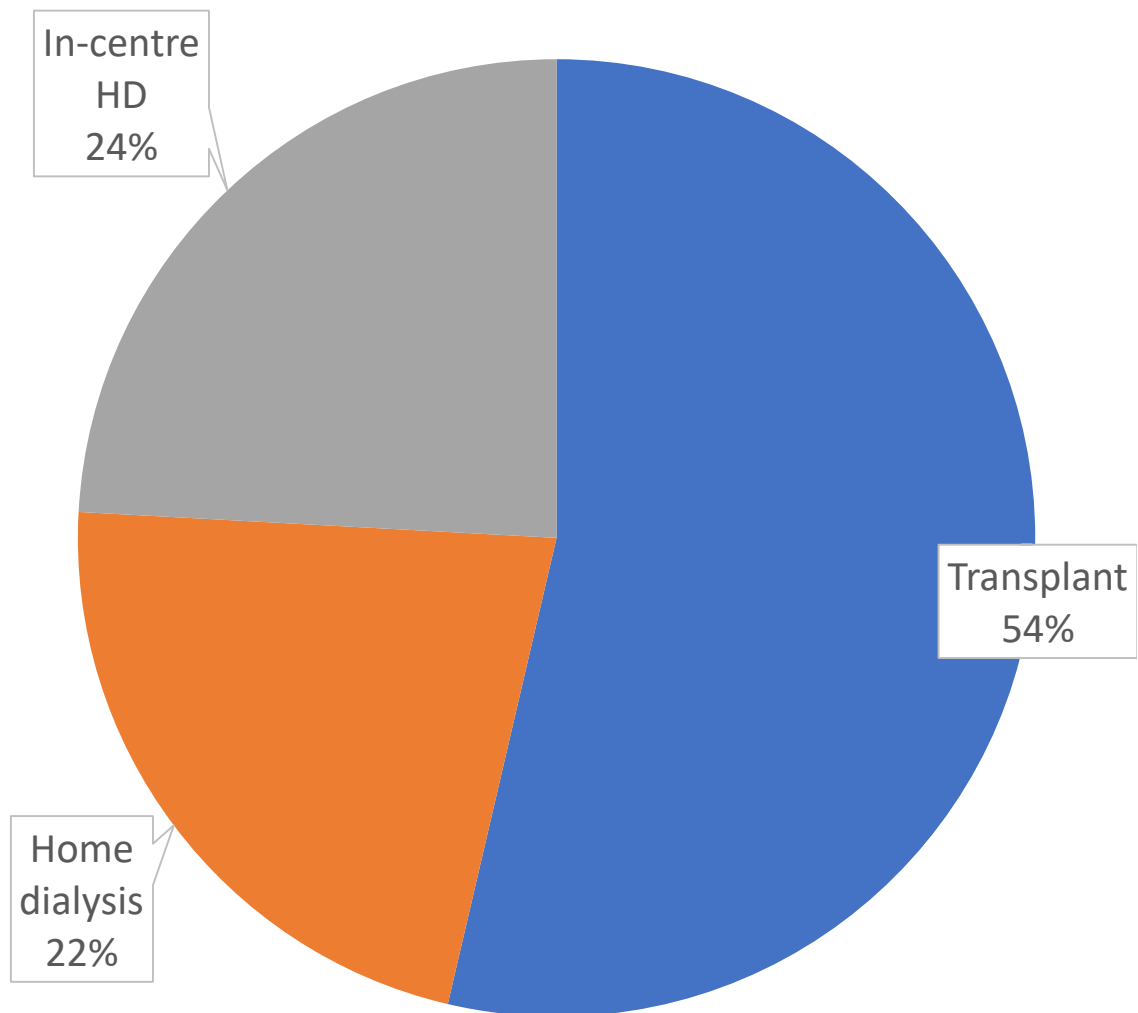


Figure 10.3 - Relative Incidence Rate of Treated ESKD for Māori and Pacific Patients - New Zealand 2013-2017

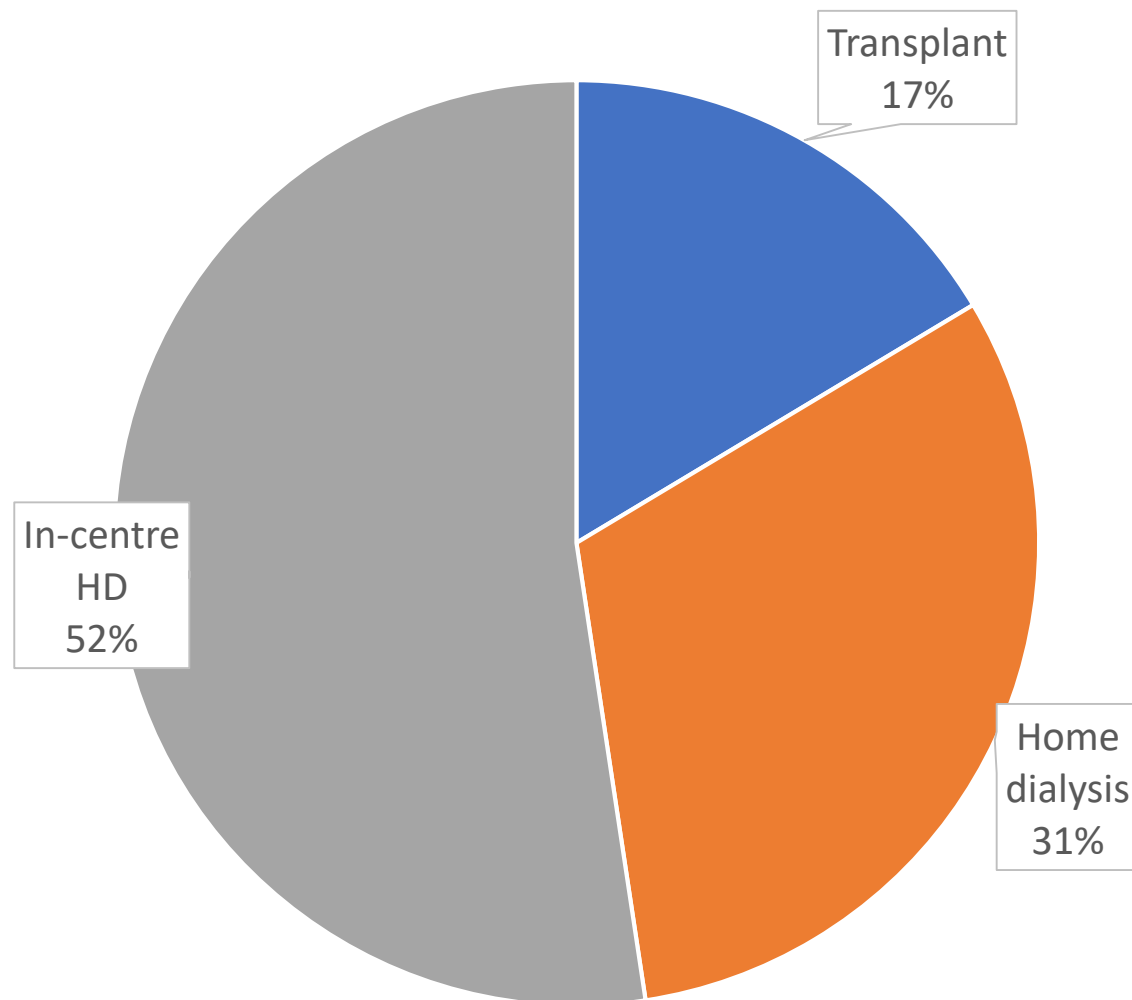


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Non-Māori, non-Pacific



Māori



Where do organs come from?

Organs are the gift of life. The gift can be made by someone living, or in discussion with the whanau of someone who is dying.



Living donation

- “Spare” organ given by a healthy person to a sick person.
- We are born with two kidneys, but one kidney is actually enough for most people.

Who can donate organs?

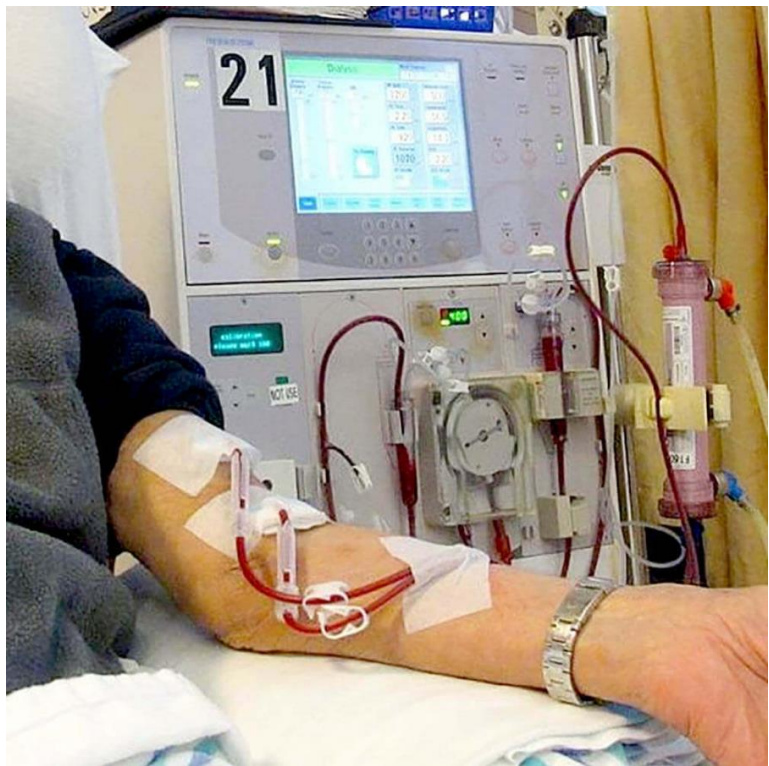
- Living kidney donors generally need to be in excellent health.
- This is to both to be sure the donated kidney will work well, and to be sure the donor can stay healthy in the future with only one kidney.
- We do lots of tests to look for any risk of kidney disease in the future. Being overweight is also a barrier to donating a kidney, as it make the surgery more risky and increases the risk of high blood pressure and diabetes later in life.
- Next step is seeing if donor and recipient are compatible. You don't have to be a blood relative to be a match, and with modern medicine you don't need to be the same blood group.

Deceased donation

When someone is dying in hospital, some of their organs can still be perfectly healthy.

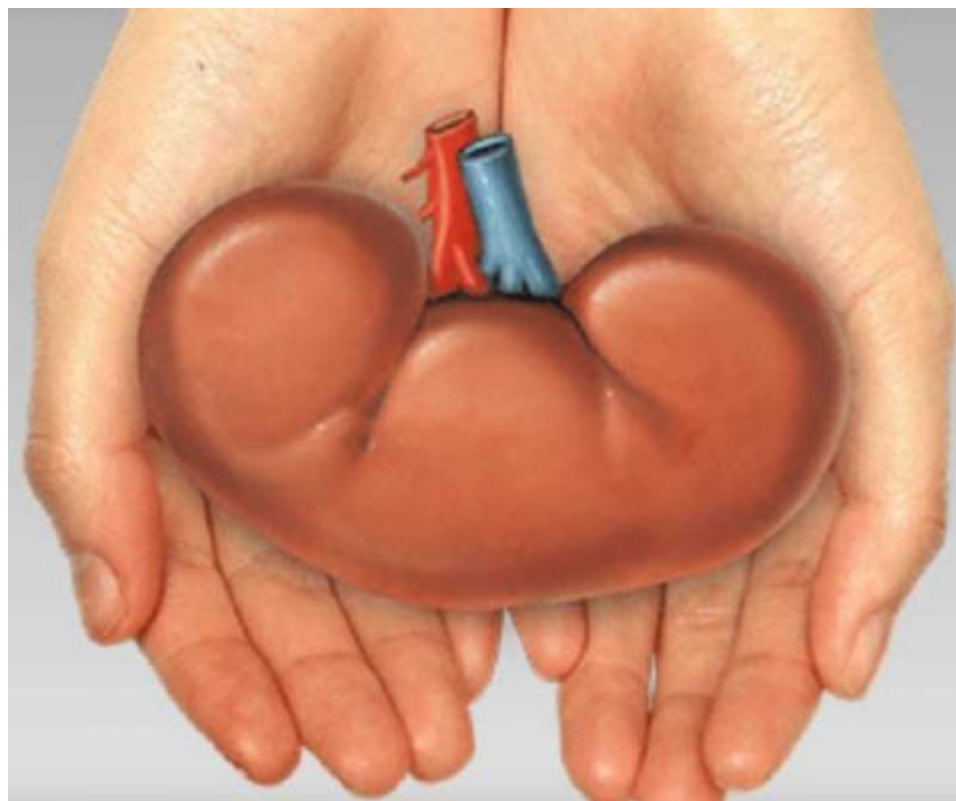


Long waiting list for organs from deceased donor.
In NZ average wait time for a kidney is 4 years.



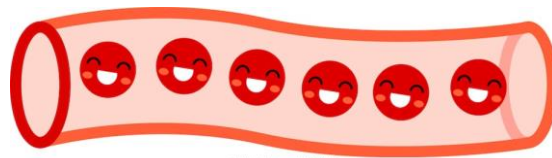
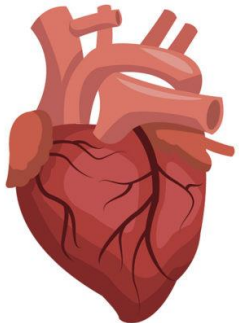


Let's
KŌRERO



Is transplant a good treatment for everyone?

- Not everyone with a failing organ is able to have a transplant.
- The body must be otherwise strong in order to handle the surgery and long term medications.
- In particular, to be able to receive a transplant you must have a healthy heart, not be overweight, have blood vessels good enough to give the new organ a good blood supply, no major infections or past cancer that can be made worse by transplant, and be able to handle complex medication and follow-up plan.



What are the downsides?



- Our bodies have an immune system, which recognises anything foreign in the body. This naturally protects our body from infections.
- Our immune system recognises an organ from another person as foreign, and can attack or "reject" it.
- After a transplant, medicines called "immunosuppressants" need to be taken every day FOREVER to allow the body to accept the new organ.
- People living with a transplant can have serious (even life-threatening) infections, and also have a higher rate of cancers.
- Living with a transplant is a long term commitment to look after the new organ, not "set and forget"

Key points

- Transplant can provide a better and longer life for many people with organ failure.
- It's not for everyone
- Organs can be donated by healthy friends or whānau, or by people who are dying from another cause
- It's not easy to talk about, but this kōrero is important

Whāia te mātauranga he oranga mō koutou

He Pātai?