



It Takes a Village.....

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What we'll cover

- Support required for donors and recipients
 - During work up
 - Surgery
 - After transplant



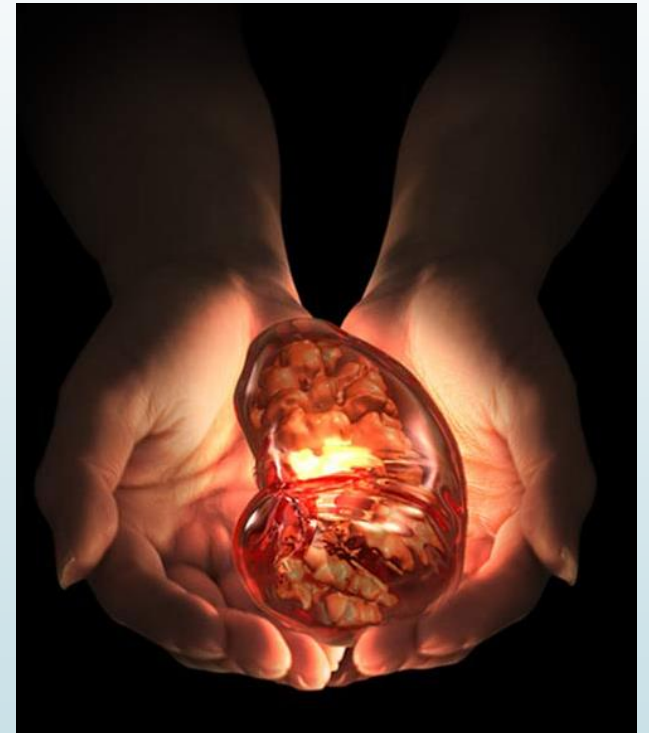
Support for Recipients in Work Up

- How to Approach Whanau and Friends
 - Navigating conversations
 - Recruiting an advocate within the Whanau
- Time involved process
 - Lots of appointments, different doctors, hospital visits and tests
- Guilt
 - Someone more deserving
- Developing a plan for the 'phone call'
- Waiting, waiting, waiting



Support for Donors in Work Up

- “Don’t know what it’s about” – how to find information
- Myths and Self Determined Rule Outs
 - ‘My whanau is unhealthy – so I must be unhealthy’
- How to offer your kidney
- Influences on the decision to donate
- Fear
 - what will my life be like without a kidney, will I get sick?



Support for Donors in Work Up

- Full 'WOF'
- Safety Nets
 - Medical criteria to donate
- Reassurances
 - Multiple teams assessing you
- Managing disappointment when can't donate.

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Warrant of Fitness

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Check your tyres, wipers and lights regularly

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Surgery Time

- Being away from home
 - Travel and accommodation
 - Donor: around 3-4 days
 - Recipients: Wellington 2 weeks - Auckland 6 weeks to 3 months
- Managing pain, sleep and return to normal daily life
- Managing fear
- Managing disappointment
 - if it doesn't go right



After Donation - Donor

- Increased need to see the kidney Drs and Nurses in the first year
- 'Donation Blues'
- Lifestyle Management
 - Weight and Blood Pressure
 - Diet and Exercise
 - Kidney Health



After Transplant - Recipient

- First 12 months most intensive
 - Travel to clinic up to three times per week to see the Drs and Nurses
 - May need 3-6 months off work
- Returning to 'Normal Life'
 - Supporting the transition of change
- Need for Medications
- Diet Changes and Exercise
- Risk of Infection
- Risk of Cancer



What We Hope to Give Back

- Quality of Life
- Longer Life
- Sense of Freedom
- Ability to Plan
 - Work and Study
 - Travel
 - Mokopuna



Transplant Champions

- Most important support system
- Increasing the basket of knowledge
 - Between whanau and medicine
- Bridging the gap
 - Between whanau and medicine
- Community link
- Saving lives



'It takes a village to support a person to donate and receive a transplant

an African proverb that for today can also mean.....

that an entire community of people must interact to enable the transplant process, to ensure our people can live, work, have families and grow to an old age in a safe and healthy environment.

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