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Roadmap to Kidney Transplant

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Purpose

Most kidney transplant candidates wait on the list for a number of years prior to being offered a kidney. Once called for an organ offer, the process moves quickly, and the admission process can be very overwhelming. Our team decided that a transparent pathway to the transplant event and post-transplant recovery would lead to better communication and alleviate anxiety that is inevitable during this time.

Method

The transplant team designed and implemented a trifold brochure with checkboxes entitled "Roadmap to Transplant". The brochure is given to the patient at the time of admission and utilized as an educational tool to assist in navigating through the transplant process. The goal is to ensure the recipient understands the process from admission through the transplant event and discharge. The Roadmap guide was reviewed by our Patient Advisory Council for Transplant (PACT) for feedback prior to being finalized. The inpatient transplant nursing unit staff was educated about the process via in-services prior to initiating the form.

Implementation

Beginning May 1st, 2015, each patient admitted for transplant has been given a Roadmap upon arrival to the hospital to better outline the steps and increase awareness of patient expectations. Prior to discharge, patients are asked to complete a questionnaire asking if the Roadmap was used and if they found it helpful, along with space for suggestions and comments.

Results

As of October 2015, 44 patients have received the Roadmap. Forty patients (90%) stated they used the brochure, and all who used the tool stated they found it helpful. Overall, comments were very positive, and patients and families have found the Roadmap to be very informative. Patients stated they felt more prepared and less anxious. Comments included that the tool provided "good guidance through the journey", "helped to streamline the process and keep us on track", and a "great tool to know what to expect during and after a transplant".

Conclusion

In developing a new educational tool, the Roadmap has also provided a great opportunity to increase patient involvement with the transplant team. It will continue to be used while collecting more data for potentially measuring outcomes, such as patient adherence.

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