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UC San Diego Abdominal Transplant: Living Donor Program

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UC San Diego Abdominal Transplant: Living Donor Program

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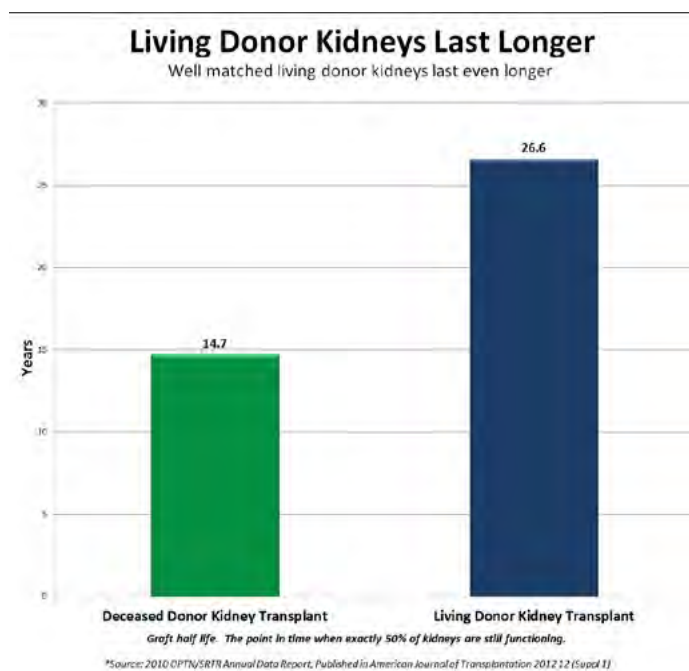
The UC San Diego Health (UCSD) living donor program is a comprehensive multidisciplinary team that supports donors and recipients through the process of liver and kidney living donor transplants. At UCSD, we evaluate all potential living donors for our kidney and liver transplant candidates on the waitlist. We also evaluate living donors and coordinate transplants between UCSD and Rady Children's Hospital. UCSD is partnered with the National Kidney Registry (NKR) to offer our incompatible donors and recipient pairs another option - that of a living donor kidney transplant and donation.

WHY LIVING DONATION?

Living donation is the best option for those in need of a kidney transplant. Living donor kidneys work faster and last longer than deceased donor kidneys.



Michael G. Chua, MSN, RN is a has been a Living Donor Coordinator since 2013 and an RN for the last 15-16 years. He's been at UC San Diego since 1998, beginning his career as a Respiratory Therapist working in the Neonatal ICU. He obtained his RN license in 2004, BSN in 2010, and MSN in 2012. Before coming to transplant, Michael was a nurse in TICU, Assistant Nurse Manager of 2E, and Nurse Manager of IPCE/ TB Control. He enjoys travelling to new places to try new foods with his wife and 3 boys.



The wait times in Southern California are very long to receive a deceased donor kidney. Some people can wait up to 10 years before they receive a transplant. After being on dialysis for a long period, it is possible that those waiting, might not even be a candidate for transplant by the time they get to the top of the list because of all the comorbidities that go along with being on chronic dialysis.

These wait times are getting longer each year because the need for kidney transplant is steadily rising, but the number of deceased donors has remained about the same.

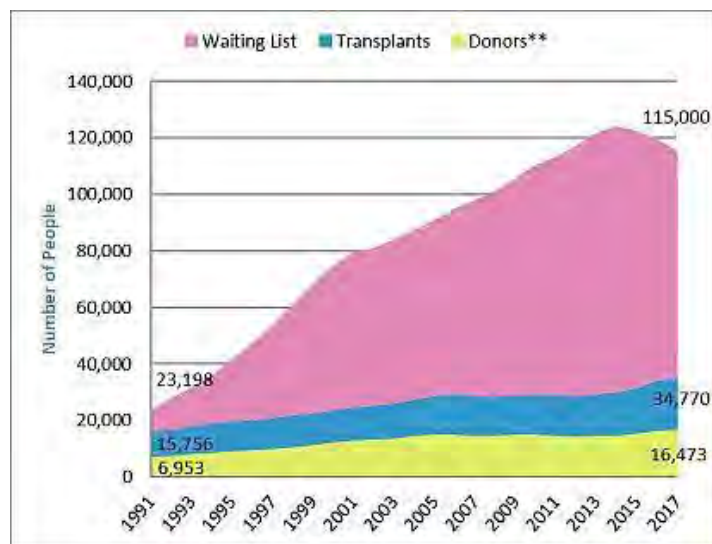
Estimated wait times for kidney transplant in San Diego

Blood type O	8-10 years
Blood type A	6-7 years
Blood type B	7-9 years
Blood type AB	3-4 years



Olivia Stoddart, BSN, RN

has had a love for transplant ever since donating her kidney to her brother in 2000. It was this experience that motivated her to begin her career in nursing. She previously worked as an IMU nurse at UC San Diego Hillcrest, then went on to work as an organ procurement coordinator with Lifesharing. She now enjoys being a living donor coordinator with the kidney transplant team at UC San Diego. In her free time she enjoys travelling and chasing her two boys around.



HERE IS HOW LIVING DONORS CAN HELP.

Types of donation

There is no physical benefit to donating your liver or kidney. Most living donors do it for the emotional benefit of helping someone in need. There are different types of donation: directed donors, non-directed donors, and paired exchange donors.

Directed Donation

Directed donors know a friend or family member who is in need of a transplant. They undergo compatibility testing to make sure they are a match, and once approved, can directly donate to their loved one. Through our partnership with the National Kidney Registry and our Donor Care Network Center of Excellence status, we are able to offer remote donation as an option to our compatible donor and recipient pairs. This makes it easier for our donors who live out of state to perform their entire workup and have their donor nephrectomy close to home. The process is that the donor's kidney is shipped and tracked, via GPS, to their intended recipient at UCSD.

STORY FROM OUR FAVORITE PATIENT AND FORMER CO-WORKER

My Left Kidney

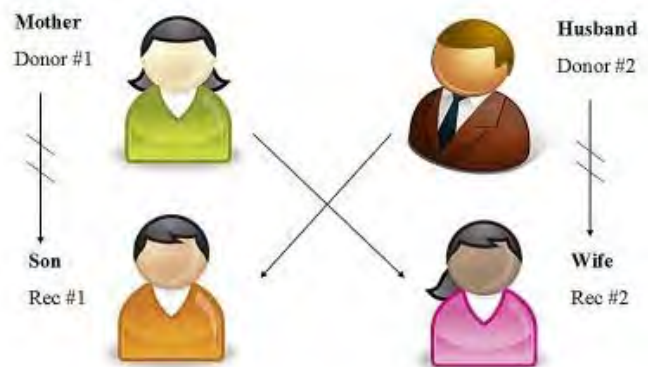
I donated a kidney to my brother Christian on December 5, 2018. I have worked in the Kidney field at UCSD for the past 20 years, 7 years in Dialysis and 13 in Kidney Transplant so my decision to donate came very easy. I knew first hand that a kidney transplant was a better treatment option for someone with kidney disease and I was going to be the first to step forward. The process was very simple and my brother was able to avoid dialysis and continue on with his life. The recovery for me was a little slow and I felt fatigue for a few months after donation. Today I feel like I never had surgery. I returned to work 8 weeks after donation and I was able to share my experience firsthand to the patients I served. Although the decision to donate is not for everyone, I now share my experience and hopefully help patients make an informed decision about donating. I am happy I was able to make a difference in my brother's quality of life. It was definitely a rewarding experience and I would do it all over again if given the opportunity and had more kidneys.

-Alejandra Munoz



Paired Exchange Donation

Paired exchange donors are those that are not compatible with their loved one in need but still want to help. In these cases, donors are entered into the paired exchange system. Once registered, they will donate on behalf of their recipient to someone for whom they are compatible. In exchange, their loved one will receive a kidney on the same day from another living donor that is compatible with them. The National Kidney Registry (NKR) offers this. By removing the boundaries of having an incompatible match, this program facilitates more living donor transplants to occur. Coordinating this event takes time and commitment from the participating centers.

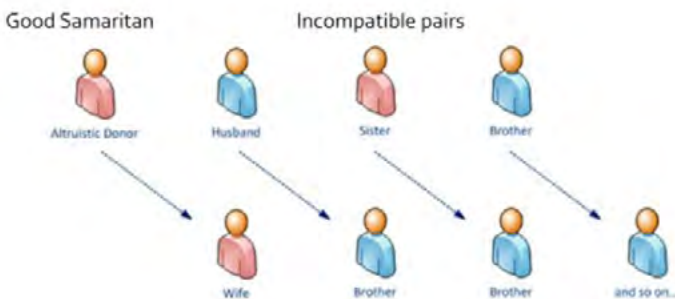


Non-Directed Donation

Non-directed donors (NDD) are good Samaritans who want to help but don't know anyone who is in need of a transplant. These donors are willing to donate to anyone. At UCSD, we enter NDD into the paired exchange pool in NKR to help maximize their gift of donation. The NDD are matched with a compatible recipient that then allows the recipient's paired donor to donate to the next incompatible recipient/ donor pair. NDD's will not find out who their compatible recipient is unless both parties agree to meet after the transplant is complete.

In February 2019, UCSD was one of the 12 pilot centers to offer the Family Voucher Program from NKR for NDD. In July 2019, NKR's Family Voucher program is offered to all NKR participating centers. The intent of the Family Voucher program is to protect the donor's loved ones after donation. In the event that the donor's family member needs a kidney transplant, they would be able to receive a living donor kidney from the National Kidney Registry.

National Kidney Registry Non-Directed Donor Chain



To find out more about the Family Voucher Program, please check out their website: <https://www.kidneyregistry.org/info/voucher-program>

HOW THE PROCESS STARTS

<https://ucsdlivingdonor.org/>

All interested living donors inquire through our website. They will be asked to submit their information and medical history. They will then go through medical and psychosocial phone screening with the nurse coordinator and the liver donor advocate prior to moving forward with the evaluation.

What We Do

Thorough living donor education is provided one-on-one and is offered throughout their evaluation. To help continue to raise awareness about living donation, our Living Donor Team provides quarterly living donor

seminars for our patients to attend. Our speakers include our Transplant Medical Director, Dr. Shah; Living Donor Surgical Director, Dr. Berumen; and Living Donor Coordinators, Michael G. Chua and Olivia Stoddart. Joining our speakers at the living donor seminar is a special group of volunteer living donors and recipients who share their own personal experience with others to provide our patients hope.

What to expect with the evaluation

Living donation is completely voluntary and elective for those considering living donation. Living donors have a right to withdraw from the process at any point during their evaluation. Their decision to move forward with or to stop an evaluation remains completely confidential. Our team ensure their decision is kept private and protected. The evaluation starts with blood and urine testing. Donors will have their blood drawn to test for blood type, tissue typing, general overall health, and infectious diseases that may be transmitted through transplant. For potential kidney donors, they will complete a 24 hour urine collection to evaluate kidney function.

The evaluation is done over the course of 2 full days. Donors are required to have the following tests: 1) a chest x-ray to assess pulmonary health, 2) cardiac testing including an Echocardiogram, Electrocardiogram and/ or a cardiac stress test to visualize the structure, function and health of their heart, 3) an ultrasound, CT scan or magnetic resonance imaging (MRI) of the abdomen and/ or pelvis to determine the surgical suitability of the organ for donation.

The Living Donor Team will then present the potential donors to a selection committee where they are evaluated by a multidisciplinary team including the nephrologists for kidney donors, hepatologists for liver donors, transplant/ donor surgeons, social workers, dieticians, and living donor advocates. The team will thoroughly review the donor from a medical, surgical, and psychosocial aspect to see if it is safe to proceed with donation.

If a potential donor is approved to donate, our team will coordinate scheduling surgery for both the donor and the transplant recipient. Living donor transplant can be scheduled around the availability of the donor and readiness of the transplant recipient.

Post Donation

Donors generally do very well overall after donation. They spend an average of 2 nights in the hospital with a total recovery time of about 6 weeks.

All donors are followed for two years after donation. We see them at 1 week, 6 weeks, 6 months, 1 year, and 2 years after donation. We want to ensure that our donors are doing well post-operatively and closely monitor their labs, blood pressure, and surgical incisions. After two years, donors are asked to follow up with their PCP annually to make sure their remaining kidney is doing well.



From LEFT to RIGHT:

Kidney Transplant Social Worker - Nina Sullivan, Living Donor Coordinators - Olivia Stoddart and Michael G. Chua (back), Kidney Transplant Nephrologist and Medical Director - Dr. Mita Shah (front), Independent Living Donor Advocate - Leslie Fijolek, Surgical Director for Living Kidney Donor Program - Dr. Jennifer Berumen, Chief of the Division of Transplantation and

Hepatobiliary Surgery and Vice-Chair for Quality and Safety in the Department of Surgery - Dr. Kristin Mekeel, Clinical Manager, Kidney Transplant & Living Donor Programs - Jason Suade, Kidney Transplant Coordinator - Suzanne Reed, Former Living Donor Coordinator Assistant - Alejandra Munoz (back), Post Kidney Transplant Coordinator Assistant - Jackie Miranda

Not pictured:

Living Donor Coordinator Assistant - Juana Morales, Transplant Dietitian - Natasha Mooney, Surgical Director for Living Liver Donor Program - Dr. Schnickel, Liver Transplant Hepatologist - Dr. Ajmera, Liver Transplant Social Worker - Vanessa Mulsow, Post Living Donation Nurse Practitioner - Alexandria Chavez

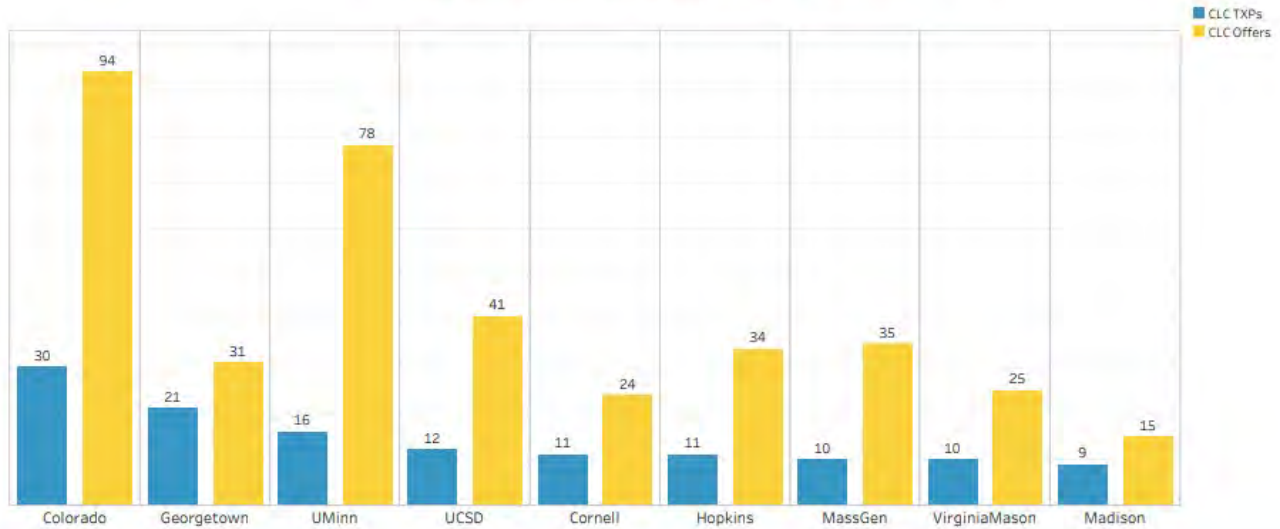
LIVING DONOR PROGRAM TEAM AND RECOGNITION

Number of Living Donor Transplants

Year	UCSD Live Kidney	UCSD Live Liver	Rady Live Kidney	Rady Live Liver	TOTAL Living Donor Transplants
2013	20	0	0	0	20
2014	14	1	2	0	17
2015	18	4	2	1	25
2016	18	2	4	0	24
2017	25	1	1	0	27
2018	37	0	7	0	44
2019	47	0	5	0	52

Top Center Liquidity Contributors

CLC Driven Matches 10/2018 – 09/2019



The Center Liquidity Contribution (“CLC”) program scores Member Center based on their contribution to the pool liquidity (i.e. NDDs and pairs entered) and the

“payback” of the center’s contribution (hard to match pairs matched & transplanted) in the form of match offers. Top scoring CLC centers are given priority.

OLIVIA STODDART: LIVING DONOR AND LIVING DONOR COORDINATOR

Two Lives Changed

Olivia Stoddart couldn’t wait to turn 18 - the age to get tested to see if she was a match for her brother battling end-stage kidney failure. “My brother is my best friend. The day I got the call that I was a match was one of the best of our lives.” That was 19 years ago. Her brother now lives a full life as a husband and father. The experience was life-changing for Olivia as well. It sparked a passion in her to study nursing, and led her to become a living donor transplant coordinator here at UC San Diego Health. “I love my job so much because I connect on a personal level with our patients. I know the physical challenges and emotions that come with giving and receiving the most precious gift.” Learn more about living kidney donation at <https://medschool.ucsd.edu/som/surgery/news-events/articles/Pages/Changing-Lives-Through-Living-Donor-Kidney-Transplant.aspx>

