

# Increasing Transplant Referral With a Focus on Women



## Interventions

### Is Transplant for Me?

**Transplant or Not? Know Your Options**

You may live longer if you have a transplant. The 2015 USRDS Annual Report lists "survival or life expectancy for end-stage renal patients for five years after starting treatment this way:

- 4 out of 10 will survive on dialysis
- 7 out of 10 will survive with a deceased donor kidney transplant
- 8 out of 10 will survive with a living donor kidney transplant

I'm too old to get a kidney. I wouldn't want to take the chance away from a younger person in need.

There is a new kidney allocation system, called KDPI, that matches older people with older kidneys or kidneys from donors who may have had some health problems. These kidneys still last 7-10 years and the wait time may be shorter.

There are other options! Living donors or accepting a kidney with a higher KDPI score can reduce your wait time for a kidney. Time on dialysis counts toward your waitlist time!

Kidney donors are able to return to their regular activities about 4-6 weeks after surgery. There are no dietary restrictions following donation, and a female kidney donor can still become pregnant following donation.

You don't have to be a "match" to your living donor. Many transplant centers do paired donation where your donor can give a kidney to someone they match, and you can receive a kidney from someone else's donor who matches you.

**The Renal Network**  
ESRD Network 10

**Is Transplant For Me?  
Consider Your Options**

Inside this brochure are common concerns patients often have about kidney transplants, with solutions to help patients get on the transplant waitlist. For more information, ask your dialysis nurse or other care team member for help to get started with a transplant referral. You can also call The Renal Network for more information, 1-800-456-6919.

### Readiness for Change

**STAGES OF CHANGE**

**Pre-contemplation**

- **Definition:** Not considering taking actions in the next 6 months to pursue living donation
- **Orientation:** Behavior change is not a priority; Undervalue Pros & overvalue Cons of LDKT; Not confident; Doesn't want to talk about it, feels hopeless, will look uncomfortable, ignore, or resist education
- **Tailoring Approach:** Plant the seed; Provide gentle support to honor where the person is
- **Recommended Small LDKT Steps:** Generally talk about the possibility of LDKT; Provide education for future use

**Contemplation**

- **Definition:** Considering taking actions in the next 6 months to pursue living donation
- **Orientation:** "On the fence" with equal value seen in Pros and Cons of LDKT; Can stay in this stage indefinitely; No urgency to change
- **Tailoring Approach:** Shift ambivalence; Help patients think about Pros and what is important to them – does LDKT fit with their goals?
- **Recommended Small LDKT Steps:** Learn more about LDKT; Provide educational materials to share with others about LDKT

**Preparation**

- **Definition:** Preparing to take actions in the next 30 days to pursue living donation
- **Orientation:** Pros to LDKT outweigh Cons; Thinking through problem-solving how to get started; More confident
- **Tailoring Approach:** Help patients develop a LDKT plan & take the first step
- **Recommended Small LDKT Steps:** Plan how to get the word out; Allow others to tell people the patient is willing to pursue LDKT; Share the patient's need for a living donor with a large community

**Action**

- **Definition:** Taking actions to pursue living donation
- **Orientation:** Taking actions but could give-up if problems arise or no donor is found
- **Tailoring Approach:** Support patients continuing the behavior; Problem-solve common barriers; Celebrate progress
- **Recommended Small LDKT Steps:** Accept someone's offer to donate; Ask a potential donor directly to be tested; Provide support for persistence needed to succeed

Adapted from Explore Transplant by Dr. Amy Waterman  
Published under CMS contract #HHS-500-2016-00010C. To file a grievance, patients may call 1(800) 456-6919 or download forms from our website: <http://www.therenalnetwork.org>, and send to The Renal Network.

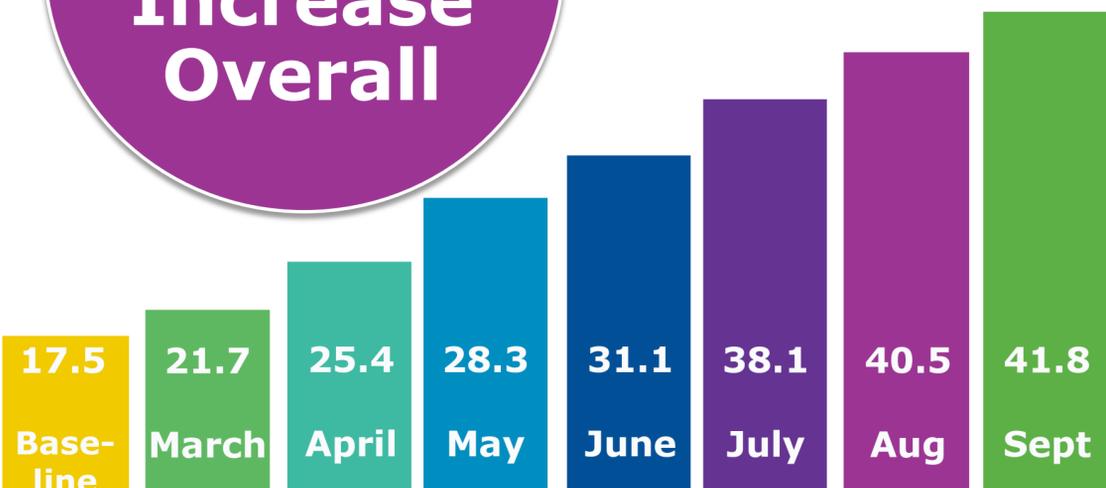
### Kidney Patient Views Podcasts



- Living Donation
- Transplant Navigator
- Personal Stories

**239%**  
Increase  
Overall

## Referral to Transplant



24.3 Percentage Point Increase Combined for Men and Women

## Decreased Gender Disparity

**3.3** Percentage  
Points