Kidney Transplant Program Roadmap

**Requirements to refer**
- Age < 85
- BMI ≤ 45
- GFR ≤ 25 ml/min
- Diagnosis of CKD 4/5

**How to refer**
1. EPIC (EMR)
2. Fax: 617-726-0882
3. Physician Gateway
4. Secure e-form

**Referral**
Patients are contacted by a team member within 2 days of referral receipt. Pre-dialysis patients are scheduled within 2 weeks.

**Evaluation**
Initial assessment of a patient’s medical and psychosocial history, including minimal lab tests*, to determine program candidacy.

* Additional required tests are completed at Readiness.

**Multidisciplinary team**
- Transplant nephrologist
- Transplant surgeon
- Transplant registered nurse coordinator
- Transplant nutritionist
- Social worker
- Financial coordinator

**Available resources**
- Dedicated care team
- Kidney recipient education
- Guide to living donation
- Access to National Kidney Registry’s paired-exchange program
- Rapidly growing robot-assisted surgery program
- Health and nutrition coaching
- Virtual group visits
- Genetic testing
- Guide to finding supplemental financial resources

**Selection**
Based on a careful review and Mass General’s selection criteria, the multidisciplinary team determines the patient’s eligibility for transplant.

**Potential committee decisions**
1. Accept
   - Active
   - Inactive
2. Defer
3. Decline

**Readiness**
Through care coordination and communication, we ensure that every patient is ready to receive an organ offer as soon as possible.

**To prepare for kidney transplant**
- Be in good health
- Maintain healthy habits and weight
- Be up to date on required vaccinations, health screenings and lab/imaging tests

**Waitlisting**
The patient is listed on the United Network for Organ Sharing (UNOS) waitlist within a week of acceptance.

Accepted patients will accrue time on the waitlist regardless of status. Only active patients can move on to Readiness.

**Graft maintenance**
Our post-transplant care team provides ongoing care throughout the life of the patient’s new kidney, making necessary changes to the care plan to extend the transplanted kidney’s survival.

**Location of procedure**
The transplant surgery takes place at 55 Fruit St, Boston, MA 02114–Mass General Hospital, main campus.
**Kidney Living Donor Program Roadmap**

### Intake
The potential donor (PD) completes a questionnaire that is assessed by the donor team for kidney donation suitability. Information shared is kept confidential.

### Review & Initial Testing
If the screening labs are favorable the PD is invited to attend a multidisciplinary clinic (MDC) evaluation.

**Multidisciplinary team**
- Transplant nephrologist
- Transplant surgeon
- Transplant registered nurse coordinator
- Social worker
- Independent Living Donor Advocate (ILDA)
- Transplant psychiatrist
- Living donor dietitian

**Available resources**
- Option for virtual evaluation
- Independent Living Donor Advocate
- Guide to living donation
- Access to remote or advanced donation through paired-exchange
- Guide to finding supplemental financial resources
- Robot-assisted surgery program
- Post-donation follow-up care

### Evaluation MDC 1
Includes:
- Education session with a nurse coordinator
- Visits with a nephrologist, a social worker, and additional specialists, if needed

### Evaluation MDC 2
After MDC 1, if suitable, the PD comes to MGH to complete the work-up:
- Abdominal CT scan
- Chest X-ray
- Cardiac testing
- A second ABO blood typing
- Human leukocyte antigen (HLA) testing
- Visits with a transplant surgeon, ILDA, and other specialists, including psychiatry, if needed

### Selection
The Multidisciplinary Selection Committee reviews the PD candidacy and determines suitability for donation.

**Potential committee decisions**
1. Approve
2. Decline
3. Defer

The candidate is kept informed throughout the process.

### Before Donation
Once the PD is approved and the intended recipient is ready for the transplant, a surgery date is scheduled. Two weeks ahead of this date, the PD will come to MGH for education, additional lab tests, screenings, and to sign consent forms.

### Location of procedure
The nephrectomy, removal of donor kidney, takes place at the Mass General Hospital main campus.

### Before discharge
The donor stays in the hospital for two days in addition to the surgery. The nurse coordinator, social worker, and ILDA visit with the donor.

### Donation
The donor completes an online follow-up questionnaire, lab testing, and returns for follow-up (virtual or in person), 10 days, 6 months, 1 year, and 2 years after donation.

The donor is welcome to receive additional follow-up care at Mass General Hospital Transplant Center, as needed.