

Kidney and Pancreas Transplant at Lourdes



Compassionate and Personalized Care • Our Lady of Lourdes Medical Center • Lourdes Regional Organ Transplantation Center



Individualized Care for Patients with Chronic Kidney Disease

INSIDE

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Treatment for patients with chronic kidney disease has undergone dramatic changes that have resulted in improved life expectancy and quality of life. Kidney transplant has extended the lifespan and vitality of patients with kidney disease. And for some patients, preemptive transplantation is the treatment of choice. In fact, today we find transplanted patients are at a 68 percent lower risk for death, compared to patients on dialysis. At Lourdes, we understand and appreciate the importance of primary nephrologists in our team approach to care. We recognize that dialysis is a lifesaving bridge to transplantation and that the ultimate goal is to use these treatments to achieve the best outcomes for our patients.



At Lourdes: Excellent record with a successful operation

Worldwide, kidney transplantation has saved lives and returned life function to hundreds of thousands of patients with severe and acute kidney failure. Lourdes' program has built a **successful record** in providing this operation since the 1970s.

Highly organized **pre- and postoperative programs** are essential for success. Candidates often have comorbidities, making careful evaluation, proper selection and patient stratification vital to good outcomes and fair allocation of kidney transplant resources.

The Lourdes program has transplanted nearly 1,000 kidney patients. Its **outcomes are better than or equal to national standards** for programs with a

Few operations or other treatments in medicine provide as dramatic a recovery of life function as kidney transplantation.

patient population of similar demographics and profile. One-year patient survival is 96 percent (100 percent for patients receiving a living-donor kidney). One-year allograft survival is 95 percent. (See chart on page 6.) The special attention that Lourdes can give to patients has helped achieve excellent results—with outcomes that place the center **among the best in the Philadelphia area**, based on recent data.



Lourdes Regional Organ Transplantation Center is a program of excellence, serving southern New Jersey, southeastern Pennsylvania and northern Delaware.

Lourdes has one of the longest-standing transplant programs in New Jersey, approaching 40 years of continuous, successful provision of life-saving and life-altering kidney replacement. With some of the best outcomes in the state, the kidney transplant program makes up the core of the Lourdes Regional Organ Transplantation Center which serves as **southern New Jersey's regional resource for liver, kidney and pancreas transplantation**. The center has enjoyed long-time certification from the United Network for Organ Sharing (UNOS) and approval from the Centers for Medicare and Medicaid Services (CMS).

1974 kidney transplant program launch
first living donor transplant



1980

1994 first pancreas after kidney transplant



1990

1998 first non-related living donor transplant



2005 first laparoscopic kidney donation

2000

2009 first paired exchange

2010 first multi-center, regional exchange

2010



*Arjiit Chakravarty, MD
Medical Director of the
Kidney and Pancreas
Transplant Program*



*John Radomski, MD
Chief of the Section of
General Surgery*



*Nasser Youssef, MD
Surgical Director of the
Kidney and Pancreas
Transplant Program*

The team meets in a weekly conference for pretransplant patients and in a weekly conference for post-transplant patients.

Meet the Lourdes team



*Donna Collins, RN MSN
CCTC
Transplant coordinator*

At Lourdes, the kidney transplantation team includes highly qualified, board-certified transplant nephrologists and surgeons who **meet and exceed the standards** of qualifications and credentialing set by UNOS. They are joined by an excellent group of transplant coordinators, financial counselors, anesthesiologists, social workers, psychiatrists and pharmacists. The team also enjoys premier back-up services and quality assurance right here at Lourdes: cardiologists, endocrinologists, wound specialists and others who are available to assist in the management of patients. This experienced team supports the patient through the sometimes complex issues associated with transplantation.



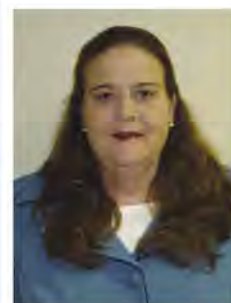
*Karen Malagrino, RN, MSN,
CCTC, CNN
Transplant coordinator*



*Mary Margaret Campbell, RN
Transplant coordinator*

HealthGrades®, the leading healthcare quality ratings organization, regularly recognizes services at Our Lady of Lourdes Medical Center for excellence. Recent and repeat distinctions include:

- cardiac services rated among the top 10 in the state;
- consistent five-star ratings for heart failure care and for treatment of stroke;
- a top ranking in the state for vascular surgery;
- the 2008 Patient Safety Excellence Award.™



*Allyson Semple, RN, BSN
Transplant coordinator*

-Based on latest data available: 2010-2011.

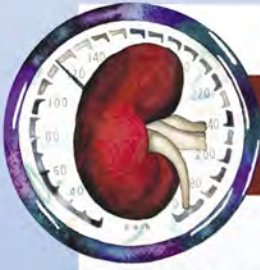
Each patient works with a transplant financial counselor, who helps the individual determine his or her coverage benefits, as well as the ongoing costs of medications and sources of support. Patients in the Lourdes program appreciate the relationship of **close communication** that they enter into with the transplant coordinators and program physicians. Once in the process, and throughout, the patient and referring physician have ready access to the coordinators and program doctors.



*Laura Evangelista, LSW
Transplant social worker*



*Patricia Walsh, RN
Transplant coordinator*



What Makes Lourdes Exceptional?

The Lourdes program works to make kidney transplantation available to as many patients as possible by supporting patient access and donor options:

Living donor program

In the modern era of immunosuppression and sophisticated human leukocyte antigen (HLA) tissue typing, living donors can be a relative of a patient *or someone unrelated at all*. But with improved immunosuppressive drugs, patients do not always have to be well matched for HLA. In addition, patients who are immune sensitized to donor antigens may undergo plasmapheresis to remove antibodies that would lead to rejection.

Recipients who have a living donor are most likely to be able to undergo transplantation before dialysis becomes essential—a step known as a preemptive transplant. Either way, for best outcomes the goal is to have transplant candidates spend the least amount of time on maintenance dialysis as possible prior to receiving a kidney transplant.

Laparoscopic living kidney donation

Laparoscopic kidney donation has become the standard for living donors and has helped to increase kidney donation. Avoiding a long incision through the muscles eliminates many postoperative problems and the majority of postoperative pain. This minimally invasive approach makes donation easier and helps donors recover and get back to their normal lives faster.



Paired exchange program

The innovative paired exchange program can speed the process of finding a match for recipients who have an incompatible living donor. In the paired exchange approach, two kidney patients who have living donors with whom they are blood group or tissue type incompatible but who are a match for the other patient each receive a kidney from the other's living donor.

Lourdes participates in the paired-exchange system with other large centers. In 2009, Lourdes' Regional Organ Transplantation Center performed the first "double-swap" kidney transplant in the Delaware Valley, and in 2010, the center participated in a multi-state regional exchange involving four donors and four recipients.

Dual listing option

South Jersey patients have the advantage of listing with two different organ procurement organizations—Gift of Life (in Philadelphia) and the New Jersey Sharing Network.

Multi-organ transplantation

Lourdes has experience transplanting multiple organs in a single operative procedure. These complex surgeries, such as kidney-pancreas and liver-kidney transplants, depend on a team approach involving specialists beyond the transplant team and include critical care, infectious disease, pulmonary and cardiac back-up support.

Return to Livelihood program

Transplantation is but the first step in a journey to recovery. A team that includes a post-transplant coordinator, social workers, financial counselors and physicians ensure that the patient's transition to home and work is a smooth one.

Deceased donor program

The majority of kidneys transplanted come from deceased donors, but the wait for a deceased donor kidney can sometimes stretch to years. That's why Lourdes registers all patients on the regional organ waiting lists as soon as possible.

Individualized care

The center's cutting-edge but wholistic approach starts with helping patients understand the urgency of the need for transplant. The earlier the intervention, the better the outcome. Patients regularly participate in the hospital's **Prepare for Surgery program**, taught by a wholistic nurse. This class is highly regarded and has helped patients and families to prepare their minds, bodies and spirits for the upcoming surgery and daily necessities afterward.

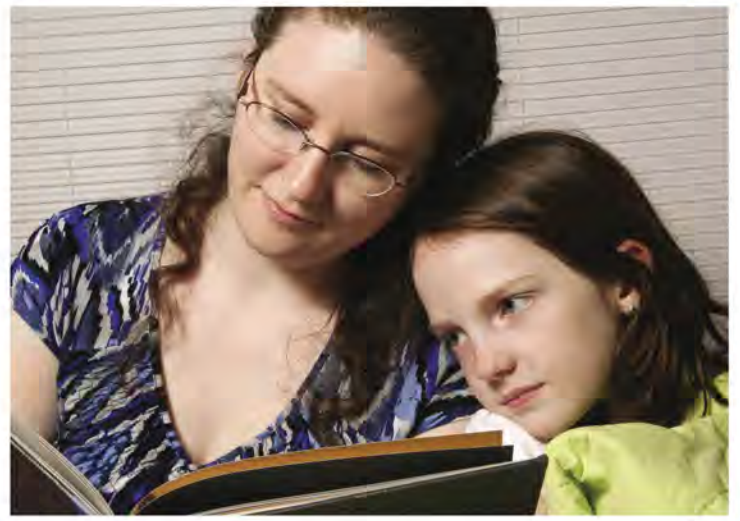
Also helping to define Lourdes' program is its focus on recovery and support following surgery. This includes monitoring lab work, surgical follow-up, dietary and psychological counseling, medication, self-care, physical activity and homecare, as well as emotional support, well-being and adjustment for the patient and family.

After successful transplant, patients are guided back to the life they knew before kidney failure. All this takes place in a **Return to Livelihood program**, which offers a strong focus on return to work and

support for patient efforts to resume meaningful activities of daily living. Return to Livelihood often helps patients complete the recovery process and fully restore sense of self.

Kidney transplant is typically a three-hour operation, with a hospital stay of roughly a week, followed by about six weeks of recovery to return to work.

Part of this process is to create realistic expectations about the pace of transition back to the home life, work and community.

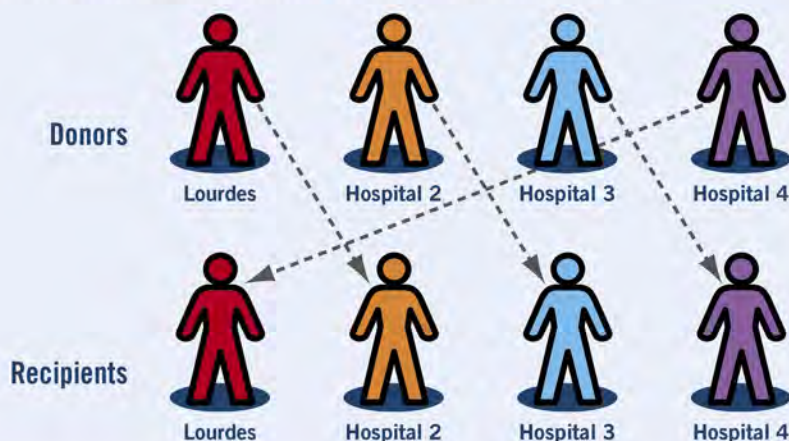


A patient and family focus

Throughout, the Lourdes program focuses on the complete patient and his or her support system. Lourdes' highly progressive Prepare for Transplant program uses a number of integrative medical approaches to reduce stress, facilitate self-care, promote education and help gain the benefits that can come from a positive orientation to transplantation.

The center's staff can help to guide care during the waiting period. But important to the pre- and post-transplant program is keeping patients in communication with, and in the care of, their referring nephrologist. The Lourdes transplant team recognizes and appreciates the special bond between referring physician and patient. The staff works closely with referring physicians and considers them essential members of the patient's care team.

Kidney swap chain involving four donor recipients



In 2010, Lourdes participated in a multi-center, regional exchange involving four donors and four recipients. This miracle involves the love and faith of each individual, and the hard work and coordination of numerous healthcare professionals

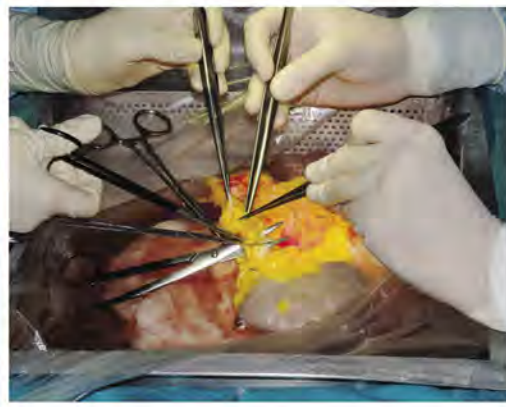
Getting on the transplant program list

The most successful transplants are those with recipients who are in the best physical and emotional health before the transplant, but many factors bear on a patient's suitability. Testing is essential and the Lourdes program schedules evaluations quickly, to include all UNOS-required diagnostic criteria for safe transplantation.

The process involves meeting with the transplant coordinator and a team physician, and undergoing a comprehensive pre-transplant examination and testing.

Clinical information obtained during the evaluation—particularly tissue typing and presence of anti-HLA antibodies—is used to create each patient's profile and help determine his or her priority on the regional waiting list. The Lourdes program uses the most advanced tissue-typing technology.

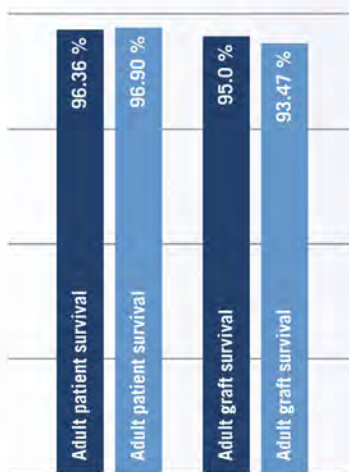
Patients remain in the care of their referring nephrologist while awaiting transplant. After surgery, a highly coordinated process allows for a smooth return to the primary nephrologist's care. The Lourdes team remains a back-up support for the patient and referring physician.



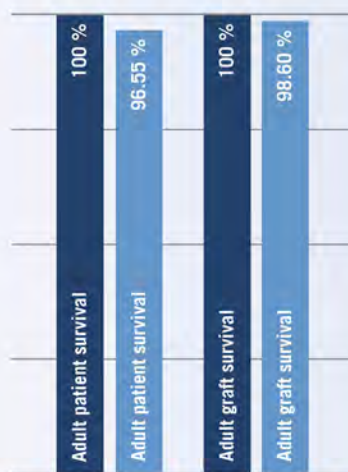
Indications for kidney transplant

- stage 4 chronic kidney disease with a GFR of less than 20
- stage 5 chronic kidney disease

Quality and achievement, year after year.



Kidney Transplant
one-year outcome statistics
Cohort: January 1, 2007 to June 30, 2009



Living-Donor Kidney Transplant
one-year outcome statistics
Cohort: January 1, 2007 to June 30, 2009

Lourdes data compares favorably with other centers that have patient populations of similar demographics. Shown here, Lourdes outcomes demonstrate no statistically significant difference from expected outcomes. With national operative mortality and complications at an all-time low, virtually all transplant patients realize effective restoration of kidney function.

- Our Lady of Lourdes Medical Center
- Based on national statistics

Available at all times

When an organ becomes available, the Lourdes kidney team stands ready to receive or procure it 24/7, 365 days a year. Patients waiting for deceased-donor kidneys must be prepared to arrive quickly to the transplant center when an organ becomes available.

Patients who have a living donor, of course, schedule their transplantation in advance. Donation and transplantation will happen at the same time and place, usually in adjacent operating rooms.

Referral process

Contacting the program for evaluation and listing is simple: Patients and physicians may call the pre-transplant center at 856-796-9370. The coordinator will schedule patients promptly for screening or evaluation with the program's medical team.

Lourdes' transplant coordinators and transplant nephrologists remain personally and directly accessible to patients and referring physicians throughout the treatment process.

Why choose the Lourdes kidney transplant program?

- individualized care;
- decades of experience providing highly individualized, wholistic, person-centered service;
- dedicated team experienced in living-donor process;
- always accessible pre-transplant coordinators who work with primary nephrologists to navigate patients through rigorous pre-evaluation process;
- dedicated living-donor surgeon experienced in laparoscopic living-donor nephrectomy;
- outcomes that are consistent with or superior to state and national averages;
- a focus on quality-of-life transition after surgery.





Referral

To refer a patient for pre-transplant services at Our Lady of Lourdes Medical Center, call 856-796-9370.

For more information about Lourdes or to make a referral, call 1-888-LOURDES (1-888-568-7337) or visit www.lourdesnet.org.

