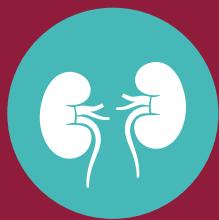


TRANSPLANT CONNECTIONS



KIDNEY | PANCREAS | LIVER

Winter 2019

Volume 3, Issue 1



JOHN C. McDONALD
REGIONAL TRANSPLANT CENTER

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Living Donor Nephrologist

Adrian Sequeira, MD

Nephrologist

Promoting Organ Donation Gold Recognition

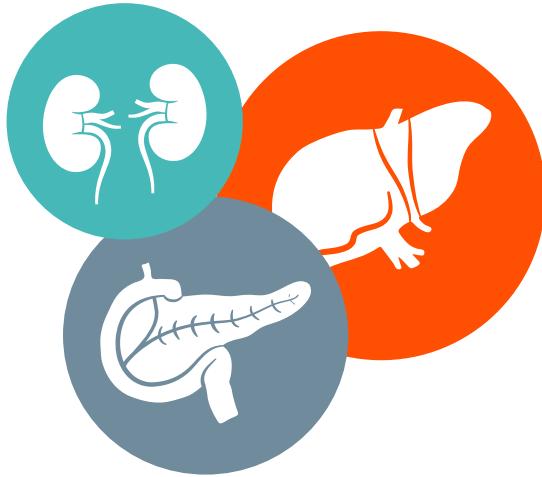


Gold Recognition

The John C. McDonald Regional Transplant Center participates in a national initiative called the Workplace Partnership for Life Campaign that unites the U.S. Department of Health and Human Services and the organ donation community with workplaces throughout the nation to spread the word about the importance of organ donation. During the 2018 campaign, John C. McDonald Regional Transplant Center at Willis-Knighton and LOPA worked together to promote organ, eye, and tissue donation within the hospital community and received recognition from the HRSA's Division of Transplantation.



John C. McDonald Transplant Center received gold recognition for encouraging hospital staff and community members to enroll in their state registry. Transplant staff in partnership with LOPA set stations up at each hospital during the month of April to encourage those who were not organ donors to sign up. LOPA presented the award at the Tree of Life Ceremony that was held in December 2018.



Tree of Life Ceremony



LOPA (Louisiana Organ Procurement Agency) and the John C. McDonald Regional Transplant Center at Willis-Knighton Health System hosted their second annual Tree of Life Ceremony in December 2018. The ceremony was an opportunity for donor families and recipients to hang ornaments in honor of those who gave the gift of life.

Annual Patient Christmas Party

Transplant patients and donors were invited to celebrate the season with one another at our annual patient Christmas Party on Thursday, December 13, in the Kerlin Conference Center of the WK Eye Institute. Everyone had a great time socializing. Lori Roy, transplant dietitian, worked tirelessly to put together a fun-filled event. Dr. Zibari took time as always to attend this event and to give a short but inspiring speech. This year, all patients in attendance received an ornament featuring our transplant center's logo for their Christmas trees at home.



Meet Our Newest Team Members



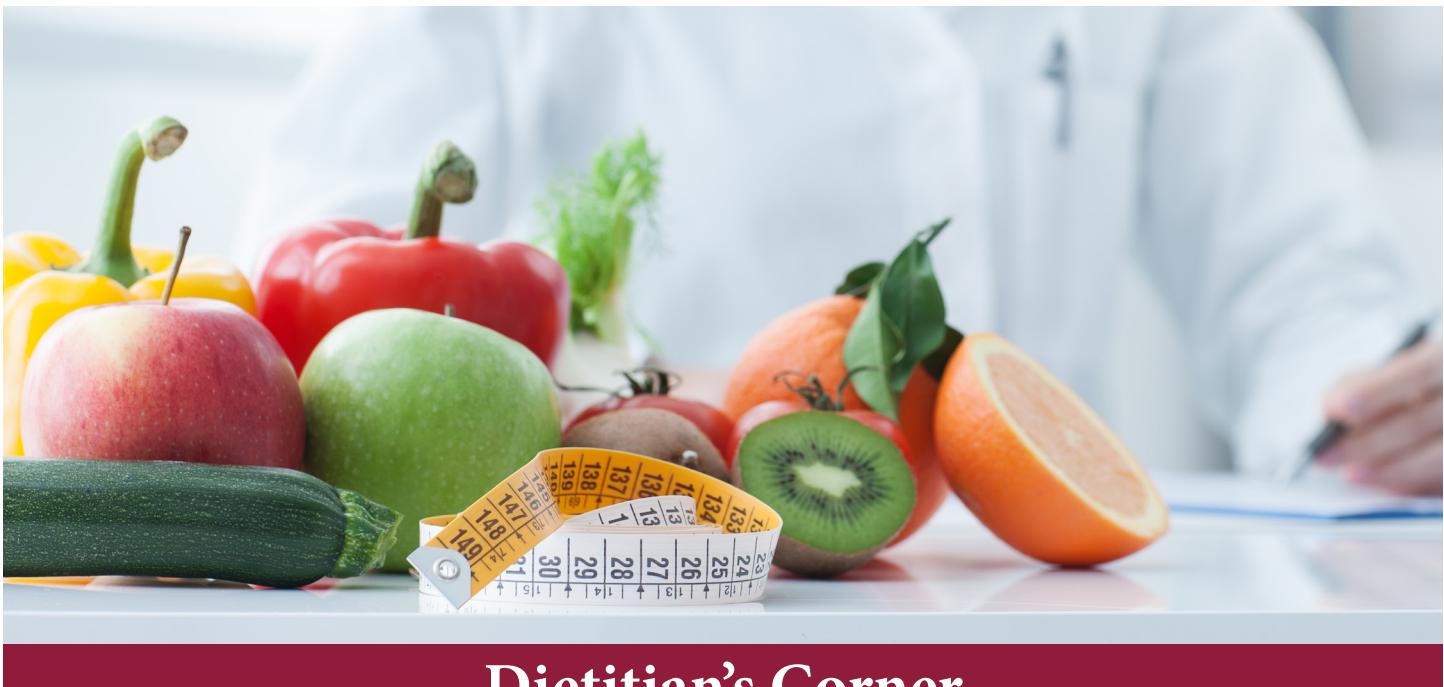
Bruce Wilson
Patient Access



Celina Brown
Pre-Liver Coordinator



Tori Ladd
Patient Access



Dietitian's Corner

Eating Right during the Holiday Season

We know the holidays are a time to gather with friends and family around delicious dishes to be shared by all. We don't want your dietary restrictions to keep you from experiencing all the holidays have to offer! With this in mind, here are some tips to making good food choices during holiday meals:

- Avoid very salty foods. Remember that any processed item, including canned cranberry sauce, bread crumbs, broths, etc. all have high sodium content. Consuming salty foods may cause you to be thirstier and to drink fluids in excess.
- Making dishes from scratch will help reduce the amount of salt and phosphorus in your dishes.
- Remember that sauces, gravies, and gelatins or

Jell-O all count toward your fluid intake.

- Leach or soak potatoes to reduce the potassium content. To leach: Peel the potatoes and cut into small pieces. Soak in large amount of water (for 1 cup of potatoes, use 10 cups of water) for at least four hours. Drain the water and rinse. Cook in a large pot of water until tender. Drain the potatoes and prepare.
- Use nondairy topping or whipped cream instead of ice cream on desserts.
- Remember, portion control is key! Try filling your plate with very small portions so you get to taste everything but avoid consuming too much potassium, phosphorus, or salt.

**Katie Paulovich, RDN, LDN
Transplant Dietitian**

HEALTH TIP – To maintain a healthy liver

Limit alcohol consumption; avoid liver-damaging drugs, the use of illegal drugs and high doses of vitamins unless prescribed. Ask our healthcare team about other measures you can take.



Pharmacist's Corner

Calcineurin is an enzyme that activates T-cells of the immune system. Calcineurin inhibitors are medicines which inhibit the action of calcineurin. T-cells are a type of white blood cell that plays a key role in cell-mediated immunity. Because calcineurin inhibitors suppress the immune system they are known as immunosuppressants.

Cyclosporine and tacrolimus are calcineurin inhibitors. This class has typically been used in combination with corticosteroids as the backbone of immunosuppressant maintenance regimens. Patients must be closely monitored for toxicities. Tacrolimus is a more potent immunosuppressive agent than cyclosporine and is used more commonly.

Nephrotoxicity is a major adverse effect of both medications in this class. Sometimes delaying the use of

calcineurin inhibitors or reducing the dose and adding another agent can reduce the nephrotoxic effects.

Cyclosporine causes or worsens hypertension and hyperlipidemia in a majority of patients who take it. Tacrolimus is less likely to have these effects, but causes hyperglycemia more often.

Patients should expect therapeutic drug monitoring with both cyclosporine and tacrolimus. The goal levels will vary depending on the type of transplant, time from transplant, comorbidities, and the patient's post-operative course. Patients must actively participate in their care by taking their medications every day as prescribed and making their follow-up and lab appointments for proper monitoring.

Immunosuppression is not the only key to success after transplantation. Non-immunosuppressant is also crucial to the management of graft survival and patient survival after transplant. Antimicrobial prophylaxis is used to prevent bacterial and viral infections during the first few months after transplant. Patients are at a high risk for opportunistic infections such as cytomegalovirus, herpes simplex virus, candida esophagitis and pneumocystis pneumonia. High doses of steroids and other medications that effect blood glucose can make it difficult to manage after transplant. Given the complex nature of transplantation, it is important for the multi-disciplinary team to understand and appreciate the complexity of treatment as well as the burden of medication cost to the patient.

**Glenn Bernatowicz, RPh
Transplant Pharmacist**

HEALTH TIP – Medications

Medications are the link to a new transplanted kidney. It is very important to be very consistent taking them all. Ask our healthcare team about how the medications work to keep you healthy and why you need to take them.

Employee Education

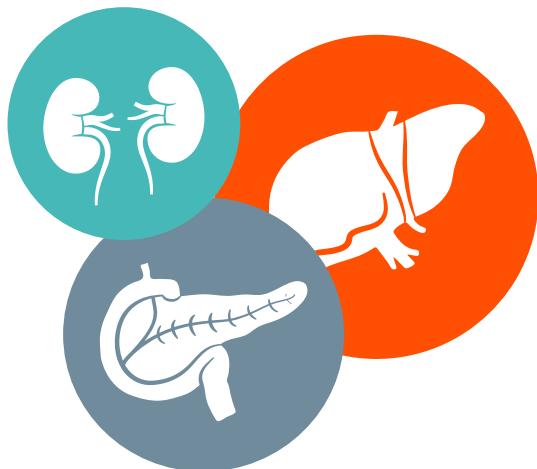
In September 2018, I was fortunate to attend The 33rd Annual Society for Transplant Social Workers Conference in Oklahoma City, Oklahoma. In addition to exploring all of the cutting edge transplant information, the conference focused on self-care. Social workers are notoriously bad at taking care of themselves, and the conference provided specific activities and speakers to learn new ways to bring balance into our lives. Do you ever feel overwhelmed and exhausted? I learned that when I guiltlessly do those things that nourish my soul, I am refreshed. Do you ever wish you could make more time in your very busy life? I learned that the keys to making time in your day are multi-tasking, delegating, and asking for help. It is vital that we all learn how to take care of ourselves and give ourselves permission to do so frequently. This conference also afforded me the opportunity to learn from Dr. Maldonado, the author of the SIPAT (scoring scale used for transplant readiness), about barriers to kidney transplant listing. As the author of the team that developed this tool, it was so beneficial to learn the intent behind each of the areas of evaluation and the correlating scores. Additional sessions allowed me to follow case studies that included pre- and post- kidney transplant recipients to identify strategies for intervention and learn how to help those with limited health literacy overcome that barrier. By considering barriers to transplant listing and working with patients to overcome those barriers, we have a population of those on the waitlist who are truly good and confident candidates for transplant. As we all work together for what is best for each patient, I am

confident that we will find ways to continue to identify those patients who are good candidates and help to prepare those who have some areas that need to be addressed. This conference provided me an opportunity to learn ways to more effectively care for myself and to more effectively advocate for my patients and assist them in the process of being the best candidate for transplant they can be.

Suzanne Sims, LMSW
Kidney Social Worker

In September 2018 I attended my first Transplant Financial Coordinators Association (TFCA) Workshop. It was held in Atlanta, Georgia. It provided me with additional knowledge and allowed me to network with my counterparts. I participated in discussions regarding transplant specific issues. The knowledge I gained from my fellow Transplant Financial Coordinators (TFC's) allowed me to go from simply "knowing" something in the back of my mind to actively recognizing and implementing strategies when consulting with patients. I completed this workshop fully understanding TFCA motto, "TFCA envisions a transplant environment where we function as an integral part of our transplant teams. Where no patient suffers unnecessary financial hardship and the financial requirement of our program is fully met". I will embody this motto with each patient I encounter.

Jacqueline Marsden, BS
Transplant Financial Coordinator



Save the Date!

NDLM activities hosted by John C. McDonald Regional Transplant Center and LOPA

Donor Flag Raising Ceremony
- Friday, April 5, 2019 at 11:00 am

Information Tables and Giveaways

April 2- outside of the cafeteria at Willis-Knighton Medical Center

April 9- outside of the cafeteria at WK Pierremont Health Center

April 11- outside of the cafeteria at Willis-Knighton South & the Center for Women's Health

April 16- outside of the cafeteria at WK Bossier Health Center

April 23- outside of the cafeteria at WK Rehabilitation Institute

October 2019

- 6th Annual John C. McDonald Transplant and Dialysis Access Symposium

Dialysis Center Lobby Day

If you have patients who are considering a kidney transplant we will be more than happy to come out and answer any questions they may have from evaluation to after transplant. We can provide your patients with educational information that will help them return to a happier life. Please contact Rhea Whitlock at (318) 212-8386 to set up your lobby day.

Let's Do Dinner!

For physicians or practices who want more information on our transplant program and candidate selection criteria, call Rhea Whitlock at **(318) 212-8386** to schedule a dinner or meeting with our physicians. We are happy to come to you whenever it is convenient. We look forward to developing relationships with our referring physicians and cherish the opportunity to talk with you face-to-face.



We Want to Hear from You!

To refer a patient or to get updates on a previously referred patient contact:

Pre-Kidney Coordinators

Elaine Kilpatrick, RN (318) 212-4251

Sarah Dean, RN (318) 212-8384

Amanda Herrington, RN (318) 212-4289

Jasmine Stephens, MA (318) 212-4315

Waitlist Coordinator

Mary Akin, RN (318) 212-4341

In-take Coordinator

Amy Bunch, MA (318) 212-8140

Pre-Liver Coordinators

Celina Brown, RN (318) 212-4215

Christie Johnson, MA (318) 212-4213

Our referral form can also be accessed on our website wkhs.com/transplant. Completed referral forms along with necessary medical records can be mailed to 2751 Albert Bicknell Dr., Suite 4A, Shreveport, LA, 71113 or faxed to **(318) 212-8511**.



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Statement of Publication

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