

NURSE LED POST TRANSPLANT ANNUAL REVIEW –18 MONTHS EXPERIENCE

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INTRODUCTION: As a non transplanting renal service in an acute foundation we currently provide post transplant care to over 300 patients. Our transplant nursing team consists of a senior Specialist Nurse, 2 specialist nurses and a liaison nurse. The renal NSF (2004) identifies that: ‘Giving information and education to people as part of their follow up improves their knowledge of anti-rejection therapy and can diminish weight gain, cardio vascular risk factors and the incidence of UTI’s following a transplant’. Patients are currently seen by a Consultant a maximum of every four months, dependant on their post transplant time.

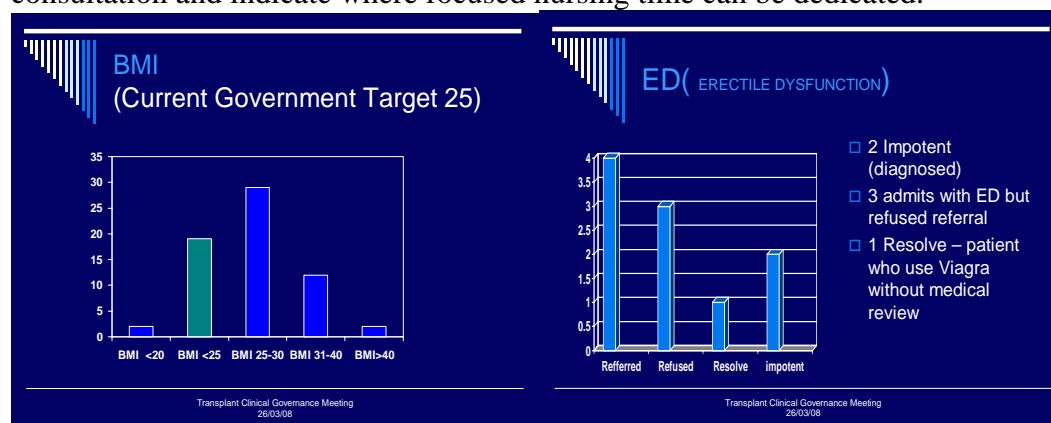
DESIGN: In June 2007 we set up a post transplant anniversary review clinic. This clinic runs once a week, with 5 patient appointments in the outpatient department and is delivered by the nursing team as opposed to a Consultant led clinic.

The purpose of these clinics is to:

- Assess health risks
- Improve and maintain quality of life
- Cancer prevention and early detection
- Health screening
- Give patient information
- Analysis of blood result trends from last five years
- Health promotion

The aims of the clinic visits are to enable the patient to have an in-depth consultation which provides high quality information on their health, any current concerns and to discuss all the above items with the Transplant Specialist Nurse. A review of our consultations post clinic may subsequently require patient referral to a number of departments or services e.g. erectile dysfunction service, dermatology, dietician, GP, CKD team for pre-dialysis management or weight management services.

RESULTS: The results shown are from just two specific areas of the nurse led consultation and indicate where focused nursing time can be dedicated.



Based on 18-months experience we identified the following areas for future development in this service:

- Set up a nurse led skin care clinic
- Develop a post transplant diet booklet
- Develop pregnancy advice post transplant booklet