

# Care Partner Education

**You can make the difference in a  
successful transplant!**



**SERIOUS MEDICINE. EXTRAORDINARY CARE.™**

# Agenda

- Every Day Support
- Medical Support
- Emotional Support
- Taking Care of yourself



# Every day support

- **Job/Home Flexibility**

- Employer aware of situation
- Have enough paid time off
- Availability during patients hospital stay
  - 8:00am to 4:00pm
- Post transplant expectation
  - Emergency room visits
  - Procedures
  - Clinic appointments
- Other Responsibilities
  - Child care/Adult care
  - Day to Day commitments



# Every day support continued

- **Phone**

- Reliable phone with voice mail
- Availability to reach you at all times
- Return phone calls
  - Urgent-within the hour
  - Routine-within 24 hours.



# Every day support continued

- **Transportation**

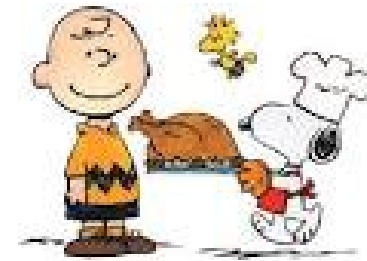
- Reliable transportation
  - Working vehicle
    - 24 hrs a day, 7 days a week, holidays
  - All phases of transplant
    - Pre transplant,
    - While on the list
    - Post transplant



# Every day support continued

- **Activities of Daily Living**

- Meal planning
- Housekeeping/Laundry
- Physical labor
  - Can lift greater than 10 pounds for patient
- Gopher running
  - Groceries
  - Pharmacy
  - Additional supplies



# Medical support

- **Medication**

- Expected to be present for all pill box education during hospital stay
- Current list of medications
- Assisting with medication changes
  - Example: Frequent Prograf dose changes
- Available for pill tray education
- Available for transplant binder education



# Medical support continued

- **Vital signs**

- Blood pressure/Heart rate
- Temperature
- Weight
- Intake and Output
- Additional education may be necessary





# Medical support continued

- **Dressing Changes/Drain Care**
  - Education will be provided if dressing changes or drain care needs to be completed
  - Additional education may be necessary



# Emotional support

- Examples
  - Anxiety: Fear of losing kidney, new education
  - Frustration: New education, post transplant complications
  - Tension: Operation and having minimal control
  - Short-tempered: Side effects of medications
- Support/Advocate for patient
- Transplant team is available for your needs or concerns
  - We will provide resources as needed



# Taking care of yourself

- Get adequate rest and nutrition
- Take time for yourself for your favorite activities
  - Exercising
  - Reading
  - Sewing
- Care partner burn out:
  - Anxiety: New education
  - Frustration: New education/post-transplant complications
  - Fatigue: Sole support for patient
- Transplant team is available for your needs or concerns
  - We will provide resources as needed



# Care Partner Contract

I will be present at the time of the transplant surgery. I will be present while the recipient is in the hospital daily from 8:00 a.m.-4:00 p.m. I will be present for all education and rounding of the transplant team members.

I am able to get time off work at the time of the transplant surgery, while the recipient is in the hospital, and after transplant to be the care partner. If I work, I have talked to my employer and will be able to take time off of work.

I have reliable transportation and will be able to provide transportation while the recipient is on pain medications, in an emergent situation, or to transport the recipient to and from procedures if the patient is unable to drive.

I have a reliable phone with voicemail that I know how to use. I am available if the transplant team should need to reach me at all times, which include working hours.

I will be able to run errands for the patient such as going to the pharmacy, getting groceries, and picking up supplies if needed.

I am able to assist or arrange help to aid the recipient with normal activities throughout the day such as providing meals, helping with laundry, and providing a clean environment.

I am willing to assist with taking daily vital signs: blood pressure, weights, temperature, and measuring intake and output.

I am comfortable assisting with medication changes and I can make the medication changes if the recipient is unable to do so.

I am able to lift greater than 10 pounds.

I am comfortable with doing dressing changes if needed. I understand that the incision is in an area where I may see the recipient unclothed and I am comfortable with this. I understand there may be some training involved to learn how to do this.

I am able to assist in drain care if this is needed. This includes emptying drains, measuring the output, and watching for infection. I understand there may be some training involved to learn how to do this.

I may be asked to attend additional training and education classes and I am willing to do this.

I have a backup plan if I am unable to be the primary care partner due to unforeseen circumstances. I will notify the social worker of any changes with this plan.

I understand that as a care partner I must take time for myself to prevent becoming burned out. I understand that I need to get adequate rest and nutrition. I am aware that I may have feelings of frustration, fatigue, and being overwhelmed. I will ask for help and notify the transplant team if I need any assistance. The transplant team is willing to help me get through this process and can help provide support in many ways.

\_\_\_\_\_  
Care Partner Signature

\_\_\_\_\_  
Witness

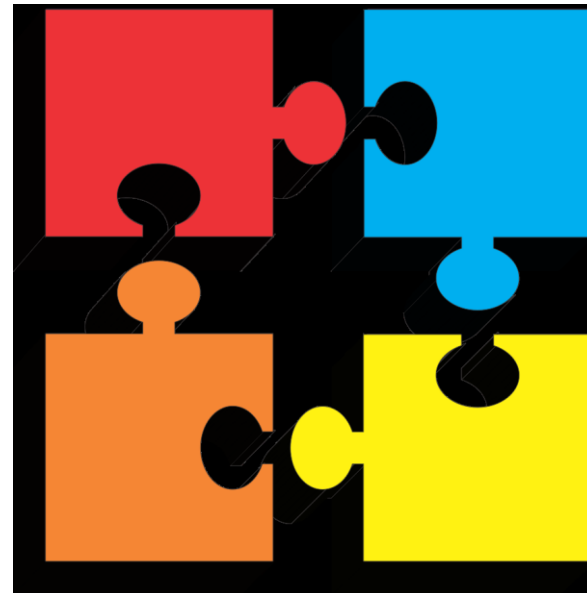


# Questions?



# Thank you for your commitment to this process

You are the  
piece of the  
puzzle that  
makes the  
process  
complete!





# Nebraska Medicine

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