

Transplant Education and Treatment Options



Explore Transplant & Living Donation

ExploreTransplant.org

Guided by Amy Waterman, PhD, *Explore Transplant & Living Donation* is a national consortium of the leading experts in transplant and health literacy, who have come together to ensure that transplant patients and living donors can make informed treatment choices. The site offers educational resources which include educational videos, animated coaching applications, print materials, and video storytelling in English and Spanish.



My Transplant Coach

mytransplantcoach.org/#/

My Transplant Coach is an interactive decision-assistance tool to help patients and families learn about dialysis and kidney transplant. Tracy is a virtual transplant coach who explains different choices and treatment options for those with kidney disease and provides more information to help the patients choose their appropriate option. *My Transplant Coach* is part of a family of *Explore Transplant* educational programs.

Living Donation & Transplant Education



The Big Ask: The Big Give

kidney.org/livingdonation

THE BIG ASK: THE BIG GIVE is a comprehensive set of programs and resources designed by the National Kidney Foundation to help kidney patients and families to share their story and find a living donor, and provide information and support to potential kidney donors. Amongst many resources, it includes comprehensive education about donation and transplant, a national awareness campaign, in-person trainings to teach patients and families how to share their story, and peer mentoring program. Many resources are available in both English and Spanish.

Life Post-transplant Medication Management



Transplant Hero

(iOS/ Android)

TransplantHero.com

Transplant Hero is an interactive alarm application that was created especially for transplant patients by medical doctors, designed to help you remember to take your transplant medications. At the core, *Transplant Hero* is a mobile app medication reminder that alerts the patient to when their medications are due. *Transplant Hero* empowers patients and may help familiarize them with the names of all their medications. It enshrines the importance of daily adherence through the fun-filled awards system.

Additional Resources

Transplant Education and Treatment Options

The National Kidney Foundation

kidney.org



National
Kidney
Foundation®

The National Kidney Foundation is dedicated to being an important source of reliable information about awareness, prevention, and the treatment of kidney disease. It offers a wide variety of educational and interactive resources for people considering transplantation.

The UNOS Kidney Learning Center

transplantliving.org/kidney



The UNOS Kidney Learning Center is an online national clearinghouse of public educational resources that supports the 650,000 Americans living with end-stage renal disease (ERSD) and potential kidney-transplant living donors.

Living Donation & Transplant Education

UNOS "Talking About Transplantation: How to Find a Living Donor – Make Your Transplant Happen"

optn.transplant.hrsa.gov/media/2267/find_a_living_donor.pdf



This 24-page digital brochure covers many topics that will help you learn about living donor transplantation including: what living donor transplantation is and why it is an important option for you; how to get comfortable talking about your need and living donor transplantation with others; and the best ways to get more information about living donor transplantation.

Underutilized Kidneys

Johns Hopkins IRD Kidney Transplant Calculator

transplantmodels.com/ird

The Johns Hopkins IRD (Infectious Risk Donor) Kidney Trans-



JOHNS HOPKINS
MEDICINE

plant Calculator is a personalized decision tool that calculates estimated patient survival when accepting an IRD kidney vs remaining on dialysis.

InformMe

InformMe.cbites.northwestern.edu

InformMe is a web-based app to help patients

InformMe
About Increased Risk Donors

make informed treatment decisions about whether to accept an IRD (Infectious Risk Donor) kidney. It systematically explains what the risk is, how testing is performed, what the benefits may be and what treatment and follow up may be required.

Remember:

1. Educate yourself about your transplant options
2. Actively engage your transplant team
3. You are not alone – reach out to your family, friends, and support groups
4. Stay "Transplant Ready"