

**LIVING KIDNEY DONOR INITIAL ASSESSMENT  
AND DISCHARGE TEACHING**



Patient Label

**Goal:** To prepare the living kidney donor for anticipated discharge needs through and interdisciplinary approach.

**BARRIERS IDENTIFIED:**

- Language     Anxiety     Motivation     Cognitive     Sensory  
 Cultural     Religious     Emotional     Physical     Educational

TEACHING RESOURCES     Discharge Diet Education Sheets

OBJECTIVES  Post-Op - Adult Kidney Living Donor:	Initial Assessment/Teaching Date/Initials	Reinforcement/ Discharge Teaching Date/Initials
<b>1. Pharmacist:</b>		
a. Verbalizes correct times/dosages/frequencies of all meds		
b. Verbalizes major side effects of all medications		
c. Verbalizes the importance of avoiding herbal products and NSAID pain relievers		
<b>2. Transplant Coordinator:</b>		
a. Verbalizes care for incision at home		
b. States signs/symptoms of wound infection		
c. Verbalizes activity and work restrictions		
d. Verbalizes importance of follow up appointments and labs		
<b>3. Dietitian:</b>		
a. Verbalizes the need to maintain a healthy body weight and stay active		
b. Verbalizes the need to maintain blood pressure and limit sodium		
c. Verbalizes the need to eat protein in moderation		
d. Verbalizes the importance of avoiding mega doses of vitamins		
e. Verbalizes the importance of drinking plenty of water to stay hydrated.		
<b>4. Independent Living Donor Advocate</b>		
a. Verbalizes contact information of ILDA for post donation concerns or issues		
b. Verbalizes importance of post donation follow up		
<b>5. Social Worker</b>		
a. Verbalizes post donation discharge needs and support system		
b. Assist with additional referral services as needed.		

**Initial Assessment and Discharge Teaching  
Adult Living Kidney Donor**

INITIALS

NAME/TITLE

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Patient Label

