

Goal: To prepare the transplant patient for anticipated discharge needs through a multidisciplinary approach

Barriers Identified: ___ Language ___ Anxiety ___ Motivation ___ Cognition ___ Cultural ___ Religious ___ Emotional ___ Physical ___ Sensory ___ Educational

Teaching Resources:
 Transplant Teaching/Discharge Book
 Discharge Diet Education Sheets

Objectives	Information Given (Date/Initials)	Understanding Verbalized/Return Demonstration (Date/Initials)
Transplant Coordinator		
Transplant Education Book given to patient		
Infection:		
1. States signs/symptoms of infection		
2. Describes measures to prevent infection		
Rejection:		
1. Verbalizes understanding of process of rejection		
2. Lists signs and symptoms of rejection		
Preventive health maintenance:		
1. Verbalizes need to avoid tobacco products		
2. Verbalizes need to avoid illegal drugs		
3. Verbalizes need for good personal hygiene & frequent handwashing		
4. Verbalizes importance of avoiding prolonged sun exposure/ using sunscreen SPF 35 or higher		
5. Verbalizes understanding of appropriate dental care		
6. Verbalizes need for colonoscopies as recommended		
7. Verbalizes need for primary care physician		
8. Verbalizes importance of appropriate vaccines		
A. FEMALE		
1. Verbalizes understanding for avoiding pregnancy after transplant		
2. Verbalizes commitment to yearly mammograms and GYN exams		
3. Verbalizes ability to perform self breast exam		
B. MALE		
1. Verbalizes ability to perform self testicular exam		
Post-Op Care at Home:		
1. Demonstrates care for incision at home		
2. Verbalizes activity and work restrictions		
3. Demonstrates ability to check/record vital signs		
4. Demonstrates ability to check/record weight each morning		
5. Adequately performs finger stick blood sugar and records (if applicable)		
6. Demonstrates ability to draw up and self administer insulin (if applicable)		
Outpatient Follow Up:		
1. Has phone number for transplant center and clinic		
2. Has time and date of next appointment		
3. Verbalizes need to bring medications, medication list and daily monitoring records to clinic appointments		
4. Verbalizes post-transplant follow up lab schedule and importance of drug trough levels		

Methodist Dallas Medical Center Transplant Department

Multidisciplinary Teaching Sheet

(Continued)

5. Verbalizes appropriate time to call for medication refills		
6. Verbalizes understanding of when to call with s/s infection and rejection		
7. Has name and phone number of post-transplant pharmacy		
8. Verbalizes understanding of need for stent removal (if applicable)		
Medications:		
1. Demonstrates ability to prepare & administer medications correctly		
2. Verbalizes purpose of all medications		
3. Verbalizes correct times/dosages/frequencies of all meds		
4. Verbalizes major side effects of all medications		
5. Verbalizes potential drug/food interactions		
6. Demonstrates ability to follow medication list and make changes as needed.		
7. Verbalizes importance of keeping medication list with patient at all times.		
Social Work Education:		
1. Verbalizes need for medical alert bracelet		
2. Verbalizes understanding of home health care (if applicable)		
3. Verbalizes process to write to donor family		
4. Verbalizes understanding of financial responsibilities post-transplant		
5. Verbalizes receipt of list of transplant support groups		
6. Verbalizes importance of stress management		
7. Verbalizes understanding of termination of Medicare coverage 3 years post transplant with goal to return to work (kidney only)		
Dietary Education:		
1. Verbalizes need to avoid alcohol (liver)		
2. Verbalizes need to comply with weight maintenance		
3. Verbalizes knowledge of and need to comply with prescribed diet		
4. Verbalizes understanding of steps to take for low blood sugar (if applicable)		
5. Verbalizes importance of avoiding raw and undercooked meat/seafood		
6. Verbalizes understanding of proper food safety practices		
Transplant Test Completed		

Signature	Initials



Patient Label