



# Travel Grant Report Form

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## **Name and origin of applicants**

Selma Maríusdóttir

Transplantation coordinating nurse, Outpatient clinic 10-E

Landspítali University Hospital, Reykjavík Iceland

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## **Purpose granted**

The purpose with the visit to Oslo University Hospital was to see how transplant coordinators implement their job and to visit a nurse-led outpatient clinic and see their work. Special focus was on the following.

- Patient preparation for kidney transplant, information about the treatment after transplant, follow-up care after transplantation
  - Information and support to potential kidney donor, evaluation and preparation of living donor for kidney donation. Follow-up care after kidney donation.
  - Role of the nurse in a nurse-led outpatient clinic.
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## **Amount granted**

15.000 DKK

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## **Time and place of visit**

May, 29th. - June, 2nd 2017.

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## Report

I was in OUS for 5 days and meet nurses, doctors and social worker that take care of kidney patients in their work.

The first day I was in the operation room and followed a nephrectomy (from a living donor) and a kidney transplant. The second day I spoke to a transplantation coordinator, one of 6 in OUS that coordinates transplantation from deceased donor. I also spoke to a transplantation coordinating nurse. She is mainly taking care of living donors and supervises the waiting list. The third day I was at OUS Ullevål, with two nurses, at a outpatient ward taking care of patients with CKD stage 4-5, kidney recipients and patients with hypertension (a nephrologists is responsible for the treatment). They prepare the CKD5 patients for kidney transplant and the donors are also in their care. The fourth day I got information about the routine in the transplantation unit. I was supposed to speak to a nurse from the kidney ward, but due to work overload that was not possible. I also got to speak to a social worker that takes care of kidney donors and recipients. The fifth and last day I followed the nurses at the transplantation outpatient ward, in taking care of newly transplanted patients.

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## Evaluation

The procedure regarding preparation of the kidney donor and the recipient, before the surgery is similar, but there is some difference. In OUS they have a special contract related to kidney donation from non-familiar living donor, where the donor confirms that there is no material or financial benefit attached to the donation.

There are few tests that are done in Oslo that we in Iceland don't do (yet), like glucose intolerance test, and after two years on the waiting list some tests are repeated, like CT -abdomen and cardio logical tests. The patients stays at the hospital longer in Oslo than in Reykjavik, and after being discharged, they come more frequently to the outpatient ward. I was very impressed by the post-op educational program used in OUS and we will most likely implement it at our unit.

In Norway the local hospital is responsible for preparing the donor and the recipient, in Iceland all the patients are taken care of in Landspítali University Hospital, by two nurses and six nephrologists at Landspítali University Hospital. That can sometimes lead to conflict of interest, especially for the nurses.

I found it very useful to visit Oslo University Hospital and I learned a lot. The most important thing is maybe the personal acquaintance with the nurses who care for the same patient group as I do. It makes it easier for us at Landspítali to seek advice from those who have more patients and more experience than we do.

I want to thank Monika Storrø for organizing my visit and everyone I met, that took the time to tell me about their work. I thank Scandiatransplant very much for the Travel Sponsorship Grant - that made this visit possible.

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