

# How to Be a Transplant Advocate

## Key Considerations for Dialysis Facilities



### Importance of Advocacy

Dialysis centers play a crucial role in the lives of people with end stage renal disease (ESRD) awaiting kidney transplantation. Being a transplant advocate is vital for improving patients outcomes, reducing health disparities, and offering comprehensive support for patients throughout the transplant journey.

### Guiding Patients Through the Transplant Process

#### Gather Listing Criteria from Transplant Centers

- Note previous patients' experiences with transplant centers to help patients better understand the process.

#### Collaborate With Transplant Centers

- Establish care coordination teams with transplant centers and encourage regular communication with them.
- Foster a collaborative approach to patient care by inviting transplant center outreach coordinators to talk with the dialysis team and patients in the clinic.

#### Educate and Provide Patient Support for Multiple Listing

- Inform patients about the potential benefits of listing at multiple centers, such as increasing their chances of finding a suitable donor.

### Reducing Barriers to Transplant

#### Help with Healthcare System Navigation

- Provide patients with reminders for upcoming appointments to help them stay on track.
- Help patients with completing forms, making the process less overwhelming for patients.
- Use patient advocates to call and help patients feel supported.

#### Alleviate Financial Constraints

- Provide patients with comprehensive information about insurance options, financial aid programs, and cost-saving strategies to help alleviate financial burden (e.g., post-transplant care).

#### Offer Support Services

- Connect patients to support groups and counseling services that may optimize recovery and enhance quality of life.

#### Address Transportation Challenges

- Collaborate with hospitals, local resources, and the patient's insurance plan to address transportation challenges related to attending medical appointments.

### Creating Positive Change

Becoming a strong advocate for kidney transplantation can make a significant difference in the lives of people with ESRD. These tips can create a more supportive and equitable healthcare environment for all people. Advocating for patients can positively impact patients' lives and foster a more effective and equitable healthcare system.

#### References:

- ESRD NCC. Health Equity Learning and Action Network (LAN) Call. March 7, 2023. Accessed March 28, 2024. Available at <https://www.youtube.com/watch?v=Q-8NET3qU84>.
- ESRD NCC. Structural Competency Training—Module 3: Enact Structural Interventions to Advance Health Equity. February 20, 2024. Accessed March 28, 2024. Available at [https://www.youtube.com/watch?v=1YneI5am\\_3g](https://www.youtube.com/watch?v=1YneI5am_3g).