



ST VINCENT'S
HOSPITAL
SYDNEY

Transplant Rehabilitation Program

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St Vincent's Hospital Transplant Rehabilitation Program

Transplant recipients need ongoing lifelong management to live longer and healthier lives.

The St Vincent's Hospital Transplant Rehabilitation Program is a professionally supervised program usually lasting eight weeks.

The program aims to support heart and lung transplant recipients and their families and carers.

The program includes physical activity, health education, counseling, behaviour modification strategies and support for self-management.

How will I Benefit from Transplant Rehabilitation?

The Transplant Rehabilitation program:

- Helps maximise your physical, psychological and social functioning so you can lead a fulfilling life with confidence.
- Teaches you behaviours that may lessen the risk of future complications.
- Helps shorten the period of recovery after transplant.
- Show you ways to achieve goals of ongoing prevention of infection and rejection
- Develops and maintains your skills for long-term behaviour change and self-management.
- Teaches you about using use health and community services, prescribed medications and professional advice.

The Transplant Rehabilitation team:

- **Transplant Physicians**
- **Clinical Nurse Consultant**
- **Transplant Coordinators**
- **Physiotherapist**
- **Dietitian**
- **Occupational Therapist**
- **Pharmacist**
- **Social Worker**
- **Psychologist**
- **Psychiatrist**

Program Details & Location

How long is the program and what is included?

The Transplant Rehabilitation Program is an **eight-week program**. It is a requirement for all patients after organ transplantation.

The **gym sessions** run every **Monday** and **Thursday** (except public holidays) 10.30am to 12 pm for eight weeks following your initial assessment.

The **education sessions** are run over two **full day sessions**, once a month for two months. Please see schedule below for session dates and location.

It is your responsibility to make sure you attend Session 1 and Session 2 of the education program, they can be seen in either order.

If you are being assessed for transplant suitability, awaiting transplant or have already completed the eight-week Transplant Rehabilitation Program you are invited to attend the program as often as you would like.

All transplant recipients **must attend** the Transplant Rehabilitation Program.

2020 Schedule

Transplant Rehabilitation Program 2020 Session Dates	
Session 1	Session 2
29th Jan O'Brien Room 3.3	19th Feb O'Brien Lecture Theatre Level 4
18th March O'Brien Seminar room Level 4	15th April O'Brien Seminar room Level 4
13th May O'Brien Lecture Theatre Level 4	17th June O'Brien Seminar room Level 4
15th July O'Brien Lecture Theatre Level 4	12st Aug O'Brien Room 3.1
16th Sept O'Brien Seminar room Level 4	14th Oct O'Brien Room 3.1
11th Nov O'Brien Room 3.1	9th Dec O'Brien Room 3.1

Session 1 Schedule

Time	Topic	Facilitator
8.15 – 8.30	Introduction and sign in	Transplant Coordinator
8.30 – 9.15	1. Understanding transplant	Transplant Clinical Nurse Consultant
9.15 – 10.00	2. Maintaining emotional balance	Clinical Liaison Clinical Nurse Consultant
10.00—10.10	Australian Heart and Lung Transplant Association (AHLTA)	AHLTA Representative
10.10 – 10.30	Tea Break	
10.30 – 11.15	3. Physical Activity/ Becoming more active	Physiotherapist
11.15 – 12.00	4. Transplant Medications	Pharmacist
12.00 – 12.30	Lunch Break	
12.30 – 1.15	5. Building Confidence to do more & Falls Prevention	Occupational Therapist
1.15 – 2.00	6. Patient experience	Transplant Recipient and Transplant Coordinator
2.00 – 2.30	Evaluation and Close	Transplant Coordinator

Session 2 Schedule

Time	Topic	Facilitator
8.15 – 8.30	Introduction and sign in	Transplant Coordinator
8.30 – 9.15	1. Infection and rejection	Transplant Clinical Nurse Specialist
9.15 – 10.00	2. Eating for Health	Dietitian
10.00 – 10.30	Tea Break	
10.30 – 11.15	3. Sleep disturbance and management	Occupational Therapist
11.15 – 12.00	4. FAQ with Transplant coordinator	Transplant Coordinator
12.00 – 12.30	Lunch Break	
12.30 – 1.15	5. Writing to the donor family	Donatelifelife representative
1.15 – 2.00	6. Impact of illness on relationships	Social Worker
2.00 – 2.30	Evaluation and Close	Transplant Coordinator

- Session times may be subject to change

- If you are unsure of the location, please ask the front desk staff in the Heart Lung Clinic to direct you.

**Do not attend the program if you have
a cold or flu**

Physical Assessment & Exercise Sessions

How do I start the program?

The start date will depend on your medical condition. Most people are able to start once discharged from hospital. If you are unsure please discuss with your medical team before booking your assessment.

The program starts with a physical assessment.

To book your assessment:

- Call the Transplant Rehabilitation physiotherapy department on 02 8382 3346. If the answering machine picks up then leave your name and phone number on the answering machine

or

- make a booking in person at the Transplant Rehabilitation physiotherapy department, Level 4 Xavier Building

In the physical assessment we will

- Check your blood pressure and heart rate
- Check and treat any wounds, breathing problems and other recovery issues

Exercise sessions

We tailor your exercise sessions according to your needs and to your stage of recovery.

Transplant physiotherapists plan and supervise your exercise sessions.

We will give you home exercise guidelines so you can continue your recovery at home.

Your exercise sessions are likely to include:

- Warm up exercises
- A combination of treadmill and stationary bike work
- Upper body strengthening
- Ongoing advice about your home exercise program

Education & Support Group Sessions

Understanding Transplant

Transplant Clinical Nurse Consultant (CNC)

The CNC will give education on the following:

- Heart and Lung Transplant Record
- Medications
- Introduction to Infection & Rejection – what is it, how to recognise it?
- Follow up schedule
- Relationships and family planning
- Life after transplant

Maintaining Emotional Balance

Consultation Liaison Clinical Nurse Consultant & Social Work

It is important to nurture yourself and for many reasons people have forgotten to do this..... this can be due to caring for children, partner, parents, illness, work or life events.

Self-care is similar to when we are on an aeroplane and the flight attendant indicates “put on the face mask on yourself first and then assist others”

The more we nurture our own needs through self-care the more present and supportive we can be for other people and an important part of self-care is emotional self-care.

In the session we will look at

- skills to manage self-care
- strategies such as mindfulness, talking with friends and family, exercise, something to enjoy, something new and learning new skills.

Patient Experience

Transplant Coordinator & Transplant Recipient

In this session a patient tells their story about their transplant journey.

Patient experience introduces you to a heart or lung transplant recipient who is a little further through their transplant journey.

The session

- provides the opportunity to explore transplant from a unique point of view that no healthcare worker is able to provide.
- aims to relieve some of the anxiety you may be feeling in this initial period after your transplant and normalise what you may be experiencing during this often difficult period.
- provides a safe environment for you to ask questions without judgement.

Building Confidence to Do More and Falls Prevention

Occupational Therapist

In this discussion session the Occupational Therapist will

- Provide general principles and strategies related to pacing activity with aim to increase levels of everyday activities post transplantation.
- Investigate plans/ timelines to return to activities like driving, travelling, work/school and sport
- Discuss falls prevention principles.

Transplant Medications

Transplant Pharmacist

Know what to expect from your transplant medication:

- What each medicine is for
- How and when to take them, what to do if you miss a dose
- Things to be careful of while you are taking these medicines
- Interactions between transplant medicines and other drugs
- Possible side effects and what you can do to manage them

How to obtain medicines after discharge from hospital and where to get more information about your medicines

Physical Activity / Becoming More Active

Transplant Physiotherapist

The physiotherapist is involved in different stages of the transplant.

Just after transplant,

- The physiotherapist treats your breathing and also your movement.
- This includes breathing and coughing exercises to prevent and treat chest infections; movement and exercise

Rehabilitation and ongoing

- The physio focus is on increasing your fitness and strength.
- This offsets some of the effects of your medication, and helps you have a healthy and productive life after transplant.

Infection & Rejection

Transplant Coordinator

For many transplant recipients, infection and/or rejection are, a part of the transplant journey.

The main aims of this presentation are to:

- build on your existing knowledge of types of infections and rejection so you can know the signs and symptoms of both.
- discuss prevention strategies and highlight the most appropriate way that you can alert your transplant team if you experience any signs and symptoms.
- Give you a basic overview of likely medical treatment if you need it>

Eating For Health

Dietitian

In this session we will:

- Review the principles of healthy eating
- answer nutrition-related queries
- Education topics will include:
 - How to avoid excess weight gain after transplant
 - How to have enough calcium
 - Food Safety
 - Healthy vs. less healthy fats
 - Food labelling

Sleep Disturbance & Management

Occupational Therapist

Sleeping after transplant can prove to be a challenge!

In this session the Occupational Therapist will provide education on what sleep really is, and explore handy hints together with the participants.

Frequently Asked Questions with the Transplant Coordinator

Congratulations on receiving your transplant! As you are learning now, transplant involves far more than the operation you recently experienced. It is important for you to learn about your care so that you will have the best possible outcome with your healthy heart or lungs. You are the most important member of the transplant team. This is your opportunity to openly discuss all those waiting room rumours or information you have found on Dr Google.

This is an open discussion led by one of our transplant coordinators. In the session we

- Give you knowledge so you can face the complex challenges following your transplant.
- will review unexpected setbacks in the post-transplant period, common post-operative issues, and
- Give you tips on how to get the most out of life following your transplant.

Writing to the Donor Family

Donatelife representative

As a transplant recipient you have the opportunity to write to your donor family. Your letter can tell the donor families how their loved one's gift has made a difference to your life. Receiving your letter helps the families to find solace knowing that their loved one's gift is benefiting others. Research has shown that donor families appreciate receiving letters.

This session will give you tips on:

- How to write your letter.
- the correspondence process
- Discussion around confidentiality and Human Tissues Act (H.T.A)
- Information on up-coming events such as "The Remembrance and Reflection Service"
- How and what to do with your letter after you have written it.

Impact of Illness on Relationships

Social Worker

Having a heart or lung transplant can impact even the best relationships. In this session we acknowledge how both the person who has had the transplant and the person who is the caregiver can be impacted by illness, hospitalisation and uncertainty. We look at how illness can impact our lives; and especially at what we can do to nurture relationships.

Useful Websites

- St Vincent's Hospital Heart Health Website
<https://svhhearthealth.com.au/>
- Australian Heart Lung Transplant Association
<http://www.ahlta.com.au/>
- International Transplant Nurses Society Patient Education
<http://www.itns.org/patienteducation.html>

Contact Us

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<p>Acknowledgements: St Vincent's Hospital Cardiac Rehabilitation References</p> <p>Related Policies/Procedures</p>	<p>Further information: Please see previous page.</p>
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This brochure was developed in partnership with consumers.
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