

TRANSPLANT TRENDS



October 2010

PROVINCE FUNDING FIRST-IN-CANADA ORGAN DONATION PHYSICIAN SPECIALIST TEAM TO INCREASE TRANSPLANTS

Specialists' Services to be Available 24/7, 365 Days a Year

The province and the Winnipeg Regional Health Authority (WRHA) are launching a new program aimed at increasing the number of organ donations by more than 20 per cent by funding a team of hospital-based organ donation specialists. In August, Health Minister Theresa Oswald announced the program, a first of its kind in Canada, will see a dedicated group of physicians with medical expertise in organ donation work with hospitals, medical staff and medical students to increase organ donations. The goal is to increase overall organ donation by more than 20 per cent and is part of a larger strategy to improve access to life-saving organ donation. The \$360,000 project builds on previous investments by both the province and the WRHA totalling \$4.6 million over the past five years. As a result, Manitoba has seen a significant improvement in organ donations including:

- *a 68 per cent increase in deceased kidney donor transplants (133 since January 2006 compared with 79 in the previous five years);

- *a 78 per cent increase in lung transplants;

- *a 21 per cent increase in Manitoba's support of heart transplants (performed outside the province); and

- *a 91 per cent increase in Manitoba's support of liver transplants (performed outside the province).

Arlene Wilgosh, president and CEO of the WRHA, said that Transplant Manitoba's Gift of Life Program, administered by the region, recognized that while significant achievements have been made in the last few years, there was more that could be done. "The leadership of the Gift of Life Program reviewed best practices for promoting and managing organ donations in nations with the highest organ donation rates in the world, then took what they learned and crafted a proposal that adopts and integrates what they found," she said. "Once in place, this new team of physicians will work with partners in the health system as well as patients, families and the public to help further increase organ donation and life-saving transplants."

Along with providing medical care to patients who wish to have their organs donated and working with the families involved, the new organ donation specialist team will be responsible for: organ donor medical assessment and co-ordination; leadership for promotion across provincial emergency departments and intensive care units; and education for health care students and health care professionals to assist them to recognize all organ donation opportunities while ensuring they approach relatives in a compassionate manner.

Dr. Peter Nickerson, the Medical Director of the Gift of Life Program, pointed out the approach is in alignment with the national strategy for organ donation currently under development by Canadian Blood Services.

He also noted that over the last five years, the increase in kidney transplants alone, which can extend the lives of renal patients by as much as 15 to 20 years and improve their quality of life, has saved Manitoba Health \$6 million in dialysis costs. "Investing in organ-donation specialists is not only a key strategy to achieving our life-saving goals, it also aligns with Manitoba's objective of ensuring sustainable publicly funded health care by limiting the need for more costly dialysis therapy in Manitoba," Nickerson said.



Dr. Peter Nickerson

Organ donation message s

Special projects heighten

Transplant Athletes Represent Manitoba at National Games

Event shows what a difference organ donation can make

Team Manitoba, consisting of three feisty Manitoba transplant recipients, attended the National Transplant Games in Quebec this summer and did us proud! Despite the team's small numbers, they brought home our fair share of hardware!

Fourteen year old heart recipient Dale Sinclair came home with 3 gold medals, 1 silver and 2 bronze.



Left to Right: Dale Sinclair, Dave Wladyka, Caleb Schroeder

Teammate Caleb Schroeder, also a heart recipient, came home with a total of 7 medals-3 gold, 3 silver and 1 bronze. Kidney recipient Dave Wladyka came home with 2 gold and 1 silver.

The team displayed an impressive amount of sportsmanship and were excellent ambassadors for our province. They rekindled old friendships from previous games and made new friends, as well! We are extremely proud of their accomplishments! The Games were held from August 9- 14 with more than 200 athletes ranging in age from 5 years old to 77 years young!

Kidney Transplant Allocation Rules GO PUBLIC!

Transplant Manitoba has created an information page on our website to help answer questions and clarify processes for Manitobans who are currently receiving dialysis and who are also on the kidney transplant wait list. As there are over 150 patients currently waiting for a kidney transplant in Manitoba, it is important that this limited and precious gift from a donor be given to patients in a fair and transparent manner- this is referred to as the "Kidney Allocation Rules".

Transplant Manitoba participated in a National Consensus Forum with other Canadian transplant programs, the Kidney Foundation of Canada, as well as legal and ethical experts to develop a clear set of principles that guide decision-making for kidney allocation to patients on the wait list.

Transplant Manitoba also held focus groups with dialysis patients awaiting a kidney transplant to better understand their perceptions of the "rules" and what they thought would be a fair system for kidney allocation in Manitoba. Based on what we learned at the National Consensus Forum and from our patients we have developed a clear set of kidney allocation rules for all Manitoba patients on the wait list.

We are the first Transplant Program in Canada to make our Kidney Transplant Allocation criteria public; in doing so we believe that we have made our program transparent and accountable to our patients and the general public.

Health care professionals and dialysis patients awaiting a kidney transplant are encouraged to view this information by going to www.transplantmanitoba.ca and clicking on the Allocation Rules tab.

spreads across the province n awareness all year long

Garden of Life

Another gardening season was wrapped up in October by our dedicated crew of volunteers. It was an interesting year weatherwise, but our Garden of Life still blossomed in less than ideal conditions! Many thanks to our 2010 volunteers: Marilyn Rainkie, Joe Kollar, Jane Cook, George and Betty Schweitzer, Louise Evans, Jody Sawatzky, Leslie Geiger, Pam Schille, George Dyker, Cathy Sackfield, Bernice Lewis, Darlene Lewis, Aileen



*Planting Day Volunteers
2010*

Khan, Marylou Talmage and Roger Briand, Darlene Ronald, Kelly Goodman, Irene Spencer, Dave and Peggy St. Jean, Starr Beghin and Andrea Toothill. Joe Kollar provided some great photos throughout the summer.



Autumn at the Garden of Life

Photographer extraordinaire, Ed Mathis documented our planting day and our fall clean up day. You can still check out this year's garden photos on our website at: www.transplantmanitoba.ca

Gifted Dragon Ladies

The Gifted Dragon Ladies participated in the FMG Dragon Boat Races, September 11-13 at The Forks. The team was capably led by Julie Lorenz and Pam Schille.



The Gifted Dragon Ladies 2010

Team members come from various walks of life, but all have one thing in common...the belief that organ donation is the gift that saves lives!



*L to R- Starr Beghin, Julie Lorenz,
Pam Schille, Kelly Goodman*

Amazing Stories of Transplantation!

In December of this year, Kelly Goodman will celebrate her 24th year as a kidney recipient. “If I had been on dialysis all these years, so many things would or could not have happened,” says Kelly. “I wouldn’t have my own home –based business, I wouldn’t have been alive to see my grandchildren, and so much more!”

Kelly’s road to transplant started when she was in college and she contracted strep throat that led to an immune reaction that attacked her kidneys. She was in kidney failure for about two years and went on dialysis when she only had 5% of her kidney function left. The dialysis regime was exhausting. Kelly was living in Teulon at the time and had to travel back and forth to Winnipeg to dialyze three times a week. She was also working and juggling life with a young daughter. Eventually her situation became overwhelming and she moved to the city and her parents took care of her daughter. She went home to Teulon on the weekends to rest and to spend time with her child. “Dialysis wasn’t fun. I didn’t have a life. I worked, dialyzed and slept. I was too tired to have a social life,” says Goodman.

Kelly was lucky. She had been on dialysis for only 8 months when she got the call that there was a suitable donor for her. Goodman calls her transplant an “early Christmas Gift” and she went home on her birthday! “People don’t realize the difference they can make by being an organ donor,” says Goodman, “especially for someone like me who had the drive to do something but didn’t have the energy to do it!”

Since her transplant, Kelly has operated her own graphics company out of her home and is also the Editor of *Senior Scope*. She is an active volunteer with Transplant Manitoba. “It’s my way of paying it forward,” says Goodman.

“I am the steersperson on the Gifted Dragon Ladies boat at the Dragon Boat races each year. People ask me why I do it and I say, thanks to transplant, I do Dragon Boat because I can!”

“I also volunteer at the program’s Garden of Life at Assiniboine Park. It’s nice to be a part of something with other transplant recipients. It’s often the only chance I get to swap transplant stories!” says Goodman.

“I am amazed how many people are affected by organ donation and how many are in need of transplants. I wish people were more aware of the need for organ donors. I want to motivate people to sign a donor card and discuss their wishes with their family.”

“Having a kidney transplant opened many doors for me,” says Goodman, adding, “I have been so lucky to have been able to be a mother and a grandmother, to be independent, to enjoy so many things. I am extremely grateful to my donor and my donor’s family for giving me these treasures of life.”



Kelly Goodman

Transplant Trends is published by Transplant Manitoba-Gift of Life Program
Health Sciences Centre, Rm. GE441, 820 Sherbrook Street, Winnipeg, Manitoba R3A 1R9
Editor: Sybil Stokoloff Ph: 204-787-1897 Fax: 204-787-8788



Winnipeg Regional
Health Authority
Caring for Health

Office régional de la
santé de Winnipeg

À l'écoute de notre santé

This issue of Transplant Trends
is sponsored by Hoffmann-La Roche

