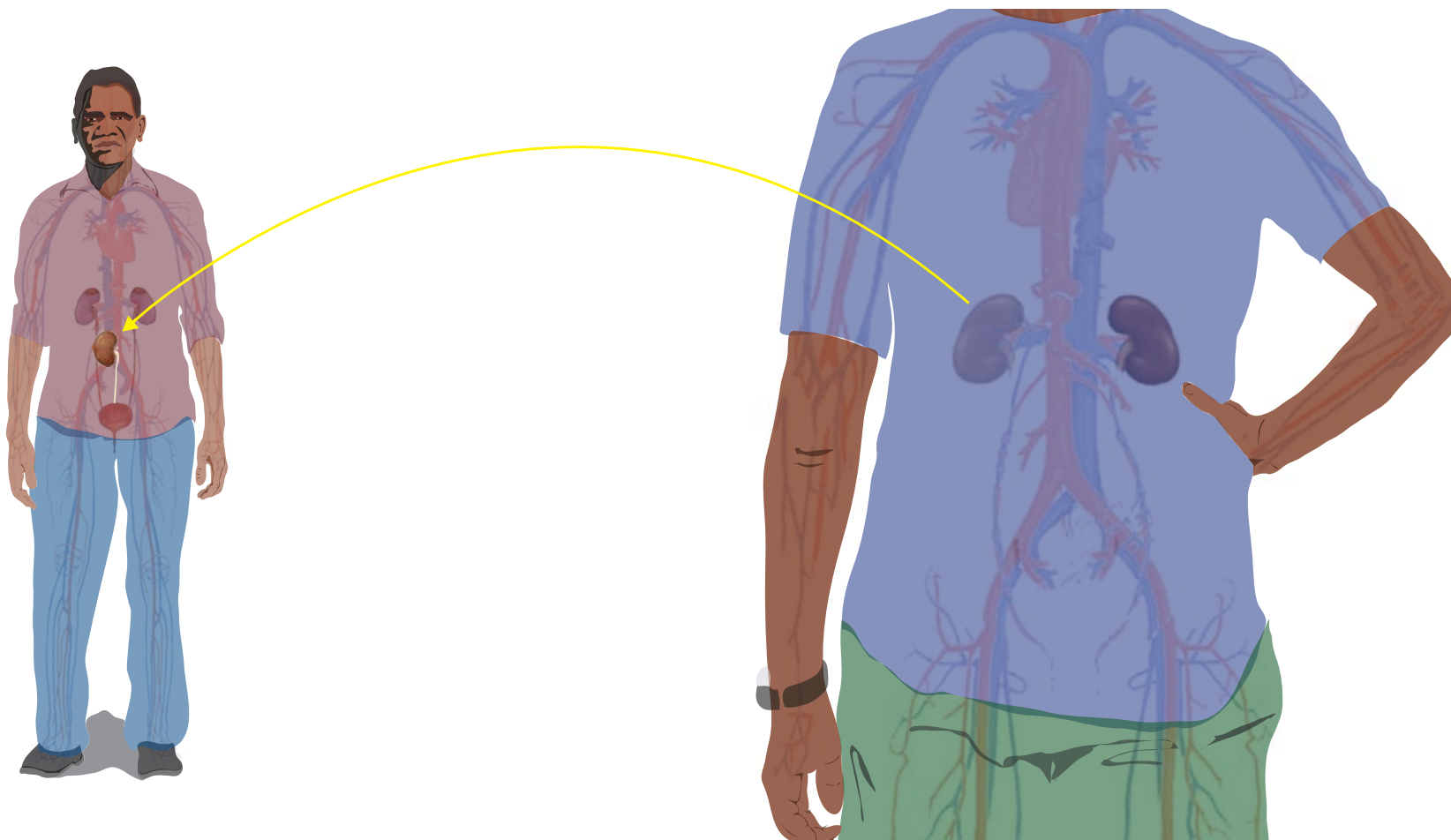


# Kidney Stories

## Kidney Transplant Story



Northern Territory  
Renal Services

# Kidney Stories

## KIDNEY STORIES INCLUDES THE FOLLOWING RESOURCES



### *THE CHRONIC KIDNEY DISEASE BOOK*

This book is intended as an education tool for both health workers and patients. It contains detailed and comprehensive information about CKD conditions and treatments. It is designed primarily to be used electronically (PDF document), with the intention to form the basis of a script for an audio visual (DVD) resource.



### *THE WORK OF YOUR KIDNEYS & WHEN YOUR KIDNEYS GET SICK*



### *LIVING WITH KIDNEY DISEASE*



### *MAKING A PLAN & PALLIATIVE CARE*

These books are intended as a tools for health workers and renal nurses to educate patients.



### *DIET AND KIDNEY DISEASE*



### *TREATMENT OPTIONS - PERITONEAL DIALYSIS*

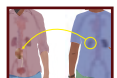


### *TREATMENT OPTIONS - HAEMODIALYSIS*



### *ACCESS - FISTULA AND CATHETER*

These books are intended as tools for renal nurses and dietitians to educate patients.



### *TRANSPLANT BOOKS 1 - 4*

These books are intended as a resource for transplant nurses to educate patients.

Aboriginal and Torres Strait Islander people are advised that these resources contain illustrations that may have a resemblance to deceased people.

Enquiries > Gillian Gorham, Senior Nurse Renal Advisor, Department of Health and Families, [gillian.gorham@nt.gov.au](mailto:gillian.gorham@nt.gov.au), 08 89992405

When your kidneys are not working to keep you alive your treatment options are:

## Peritoneal Dialysis



Peritoneal dialysis every night OR ..... Bag change 4 times every day

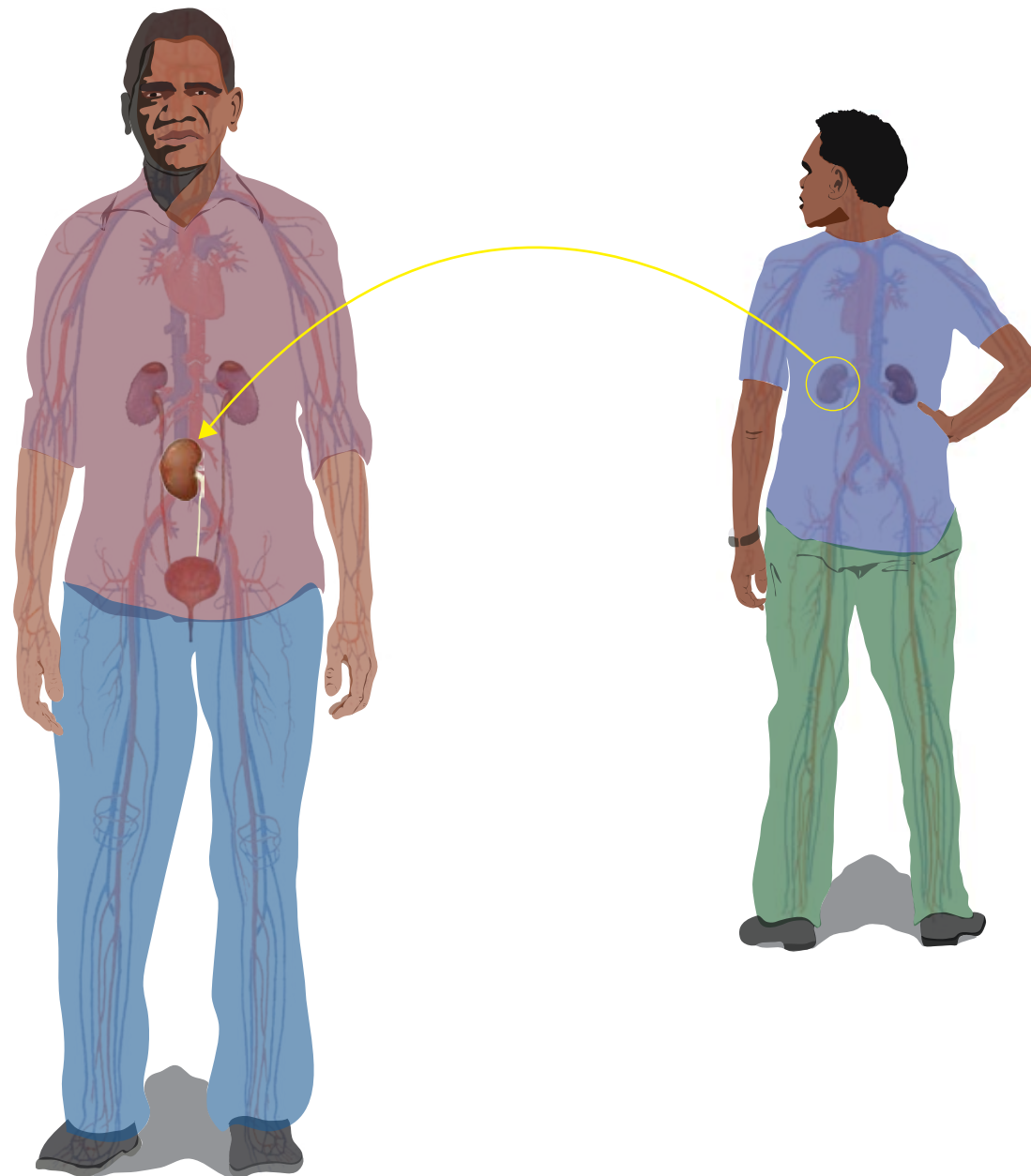
# Haemodialysis



## Palliative Care



# Kidney Transplant



A kidney transplant is not for everyone. Some people don't want a transplant and are happy to stay on dialysis.

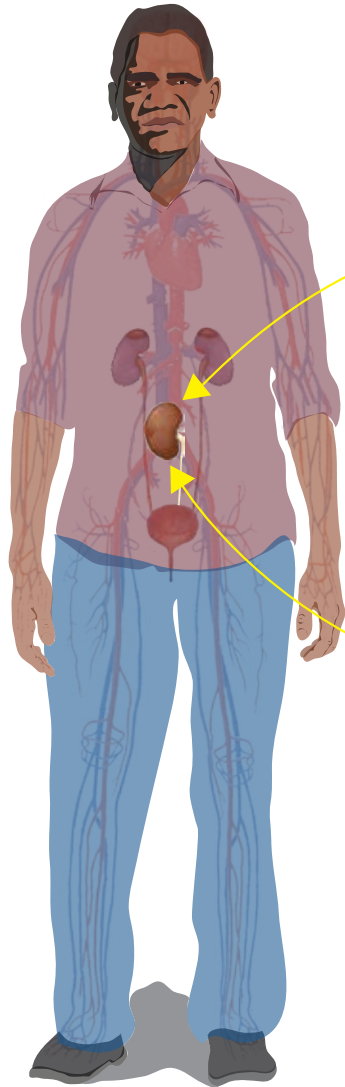


Some people are not suitable for kidney transplant because of other medical conditions such as heart problems, cancer, or ongoing infections.

Talk to the kidney doctor if you are interested in a kidney transplant.

## Where do kidneys come from?

There are 2 ways to get a kidney transplant.



One is from a person who has just passed away.



One is from a living kidney donor.



A living kidney donor is a family member or a friend.



# A live kidney donor is someone who is fit and well



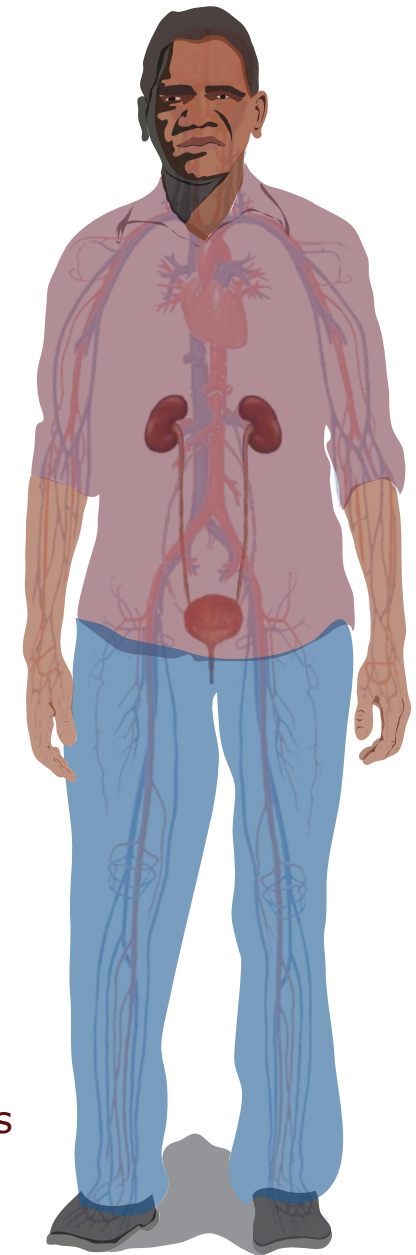
No high blood pressure



No diabetes



No kidney sickness



If someone you know offers you one of their kidneys let the doctor or transplant nurse know.



They will need lots of blood tests and other medical tests to see if they can live well with one kidney.

The other way to get a kidney transplant is to get on the waiting list for a kidney from someone who has agreed to donate their kidney and has just passed away in hospital.



Before they died, that person, or their family, will have said they want to donate their kidney to help someone else.



That person, or their family, will need to sign a form to prove that they agreed to donate their kidney after they die.




# To get a kidney from a deceased donor your name must be on the **Active Kidney Transplant Waiting List.**

To be on this list you need to look after yourself and have many tests.





## Seeing the Kidney Doctor for check ups

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
morning time	7						
	8						
	9						
	10						
	11						
	12						
afternoon time	1						
	2						
	3						
	4						
	5						
evening time	6						
	7						
	8						
	9						
close	10						

## Having regular dialysis





## Taking your medications

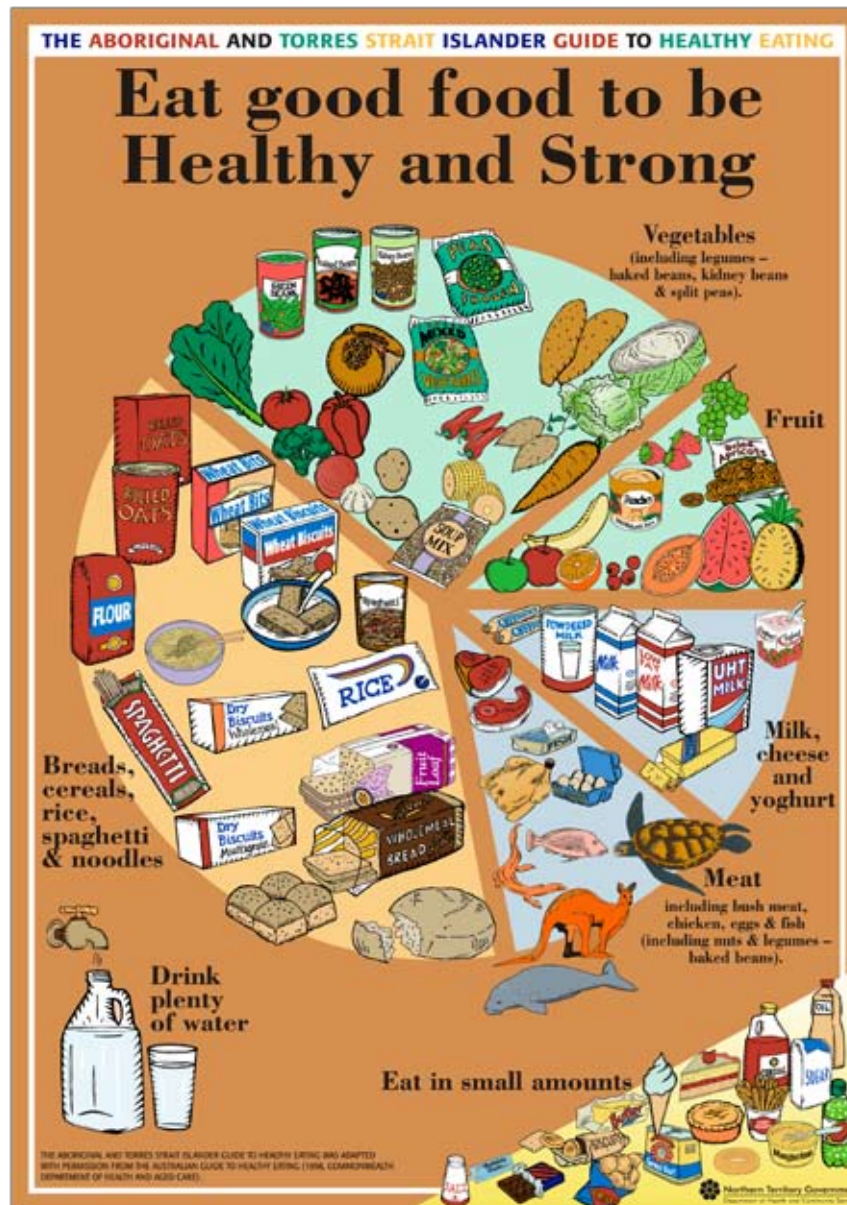
## Staying healthy and strong



Being active

# Staying healthy and strong

## Eating good food



## Staying healthy and strong



Going to the health clinic

## Congress Health Clinic

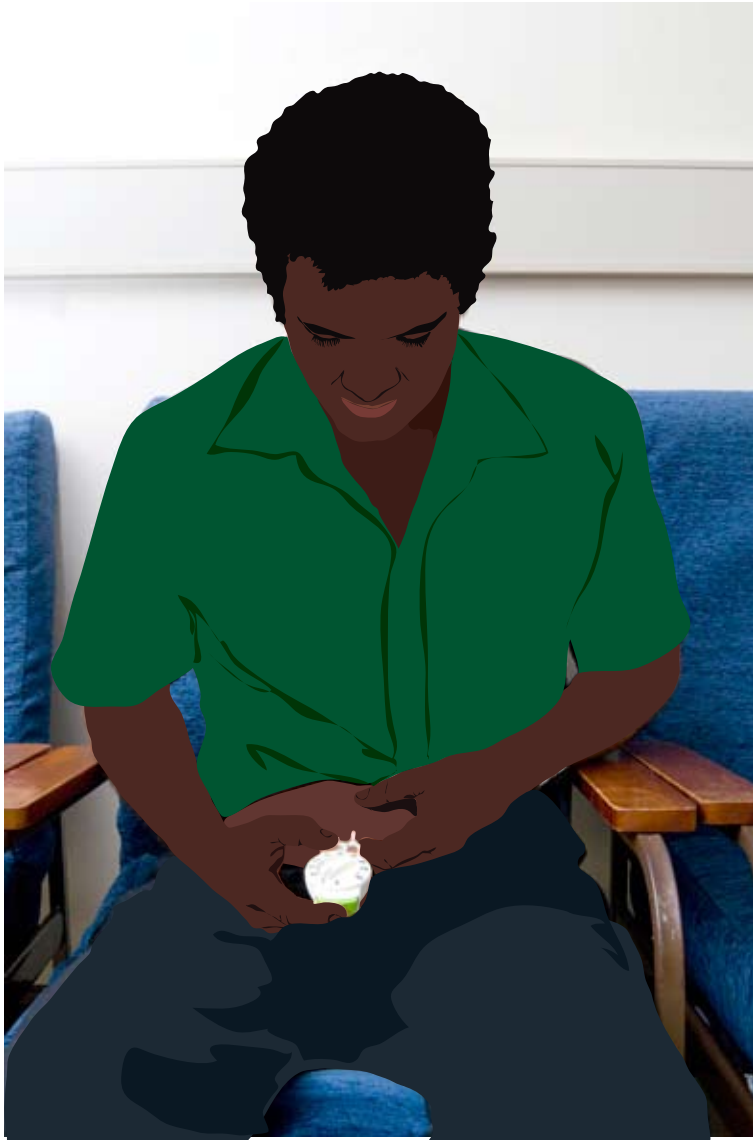


Alukura Women's  
Health Clinic

Having a pap smear if a woman



## Having a heart stress test



If diabetic looking after  
your diabetes

If you are on the active waiting list for a kidney, then we need to be able to contact you very quickly if a kidney becomes available to you. If you are visiting your homelands then you need to be able to get into town very quickly.



If you do get called for a kidney, you have less than 1 day to get to Adelaide and have the transplant operation. If the kidney doctor cannot contact you in time, or you can not travel from your homelands to town immediately, then you may miss out, and the kidney may be given to someone else.



# Kidney Stories

## Kidney Transplant Story

**Project Management  
Art work** Michael Roseth  
michael.roseth@nt.gov.au

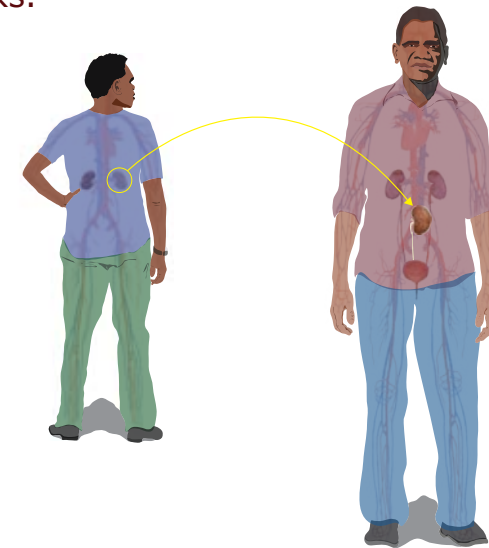
**Content Development** NT Renal Services

**Consultants** Renal patients, NT Palliative Care, PEPA Program, NT Preventable Chronic Disease Program, NT Aboriginal Interpreter Services, NT Aboriginal Services Support Unit, NT Aboriginal Workforce Development, Western Desert Nganampa Walytja Palyantjaku Tjutaka, Congress, Danila Dilba Health Service, Katherine West Health Board

**Border art work** From NT Palliative Care Model  
Design by Bev Derschow

Painting by Barrapuy Wanambi, Dipililnga Marika, Wayalwanga Marika, Samuel M Assan, Nina Puruntatameri, Karina Napagardi Penhall

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# Kidney Stories

## Kidney Transplant Story Tests Required for Kidney Transplant



Northern Territory  
Renal Services



# Dental Check





Alukra  
Women's Clinic

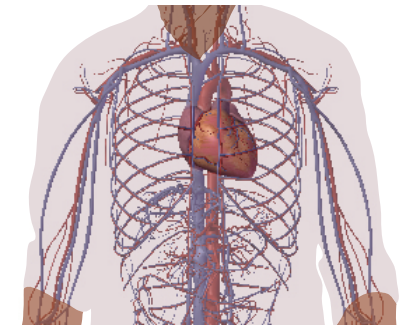
# Well Women's Check



Body Mass Index (BMI) less than 30



Be a healthy weight



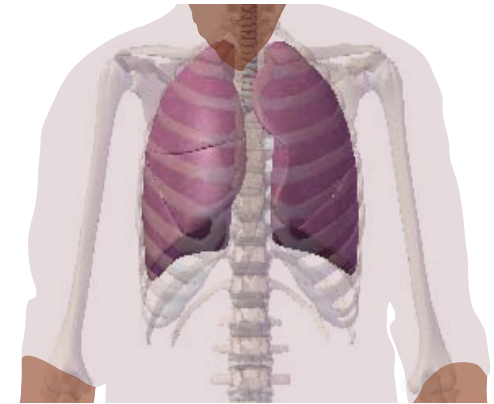
# Stress Test



# Eye Checks



# Mantoux Test



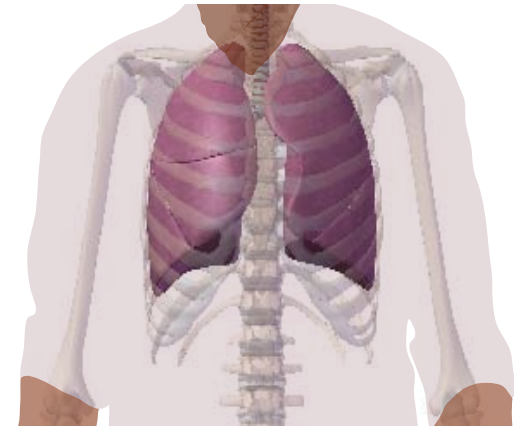




# Blood Tests

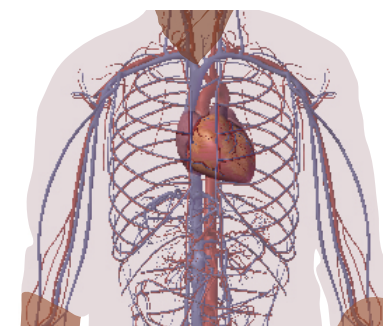


# Chest X-Ray



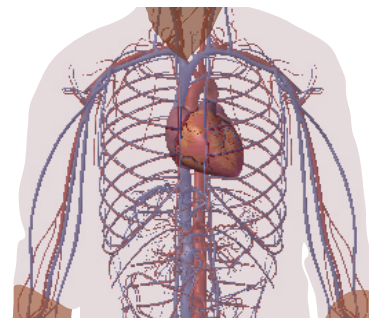


# Electrocardiogram (ECG)



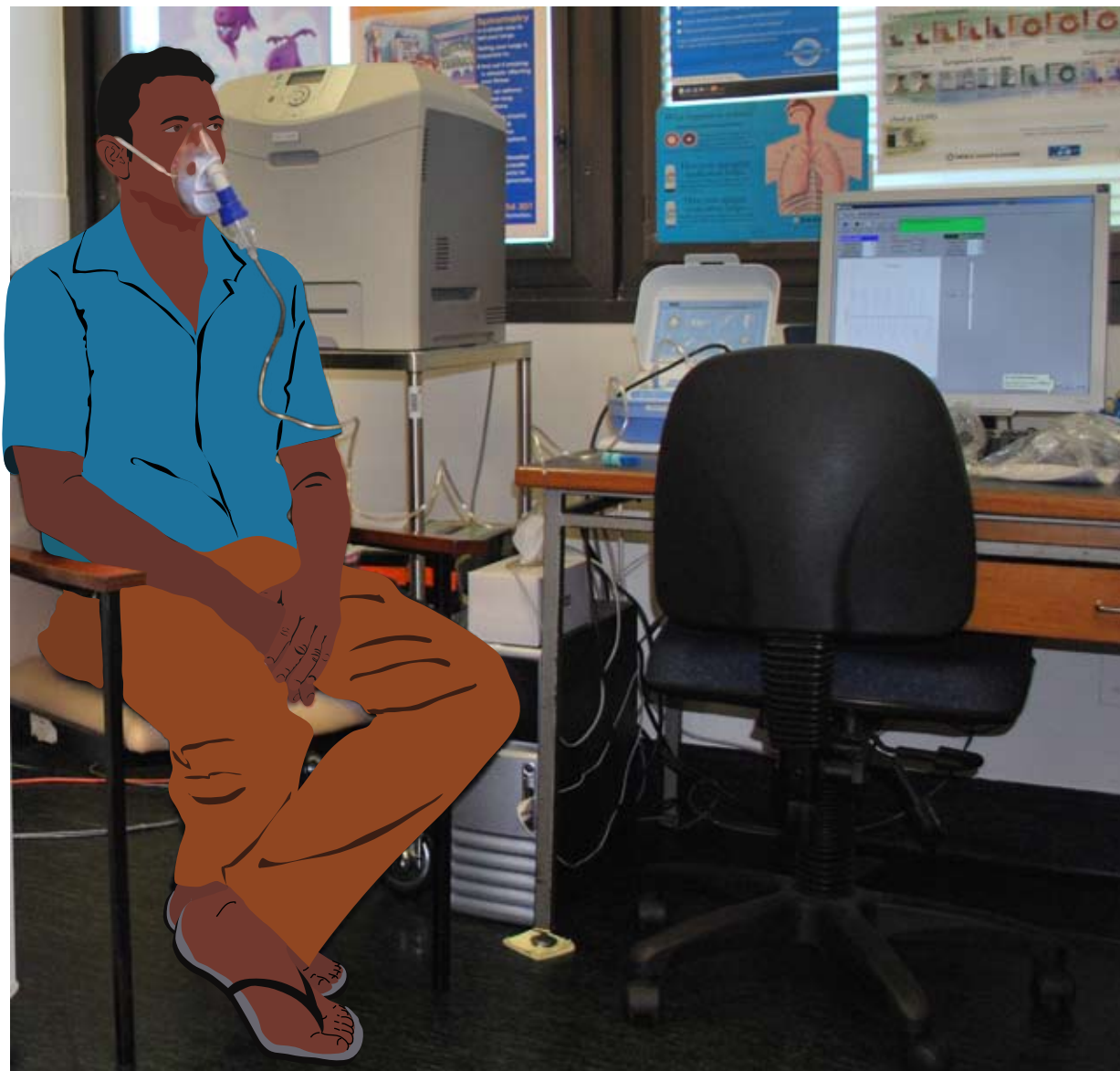


# Echo Cardiogram

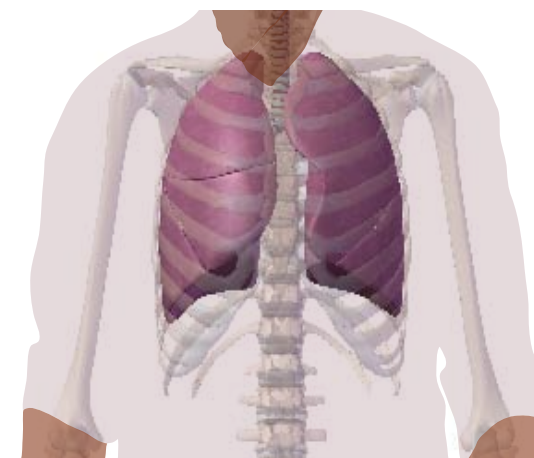




# Coronary Angiogram

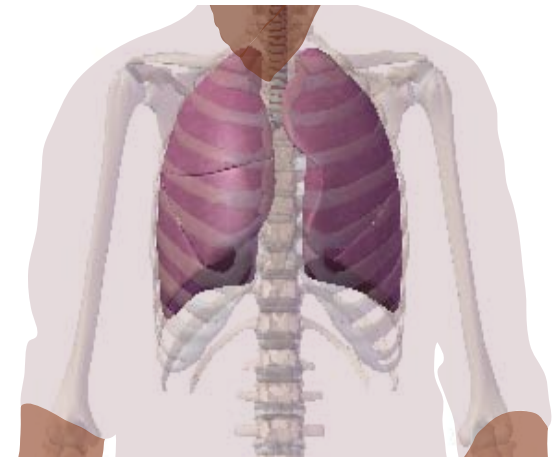


# Lung Function





# Lung Function



# Social Worker





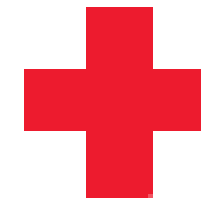


# Adelaide Kidney Transplant Doctor Review

To **stay on the active waiting list** most of these tests need to be kept up to date every year.



Every month blood needs to be sent to Red Cross in Adelaide to match with any kidney that becomes available



If you go away, tell the transplant nurse where you will be.



# Kidney Stories

## Kidney Transplant Story Tests Required for Kidney Transplant

**Project Management  
Art work** Michael Roseth  
michael.roseth@nt.gov.au

**Content Development** NT Renal Services

**Consultants** Renal patients, NT Palliative Care, PEPA Program, NT Preventable Chronic Disease Program, NT Aboriginal Interpreter Services, NT Aboriginal Services Support Unit, NT Aboriginal Workforce Development, Western Desert Nganampa Walytja Palyantjaku Tjutaka, Congress, Danila Dilba Health Service, Katherine West Health Board

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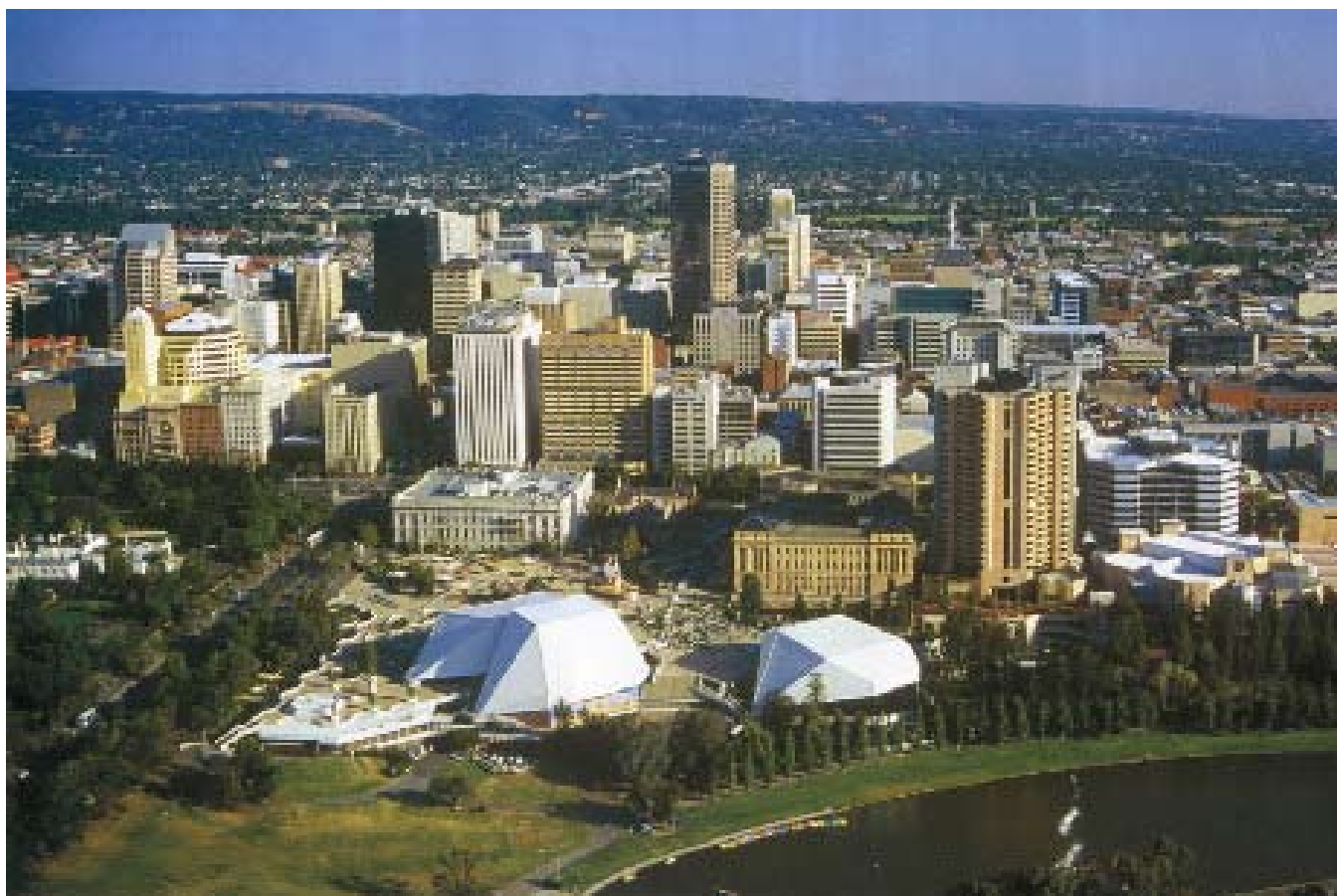
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# Kidney Stories

## Kidney Transplant Story Surgery in Adelaide



When a kidney becomes available you will be notified by phone.



This can happen at any time - day or night.

If you are on the active waiting list for a kidney, then we need to be able to contact you very quickly if a kidney becomes available to you. If you are visiting or living on your homelands then you need to be able to get into town very quickly.



If you do get called for a kidney, you have less than 1 day to get to Adelaide and have the transplant operation. If the kidney doctor cannot contact you in time, or you can not travel from your homelands to town immediately, then you may miss out, and the kidney may be given to someone else.

You will go to the Hospital Emergency Department straight away.





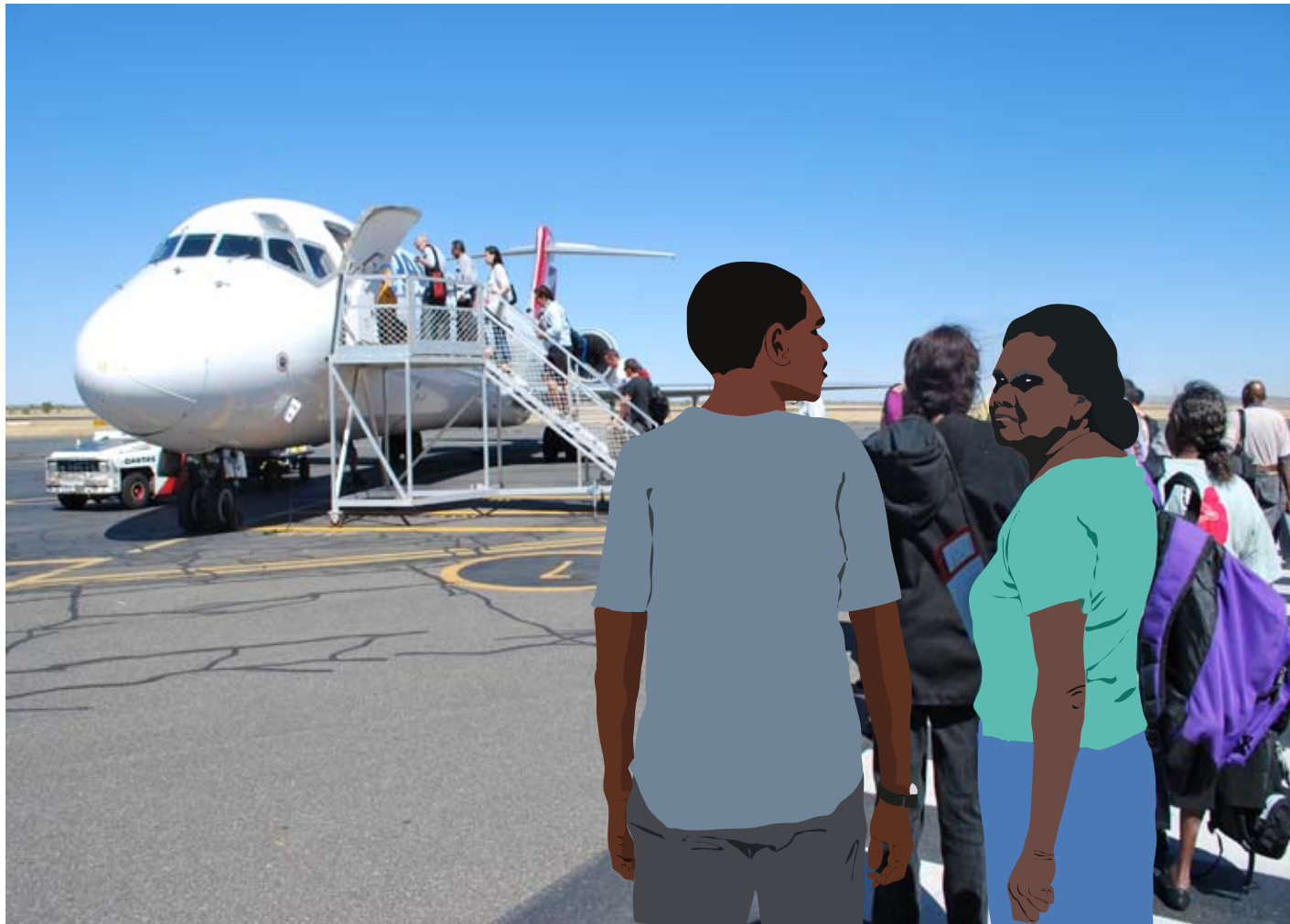
The Doctor will check to see if you are still fit enough for a transplant.



If you are still fit enough, you will be flown to Adelaide on the next available flight.



Have a plan for when you get called.  
You can bring one adult person with you for support.



Have a bag with:



Warm clothes



Tablets



Money

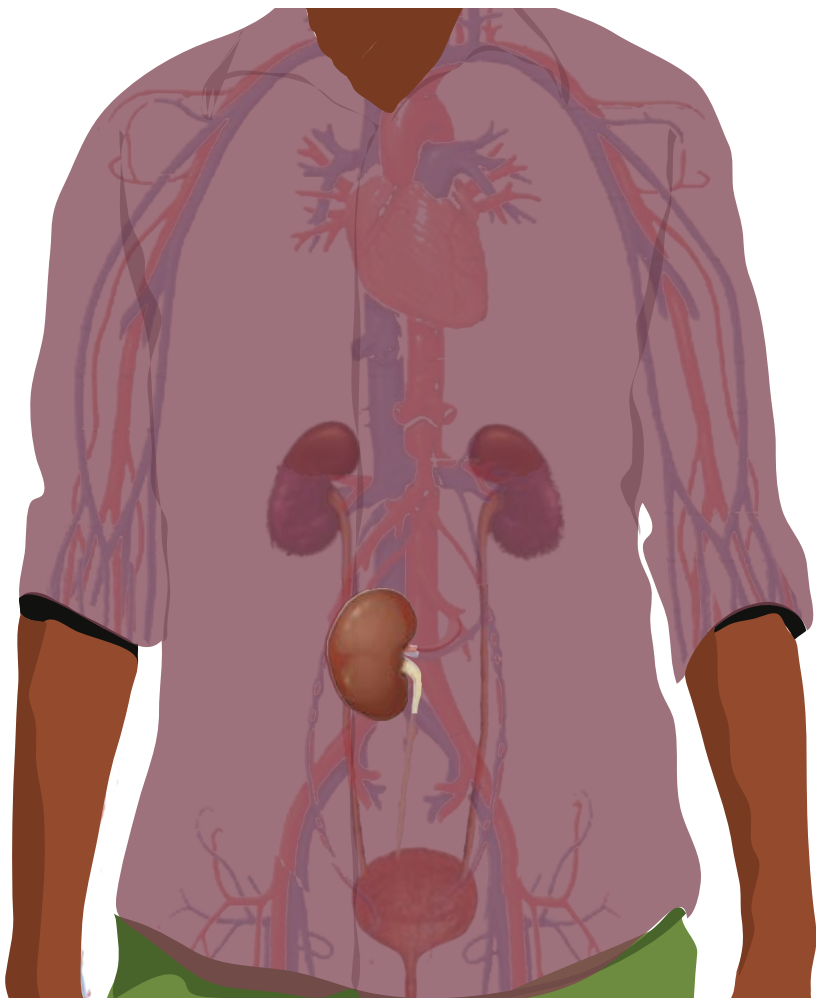
From the airport you will get a taxi to Adelaide Hospital



You will be seen by lots of Doctors and Nurses before the operation.



After the operation you will have a third kidney. It is normal for the transplanted kidney to take some time to start working.



There will be a scar on your tummy.



When the transplanted kidney is working you will be passing urine.



The transplanted kidney may not work straight after the operation. There will not be any urine until it starts working.





When the transplanted kidney does not work straight away you will have dialysis in Adelaide Hospital for some time after the operation.



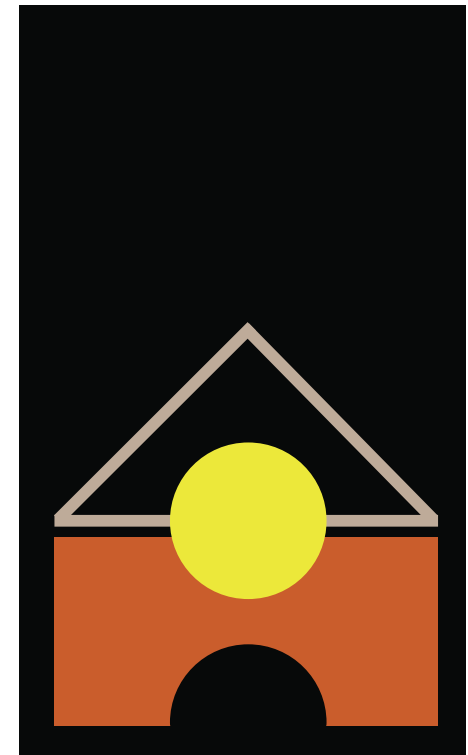
You will have to stay in the hospital for about 10 days, but it could be longer if there are any complications.



You will have to stay in Adelaide for about 4 weeks.  
You can stay at a Hostel



Mulgunya Hostel



Aboriginal Hostels  
Limited

You will have to visit the hospital each day for check ups.



Blood Tests



Blood Pressure



Body Weight



Medication



Urine sample



If everything is going well with the transplanted kidney you can return to Alice Springs after 4 weeks.

You will have to live in town for up to 6 months so that you can have check ups with your kidney doctor and nurse.





After staying in town for some time you can return home to your community.

Back at home, keep taking good care of yourself and your transplanted kidney.



# Kidney Stories

## Kidney Transplant Story Surgery in Adelaide

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Art work** Michael Roseth  
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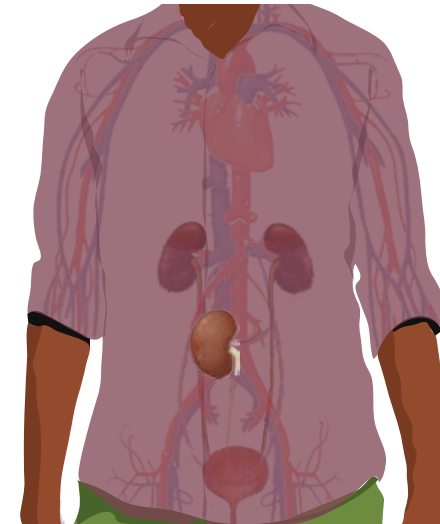
**Content Development** NT Renal Services

**Consultants** Renal patients, NT Palliative Care, PEPA Program, NT Preventable Chronic Disease Program, NT Aboriginal Interpreter Services, NT Aboriginal Services Support Unit, NT Aboriginal Workforce Development, Western Desert Nganampa Walytja Palyantjaku Tjutaka, Congress, Danila Dilba Health Service, Katherine West Health Board

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Proudly supported by  
**Northern Territory  
Government**

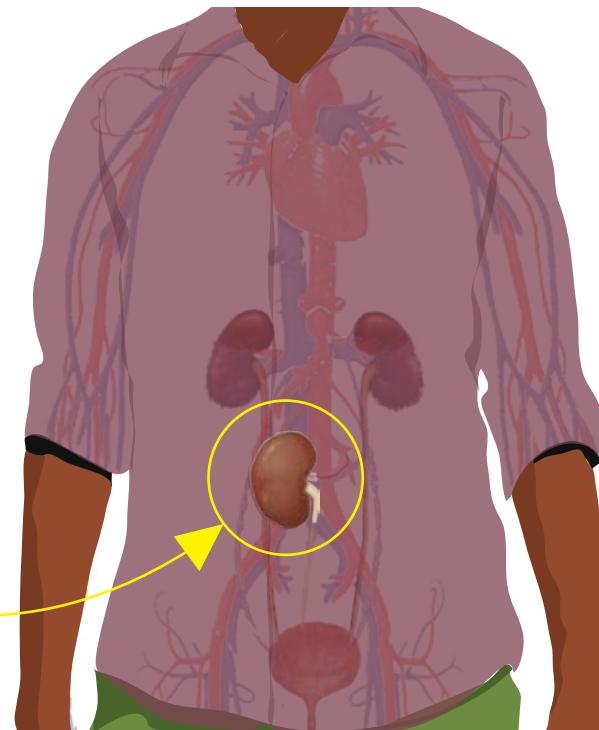


**Australian Government**  
**Department of Health and Ageing**

**Northern Territory  
Renal Services**

# Kidney Stories

## Kidney Transplant Story Life After Kidney Transplant



Northern Territory  
Renal Services



After you leave Adelaide you will have to live in town for up to 6 months to have check ups with your kidney doctor and nurse.



You will have to see the kidney doctor and transplant nurse regularly.



You will have to get blood tests to check your kidney function.



You will have to drink lots of water.



3 litres a day.



You will have to take care in the sun.



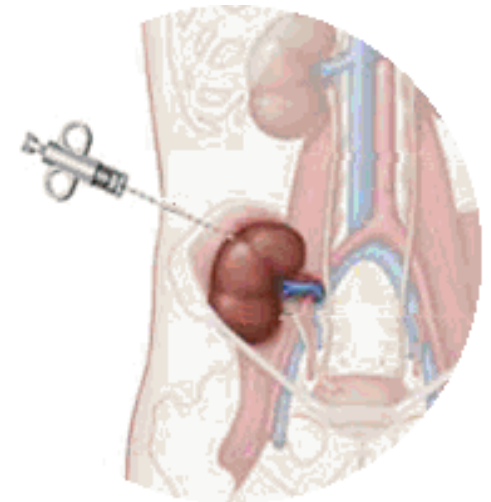
Wear a hat, long sleeves and sunscreen.



You will have to have a kidney biopsy 1 month after transplant and again about 5 months after transplant.



This involves an ultrasound so the doctor can see an image of your transplanted kidney, and then the doctor will take a tissue sample of that kidney.



You will have to have the following good health checks.



## Dental Check



# Eye Checks







# Well Women's Check



Check blood glucose levels and check feet for wounds.

## Diabetes and feet

After some time you will be able to go home to your home community.



Back at home you will still have to have blood tests.



Back at home you will still have to take your tablets.



You will have to travel to town every few months to meet the kidney doctor.



You will have to continue having good health checks.



Diabetes



Well  
Women's

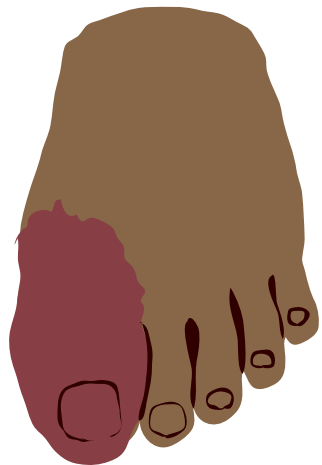


Eyes



Teeth

It is very important to avoid getting infections. If you do get sores or infections see the doctor or nurse straight away to get treatment early.



Infected feet



Infected teeth



Chest infection

After a transplant it is easier to get infections because your body's ability to fight off infection is weaker due to the medicines that you need to take.

If infections are not treated early they can make you really sick. Sometimes people can even die from infections.



Scabies



Boils



Infected urine



You can avoid infections by:

Regular showers



Washing  
your hands

Brushing  
your teeth



Washing  
your clothes

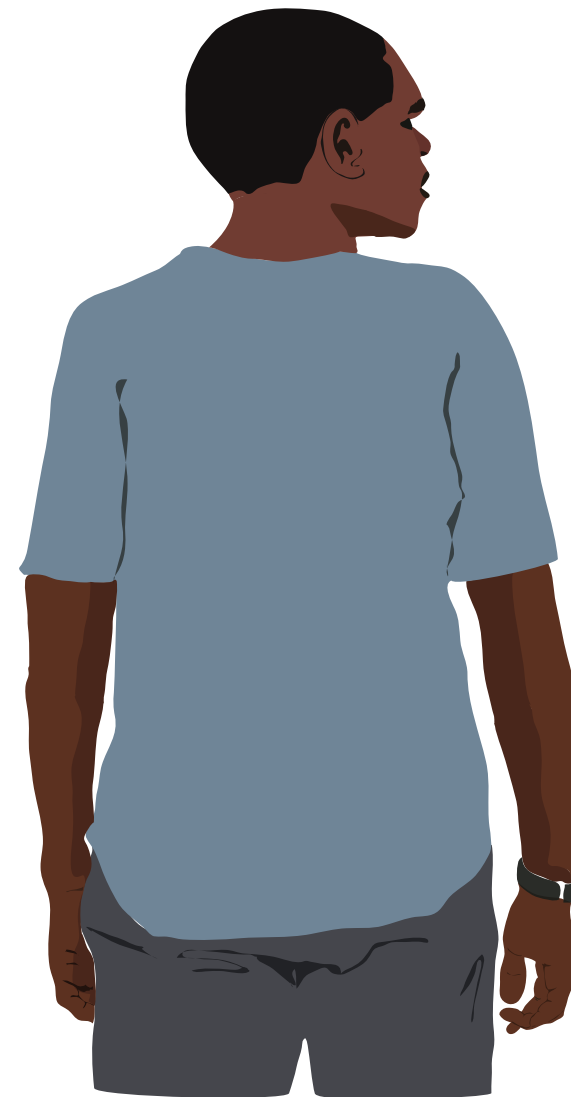
You can avoid infections by:



Keeping your house clean and keeping pets outside.



Keeping a safe distance from people who are sick.



Checking your skin each day for sores.  
Use Lyclear cream if you have scabies.



If you get a skin infection  
see the doctor or nurse  
straight away.



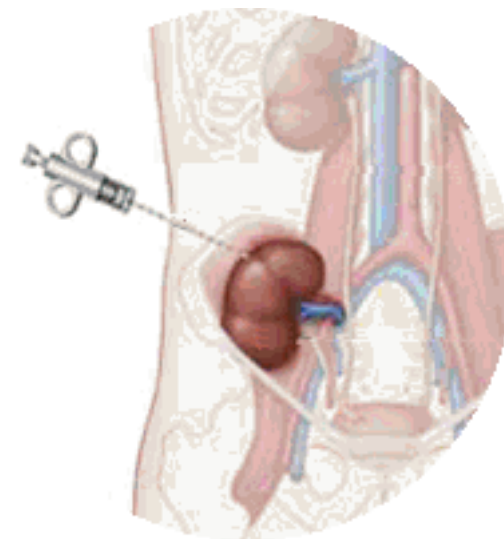
You may feel hot or a pain near the kidney.



If you are feeling unwell, have a temperature, feel pain near the kidney, or you are passing less urine, you will need to see the doctor or nurse **straight away**.

These symptoms may be signs of that your transplanted kidney is not working properly. You may need treatment **very quickly**.

You may need to have another kidney biopsy.



The most important things to remember after the transplant are:



Look after yourself and see the doctor ***straight away*** if you feel unwell - ***don't wait.***



Drink plenty of water  
-especially in the hot  
weather.



Never run out of  
tablets.

# Kidney Stories

## Kidney Transplant Story Life After Kidney Transplant

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Art work** Michael Roseth  
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