

Patient education programme for patients after transplant

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Presentation

Nurses

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The speaker presented a four-module patient education program for liver transplant recipients, developed in 2018 by an interprofessional team to improve self-management, adherence, and quality of life.

KEY POINTS

- The program consists of micro-training on immunosuppressants, one-hour group training sessions covering rejection symptoms and lifestyle, individual psychological consultation focused on nonadherent patients, and a one-hour discharge talk with an APN covering rejection monitoring and follow-up care.
- The speaker stated that a randomized controlled study measured adherence outcomes and found a very good and significant improvement with the program.
- Patients typically require 3 to 4 sessions if there are no complications, with the APN assessing individual learning needs by asking patients to repeat information.
- Group training sessions are held every second Thursday with 5 to 10 transplant patients and include both APN and psychologist presentations on topics including medication, hygiene, and health behavior.
- The speaker taught that key rejection symptoms include fever, yellowing of skin and eyes, abdominal pain, darker urine, grey stool, and vomiting or diarrhea, and recommended patients take a reference photo at discharge for comparison.
- The speaker emphasized that transplant patients have higher cancer risk, especially skin cancer, and should have annual dermatological, internal, dental, urological, and gynecological screening.

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