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Summary

Liver transplantation: Advanced practice nursing in post-liver transplant care

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Nurses

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Advanced practice nurses play a key role in post-liver transplant follow-up through structured education, multidisciplinary coordination, and individualized support that improves adherence, self-management, and clinical outcomes.

KEY POINTS

- The speaker's hospital employs advanced practice nurses with master's-level training to provide expert care, coordinate multidisciplinary teams, conduct research, and deliver therapeutic education throughout the transplant continuum.
- Liver transplant indications have shifted over the past decade, with hepatitis C-related cirrhosis decreasing while alcohol-related disease and metabolic conditions have increased, resulting in older, more complex patients with greater comorbidities.
- Structured nurse-led follow-up includes two pre-discharge education visits, a post-discharge phone call, a visit at one to ten days, frequent visits during months one and two as needed, and scheduled visits at three, six, and twelve months post-transplant.
- Education focuses on disease knowledge, warning signs for early complication detection, medication management and side effects, cardiovascular risk factor control, infection prevention, and lifestyle modifications including Mediterranean diet and exercise.
- Nurses provide individualized emotional support through active listening, counseling, and motivational interviewing to help patients navigate the challenging transplant process and adjust expectations.
- The speaker stated that studies show this multidisciplinary approach with advanced practice nurses improves cardiovascular risk factors, reduces readmissions after liver transplantation, enhances patient satisfaction, and reduces healthcare costs.

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