

Patient Selection Criteria for Heart Transplantation

The transplant team will use the guidelines listed below for the selection of recipients for heart transplantation. The criteria are only meant for use as a guide and each patient will be considered individually and reviewed in patient selection committee.

1. Age Limit

- a. Adult of age 18 to 70 years (>70 will be considered on a case by case basis taking into consideration physiological age)

2. Medical

- a. Severe ischemia consistently limiting routine activity not amenable to bypass surgery or angioplasty
- b. Recurrent symptomatic ventricular arrhythmias refractory to all accepted therapeutic modalities.
- c. Satisfactory nutritional status.
 - Neutral body weight within 30 % of ideal body weight
- d. Pre-existing cancers: collaboration with oncology specialist should occur to stratify each patient as to their risk of tumor recurrence.
- e. Cannot have a disease that would cause the operation to be harmful or that the medicines given after transplant would make the worse.
- f. No active infection (can restart evaluation once infection is controlled)

3. Psychosocial

- a. Family and patient (as appropriate) will accept responsibilities of transplant procedure and compliance with care after surgery.
- b. Patient will take an active role in care and/or has a strong social support system
- c. Patient must want to have a transplant.
- d. No psychiatric problems, which would interfere with compliance and follow up care.
- e. No active drug or alcohol abuse
- f. All patients will be encouraged to stop smoking and will be offered assistance if needed. Active tobacco use during the previous 6 months is a risk factor for poor outcomes.
- g. Patients that are non-compliant to prescribed medical regimes will not start or complete evaluation until compliancy is proven.

4. Financial

- a. Patient and/or family will undergo financial counseling before transplant so that they are aware of their financial responsibilities.
- b. Financial status, with particular consideration given to change in insurance policies, will be tracked and re-evaluated on each clinic visit. The patient will report any changes to the financial coordinator.