

## **Patient Selection Criteria for Kidney Transplantation**

The transplant team will use the guidelines listed below for the selection of recipients for kidney 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 – 18 to 70 years (>70 will be considered on a case by case basis taking into consideration physiological age)
- b. Pediatric – newborn to 18 years (Ideally children should achieve a weight of 10 kg prior to transplantation)

### **2. Medical**

- a. Approaching end stage kidney disease according to United Network for Organ Sharing (UNOS) criteria.
- b. Satisfactory nutritional status.
  - Morbid obesity (BMI > 40) is a relative contraindication to transplantation.
  - For patients with BMI <40, they should show weight loss prior to transplant. The surgeon will decide how much weight will be lost for this group.
- c. No cancers, other than skin, unless previously treated and disease free for an appropriate time and cancer has not spread or recurred.
- d. Cannot have a disease that would cause the operation to be harmful or that the medicine that is given after transplant would make the disease worse or harmful to the patient. An example would be advanced heart or lung disease that is getting worse and cannot be fixed.
- e. No active infection at time of transplant.
- f. No active autoimmune disease.
- g. No disease process which would increase surgical or post-operative risks, such as advanced cardiovascular disease, etc.

### **3. Psychosocial**

- a. Family and patient 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 family 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. Some patients will need to stop smoking completely if it affects their transplant surgery and long term transplant care.
- g. Patients that are non-compliant to prescribed medical regime and/or substance abuse will not have evaluation started or completed until compliance is proven. If the patient is on the list, the patient will be inactivated or removed.

### **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.