



Meno Ya Win
Indigenous Kidney Health Series
Learning Modules: LESSON PLANS

Module 8: KIDNEY TRANSPLANT

CONTENT

- What is a kidney transplant?
- The types of kidney transplant – living and deceased.
- Who can have a kidney transplant?
- What the transplant work-up means and the transplant waitlist.
- The benefits of a kidney transplant.
- What things you need to consider when deciding about a kidney transplant.

LEARNING GOALS

By the end of this lesson, the patient and family will understand:

- The kidney transplant process including types of kidney donors, what the transplant work-up involves, the transplant waitlist, the transplant operation and what to expect after the kidney transplant.
- That a kidney transplant is a treatment not a cure and involves taking medication for as long as the transplanted kidney continues to work.
- Some of the benefits of a kidney transplant including better quality of life and longer life.
- Some things to consider when deciding about kidney transplant including the need to take anti-rejection/immunosuppressant medication for as long as the transplanted kidney continues to work, increased risk of some cancers, high blood pressure and diabetes.

ASSESSMENT QUESTIONS

- Tell me what you know about kidney transplant.
- What things do you need to consider about kidney transplant?
- Would a kidney transplant be the best choice for you?
- Do you have someone who could donate a kidney to you?
- What other questions do you have today?

OTHER PATIENT RESOURCES

- Several of the patient journey videos included in this series discuss kidney transplant.
- The Kidney Foundation of Canada: www.kidneyinfo.ca
- Canadian Donation and Transplant Research Program (CDTRP):
www.cdtrp.ca/en/educational-mini-series-for-patients