

Improved convalescence of Living Kidney Donors after implementation of evidence based fast-track program



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Living Kidney Donors

- Approximately 40 healthy persons per year
- 2-4 months preoperative preparations by our out patient clinic
- Admitted to a medical/surgical ward
- Donor & recipient placed in the same room
- Department of surgical Urology perform the surgery

Living Kidney Donors *before* fast-track implementation (N=20) – baseline data

<u>Postoperative</u> <u>day</u>	Pain n	Nausea n	Removing urinary catheter n
POD 0	17	9	
POD 1	12	7	4
POD 2	11	6	9
POD 3	11	6	3
POD 4	4	2	1
POD 5			1

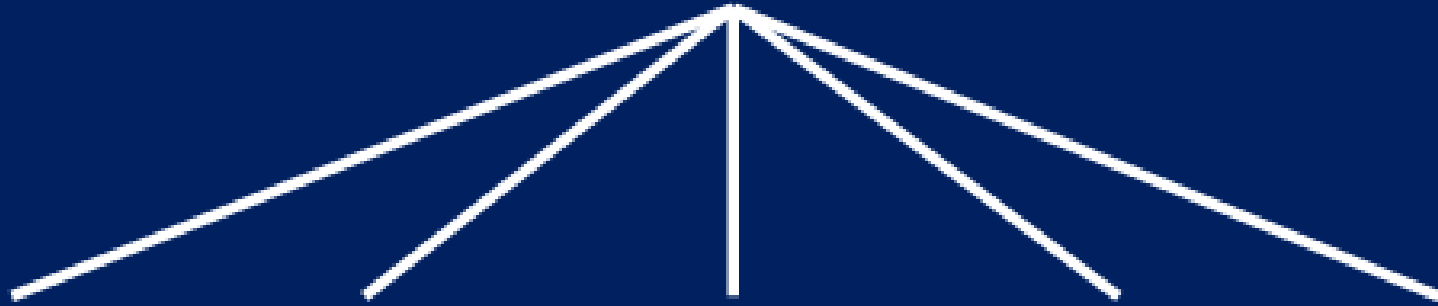
QUALITY IMPROVEMENT



- Interdisciplinary intervention / management involvement
- Teaching the staff members
- New audit after implementation of a fast-track program

Fast track

Controlling postoperative physiology



preoperative
information and
teaching

stress
reduction

pain
control

exercise

enteral
nutrition



reduced morbidity and accelerated convalescence

Fast track program

- Living Kidney Donors

Preoperative patient education
(oral and written)

Intraoperative:

Methylprednisolon 125 mg and Ondansetron 4 mg
40 ml Bupivacain 0.5 % (wound)

Postoperative

Remove urinary catheter POD 0
Resume normal diet POD 0
Enforced mobilization from POD 0
Gabapentin, PCM and laxative
Chewing gum
Patient leaves the hospital POD 3



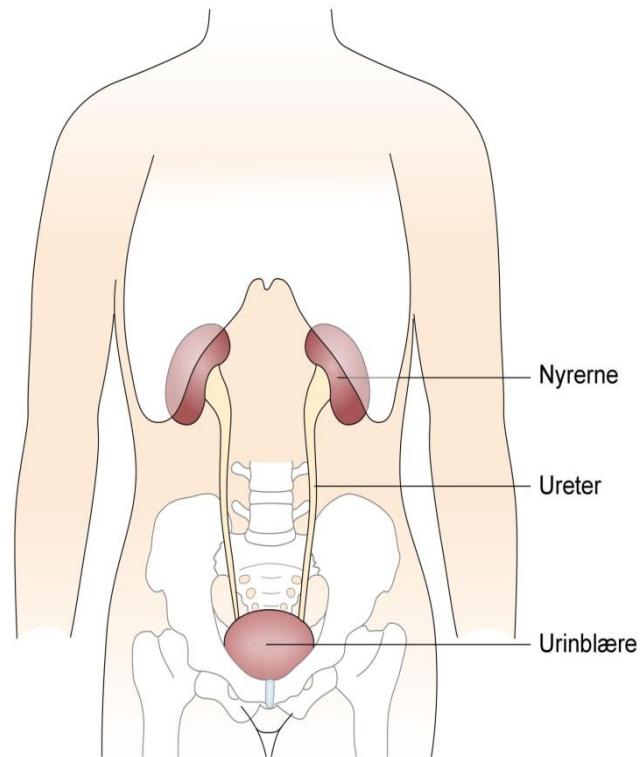
Standard careplan with daily goals for nursing care

Goal for mobilization		POD 0	POD 1	POD 2 +3
	Out of bed		2 hours	3 hours daytime 3 hours evening
Walk		2 x 50 meter	2 x 100 meter	2 x 100 meter



New written information

Information for you, who is donating a kidney.



Audit data

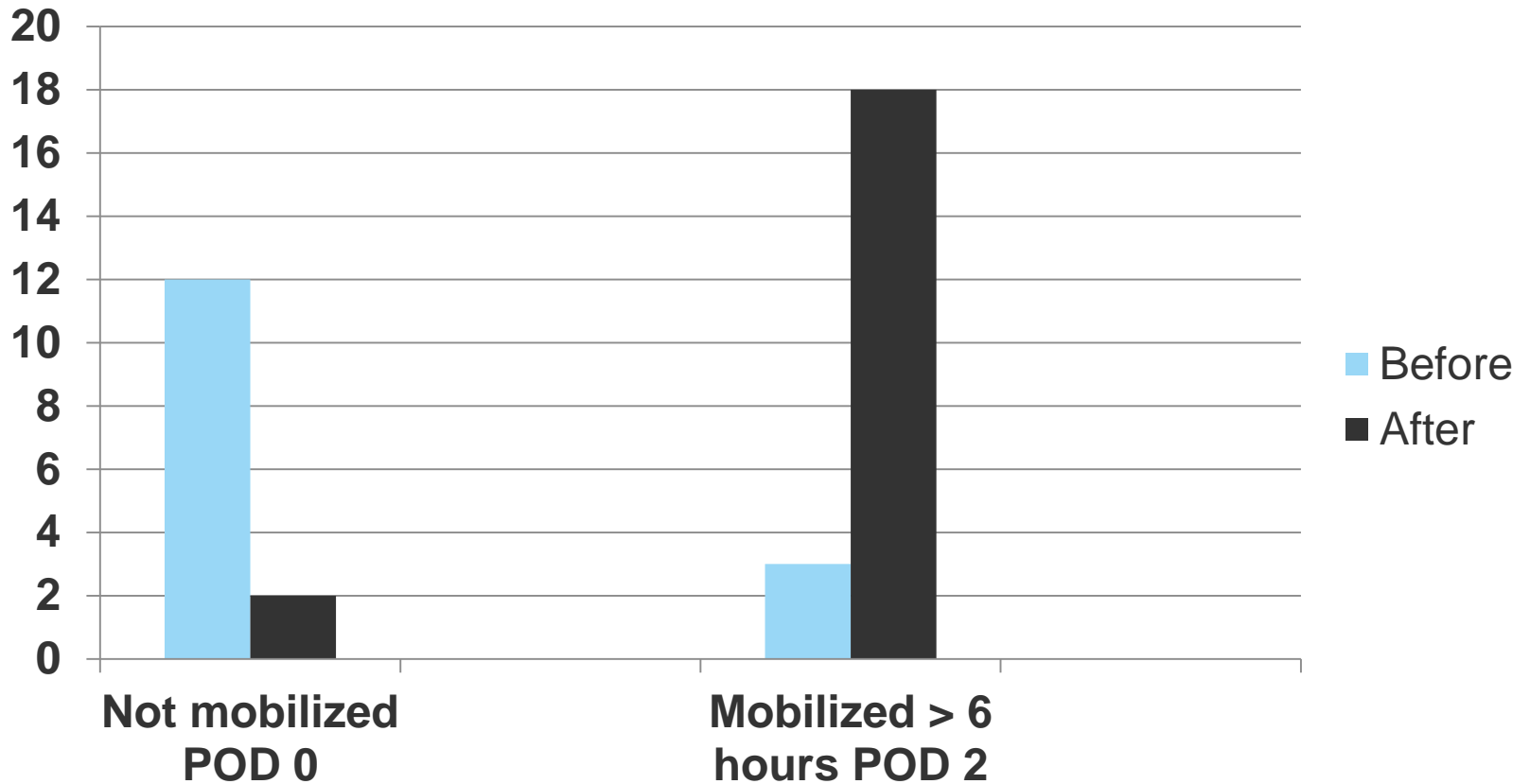
Before and after implementation of
Fast track program



Audit data (N=20)

	Before fast-track program n	After fast-track program n
Nausea POD 0	9	0
Pain POD 1	17	11
Resume normal diet POD 0	9	16
Resume normal diet POD 1	16	20
Urinary catheter removed (median)	POD 2	POD 0
Weight gain > 2 kg	13/15	4/18
Defecation day (median)	POD 4	POD 2
Length of stay (mean)	7 days	3,7 days

Mobilization



Conclusion



- Early recovery of Living Kidney Donors
- Reduced postoperative challenges
- Evidence based nursing care
- Standardized nursing care
- Reduced length of stay for the donors

Perspectivation

- An ongoing continuous, interdisciplinary quality development process
- The patients perspective?



THANK YOU FOR YOUR ATTENTION 😊

QUESTIONS ?