

Heart Transplantation Pre-transplant



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The purpose of this guide is to help patients and families waiting for a heart transplant find sources of information and support. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. The resources may be obtained at the Wellness Resource Center, room 2101.

Brochures, Fact sheets

- American Heart Association. *About Heart Transplants: Our guide for transplant patients, their families and donor families.*
- American Society of Transplantation.
 - *Getting A New Heart*
 - *Who Can Become An Organ Donor?*
 - Access at: <http://www.a-s-t.org/>
 - Click on "For Patients"
 - Click on "Patient Education Brochures"
- International Transplant Nursing Society. *Heart Transplant Education Booklet.*
 - Access at: <http://www.itns.org/>
 - Click on: "Transplant Patient Educational Materials"
- United Network for Organ Sharing
 - *Partnering with Your Transplant Team: The Patients Guide to Transplantation* (English and Spanish)
 - *What Every Patient Needs to Know* (English and Spanish)
 - *Q & A for Transplant Candidates and Families about Multiple Listing and Waiting Time Transfer* (English and Spanish)
 - Access at: <http://www.unos.org/resources/brochures.asp>

Web Resources

- **National Heart, Lung, and Blood Institute (NHLBI) – Section on Heart Transplant**

- Access at: <http://www.nhlbi.nih.gov/>

- Click on “Search the Diseases and Conditions Index”

- Under the heading “Tests and Procedures,” select “Heart Transplant”

- This section provides an easy-to-read overview of what to expect before, during, and after a heart transplant.

- **OrganDonor.gov**

- Access at: <http://organdonor.gov/>

- The official U.S. Government web site for organ and tissue donation and transplantation explains transplant basics, the matching process and life after transplant.

- **Transplant Experience**

- Access at: <http://www.transplantexperience.com/>

- Tools, tips and advice for people before and after organ transplantation including listings of support groups and organizations.

- **Transplant Living**

- Access at: <http://www.transplantliving.org/>

- Provided by the Network for Organ Sharing, this site contains information and resources for people before and after organ transplantation.

- **University of Michigan - TransWeb.org**

- Access at: <http://www.transweb.org/>

- This site provided by the University of Michigan focuses on donations and transplantations. It includes people's experiences, the top 10 myths about donation, and a large collection of questions and answers.

- **UpToDate**

- Patient information: Heart transplantation*

- Access at: <http://www.patients.uptodate.com/>

- Hold the mouse over “View patient-level articles by category”

- Click on “Heart Disease”

- Relevant articles are listed under “Heart Failure”

- This detailed, comprehensive overview is based on professional literature reviews written for physicians and updated regularly. The overview includes some medical terminology and is suitable for readers seeking to gain in-depth understanding of heart transplantation.

University of Michigan Resources

- **The Preventive Cardiology program** at Domino's Farms offers a number of relevant program and services Including:

- Cardiac Rehabilitation Program
- Exercise Consultations
- Nutrition Services
- Stress Management Services

For more information access

<http://www.med.umich.edu/cvc/adult/serpre.htm>

or call: 734.998.7400.

- **Tobacco Consultation Service**

Group and individual quit-smoking programs.

For more information access: <http://www.mhealthy.umich.edu/tobacco/> or call 734.936.5988.

Patient Support Organizations

- National Transplant Assistance Fund
Website: <http://www.transplantfund.org/>
Phone: (800) 642-8399
- United Network for Organ Sharing
Website: <http://www.unos.org/>
Phone: (888) 894-6361

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

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