

Living Donor Liver Transplant Program: What's New at UPMC Champion Program

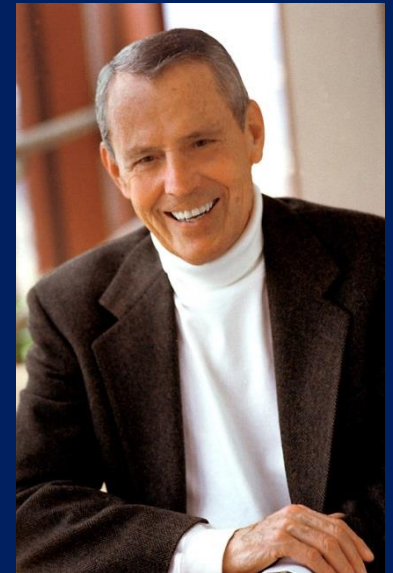
Time to shift the Paradigm

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Thomas E Starzl Transplant Institute



- Liver transplantation: one of the miracles of modern medicine
- Liver transplant is now established as the only definitive treatment for **end-stage liver disease (ESLD)**
- Survival following liver transplant
 - ✓ 1 year survival: 87 – 93%
 - ✓ 5 year survival: > 75%



UPMC

- No Conflict of Interest
- No Disclosers

Introduction: Time to shift the Paradigm

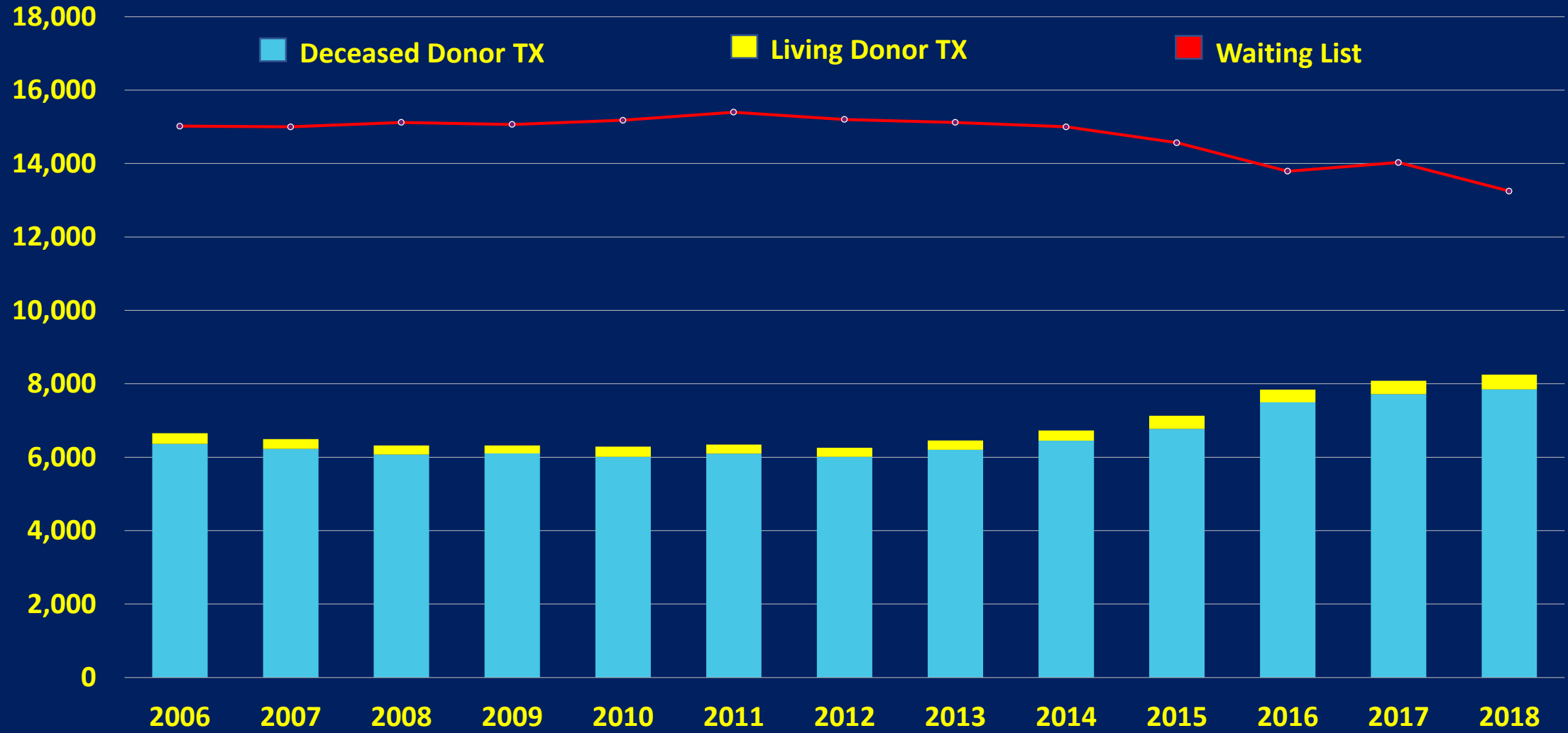
- Disparity between the number of available organs and transplant candidates continue to grow
- In Asia, this problem: successfully addressed by living donor liver transplantation (LDLT)
- In the western countries: Number of LDLT has not increased
- Demand for organs continue to increase
- The importance to increase the existing donor pool is paramount

Burden of the Problem- Wait list Mortality

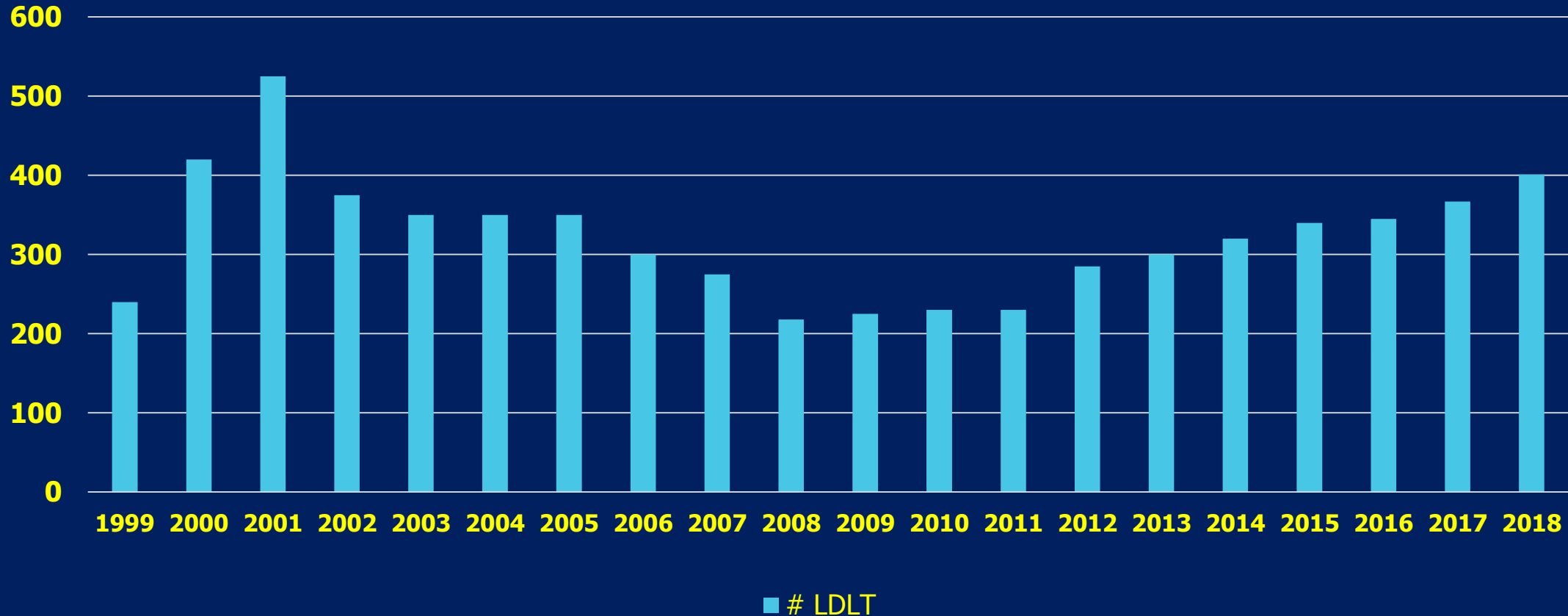
SRTR :

- The overall wait list mortality in US- 17% (10-28%), not including the patients who were removed due to being too sick (9.8%)
- Only 35.9% get transplanted
- MELD < 15 - 60% patients/ 9800 patients
- There is substantial mortality on the transplant wait list
- Trend towards higher mortality among patients with low MELD
- (12% in MELD \leq 18)

Current Status of Liver Transplant in the United States-Background



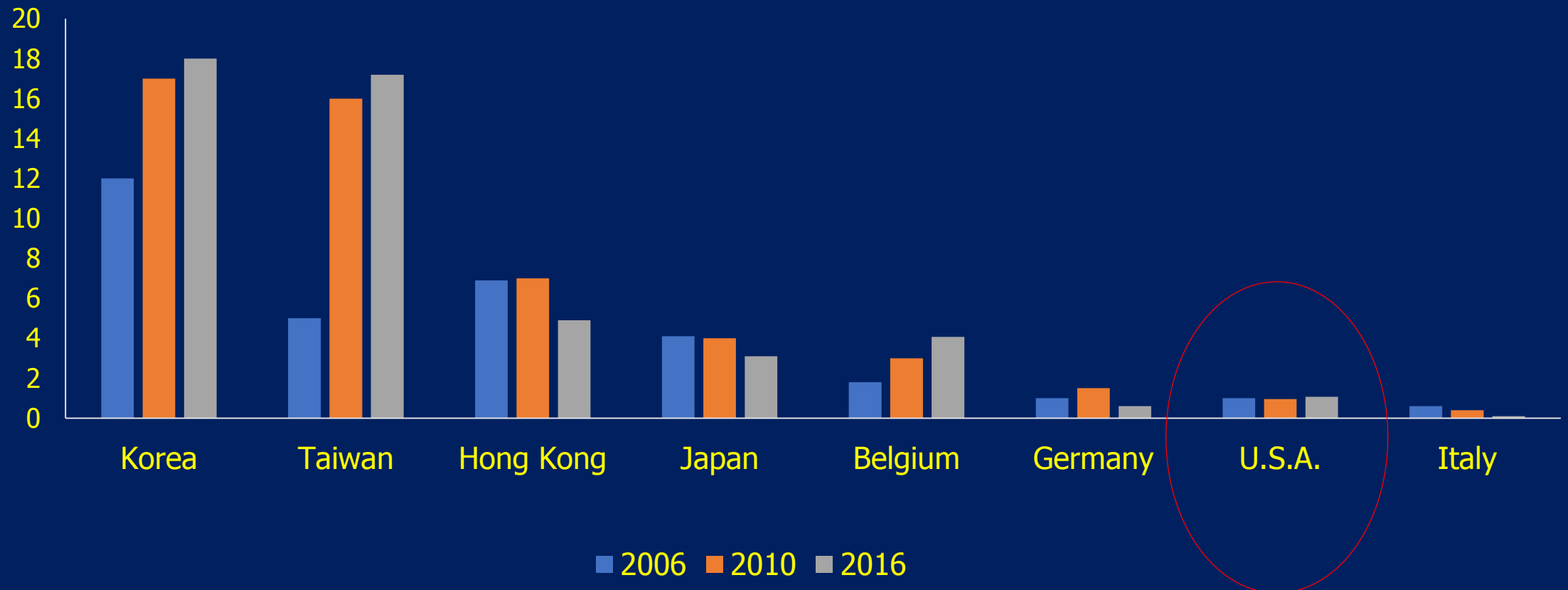
The State of Living-Donor Liver Transplant in the United States



***UNDERUTILIZED: ONLY 401 LIVING-DONOR LIVER TRANSPLANTS PERFORMED IN THE ENTIRE U.S. IN 2018
THIS ACCOUNTED FOR 4.8% OF THE TOTAL NUMBER OF TRANSPLANTS.***

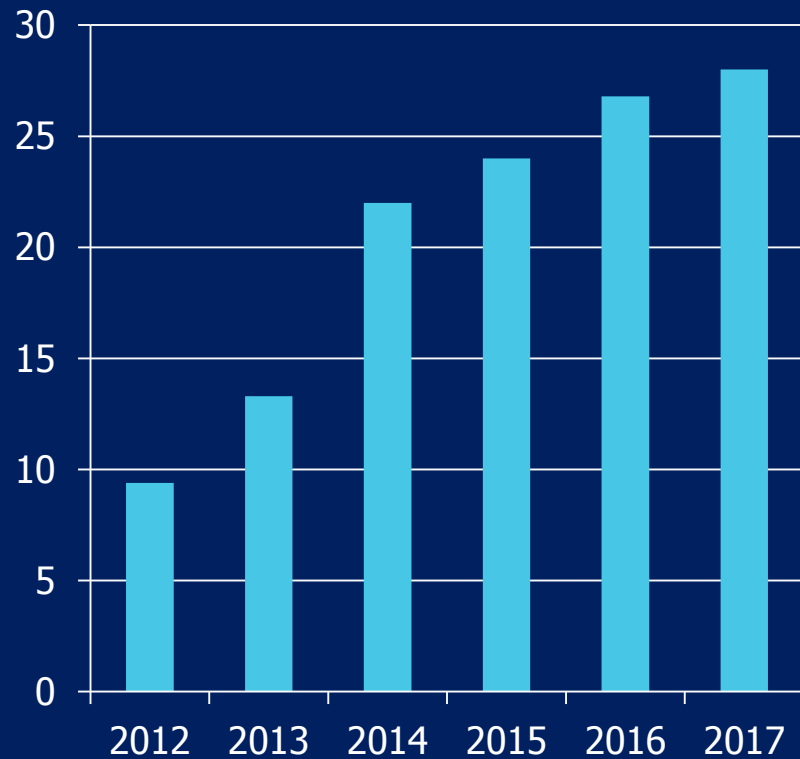
Living Donor Transplant Around the World

Living-Donor Liver Transplants per Million People

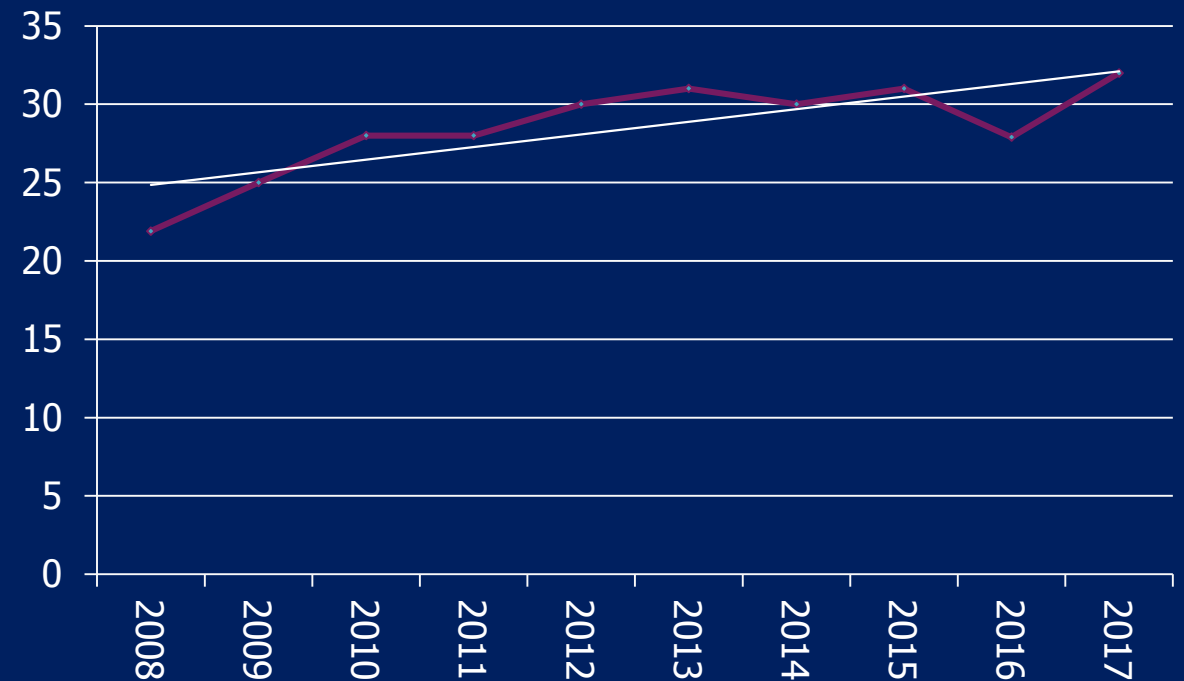


Problem: Why Do We Need Living Donors

Median Waiting Time



UPMC Mean MELD Deceased Donor



Patients in our local area are waiting longer and are sicker by the time they receive a transplant. Waitlist mortality of 25%.

— PAPT MEAN MELD - DECEASED DONOR
— Linear (PAPT MEAN MELD - DECEASED DONOR)

Consequences of Wait List and Limited Resources

What does this mean for the individual patient needing a liver transplant?

1. About a **15-25%** chance of never making it to transplant
2. **Longer waiting times** before receiving a transplant
 - A more debilitated state by the time a transplant is performed
 - A longer and more difficult recovery time post-transplant
3. **Not all patients** that could benefit are listed or offered transplant

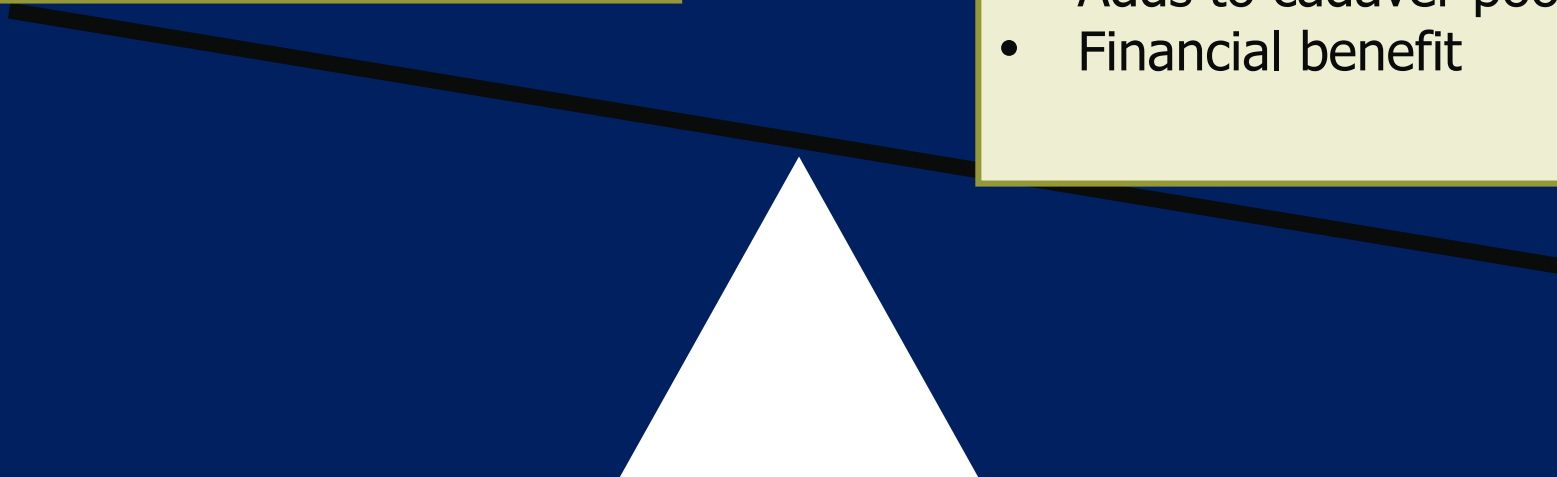
Advantages and Disadvantages of LDLT

Disadvantages

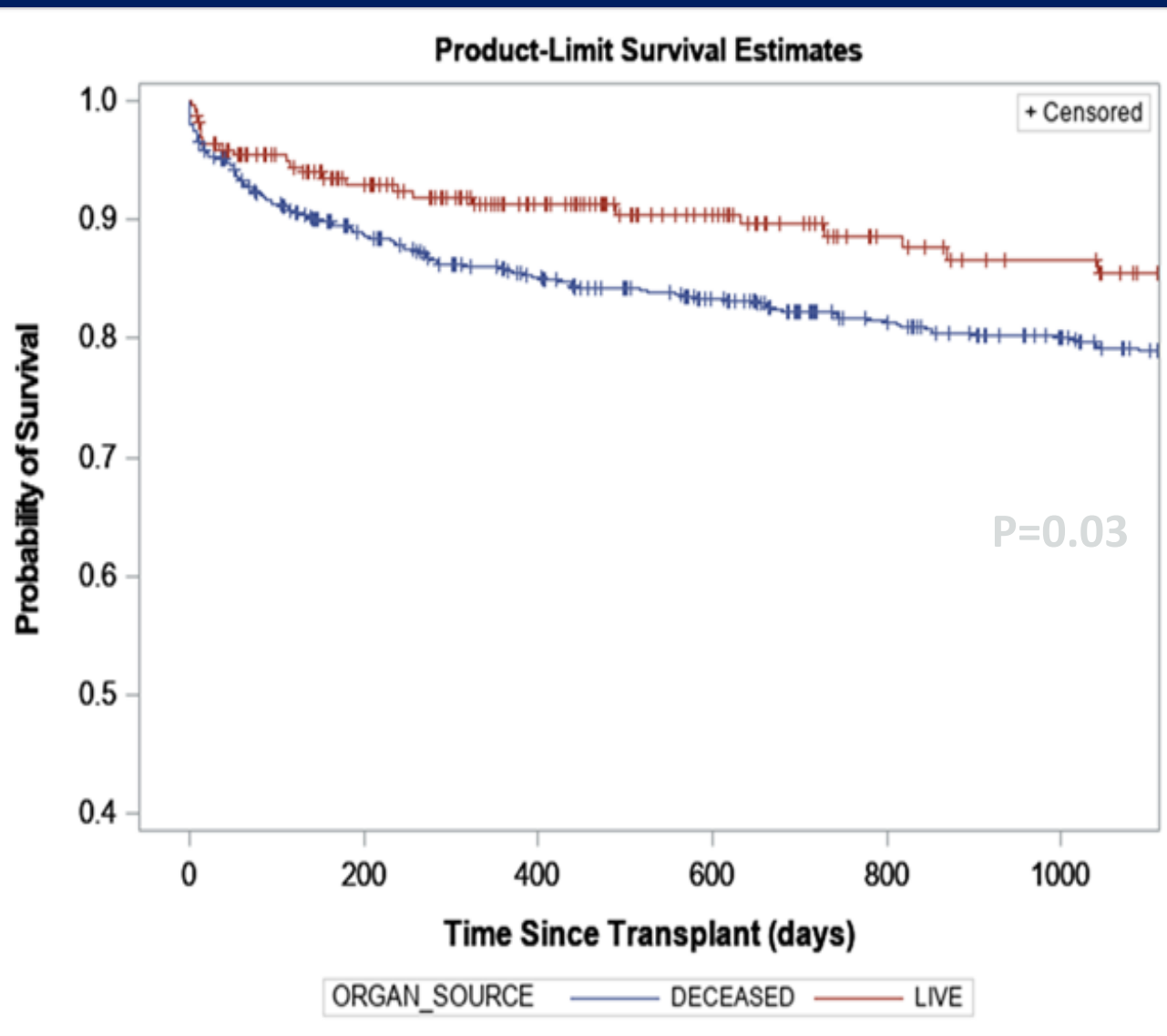
- Short-term risks to donor
- Long-term risks to donor
- Increased incidence of biliary and vascular complications
- Decreased hepatic reserve

Advantages

- Decrease waitlist mortality
- Decreased waiting time
- Transplant prior to recipient becoming critically ill
- Elective, non-emergent
- Minimal cold ischemia
- Immunologic advantage
- Adds to cadaver pool
- Financial benefit



Results



	Living Donor N=222	Deceased donor N=625	P value
Median LOS	11 days	14 days	0.03
No intraop Transfusion	48%	22%	0.01
3 month reop	29%	29%	0.80
1 year survival	91%	86%	0.02

LDLT

- Adult-to-adult living donor liver transplantation remains an important yet underutilized gift of life

LDLT provides a

- Substantial transplant patient survival benefit not achievable with DDLT even at low recipient MELD score
- Documented a 44% reduction in mortality compared with the matched cohort undergoing DDLT
- Life saving surgery for anyone on the list who otherwise might not have an opportunity to get a Transplant
- LDLT provides sustained mortality benefit to transplant recipients at Low MELD scores (<15)

Barriers to Living-Donor Liver Transplant

Obstacles and Challenges:

- Lack of education
- Lack of awareness
- Identifying the right candidate
- Gap in the knowledge
- Preconceived notions
- Lack of eligible donors
- Difficulty to broach the subject
- Bridge the gap through education and awareness campaign

LDLT

- Live-donor liver transplant (LDLT) is an important alternative for waitlisted recipients but many recipients do not have identified live donors.
- We developed an innovative educational program with the primary goal of helping recipients overcome the challenge of finding a potential living-liver donor.
- This program has multiple components and is named:

The Living Donor Champion Program

Methods

- This quality improvement study was launched in June of 2017
- The Champion is the recipient's primary advocate in identifying a living donor using the program's multi-pronged strategy and resources
- The recipient and their Champion complete a structured educational program

Living Donor Champion Program

What is a living donor Champion?

A person who **champions** in finding a donor for the recipient

A Champion can be a:

- Friend
- Family member (spouse, sibling, child, cousin)
- Co-worker
- Anyone who is willing to take the lead and help the recipient identify a living donor
- Anyone in their support group who advocates for their health with conviction

Living Donor Champion: How can a Champion Help and their Role

Goals

- Help the recipient in identifying a living donor
- Offer support by taking on the responsibility of finding a donor
- Allowing the patient to focus on his/her health
- Providing guidance and inspiration through this difficult journey
- Champion's Role is Pivotal in this Journey

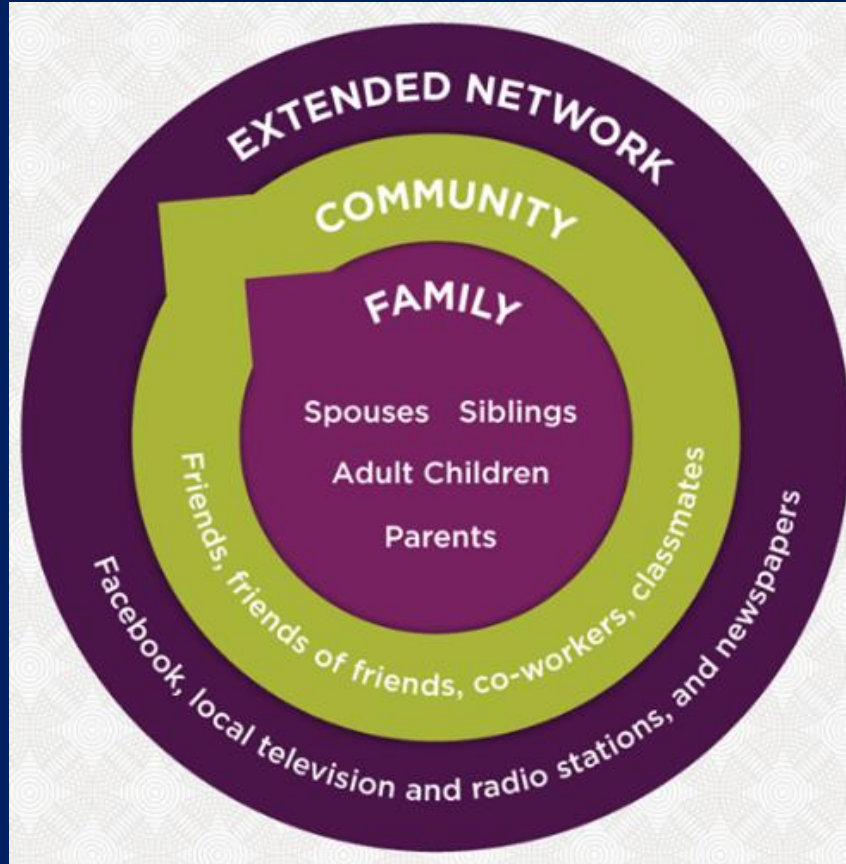
Goals

- Understand role of the **Living Donor Champion**
- Provide resources to the Champion to partner in the search for a living donor
- They go through training multiple times
- They champion recipients through the entire process from finding the donor to getting them to transplant
- Close follow up to ensure progress

Conceptual Framework of the Living Donor Champion Program

Share the story

Social settings:
Recreational sports leagues
Church groups
Other community-based gatherings
Book clubs



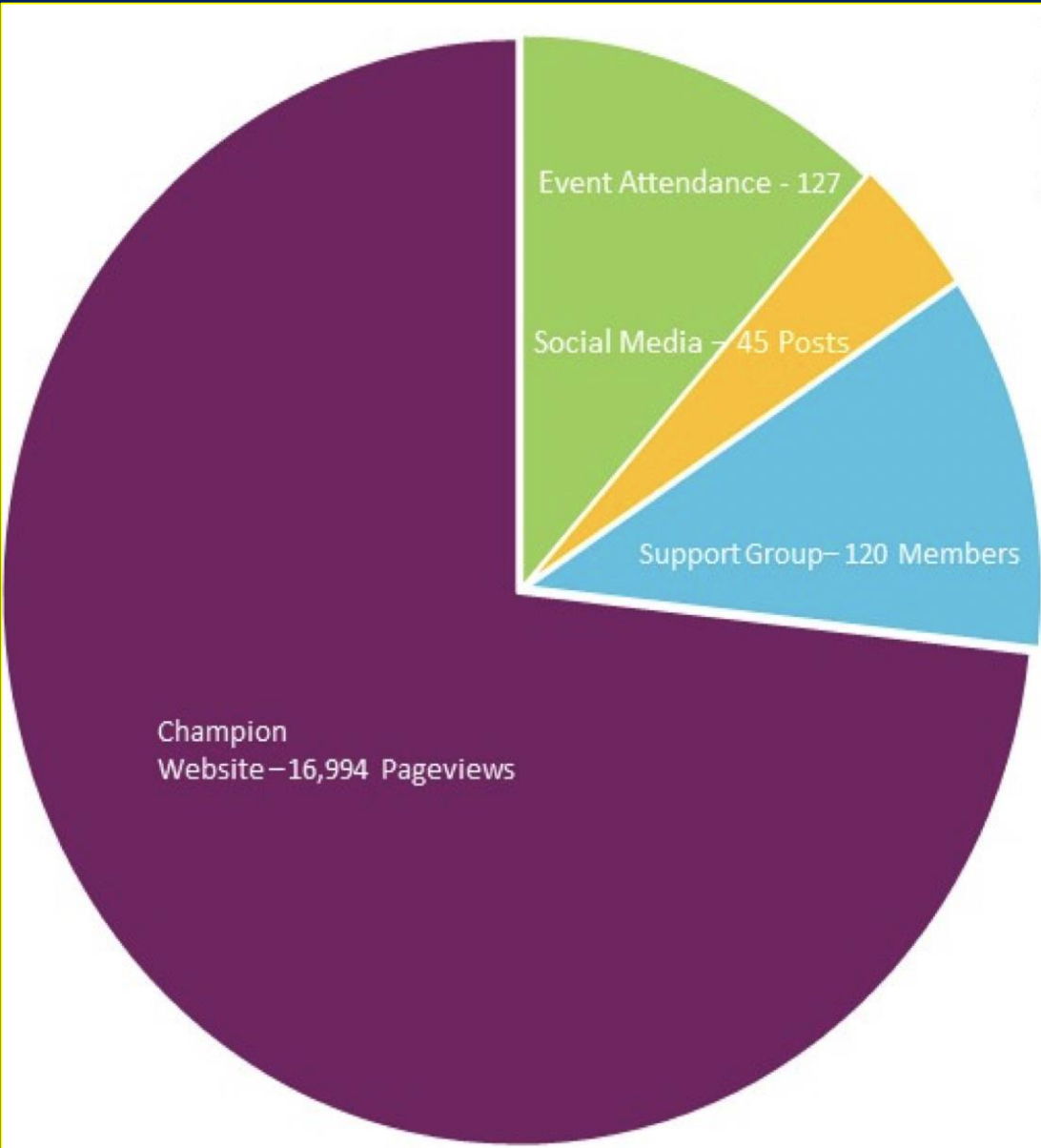
Social media

Facebook
Twitter
Instagram
Other social networks

Word of mouth

Identify and appoint a Champion
someone to provide emotional
support and advocacy to the Recipient

Living Donor Champion Program



Workshops	7
Town Halls	3
Number of Families	140
Social Media Reach	45 posts
Total Engagement	77,151
Total Reach	1,480,666
Total Impressions	2, 643,970
Website views in 2 Years	16,994
Donate Life America Living Donor Facebook page	72,828
Number of people who downloaded our Tool Kit	1044
Champion Support	Coordinators, Ambassadors and MD's for individual session

Components of UPMC Living Donor Champion Program and the resources

The program consists of a series of structured Exercises:

- Champion Toolkit (Online and Printed Materials)
- Champion Workshops (Virtual Video conference or in person)
- Online champion website
- Living Donor Information Sessions
- Champion Support Group on Facebook

- Champion Ambassador
- Living donor education and informational sessions
- Through webinar and outreach: Both Group and Individual sessions
- Other: Public Education efforts
- Printed Education Materials through brochures
- Champion website

Resources for the Champions

Champion Tool Kit

- The living donation process
- The role of a Champion
- How to use social media to find a living donor
- Additional resources Champions can use to identify a living donor

Webinar in Partnership with Advocacy Groups


- UNOS
- Donate Life
- CORE
- CLA

Other

- Workplace
- Alumni association
- Book clubs
- Recreational sports leagues
- Church groups
- Other community-based gatherings
- Word of Mouth
- Social Media: FB, Twitter/ Instagram
- E blasts and Newsletters
- Individual mandated sessions
- Group education sessions
- Living Donor Ambassador: One on one support



Living-Donor Liver Transplant

Patient Resources - Educational Brochure and Video Series



Living-Donor Liver Transplants:

Another choice – and a better chance – at living.



You and donor will have an entire team behind you, including:

- Transplant hepatologist
- Liver transplant surgeon
- Living donor coordinator
- Transplant social worker
- Nutritionist
- Financial advisor
- Champion Ambassador

UPMC Living Donor Champion Program

At UPMC, we understand the challenges facing patients on the liver transplant waiting list. The UPMC Living Donor Champion Program guides you and your family through the living donation process and offers support throughout the entire journey. A Champion is a family member, friend, or caregiver who leads the charge to help a recipient find a living donor. By assuming this leadership role, a Champion quarterback the search effort for the recipient. Their courage and determination is priceless – and fills recipients with hope. UPMC supports the Champions program in a variety of ways, including:

- **Living Donor Champion toolkit** – Guides you and your Champion through the living donation process including, how to talk to family and friends about living donation, FAQs, and resources to finding a donor.
- **Champion workshops** – Attend a free educational workshop about living donation and resources for finding a donor. Workshops include education about:
 - ✓ Starting the conversation about living donation
 - ✓ The benefits of using social media to find a donor
 - ✓ How to start using social media and effective posting to find a donor
- **UPMC Living Donor Champion Ambassador** – Work personally with a Living Donor Champion Ambassador who will provide support to Champions via phone or the on-line Champion Support Group.

For more information about the role of a living donor Champion and to download the Champion Toolkit, please visit UPMC.com/LivingDonorChampion.

We are the pioneers in living-donor liver transplants.

UPMC does more living-donor liver transplants than any other center in the nation. This experience allows us to treat some of the most complex cases.

UPMC Concierge Program

The UPMC Concierge Program is designed to assist patients and family members traveling to UPMC for a living-donor liver transplant. Our goal is to help make your experience as seamless as possible and to create a stress-free environment for you and your family throughout the entire journey. We assist with travel, lodging, appointment scheduling, directions to and navigation around the hospital, and recommendations for enjoying your time in Pittsburgh away from the hospital.

SUPPORTING RECIPIENTS EVERY STEP OF THE WAY

Introduction to the Liver Transplant Waiting List and Living-Donor Liver Transplant



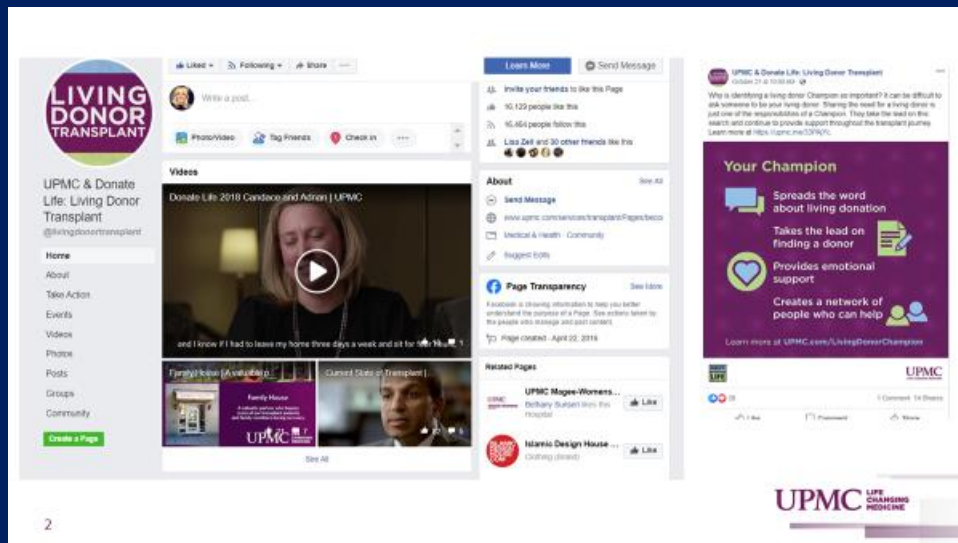
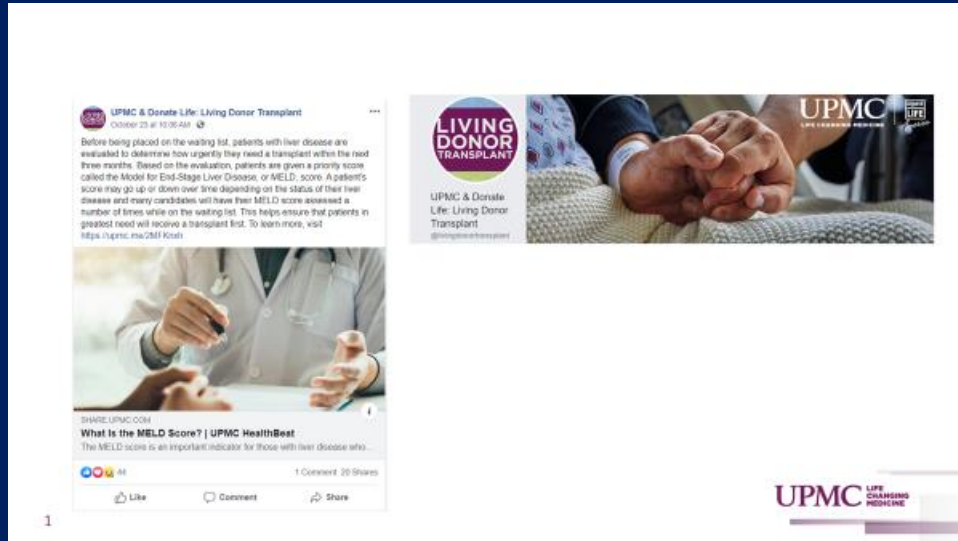
If you have been diagnosed with a liver disease, a liver transplant may be your only hope.

Understanding the Liver Transplant Waiting List

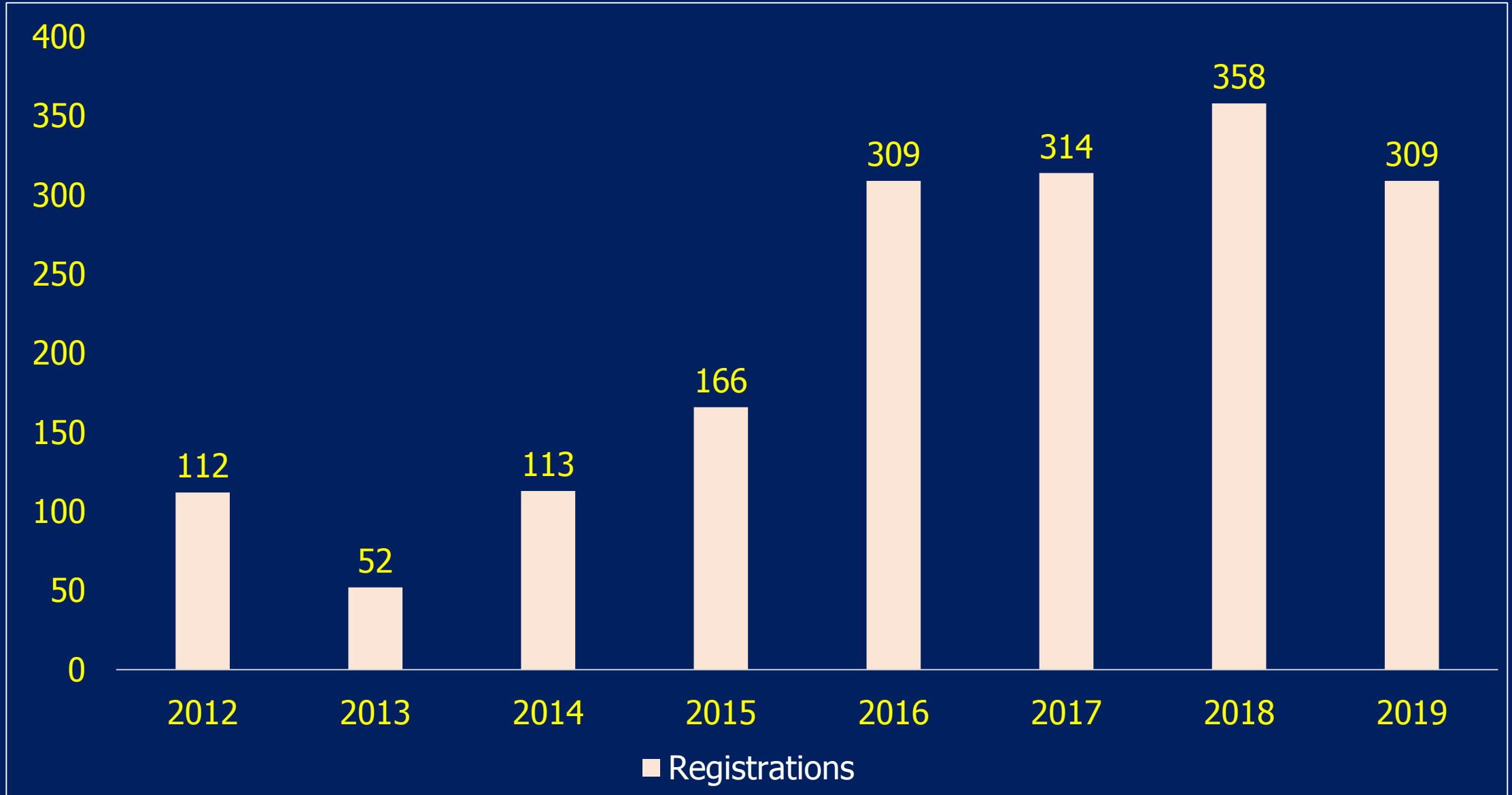
95 percent of the patients on the liver transplant waiting list are eligible for a living-donor liver transplant.



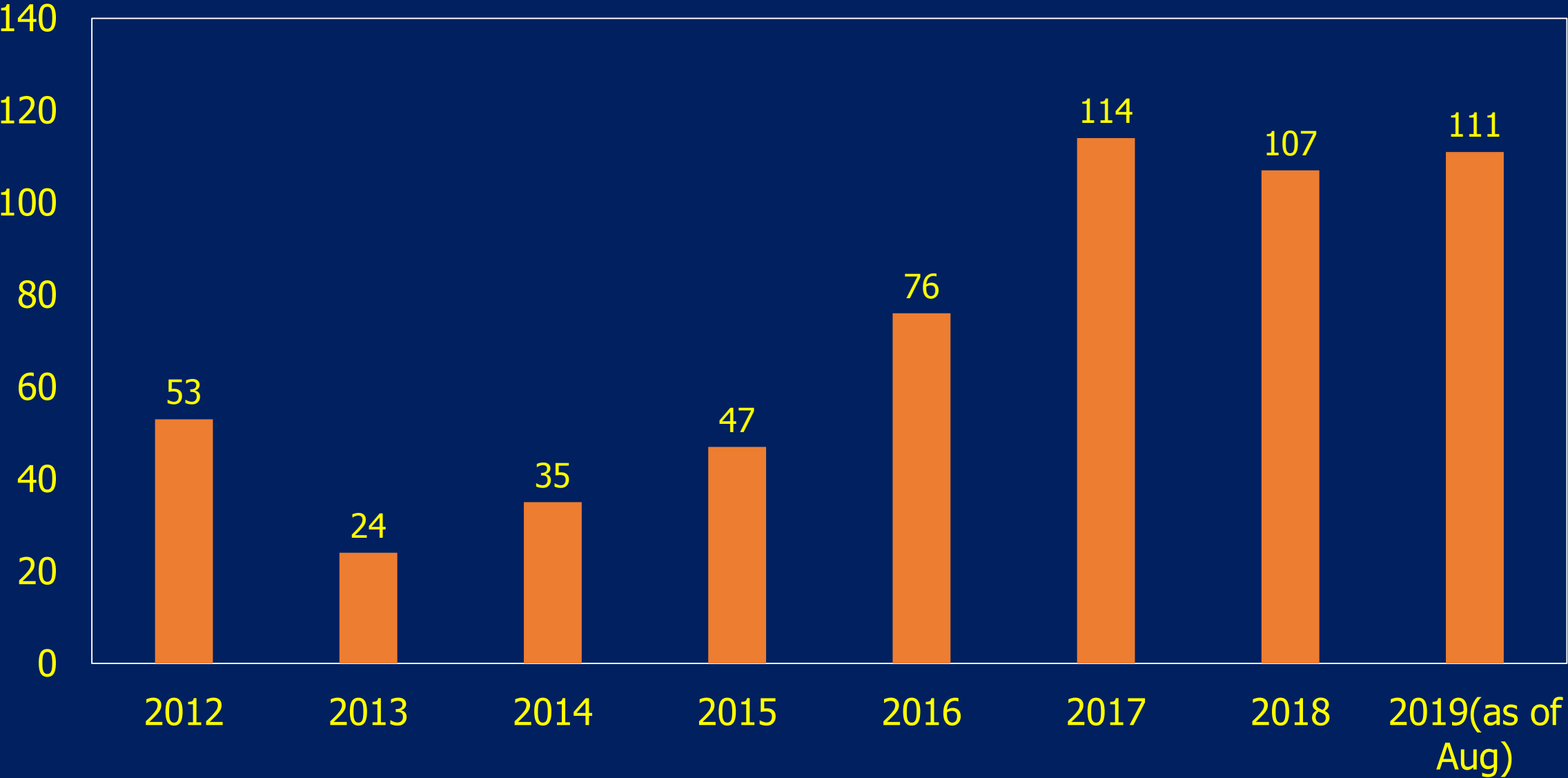
Champion Support Group of UPMC on FB



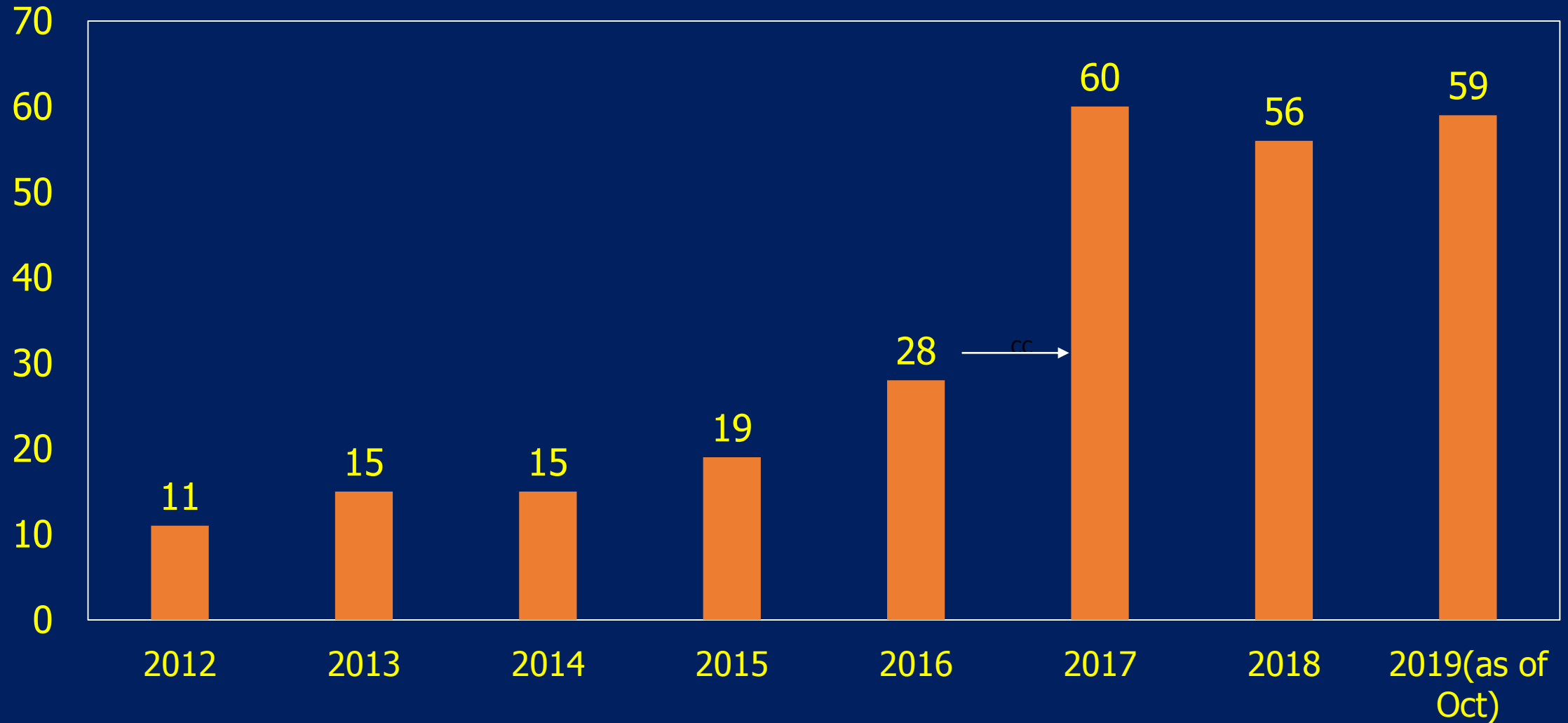
Total Number of Donor Registrations



No. of Donor Evaluations in UPMC

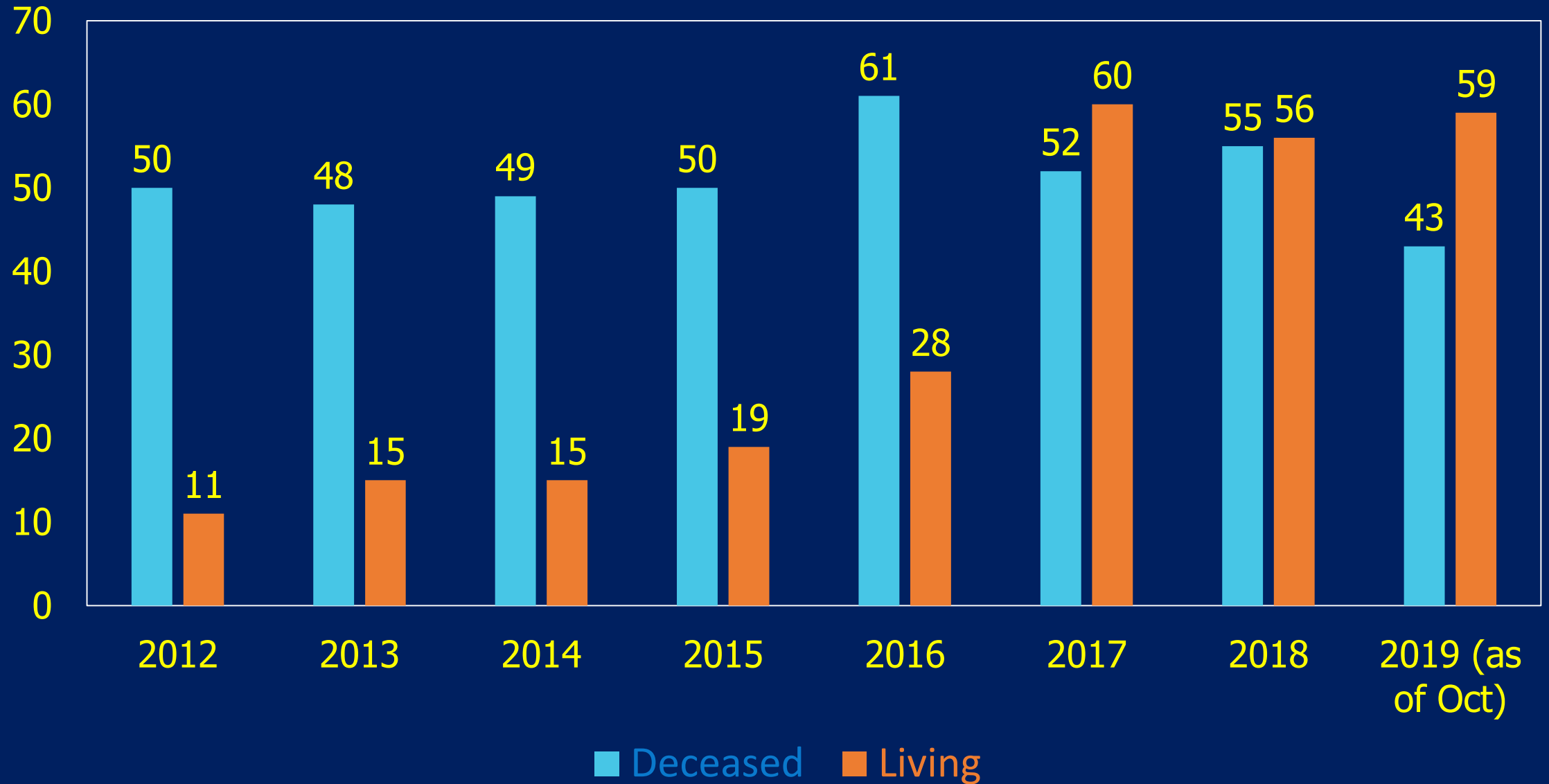


Adult Living-Donor Liver Transplants in UPMC



Median before 2017 = vs after 2017 p=0.04

Transplants in UPMC



Overall Transplant Rate at UPMC has Increased Because of Living Donors

Figure A2. Transplant rates
07/01/2016 - 06/30/2018

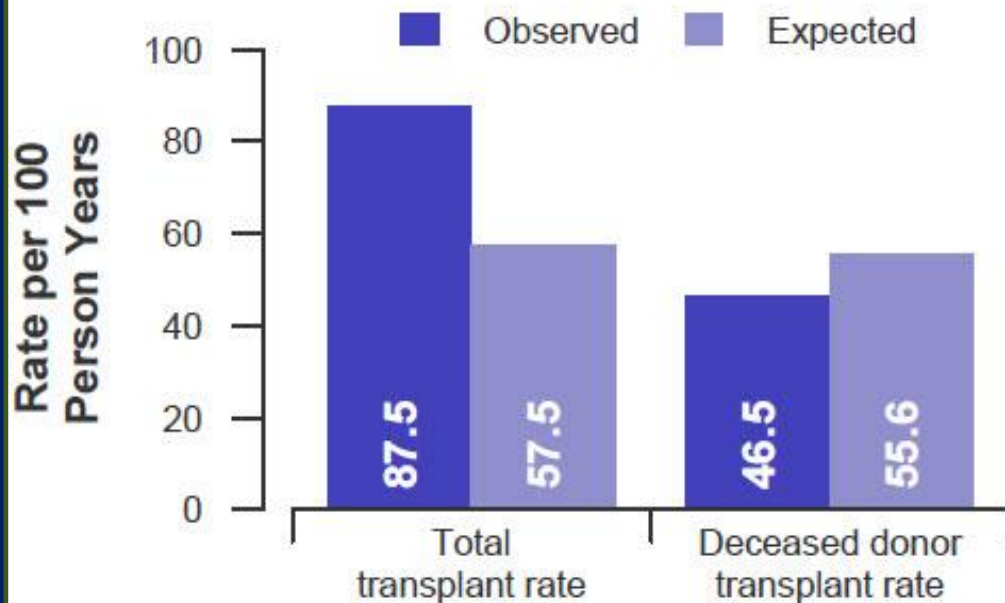
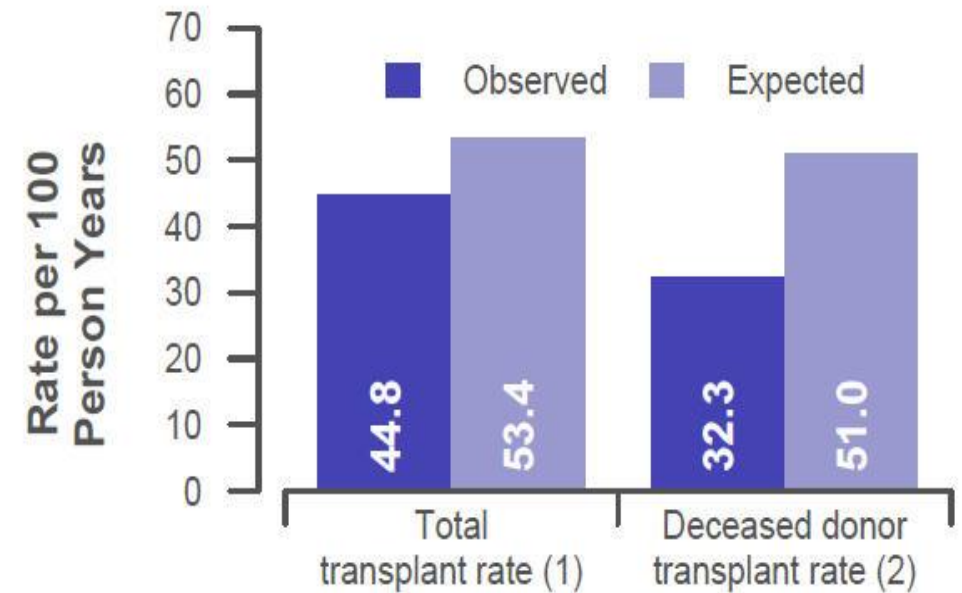


Figure A2. Transplant rates
01/01/2015 - 12/31/2015

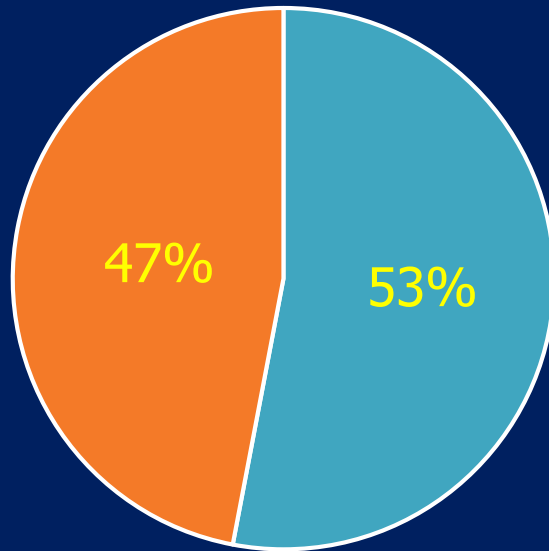


(1) Not significantly different ($p=0.154$)

(2) Statistically lower ($p<0.01$)

UPMC Living Donors: Quick Summary

From 2017 to 10/11/2019



■ Live ■ Deceased

Donor Relationship since June 2017

- Biological/Related: **43%**
- Non Biological and/or unrelated: **57%**

Donor Relationship from 2009 to June 2017

- Biological/Related: **76%**
- Non Biological and/or unrelated: **24%**

Living-Donor Liver Transplant Program at UPMC

How Living Donor Champion Program Impacted our Liver Transplants

- Increase in Transplant Rate at the appropriate time
- No major change in the Deceased Donor Program in terms of numbers
- Reduction in wait list mortality
- Increased accessibility to Transplant with better outcomes
- Reduction in Readmissions
- Reduction in cost and health care utilization during the time on the wait list
- Reduction in LOS Post Transplant
- Accessibility to Transplant who otherwise might not have had an opportunity for Transplant (Novel indications)

