Title: Optimizing Post Transplant Care: Harnessing GLP-1s in Kidney Transplant Recipients

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Learning Objectives:

1. Identify the physiological mechanisms of GLP-1 receptor agonists and their relevance in post-transplant management.
2. Identify the challenges and unique considerations in managing metabolic health in kidney transplant recipients.
3. Discuss the evidence supporting the use of GLP-1 receptor agonists in improving metabolic parameters and renal outcomes post-kidney transplantation.

Abstract:

Metabolic health involving cardiovascular health, glucose metabolism, and weight management remains a critical need in the transplant population. Kidney transplant recipients often face complex challenges related to metabolic health, including increased risk of diabetes and cardiovascular disease, which can significantly impact graft survival and overall outcomes. GLP-1 receptor agonists represent a promising therapeutic avenue for addressing these risks. By highlighting the latest evidence and practical considerations surrounding the use of GLP-1s in this patient population, this presentation aims to empower healthcare providers with the knowledge and tools to optimize post-transplant care.

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Response Questions:

1. Which of the following are some of the challenges & unique considerations in managing metabolic health in kidney transplant recipients? [select all that apply]

A: Kidney transplant recipients typically do not experience any metabolic changes post-transplant.

B: Immunosuppressive medications used post-transplant increase metabolic complications such as weight gain, diabetes, and dyslipidemia.

C: Metabolic health in kidney transplant recipients is primarily managed through diet alone, without the need for medications.

D) Kidney transplant recipients are at increased risk of metabolic complications such as weight gain, diabetes, and dyslipidemia

2. Which of the following best describes a physiological mechanism of GLP-1 receptor agonists?

A: inhibit insulin secretion from pancreatic beta cells

B: stimulate glucagon secretion from pancreatic alpha cells

C: slow gastric emptying, leading to rapid glucose absorption

D: promote insulin secretion and reduce glucagon secretion, aiding in glucose control.

3. What are the key considerations and challenges in implanting findings from literature into clinical practice for managing metabolic health in kidney transplant recipients?

A: Monitoring & safety

B: Cost & Access

C: Integration with existing therapies

D: Long-Term Efficacy & outcomes

E: All of the above