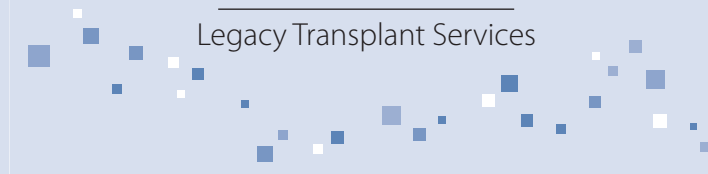


The role of a care partner



Legacy Good Samaritan Medical Center

Legacy Transplant Services



Resources

To learn more about transplants, visit the following websites:

- www.transplantliving.org
- www.unos.org
- www.transplantexperience.org
- www.kidney.org

Our legacy is yours.

Legacy Health strives to make responsible printing and paper choices that minimize our effect on natural resources.

Take Care of Yourself

Taking care of another person is hard work. It is very important that you make time to take care of yourself.

Make sure you get enough sleep, food, rest and time to do the things that you enjoy. Let friends and family help you, too. It will make the experience for both you and the patient much better.

Remember: You are not alone in this process. Our transplant team is available for any questions or concerns. Feel free to contact us at **503-413-6555**.

Legacy Transplant Services

1040 N.W. 22nd Ave., Suite 480
 Portland, OR 97210 • Phone: 503-413-6555
www.legacyhealth.org



EMANUEL Medical Center	GOOD SAMARITAN Medical Center	MERIDIAN PARK Medical Center	
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What is a care partner?

A care partner is an important part of the transplant team. The care partner helps the patient be successful throughout the transplant process.

If you agree to be a care partner, you are agreeing to the following responsibilities.

Before transplant

The time from the first appointment until the transplant date is different for everyone. A care partner needs to be available during this time.

Appointments

The care partner must go with the patient to these appointments before surgery:

- The first intake appointment
- Medical appointment with transplant physicians
- Surgical appointment with transplant surgeons

There is also a yearly appointment if the patient is on the transplant waiting list for more than one year. A care partner must go to this appointment.

Health monitoring

- Call the transplant department if there are any changes with the patient's medical conditions, insurance, finances or support. Let us know about anything that you think is important.

Going to appointments is very important

We take the care partner role seriously because we want the patient to succeed. If the care partner does not go with the patient to the required appointments, we will not add the patient to the transplant waiting list.

Transplant — in the hospital

The time from the transplant surgery until the patient is ready to leave the hospital is about five to six days. During this period, the care partner will help with:

Appointments

- Go to three to four education appointments. These are done in the patient's room with the inpatient transplant nurse and pharmacist.

Medications

- Make sure you understand the medications the patient will need to take at home.
- Set up the patient's medicine box.

Health monitoring

- The hospital staff will watch the patient closely. If something urgent happens, the care partner must be able to answer phone calls and come to the hospital.

After transplant

The biggest time commitment for the care partner is the first three months after transplant.

There are three appointments each week. These happen on Monday, Wednesday and Friday, and can last from 7 a.m. to noon.

Appointments

- Help schedule and go to all appointments with the patient for at least the first month after the patient leaves the hospital. The patient will not be able to drive for at least two weeks.

Medications

- Make sure the patient has enough medicine and order refills.
- Help the patient set up and follow the right schedule for medicines.

Health monitoring

- Help the patient check and write down blood pressure, blood sugar, weight and temperature as needed.
- Call the transplant department if the patient feels bad, gains weight quickly, has more pain or if their blood pressure or temperature rises.

Wound care

- Look for signs of infection like redness, warmth, swelling and/or drainage from the wound.
- Help with dressing changes, if needed.