

Workshop Summary: Pre-Transplantation

Examples of pre –transplant assessments taking place in various centres:

- Questionnaire devised by psychologist administered by CNS in pre-transplant clinic
- Distress thermometer (adopted by Network)
- SPARC (Sheffield Profile for Assessment and Referral to Care) pilot given post-transplant, could be introduced pre
- Semi-structured interview with clinical psychologist
- Pre and post-transplant QOL questionnaires assessed patients' expectations of transplant
- HADS / PACT / semi-structured interview
- HADS and distress thermometer sent to patient prior to admission
- Meeting with the CNS before the pre-transplant clinic to identify concerns

Discussion points:

- Some form of screening for existing mental health issues is desirable
- Solid organ transplantation has more developed pre-transplant assessment
- The majority of people have good coping skills and there is the potential to pathologise normal responses to a very stressful situation by using tools
- Limitations of resources – some centres have little or no access to psychological support or a limited number of sessions available
- Resistance to the introduction of the Distress Thermometer – seen as another form to be filled in.
- Self-administered questionnaires vs face to face with healthcare professional
- Could use pre-transplant assessment to develop a post-transplant rehab programme

Summary

Pre-transplant assessments are taking place in some centres and not in others. Semi-structured interviews and a variety of screening tools are being used. Resources for psychological support are inconsistent across the country and this has an impact on whether assessments take place and the ability to provide appropriate follow-up.