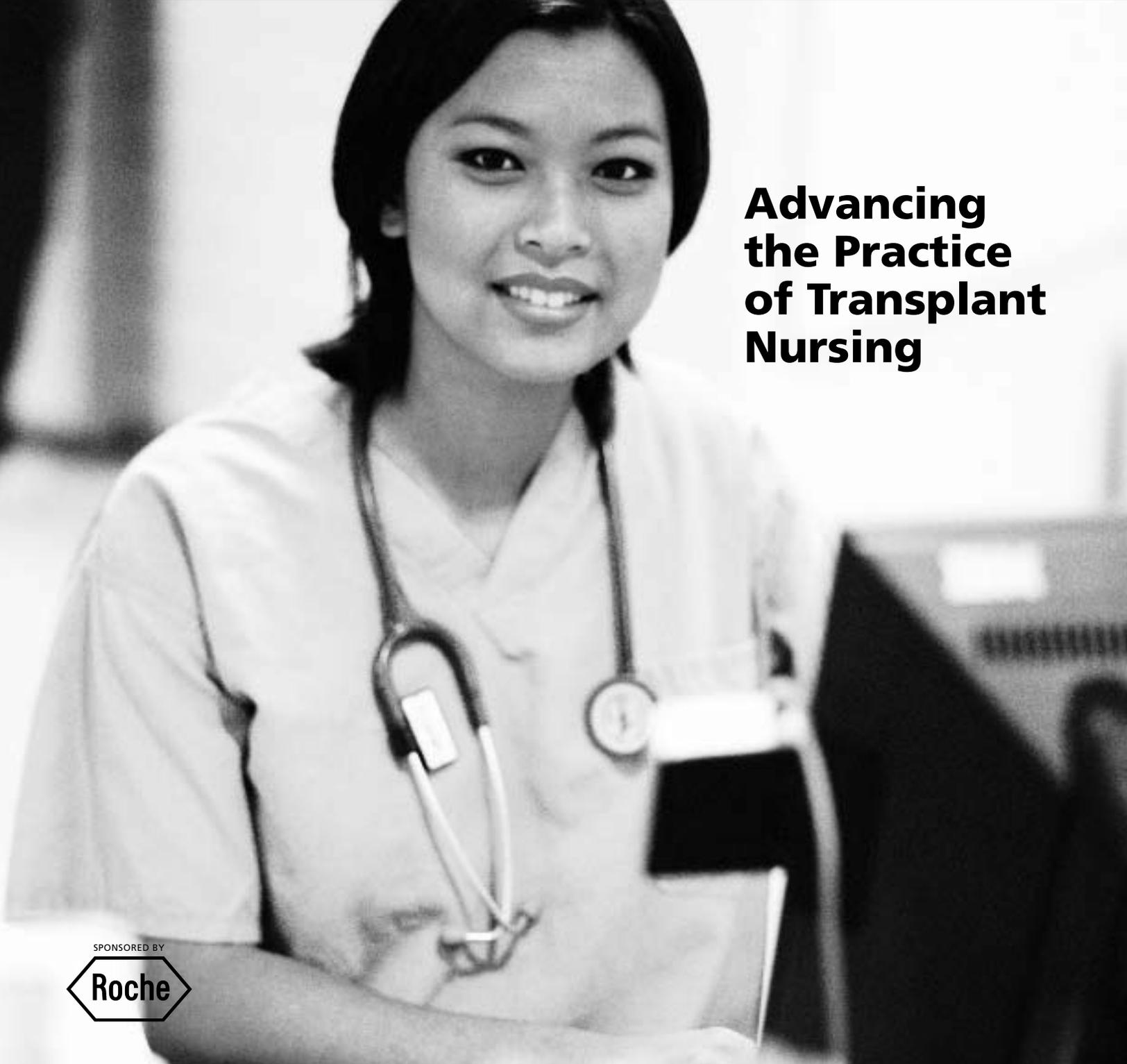


ITNS

NEWSLETTER OF THE INTERNATIONAL TRANSPLANT NURSES SOCIETY FALL 2005 VOLUME 14, ISSUE 3



Advancing the Practice of Transplant Nursing

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President's Address

Your Professional Growth is our Business

By Frank Van Gelder, President ITNS

This year's ITNS Symposium in Orlando drew close to 400 transplant professionals who have come to expect high quality speakers, presentations, workshops and educational opportunities that ITNS symposiums provide. As in the past, the event was a tremendous success.

But, a meeting of this magnitude does not come together without hard work. Dozens of ITNS members, along with our Board and Executive Director strive to make the Annual Symposium one of the premier meetings for transplant professionals around the globe.

Opportunities For All

On the heels of the 2005 Annual Symposium, ITNS members head into a new year full of opportunity and challenge. As President of ITNS, I invite you to contribute in your own way to ITNS' goal of enriching the education and professional lives of transplant professionals. The valuable input of our members has made ITNS the world-class organization that it is today. We want to continue to build on those contributions to make ITNS a true professional partner for transplant nurses in every setting.

"The valuable input of our members has made ITNS the world-class organization that it is today."

ITNS members appreciate exchanging knowledge and experience as a way to further professional development. Feel free to join one of our special interest groups or committees and



make a difference for both yourself and your colleagues worldwide. Apply for one of our awards or join us at the first CCTN review course in Pittsburgh, PA USA in May, 2006. Or take up the challenge to publish in our newsletter and share your knowledge with 1500 readers around the globe. We invite you to contribute in your own

way to ITNS, and develop with us new opportunities for nursing education. The benefits of ITNS membership and involvement are limitless. I promise that you will gain from your contributions.

Board News

I would like to take this opportunity to thank outgoing Board members Clare Whittaker and Dr. Sandra A. Cupples for their dedication to ITNS. It was a pleasure to serve with both of you on the Board. Due to a career change, Mary Laura Beal resigned as President-elect of the Board but her valuable contribution to our organization has made a difference and motivated many others in their own nursing careers.

Turning a page is not closing a book. We would like to welcome new Board members, Dr. Cynthia Russell, Phyllis (PJ) Colosimo, Darlene Long and Moira Perrin. Cindy has been with us as Research Director since May. This September during the Symposium, we officially installed Phyllis as Director of Marketing, Darlene as Director of Chapter Development and Moira as International Director.

Special Thanks

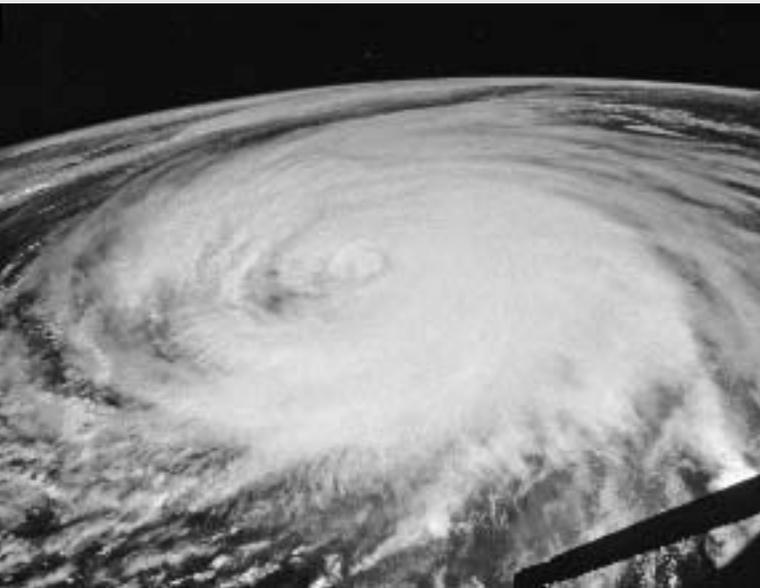
In a very special way we thank you, the members of ITNS, for your input and contributions that have brought us where we stand today.

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President's Address (continued)

Last but not least, we hope again to count on the contribution of our industrial partners worldwide for the future development of ITNS. Without their resources, financial support and grants, we would not be able to grow into the leadership role we have assumed in the field of transplant nurse education. ITNS offers our corporate partners a clear mission statement and business plan, so they know their investments in ITNS will be used in a proper way to directly contribute to the quality of life of thousands of transplant patients worldwide.

Remember, October 14, 2005 is World Day of Organ Donation. Let's not forget our true heroes— those who have contributed to transplantation in an exceptional way, by saving someone's life with their special gift. •



HELP FOR KATRINA

The entire ITNS Board of Directors extends our thoughts and prayers to all of our members, their families and their friends affected by Hurricane Katrina in numerous cities and states across America. As a group, we offer support to victims in the ITNS community and elsewhere. Many of our members have volunteered through their hospitals to provide staffing and emergency support for the coming months. Please contact ITNS headquarters at ++(412)-343-ITNS (4867) if you require special assistance, have special needs or simply need information. Emergency relief links have been posted to www.itns.org for both transplant patients and professionals. As an organization, we are here to support our members in any way possible.



Managing Stress: What do ITNS Members Recommend?

By Cindy Hoekstra, Secretary/Website Director, ITNS

According to our current web poll, ITNS members have a lot to say about how they manage the stresses that come with transplant nursing. More than 300 members responded to our question about the strategies they employ to manage that stress. The results are as follows:

- Humor 24%
- Music 16%
- Exercise 14%
- Massage 10%
- Deep Breathing/Relaxation Techniques 8%
- Spirituality 7%
- Positive Self-talk 7%
- Creative Arts 7%
- Meditation 4%
- Support Group 3%
- Journaling 1%

This overwhelming response to our web poll indicates what we already know— that stress is a real factor in the life of transplant nurses. At our Annual Symposium in Orlando, Barb Schroeder, Kathy Schwab and others presented an effective workshop, "Self Care Strategies for the Nurse", to address the issue and give participants the opportunity to learn about and practice several of the strategies discussed in the poll.

If you have any questions or comments about the ITNS website or suggestions for future web polls, please do not hesitate to email Cindy Hoekstra at cmhoek@telusplanet.net.

Meet Your New Board Members

Phyllis (PJ) Colosimo



Phyllis (PJ) Colosimo, RN, BS, CCTC
Director of Marketing, ITNS

Phyllis (PJ) Colosimo, a Post-Heart Transplant Coordinator at the Cleveland Clinic Foundation, was recently named to the ITNS Board as Director of Marketing. PJ has been a transplant nurse for more than eight years and an ITNS member for five years. She was instrumental in the start up of Cleveland's Buckeye Chapter and its Membership Committee and has served as the Chapter's President-elect, President and currently as President Emeritus.

PJ decided to become involved on the ITNS Board after enjoying all of the benefits of her involvement at both the local and national levels. She says, "I have attended the ITNS Annual Symposia and have met many fascinating people from all over the world. ITNS has provided great opportunities to enhance my education."

PJ's goals for ITNS include working with the pharmaceutical industry to help raise funds for ITNS educational grants and research projects. She will also concentrate on building awareness of ITNS to help increase membership and revenue, both of which will benefit all members.

Darlene G. Long



Darlene G. Long, RN, ANP, CCTC
Director of Chapter Development, ITNS

Darlene, a Charter member of ITNS, serves as the Administrative/Clinical Transplant Coordinator for Centura Transplant at Porter Adventist Hospital in Denver. In addition to being an ITNS Charter member, she is also a Charter member of her local ITNS Chapter, CTNS in Colorado.

Darlene believes that nurses contribute immeasurably to the care of transplant patients and as a result, have so much to share with other nurses and an obligation to serve as mentors for new transplant nurses. "ITNS provides the perfect forum for us to get the word out about what we do and to learn from each other," she says. "Being involved in a professional organization also greatly increases our credibility with other health care disciplines and facilitates our ability to work as colleagues with other health care providers."

Darlene is looking forward to getting to know chapter leaders from around the world and working with them to increase local involvement and assist in the development of new chapters. "Having been involved with our local Chapter development, I have experience in that process. I especially want to emphasize the importance (and requirement) of International membership for local chapter members. I believe that local chapter activities should be fun as well as educational."

Darlene's goals include increasing local chapter involvement and new chapter development as well as increasing collaboration between ITNS and the local chapters. She adds, "I would like to see more involvement by bedside transplant nurses. Having the Transplant Nurse Certification in place should help to recognize their importance and encourage their involvement."

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Meet Your New Board Members (continued from 4)

Moira Perrin



Moira Perrin, RGN, BSc, (Hons)
International Director, ITNS

Moira has worked in liver transplantation since 1993 at the Queen Elizabeth Hospital, Birmingham, UK. Since 1998 she has served as a Liver Recipient Transplant Coordinator for the Hospital's adult and pediatric programs. In addition, she is the Recipient Coordinator on the National Liver Advisory Group advising on recipient issues in the UK.

She has worked in both the pre- and post- transplant units, having the opportunity to care for liver patients, those undergoing transplant assessment and those who are three months post-transplant. "This has given me the opportunity to understand and learn the transplant journey that the patient and their family undergo," she says. Her breadth of experience has given her an in-depth knowledge of the pre- transplant and long- term health issues for these patients. Moira's interests are in post-transplant diabetes, which has resulted in the appointment of a diabetic specialist nurse, small bowel transplantation and educating nurses.

Regarding her involvement on the ITNS Board, Moira says, "I look forward to continuing the hard work of the previous International Director and working closely with the Board in promoting ITNS throughout the world. It is an honor to work with motivated nurses who are dedicated to collaborating skills and knowledge for the benefit of patients worldwide." •

Chapter Development Update

By Sandra A. Cupples, Director of Chapter Development, ITNS

Chapter reports are now due on a semi-annual basis to Darlene Long, our new Director for Chapter Development. The next chapter report deadline is October 30, 2005. This report must include the following information:

1. The names of your current chapter members.
2. The number of new members you recruited since your last semi-annual report.
3. The number, dates and types of educational offerings your chapter sponsored (e.g., dinner meetings, one-day symposia, etc.) since your last semi-annual report.

Please email your chapter report to Darlene Long at: darlenelong@centura.org.

In addition, information regarding your chapter's activities (e.g., dinner meetings, symposia, etc.) will now be posted on the public side of the ITNS Website rather than in the ITNS newsletter. Please take advantage of this opportunity to use the ITNS website as a new tool to market your chapter. If there is any information about your chapter's activities, including past or future events, please post it on the ITNS Website by emailing the information directly to the ITNS Web Director, Cindy Hoekstra at cmhoek@telusplanet.net.

Research Update

By Cindy Russell, PhD, RN, ITNS Research Chairperson

About the ITNS Research Interest Group

Are you thinking about a transplant research idea and want to “bounce” your idea off of someone? Do you have a good idea for a research project but just don’t know how to get started? Would you be interested in reviewing abstracts for the Annual ITNS Symposia? Are you interested in becoming more involved in ITNS? Would you like to help us develop informational brochures on research topics such as how to critique a research article, how to start a journal club, or how to do a professional presentation?

If you answered “yes” to any of the above questions, the ITNS Research Special Interest Group (SIG) is interested in hearing from you. We are a network of ITNS members who are excited about research and what research can do to improve our patients’ care. We are hoping to assist each other by sharing our ideas and enthusiasm for transplant research.

The Research SIG goals include:

1. Reviewing research grant applications and making recommendations for funding to the ITNS Board President;
2. reviewing and scoring abstracts for the Annual Symposia;
3. providing a forum for processing ideas related to transplant research;
4. encouraging ITNS members to participate in research-related activities;
5. collaborating with ITNS staff to communicate research-related activities as needed.

If you’d like to become involved or just have questions, please contact Cindy Russell at RussellC@health.missouri.edu or (573) 884-9541.

2005 ITNS Research Grant Recipients

The Astellas Pharma US/ITNS Research Grants Program encourages qualified transplant health care providers to contribute to the advancement of transplantation through research. Through the provision of an education grant from Astellas Pharma US, two \$2500 grants were awarded this year.

Congratulations to the following ITNS grant recipients:

Mary Amanda Dew, PhD, University of Pittsburgh, Department of Psychiatry for her project titled “Meta-analysis of Medical Adherence Outcomes in Adult Organ Transplantation”.

Kathy S. Lawrence, MN, RN, Clinical Nurse Specialist, Heart/Lung Transplant Children’s Hospital of Pittsburgh, Cardiology Division on her project “Development and Interpersonal Maturity Among Adolescent and Young Adult Heart Recipients”.

One \$2500 grant still remains available for 2005. Please send your grant applications to the ITNS executive headquarters. The grant application is available online at www.itns.org. If you have any questions, please contact Cindy Russell, PhD, RN, ITNS Research Chairperson at RussellC@health.missouri.edu.

ITNS Research Listserv

With the help of Cindy Hoekstra RN, BScN, CCTN, we have improved the ITNS Research Special Interest Group (SIG) email list. This list was developed for ITNS Research SIG members interested in dialoguing, networking and sharing ideas related to research. If you indicated that you were interested in being a member of the ITNS Research SIG, you are automatically signed up to be on the list.

As chairperson of the ITNS Research SIG, I invite you to read, reflect and respond to the research-related postings. The

Research Committee will post informative research-related information on a monthly basis, but please post any research-related questions or comments that you might have. The first research-related topic was posted in February.

The server will distribute email to all members of the list. If an individual replies to any message, that response will automatically be directed to the entire list (this is the easiest method of responding). Keep in mind, if you wish to direct a response to an individual rather than the list, you must do so manually.

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Research Update (continued)

ITNS Research Tools Resource

Last year the ITNS website introduced an exciting research resource. The website includes information about 105 adult and pediatric instruments that have been used with transplant patients in published research articles. This site is an excellent place to start if you are looking for an instrument to measure a concept for your research project.

There are three simple keystrokes to get to the site:

1. Go to www.itns.org.
2. Click on the "Resources" tab at the top right.
3. Click on "Research Tools" on the left green side bar.

Here is an example:

If you are looking for an instrument to measure heart transplant

symptoms you will find information on the Heart Transplant Symptom Checklist. If you click on the table that contains more information about this tool you will find the variables measured, the population that the tool has been used with, a description of the tool, reliability and validity measurements, languages the tool is available in, whether the tool is copyrighted, if there are any fees for using the tool, a contact source for more information about the tool and research references that have published information about using the tool. We welcome your comments on this resource and hope that you find it useful. If you have any suggestions please contact the ITNS office at ++412-343-ITNS (4867). •

Success for Transplant Nurse Mentoring Program at ITNS Symposium

Throughout the three-day ITNS Symposium in September, six mentors provided one-on-two guidance for novice transplant nurses as part of the Transplant Nurse Mentoring Program (TNMP).

The program began in 2002 to partner nurses with less than three years of experience with their more seasoned colleagues. This knowledge and growth opportunity fosters their future transplant nursing careers and fulfills the ITNS mission to nurture and educate nurses in transplantation.

Candidates had to submit an application, resume, statement of approval from a supervisor and an essay outlining their objectives and goals for the program as well as their intent and commitment to the field of transplant nursing.

ITNS supports the lodging and Symposium registration fees for candidates. After their attendance and participation in the program, TNMP candidates are required to present one educational program to their transplant unit, provide two written sequential updates of how participation in TNMP changed or enhanced their clinical practice and complete a course program evaluation and needs assessment.

Thank you to the following ITNS members who served as Mentors for this year's program. They include:

Aley Cherian - Houston, TX - The Methodist Hospital
Valsamma George - Houston, TX - The Methodist Hospital
Mary Lee Hanson - Minneapolis, MN - HCMC/Davita Transplant Clinic
Laura Jones - Decatur, GA - Emory Healthcare
Patricia Maani - NY, NY - Columbia University Medical Center
Sandra Martin - Leuven, Belgium - University Hospitals Leuven

And congratulations to the following novice nurses and ITNS members who were selected to participate:

Erin Fisher - Chapel Hill, NC - University of North Carolina Hospitals
Nicole Jackson - Portland, OR - Portland VA Medical Center
Leah Kappelman - Milwaukee, WI - St. Luke's Medical Center
Ilse Karto - Pittsburgh, PA - Children's Hospital of Pittsburgh
Belinda Kiger - San Antonio, TX - Methodist Specialty & Transplant Hospital
Carolyn Koziolk - Toronto, Ontario, Canada - Hospital for Sick Children
Susan Lamarche - Saskatoon, Saskatchewan, Canada - St. Paul's Hospital
Melissa Loyd - Memphis, TN - Methodist University Hospital Transplant Institute
Mariela Orioste - Quezon City, Philippines - National Kidney and Transplant Institute
Abigail Pennypacker - Pittsburgh, PA - Children's Hospital of Pittsburgh
Petra Schaefer-Keller - Basel, Switzerland - Institute of Nursing Science, University of Basel
Christine Watermanchuk - Edmonton, Alberta, Canada - Capital Health

Special thanks for the efforts in coordinating TNMP for this year to former board member Mary Laura Beal, Board members Cindy Hoekstra and Bonnie Potter, and ITNS Logistics Coordinator, Pam Vogel. •

Executive Director Update

By Beth Kassalen, Executive Director, ITNS

Patient Education Fact Sheets

The ITNS Education Committee has teamed up with Novartis Pharmaceuticals Corporation in developing six Patient Education Fact Sheets over the next year. The first, making its debut at our Annual Symposium in Orlando, details Post-transplant Diabetes. Additional sheets currently in production include Pregnancy, Dental Health Care and other topics of special interest to transplant patients.

Each will be distributed through our members so that they are available free of charge to patients within their clinics and transplant centers. Fact sheets will be available in both English and Spanish. The Fact Sheets will be a welcome addition at all ITNS exhibit booths, and will be available online at www.itns.org. Thanks again to Novartis for providing an educational grant to fund this project.

Astellas Patient Education Handbooks

Astellas has graciously provided ITNS with a grant to update and revise the Patient Education Handbooks, which are available in

CD-Rom format, free of charge. Current editions in both English and Spanish include Heart, Kidney and Liver. Plans to include a new Lung edition are in the works.

The Handbooks are available at ITNS headquarters. To order, complete an order form, send an email to itns@msn.com or phone us at ++412-343-ITNS (4867).

Version 2.0 of OTVMS introduced at ITNS Symposium

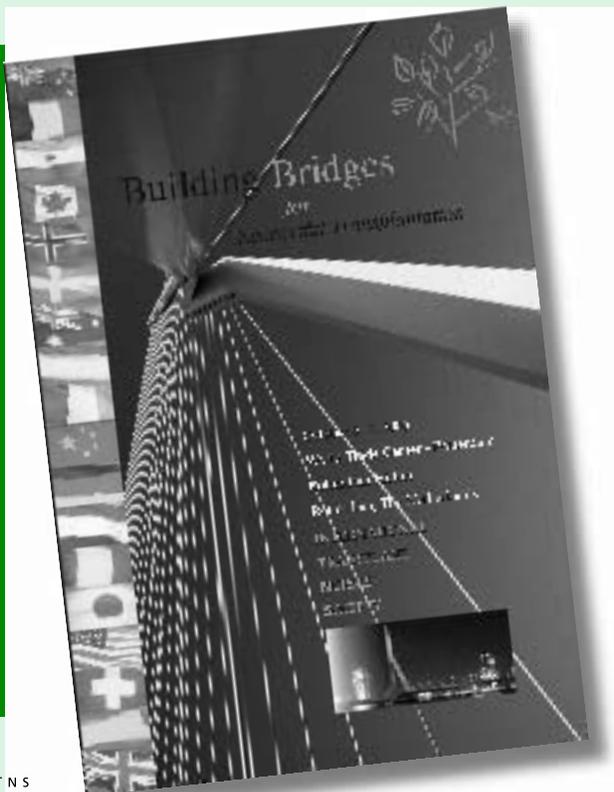
Version 2.0 of the Organ Transplant Visual Med Scheduler® (OTVMS) was introduced by Tim Peters, President of MedAction-Plan.com, LLC, at the 14th annual ITNS Symposium in Orlando this September.

ITNS is pleased with our continued endorsement of the OTVMS. Transplant nurses and coordinators already using OTVMS have reported significant time-savings in producing medication schedules and increased compliance with patients taking their medications.

Some of the exciting new features that are part of Version 2.0 include:

- A Spanish language option so that My Daily Schedule™ prints in Spanish or English;
- a password-protected secure website that patients can log onto and print My Daily Schedule;
- a printable wallet size version of My Daily Schedule;
- over 300 new medications added to the database, and
- new user interface functions.

For more information visit www.MedActionPlan.com. •



Rotterdam 2006 Mark Your Calendars

With Orlando fresh in our minds, it's not too early to start thinking about next year's Symposium in Rotterdam. "Building Bridges for Successful Transplantation" takes place on October 5-7, 2006 at the World Trade Center Rotterdam, Rotterdam Hilton in The Netherlands.

Call for Abstracts forms will be posted on the ITNS website and mailed to members in November. They are due on February 7, 2006. For questions, call the ITNS office at ++ 412-343-ITNS (4867).

My Views in My Review

By Joyce Overman Dube, MS, RN
Nurse Administrator, Mayo Clinic, Rochester, Minnesota

This column reviews Transplant Nursing literature and highlights what our colleagues have put into writing to chart the course of Transplant Nursing.

“Psychosocial Nursing for General Patient Care”

Second Edition

Authors: Linda M. Gorman, RN, MN, CN, OCN, CHPN
Marcia L. Raines, PhD, RN, MN, CS
Donna R. Sultan, RN, MS

ISBN Code: 0-8036-0802-0

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Transplant nurses, like all general care and specialty care nurses, face daily issues when patients are hospitalized or seeking care for illness. Some patients and clients have coping mechanisms that assist them in adjusting to the situations put before them. Others have never developed good coping skills or, due to illness, have developed poor coping skills and in some cases adverse coping. Assisting these patients and clients can be a challenge for nurses. The text under review is an excellent reference tool for nurses when faced with such challenges.

“This text serves as an excellent quick reference for nurses managing patients with a variety of coping and psychosocial issues.”

The initial chapters start with the basics, beginning with an “Introduction to Psychosocial Nursing for General Patient Care”. Subsequent chapters are dedicated to psychosocial response to illness, psychosocial skills, nurses’ response to difficult patient behaviors, crisis intervention and cultural considerations. This text nicely organizes chapters dedicated to specific problem areas such as confusion, anger, substance abuse and problems with spiritual distress. This user-friendly format allows the nurse to review content related to the specific problem or issue the patient is exhibiting.

The text concludes with chapters dedicated to Nursing Management of Special Populations; The Patient with Sleep Disturbances, The Chronically Ill Patient and The Dying Patient; Psychopharmacology; Database for Patient and Family Education

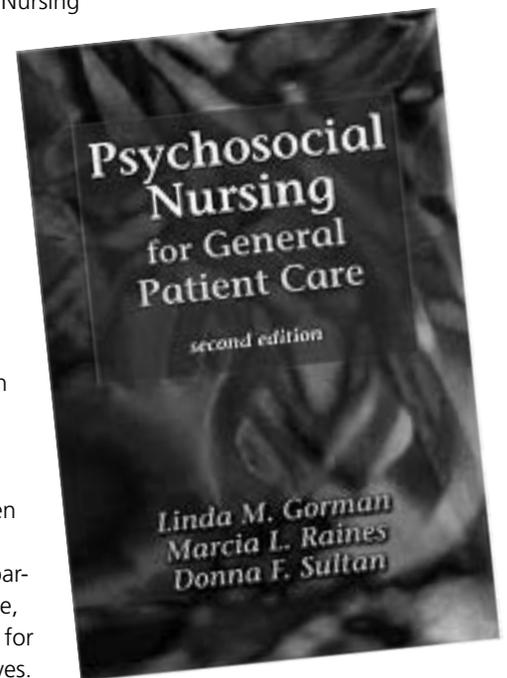
on Psychiatric Medications for Adults and Appendices identifying relaxation techniques and complementary and alternative approaches.

Each chapter is organized into specific sections that carefully and thoroughly take the reader step-by-step through each issue. Included in each chapter are sections on Learning Objectives; Glossary of Terms; Etiology; Related Clinical Concerns; Life Span Issues (Neonate, Child, Adolescent, Adult, Elderly); Possible Nurses’ Reactions; Assessment (Behavior and Appearance, Mood and Emotion, Thoughts, Beliefs and Perceptions, Relationships and Interactions, Physical Response and Pertinent History); Collaborative Management which may include: Pharmacologic, Psychotherapy, Electroconvulsive Therapy, Family Therapy, Social Services, Spiritual, etc. and Nursing Management which is focused on a few key Nursing Diagnoses including Patient Outcomes and Interventions.

Also, every chapter contains a highlighted box for “When to Call for Help”; Patient and Family Education; Charting Tips and Community Based Care. The special section on “When to Call for Help” is set apart from the chapter to quickly call attention to behaviors or situations when nurses may need to turn to other resources. It is easy, particularly for the novice nurse, to feel they are responsible for handling all issues themselves. This section reminds the reader that certain situations call for additional assistance.

Another interesting note, the section on “Possible Nurses’ Reactions” identifies thoughts, feelings or biases a nurse may feel. This can be helpful to the nurse in identifying and removing barriers that may interfere with the ability to objectively provide patient care to patients suffering from psychosocial issues.

In conclusion, this text serves as an excellent quick reference for nurses managing patients with a variety of coping and psychosocial issues. It is a great textbook to read from cover to cover and keep at your fingertips as a handy reference when dealing with specific situations. •



Calendar of Events

Conferences 2005

ESOT/ETCO Congress

October 15-19, 2005
Geneva, Switzerland

12th Congress of the European Society for Organ Transplantation
14th Congress of the European Transplant Coordinators Organization

A Course in Transplantation & Other Complex Medical Conditions

October 23-26, 2005
Boston, MA

For the 10th consecutive year, United Resource Network is offering this course designed for medical and payer professionals who care for patients with complex medical conditions and/or manage these patients' benefits.

NATCO Introductory Course

November 4-8, 2005
Tempe Mission Palms Hotel and Conference Center - Tempe, AZ

This course offers an overview for new transplant coordinators. Often used as preparation for the ABTC Exam, it covers all transplantable organs and offers clinical and procurement tracks.

NATCO Hospital Development Course - The Four P's Of HD

November 6-8, 2005
Tempe Mission Palms Hotel & Conference Center - Tempe, AZ

The re-tooled Hospital Development Course focuses on four competencies of hospital development: The power of people, past performance, persuasion and partnership.

Advanced International Training Course on Transplant Coordination

November 27-December 1, 2005
Barcelona, Spain

For additional information please visit www.tpm.org.

Adult Living Donor Liver Transplantation: A Primer for Surgeons & Clinicians

December 1-2, 2005
New York, NY

This conference is sponsored by Columbia University College of Physicians & Surgeons and New York Presbyterian Hospital and is worth 12.0 credit hours. For more information or to register, please visit www.columbiasurgeryCME.org.

8th Annual ISODP & 5th Annual ITCS Congresses

December 3-7, 2005
Gramado, Brazil

The International Transplant Coordinators Organization is holding their Congress in conjunction with the International Society for Organ Donation and Procurement Congress.

Conferences 2006

NATCO Transplant Institute

January 19-22, 2006
Camelback Inn - Scottsdale, AZ

NATCO is partnering with ASTS to present the Transplant Institute in conjunction with the ASTS Winter Symposium. This meeting is geared to

advanced practice professionals (those who have been in the field three years or more).

ITNS Nursing Workshop in conjunction with the American Society of Transplantation (AST) Physician Meeting

February 16-19, 2006
The Westin Resort & Spa - Cancun, Mexico

NephroNursing Asia 2006

March 26-28, 2006

Asia's Premier Nephrology Nursing Conference
Organized by EDTNA/ERCA and NKFS
For more information: <http://www.nephronursing.com>

National Kidney Foundation 2006 Clinical Meeting

April 19-23, 2006
Hyatt Regency Hotel - Chicago, IL

The National Kidney Foundation's (NKF's) Clinical Meetings provide comprehensive, multi-disciplinary educational opportunities for professionals caring for chronic kidney disease (CKD) patients across all stages, including transplantation. To register online visit www.kidney.org.

UNOS 14th Annual Transplant Management Forum

April 24-26, 2006
Westin St. Francis Hotel - San Francisco, CA

ITNS Review Course

May 5-6, 2006
University of Pittsburgh Medical Center - Pittsburgh, PA

NATCO 31st Annual Meeting

August 27-30, 2006
Marriott Chicago Downtown - Chicago, IL

15th Annual ITNS Symposium

October 5-7, 2006
Rotterdam Hilton - Rotterdam, The Netherlands

For more information email itns@msn.com.

ITNS Review Course

November 10-12, 2006
Ramada Conference Center - Rochester, MN

Conferences 2007-2008

NATCO 32nd Annual Meeting

August 6-9, 2007
Marriott New York Marquis - New York, NY

NATCO 33rd Annual Meeting

August 11-14, 2008
Sheraton Boston Hotel - Boston, MA

New Non-Invasive Test Enables Better Management of Heart Transplant Patients

By Joan Miller, RN, Transplant Coordinator, Stanford Hospital and Clinics, Stanford University Medical Center

One of the most significant advances in transplantation, a non-invasive gene expression test, has the potential to reduce biopsies and help clinicians better manage immunosuppressive therapy for heart transplant patients. AlloMap™ molecular expression testing is now being used at several transplant centers across the country and may improve the quality of life for heart transplant patients.

AlloMap testing appears to enable clinicians – for the first time – to monitor the immune system early, identifying the risk of tissue damage before it occurs. It may identify at-risk patients in a way that biopsy may miss and provide a more reproducible means to monitor patients. It may prove to provide information on the status of the patient's immune system that could help physicians make more appropriate immunosuppressive treatment decisions for patients.

Capitalizing on insights from the human genome project, AlloMap testing utilizes a simple blood sample collected from the patient to translate the complex signals of the immune system's

multiple genes and pathways into an objective, clinically actionable score. This score indicates a patient's risk for rejection and may also provide objective information to help medical professionals better manage and treat patients.

The value of AlloMap testing for heart transplant patients was demonstrated in a landmark multi-center, prospective, validation study known as the Cardiac Allograft Rejection Gene Expression Observational (CARGO) study. Data demonstrating the benefits of AlloMap testing were presented at the International Society for Heart and Lung Transplantation (ISHLT) 25th annual meeting in April.

This novel test is performed at the XDx Reference Laboratory based in South San Francisco, California. The company is also conducting clinical trials to determine the value of AlloMap testing in lung transplantation and plans to evaluate the utility of the technology in autoimmune conditions such as Lupus and Crohn's Disease. •

ITNS Around the Globe: Presenting at EDTNA/ERCA

ITNS was well-represented during the European Dialysis and Transplant Nurses Association/European Renal Care Association (EDTNA/ERCA) 34th International Conference in Vienna this past September.

A full day was dedicated to ITNS speakers and topics, beginning with ITNS President Frank Van Gelder along with Ray Trevitt, giving an "Introduction to Transplantation." They were followed by Ferdinand Muhlbacher and Marry de Klerk whose topic, "Improving the Options for Donors and Recipients", gave an update on live donation.

ITNS International Directors Anneloes Wilschut and Clare Whittaker, along with Grainne Walsh presented "Optimizing Outcomes in Transplantation" which examined issues such as the influence of socio-demographic factors on renal allograft survival and pregnancy following transplantation.

The day concluded with Clare Whittaker, Chris Rudge, and Ferdinand Muhlbacher providing a fascinating debate on "The Human Market". They examined one transplant center's experience with patients traveling abroad to receive renal transplants and followed up with arguments for and against this practice.

ITNS joins AST for Nursing Workshop in Cancun

ITNS, with assistance from the Education Committee, has developed another nursing workshop to be held in conjunction with AST's (American Society for Transplantation) Winter Meeting. Mark your calendar for February 16-18, 2006 in spectacular Cancun, Mexico.

This workshop will consist of educational sessions from noon until 3:00 pm over a three-day period. Those attending may also register for AST morning sessions or other transplant programming coordinated by NATCO (North American Transplant Coordinators Organization) later each day.

The fee for ITNS member is \$125 and topics will include:

Management Issues for the Long-Term Transplant Recipient

- Infectious Complications and Management
- Current Immunosuppressive Strategies
- Neurocognitive Outcomes Following Solid Organ Transplantation
- Renewing Intimacy and Sexuality after Organ Transplantation

Current Controversies in Solid Organ Transplantation

- The Feasibility of Paired Kidney Exchange Programs and Other Donation Strategies
- Malignancy as an Indication for Liver Transplantation
- What's Hot, What's New in Intestine Transplantation
- Challenges of Multi-visceral Transplantation



Theory, Practice and Practicalities of Transplant Nursing

- Our Motivation to be Transplant Nurses: The Theory and Practice of Motivation
- Retention and Job Satisfaction in Transplant Nursing: Why We're Here Today, Here Tomorrow
- Mentoring and Self-Advocacy for the Transplant Nurse

Both CEUs and CEPTCs credits will be awarded for this workshop. Make plans early to clear your schedule for Cancun this February. For a complete brochure, visit www.itns.org or request a brochure from itns@msn.com. •

Patient Education: How Adults Learn

By Barb Schroeder, MS, RN, CNS, Mayo Clinic
Newsletter Director, ITNS

Learning can be defined formally as the act, process or experience of gaining or changing knowledge, skills, attitudes or values. Learning is a dynamic process consisting of three phases:

- readiness to learn
- acquisition of the new knowledge, skills or attitudes
- ability to then actually change behavior

For the adult transplant patient, having a transplant can be the impetus for the readiness to learn. They arrive at your clinic or institution to prepare for their transplant surgery.

The nurse, physician, and coordinators help teach the patient the knowledge or skills necessary to prepare for their transplant. Your institution may have a "Preparing for Surgery Class", in which the patient and family members view a videotape on the surgical experience. The instructor demonstrates the equipment they will use post-operatively such as the use of incentive spirometers.

The routines of the surgical day are reviewed, and the instructor answers their questions. Patients may have the opportunity to practice deep breathing and leg exercises which are encouraged post-operatively.

"For the adult transplant patient, having a transplant can be the impetus for the readiness to learn. They arrive at your clinic or institution to prepare for their transplant surgery."

The result is a patient who arrives in the hospital with a basic understanding of what will happen from admission to the hospital through the preparation for surgery. This kind of pre-surgery education can help reduce anxiety and therefore, can help patients retain more information. Also, repetition is always important when teaching patients.

As we prepare patients and family members for the surgical experience and also teach them post-operatively, it is important to know that appealing to several senses reinforces learning.

Based on learning theory, people remember:

- 10% of what they read
- 20% of what they hear
- 30% of what they see
- 50% of what they see and hear
- 80% of what they say
- 90% of what they say while doing

Learning from the Learner's Point of View

1. Learning is a natural process.
2. People are different. Provisions need to be made for differences in ability, aptitude and experience.
3. Anxiety is essential for learning. However, anxiety needs to be managed.
4. The educational environment affects learning. People learn best in a warm, participative environment.
5. People who see a learning task as relevant and worthwhile learn better than people who see it as irrelevant.
6. Adults are eager to learn if they are treated with respect.
7. Adults learn at different paces. Make allowances for individual differences.
8. Adults are people who have definite thoughts regarding authority. Some tolerate it; others resist, fight, resent or yield to it.
9. Adults have strong feelings about success or failure in learning situations.
10. Adults are reality-oriented, so relate issues to the job at hand.

Learning from the Behavior Point of View

1. Learning should be active.
2. Learning involves practice and rehearsal.
3. Learning must be reinforced.
4. Learning can be shaped.
5. Learning is purposeful.

continued on 14

Patient Education: How Adults Learn (continued from 13)

Learning Styles

How we learn is just as important to the learning process as what we learn. Learning styles refer to the highly individualized ways we take in, process and organize information. Our preferred learning style is the natural channel we use to learn most quickly, easily and effectively. There are four basic learning styles:

- Kinesthetic: Works best when they are able to move and do things with large muscle groups. Helpful in teaching children.
- Tactile: Learns best when they are able to feel using small motor skills. Some adults are note-takers, and they remember by writing things down.
- Visual: Learns best when they are able to see, watch, read and view.
- Auditory: Learns best when they are able to hear, speak, discuss and think out loud.

An awareness of the patient's preferred learning style can assist you in teaching them about wound care, injecting medications, doing site care, learning their medications and more.

Often the nurse's learning style influences how she/he teaches their patients. Remember to assess your patient's style; are they note takers (tactile), do they want to see the dressing they will be using (visual), asking questions and restating (auditory), or (kinesthetic) learning with the movement of large muscles?

Closing

Patients and family members have many hurdles to jump as they prepare for transplant surgery and their life following transplant. The nurse plays a key role in teaching patients along the care continuum. Take the time to learn more about adult learning theory, adult learning principles, learning styles, barriers to learning and motivation.

How you teach can influence what the patient learns. •

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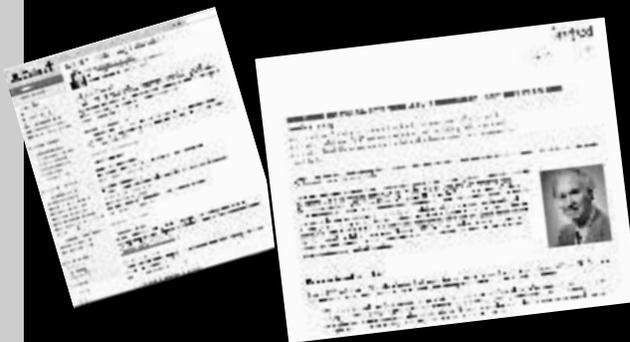
Patient Education Resources Section Surfing the Web

Want to learn more about Malcolm Knowles and adult education?

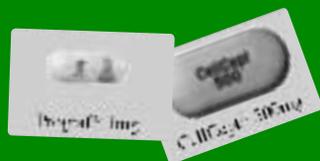
<http://www.infed.org/thinkers/et-knowl.htm>

Want to learn more about adult education?

<http://adulthood.about.com>



Novartis sponsors updated Medication Sticker Sheets



ITNS has updated its medication sticker sheets. View these sheets at www.itns.org to see pictures of the many medications used by recipients daily in their post-transplant regimen. These stickers, available for a nominal charge of \$25 for 50 sheets, are being used in transplant centers throughout the USA and Canada.

Thanks again to Novartis for its support of this valuable patient education tool.



International Society for Heart and Lung Transplantation Nursing and Social Sciences Council Project

By Sandra A. Cupples, DNSc., RN and the ISHLT Nursing and Social Sciences Council Workgroup

Cardiothoracic transplantation is an effective treatment for end-stage heart and/or lung disease and there is a substantial body of knowledge regarding the clinical outcomes of heart, lung, and heart-lung transplantation and interventions to improve survival and decrease clinical morbidities.

Considerably less is known, however, about the equally important psychosocial outcomes following cardiothoracic transplantation. Therefore, in April 2001, a workgroup was formed within the Nursing and Social Sciences Council of the International Society for Heart and Lung Transplantation (ISHLT) to critically evaluate the current state of the science regarding the psychosocial and behavioral outcomes of adult cardiothoracic transplantation. This international workgroup was comprised of the following individuals from the fields of nursing, psychology, psychiatry, epidemiology and social work: Sandra Cupples, DNSc, RN; Mary Amanda Dew, PhD; Kathleen Grady, PhD, RN, FAAN; Sabina DeGeest, PhD, RN; Fabienne Dobbels, MSc; Dorothy Lanuza, PhD, RN, FAAN and Wayne Paris, MSW. Funded by the ISHLT Board of Directors, the workgroup reviewed the existing literature, published between 1980 and 2004, on psychosocial outcomes following adult heart, lung, and heart-lung transplantation.

The following domains of psychosocial outcomes were examined: (1) physical functioning (exercise capacity, respiratory

functioning, perceived physical functioning, sexual functioning and symptom frequency and distress); (2) psychological functioning (psychiatric disorders and sub clinical distress; neurocognitive status); (3) recipients' behavior in managing the medical regimen; (4) social functioning (social role/relationships and employment); and (5) recipients' global perceptions of their quality of life. The empirical literature for each domain was reviewed to identify the: (1) specific psychosocial outcomes in each domain; (2) key predictors and/or correlates of these outcomes, (3) clinical sequela of these outcomes and (4) interventions tested to improve these outcomes.

On the basis of this review, the workgroup then formulated a series of conclusions regarding the overall strengths and weaknesses of the research done to date in this field and made specific recommendations for future research needed in order to advance understanding and improve post-transplant psychosocial outcomes. Several articles describing the domain-specific findings are currently in press, and the complete report plus recommendations is currently under editorial review for publication in the *Journal of Heart and Lung Transplantation*. Findings from this initiative will provide a roadmap to guide new studies in this field, particularly with respect to interventions to optimize psychosocial outcomes in adult cardiothoracic transplantation. •

ITNS/Roche 2005 Transplant Nursing Excellence Award to Tracey Dudley

By Kathy Schwab, Marketing Director ITNS

The Transplant Nursing Excellence Award sponsored by Roche was presented at the 2005 ITNS Annual Symposium to Tracey Dudley BSc MSc. Tracey is a Post-Transplant Hepatitis Clinical Nurse Specialist at the Liver Transplant and Hepatobiliary Surgery Unit of Queen Elizabeth Hospital in Birmingham, UK.

The Award recognizes that the role of the transplant nurse is unique. Dealing with the patients through the transplant continuum is often complex and challenging. ITNS is committed to the promotion of clinical excellence in transplant nursing, and annually recognizes a transplant clinician who encompasses and inspires that mission.

Tracey was nominated by her peers at the Queen Elizabeth Hospital and chosen by the Award Committee. According to her nomination:

"Her peers recognize her qualities as a clinical leader, a valuable knowledge-based resource, someone who always has the ability to say the right thing at all times. She is a joy to work with. Watching her interaction with patients truly illustrates the 'Art of Nursing'."

Congratulations Tracey! •

ITNS Awareness Wristbands/ Car Magnets Order Form

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Quantity	Price each	Shipping*	Total Price
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***Shipping:**

1-5 bands	\$1.50
6-20 bands	\$2.50
21-100 bands	\$3.85
100+ bands	\$5.00

Wristbands are green with laser engraved "LIFE-LIVE IT, THEN GIVE IT". They measure 7" Circumference, 7/16" Width, 1/16" Thick.



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Quantity	Price each	Shipping*	Total Price
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***Magnets are heavy and therefore postage is as follows:**

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Golden Triangle Wins 2005 Membership Recruitment Drive

By Sandra A. Cupples, Director of Chapter Development, ITNS

Congratulations to the Golden Triangle Chapter in Pittsburgh, Pennsylvania, USA for winning ITNS' 2005 Membership Recruitment Drive. Out of 22 ITNS chapters, the Golden Triangle Group recruited the most new members— 11 between January 1 and May 31. As winners of the Membership Recruitment Drive, the Chapter received one free registration to the 2005 ITNS Annual Symposium.

Golden Triangle Chapter President Mimi Funovits notes, "Kathy Henderson, our Recruitment and Membership Chair, was instrumental in recruiting all our new members. She used several new recruitment strategies, including a Membership Committee, to encourage our Chapter growth. Kudos should go to her and her Committee."

The Golden Triangle Chapter developed an innovative approach to grow their group. Some of Kathy's strategies included:

- Golden Triangle Chapter/ITNS bulletin boards on every unit and in every office area;

- a centerpiece door prize is given to each chapter member who brings a new member to the group's quarterly dinner meeting;
- a \$350 auto CD player with installation to the member who recruits the most new members during the membership drive;
- a personalized welcome letter sent to all new members within two weeks of joining;
- formation of a Membership Committee consisting of ten volunteers who meet every other month;
- welcome ITNS packet given to all new members along with an ITNS pin (Chapter bought pins @ \$5.00 each), and
- birthday cards to all members sent out on a monthly basis.

Both Kathy Henderson and Mimi Funovits encourage other ITNS Chapters to borrow some of these innovative ideas to increase membership in their own Chapters. Congratulations to June Stamos, the winner of the free registration for the Orlando Symposium. •

ITNS Presents Workshop at ATC Conference

By Wanda Ryan, President Emeritus ITNS

ITNS, in collaboration with NATCO (North American Transplant Coordinators Organization), held a full-day workshop, "Current Controversies in Transplantation", at the ATC (American Transplant Congress) Conference in Seattle, Washington on May 21. The event was a joint effort between AST (American Society of Transplantation), ASTS (American Society of Transplant Surgeons), ITNS and NATCO.

Wanda L. Ryan, RN, CCTC, ITNS President Emeritus joined with Marian O'Rourke, RN, CCTC, NATCO President Elect in co-chairing the workshop.

The Conference drew excellent speakers highlighting some of the most current issues in transplantation today. Sheldon Zink, PhD began the program discussing "Ethics in Transplantation: What are the Issues and Who Decides?" Following Dr. Zink, Frank Van Gelder, RN, ITNS President and Marion O'Rourke, RN presented, "The Principles of Organ Allocation: A Comparison of U.S., European, and Australian Policies".

After the morning coffee break, Dr. Arthur J. Matas and Sheldon Zink, PhD debated on the controversial topic of "The Sale of Organs: Is it Ever Ethical?" This session provided a fascinating look at two sides of a very controversial topic. Following the debate, Dianne LaPointe Rudow, DrNP, CCTC spoke about "The Living Donor: Who Really is Their Advocate and for How Long?" Then, Jane Harrison, LCSW, gave a stimulating lecture on "Is Non-Adherence in Transplantation a Preventable Outcome?" This lecture was truly thought-provoking, allowing us all to examine the relationship between non-adherence and patient outcomes. The next presentation was given by Charles Miller, MD on

"Retransplantation: When Once is Not Enough" This is certainly a topic that we all deal with in our daily practice.

After lunch, Donna Hathaway, RN, PhD gave a lecture on "The Transplant Recipient's Quality of Life: Taking the Research from Bench to Bedside". Dr. Hathaway presented current data on quality of life issues and critically examined patient outcomes.

Jane Morris, RN, MS delivered the last presentation on "The Role of Palliative Care in Transplantation." Since palliative care is sometimes the last thing we can offer our patients, it proved interesting to discuss it as a part of our practice.

The day ended with six controversial case studies selected to reflect the topics presented throughout the day. Case studies were delivered by Beverly Kosmach-Park, MSN, CRNP; Bonnie Potter, RN, CCTC; Barry Friedman, RN, MBA; Lindsay Arnott, RN, BSN; Wanda L. Ryan, RN, CCTC; and Frank Van Gelder, RN, BSN.

The conference attracted more than 200 attendees and planning has already begun for next year's collaboration. ITNS, NATCO, and ISHLT (International Society of Heart and Lung Transplantation) will offer one and a half days of programming at the WTC (World Transplant Congress) in Boston, Massachusetts, USA July 22 – 27, 2006. Chairs of the event are Kathy Hoercher, RN, BSN; Dianne LaPointe Rudow, DrNP, CCTC, and Wanda L. Ryan, RNC, CCTC.

It marks the first time that ASTS, AST, and TTS (The Transplantation Society) will collaborate to present the World Transplant Congress. Mark your calendars now and plan to attend this incredible transplant program in 2006. •



First World Day for Organ Donation and Transplantation

We are pleased to announce that the First World Day for Organ Donation and Transplantation was held in Geneva, Switzerland on Friday, October 14, 2005, organized under the patronage of the Council of Europe and in association with ESOT/ETCO and World Health Organization. Political, economical and medical issues were discussed by invited speakers and patients organizations from around the world.



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Research reported in the *ITNS Newsletter* has not been peer reviewed. Findings and opinions are the authors' only.

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Corrections

Please note: On page 14 of the Summer 2005 issue of The ITNS Newsletter we incorrectly identified Amber M. Blank as the author of the article, "Optimizing Long-Term Outcomes in Renal Transplantation: Chronic Allograft Nephropathy" The correct author is Dr. Stephen J. Tomlanovich, Medical Director of Kidney Transplant Program at the University of California, San Francisco. Our apologies to Dr. Tomlanovich.

In the same issue, on pages 10 and 11, we incorrectly identified Cindy Russell, PhD, RN as the author of Helpful Hints for Reviewing Literature: Parts 1 and 2. The correct author is Sandra A. Cupples, DNSc, RN. We regret this error and thank Dr. Cupples for her work in the field of literature review.



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