

# SELECTION CRITERIA

## KIDNEY TRANSPLANT RECIPIENT

*Patients referred for a kidney transplant have a thorough evaluation to determine if they would be a suitable recipient. Each patient is evaluated by a team of doctors, based on their unique needs. Patients will also be evaluated by other transplant team members such as transplant nurse coordinator, social worker, and dietician. Patient selection criteria must ensure fair and non-discriminating distribution of organs. These criteria do not exclude groups of individuals based on factors such as race, ethnicity, religion, national origin, gender or sexual orientation. To be a candidate for a kidney transplant you must meet the following criteria:*

Have irreversible kidney failure that requires dialysis or is approaching the need for dialysis. This means anyone with 20% or less of normal kidney function. Also, if you have an inflammatory kidney disease like lupus you must be at a stage where the inflammation is inactive.

Be free of chronic active infection that cannot be treated such as bone infection or a large bed sore.

Not have severe heart disease or other severe blood vessel disease. This means not having blockages in your blood vessels that limit your physical activity or put you at high risk for a heart attack or losing a limb. Likewise, you cannot have blockages that make it difficult for a surgeon to safely perform the transplant.

Not have severe liver, lung, or heart failure.

Not have a current cancer or a cancer that would be reactivated by the medicines needed to treat transplant patients.

Be able to understand and manage, or have someone help you manage, the medical treatments that are needed to have a successful outcome after transplant. Since transplant is a treatment, not a cure, a patient takes medicines, has blood tests, and goes to doctor visits for the rest of their life.

Not be severely obese, this means having a body mass index less than or equal to 38.

Not smoke.

Not be actively using street drugs or smoking marijuana.

PT.NO  
NAME  
DOB

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### UW Medicine

Harborview Medical Center – UW Medical Center  
University of Washington Physicians  
Seattle, Washington

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Not have a mental illness that cannot be treated. If you have a mental illness, it must be well treated and you must have a care plan that includes routine follow-up. A reliable social support system is also important.

Have adequate insurance to cover the transplant and medication needed after transplant.

Have people available right after transplant to provide care during recovery. This means having friends or family available 24 hours/day who can help drive you to and from appointments, help with house care needs, assist with your medicines and medical care, and who can be there to assist you if you become ill.

Have a life expectancy of at least 5 years.

By signing this document, you are acknowledging receipt of the information; however, this does not imply that you will be accepted for transplant.

\_\_\_\_\_  
 Signature  
**Patient or Legal Next of Kin**

\_\_\_\_\_  
 Printed Name

\_\_\_\_\_  
 Date:

\_\_\_\_\_  
 Signature  
**Transplant Nurse Coordinator**

\_\_\_\_\_  
 Printed Name

\_\_\_\_\_  
 Date:

\_\_\_\_\_  
 Signature  
**Transplant Physician**

\_\_\_\_\_  
 Printed Name

\_\_\_\_\_  
 Date:

PT.NO

NAME

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