

**Maine Medical Center
Maine Transplant Program
Policies and Procedures
Inclusion and Exclusion Criteria for Transplant Listing**

Purpose

To define the criteria for listing for transplantation which are separate from criteria for inclusion & exclusion transplantation.

Policy

It is the policy of the Maine Transplant Program to provide access to kidney transplantation for as many patients as possible. In order to lower barriers to transplantation, MTP is defining less restrictive listing criteria so that patients can gain the benefit of waiting time. At the time of listing, such patients will meet inclusion criteria and fail to meet exclusion criteria defined below. Invasive testing and waiting list status changes will be deferred until the candidate recipient is deemed to be within 12 months of transplantation. Patients will still need to meet current, more stringent inclusion criteria at the time of transplantation (see MTP Inclusion/Exclusion Criteria Policy for Kidney Transplantation).

Inclusion Criteria/Indications for Listing

Based on the referral paperwork. Detailed pretransplant procedures including cardiac and cancer testing will be deferred until the candidate is within 12 months of receiving a kidney offer.

1. ESRD (on dialysis) or eGFR<20mls/min.
2. Patient understanding of the risks and benefits associated with ESRD treatment options including dialysis and transplantation
3. Patient understanding of the essential nature of long-term immunosuppressive medications and the associated risks of serious complications including infection, malignancy and cardiovascular disease (further characterized in the “Kidney Recipient Consent for Surgery”)

Exclusion Criteria/Absolute Contraindications:

1. Metastatic Cancer
2. Serious conditions unlikely to be improved by transplantation as life expectancy can be finitely predicted such as:
 - Congestive Heart Failure with EF<40%
 - Active coronary artery disease not amenable to revascularization
 - Advanced COPD (hypercarbia, FEV/FVC< 80% and FEV1 < 50%, Chronic O₂ use)
 - Severe pulmonary hypertension
 - Cirrhosis with portal hypertension
 - Dementia
 - Physical disability sufficiently severe to require long term skilled nursing facility placement
3. Ongoing or recurring infections
4. HIV/AIDS related complications
 - Untreated HIV viremia
 - CD4<200
 - AIDS defining diagnosis
5. Active substance abuse (see policies “Recreational Drug Use Policy” and “Narcotic Use Policy”).
6. Demonstrated patient non-adherence as evidenced by:
 - Non-attendance at dialysis or clinic visits
 - Persistent, excessive fluid weight gain
 - Persistent hyperphosphatemia (>8)
 - Persistent hyperkalemia (>6.5)
 - Persistent hyperparathyroidism (PTH>700)
 - Uncontrolled diabetes mellitus (HgA1c>10%)

7. Inability to tolerate immunosuppression
8. Morbid Obesity (BMI>40, see “Obesity Policy”)
9. Prior early graft failure from either:
 - Recurrence of a primary kidney disease or
 - De novo allograft disease associated with a high risk of graft failure.
10. Inadequate health care insurance
11. Inability to travel to and attend clinic after transplantation.
12. Uncontrolled psychiatric disorders.

Modifiable risk factors to be addressed prior to transplantation

Detailed testing to be deferred until the patient is within 12 months of transplantation.

1. Coronary Heart Disease – Minimum criteria include:
 - EF to exceed 40%
 - Asymptomatic
 - Revascularization as clinically indicated
 - Compliance with medical regimen
 - Tobacco cessation
2. Peripheral Vascular Disease – Minimum criteria include:
 - Free of active infection, ulceration and rest pain
 - Revascularization as clinically indicated
 - Tobacco cessation
3. Cerebrovascular Disease – Minimum criteria include:
 - Non critical carotid artery disease
 - Revascularization as clinically indicated
 - Tobacco cessation
4. Peptic Ulcer Disease – Minimum criteria include:
 - Asymptomatic
 - No recent bleeding (<6 mos)
 - On PPI or H2 blocker therapy
5. Chronic Lung Disease – Minimum criteria include:
 - Needs to be supplemental O₂ free
 - Negative CT chest if age>55 and tobacco use exceeded 30 pack years
 - FEV₁/FVC > 80% and FEV₁ > 50%
 - Tobacco cessation
6. Chronic active hepatitis B/C – Minimum criteria include:
 - No evidence of cirrhosis on liver biopsy
 - No evidence of hepatocellular carcinoma on imaging
 - Needs to be actively seeing hepatology (HBV)
 - Needs to be adherent with regimen (HBV)
 - Hepatitis B Viremia needs to be controlled with therapy
 - HBV: (lamivudine/adefovir/entecavir)
 - Hepatitis C: See Policy
7. Malignancy – Minimum criteria include:
 - Needs to be in full remission confirmed with current appropriate imaging
 - Minimum duration 2 years
8. Obesity – Minimum criteria include:
 - BMI>30-37 is regarded as a risk factor for complications (see “Obesity Policy”).

- Patient may be advised to reduce weight
 - May be an absolute contraindication if numerous other issues co-exist.
9. Frailty
- Regarded as a risk factor for complications
 - The patient must be able to attend clinic post surgery
 - Rehabilitation may be indicated before a decision can be made about a debilitated individual's candidacy for transplantation
10. Diabetes Mellitus – Goals include:
- Needs to check finger stick sugars at least twice a day
 - HbA1c level less than 8%
 - Tobacco cessation
11. Psychiatric Disorders (defined by the presence of psychiatric diagnoses or Rx psychotropic medications)
– Minimum criteria include:
- Consultation with liaison psychiatry at MMC is **REQUIRED** in order to manage peritransplant issues unless patient actively seeing another MMC psychiatrist
 - Symptoms must be adequately controlled with appropriate medication for at least 6 months
 - Patient must have an ongoing relationship with a local psychiatric care provider
 - Patient must be adherent to their psychotropic medications
12. Malnutrition – Minimum Criteria include:
- Needs dietary intervention for Albumen < 3.5g/dl
 - Minimum Albumin to exceed 3g/dl

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