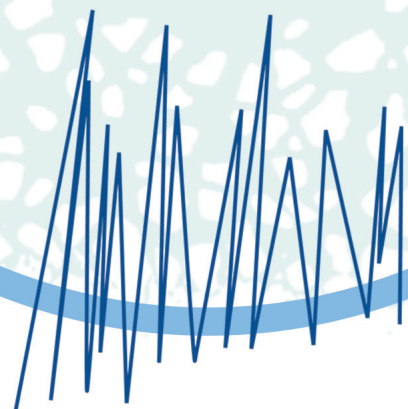


# Lung transplant assessment

A patient's guide





## What does it mean to come for an assessment?

Having been seen in the pre-assessment clinic, the decision is now to proceed for a full assessment. This is to enable us to assess your suitability for a possible transplant.

The assessment usually takes place over two days, normally Monday to Tuesday. Further tests or treatment may be required which will involve a longer stay, or alternatively you may need to attend on another day.

Sometimes tests can be carried out at your local hospital and the results sent to Royal Papworth Hospital for review.

## What happens during an assessment?

During your admission you will undergo a variety of tests and investigations.

The results are collated, and each case is discussed at the multi-disciplinary transplant assessment meeting. At this meeting the whole team, including surgeons, cardiologists, nurses, physiotherapists etc., will discuss your suitability

for transplantation.

The outcomes of this multi-disciplinary meeting can be variable:

- Some patients will be a suitable transplant candidate and will be invited to come back for a surgical review at another appointment.
- Some patients will be a suitable transplant candidate but are currently deemed too well to be listed for transplant and will be followed up as an outpatient.
- In some cases, patients may require further tests or time to resolve issues. Some of the common issues may be weight adjustment or lifestyle modifications. Sometimes alternative treatment may be recommended.

However, there are some patients, due to possible contraindications, that would not be a suitable candidate for transplantation.

You will always be informed of the decision and recommendations of the meeting and will be advised of the next

step with an appropriate time frame.

Please feel free to call and speak to any of the specialist nurses or transplant coordinators if you have questions or queries.

At the beginning of your assessment the transplant team will not know for certain if you need a transplant, or if there are any reasons why transplantation would not be an option for you, but they will be able to provide you with this information at the end of the assessment or soon afterwards.

The transplant coordinator/nurse will explain the tests as well as guide and support you and your family through the assessment process. They will also ensure that you have the opportunity to ask any questions and meet all the relevant transplant team members.

Transplantation is a procedure with significant risks. All patients referred to a transplant unit will be given the same thorough physical and psychosocial assessment to ensure that the procedure is the best option.

You will only be accepted onto the transplant waiting list if the

benefits of the surgery outweigh the risks. If you are not accepted then the medical staff will give you a full explanation and advice on what to do next. In some cases an adjunctive or alternative therapy may be considered; for example further drug therapy, medical management, other lung surgery or non-invasive ventilation.

### **Tests and investigations during the assessment period**

Below is a list of the tests and investigations you may have. You may have had many of these in the past and the transplant team will explain any unfamiliar tests to you.

- Height and weight.
- Clinical observations, e.g. blood pressure.
- Sputum and urine samples - to check for any infections.
- Chest X-ray - to look at the heart and the lungs.
- 12 lead electrocardiograms. (ECG) - to check the heart rhythm.

- Echocardiogram (ECHO) - ultrasound of the heart - to look at how the heart is functioning.
- Lung function tests - to check how well the lungs are functioning and to check the size of the lungs.
- Six minute walk test.
- Chest CT scan - provides a more detailed image of the heart and lungs.
- Ventilation/perfusion scan - to look at the blood flow to each lung.
- MRI of the diaphragm.
- Abdominal ultrasound to assess abdominal organs for any abnormalities.
- Various blood tests - which may include full blood count, biochemistry, infectious diseases and viral screen, clotting profile, tissue typing, antibody screen and blood group.

### Additional tests may include:

- Angiography - to check for blockages to the circulation of the heart.
- 24 hour ECG (holter monitor) - to check heart rhythm over 24 hours.
- 24 hour gastric monitoring - to check for acid reflux.

**\*Please note: if you are taking anticoagulation, it may need to be stopped temporarily prior to some of the tests. You will be given specific instructions if this is required. It is important you do not stop it unless you are advised to do so. Please contact the team if you have any queries.**

## **Who will you meet during the assessment?**

During the assessment process you will meet various members of the transplant team:

- Transplant specialist nurses: they will discuss with you everything that transplant involves. For instance, the medication you will take, what happens at the time of transplant, outpatient follow-up and lifestyle implications.
- Physiotherapist: they will assess fitness and offer any advice to improve/maintain exercise tolerance.
- Supportive and palliative care specialist nurses: they will support with symptom management and wellbeing.
- Transplant consultants.

## **Do I need to bring anything with me?**

Please bring:

- Your current medications
- The results of any of the following: smear tests, mammogram, dental check up.
- Pacemaker cards

## **Why do I need someone to accompany me?**

During your assessment there will be some frank discussions with the nurses and doctors about the risks of transplantation. It is advisable to bring someone with you who will be able to stay and support you during these discussions.

An accommodation list is available if required for your relatives/friends.



# Royal Papworth Hospital NHS Foundation Trust

A member of Cambridge University Health Partners



Papworth Road  
Cambridge Biomedical Campus  
CB2 0AY



[royalpapworth.nhs.uk](http://royalpapworth.nhs.uk)



01223 638000

Large print copies and alternative language versions of this leaflet can be made available on request.

View a digital version of this leaflet by scanning the QR code.



Author ID:	Transplant coordinator
Department:	Transplant unit
Printed:	December 2023
Review date:	December 2025
Version:	3
Leaflet number:	PI 126

© 2023 Royal Papworth Hospital NHS Foundation Trust