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# Transplant Trot – Sunday June 12, 2016

The Canadian Transplant Association hosted Nova Scotia’s First Annual Transplant Trot on Sunday June 12 in Antigonish, N.S.

The event, a 5 or 10 km walk, raised over \$11,000 for the Canadian Transplant Association; a non-profit organization dedicated to promoting organ donation across the country and promoting healthy living.

The event organizer, Danielle Goff-Beaton, became interested in organ donation and transplantation after her husband was placed on the kidney transplant list. She explains that “this year it really hit home when we realized that someone close to us would require an organ transplant, [so] when I heard about Transplant Trot and realized there had never been one in Nova Scotia, I contacted the Canadian Transplant Association and offered to host one in Antigonish!”

Goff-Beaton emphasizes the impact that the business community and volunteer response had on the event, explaining that both were

“overwhelming with generosity.” The crowd included both donor recipients and living donors, creating an exciting atmosphere for those in attendance.

Planning for the Second Annual Antigonish Transplant Trot is underway. Stay tuned for details at [www.transplanttrot.ca](http://www.transplanttrot.ca)

### Tips to remember:

- Your choice to be an organ donor is indicated on your health card; please fill out a donor registration form if you are interested in changing your status. Follow this link to receive a form: <http://novascotia.ca/dhw/msi/docs/MSI-Organ-Tissue-Donation-Form.pdf>
- Talk to your family members about your decision to be an organ and tissue donor.

*Written by Danielle Goff-Beaton, Transplant Trot Organizer, Nicole Wournell, Donation Resource Nurse*

## PROGRAM NEWS

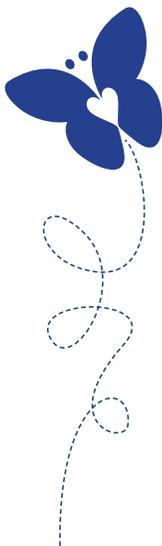


It is with sad hearts that we announce the departure of Michele Molinari MD from practice in Nova Scotia. Dr. Molinari, one of our extraordinary transplant surgeons is leaving the Multi-Organ Transplant Program to begin a new adventure with his wife and daughter in Pittsburg, Pennsylvania. Atlantic Canada has been fortunate to have his surgical expertise for the past 11 years specializing in hepatobiliary and pancreatic surgery and multiorgan transplantation.

Please join us in wishing him the best of luck in all his future endeavors.

## DID YOU KNOW?

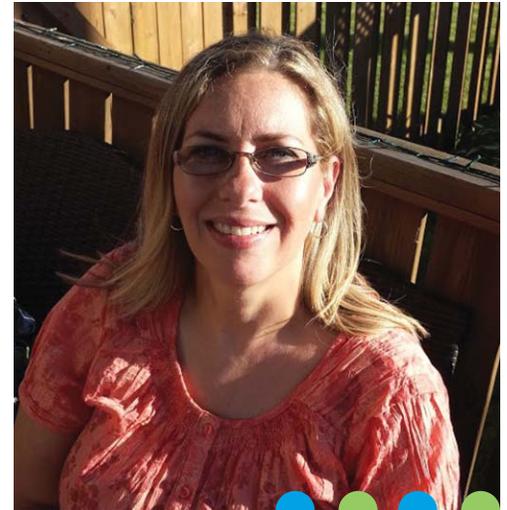
- That one donor can provide up to 8 lifesaving organs and over 50 life altering tissues.
- Only 1-3 % of all hospital deaths that occur can progress to become organ donors.



## GETTING TO KNOW YOU

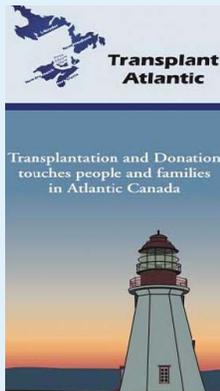
Lisa Gillis Rochon is a graduate of the Aberdeen Hospital School of Nursing in New Glasgow, N.S. She received her certificate in critical care in Dallas, Texas where she worked in the Neuro ICU and had her initial experiences working with organ donors and their families.

After ten years in Texas, she moved back to Nova Scotia and began working in various ICU's at the Halifax Infirmity site. In 2015, she was the successful applicant for a term position with the Critical Care Organ Donation program (CCOD). Joining the Legacy of Life team in July 2016 as the project nurse, Lisa will be working on various projects to help support organ and tissue donation.



Lisa Gillis Rochon

## PROFESSIONAL EDUCATION HIGHLIGHTS



This year **Transplant Atlantic 2016** will be held on November 3-4, 2016 at the Lord Nelson in Halifax. This year's focus is **"Reflection and Future Direction"**.

The workshop's objectives are to discover new developments in the world of transplantation and donation, have an increase in the understanding of new transplant drugs and protocols and to become familiar with research initiatives and its potential impact on the transplant patients.

Local celebrity, Jayson Baxter from CTV Atlantic, will be this year's Master of Ceremonies at a Public Forum 2016 on Thursday, November 3. On November 4 the panel debate will be *"Living Donor Donating Regardless of Informed Potential Risks"*.

To register go to the Multi-Organ Transplant Program website and click on "Register Now". A copy of the program is available, as well as a link for accommodations at the Lord Nelson Hotel for out of town guests.

For more information, contact Janet Hartnet, at 902-473-6193 or via email [hartnet@nshealth.ca](mailto:hartnet@nshealth.ca)

## NATIONAL PERSPECTIVE

The Canadian Network for Rehabilitation and Exercise for Solid Organ Transplant Optimal Recovery (CAN-RESTORE) is an emerging network dedicated to achieving optimal wellbeing in transplant patients through exercise and rehabilitation. As part of the CNTRP, CAN-RESTORE makes use of national, interdisciplinary

collaboration, research expertise and leadership in exercise and rehabilitation. This allows the network to gather the best available evidence, disseminate knowledge on exercise and rehabilitation and identify research priorities. <http://www.cntrp.ca/#!canrestore-exercise-rehabilitation/ccsn>

## DONOR FAMILY RECOGNITION



*Chris with his sister Bonnie*

### A Brother's Gift

In 1983 my mother Louise Fraser alongside my father Gary Fraser, gave birth to a beautiful baby girl named Bonnie. Filled with excitement my parents and I welcomed baby Bonnie into our family. Six weeks later my father and mother were woken to the sound of Bonnie moaning and coughing. Her lips were cyanotic and her heart rate was irregular. Without hesitation, Gary packed Bonnie into the car and drove to the IWK emergency. As Gary entered the emergency yelling for help, his baby girl went limp. Bonnie was now in cardiac arrest. The nurses and staff reacted quickly, snatching Bonnie from my father's arms and began resuscitation procedures. The resuscitation was a success. However, during Bonnie's recovery a urine sample proved positive for red blood cells prompting a kidney biopsy. Unfortunately, Bonnie's biopsy diagnosed her with polycystic kidney disease (PKD).  
Chris with his sister Bonnie

Bonnie spent the next three months of her newborn life travelling daily with my parents to the IWK for daily blood and urine tests.

This was then reduced to every second day for three months, once a week for three months, and finally once every three months. Bonnie continued on this schedule from 1984 to 2001. During this time Bonnie lived a normal and healthy life and her nephrologist was impressed how well she was doing. Sadly, at age 19 Bonnie's kidney function began to rapidly decline. It was now late 2001 and she needed a new kidney. Mom and Dad were not viable candidates for donation due to preexisting medical conditions. I could not donate because medical staff feared I could develop late onset PKD.

As Bonnie's kidney function worsened my parents and I were desperate. Bonnie needed a kidney transplant now or she would face needing dialysis within a matter of weeks. Out of options, my parents reached out to the nephrologist who originally cared for Bonnie as a baby. He assured us it was impossible for me to contract PKD as Bonnie's type can only be present at birth. With this new and exciting news I was eager to undergo the gamut of tests required to

check my tissue compatibility with my little sister. After multiple blood tests, meetings, and an angiogram, it was determined I was almost an identical match to Bonnie for donation. Three days after my angiogram, I was admitted to the Victoria General Hospital as a living donor. February 7th, 2002, I was taken to the operating room where I had my left kidney and ureter successfully removed. Bonnie was then brought into a neighbouring operating room where the transplant was a success. Bonnie's preoperative blood creatinine (a marker of kidney function) was at a toxic level of over 800  $\mu\text{mol/L}$ . By the following morning she had produced so much urine her creatinine level was in the low 80's. For the first time in Bonnie's life her electrolytes, creatinine, and blood pressure were all within normal levels.

Bonnie and I are now both in our 30's and live successful lives. Bonnie is employed as a Medical Laboratory Technologist at Nova Scotia Health Authority (NSHA) and I work as a Registered Nurse at NSHA. It has been 14 years since Bonnie's kidney transplant and I am pleased to say Bonnie and I are living in good health. Neither of us have experienced any complications related to the kidney donation. Bonnie requires a minimal dose of anti-rejection drugs twice daily, alongside a yearly check up at the transplant clinic. She has never exhibited signs of organ rejection and physicians speculate Bonnie's kidney will last well into old age. As for myself, I am proud of Bonnie and what she has overcome. Every day I feel blessed knowing I helped my sister in such a way that changed her life so significantly. Donating my kidney has provided me with an indescribable sense of well-being that must be experienced to truly appreciate. I have witnessed firsthand the difference organ donation can make in a life. I can only hope this still story will inspire and encourage others to donate as well.

*Written by Christopher Fraser*

## INNOVATIVE IDEAS

National Organ and Tissue Donation Awareness Week (NOTDAW) was held April 18-22, 2016.

The Nova Scotia House of Assembly displayed green lights during NOTDAW.

The green lights remind us of those waiting for a life-saving transplant and express gratitude to organ and tissue donors and their families for giving the greatest gift, the gift of life.



*Nova Scotia House of Assembly, April 2016*

# KUDOS CORNER

The Gift of Life Ceremony is an annual celebration recognizing the incredible Gift of Life that organ and tissue donors and their families have made during the past year in Nova Scotia. The Legacy of Life, Regional Tissue Bank, Multi-Organ Transplant Program and Critical Care Organ Donation all contribute to recognize this incredible gift of giving.

The ceremony on May 1, 2016 was held at the Ramada Inn in Dartmouth with over 175 people in attendance. A display of pictures of the organ and/or tissue donors with a few words written by the family highlighting who the donors were, what they liked, important times or people to them. Four transplant recipients were also in attendance and they discussed their individual stories. They talked about their disease process, getting “the call”

and how their life has changed since their transplant. From laughter to tears listening to these courageous people narrate their life’s story usually does not leave a dry eye in the room.

Dr. Tammy Keough-Ryan, transplant nephrologist, and Dr. Stan George, ophthalmologist, were also present. They both talked about the importance of kidney and corneal donation, transplantation, and the benefits of these gifts.

Certificates were presented to donor families in recognition of the generous gift given by their loved one. Singer/songwriter Lana Grant preformed the song “The Gift of Life”. Lana was inspired to write this song after meeting Dr. Tammy Keough-Ryan and learning about organ and tissue donation.

Next year’s Gift of Life celebration is scheduled for May 7, 2017 at the Ramada Inn in Dartmouth.

*Written by Lisa Gillis*



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