

**Maine Medical Center
Maine Transplant Program
Policies and Procedures
Nutrition Policy**

Policy

It is the policy of the Maine Transplant Program that nutritional services will be available by a Registered Licensed Dietitian to all candidates for kidney donation and kidney transplantation during all phases of transplantation

Roles

The Registered Licensed Dietitian (RD) is part of the multidisciplinary transplant team and as such provides nutritional assessment, nutritional education, goal setting for patients, and documentation of services provided. The RD participates and collaborates in patient discussions, care planning and multidisciplinary meetings and is responsible for documentation in the medical record. The RD will also participate in quality improvement and research efforts as needed through regulatory requirements.

Procedures

Pre-Transplant/Donation

- All candidates for living kidney donation and transplantation will undergo a nutritional evaluation as part of their initial evaluation.
- Candidates presented to the multidisciplinary selection committee/transplant candidate review (TCR) will have a nutritional assessment that has been completed within the prior 24 months.
- Waitlisted patients seen for re-evaluation may undergo a follow up nutritional assessment, if deemed necessary by clinical team members.
- The encounter and plan of care for outpatients will be documented in the transplant program's electronic medical record.
- The RD may participate in Transplant Candidate Review meetings and provide recommendations regarding nutritional and/or educational needs; if not present, the RD's notes and recommendations will be reviewed by the full Candidate Review Committee in consideration of candidacy for living donation or transplantation.
- Potential recipients will be referred to an outpatient RD or the RD at their dialysis center for further information if needed.

Inpatient (Transplantation/Donation)

- All transplant recipients and living donors will have an inpatient nutritional assessment following transplantation or donation. The Registered Licensed Dietitian (RD) will adhere to the Academy of Nutrition and Dietetics (AND) Standards of Practice in Nutrition Care.
- RD will document assessment and care planning in medical record.
- RD will remain involved with patient care as needed.

Discharge

- RD will document any identified discharge needs in medical record.

Post-Transplant/Donation

- Nutritional services will be available to both transplant recipients and living donors post-transplant as needed.

Original Date: 10/22/09

Revised Dates: 1/25/10, 1/26/11, 9/10/12, 1/9/15, 8/14/15, 10/28/16, 1/25/18, 9/23/20; 12/20/23

Policy Champion: Ardyce Peters, MS – Director, Kidney Transplant

Dietitian Referral for Listed Renal Transplant Patients

Recommend offering a nutrition referral to the registered dietitian (RD) to any listed renal transplant patient if any of the following are observed by nursing or physician staff.

- 1) A potassium > 6.0 consistently
- 2) A phosphorus of > 7 consistently
- 3) If a patient requests to see the transplant RD
- 4) An albumin of ≤ 3.5
- 5) A BMI ≥ 37