

TITLE: LIVING DONOR SELECTION CRITERIA

I. PURPOSE

The Iowa Methodist Transplant Center uses written protocols for all phases of the living donor program to provide consistent quality services and to maintain adherence to regulatory requirements.

II. POLICY

The transplant center will use this policy, in addition to other considerations, to assess the medical and psychosocial suitability of potential living donors. The living donor will be under the care of a multidisciplinary team coordinated by the transplant surgeon throughout the pre, peri and post phases of donation.

III. PROCEDURE

Selection criteria guide the transplant team in evaluating living donors during all phases of the referral and evaluation process as well as during candidate acceptance and until the time of donation.

A. Absolute Exclusion Criteria:

1. Current diabetes (Type 1 or Type 2)
2. Chronic Kidney Disease GFR <60/Stage 3 or higher
3. Chronic lung disease
4. Coronary Artery Disease
5. Uncontrolled hypertension (BP > 140/90); no more than two blood pressure medications or history of hypertension with evidence of end-organ damage.
6. Current pregnancy
7. Humanitarian <21 years old
8. Age <18 years old
9. Malnutrition or underweight (BMI $\leq$ 18.5 kg/m²)
10. BMI >40
11. Evidence of acute symptomatic infection (until resolved)
12. HIV infection (unless the requirements for a variance are met according to policy 15.7)
13. Active or incompletely treated malignancy that either requires treatment other than surveillance or has more than minimal known risk of transmission
14. High suspicion of donor inducement, coercion, or other undue pressure
15. Inability to give informed consent/incapable of making an informed decision
16. High suspicion of knowingly and unlawfully acquiring, receiving, or otherwise transferring anything of value in exchange for any human organ
17. Uncontrolled diagnosable psychiatric conditions requiring treatment before donation, including any evidence of suicidality

18. Current substance abuse
19. No response from donor candidate after 3 attempts
20. The team may exclude a donor with any condition that, in the team's medical judgment, causes the donor to be unsuitable for organ donation
21. Inability to comply with transplant center's policies and procedures through transplant phases.

B. Relative Contraindications:

1. Metabolic Syndrome (defined as meeting 3 out of the 5 components) *
 - Abdominal obesity – waist size in men 92-102 cm or greater than 80 cm in women
 - Impaired glucose – fasting sugar of 100-125 or an A1C of 5.7-6.4
 - Increased blood pressure – 130/85 or taking anti hypertension medication
 - High triglycerides of 150-180
 - Low HDL of less than 40 for men or 50 for women, or if you take medications to lower triglycerides or HDL.
 2. History of Type 2 diabetes where an individualized assessment of donor demographics or comorbidities reveals either end organ damage or unacceptable lifetime risk of complications or history of gestational diabetes
 3. BMI of 30-40
 4. History of malignancy
 5. Smoking
 6. Bleeding or clotting disorder
 7. Valvular heart disease
 8. Kidney stones
 9. No insurance
 10. Recipient transplanted
 11. Multiple donors
 12. Seizure disorder
 13. Psychiatric issues,-anxiety, depression, or history of suicidality
 14. Sleep apnea
 15. The Transplant Team strongly recommends the COVID Vaccination.
- C. Other considerations for exclusion as a living donor may be identified because of medical and psychosocial evaluations, listing committee discussions, Independent Living Donor Advocate (ILDA) recommendations and/or surgeon/nephrologist recommendations.
- D. Living donor candidates may stop the evaluation or donation process at any time.

IV. DOCUMENTATION REQUIREMENTS

- A. The exclusion of a potential living donor and the basis for that elimination will be documented in EPIC.
- B. The transplant listing committee reviews the potential living donor record prior to approval for donation.

V. SELECTION CRITERIA AVAILABILITY

A. Upon request, selection criteria will be made available to a living donor candidate.

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*Source Up to Date