

# ANNUAL NURSING CONGRESS: THE ART OF CARE

November 12-13, 2018 Istanbul, Turkey

## New approaches post-transplant patient education

**Sefika Yazar Foster**  
University of Akdeniz, Turkey

Post-transplant education has a direct effect on the patient's new life. Because of this it bears a great influence on the success of the transplant. In fact many transplant centres give patient education but there is a lot of non-compliance with medication usage and follow-up care. The recipients of an organ transplant worry about using drugs, rejection, infection, complications, diet and their daily life etc. Experience has shown that we need new approach to education in this regard. The organ transplant department's patient education program should be of an adequate length, tailored to the patients' needs and be ongoing. Using new technologies and educational materials gives more self-confidence to the organ transplant recipients. Patient support after transplantation should aid the patient and their family in many ways, more active cooperation, life coaching and motivation. Our centre has completed 232 kidney transplants (202 living, 30 cadaveric), 48 liver transplants (33 living, 15 cadaveric) in 2017. Patients before discharge from the hospital were given a detailed education program such as the importance of drug use, infection control, diet, daily life, etc. During their follow-up visits after any medication changes, incorrect drug use, a changed prescription, pregnancy, diet or any other concerns they are given ongoing education and advice. The aim of the organ transplant coordination education department is to support the patients after their transplant and increase their quality of life in many ways.

## Biography

Sefika Yazar Foster has completed BSN at Dokuz Eylul University. She has worked in Dokuz Eylul University as a General Surgery and Transplant Nurse. She was into the clinical research and worked as a Site Coordinator and Clinical Research Nurse. She has experience in transplant nursing, clinical research and patient education. She is currently working in the Akdeniz Transplant Unit Education Department.

sefikayazar@hotmail.com

## Notes: