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'The Future is Now: Aspire, Achieve, Advance'



Does Increased BMI Impact on Heart Transplantation Outcomes?

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Biography:

Lucy started working with cardiopulmonary transplant patients in 2010. She became a clinical nurse specialist in cardiothoracic surgery, thoracic medicine and cardiopulmonary transplant in 2015. For the last two years she has been working as a transplant coordinator and registered nurse at St Vincent's Hospital.

It has been well documented in literature that obesity and BMI can increase the risk of mortality in the post-operative period following heart transplantation. The TSANZ guidelines state that BMI ≥ 30 should be considered as an exclusion criteria for heart transplantation. However, the ISHLT Guidelines State that a BMI ≥ 35 has been associated with worse outcomes in the post-operative period and recommend that patients decrease their weight to achieve a BMI of ≤ 35 prior to listing for cardiac transplantation. Our centres current practice follows in accordance with the ISHLT Guidelines. As per our current criteria, patients must have a BMI ≤ 35 in order to be actively listed for heart transplantation.

This poster will examine our heart transplantation cohort over a 2 year time period from 2016-2018. The aim is to establish whether an increased BMI can impact upon patient length of stay (LOS), morbidity and mortality. Through this we aim to review our outcomes and establish best practice within our centre.