

Young Adult Liver Transplant Patients

Information for patients

Welcome to the Adult Liver Transplant Service

You may have been cared for by our Paediatric Liver Team for many years, and we understand that moving to the Adult Liver Transplant Service can feel like a big change. While some things will be different, our commitment remains the same; to support you and help you stay in good health.

Here are a few key points to help you get started:

- 1. Clinic appointments:** Your clinic appointments will usually take place on Tuesday, Wednesday, or Thursday afternoons.
- 2. Transplant Coordinator Team:** You will now be supported by a team of Transplant Coordinators (TPCs) who all have access to your records and understand your care needs.
- 3. Follow-Up at King's College Hospital:** Please check with your Liver Consultant how often you should attend follow-up appointments at King's.
- 4. Blood tests:** Confirm with your Consultant how often you need blood tests and if any are required between appointments. If extra tests are needed, these can be done through your GP or local hospital.

Once completed, please email your results to the Adult Transplant Coordinators (kch-tr.livertpc@nhs.net) and Patient Pathway Coordinators (kch-tr.liverppc@nhs.net) so they can be reviewed.

Please note that these inboxes are checked regularly, and you should receive a reply within 1–2 weeks.

- 5. Immunosuppressant medication:** Always ensure you have enough immunosuppressant medication. Your GP may be able to provide repeat prescriptions. If not, ask your clinic doctor for a prescription to last until your next visit.
- 6. Running low on medication:** If you are running out of medication, contact the Adult Transplant Coordinators as soon as possible. We will arrange a prescription quickly – the more notice you can give, the better.

The Multidisciplinary Team

Dr Shanika (Jeremy) Nayagam, Dr Deepak Joshi and Dr Yooyun Chung (Adult Hepatology Consultants): They are the main Hepatology Consultants who will look after your transition and when you are in the Young Adults Service.

Miss Miriam Cortes (Paediatric and Adult Liver Transplant Consultant): She is a Liver Transplant Surgeon who works in both paediatric and adult transplantation.

Eden Cagas (Adult Transplant Coordinator): Eden is the Lead Coordinator for the young adults service. Contact email: kch-tr.livertpc@nhs.net

Jennifer Morris (Young Adults Social Worker): Jennifer is the Young Adults Social Worker helping with young people aged 12–25. You may have met her during the transition process. Contact email: jennifermorris4@nhs.net.

Jemma Day and Caitlyn Box (Clinical Psychologists): They are the Young Adults Clinic Clinical Psychologists helping with young people aged 12–25. You may have met them during the transition process. Contact emails: jemmaday1@nhs.net and caitlyn.box2@nhs.net

Adult Liver Transplant Coordinators: Transitioning from Paediatrics to Adult services may seem daunting but rest assured the Adult Transplant Coordinators are available 24 hours a day, so there is always someone to help with any issues you may have. We also have a lovely group of Post-Transplant Coordinators and these include: Agimol Pradeep, Miranda Coles, Krizyl de la Cruz, Catherine Sekar and Janin Panganiban.

They can help with any issues you have, including if you feel unwell, need prescriptions for your immunosuppressant medication, or have any other concerns. They can explain anything you are unsure about and contact the doctors on your behalf for medical advice. The primary role is to support you. You may speak with different coordinators at times, but all of us are familiar with your care and can assist with any queries.

It is easy to contact the Adult Liver Coordinators. All you need to do is call **020 3299 9000** to speak with an operator and ask them to transfer your call to the **Liver Transplant Coordinators**. Please ensure you always leave your name, telephone number and a short message to call you back as soon as possible.

If you have any concerns about your care, you can always contact Sarah Coate, who is the Lead Liver Transplant Co-Ordinators, on sarah.coate@nhs.net

Listen – Peer Support Service:

You can also connect with Listen, a patient-led support group at King's College Hospital. They provide information, mentoring, and emotional support for patients before and after liver transplantation, as well as for their families and friends. Listen also works closely with the hospital's specialist social workers.

To join:

1. Visit www.listenatkings.org
2. Download the membership form
3. Complete and return to paul.mckie@nhs.net

MyChart

Our MyChart app and website lets you securely access parts of your health record with us, giving you more control over your care. To sign up or for help, call us on 020 3299 4618 or email kings.mychart@nhs.net. Visit www.kch.nhs.uk/mychart to find out more.

Care provided by students

We provide clinical training where our students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams. The PALS office is located on the ground floor of the Hambleton Wing, near the main entrance on Bessemer Road - staff will be happy to direct you.

PALS at King's College Hospital, Denmark Hill, London SE5 9RS
Tel: **020 3299 4618**
Email: **kings.pals@nhs.net**

If you would like the information in this leaflet in a different language or format, please contact our Interpreting and Accessible Communication Support on **020 3299 4618** or email **kings.access@nhs.net**