



UW Medicine

社工服务

为华大医学肺脏移植患者提供的服务

本讲义为患者介绍了华大医学肺移植社会工作者、如何在移植过程的各个阶段为患者提供支持。

肺移植可以帮助患者获得更好的生活质量，甚至活得更久。但是，患者及其家人及家护人员在移植手术前后将面临许多挑战。社会工作者可以协助患者解决将面临的许多问题。

社工提供那些服务？

肺移植社会工作者是华大医学肺移植团队的重要成员。社工可以帮助患者、家人和家护人员应对压力，解决移植过程中出现的许多问题。



肺移植社工在这里为患者、家人及家护人员提供支持。

评估

在评估的第一部分，患者、他们的家人和他们的家护人员将与肺移植社会工作者见面。在会谈中，社工会询问许多关于患者的情况的问题。其回答将有助于我们了解患者在准备做肺移植时可能需要的帮助。社工也会向患者解释肺移植团队对患者及其家护人员的要求。

可能会与社工不止见一次见面。可能需要几周或几个月的时间才能完成评估。

支持组团

肺移植社会工作者领导华大医学肺移植支持小组。患者可以在移植手术前后参加支持小组会议。大多数情况下，这些会议是一个“开放的论坛”，每个人都可以分享和提问。

这些会议是认识其他肺移植患者及其家护人员的好地方。与其他与您有类似经历的人建立联系是很有帮助的。

辅导及转介

肺移植社工会与患者讨论在移植前后生活方式的改变、反应及面临的压力。如有需要，社工可以提供简短的辅导。他们也可能将患者转介给一些机构、社区资源或心理健康提供者，以帮助患者应对这些挑战。

相关资源

肺移植社会工作者可以提供解释移植的 *社会心理*（情绪、精神或社会）方面的资源。这些资源包括借阅我们图书馆的书籍和其他书面材料。其中一些材料是关于移植过程的，而其他材料则涉及更普遍的主题。

移植后的应对

移植是一个重大事件。它改变了患者、其家人和家护人员的生活。肺移植后的头几个月需要每个人全身心投入。

肺移植团队的所有成员，包括社工，都会为患者及其家护人员提供持续的支持和教学。其中一些是在移植前的门诊中进行的。但是，在患者做了移植手术后，我们会在医院里及离开医院后的每次门诊中继续提供支持和教学。许多患者和他们的家护人员也认为参加华大医院每月一次的肺移植支持小组会议很有帮助。

工作

残疾问题

有些患者在等待肺移植期间可以继续工作。其他患者则有资格获得社会残障保障（SSD）或社会安全补助金收入（SSI）等福利。

在肺移植手术后的某些时候，受赠者可能不再被视为残障。社会残障保障（SSD）或社会安全补助金收入（SSI）项目对“残障”的法律定义是：

“由于任何医学上确定的身体或精神损伤，无法从事任何实质性的有收入的活动，而这种损伤预计可能会导致死亡，或损伤已经持续了不少于 12 个月，或损伤预计会持续不少于 12 个月”。

肺移植团队可以协助患者确定是否仍然符合法律上的残障，或患者是否可以重返工作岗位。

重返工作岗位

我们的目标是让每一位移植者过着充实而有意义的生活。对一些人来说，这可能意味着重返工作岗位。重返工作岗位可以在经济上有所帮助，也可以获得医疗保险。

有些移植受赠者可能可以回到移植手术前的工作单位。有些人可能需要改变某些工作的性质。其他受赠者可能需要重新培训，以便找到不同的工作。

有时，移植受赠者在重返工作岗位时可能会遇到障碍。雇主可能会担心雇用接受过移植手术的人。美国残障人法案（ADA）提供了一些保护条例，使应聘者免受这种歧视。残障人法案（ADA）的存在，以及让雇主更进一步地了解其相关信息，有助于雇主确信移植患者可以成为可靠的员工。

需要时间来恢复

如肺移植受赠者选择回去工作、我们是非常鼓励的。但是，要给自己足够的时间从手术中恢复。在肺移植手术后恢复工作之前，请向华大医学肺移植团队索取医疗许可。

写信给捐献者家属

许多患者问及写信给其器官捐献者的家人的问题。大多数捐赠者家属都很高兴收到器官受赠者的来信。

是否写信给捐赠者家属是患者个人的选择。如患者决定要写信，可以谈谈自己、患者的家庭、有关工作或是做义工的情况、患者的爱好及其他方面的兴趣。捐赠者家属通常都很想知道接受了移植是如何改变了患者的生活。一定要感谢捐献者家属的馈赠。

为信件保密：

- 不加姓氏、**仅使用名字**。
- **不要**写上地址、电话号码、电子邮箱或其他联系信息。

请把信交给肺移植社工，他们会帮患者将信寄给器官获取组织（OPO）。器官获取组织（OPO）是一个管理器官捐赠的非营利组织。器官获取组织（OPO）会将移植受赠者的信转交给捐献者的家人。

当受赠者将卡片或信件交给社工时，请在另一张纸上写上全名和移植日期。这些资讯是用来确认捐献者家属的身份。这些信息不会与捐献者家属分享。

您有疑问吗？

我们很重视您的提问，您有疑问或顾虑时；请致电华大医学的肺脏移植组：

工作时间上午 8 点至下 4:30 :
请致电： 206.598.5668.

下班后及周末假日: 请致电：
206.598.6190 接通后，请传呼当值的肺科移植医生。

Social Work Services

For UW Medicine lung transplant patients

This chapter explains how the UW Medicine Lung Transplant Social Worker can support you during all stages of the transplant process.

A lung transplant may help you have a better quality of life and even allow you to live longer. But you, your family, and your care providers will deal with many challenges before and after your transplant surgery. A social worker can be of help with many of the issues you will face.

What does a social worker do?

The Lung Transplant Social Worker is a vital member of the UW Medicine Lung Transplant Team. The social worker can help you, your family, and your care providers cope with stress and resolve many of the issues that arise during the transplant process.



The Lung Transplant Social Worker is here to support you, your family, and your care providers.

Assessment

Patients, their families, and their care providers will meet with the Lung Transplant Social Worker during the first part of their evaluation. During your visit, the social worker will ask many questions about your situation. Your answers will help us know what help you might need as you prepare for a possible lung transplant. The social worker will also explain what the Lung Transplant Team needs from you and your care providers.

You may meet with the social worker more than one time. It may take weeks or months before the assessment is complete.

Support Group

The Lung Transplant Social Worker leads the UW Medicine Lung Transplant Support Group. Patients may attend support group meetings before and after their transplant surgery. Most times, these meetings are an “open forum” where everyone can share and ask questions.

These meetings are a great place to meet other lung transplant patients and their care providers. It can be helpful to connect with others who are going through an experience that is similar to yours.

Counseling and Referrals

The Lung Transplant Social Worker will talk with you about the lifestyle changes, reactions, and stresses that you will face before and after your transplant. If needed, the social worker can provide brief counseling. They may also refer you to agencies, community resources, or a mental health provider to help you cope with these challenges.

Resources

The Lung Transplant Social Worker can provide resources that explain the *psychosocial* (emotional, mental, or social) aspects of transplant. These resources include books from our lending library and other written materials. Some of these materials are about the transplant process, while others deal with more general subjects.

Coping After a Transplant

A transplant is a major event. It changes the lives of the patient, their family, and their care providers. The first few months after a lung transplant require a full commitment from everyone involved.

All Lung Transplant Team members, including the social worker, provide ongoing support and teaching for you and your care providers. Some of this occurs at clinic visits before the transplant. But we continue to support and teach you in the hospital after your transplant surgery, and at each clinic visit after you leave the hospital. Many patients and their care providers also find it helpful to attend the monthly Lung Transplant Support Group meetings at UWMC.

Work

Disability

Some patients can keep working while they wait for a lung transplant. Other patients qualify for Social Security Disability (SSD) or Supplemental Security Income (SSI) benefits.

At some point after a lung transplant surgery, recipients may no longer be considered disabled. The legal definition of “disability” under the SSD and SSI programs is:

“The inability to engage in any substantial gainful activity by reason of any medically determined physical or mental impairment which can be expected to result in death, or has lasted or can be expected to last, for a continuous period of not less than 12 months ...”

The Lung Transplant Team can help you determine if you are still legally disabled or if you are able to return to work.

Going Back to Work

Our goal is for each transplant recipient to lead a fulfilling and productive life. For some, this might mean returning to work. Going back to work can help financially and also provide access to health insurance.

Some recipients may be able to return to the job they had before their transplant surgery. Others might need to change some aspects of their job. Others may need re-training so that they can find a different job.

At times, transplant recipients can run into barriers when they try to return to work. An employer might be worried about hiring someone who has had a transplant. The Americans with Disabilities Act (ADA) provides some protection from this discrimination. The ADA law, and being better informed, can help an employer feel confident that transplant patients can be reliable employees.

Take Time to Recover

We encourage lung transplant recipients to go back to work if they choose to do so. But, it is important to give yourself plenty of time to recover from the surgery. Before you return to work after lung transplant surgery, please ask the UW Medicine Lung Transplant Team for a *medical release*.

Writing to Donor Families

Many patients ask about writing to the family of their organ donor. Most donor families are pleased to hear from the organ recipient.

It is your choice whether to write to the donor family. If you do write, it is helpful to talk about yourself, your family, your job or volunteer work, your hobbies, and your other interests. Donor families are often eager to hear about how having a transplant has changed your life. Be sure to thank the donor family for their gift.

To keep your letter confidential:

- Use **only** your first name.
- Do **not** include your address, phone number, email address, or other contact information.

Give your letter to the Lung Transplant Social Worker, who will help send it to the Organ Procurement Organization (OPO) for your donor. The OPO is a non-profit organization that manages organ donations. The OPO will then forward your letter to the donor's family.

When you give your card or letter to the social worker, include a separate piece of paper with your full name and the date of your transplant. This information is used to identify your donor's family. It will not be shared with them.

Questions?

Your questions are important. Call the UW Medicine Lung Transplant Team if you have questions or concerns:

Weekdays from 8 am. to 4 p.m.: Call 206.598.5668.

After hours and on weekends and holidays: Call 206.598.6190 and ask to page the Pulmonary Transplant fellow on call.