



A L T R A

S O U T H E R N A L B E R T A T R A N S P L A N T P R O G R A M

Introduction

We, the authors, are pleased to present *“Developing coping skills in pre-transplant patients: A facilitators guide to group intervention.”*

Social workers play an integral role in transplant centers as they offer a variety of support to meet a patient’s practical, instrumental and emotional needs. As practicing social workers, we recognized the need for a psychosocial intervention during the pre-transplant period after observing that many of our pre-transplant patients experienced high levels of depression and anxiety. These symptoms were often further exacerbated by transplant. We felt that, if left unaddressed, the symptoms of anxiety and/or depression could lead to elevated levels of distress and negatively impact the patient’s future physical and mental wellbeing. This prompted our investigation and development of the coping skills manual for facilitators in the same, or similar fields.

Based on our hypothesis, research, and literature review, we developed and pilot-tested a coping skills group for pre-transplant patients in the Southern Alberta Transplant Program. With patient feedback, and quantitative data, we developed this coping skills manual and have also published our findings in Health and Social Work (<https://academic.oup.com/hsw/article-abstract/42/1/e44/2725376>), demonstrating that the intervention effectively lowers patient anxiety and depression.

Although the research indicates a need for psychosocial intervention at the pre-transplant stage, there are few programs offering such an intervention in North America. The Southern Alberta Transplant Program in Calgary, Alberta has been implementing this program for eight years with consistent successful outcomes.

The facilitators manual, *“Developing coping skills in pre-transplant patients: A facilitators guide to group intervention,”* was produced with the hopes of reaching transplant communities nationally and internationally. It is our belief that this intervention can be reproduced and generalized to other clinical areas and can render similar positive patient outcomes.

We hope this guide will assist you in caring for your patients’ physical and emotional well-being and we encourage you to contact us if you have any questions or require further information.

Signed,

Tasneem Remtulla MSW. RSW
Tasneem.Remtulla@albertahealthservices.ca

Dee Miner MSW. RSW
Dee.Miner@albertahealthservices.ca

Julie Anne Craig MSW. RSW
Julie_anne_craig@hotmail.com