

## Hand/Arm Transplantation – Question Prompt Sheet

Many people with upper limb loss have questions or concerns that they want to discuss with their healthcare team. During busy clinic visits people may forget to ask their questions. We created this question sheet to help you get the information that you want about hand/arm transplantation.

The questions on this list are organized by topic. Some questions may matter more to you than others. You can use this list to help you remember what to ask the transplant team.

Circle the questions that you want answers to or write down your own questions before your clinic visit. Plan to ask your most important questions first. One visit may not be long enough to cover all of your questions.

### TOPICS AND QUESTIONS

#### The Hand/Arm Transplant Field

1. What is the success rate of upper limb transplantation?
2. How many upper limb transplants have been performed in the US, and how many are still working?

#### Eligibility and Evaluation Process

3. How do I find out if I am eligible, and what makes someone a good candidate?
4. What are the steps in the evaluation process?
5. How long does it take to get evaluated and put on the waitlist?

#### Donor-Recipient Matching and Appearance of Hand/Arm Transplant

6. How do doctors decide if the donor is a good match?
7. How do we choose the size, skin tone, gender, etc. of the donor hand(s)/arm(s)?
8. How long will I wait for a donor?
9. How will my new hand/arm look different from the rest of my body?

#### Hand/Arm Transplant Surgery

10. What does the surgery involve, and how long does it last?
11. After a donor is identified and I am called, how soon will the surgery start?
12. How long is the hospital stay?
13. What are the risks of hand/arm transplant surgery?

#### Rehabilitation

14. How much and what kind of therapy will I need?
15. How soon after surgery do I start hand therapy?
16. After the transplant, what will my caregivers need to do for me at home and for how long?

## Regaining Function

17. Will the hand/arm transplant work like a healthy hand/arm?
18. What hand function and sensation should I expect to get from the transplant, and when will it come back?
19. What day-to-day and recreational activities will I be able to do and not do with the new hand(s)/arm(s)?

## Risks of Hand/Arm Transplant

20. What are the risks of having a transplanted hand/arm?
21. What are the chances that the hand/arm transplant won't work?
22. Will the hand/arm need to be amputated if it does not work? If yes, will you have to go further up the arm to remove it?
23. What health problems could having a hand/arm transplant(s) cause in the future?
24. What is the chance of acute and chronic rejection?
25. What happens if my body rejects the hand/arm? Can something be done to treat rejection?

## Anti-Rejection Medicine

26. How many anti-rejection medicines will I have to take?
27. How long will I have to take anti-rejection medicines?
28. What are the risks and side effects of taking anti-rejection medicines?
29. How soon will rejection happen if I don't take my medicines on time?

## Living with a Hand/Arm Transplant

30. What will I need to do to protect my new hand/arm?
31. Will I be able to drink alcohol, smoke tobacco, and/or use recreational drugs?
32. Can I change my mind and have the hand/arm removed?
33. Is there mental health support for hand/arm transplant recipients or their caregivers?
34. Does insurance cover the cost of the surgery, hand therapy, and anti-rejection medications? How much do I need to cover out-of-pocket?
35. How can I find hand/arm transplant recipients to talk to?

## Your Own Questions: