



**ISHLT**



**HFSA**

HEART FAILURE SOCIETY OF AMERICA

# 2026 HFSA/ISHLT Heart and Lung Transplant Series

## The Journey of a Heart Transplant Patient

### COURSE DESCRIPTION

This session follows the real-world journey of a patient with advanced heart failure whose condition progresses despite guideline-directed therapy. Presented by three expert nurse speakers, the session highlights the pivotal role nurses and allied health professionals play at every stage of the transplant continuum.

Starting with an in-depth patient case, the seminar explores how nurses identify therapy barriers, engage in patient-centered problem-solving, and support adherence when medical therapy fails. Faculty will then guide learners through the transition to transplant, emphasizing nursing responsibilities in evaluation, education, communication, and cross-team coordination. Post-transplant care is examined through the lens of the nurse coordinator's role in surveillance, complication prevention, medication management, and long-term patient support.

### LEARNING OBJECTIVES

At the conclusion of this activity, learners will be able to:

1. Describe the clinical progression and decision-making pathway for an advanced heart failure patient who does not respond to medical therapy.
2. Identify common therapy barriers faced by patients and explain how nurses can address them through communication, education, and interdisciplinary coordination.
3. Explain the role of nurses in the heart transplant process, including pre-transplant evaluation, patient preparation, and transitional support.
4. Discuss key responsibilities of nurse coordinators in post-transplant care, including monitoring, medication management, complication prevention, and patient advocacy.
5. Apply evidence-based nursing strategies to improve outcomes and enhance continuity of care across the transplant journey.

## **FACULTY**

**Laura Peters, FNP, FHFA, HF-Cert, University of Colorado Health, Aurora, C USA (*Chair*)**

**Megan Fraser, DNP, NP-C, CHFNP, FHFA, HF-Cert, University of Minnesota, Minneapolis, MN USA**

**Katherine Wilson, BSN, RN, University of North Carolina at Chapel Hill, Chapel Hill, NC USA**

## **CONTINUING EDUCATION CREDIT FOR THIS SEMINAR ONLY**

The HFSA/ISHLT Transplant Seminar Bundle offers up to 0.50 continuing education hours, including CME, NCPD, AAPA CME, and CEPTC.