Quality of Life, Patient Satisfaction performance after heart transplantation
the negative effect of obesity on functional research findings include a report showing Novartis Pharmaceuticals. Examples of for Healthcare Research and Quality, and the National Institutes of Health, Agency from agencies and corporations including faculty have been awarded extramural Schools of Medicine and Nursing, and (PhD, MS, and MPH) from the V anderbilt doctoral trainees in transplant outcomes research have earned advanced degrees (PhD, MS, and MPH) from the Vanderbilt Schools of Medicine and Nursing, and faculty have been awarded extramural funding to support research and training from agencies and corporations including the National Institutes of Health, Agency for Health,are Research and Quality, and Novartis Pharmaceuticals. Examples of research findings include a report showing the negative effect of obesity on functional performance after heart transplantation (Butler et al. JHLT, 2003;22:1149-1156). Dr. Haley Hoy’s research (School of Nurs-
ing, 2008) also found that pre-transplant obesity and overweight may have an adverse impact on physical quality of life after lung transplantation. These findings point the way towards future programs aimed at successful weight management to promote optimal quality of life after organ transplantation. This sort of information is valuable to the medical community, patients and their families, and policy makers, and it would not be possible without patients’ willingness to give their time and complete the surveys. We sincerely thank our patients for their time and participation in this project.

Forget-me-nots
The Heart Transplant Office’s contact numbers are: Phone: 866-748-1494 or 615-936-3580; Fax: 615-936-3829. Please call us and let us know if there is a change in your phone number, address, or insurance. Also, please call us if you can’t keep your clinic appointment. Remember to do your three month labs. Remember to wear sunscreen everyday to protect yourself!

Summer Picnic
The Heart Transplant Program will be having its annual patient picnic September 20th. It will be held in area 11 at Edwin Warner Park. We will have food, music, games, and prizes. If you have a talent you would like to contribute to the picnic, such as music or crafts, please let us know! This is a great chance to meet other transplant recipients. Please bring your family and friends to this event to help the Vanderbilt Heart Transplant Program celebrate you! A special thank you to Anne Schmitt at 615-936-0398 is appreciated.

WANT TO HELP OTHER TRANSPLANT RECIPIENTS?
Would you like to become involved in the lives of other transplant recipients? Would you like to share your knowledge of living life post-transplant with someone who would like your support? If you are interested in getting involved with the Heart Transplant Support Network, then please call Anne Schmitt at 615-936-0398 for more information. If you would like to donate to the Vanderbilt Heart Transplant Program, there are two funds you can support. The Patient Assistance Fund and The Research & Education Fund both help people who have had or need transplants. Please mail all donations to the following address:

Vanderbilt Heart Transplant “Patient Assistance Fund” or “Research & Education Fund”
c/o Yvonne A. Moneypenny
808 Oxford House
Nashville, TN 37232-4745

if you have questions, contact Yvonne Moneypenny at 615-936-0388.

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Spotlight on your heart transplant team members

Jennifer Fosnot, Pharm.D, received her Doctorate of Phar-\n\nmacy degree from the University of Pitts-\nburgh. Subsequently, she completed a one year pharmacy practice residency followed by a one year specialty residency in solid organ transplantation at Vanderbilt University Medical Center. Dr. Fosnot is currently one of two solid organ transplant clinical pharmacists at Vanderbilt whose emphasis is in heart, renal, and pancreas transplantation. She attends both inpatient rounds with the heart and renal team, as well as, outpatient clinics with both services.

Anne Schmitt is the Social Worker for Heart and Lung Transplant. She has been with the transplant teams since November 2007. She works with patients and families during the evaluation for transplant by conducting psychosocial assessments. She continues to follow patients and families during transplant and post-transplant for assessment, brief counseling, and resource information. Previous to transplant, she worked with the in-patient Cardiology, Cardiac Surgery, and Thoracic Surgery services. Anne received her Master’s of Science of Social Work from the University of Tennessee.

Dr. Karen Starr is a state licensed alcohol and drug abus-\neelor (LADAC) and is nationally certified as a Master’s Addiction Counselor. For the past 12 years she has served as Director of Transplant Psychiatry as a psychiatric nurse practitioner with faculty appointments in the Schools of Medicine and Nursing. She is nationally recognized as an authority on addiction and has authored several publications on psychiatric topics. She received her M.S.N. in psychiatric-mental health nursing from Vanderbilt in 1983. Since that time she has served as consultant to several federal, state, and educational agencies and has taught addiction studies internationally. Karen is a retired US Army Nurse Corps Lieutenant Colonel with 28 years of service. In 1999 she was noted as one of the University Of Missouri School Of Nurs-\nings “Distinguished Alumna,” in 2002 she received the “Vanderbilt University School Of Nursing Alumni Award For Excellence In Nursing”, and in 2005 she received the “Voices For Recovery” award from the Tennessee Association of Alcohol, Drug and Other Addiction Services.

She has a Bachelor’s of Arts in Psychology and Sociology from Bellarmine University in Louisville, KY. Anne is a native Nashv-\n\nilian and enjoys reading and traveling. The group’s growth continued until the late 1990s when several unrelated factors caused a decrease in meeting attendance. After the death of President Jim Hendon in 2000, attendance further deteriorated and in 2003 the group considered discon-\ntinuing monthly meetings. However, in December 2003 several members from Knoxville’s New Heart Society came to Chattanooga and encouraged the group to make changes to improve attendance. Two of the top suggestions were to move the meetings to a restaurant and to have a speaker at all monthly meetings. The members renewed their commitment to continue their work. Monthly meetings, held the third Thursday night of each month, were moved to Wally’s Restau-\nrant which is centrally located just off Interstate 75. A program chairman was elected to provide a speaker for each meeting. The group’s name was changed to Tri-State Transplant Support Group to better reflect where the group’s members live (Southeast Tennessee, Northwest Georgia, and Northeast Alabama), and to clarify that membership is open to all organ transplants. Also, the ties were strengthened with Tennessee Donor Services at a time when they were placing new emphasis on education.

Within a few months the attendance at meetings had grown to between 14 and 25 with members coming from four transplant centers. Vanderbilt and Saint Thomas in Nashville, Emory in Atlanta, and the University of Alabama at Bir-\nmingham. The group that initially had success and then nearly folded was again attracting new members, fulfilling a mis-\n\nsion of support to transplants and those awaiting a transplant, and reaching out to educate the Chattanooga area community about the need for organ donation. For more information about the group, see their website at: www.tristatetransplanta-\nsupport.com.