

Case study:

Jess Harris





Meet Jess

Jess, 31, from London is currently on dialysis while she waits for a kidney transplant.

At 12 years old, Jess was diagnosed with type 1 diabetes, a condition which means her body is unable to produce enough insulin to control the amount of sugar in her blood. At 16, Jess' kidney function dropped to 16% and she now needs regular dialysis to keep her kidneys functioning properly while she waits for a kidney transplant.

Jess would love to travel and experience different countries and cultures, but until she gets a transplant she has to stay close to home. She says 'I just want to live a bit more of a normal life and I know if I get the transplant I so desperately need, I will have a shot at that.'

Jess added, "Until I needed a transplant I had never thought about it, but I would encourage everyone to think about organ donation and make sure you have the conversation with your family and friends. It's not an easy one to have, but these donors and their families they're giving people like me a second chance to live."

Since these resources were developed, Jess has received a kidney transplant and is now in recovery.

To learn more about Jess' story watch the film at nhsbt.nhs.uk/teaching-resources