NHS BLOOD AND TRANSPLANT ORGAN AND TISSUE DONATION AND TRANSPLANTATION THE FIFTEENTH MEETING OF THE NHSBT CARDIOTHORACIC PATIENT GROUP (CTPG) ON WEDNESDAY 12 MAY 2021 FROM 10:00 TO 13:00

MINUTES

CTAG Patient Group Chair

PRESENT

Rob Graham (RG) Janet Atkins (JA) Eleanor Blann Debbie Burdon (DB) Trevor Collins (TC) Lynda Ellis (LE) John Forsythe (JF) Simon Gach (SG) Maggie Gambrill (MG) Margaret Harrison (MH) Kimberly Hayles (KH) Ged Higgins (GH) Lorraine Jerrett (LJ) Beverley Jones (BJ) Jessica Jones (JJ) Stephen Kirkham (SK) Alan Lees (AL) Jane Nuttall (JN) Harsa Parmar (HP) Jas Parmar (JP) Rochelle Pointon (RP) Rosie Pope (RPo) Richard Quigley (RQ) Sally Rushton (SR) Lucy Ryan (LRy)

Sandeep Shah (SS) Adrian Sims (AS) Michael Thomson (MT) Rajamiyer Venkateswaran (RV) Sadie Von Joel (SVJ) Sophie Walters (SW) Mark Whitbread-Jordan (MWJ)

IN ATTENDANCE

Caroline Robinson (CR)

New Start Transplant Charity, Wythenshawe Hospital Medical Director - OTDT, NHSBT Double Lung Transplant Patient, Royal Papworth Hospital Heart Transplant Patient, Royal Papworth Hospital **CTAG Lay Member Representative** Transplant Recipient Patient, Harefield Hospital Patient Representative, Wythenshawe Hospital Recipient CT Transplant Co-ordinator, Golden Jubilee National Hospital Transplant Social Worker, Wythenshawe Hospital Cystic Fibrosis Trust Heart Transplant Patient, Golden Jubilee Patient Representative, Harefield Transplant Club, Harefield Hospital Recipient Transplant Co-ordinator, Wythenshawe Hospital Heart and Lung Transplant Recipient, Royal Papworth Hospital Chair CTAG Lungs, NHSBT (Royal Papworth) CT Recipient Transplant Co-ordinator, Birmingham Parent of Transplant Recipient, Harefield Hospital Lead Nurse Transplant, Royal Papworth Hospital Senior Statistician, NHSBT Heart Transplant Patient at GOSH, (now at Papworth helping with Heart Transplant Families UK) Heart Transplant Recipient, Royal Papworth Hospital Heart and Lung Patient (awaiting transplant) Patient Representative, Golden Jubilee National Hospital Chair CTAG Hearts, NHSBT (Manchester) Lead CT Recipient Transplant Co-ordinator Heart & Lung Transplant Coordinator, University Hospitals Blrmingham Transplant Patient – Queen Elizabeth Hospital, Birmingham

Transplant Support Group, Governor, Royal Papworth Hospital

Patient Representative, Treasurer of FHLTA, Freeman Hospital

Heart Transplant Recipient, Royal Papworth Hospital

Dept of Nursing and Physiotherapy, University Hospitals Birmingham

Clinical and Support Services, OTDT, NHSBT (Minutes)

	Welcome and Introductions
	R Graham welcomed everyone to the meeting, particularly those who are attending for the first time. Apologies for today's meeting were recorded from Louise Davey and Neil Henson.
	R Graham recorded his thanks to J Parameshwar who has stepped down as CTAG Heart and Lungs Chair for his invaluable help with and advocacy for this Patient Group and for his excellent chairmanship of both the CTAG Advisory Groups over the last few years. In future there will be two co-chairs for these Advisory Group meetings; J Parmar (the new Chair of CTAG Lungs) and R Venkateswaran (the new Chair of CTAG Hearts) were both welcomed to the meeting.
1.	Declarations of Interest - CTPG(20)08
	There were no declarations of interest

2.	Minutes and Action Points from Previous Meetings
2.1	Minutes and Action Points from previous CT Patient Group meeting -18 November 2020
	CTPG(M)(20)03 - The Minutes were circulated before the meeting and R Graham confirmed that he and
	J Parameshwar approved them. The Minutes were accepted as a true record. It was highlighted that at
	a previous meeting R Graham had written to Baroness Blackwood regarding resource issues and the
	fact that transplant patients were being turned down due to a shortage of ICU beds and that there had
	been no feedback circulated to members of this group yet. R Graham confirmed that there had been no
	response to his letter (except from NHS England stating they would respond in due course) and that
	issues around COVID had taken precedence over the last year. J Forsythe confirmed that development
	of the new 10-year NHSBT strategy and other aspects towards recovery post COVID were continuing.
	While the issue of ICU beds has not been chased yet, it remains a serious issue to be followed up in
	due course.
2.2	Minutes of CTAG Lungs Meeting - 31 March 2021 - CTAGL(M)(21)01 - The Minutes were circulated
	prior to the meeting
2.3	Minutes of CTAG Hearts Meeting – 22 March 2021 - CTAGH(M)(21)01 - The Minutes were circulated
	prior to the meeting
2.4	R Graham confirmed that he had raised the issues of vaccine efficacy for those people who are
	immunosuppressed and the need for better emotional and psychological support for post-transplant
	patients at both CTAG Hearts and CTAG Lungs meetings.
3.	NHSBT – Medical Director's Report
3.1	J Forsythe started by acknowledging the work of J Parameshwar for his work as CTAG Hearts and
	Lungs Chair and the importance of his role in CT transplantation. He stated that it has been reassuring
	to have Jayan at his side during this most challenging period. J Parmar and R Venkateswaran were
	welcomed again to their new roles as CTAG Hearts and Lungs Chairs.
3.2	<u>COVID 19 activity</u> – J Forsythe presented a graph showing donation and transplantation of all organs
	from April 2019 to 4 May 2021. This shows that during the 1 st surge in April 2020 there was a massive
	drop in donation and transplantation mainly due to the logistics of carrying on the service during a time
	of high pressure on all parts of the NHS. At this time, NHSBT adopted a command and control position
	to ensure that the donors going ahead would end in transplantation. It was also unclear at this point
	what dangers staff were facing travelling around the country. The numbers recovered in July and
	August but dropped again during a further wave of COVID in October. At that time, transplantation
	numbers were not hit as severely as this surge had been anticipated and plans were in place to manage
	demand. In January 2021 the impact was more on ICU capacity and this hit CT and liver transplantation
	particularly which was different from the previous surges. Overall, donation and transplantation numbers
	were maintained remarkably well and at the end of the financial year were down by only 20%.
	All transplant control are now onen, although one control has limited access to staffed ICU hade for
	All transplant centres are now open, although one centre has limited access to staffed ICU beds for
	routine transplantation. Patients have been offered the opportunity to be transferred to other centres and thanks were expressed to those units who have helped facilitate this, especially for routine lung
	transplantation. J Forsythe stated that he was immensely proud and grateful to all those across the
	NHS who have worked incredibly hard to keep the service running so effectively during this hugely
	challenging period.
3.3	VITTS (Vaccine Induced Thrombosis and Thrombocytopenia) – NHSBT has been heavily involved in
5.5	the work around this condition and has been able to identify patients with VITTS due to its unique UK
	wide view of ICUs. There is ongoing liaison with the MHRA and other organisations along with access
	to and investigation of donor samples so that all available information can be passed on for further work
	in this area.
3.4	Vaccination – NHSBT put together a bid for research funding to NIHR (National Institute for Health
0.1	Research) to look at those who are under immunosuppression and the effects of vaccination post
	transplantation. Unfortunately, when this bid for government funding was submitted it was unsuccessful,
	so there is currently reliance on work and publications that have been completed elsewhere. NHSBT is
	now looking at this issue in a different way and has a registry that looks at people who have been either
	transplanted or those on the waiting list who have contracted COVID. The agreement to join up this with
	those who have been vaccinated has taken a long time, but it should now be possible to look at the data
	retrospectively and to monitor how good the vaccinations are.
	Members of this Patient Group may be interested in a recent article which is the best study available
	currently that has been published in the Journal of the American Medical Association (JAMA) (see link):

	https://jamanetwork.com/journals/jama/fullarticle/2779852?fbclid=IwAR2JroGOzpSe1Oi5yqCjXwFzHIQ
	yt24a015fo9R-zsz_3M5BJcC3PO-pIr4
	This looks at the antibody response in immunosuppressed patients following solid organ transplantation
	and the effectiveness of the mRNA vaccines (not AZ). The report acknowledges that it doesn't measure
	the memory B or T Cell response for this virus which may be an important factor in providing protection
	against COVID. Overall, of the 658 participants, 98 (15%) had measurable antibody response after
	dose 1 and dose 2; 301 (46%) had no antibody response after dose 1 or dose 2; and 259 (39%) had no
	antibody response after dose 1 but subsequent antibody response after dose 2.
	There is no research funding available at NHSBT to make a further submission. The meeting discussed
	whether patient groups can facilitate this process and it was noted that a collaborative approach with
	the Chairs of other patient groups may be beneficial. Although this group of patients is relatively small, it
	is a surrogate group for the immunosuppressed generally and this would need to be underlined if a
	further bid for funding was made. Testing for individual antibody responses in routine bloods was also
	discussed and it was highlighted that this is not available in every laboratory and a centralised approach
	that may need funding is something that would be needed to do this for everyone. It is also not known
	what level of antibody response is needed to either prevent someone catching the disease, becoming
	seriously ill or dying. It was however, noted that the emotional perspective needs to be taken into account to allow transplant patients to be confident about decisions they make every day.
	ACTION: J Forsythe to discuss this issue with Ines Ushiro-Lumb
	J Parmar stated that an antibody test is being done with Papworth patients and there is a plan to send
	out a finger prick test once this is validated. However, a lot more granular detail is needed than just an
	antibody response. Other work for the future includes work on boosters, making the vaccination better
	and other drug treatment. The major concern for the future is variants that may appear, and it is likely
	that booster vaccinations to help deal with these are likely to be offered towards the end of this year.
	ACTION: J Parmar to take work ongoing at Papworth to the next NHSBT Clinical Team meeting
	The meeting discussed the possibility of groups of immunosuppressed patients coming together to do
	joint lobbying and this issue will be explored further. Members may be interested in the NHSBT bulletins
	that come out regularly. For further information, click on the link: <u>https://www.odt.nhs.uk/deceased-</u>
	donation/covid-19-advice-for-clinicians/
3.5	<u>NHSBT 2030 Strategy</u> – J Forsythe thanked the patient group for their input and help with the strategy.
	Although this was ready to go a few months ago, it was delayed due to the pre-election period for
	Scottish and Welsh elections and NHSBT was not allowed to publish it at that time. It will now be
	launched around June and will be largely as it has been seen before.
4.	Introduction of New Chairs for CTAG Hearts and CTAG Lungs Advisory Groups
4.1	Chair of CTAG Lungs – J Parmar stated that as well as being the new Chair of CTAG Lungs Advisory
	Group, he is a respiratory consultant at Royal Papworth Hospital. Although the advisory group will have
	a lung focus, he reassured those awaiting both heart and lung organs that work will continue to ensure
	there is no disconnect in the service. He introduced key workstreams for the coming months:
	• Improving donor lung utilisation - This has been a challenging issue, especially over the last year
	due to COVID. A number of initiatives are now underway to address this issue and it is hoped that
	coming out of COVID there will be an improvement including:
	 Greater involvement of physicians in donor lung acceptance
	 A CLU (Clinical Leads for Utilisation) initiative update
	 Workforce and Resilience, Surgical and Medical workforce planning - Emphasis will be placed on
	ensuring that the workforce of the future is adequately trained to continue the work of lung
	transplantation once existing surgeons move on or retire through:
	 Engagement with Surgical and Medical training bodies
	 Encouraging collaborative working across units
	 <u>Pre- and Post-Transplant Care</u> – the need for greater psychologial support for post-transplant
	patients and issues around vaccines has already been raised. Work continues for:
	 Named patient offering with an aspiration to define transplant benefit to allow the greater
	equitability and transparency of organ allocation
	 Quality of Life assessment for all patient's post-transplant/marginal donors
	 Adoption of enhanced recovery program for marginal recipients
	<u>Research initiatives</u> – J Parmar highlighted a research project that is being funded by NIHR (National Institute for Leghth Desearch). This for users an autre corrected photometer because which translates as
1	Institute for Health Research). This focusses on extra-corporeal photopheresis which translates as

4.2	 dialysis and a mechanism to remove bad humours (affected T cells) that damage lungs. This will be funded across the 5 centres in the UK. Unfortunately, this is stuck at Treasury and Dept of Health level at present until regulatory hurdles are overcome. Other work includes: Vaccine studies National ECP trial for CLAD Completion of the consent project with Winton centre Chair of CTAG Hearts R Venkateswaran (known as Venkat) introduced himself as the new Chair of CTAG Hearts Advisory Group. He is a cardiac transplant surgeon in Manchester doing both heart and lung transplantation. Venkat trained at Birmingham and completed his transplant fellowship at Papworth and has been at Birmingham for 11 years. He has been Director of Transplantation at Manchester since 2014 and was responsible for completing the first LVAD implants in 2011. He has been Clinical Director of Cardiac Surgery and Transplantation for the last 3 years. Jayan is a hard act to follow but Venkat has known Jas Parmar for a long time, and they will work together for both CTAG Hearts and Lungs. He highlighted his priorities as follows for the next 3 years: Improving Heart Utilisation – Venkat's primary goal and passion is donor management and he has done a lot of research in this area, particularly research in Birmingham with Prof Stephen Bonser on what is still the largest trial in the world to show that optimising deceased donors properly will maximise retrieval.
	 <u>Training and Retention of Surgeons</u> – Many transplant surgeons are leaving the UK due to better offers of work abroad. It is critical that ways are found to retain these people in the NHS. Venkat is a member of the Society for Cardiothoracic Surgery in Great Britain and Ireland (SCTS) and while there has been a sub-group for every speciality, this has not included transplantation until now. Stephen Tsui (former Chair of CTAG Heart and Lungs) is the chair of the new working group that aims to look at ways of training and retaining more surgeons across all centres for heart transplantation in the UK
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່ວ.	CT Patient Chair Report (including vaccine efficacy and psychological support for post-
	CT Patient Chair Report (including vaccine efficacy and psychological support for post- transplant patients)
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	transplant patients) <u>Vaccine Efficacy and Funding</u> - R Graham highlighted the vaccine rollout which has been outstanding with two thirds of the population vaccinated with their 1 st jab and one third with both vaccinations. However, it has been disappointing to hear that the funding around vaccine efficacy for the immunosuppressed was turned down and there is currently a reliance on limited information from the USA. It was also frustrating that it has taken a long time to get vaccinations for household members of those who are immunosuppressed and that there has been a withdrawal of certain financial lifelines (ie Statutory Sick Pay). Overall, it feels like there is a lack of co-ordinated communications for the immunocompromised during COVID and while NHSBT does a good job communicating with clinicians and the pre-transplant community, there is little comms for the post-transplant community from a recognised central / collective body. The Q&A published by NHSBT was welcomed but it was felt this currently underplays the vulnerability for transplant patients. Subsequent to the meeting Lisa Burnapp, NHSBT said <i>"we will make sure that we reflect the latest evidence in an updated version and address</i>

	It was also suggested that approaching MPs and Parliament may be worthwhile. S Kirkham stated that the Chair of the All Party Parliamentary Group for Disability and the member of the Health All Party Parliamentary Group have written a letter that has gone to the Minister for Health and the outcome of this is pending. It was suggested that a generic letter, but with a clear focus, could be created which patients could personalise when approaching MPs or parliamentary groups. ACTION: Rob Graham and Jessica Jones to consider the best approach regarding raising the profile of this issue for patients (potentially by the use of a generic letter for patients to use). The issue of the children of patients reaching the age of 16 who are still considered a child and vaccinations was raised and it was noted that there are some trials starting now for younger adults. ACTION: Debbie Burdon to contact Emma Johnson to find out if she is aware of any projects for children.
5.2	<u>Psychological Support</u> - R Graham stated that psychological support for post-transplant patients remains insufficient. It relies on work done at individual centre level and these centres having sufficient funding. J Parmar agreed that this is an important issue and stated that unfortunately sometimes this issue is traded off if medical treatment options are considered more critical. It was agreed that availability of this could be added to the website (see Item 9). It is noted that not all centres have the same provision for psychological support and that this is going to be a difficult issue to resolve. ACTION Post meeting R Graham advised J Forsythe that he would approach Highly Specialised
	Services, NHS England directly on this issue.
6.	Report from NHSBT Statistics and Clinical Research Team - CTPG(21)02
6.1	A presentation from Sally Rushton (circulated after the meeting) provided recent cardiothoracic transplant activity and COVID 19 data. Please see this paper for specific data highlighted in the meeting. Further information can be found at: <u>https://www.odt.nhs.uk/covid-19-advice-for-clinicians</u> for COVID 19 data and <u>https://www.odt.nhs.uk/statistics-and-reports/organ-specific-reports</u> for annual reports and summary infographics.
7.	Cardiothoracic Patient Updates – Updates provided post meeting are shown below:
7.1	 <u>Harefield</u> - A Lees provided a cardiothoracic patient update from Harefield: Various garden areas have been completed at Harefield Hospital. The Harefield Transplant Club (HTC) has supported a courtyard garden by the transplant ward (for transplant patients). Former patients have also supported a healing garden (for patients, visitors and staff.) Both gardens were specifically designed to help physical and mental wellbeing. Harefield consultants are considering having another virtual meeting soon with the lung patients. They have done these before and they were very successful. The sporting and social events for 2021 have been cancelled; the European and World sporting events are dependent on the Covid situation internationally. Work & home life with Covid has impacted the club. The Royal Brompton and Harefield NHS Foundation Trust has now merged with Guy's and St Thomas' NHS Foundation Trust.
	 <u>Royal Papworth</u> - R Graham provided an update from Royal Papworth Hospital: Transplants for non-urgent patients have recommenced and all the Transplant Team is now back from ITU; routine face to face clinics are also resuming. No social meetings have been held, but a tentative booking of a venue for September is being considered. Similarly, the BT Games has been postponed for a second year. In the absence of the social meetings, the Facebook group has grown to 500+ to communicate information e.g.: members have been provided with written updates on vaccine efficacy following consultation with the transplant team Various bodies have been lobbied to express concerns that more needs to be done to reassure transplant patients Members have been provided with a letter to help in negotiations with employers when returning to work

	 each newly transplanted patient receives a gift bag containing essential/useful items such as bed socks, notepad and pen, face wipes, lip balm etc together with key information including contact details for our Support Group. Each bag has been sponsored by an existing transplant patient with a personalised message for the next two years. Special mention is made to Eliza Bell (23, heart transplant patient) who has started releasing her second series of 14 podcasts which will be of great benefit to future transplant patients. Some of these podcasts feature interviews with prior transplant patients, as well as key members of the whole Papworth Team (e.g. surgeons, nutritionists, physiotherapists). Eliza is to be congratulated on this initiative which has been warmly welcomed by a number of patients. The link to her podcasts is <u>www.transplantchats.com</u> Thanks to Spencer Deane and Angela White who have started a series of monthly Zoom quizzes for our group. In conclusion, despite the fact that face-to-face meetings have not taken place in the usual support group format, the committee has been busy collating and relaying information to all members. The support of the Transplant Team in this regard has been much appreciated, particularly Jayan Parameshwar, Jas Parmar, Steven Pettit and Richard Quigley.
8.	Donor Letter Writing
	Sadie Von Joel (Lead Recipient Transplant Co-ordinator) introduced members of this group to a video that looks at donor letter writing. The video emphasises that both donor families and transplant recipients can write, email or send pictures and that there are lots of different ways of corresponding. For those who do want to correspond and don't know how to or what to write the video helps to explain the process. Transplant Centres and Family Aftercare can help and send any correspondence into an email box. The campaign to encourage letter writing will be relaunched in July and Recipient Centres and Facebook pages should have more information. It is accepted that the other party may not want to respond when a letter is sent, and it is not always clear whether the letter has ever been received. It was confirmed that NHSBT will send a quarterly report to say when the letter arrived and when it was sent out to help deal with this issue. To see the video click on the this link: Message in a Bottle. Please note this is a big file to play from the link so it may be easier to watch if it is compressed into mp4 format or is downloaded first. If you have any feedback contact Sadie.VonJoel@nhsbt.nhs.uk
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9	OTDT website update Chris Callaghan (Kidney and Pancreas Transplant Surgeon at Guy's Hospital) joined the meeting to present information around the OTDT website - see link: <u>https://www.nhsbt.nhs.uk/organ-transplantation/</u> One of Chris's roles at NHSBT is to look at organ utilisation and ways to provide the right information to patients on the waiting list to support their decision making. There has been a small patient facing section on <u>www.odt.nhs.uk</u> but this has been limited so there has been a major overhaul of patient facing information for all solid organ groups to highlight benefits and risks, receiving an organ, living with an organ transplant. There is a lot of information as this is clearly an increasing need for patients and the website aims to support people from the time of listing, in discussions with their surgeons and at the time of organ offering. Member of this group can feedback on their thoughts about the website by clicking on the link on the website ' <i>Give Feedback</i> '.
	It was agreed by the group that the information for pre-transplant patients is excellent, very useful and will be a very good resource. The website will have a soft promotional launch initially as it is still evolving. In future it is hoped to include videos, animations and drawings and it was agreed that making the website as interactive as possible is a good idea. After this there will be more Comms from NHSBT to make more people aware of it. It was noted that some members of this group have already circulated the details of the website to their local groups and Jas Parmar confirmed that he has also used it in his clinics where he has had positive feedback. Sadie Von Joel confirmed that she has circulated it to all the recipient co-ordinators across all organ groups and it is being used in training which will help to standardise information that is given to patients. The group thanked Chris for this excellent work. ACTION: Any suggestions for charities to be included on the website to be sent to caroline.robinson@nhsbt.nhs.uk
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10	Any Other Business
10. 1	<u>Electric Cranks update</u> - CTPG(21)01 – An update from G Higgins regarding the latest activities of the Electric Cranks Cycling Club at Wythenshawe was circulated prior to the meeting. The Electric Cranks are pre- & post-op 'Heart & Lung' Transplant Centre patients who are using electric bikes to aid their

	recovery & wellbeing. There is more information on how their activities are helping them on their Twitter
	account, @ElectricCranks
10.	Patient Volunteer needed – The Research team at NHSBT is forming a working group to look at
2	consent issues at the time of listing. Meetings are likely to be held via Microsoft Teams rather than face
	to face once a week for the first two months to get ideas and thoughts on how to gather patient data and
	how this is stored. A lay person has been recruited to take part and a patient volunteer is now needed. J
	Atkins and A Sims volunteered to take part at the Patient Group meeting and any other people who are
	interested should contact R Graham who will pass their names to S von Joel.
11	Dates of Forthcoming Meetings
	 CT Patient Group – 17 November 2021
	CTAG Lungs Meeting – Weds 8 September 2021
	 CTAG Hearts Meeting – Thurs 30 September 2021

ACTIONS FROM THIS MEETING:

- 1. J Forsythe to discuss the issue of individual antibody testing at the time of routine bloods with Ines Ushiro Lumb (Head of Transfusion Microbiology, NHSBT)
- 2. J Parmar to bring the work of the Papworth team regarding antibody testing and potential finger prick tests to the next NHSBT Clinical team meeting.
- 3. R Graham and J Jones to consider the best approach (eg work on a generic letter for patients to use to approach their MPs and parliamentary groups) to raise the profile for immunosuppressed patients regarding vaccine efficacy
- 4. D Burdon to contact Emma Johnson to find out if she is aware of any projects on vaccination for children/children in immunosuppressed households.
- 5. R Graham to approach Highly Specialised Services, NHS England on the inadequacy of psychological provisions for post-transplant cardiothoracic patients.
- 6. Members to give feedback on the 'Message in a Bottle' video to Sadievonjoel@nhsbt.nhs.uk
- 7. Members to give feedback on the OTDT website on the 'Give Feedback' button on the website.
- 8. Members to give feedback on any charities that could be included on the OTDT website to <u>caroline.robinson@nhsbt.nhs.uk</u>
- 9. Members interested in taking part in a research working group on consent to contact R Graham in the first instance.