



Pre-Assessment Solid Organ Transplant Clinic
Gordon and Leslie Diamond Health Care Centre
2775 Laurel Street – 5th Floor
Vancouver, BC V5Z 1M9

Phone: 604-875-5182

To Whom It May Concern:

Re: Request for addiction counselling

This patient has end-stage liver disease and wishes to be considered for a liver transplant by the Solid Organ Transplant (SOT) clinic. All patients being considered for a liver transplant at the SOT clinic **must be abstinent from drugs and alcohol for a minimum of 6 months**. We also require that all patients with a drug and alcohol history obtain addiction counselling.

In order to avoid irreparable damage to a transplanted liver(s), it is important that this individual acquire all the relapse prevention tools possible, including knowledge of the resources that are available to support continued abstinence if needed. The goal is to increase the probability of remaining abstinent from substances in the face of post-transplant stressors. The number of sessions and type of counselling required we leave to your discretion as an addiction specialist.

Please note this patient must attend in order to be eligible for transplantation.

The liver transplant team requires documentation of successful completion of counselling. A brief report outlining: **assessment, dates of sessions, types of services provided, patient's response to treatment and any future interventions planned.**

When conducting your assessment and treatment of this patient, consideration of the following risk factors for relapse to substance use in liver transplant patients may be useful:

- Cessation of substance use due primarily to a medical event without patient addressing the underlying addiction-related issues
- Limited alternate (substance-free) coping strategies
- Limited understanding of health impact of substance abuse
- Limited sense of responsibility for substance abuse
- Polysubstance use (previous or current)
- Social circle reinforcing substance abuse
- Continued exposure to high-risk situations
- Family history of alcohol abuse
- Ongoing significant psychosocial or biomedical stressors
- Previous repeated treatment failures

- Limited understanding of factors leading to previous relapses
- Social instability (poor quality of existing personal relationships)
- Social isolation
- Limited social support
- Previous history of medical treatment non-adherence
- Co-existing mental health disorders

Thank you for your assistance and please do not hesitate to contact me if you need any further information.

Sincerely,

A handwritten signature in black ink that reads "Melady Preece". The signature is written in a cursive, flowing style.

Melady Preece, Ph.D. R. Psych.
Transplant Psychologist
PHONE: 604-875-4111 Local 63868
FAX: 604-875-5236