

# METHODIST SPECIALTY AND TRANSPLANT HOSPITAL

*"Serving Humanity to Honor God"*

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**M**ethodist Specialty and Transplant Hospital is a full-service facility that is widely acclaimed for its outstanding kidney, liver and pancreas transplant programs. Home to the Texas Transplant Institute\*, the center recently made medical history by performing the world's first 16-way kidney donor exchange in three consecutive days in a single center. The kidney transplant program is the largest living donor program in the nation due to the success of its paired exchange kidney program. Other specialty areas include emergency care, psychiatry, bariatric surgery, inpatient rehabilitation and the latest treatments for cancer and incontinence. The facility houses a program with a specially trained team that works with law enforcement officers to provide forensic exams and emergency care for survivors of sexual assault.

## Fast Facts

- Methodist Specialty and Transplant Hospital\* and the Texas Transplant Institute\* are committed to excellence in transplant patient care, education and research. Having performed transplants at this facility for over 25 years, a team of dedicated transplant physicians and other transplant professionals have accumulated a significant amount of clinical experience resulting in the organ transplant programs being nationally-recognized for their contributions to organ transplant medicine.
- Methodist Specialty and Transplant Hospital has the largest kidney transplant program in Texas and is rated among the top centers in the nation, having performed over 3,000 kidney transplants since the program's inception in 1984. A 24-bed kidney transplant unit offers nurses specially trained in the care of post-transplant patients. The transplant team is actively involved in new protocols and research looking at ways to expand the current donor pool, including sensitized live donor and ABO incompatible initiatives. The program also includes simultaneous pancreas and kidney transplants or pancreas transplants alone—either before or after a kidney transplant.
- A special team including surgeons at Methodist Specialty and Transplant Hospital initiated the paired donor exchange program in 2008 and quickly became the nation's leading center for unrelated kidney paired exchanges.
- The liver transplant program is one of fewer than 100 in the U.S. to earn certification from both Medicare and Medicaid, which is the highest quality indicator for a transplant program. For the last three years, the liver transplant program has consistently attained the best liver transplant patient survival outcomes among all liver transplant centers in Texas. More than 200 liver transplants have been performed since the program started in 2001. An end-stage liver failure clinic offers a variety of services, including Interferon treatments, chemoembolization and ablation procedures utilizing the Nano Knife.
- Methodist Specialty and Transplant Hospital earned the Center of Metabolic and Bariatric Surgery Excellence designation from the American Society for Bariatric Surgery in 2008. A rigorous series of site inspections examined all aspects of the surgical weight loss program, ranking the hospital among the highest quality programs in the nation utilizing the Nano Knife.
- Methodist Specialty and Transplant Hospital performs the most robotic surgeries at a single hospital in South Texas. The daVinci® Surgical System is used for gynecological and colorectal surgeries. This minimally invasive device offers a faster recovery, less blood loss, lower chance for infections and smaller scars than traditional surgeries.

\*A Campus of Methodist Hospital



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- The Incontinence and Pelvic Floor Disorder Center of Metabolic and Bariatric Surgery and Transplant Hospital is one of very few diagnostic centers nationwide devoted to evaluating urinary and anal incontinence. Doctors practicing at the center measure the severity of the patient's incontinence and help referring physicians determine the best course of treatment for what is often an embarrassing problem for men and women.
- The Methodist Cancer Center\*\* team works to develop an individual treatment plan for each patient that targets cancerous areas with radiation therapy while minimizing exposure to surrounding healthy tissue. The Methodist Cancer Center treats cancers of the prostate, head, neck, breast, thyroid and lung, as well as in gynecologic, liver and brain tumors, lymphomas and sarcomas and some non-cancerous conditions and lesions. Through the use of Intensity-Modulated Radiation Therapy (IMRT), higher and more effective radiation doses can safely be delivered to tumors with fewer side effects as compared with conventional radiotherapy techniques. The center also uses brachytherapy in the treatment of prostate, breast and gynecologic tumors.
- The inpatient component of the Department of Psychiatry consists of 74 beds, with four separate clinical programs for the treatment of chemical dependency, acute mental illness, geriatrics and higher functioning adults. Treatments for anxiety disorders, major depression, bipolar disorder, post-traumatic stress disorder, schizophrenia and mood disorders are also offered. Our 14-bed chemical dependency unit accepts both chemical dependency disorders and individuals with both a chemical dependency and a mental diagnosis.
- The Department of Psychiatry Clinical Liaison – Consultation Team provides psychiatric evaluation, triage and counseling for families of critically and chronically ill patients. The Psychiatric

Assessment Team is available in the emergency room 24 hours a day, seven days a week to assist in the evaluation of behavioral health emergencies and recommend treatment options.

- The Sexual Assault Response Team at Methodist Specialty and Transplant Hospital provides a compassionate environment for sexual assault survivors ages 13 and up. Through an exclusive agreement with local law enforcement agencies, a Sexual Assault Nurse Examiner (S.A.N.E.) trained by the Texas Attorney General's office, provides comprehensive care to sexual assault survivors and collects physical evidence that can be used to prosecute offenders. Follow-up care, counseling and treatment of related injuries are also provided. A Methodist Healthcare chaplain and advocate from the Rape Crisis Center provide counseling and support to the survivor and family.
- Methodist Specialty and Transplant Hospital has three dedicated endoscopic/laparoscopic operating suites featuring equipment that allows surgeons to perform traditional surgeries through smaller incisions. This type of surgery offers a number of benefits including decreased hospitalization, faster recovery and lowered risk of infection.
- The Outpatient Cardiopulmonary Rehabilitation Program is located at Methodist Specialty and Transplant Hospital. The program is designed to aid in recovery from heart disease, chronic obstructive lung disease, emphysema, asthma and chronic bronchitis. The staff

seeks to increase the patient's tolerance for regular exercise and their ability to perform normal daily activities. Overall, the program's goal is to promote self-reliance and independence through proper diet and medication management. In association with the American Lung Association, the Better Breathing support group meets at Methodist Specialty and Transplant Hospital monthly to facilitate a supportive environment for those living with pulmonary challenges.

- Many components come together to provide inpatient rehabilitation services on the fourth floor of Methodist Specialty and Transplant Hospital. Physical therapy, occupational therapy, nursing, pharmacy, social services and physicians specializing in physical medicine and rehabilitation help patients regain functional skills that may have been lost or diminished due to illness or injury.



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