

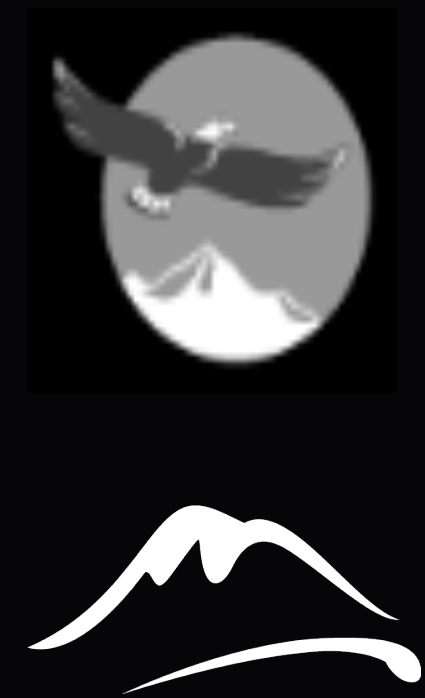
Patient Reported Outcomes from Renal Transplant Recipients: Initial Results from a Single Centre



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Aim

This work aims to improve patient-centred post-operative care for kidney transplant recipients by expanding our understanding of the symptom profile and timeline of recovery following renal transplant surgery.

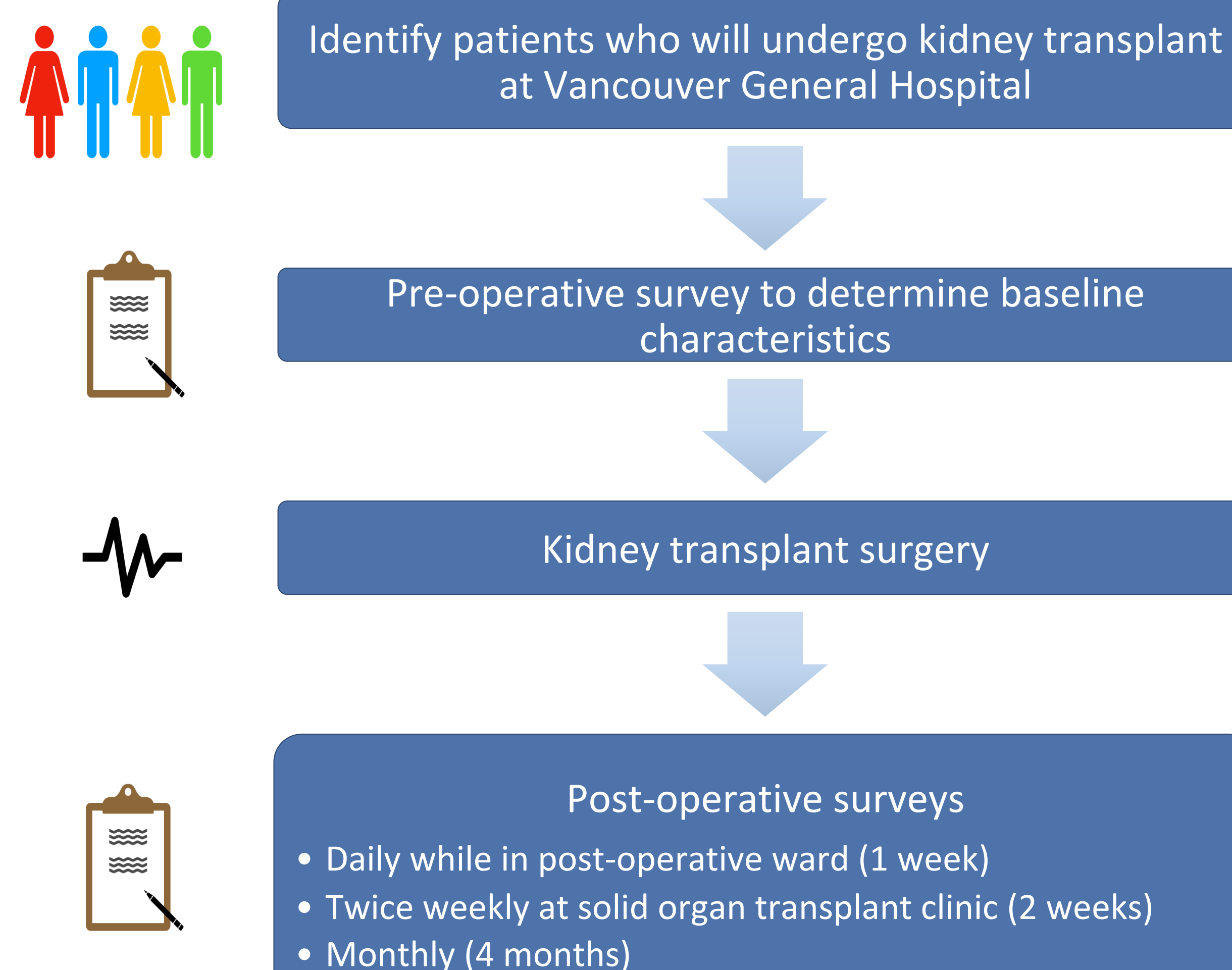
Context

Surgery and post-operative recovery can be a stressful and confusing time for patients. Patients seek explicit information on what to expect during surgical recovery. To the best of our knowledge, no guidelines that exist detail the specific symptom profile or establish a timeline of symptom presentation for patients recovering from renal transplant.

Patient reported outcomes (PROs) are gaining traction in various medical disciplines as a tool to improve accountability and the overall quality of healthcare services¹. PROs are effective in characterizing symptoms, symptom burden and quality of life².

We employed a PRO survey tool to gather data on the physical, mental and social aspects of post-transplant recovery and have analyzed this data for trends in symptom profile, recovery timeline, and patient priorities.

Methods



The surveys use a combination of Likert scales and short answer questions to assess the patient's: concerns, general well-being, anxiety, physical activity level, sexual function, wound healing, and genitourinary, gastrointestinal, cardiovascular and respiratory symptoms.

Key Findings

The qualitative concerns specified by patients were organized into themes:

Transplant related

- Graft rejection
- Immunosuppression
- New kidney function

Treatment burden

- Pain
- Catheter use
- Bowel movements

Return to normal life

- Sleep
- Going home

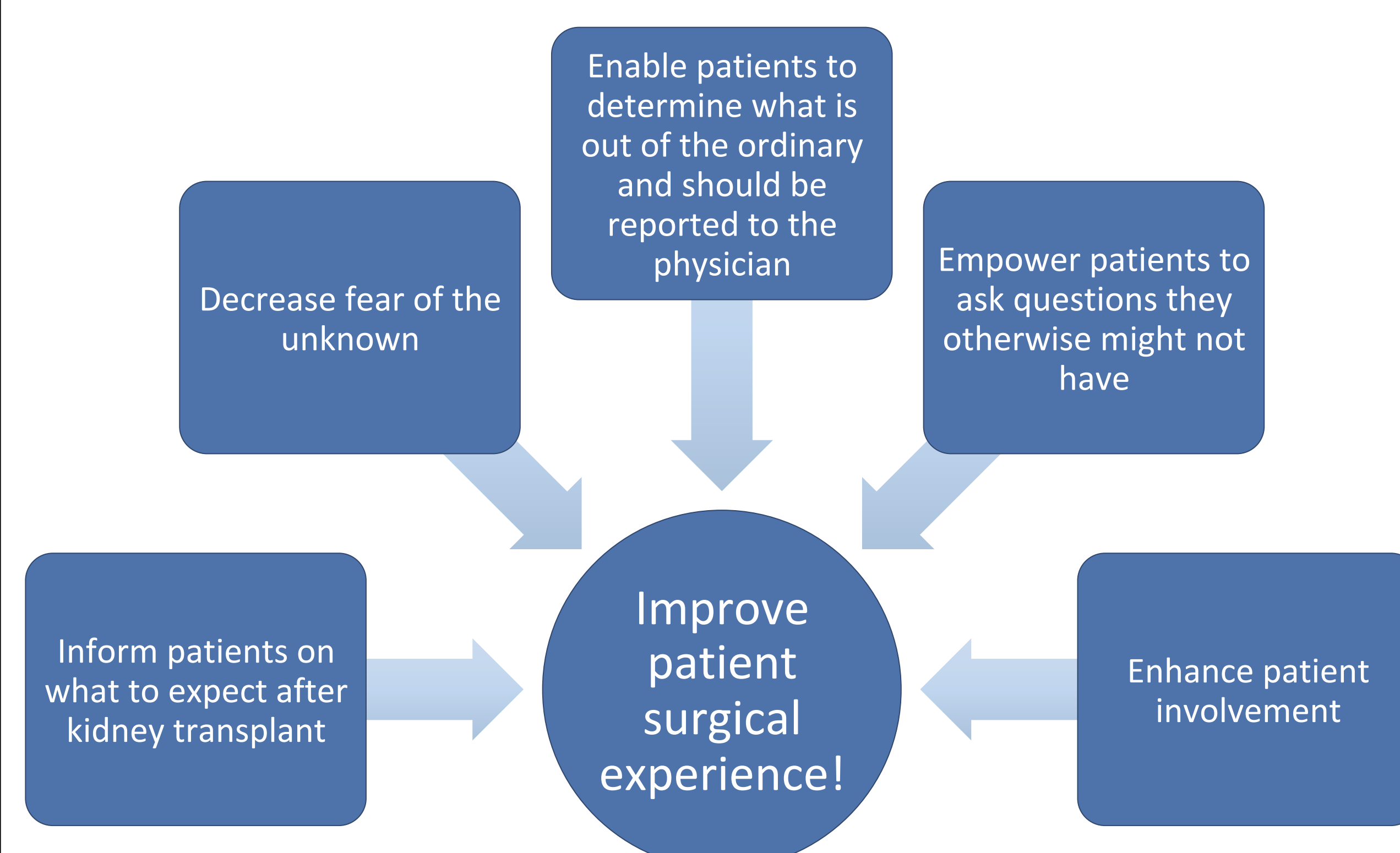
Impact

An educational brochure for renal transplant recipient patients was developed based on the preliminary results. The brochure covers:

- Key symptoms experienced by patients and timeframes of resolution.
- Guidance on when to consult the doctor regarding these symptoms.
- Timeframes for return to normal daily activities.



Key Benefits



Results

- June 1, 2018 – May 13, 2019: 55 eligible patients recruited. Male: 35, female: 20. Transplant recipients: 51, donors: 4.
- Survey responses collected: 500.
- Analysis was conducted on 42 transplant recipients. One was excluded due to rescheduled surgery, 8 due to poor compliance.

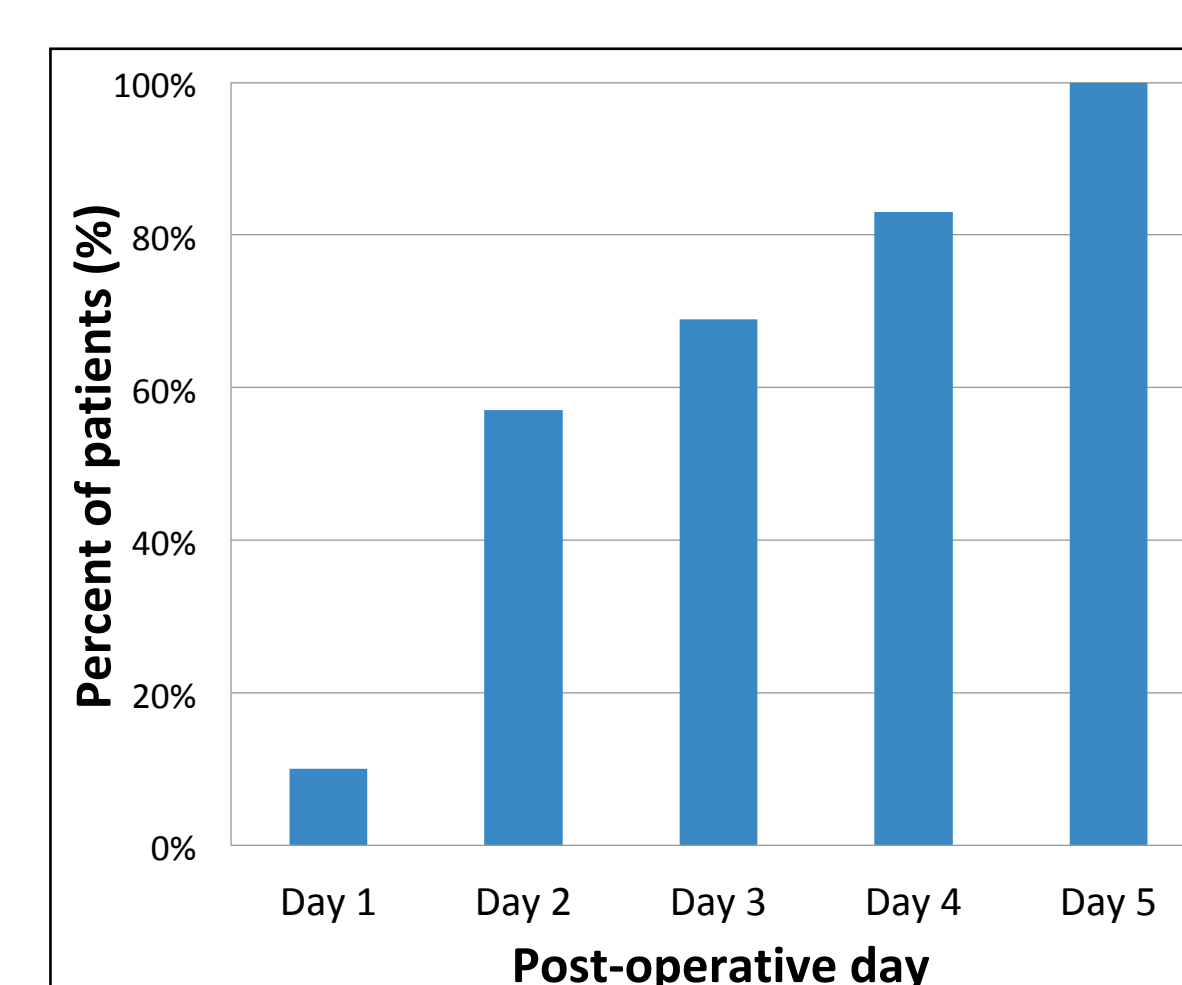


Figure 1. Patients starting to walk post-operatively

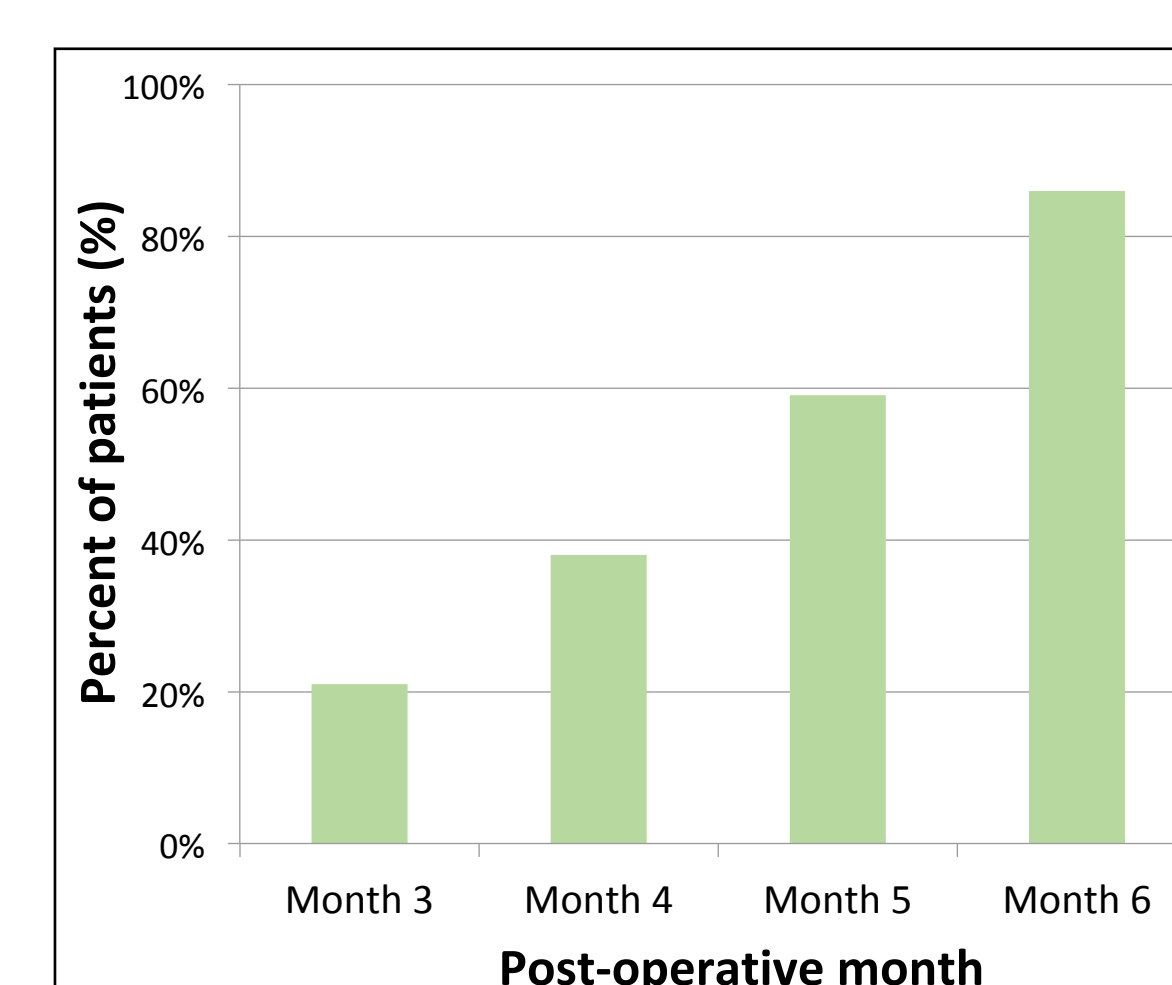


Figure 2. Patients returning to work post-operatively

Next Steps

Increase recruitment of kidney donors. For organ recipients, transplant surgery is a solution. For organ donors, transplant surgery creates a problem that they must recover from. It is important to expand this work to include the experience of donors.

Longer term analysis to evaluate the feasibility of using a PRO tool to enhance patient-centred care and aid clinical decision making.

Acknowledgements

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2. Narang, G., Pannell, S., Laviana, A., et al. (2017). Patient-reported outcome measures in urology. *Current Opinion in Urology*, 27, 366–74.