



Personal experiences after renal transplant rejection

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Presentation outline

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Introduction (1/4)

Chronic kidney disease

- Classified as a global public health problem. It has received increasing attention from the international scientific community since there is an increase in its incidence and prevalence. (Bastos e Kirsztain, 2011)
- Stage 5 Chronic Kidney Disease (CKD) is characterized by the irreversible loss of kidney function requiring renal substitutive therapy by haemodialysis, peritoneal dialysis, or renal transplantation as the only possibility to maintain the patients life. (Rodrigues e Botti, 2009)

Introduction (2/4)

Patients on haemodialysis

- Haemodialysis (HD) as a therapy for terminal CKD, is the worldwide most used therapeutic option for renal replacement. (Thomas, 2005)
- Definitive therapeutic for patients who can't be subjected to renal transplantation or an optional one to transplant candidates. (DGS, 2012)
- The quality of life of patients submitted to HD is affected by the severity of their symptoms and by the drug overload for their relief. (Rudnicki, 2014)

Introduction (3/4)

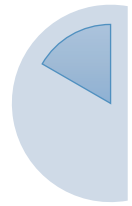
Experiences

- Experiences are subjective experiments about what we live and value, and are awareness of each person. (Ballone, 2007)
- Emotions and feelings can not be dissociated, since they are an integral part of the person. (Damásio, 2007)
- Adaptation to CKD is a difficult and complex path requiring an inner discipline and a high degree of self-control.

Kidney transplantation

- Action of transferring a fabric, organ (...) of an individual (giver) and to implant him/it in another area or in other individual (receptor) with the purpose of re-establishing a lost function. (European Council and European Parliament, 2010; BVS 2014)
- Has proven to be an effective treatment for chronic kidney disease patients in terms of survival and quality of life.
- Rejection is the main and most feared cause of failure of transplantation.

- **Understand and identify stage 5 CKD patients' experiences of dialysis:**
 - ➔ at the moment of transplant news
 - ➔ after rejection of the renal transplant
 - ➔ suffering from transplant rejection and resuming haemodialysis



Study type

Qualitative paradigm

Exploratory-descriptive and transversal method



Participants

7 people on haemodialysis

- <5 years after chronic transplant rejection
- Age range: 18-60 years

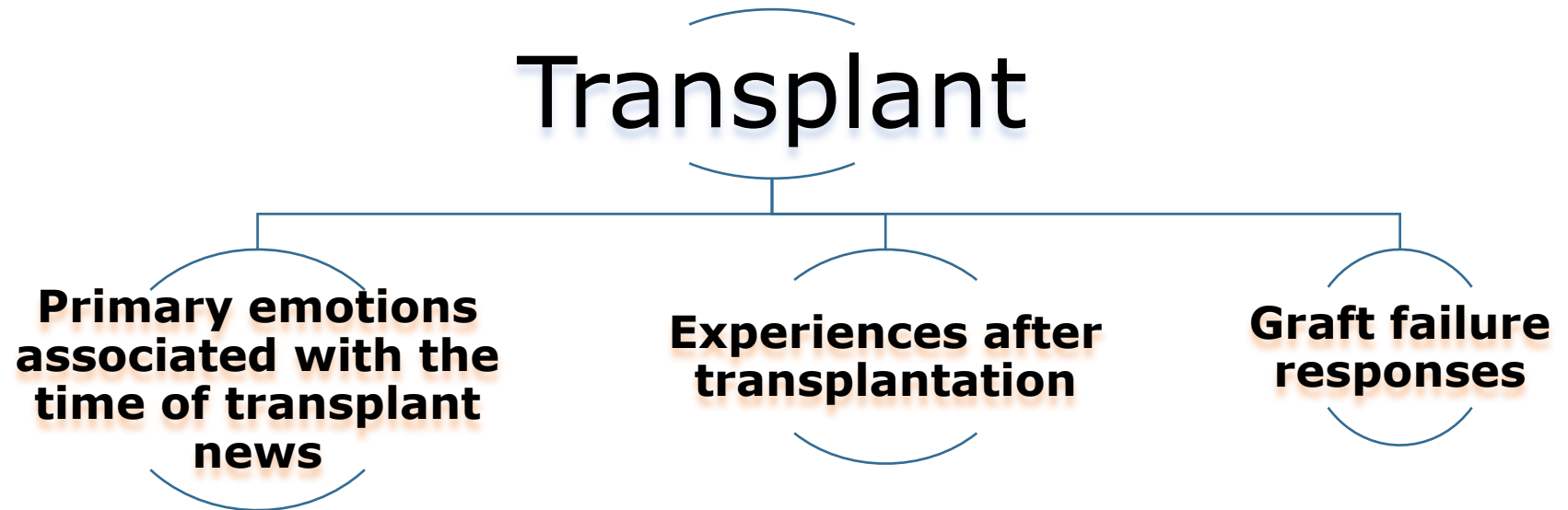


Data collection

Semi-structured interviews

Interview guide

Ethical and formal investigation procedures were considered



Transplant

Primary emotions associated with the time of transplant news

- **Surprise**

... *"... in that thing of ... I won the euro million. Then, that's the way it go! "E1 L10*
"And it was a surprise, it was a big impact." E5 L10-11

- **Happiness / Joy**

... *"at the time I was glad, I was happy because it was a new life". E1 L6-7*
... *"I do not know ... I went crazy. I cried, I screamed, I did what I wanted. I called all my Friends. I do not know what I did. " E3 L7-9*

- **Anxiety**

"As scared as I was, it's get and go." E2 L6-7
"My family started to feel a little bit ... shaking ... the kids, not even for nothing, but my wife, my mother, my brothers ... I think ... it was a new thing, is not it?" E5 L15-17

Transplant

Experiences after transplantation

- **Freedom**

...*"...I had freedom..."* E2 L24

"Then, after the transplant, I did what I want and went everywhere." E3 L23-24

- **Leading a normal life**

"So, my life was completely different. I used to do had life I had before. I had the transplant and before I did the dialysis. " E3 L20-21

"The transplant for me was ... was ... to come back to have a life ... normal ..." E4 L11- \ 12

Transplant

Experiences after transplantation

- **Personal and social welfare**

"I got married, I moved place ... I changed jobs ... and it felt good." E2 L43-44

"I felt really good. Okay, I felt like a cheerful person, I recognize that now ... even people say that I'm not the same person ... That I don't have the joy that I used too..." E3 L29-31

- **Normal working life**

*"And then when I was transplanted I went to the regular work scale, because I was a machinist, I went to the normal work schedule, did all the service. I went in for the general scale, I started to go everywhere, I stopped having ... I was a normal person in my service."
" E4 L17-20*

Transplant

Experiences after transplantation

- **Helplessness after surgery**

"And ... and I did ... done, and it was a lot ... it was painful. It is not easy to do a transplant and ... to stay there for three days and they made you drink plenty of water bottles ... [laughing] ... and they still yell at you saying you've not drank enough . E2 L12-15

Transplant

Graft failure responses

- **Warning signals**

I stopped peeing and so on. I had no strength. I started to feel heavier, I could not get up, I fell ... I was afraid to get up. " E6 L84-86

"The creatinine began to be high I started to get bloated ... the result of the analyses began to rise ..." E7 L33-34

- **Realisation**

... "I knew it was not forever." E1 L80

"It was a normal thing because everyone who gets transplanted knows that the transplant is not eternal ... or else it dies before, does not it?" E4 L96-97

Transplant

Graft failure responses

- **Suffering**

...*"also in the rejection I suffered a lot, really". E1 L17*

...*"the end of the transplant felt like hell". E2 L146-147*

- **Confirmation**

...*"was something that I did not wanted..." E1 L25-26*

...*"felt sad, but I was not afraid..." E2 L51-52*

- **Hope**

"Waiting for another transplant, since I already got one, let's see the second one." E1 L27-28

...*"I don't belong here, perfect for me is being transplanted ". E1 L90-91*



Haemodialysis

**Readaptation to haemodialysis :
experiences**

Haemodialysis

Readaptation to haemodialysis : experiences

- **Acceptance**

"... it was easy to adapt, it was easy, I had a lot of pain in rejection but I had to face it ..."
E1L81-82

"For me haemodialysis is ... it's the only thing that I have. And no ... I do not think people should ever see it as a bad thing, because this is not bad, this is good, otherwise there is nothing ... and ... I devote little time to the family ... because of dialysis " E2 L170-173

- **Sadness / Anxiety**

*... "I knew that one day I needed to get back, and that's always hard for me, but that's the way life is".*E1 L83-84

"was not easy I cried, I cried, why?" E2 L94-95

Haemodialysis

Readaptation to haemodialysis : experiences

- **Personal, social, and professional disorders**

...*"almost I don't have home life". E2 L115-116*

"I don't go out by myself , I quitted my job ... everything changed". E6 L96

...*"it's complicated ...working and do dialysis ". E2 L133-135*

"I stopped working..." E6 L96

- **Depression**

... *"I feel that with dialysis we just delay death ... I feel I'm dying slowly" E3 L88-91*

Haemodialysis

Readaptation to haemodialysis : experiences

- **Dependence on the dialysis machine**

"But I knew that one day I needed to get back to that unfortunate machine". E3 L74-75

"so people say... "I came for this, I came for that"... but that's not it... we depend on that machine and we know". E6 L91-93

- **Deprivation of independence**

"As I was saying... Nothing new, right? It's like being in jail, doesn't it?". E2 L109-110

"Then, when I got transplanted I travelled to Brazil, Cuba, México Dominican Republic... At that time I could do it, now I can't". E3 L81-84

Conclusions (1/2)

- Readaptation to haemodialysis means that patients accept the need for therapy despite being sad and anxious.
- Patients have to re-modify their daily routines and lifestyle, re-adapt to the limitations and constraints of the technique, as well as the negative changes in their emotional, professional, personal, and social life.

Conclusions (2/2)

- Patient reactions to the renal transplant were predominantly positive; however, surgery was reported as a less positive experience.
- There were different underlying causes for the chronic rejection, but it was evident that the participants were aware of the inevitability of this event.

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**Thank You Very Much
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Acknowledgments

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