



Preparation for kidney transplantation from the patient's perspective

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Picture 1. Croatia



Introduction:

Kidney transplantation is the best form of treatment for CKD. Any potential recipient needs to be processed in detail before the transplantation, prepare and if it is necessary to treat the diseases that might affect his survival. In our hospital, invasive test, such as colonoscopy does not work in anesthesia. The reason for this is the lack of human resources and the lack of money. Invasive tests in preparation for transplantation are the primary causes of fear and often of dropping out of the process. Multidisciplinary approach is important for successful preparation of patients for the transplantation.

Objective:

To determine the attitudes of patients towards the transplantation.
To establish the reasons for not joining the process of transplantation.

Methods:

The study was conducted in the dialysis centre of the General Hospital "dr. I. Pedišić", Sisak, Croatia in October 2016. The study included 43 patients, filling out an anonymous questionnaire.

Results

- ❖ 51% of patients attended pre-dialysis education
- ❖ since they started dialysis treatment, 46% of patients receive initial feedback about the transplantation within 6 months and 33% within 3 months
- ❖ 64% of patients who are currently in the process of transplantation claim that the crucial factor in the decision to start treatment was the potential quality of life
- ❖ 69% of patients cited fear of invasive tests as a reason for not joining the process of transplantation list, while 31% cited fear of transplantation complications
- ❖ for 64% of patients the most demanding procedures are colonoscopy and gastroscopy

Table 1. Socio – demographic characteristics of patients in HD center

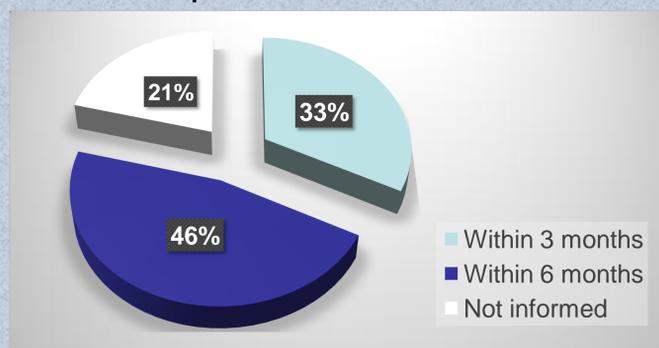
		number	%
Number of patients		43	
Gender	Female	18	58,1%
	Male	25	71,7%
Age (years)	<65	20	46,5%
	>65	23	53,5%
Number of years on dialysis	<5 years	28	65,1%
	>5 years	15	34,9%
Number of patients in the process of preparation for transplantation		14	32,6%

Table 2. The most common statement patients about invasive procedures

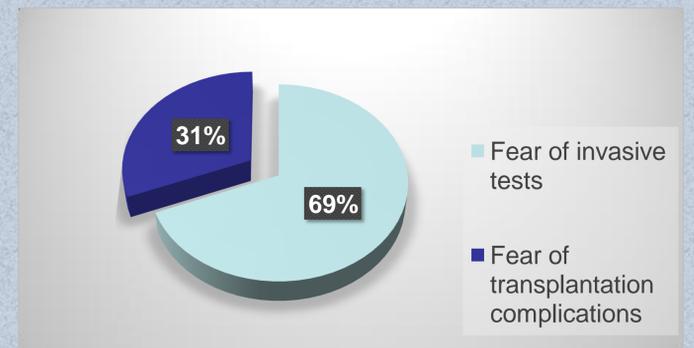
- ❖ "I'm afraid of pain in colonoscopy"
- ❖ "Colonoscopy is very painful and I think it can not stand"
- ❖ "I do not want joining the process of transplantation because of fear of invasive procedures"
- ❖ "Fear of pain during invasive procedures is my enemy in order to achieve goal"

Authors:
patients during filling out an anonymous questionnaire

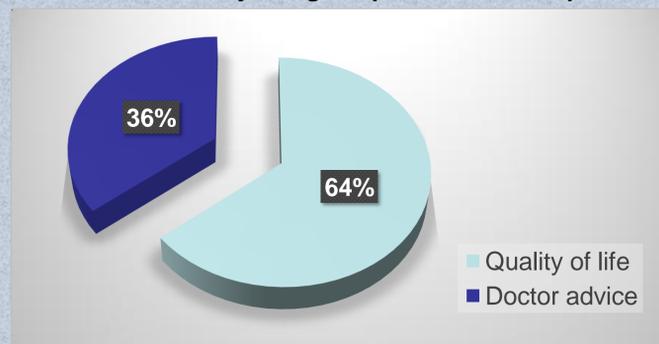
Graf 1: Time in which they have received initial feedback about the transplantation



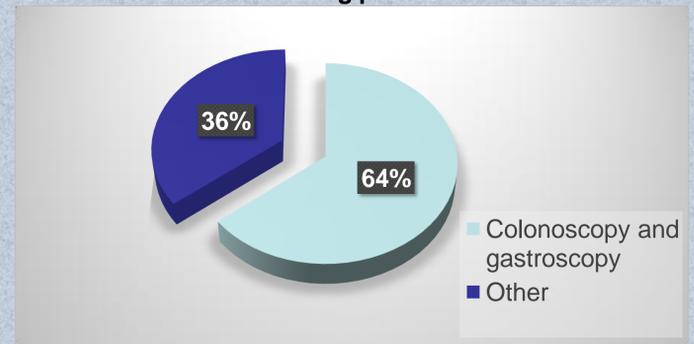
Graf 3: Reasons for not joining the process of transplantation



Graf 2: Reasons for joining the process of transplantation



Graf 4: The most demanding procedures



Conclusion

From the collected data, it is evident that fear, especially of invasive diagnostic procedures, is the main reason for the abandonment of processing for transplantation. Our goal is put patients and their needs at the center of care. It is certainly imperative in providing comprehensive health care. The introduction of anesthesia when performing colonoscopy as the standard procedure would certainly reduce the fears of our patients. Our goal is to become aware Ministry of Health and the Croatian Government on the importance of resolving this problem. They have a tool for change and can lead to changes in the public health system. It is the duty of us, health professionals that represented the interests of our patients in order to achieve excellence in the implementation of comprehensive health care.



Picture 2: "Old town" Sisak

- Reference:
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