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Introduction & Objectives: Health related quality of life (HRQL) defines the impact health and medical services have on the Quality of Life (QoL). The QoL in relation to the health status is frequently assessed in medical practices. Renal transplantation represents the best solution for patient with chronic kidney disease, as the QoL significantly improves after surgery compared to dialysis. The aim of this paper is to identify and quantify exactly which aspects of the QoL improve for the renal transplantation patient, and also to assess the impact of the required immunosuppression therapy.

Materials & Methods: We conducted a prospective descriptive study between July 2014 and June 2015, on a total of 106 patients with chronic kidney disease that received renal transplantation surgery at the Center of Uronephrology and Renal Transplantation of Fundeni Clinical Institute, from Bucharest, Romania. Patients were assessed before surgery, and at one, three, six and twelve months after surgery. There were 4 immunosuppressive regimes administered: 1 - Prograf/Tacrolimus/Advagraf + CellCept/Micofenolate mofetil + Prednisone; 2 - Prograf/Tacrolimus/Advagraf + Rapamune + Prednisone; 3 - Tacrolimus/Prograf/Advagraf + Myfortic + Prednisone; 4 - Sandimmun + CellCept/Micofenolate mofetil + Prednisone. The collected data included socio-demographic characteristics, clinical attributes and details about the QoL in relation to the health status. The QoL and its relation to the health status were assessed with the help of SF-36 and Quality of Life Index Kidney Transplant (Ferrans and Power) questionnaires.

Results: The average age of the patients was 42.05 ± 10.06 years. 69.8% of the patients were males. The most frequent cause of chronic kidney disease was chronic glomerulonephritis (88.1%). Most renal transplant surgeries (75.5%) have a cerebrally deceased donor. We registered improvements in all assessed aspects of the QoL, from 3.5% to as high as 37.6%, the best results having been found at the 12 months follow-up. The immunosuppressive treatment option does not influence any of the mental health domains, and has a significant impact on the physical health only at the 12 months postoperative follow-up. The Sandimmun + CellCept / Mycophenolate mofetil + Prednisone option has the highest QoL scores, especially in Bodily Pain and Emotional Role.

Conclusions: Renal transplantation surgery significantly improves the patients' auto-perceived QoL in relation to their health status, scoring high on all aspects assessed in this study. According to the used questionnaires, there are no statistically significant differences between the patients that received the transplant kidney from a living donor or from a cerebrally deceased donor. There are also no differences in almost all aspects of the QoL between the 4 immunosuppressive regimes, except in Bodily Pain and Emotional Role, where the best treatment option has been proven to be the 4th regime, followed by the 1st regime.