



شبكة المعلومات الجامعية
التوثيق الإلكتروني والميكرو فيلم

بسم الله الرحمن الرحيم



HANAA ALY



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شبكة المعلومات الجامعية التوثيق الإلكتروني والميكروفيلم



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جامعة عين شمس

التوثيق الإلكتروني والميكروفيلم

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HANAA ALY

Factors Affecting Adherence of Patient after kidney transplantation

Thesis

*Submitted for Partial Fulfillment of Master Degree
In Medical-Surgical Nursing*

By

Sally Samir Mahdey

(B.SC.2011)

Faculty of Nursing

Ain Shams University

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Under Supervision of

Asst.prof. Howyda Ahmed Mohamed

*Assistant Professor of Medical Surgical Nursing
Faculty of Nursing -Ain Shams University*

Dr. Zeinab Hussein Bakr

*Lecturer of Medical Surgical Nursing
Faculty of Nursing, Ain Shams University*

Faculty of Nursing

Ain Shams University

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* **Sally Samir Mahdey***

Factors Affecting Adherence of Patient after kidney transplantation

Abstract

Adherence to the medical regimen is to important issue to patient post transplantation to avoid late rejection episode variable factors affecting adherence such as socio economic factor, patient related factor, disease related factor, therapy related factor, health care setting-provider related factor. **Aim:** This study aim to assess factor affecting adherence of patient after kidney transplantation. **Research question** what are factors affecting adherence of patient after kidney transplantation? **Research Design;** A descriptive exploratory design was utilized for the conduction of this study. **Setting:** the study was carried outin outpatient clinic of urology and nephrology center affiliated to Alexandria university hospital .**Subjects:** purposive sample of 30 patients after kidney transplantation. **Tools of data collection** were consisted of: structured interview questionnaire tool /patient adherence after kidney transplantation questionnaire /factor affect patient adherence questionnaire .**Result :**the result of the present study revealed that the 80.0% of patient not adheres to therapeutic regimen, and all factors affected on adherence. Also, 60.0% of patient have poor knowledge there were statically significant difference between knowledge, adherence and factors. **Conclusion:** majority of studied patients not adhere to therapeutic regimen. The contributing factors are gender, educational level and working. **Recommendation:** Continous educational programs for patients after kidney transplantation and their families about importance of adherence to therapeutic regimen and complication result from non adherence.

Key words: kidney transplantation, adherence.

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List of Abbreviations

Abbr.	Full-term
AKI	: Acute kidney Injury
ATG	: Antithymocyte Gloulin
CIT	:Cold Ischemic Time
CVP	: Central Venous Pressure
CkD	: Chronic Kidney Disease
DCD	: Donation Cardiac Dea
DVT	: Deep Vein Thrombosis
ESRD	: End Stage Renal isease
FSGS	: Focal And Segmental Glomuro-Sclerosis.
GFR	: Glomerular Filtration Rate
HLA	: Human Leukocytes Antigen
MHC	: Major Histocompatablity Complex
NBM	: Nothing Pre Mouth
NSAIDS	: Non Steroidal Anti-Inflammatory Drugs
PTH	: Para Thyroid Hormones
PTLD	: Post Transplant Lymph Proliferative Disorder
PTLD	: Post Transplant Lymph Proliferative Disorder
WHO	: World Health Organization
RRT	: Renal Replacement Therapy

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Introduction

Kidney transplantation is preferred treatment compared with dialysis for verity of reasons which include the reversible of many of the pathological changes associated with renal failure as the normal kidney function is restored, improvement of the quality of life of patient that lead to normal social, psychological and emotional profiles with a greater degree of satisfaction with life and more often able to work. It also eliminates the dependence on dialysis and accompanying symptoms. dietary restriction ,disability and financial load(*Alkar, 2016*).

There were increased risk of transplant rejection with minimum diversion from the prescribed regimen, shortage of organ donors, long duration of remaining on the transplant waiting list, and the economic costs of dialysis render the need to follow the medical recommendations imperative. Therefore, patients are trained before being discharged from the hospital regarding the new lifestyle, including follow-up visits, prevention of infection, diet, use of immunosuppressive therapy, physical activity, recording self-monitoring, and sun protection items (*Hedayati, shahgholian, 2017*).

Immunosuppressive therapy cause complications such as different inflictions, weight gain, and cardiovascular disease these drugs also have adverse effects on the skin. to

reduce complications and maintain the transplanted kidney. Patient should adhere to the recommended lifestyle. Adherence consider as the correspondence between the behavior of a patient and the medical team recommendations. These recommendations include taking medication, following the prescribed diet, and making lifestyle modifications (*Ngoh, 2015*).

Patient should follow certain life style changes after kidney transplant to ensure the long term success of the transplantation organ. Life style is a way of living including behaviors that protest good health and longevity. Life style pattern can affect on health positivity or negatively(*Alkar, 2016*).

Adherence an active choice of patients to follow the prescribed treatment while taking responsibility own well-being. In addition, it is very important issue in medical and nursing care. Adherence with therapeutic regimen is considered the main theme in management of patient after kidney transplantation (*Kreuzer, 2015*)

(*Bosworth et al., 2017*).define adherence as astute in which the individual follows the therapeutic regimen that is required for the management of illness. Adherence with dietary management, drug regimen as adhere with immunosuppressive drug on time are consider the main themes of management of patient after kidney transplant.