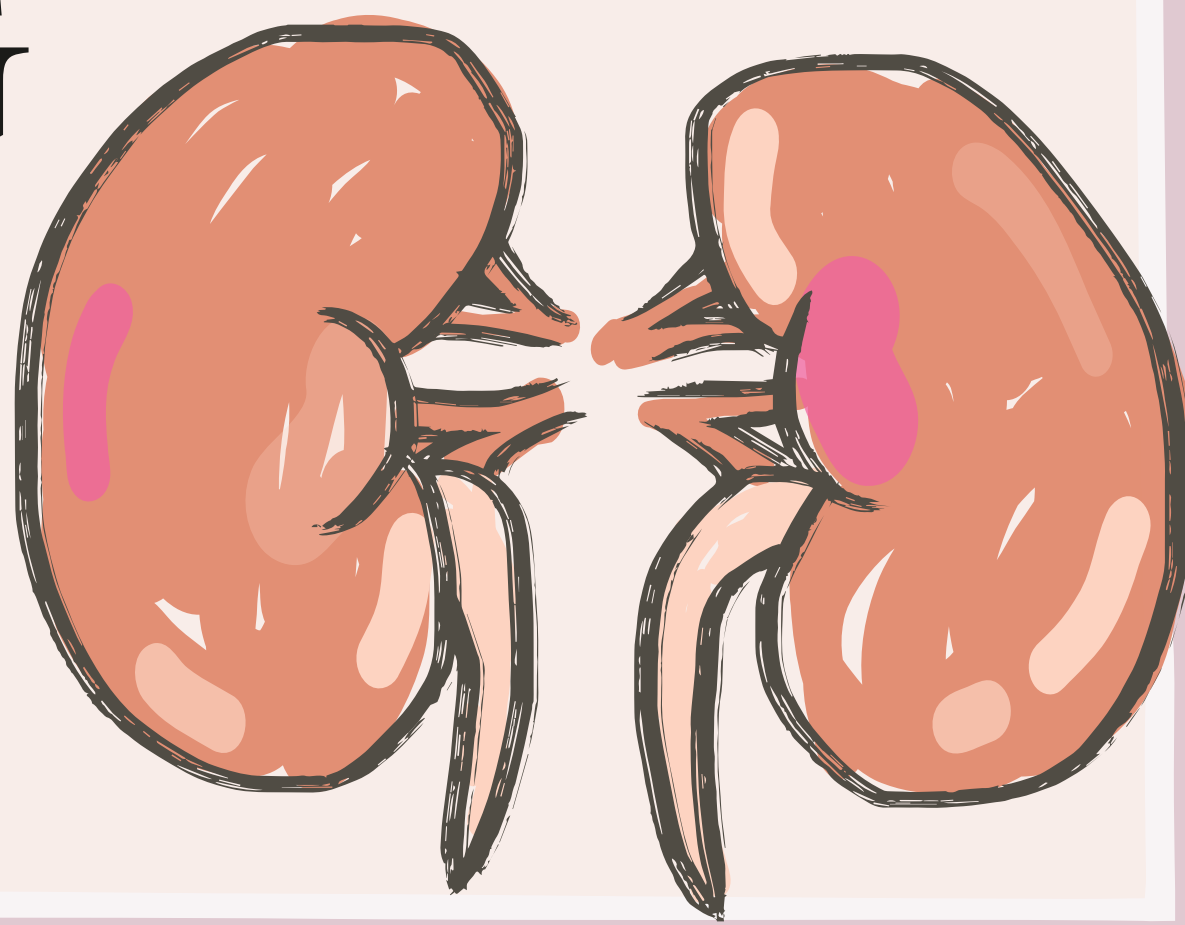


HEMODIALYSIS PATIENTS WAITING KIDNEY TRANSPLANTATION



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INTRODUCTION

Chronic Kidney Disease (CKD) is when there is a gradual damage and loss of the kidney's functions [1]. At stage five of CKD is when dialysis or a kidney transplant (Tx) are needed [2].

In 2022 54,6% of the patients received a Tx, being the number of Tx in Spain in 2023 of 3688. Until then, they will continue with dialysis treatment, the average waiting time for a transplant ranging between 18-24 months [3, 4, 5].

The patient is of relevance due to the dialysis treatment, the list positioning, lifestyle to follow and their state conditioning their experience. The patient appears as vulnerable because it is affected by the process.

Nursing is involved throughout the whole process: during the dialysis treatment, health education, management of the patient, assessment, concern and doubt resolution.

OBJECTIVE:

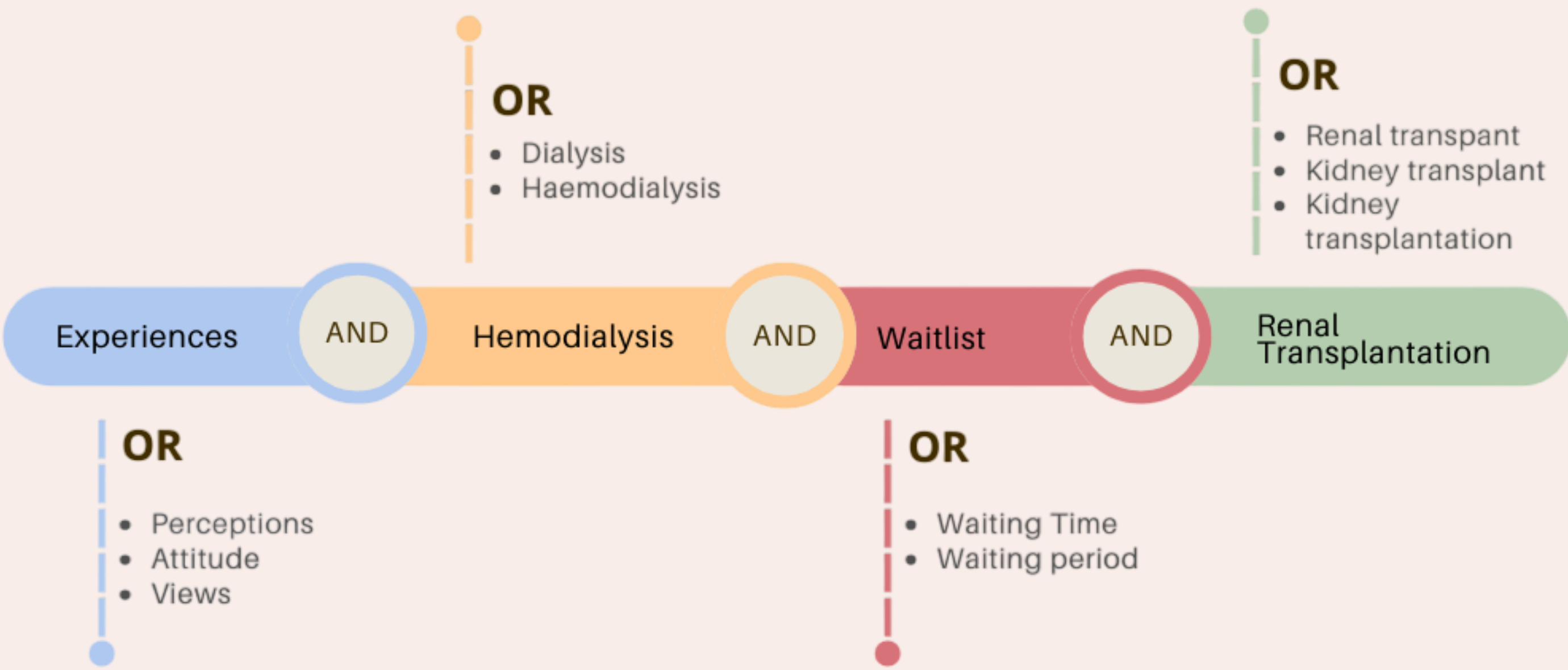
The aim of this study is to gather and analyze information about the experiences of hemodialysis patients on the wait list for renal transplantation

METHODOLOGY

Literature review, in three databases: Total of 98 articles.



Search strategy with key words and Boolean Operators



Inclusion criteria:

- Articles focus on experiences of hemodialysis patients
- Population is on the waiting list for renal transplantation
- Literature reviews and original studies
- Spanish and English

Exclusion criteria:

- Pediatric population
- Grey literature (leaflets, editorials, news, publications in congress...) and doctoral theses.

RESULTS

Final sample of 7 articles and 3 articles added by snowballing technique. 5 themes extracted:

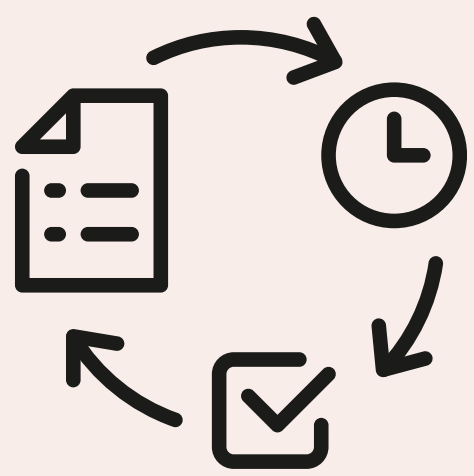
1. Being on hold and feeling uncertainty

- Life on hold and preparedness [6].
- Powerlessness and acceptance.
- Uncertain timing and outcome [7].



2. Everyday Life Managing

- Difficulty separating experiences and being subjugated [7,8].
- Lack of freedom [9].
- Compliance and QoL.
- Sleep disorders, depression and worklife [10,11].



3. Emotional Affection

- Initial Hope [8, 12].
- Advancing on the wait [7].
- Talking about emotions [6].
- Feelings towards the deceased donor [7,8].



4. Alteration of Social Life

- Relationship changes. Family value [6,7].
- Leisure and Isolation [9,12].
- Involvement of the family and friends [7,12].
- Dialysis community [6,7, 12].



5. Lack of Communication and Education

- Misunderstanding of waiting time [12,13].
- Lack of information and education.
- Information timing and format [12,14].
- Other sources used [12].



CONCLUSION

The experience is challenging and restricted because of dialysis and they feel uncertain about the transplant timing and outcome. Patients feel their lives are on hold and their social life also ends up affected by the process, ending up in isolation. Otherwise, the dialysis community is seen as a strong resource. Lack of information and misunderstanding about the process is presented. Finally, strategies for uncertainty managing and new educational/information programs for patients and needed as well as more research on the topic to implement a better experience in waiting.

BIBLIOGRAPHY

