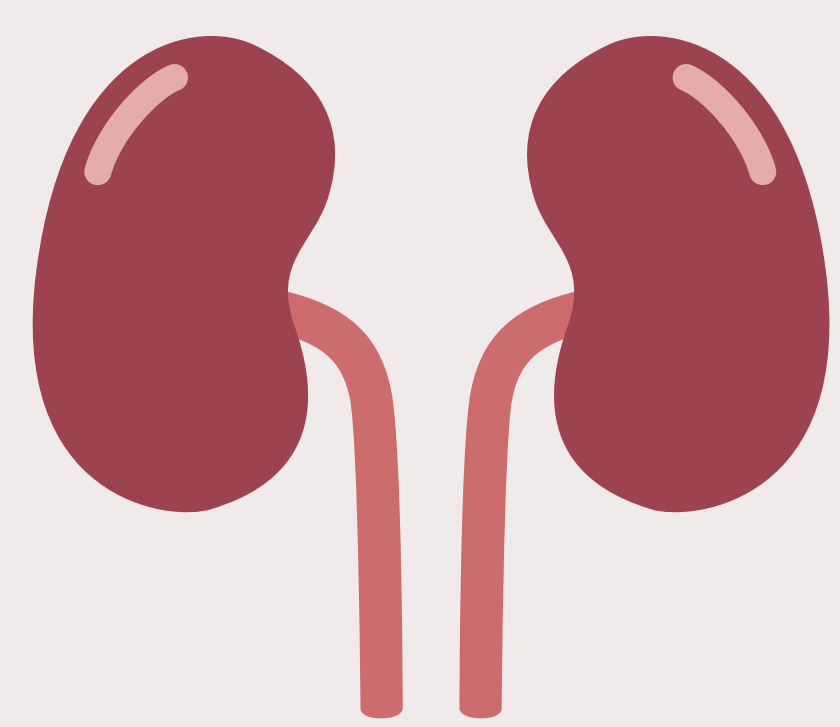


Nursing interventions for self-care management after a kidney transplantation

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1 Introduction

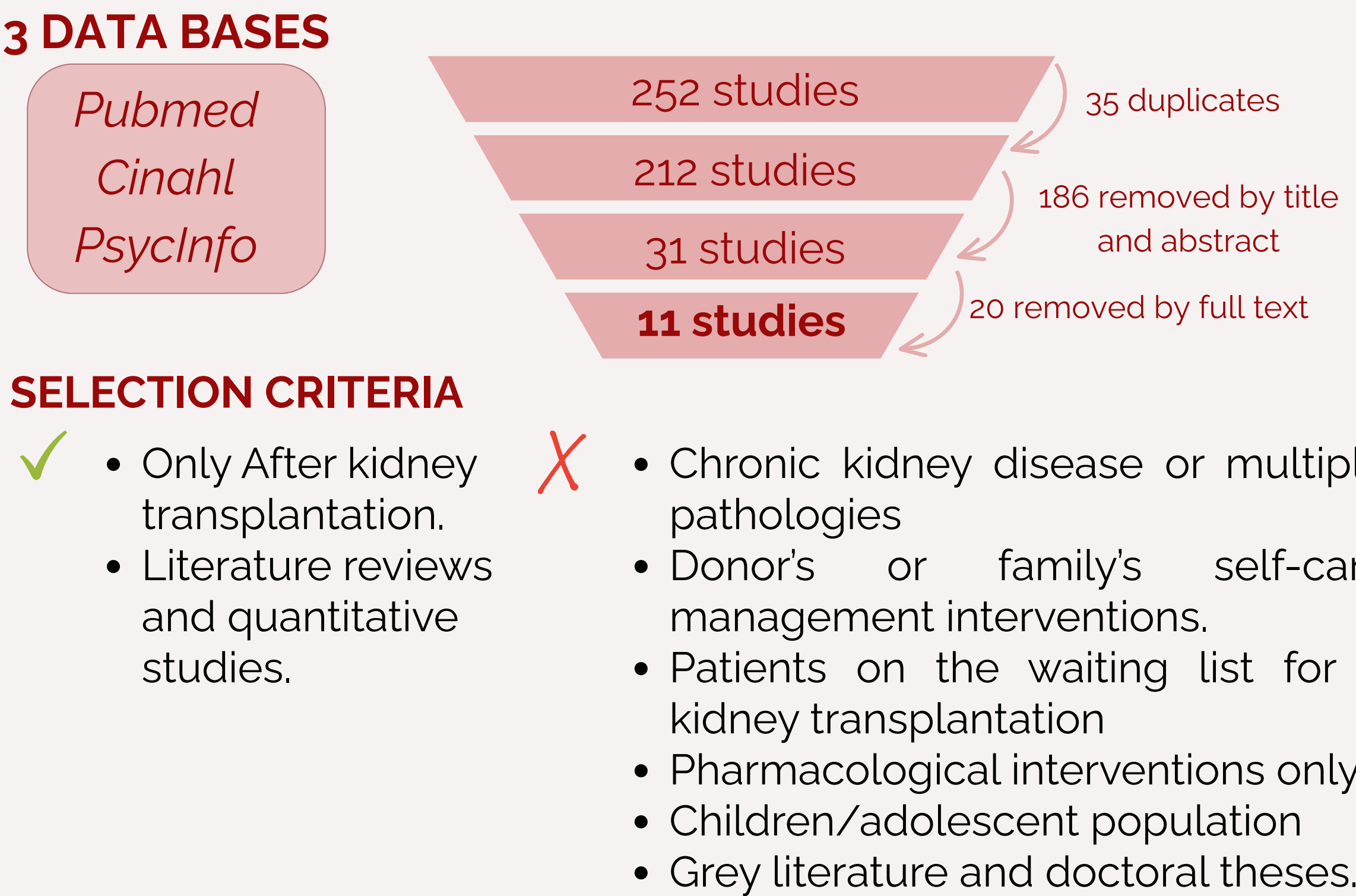
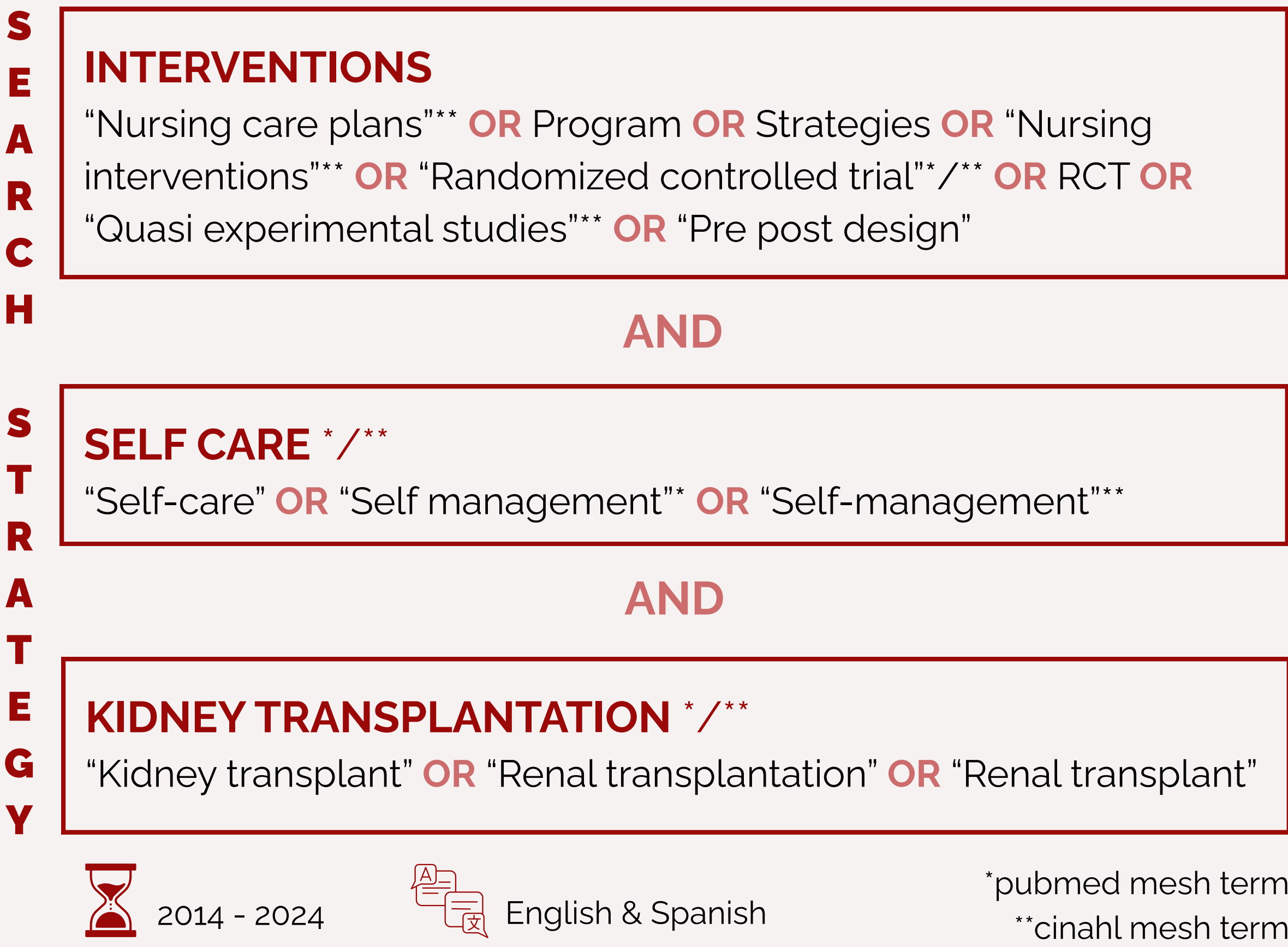
End stage renal failure is the final stage of chronic kidney disease, where patients require replacement therapies such as dialysis, or kidney transplantation as a long-term solution.⁽¹⁾ In 2022, 102,090 transplants were performed, with 64.8% being kidney transplants- a 10% increase compared to 2021. ⁽²⁾ Kidney transplantation improves quality of life and life expectation and reduces hospitalization.⁽³⁾ However, patients are expected to actively engage in self-management for it to be successful, which can sometimes be challenging for them. Specially, maintaining a healthy lifestyle with proper nutritional habits, engaging in physical activity and strictly adhering to a medication regime. ⁽⁴⁾ Nurses play an active role in educating and empowering patients and caregivers to engage in effective self-care. Their responsibilities include promoting and monitoring adherence, offering psychological and social support and guiding them through the whole process of transplantation. ⁽⁵⁾

2 Aim

The aim of this review is to analyze the effective nursing interventions to promote self-care management in kidney transplant patients.

3 Methodology

A literature review



5 Conclusion

This literature review has demonstrated that several nursing interventions are effective to promote self care management on patients after kidney transplantation. Specially the **Teach Back Training (10)**, the use of a **Mobile Health App (7)**-->statistically relevant and applied in a large sample, and the application of the **Health Belief model (9)**-->statistically relevant over time. Finally, it is recommended to explore more nursing interventions based on age, population and years of transplantation to increase knowledge and behavior change on patients after kidney transplantation.

- Common protocols of action for multidisciplinary teams
- Reference for other populations or chronic conditions
- Transplant course at 2nd year of Nursing degree (Chronic diseases subject)
- Specialized nurses

4 Results

