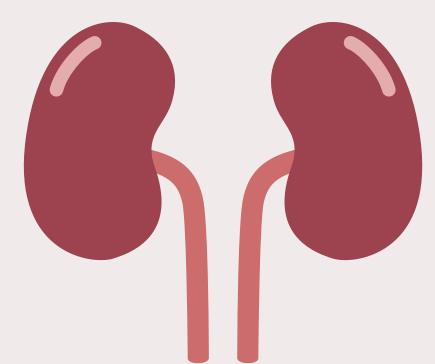
Nursing interventions for self-care Universidad de Navarra Leacultad De Care



management after a kidney transplantation

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Introduction

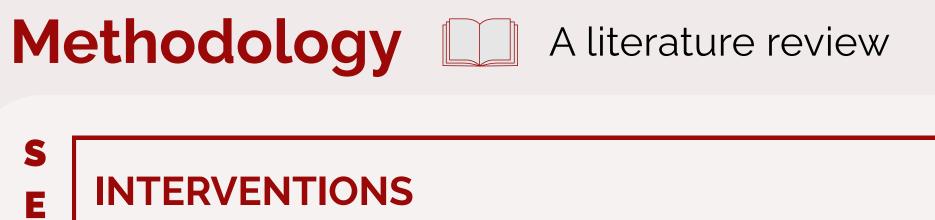
End stage renal failure is the final stage of chronic kidney disease, where patients require replacement therapies such as dialysis, or kidney transplantation as a long-term solution.(1) In 2022, 102,090 transplants were performed, with 64.8% being kidney transplants- a 10% increase compared to 2021. (2) Kidney transplantation improves quality of life and life expectation and reduces hospitalization. (3) However, patients are expected to actively engage in selfmanagement 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)

Aim

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

Results



"Nursing care plans"** OR Program OR Strategies OR "Nursing" interventions"** OR "Randomized controlled trial"*/** OR RCT OR "Quasi experimental studies"** OR "Pre post design" H

AND

SELF CARE */** "Self-care" OR "Self management" * OR "Self-management" ** R AND

KIDNEY TRANSPLANTATION */** G "Kidney transplant" OR "Renal transplantation" OR "Renal transplant" *pubmed mesh term

English & Spanish

cinahl mesh term **3 DATA BASES 252 studies 35 duplicates **Pubmed**

212 studies

31 studies

11 studies

SELECTION CRITERIA

Cinahl

PsycInfo

2014 - 2024

- Only After kidney transplantation.
 - Literature reviews and quantitative studies.
- Chronic kidney disease or multiple pathologies

186 removed by title

and abstract

20 removed by full text

- Donor's family's self-care or management interventions.
- Patients on the waiting list for a kidney transplantation
- Pharmacological interventions only
- Children/adolescent population
- Grey literature and doctoral theses.

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.

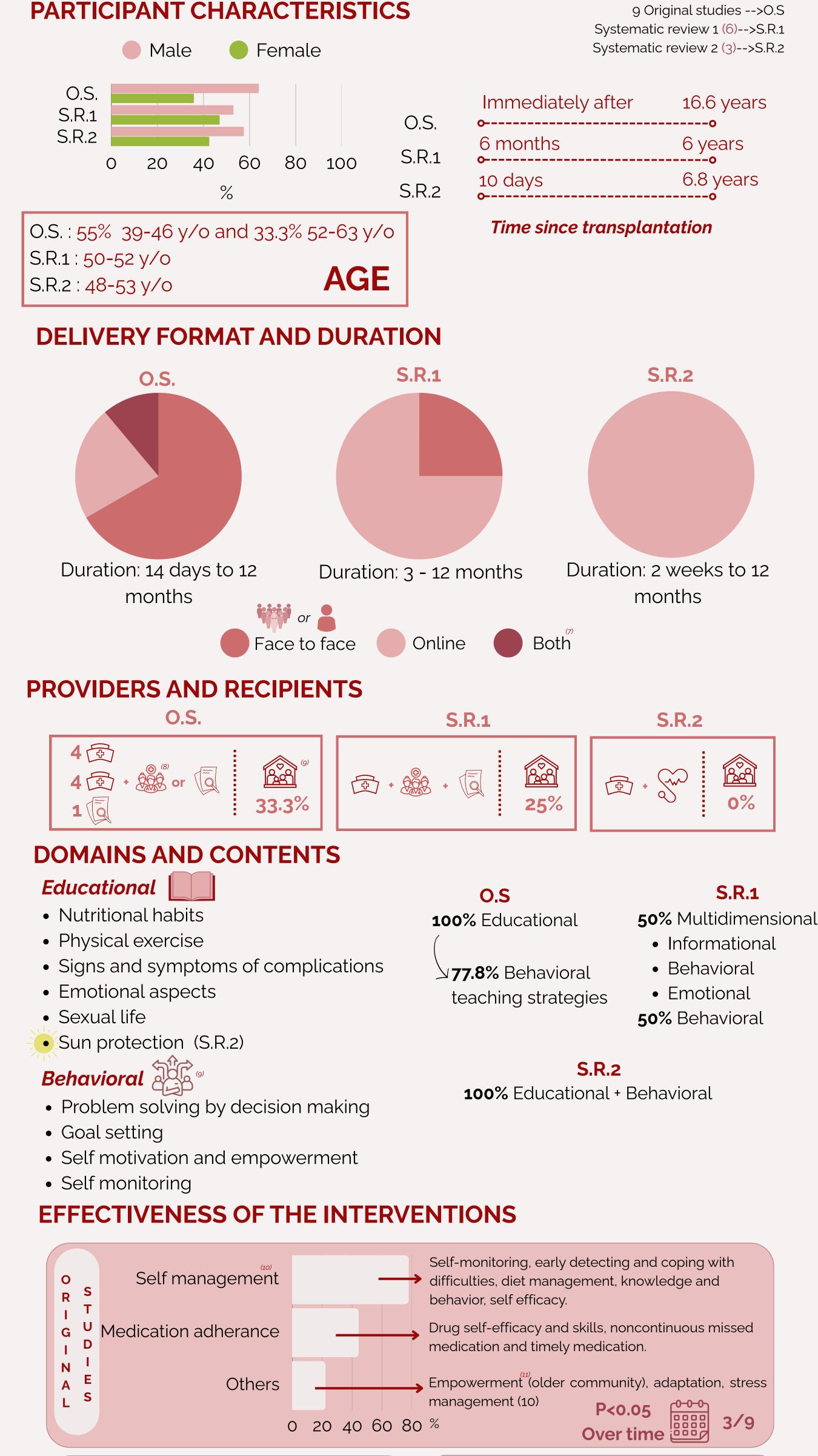
Finally, it is recommended to explore more nursing interventions based on age, population and years of transplantation to increase knowledge and behavior change on patients after kidney transplantation.

 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



Multicomponent

technologies

√7 outcomes

SISTEMATIC REVIEW 2

6 clinical outcomes

24 care process

outcomes

√ 16/24

Multidimensional

interventions

(Adherence from

88% to 96.1%)

SISTEMATIC REVIEW 1

Dosage simplification

88.2%)

(Adherence from 82.2% to

Medication adherence