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Quality of life in recipients after renal transplantation : A Single-Center Experience

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Introduction: It is well known that renal transplantation can restore renal function and reduce complications associated with renal failure in patients with end-stage renal failure. On the other hand, whether renal transplantation can restore patients' quality of life (QOL) has not been fully evaluated.

Methods: One hundred and eleven renal transplant recipients who underwent preoperative and longitudinal QOL surveys in our institution were included in this study. Patients' QOL was assessed using the Short Form-36 Health Survey Version 2 (SF-36 ver. 2), and the 8 scales of the SF-36 ver.2 were compared for change over time before and after surgery, respectively.

Results: The median age at transplantation was 51 years, and 21 patients were older than 65 years. Before kidney transplantation, Physical Functioning, Role physical, General health, Social functioning, and Role emotional were below the Japanese national standard. Compared to the preoperative level, Role physical, Body pain, Social functioning, and Role emotional were significantly lower at 1 month postoperatively, but all scales improved significantly at 1 year postoperatively. In elderly patients, only Body pain and o General health improved in the first postoperative year, but Role physical, Vitality, s Social functioning, and Role emotional also significantly improved in the second postoperative year.

Conclusion: While QOL was significantly lower in patients with end-stage renal failure before renal transplantation compared to the Japanese national norm, QOL was significantly improved by renal transplantation. QOL was also significantly improved postoperatively in elderly patients, although at a later time than in non-elderly patients.