

Understanding the holistic experiences of living with a kidney transplant: initial findings from a qualitative study

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The aim of this project will be to investigate the holistic experiences when living with a kidney transplant in the United Kingdom (UK). This project will provide essential insights into living with a kidney transplant using an interpretative phenomenological approach. The study will be conducted at two Regional UK Regional Nephrology Units which facilitate all kidney transplant procedures. While quantitative research reinforces a patient population, experiencing significantly reduced quality of life and mental well-being compared to the general population, currently very little is known about the perceptions and experiences of kidney transplant recipients from a qualitative perspective. As highlighted by the European Kidney Health Alliance recommendations, providing holistic care to kidney patients is important however this is currently an unmet care need in renal disease. There is a pressing need to understand patient experiences to ensure that they are included in key strategies and future renal service planning. Ignoring these important patient views means that there is a significant risk of inappropriate renal service provision and lack of adequate support impacting on overall health. A purposive sampling strategy will recruit post-kidney transplant adult recipients, 6 months – 5 years post-transplant. A maximum of 30 patients will be recruited across the units via clinical gatekeepers. Interviews will be audio-recorded, transcribed verbatim and subjected to interpretative phenomenological analysis. It is important that health care professionals (HCPs) understand more than the biological impact of receiving a transplant. Understanding the holistic and multi-domain experiences that these patients experience will help HCPs to recognize the needs of this group and ensure more responsive care. Initial findings to be reported.