

KNOWLEDGE AND PRACTICES ON FOLLOW UP CARE AMONG KIDNEY TRANSPLANT RECIPIENTS OF A SELECTED NEPHROLOGY UNIT

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Chronic kidney disease is a universal problem. In end stage renal disease, patients require renal replacement therapy which includes renal transplant. Following transplantation, patients require strict adherence to life style changes to ensure optimum outcomes. Follow up care after transplantation prevent rejection and increase survival. The current study focuses on assessing knowledge and practices on follow up care of kidney transplant recipients of National Hospital Sri Lanka. (NHSL)

A descriptive cross sectional study was conducted and data was obtained from patients who were followed up at the selected nephrology clinic. An interviewer administered questionnaire was used for data collection. Data were analyzed using SPSS –20 educational statistical package. Chi-square was used to determine the association of perceived knowledge and practices with demographic variables. Paired *t*-test was used to compare mean pre- and post-test scores on the questionnaire and assess the correlations of knowledge and practices with sex, age and level of education of the patients of renal replacement therapy.

There were 152 subjects in the sample. They were between 16-75 years of age (44.7, SD: ± 13.25) and 67.1% of these were males. Majority (48.7%) of participants were aged between 46-60 years. Hypertension (35.5%) was the main cause for chronic renal disease while 25% were idiopathic. Majority (77.6%) had a good knowledge on taking immunosuppressive drugs. Awareness about foods to eat was not optimal with only 58.6% being aware that a low salt diet is indicated. Most (70.4%) did not engage in any exercise related activities, a good knowledge regarding signs of urinary infections was seen in 52.6% while 59.2% knew that severe pain at the transplant site was a sign of rejection. Masks were used by only 43.4% of participants. Level of education was associated with a good knowledge of drugs ($p < 0.05/0.000$), and practices of infection control was associated with level of education ($p < 0.05/0.043$) while sex was associated with practices of infection control ($p < 0.05/0.016$). Knowledge of infection control was at a satisfactory level (52.6%) though practices of infection control was less (29.6%). Knowledge on drugs seemed to be good. The knowledge and practices of transplant recipients on infection control and life style changes that need to be instituted should be improved as this could lead to better outcomes following renal transplant.