



De impact van niertransplantatie op de kwaliteit van leven en de symptomlast die patiënten ervaren

Een analyse van TransplantLines data

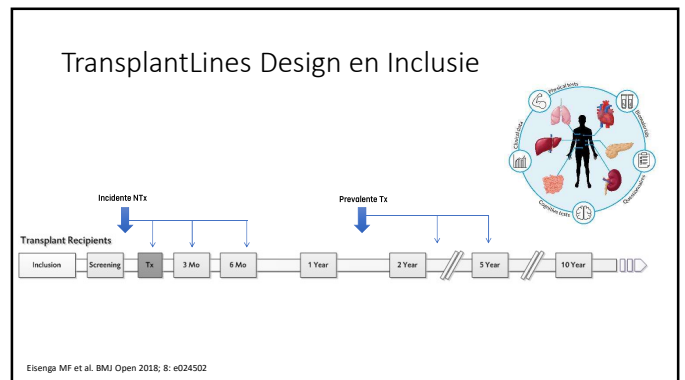
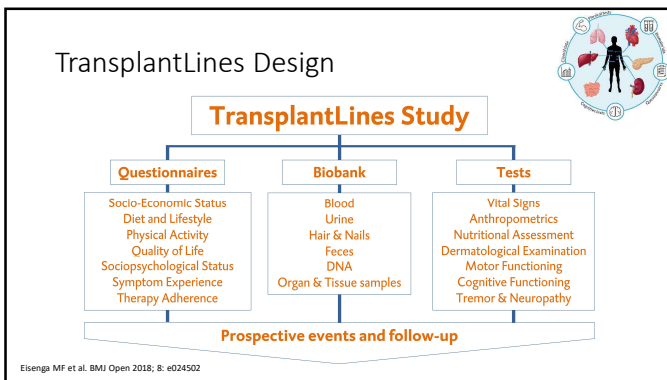
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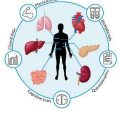
TransplantLines



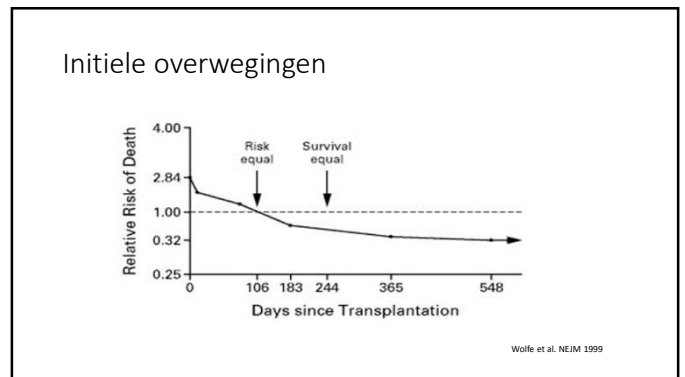
- Gestart in 2015
- Doelen van het project voor niertransplantatiepatiënten
 - Verbeteren kwaliteit van leven
 - Verminderen van gezondheidsproblemen
 - Verminderen van bijwerkingen van immuunsuppressiva
 - Bijdragen aan personalisering van immuunsuppressie
 - Bijdragen aan verbetering van de mogelijkheid tot maatschappelijke participatie
 - Bijdragen aan verbetering van de mogelijkheid tot sociale participatie
 - Voorkomen van het optreden van graft failure
 - Verbeteren van de levensverwachting



TransplantLines visites sinds start in 2015



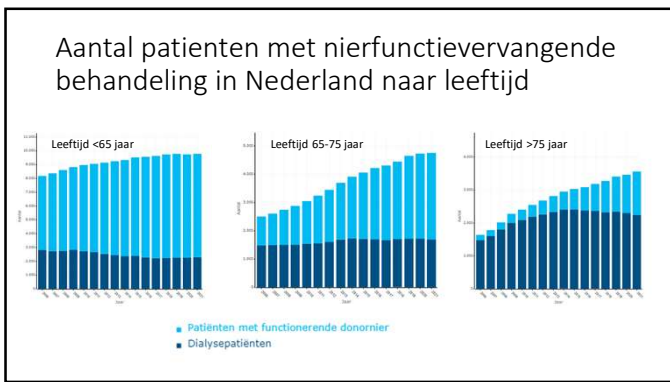
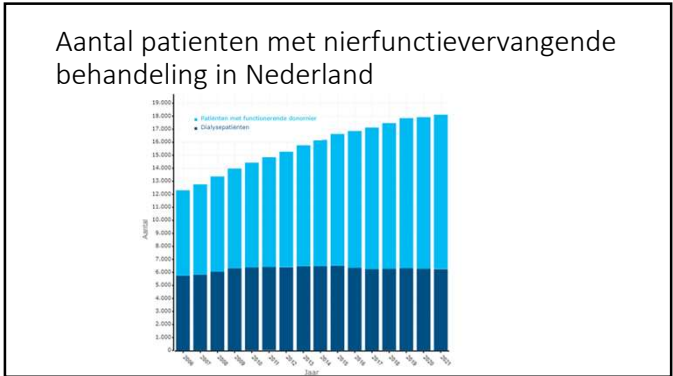
| Moment | Incident NTx | Prevalent NTx | Biopt NTx | Donor |
|-----------------|--------------|---------------|-----------|-------|
| Screening | | | | 532 |
| Tx | 698 | | 262 | 332 |
| 3 maanden | | 699 | | 380 |
| 6 maanden | | 679 | | |
| 1 jaar | | 634 | | |
| 2 jaar | | 463 | | |
| 5 jaar | | 137 | | 310 |
| 10 jaar | | | | 201 |
| Extra visit | 83 | | | |
| ≥ 1 jaar na NTx | | 692 | | |



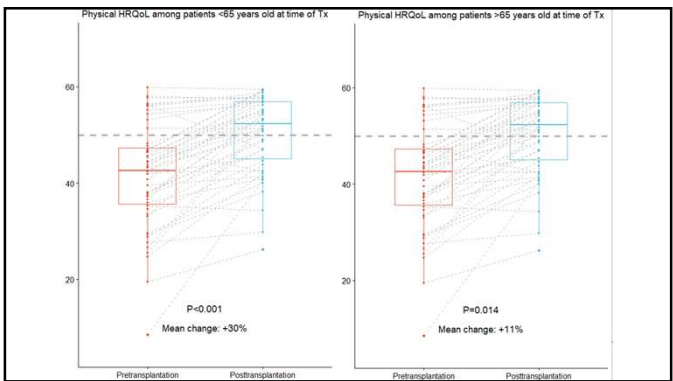
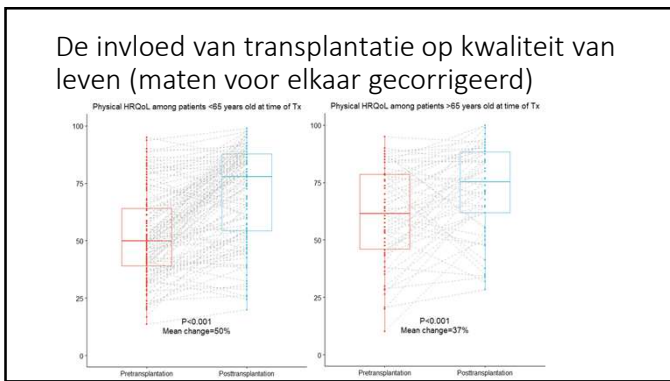
Aantallen

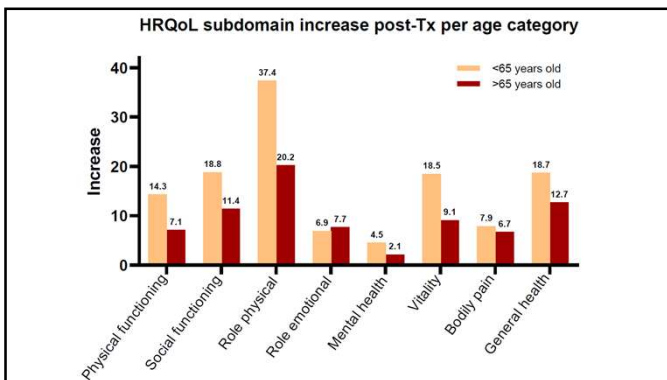
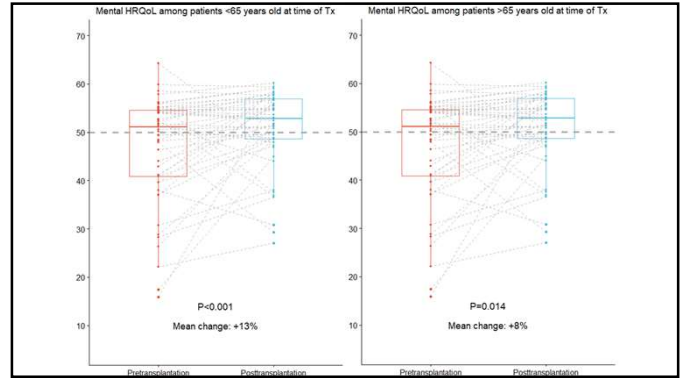
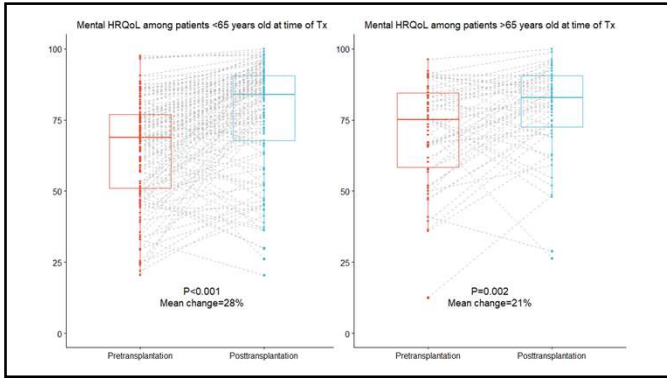
Nefrovisie data

- Dialyse
- Transplantatie
- Opslitsing
 - < 65 jaar
 - 65-75 jaar
 - > 75 jaar



- ### Kwaliteit van leven bij niertransplantatiepatiënten
- De invloed van transplantatie op kwaliteit van leven
 - Slaap en kwaliteit van leven
 - Spiermassa en spierkracht en kwaliteit van leven
 - Symptoomlast en kwaliteit van leven

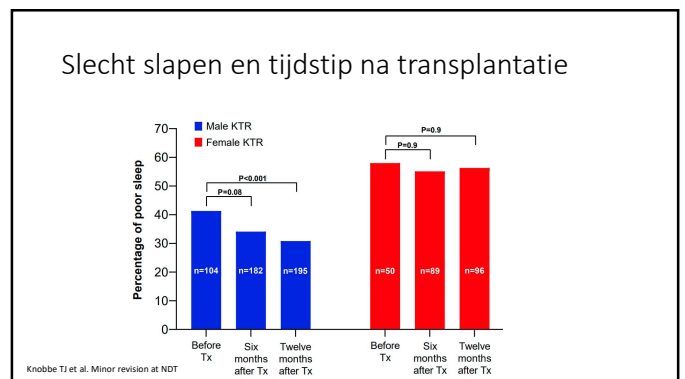
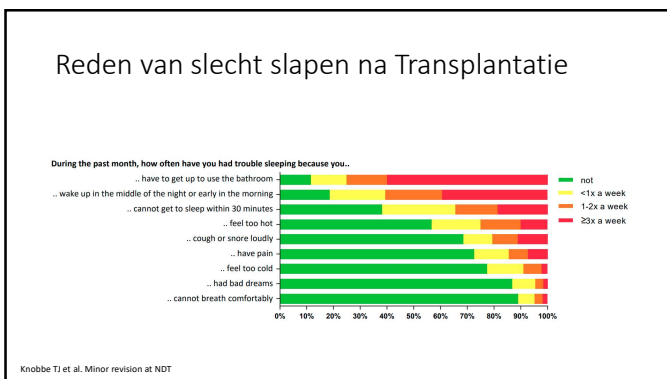


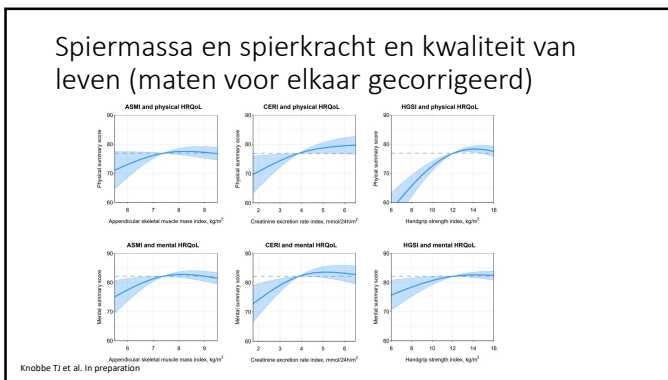
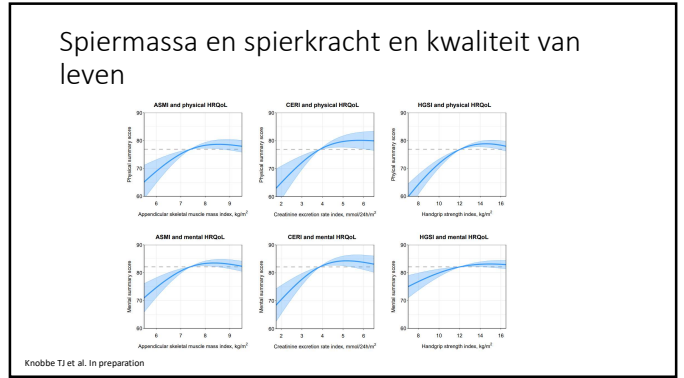
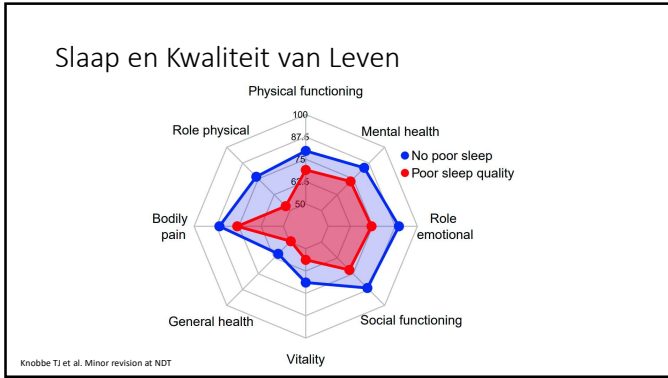


Slaap kwaliteit bij niertransplantatiepatiënten vergeleken met gezonde donoren

| | KTR N=872 | HC N=335 | P |
|-----------------------------------|--------------|-------------|--------|
| Characteristics | | | |
| Female sex, n (%) | 339 (39) | 187 (56) | <0.001 |
| Age, years | 56 ± 13 | 57 ± 11 | 0.1 |
| Time after transplantation, years | 3 [1 to 10] | n/a | n/a |
| Pre-emptive transplantation | 323 (37) | n/a | n/a |
| eGFR, mL/min/1.73m ² | 52 ± 18 | 85 ± 13 | <0.001 |
| PSQI | | | |
| Poor sleep quality, n (%) | 236 (20) | 42 (13) | <0.001 |
| Female, n (%) | 165 (49) | 53 (28) | <0.001 |
| Male, n (%) | 178 (33) | 28 (19) | <0.001 |

Knobbe TJ et al. Minor revision at NDT





Klachten en last die ze veroorzaken bij 936 niertransplantatiepatiënten

Table 1 | population characteristics of 936 kidney transplant recipients

| Variables | N = 936 |
|-------------------------------------|---------------|
| Recipient | |
| Female sex* | 363 (38.8%) |
| Age at visit (years)* | 55.6 ± 13.0 |
| Alcohol (units/week)* | 0.9 [0.0-5.3] |
| Smoking | 108 (12.5%) |
| Diabetes | 253 (28.6%) |
| Time since transplantation (years)* | 2.0 [1.0-9.0] |
| Laboratory measurements | |
| eGFR Creatinine (mL/min/1.73m2) | 54.8 ± 18.9 |
| *Tacrolimus (µg/L) | 5.6 ± 2.5 |
| Cyclosporine (µg/L) | 81.9 ± 42.1 |
| Medication | |
| No use | 160 (17.1%) |
| Tacrolimus | 647 (69.1%) |
| Cyclosporine | 129 (13.8%) |

*Variables were log_e-transformed to fulfill the assumptions of the linear regression analyses. *Only adjusted for the other variables.

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Meest voorkomende klachten en meeste last veroorzakende klachten

Table 2 | most prevalent and distressful symptoms in 936 kidney transplant recipients

| rank | Prevalence | RIDIT score | Distress | RIDIT score |
|------|--------------------|-------------|-----------------------------|-------------|
| 1 | Tiredness | 0.724 | Menstrual problems (female) | 0.679 |
| 2 | Bruises | 0.718 | Impotence (male) | 0.654 |
| 3 | Lack of energy | 0.688 | Joint pain | 0.611 |
| 4 | Wind | 0.688 | Buffalo hump | 0.605 |
| 5 | Trembling hands | 0.616 | Muscle weakness | 0.599 |
| 6 | Dry skin | 0.611 | Genital warts | 0.596 |
| 7 | Sleep difficulties | 0.590 | Difficulty seeing well | 0.592 |
| 8 | Swollen ankles | 0.586 | Back pain | 0.587 |
| 9 | Back pain | 0.584 | Depression | 0.584 |
| 10 | Impotence (male) | 0.583 | Sleep difficulties | 0.581 |

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Verschillen in klachten tussen patienten jonger en ouder dan 65 jaar

Table 2 | Differences in RIdt symptom prevalence and distress between KTR <65 years old and KTR ≥65 year old.

| Interpretation | Symptom prevalence | | | | Symptom distress | | | |
|--|-----------------------|-------------------------|-------------------------|--------------------------|--------------------|-------------------------|-------------------------|--------------------------|
| | Symptom | RIdt score <65 year old | RIdt score ≥65 year old | Difference in RIdt score | Symptom | RIdt score <65 year old | RIdt score ≥65 year old | Difference in RIdt score |
| Higher RIdt scores among KTR <65 years old | Excessive appetite | 0.483 | -0.004 | -0.121 | Genital warts | 0.438 | -0.057 | -0.219 |
| | Spots on face or back | 0.431 | -0.519 | -0.088 | Excessive appetite | 0.290 | -0.476 | -0.186 |
| | Trembling hands | 0.558 | -0.639 | -0.081 | Moist warts | 0.374 | -0.549 | -0.234 |
| | Increased sweating | 0.498 | -0.573 | -0.075 | Moon face | 0.394 | -0.561 | -0.167 |
| | Mood swings | 0.489 | -0.562 | -0.073 | Nightmares | 0.361 | -0.521 | -0.159 |
| Higher RIdt scores among KTR ≥65 year old | Impotence | 0.695 | -0.535 | 0.150 | Large breasts | 0.496 | -0.425 | 0.071 |
| | Bruises | 0.793 | -0.688 | 0.105 | Swollen glands | 0.420 | -0.357 | 0.063 |
| | Shortness of breath | 0.561 | -0.492 | 0.069 | Swollen gums | 0.432 | -0.427 | 0.006 |
| | Bradycardia | 0.559 | -0.468 | 0.061 | Bruises | 0.447 | -0.446 | 0.001 |
| | Hearing loss | 0.515 | -0.454 | 0.051 | | | | |

Abbreviations: KTR: kidney transplant recipients. Differences are calculated by subtracting the RIdt score of the <65 year old group from the ≥65 year old group. *The symptom 'genital problems' was excluded from analyses due to non-replicability in the ≥65 year old group. Reference group in the RIdt system is the symptom distress or symptom prevalence of all symptoms of all KTR.

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Symptoomlast en Kwaliteit van Leven

Table 6 | Linear regression analyses of square root symptom burden with physical and mental health-related quality of life as dependent variable in 740 kidney transplant recipients

| Model | Physical HRQoL | | Mental HRQoL | |
|---------|------------------------|---------|------------------------|---------|
| | B (95% CI) | P-value | B (95% CI) | P-value |
| Crude | -3.01 (-3.34 to -2.68) | <0.001 | -2.33 (-2.59 to -2.06) | <0.001 |
| Model 1 | -3.06 (-3.39 to -2.73) | <0.001 | -2.34 (-2.61 to -2.06) | <0.001 |
| Model 2 | -2.96 (-3.29 to -2.62) | <0.001 | -2.32 (-2.61 to -2.04) | <0.001 |
| Model 3 | -2.95 (-3.28 to -2.61) | <0.001 | -2.33 (-2.62 to -2.04) | <0.001 |
| Model 4 | -2.93 (-3.26 to -2.59) | <0.001 | -2.32 (-2.61 to -2.02) | <0.001 |

Abbreviations: HRQoL: health-related quality of life, 95% CI: 95% confidence interval. **Model 1:** adjusted for age and sex; **model 2:** model 1 + log_e time since transplantation, polypharmacy, diabetes, and anaemia; **model 3:** model 2 + haemoglobin, eGFR, albumin and log_e NT-pro-BNP; **model 4:** model 3 + tacrolimus use, cyclosporine use, prednisone or prednisolone use and proton pump inhibitor use.

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Conclusies

- Niertransplantatie bij ouderen wordt steeds meer gedaan, zelfs boven de 75 jaar
- Goede resultaten, zowel qua harde uitkomsten als kwaliteit van leven

