



29th SATS & 6th SATiBA CONGRESS

11 – 13 November 2022

STIAS, STELLENBOSCH, CAPE TOWN

Mental Health & Kidney Transplantation

Mental Health and Kidney Transplantation

Part 1:



Effect of kidney transplantation on mental health
Dr Clare Mckeaveney, BSc, PhD, MBPsS, CPsychol

Part 2:



Effect of mental health on kidney transplantation
Dr Claire Carswell, BSc, mental health RN, PhD

Kidney transplantation

Gold standard treatment...

- superior mortality rates vs. dialysis
- increased function performance
- improved quality of life (QoL)



However, 49% of transplant recipients report reduced QoL.

Krishnan et al. (2020). Health-Related Quality of Life in People Across the Spectrum of CKD. *Kidney international reports*, 5(12), 2264–2274.

Stressors influencing post-transplant outcomes

Kidney transplantation is a “trauma” and a “gift of life”

Factors include:

- illness
- dialysis experience
- years on the waiting list
- transplant surgery
- transplant recovery
- medication adherence
- body image issues
- psychological and emotional distress

Mental health risks in transplantation

Risks & psychopathology

Risks

- major depressive disorder
- post-traumatic stress disorder
- suicide

Psychopathology

- poor medication adherence
- greater probability of rejection
- greater probability of beginning of organic pathology

Qualitative study

Understand the lived experiences

Using Interpretative phenomenological Analysis (IPA)

- Wales and Northern Ireland
- Between March 2020 and 2021
- 23 remote interviews with people living with a kidney transplant

Findings: Positive and negative outcomes



Dialysis, distress & difficult conversations

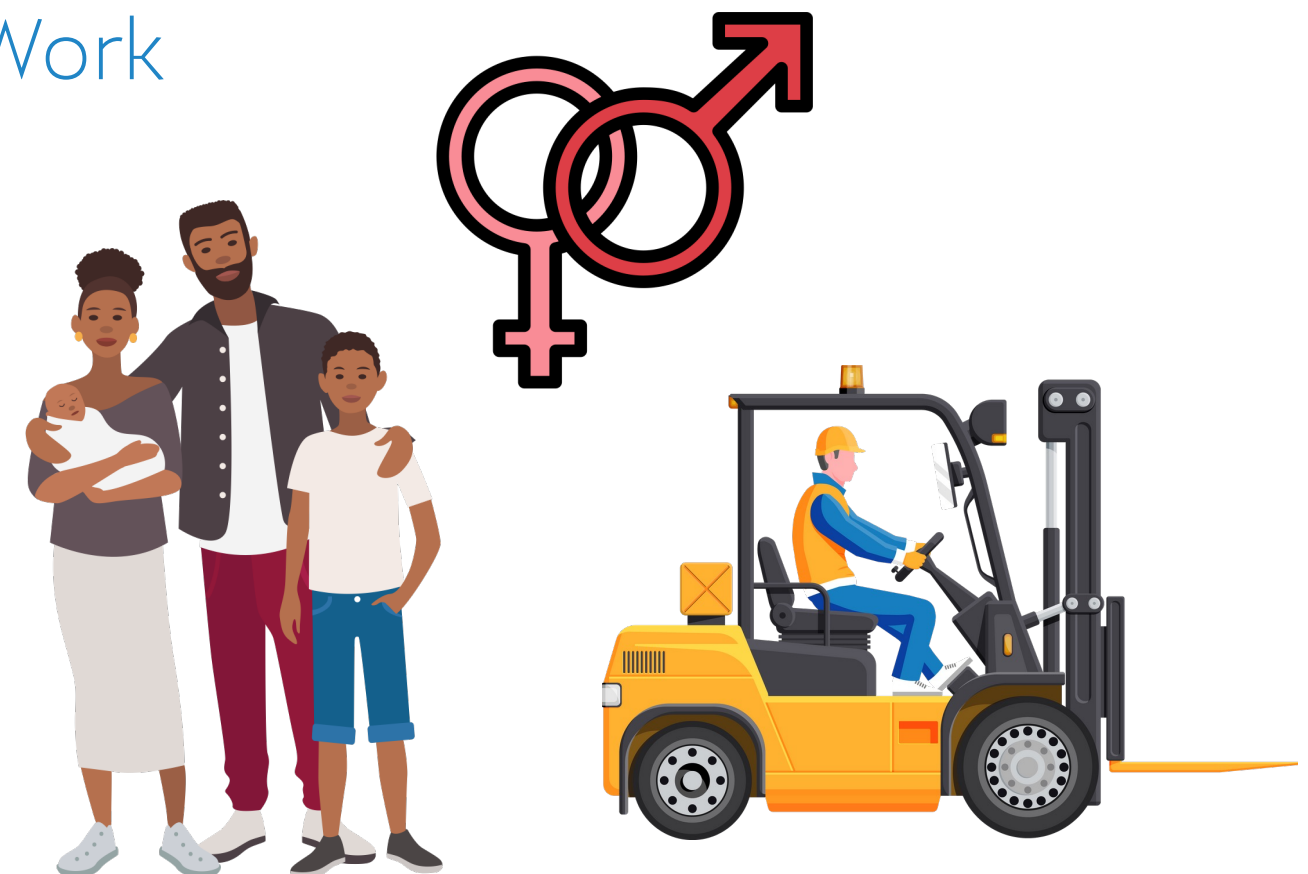
Findings

1. Fear of dialysis, distress and COVID-19



2. Difficult conversations

- Family planning
- Sexual function
- Work



Key takeaways

- Renal Association and British Transplantation Society recommend ‘a more holistic environment’ for kidney transplant recipients (Baker et al. 2017).
- Robust psychological and social support in kidney transplantation will support better survival, medication adherence, reduced psychological distress, and improvements in health-related quality of life including social functioning (Kellerman, 2012; NICE, 2018).
- However, only 5% of nephrology units in the UK employ the recommended number of psychologists whereas none employ the recommended number of social workers (Seekles et al. 2018).

Mental Health and Kidney Transplantation

Part 2:



Effect of mental health on kidney transplantation
Dr Claire Carswell, BSc, mental health RN, PhD

Severe mental illness & kidney transplantation

What is severe mental illness?

Definition

Mental health conditions that present with symptoms of psychosis:

- Schizophrenia & Schizoaffective disorder
- Bipolar disorder
- Severe depression with psychosis

Relationship with kidney health

People with severe mental illness are more likely to develop kidney disease for a number of reasons:

- Lithium treatment
- Antipsychotic side-effects
- Social determinants of health

Severe mental illness & kidney transplantation

Access to renal care for people with severe mental illness

Kidney transplantation

People with severe mental illness are less likely:

- To receive a kidney transplant
- To be on the kidney transplant waiting list
- To be evaluated for eligibility for a kidney transplant
- To have an appointment to be evaluated

Compared to people without severe mental illness

Severe mental illness & kidney transplantation

Kidney Transplant outcomes for people with severe mental illness

No differences in outcomes

- No increased risk of mortality
- No increased risk of acute rejection episodes
- No increased risk of graft loss

Compared to people without severe mental illness

Concluding remarks

- stresses inherent in each phase of transplant for patients
- impact on family members
- Need for interventions
- access to transplantation for SMI needs to be improved.

Supporting information

Reference list

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Rosenberger et al (2012). Psychiatric disorders as risk factors for adverse medical outcomes after solid organ transplantation. *Current opinion in organ transplantation*, 17(2), 188.

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Supporting information

Thank you for listening

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