

There is a Need to Provide Tailored Medication Education to Kidney Transplant Recipients

Medication education for renal transplant recipients; informing future approaches through evaluation of current practice

Tiah Doody¹, Jasmine Goh¹, Hanh Tran,¹ Sadia Jahan²

¹SA Pharmacy, Central Adelaide Local Health Network, SA Health ²Central and Northern Adelaide Renal & Transplantation Service, SA Health

Introduction

- Ensuring medication adherence and comprehension is crucial for the long-term survival of kidney transplant recipients.
- Pharmacist education plays a pivotal role in successful medication management.
- In our Adelaide-based hospital, specialist renal pharmacists provide face-to-face education to patients post-transplantation utilising locally developed information booklets and individualised medication lists, however these methods have yet to be evaluated.

Aims

- To evaluate the effectiveness of existing medication education methods provided to kidney transplant recipients of diverse backgrounds and obtain valuable feedback to inform future strategies on education delivery.

Method

- All kidney transplant recipients were invited to participate post-transplantation. Patients who received simultaneous kidney and pancreas transplants were excluded. Interviews occurred one to three months post-transplant.
- A validated multiple-choice questionnaire, the Kidney Transplant Understanding Tool (K-TUT), was employed to assess each patient's understanding of renal transplants and related medications. Participants were scored out of a total achievable score of 69.
- A verbal questionnaire developed by the research team consisting of 10 open-ended questions was utilised to assess the patient's post-transplant medication education experience. Questions surrounded topics of how patients felt post-education from the pharmacist, thoughts on currently used education tools and other methods of education delivery they would find helpful.

Discussion

- Results were derived from a cohort of 23 patients, including 8 Aboriginal and/or Torres Strait Islander (A&TSI) peoples. Mean age was 54 years and 74% of patients were male and 26% female. 65% resided in rural/remote areas, and 25% were non-primary English speakers.
- Results were compared amongst different demographics with A&TSI patients demonstrating a lower mean K-TUT score compared to other groups, indicating the need for alternative education delivery methods to improve understanding of transplant medications.
- Responses from the questionnaire discerned key themes and identified the need for development of educational resources tailored to specific demographics, such as patients of A&TSI backgrounds.
- Limitations included A&TSI patients being interviewed earlier due to geographical challenges.

Conclusion

- Developing customised education pathways and teaching materials for specific kidney transplant recipients is key for patient engagement to improve their awareness and understanding of transplant medications.
- We acknowledge the importance of providing culturally sensitive education to First Nations Peoples and are engaging an Aboriginal consumer workgroup to further evaluate this.

Results

Cohort	Mean K-TUT Score
Entire Cohort (n=23)	49.1 ± 10.6
A&TSI Patients (n=8)	42.0 ± 6.5
Original K-TUT Study Cohort	56.2 ± 6.3

Table 1: Mean K-TUT scores out of a total achievable score of 69

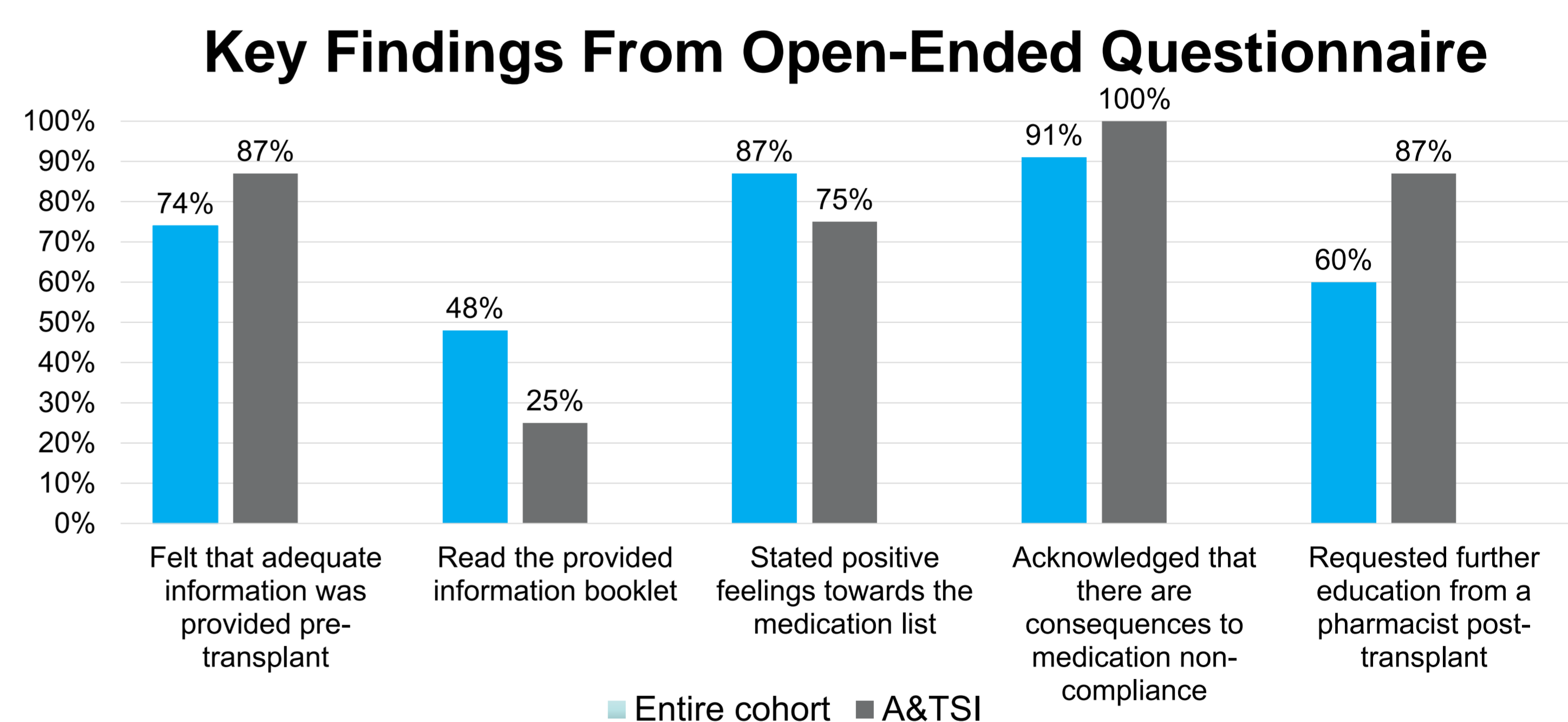


Figure 1: Key findings from patient answers to the open-ended survey, highlighting the difference between the entire cohort and A&TSI patients

Feelings Towards Medication Regimen Post-Transplant

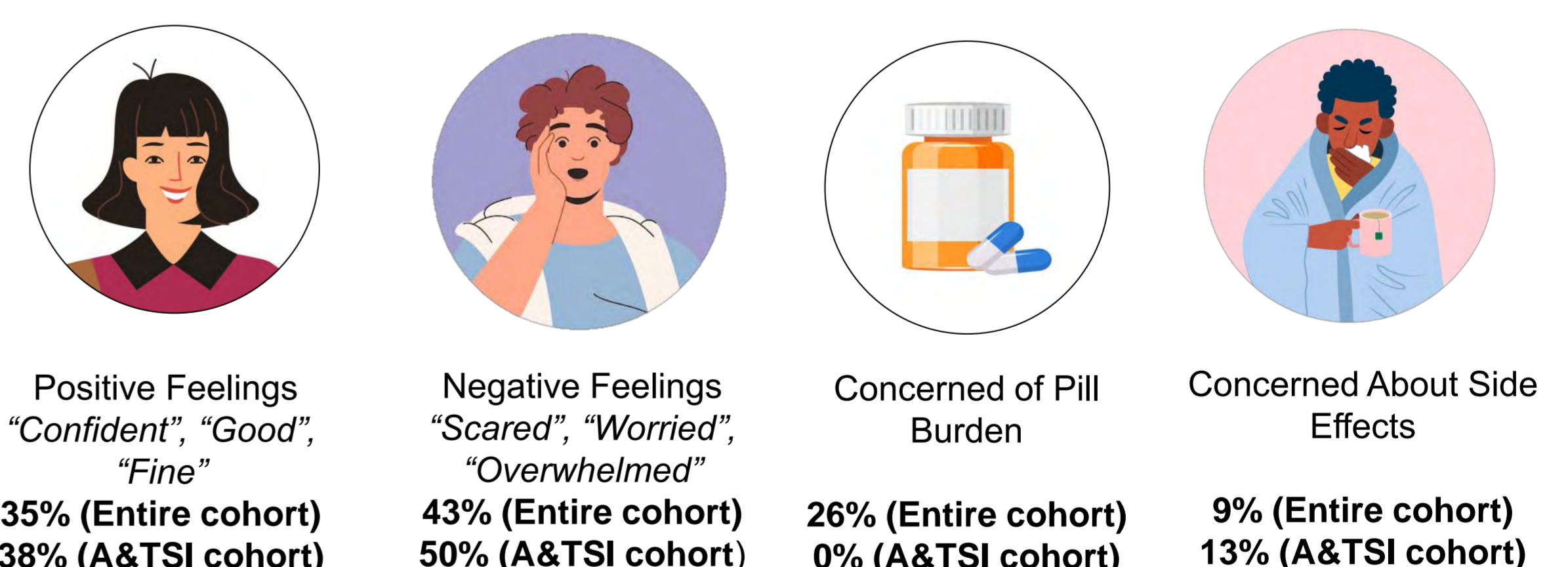


Figure 2: Common feelings amongst the entire cohort and A&TSI cohort in response to the survey question "how did you feel about your medicines after receiving education from the pharmacist immediately after your transplant"

Current Positive Practices	Areas For Development
Medication list including coloured tablet images.	Culturally appropriate educational tools for A&TSI patients.
Personally delivered education (face-to-face) from specialist renal pharmacists.	Visual educational tools (e.g. educational videos).
Trust in renal pharmacists and multidisciplinary transplant team.	Utilisation of technology to support medication management (e.g. development of a mobile phone app to track medication changes).

Table 2: Insights into effective medication education methods and areas requiring improvement obtained from patients' responses to open-ended questions

For more information

Tiah Doody
Senior Pharmacist
tiah.doody@sa.gov.au

Hanh Tran
Senior Pharmacist Team Leader
hanh.tran@sa.gov.au

Jasmine Goh
Intern Pharmacist
jasmine.goh@sa.gov.au



Government of South Australia
SA Health
SA Pharmacy