QUESTION65 - DOES KIDNEY TRANSPLANTATION IN OLDER PATIENTS ADD LIFE TO YEARS AND NOT ONLY YEARS TO LIFE?

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Objectives:

The incidence and age of patients developing end stage renal disease (ESRD) are increasing. Consequently, an increasing number of older patients are becoming candidates for renal replacement therapy.

Kidney transplantation is, in selected elderly patients, shown to increase survival compared to continued dialysis therapy. There is an ongoing debate whether elderly patients with ESRD should remain on dialysis or be wait-listed for transplantation.

The documentation of how kidney transplantation and immunosuppression interferes with health related quality of life (HRQOL) in older recipients is however sparse.

This study was designed to evaluate changes in HRQOL longitudinally from time of wait listing until 1 year after kidney transplantation among candidates older than 65 years of age. All patients will also be followed until 5 years post transplant to evaluate any long term changes.

Methods:

Patients > 65 years are asked to complete the KDQOL-SF form at time of acceptance and every 6 months until they are transplanted or permanently removed from the transplant list. Post transplantation, the patients receive a new form after 10 weeks, 6 months, 1, 3 and 5 years (**Figure 1**). Inclusion was initiated December 1st 2012. Primary aim is change in scores between time of acceptance and 1 year after transplantation. Power calculation have concluded that 65 patients have to complete the study to reveal a difference of 10 % in SF-36 general health (GH) score with a significance level (α) of 5% and a power (β) of 80%. The study is approved by the regional committee of medical ethics.

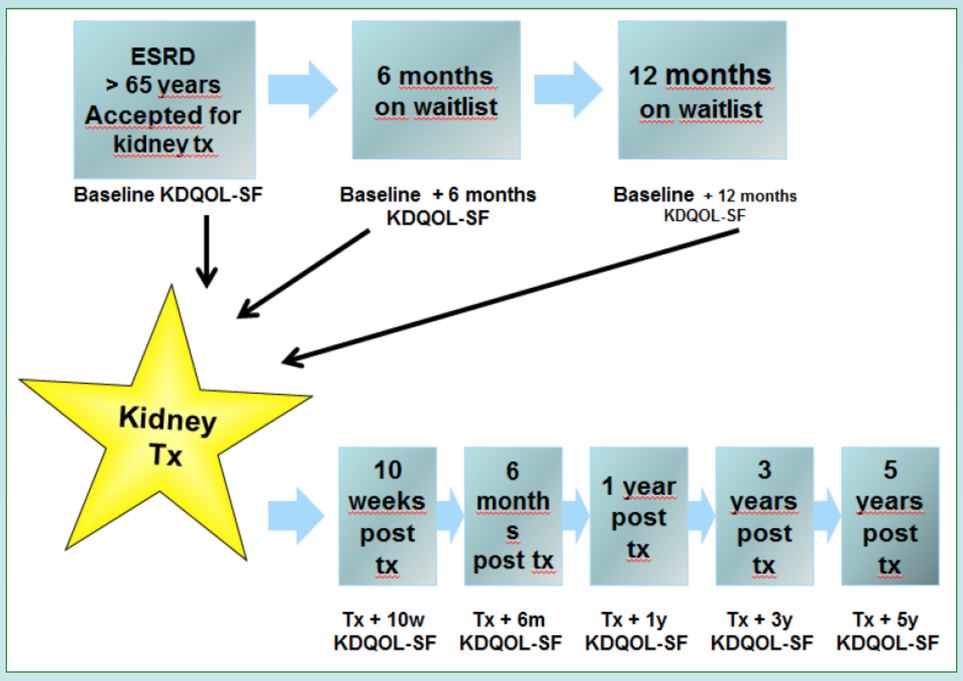

Figure 1: Study design

Results:

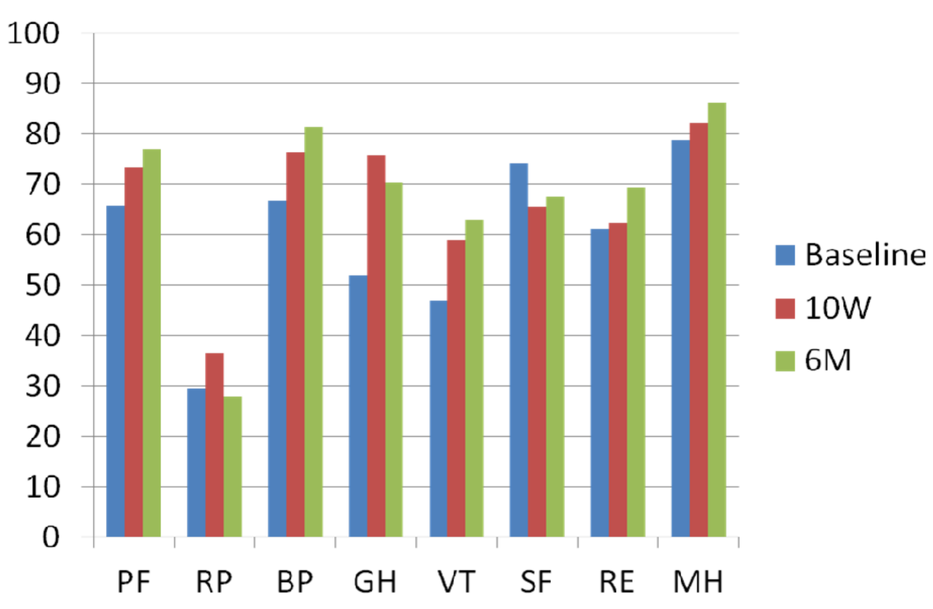

Figure 2: Preliminary SF-36 scores at baseline (N= 131), 10 weeks (N=38) and 6 months (N=25) post Tx.
PF: physical function
RP: role limitations by physical health problems
BP: bodily pain
GH: general health
VT: vitality
SF: social functioning
RE: role limitations by emotional problems
ME: mental health
Scores per dimension range from 0 to 100, and higher scores indicate better health related quality of life.

By May 1st 2014, a total of 136 patients are included and analysis are performed in 131 of these. Four patients were excluded from analysis because of too many missing values. 61 patients are transplanted. 25 of these have completed both the baseline, the Tx + 10 week form and Tx + 6 month form.
Mean age at baseline was 70.2 years and 70% were male. Preliminary SF-36 scores for baseline, 10 weeks and 6 months post transplant are presented in **Figure 2**.

Conclusions:

We believe the study will provide important information about the effect of kidney transplantation on HRQOL in older recipients and thereby help clinicians in the choice between continued dialysis and kidney transplantation in older patients with ESRD. Preliminary data indicates that HRQOL improves 10 weeks and 6 months post transplant compared to baseline.

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