

#1943 - Explaining Self-Care Behaviors of Kidney Transplant Recipients; a Qualitative Study

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Body

Introduction: Renal transplantation is one of the ways of treating patients with chronic renal failure, along with increased quality and length of life of these patients. But to prevent transplant rejection, health promotion and quality of life requires lifelong self-care and prevention of complications. Despite the obvious role of self-care in the prevention and reduction of mortality in chronic diseases, there is little information in this regard.

Objective: this study was performed aiming "explain the self-care behaviors in kidney transplant recipients".

Patients and Methods: This study was done with qualitative method and content analysis approach. Participants included 24 kidney transplant recipients who have participated in this study based on purpose-based sampling. Data was collected through semi-structured interviews and analysis of the data was performed using conventional content analysis.

Results: Data analysis led to the formation of a theme "public health and transplanted kidney care" with four classes (adherence to a healthy lifestyle, adherence to transplant treatment regimen, mental - emotional care, social - spiritual care) as self-care behaviors of kidney

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transplant recipients.

Conclusion: achieving the above themes can increase the awareness of governments, communities, families and health care officials about the barriers to care for kidney transplant recipients, and will help the more precise planning and better design of training programs.

Keywords: kidney transplantation, self-care, qualitative content analysis

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