



Applied Science Private University
جامعة العلوم التطبيقية الخاصة

**"Factors Associated with Outcomes Post Kidney Transplantation
in Jordan: a Retrospective Study "**

" العوامل المصاحبة لنتائج عملية زراعة الكلى في الاردن "

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Abstract

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Background: Kidney transplantation is the most common and effective treatment modality for managing patients with end stage renal disease. However, many kidney transplantation procedures end with graft rejection or failure. Risk factors that are associated with poor kidney transplantation outcomes are still debatable and questionable.

Purpose: To examine the association between recipients' socio demographic and clinical characteristics (age, gender, body mass index, diabetes mellitus and hypertension) and outcomes post kidney transplantation.

Methodology: A descriptive retrospective design was utilized in this study. Convenience sampling was used to collect information for 250 patients during the period between January 1, 2011 and December 30, 2016, from four healthcare sectors in Jordan (military, educational, governmental, and private).

Results: The current study revealed that DM recipients are significantly associated with negative outcomes of kidney transplantation compared with non-diabetic recipients ($\chi^2 (1) = 31.726, p < .05$). Body mass index (BMI) class as well had a statistically significant association with outcomes of kidney transplantation (Mann Whitney U = 4,660.000, $p < .05$); those who are overweight (BMI= 25-29.9) were significantly more likely to have failure outcomes of kidney transplantation. There

was also a statistically significant association between age group and outcomes of kidney transplantation (Krusal-Wallis Test = 26.629, $p < .05$); those who were older in age (45 years or older) were significantly more likely to have failure outcomes of kidney transplantation. Finally, kidney transplant patients who had no complications one year after surgery were more likely to have successful kidney transplantation outcomes compared with those who suffered from one or more complications ($\chi^2 (1) = 12.758, p < .05$).

Conclusion: many factors should be taken into considerations by nurses while preparing a treatment plan of end stage renal disease with kidney transplant. The most common factors that influence the outcomes of kidney transplant were diabetes mellitus, older age, high BMI and post-operation complications. Having control over these factors might decrease negative outcomes and increase positive outcomes of kidney transplantation procedure.

Keywords: *kidney transplant, ESRD, kidney failure, recipients related factors, and outcomes.*