

Side Effects and Quality of Life in a Cohort of Recent Kidney Transplant Recipients

D. Hathaway, R. Winsett, M. Prendergast, I. Subaiya

DH, RW, University of Tennessee; MP, Fujisawa Healthcare Inc.; IS, Quorum Consulting, Inc.

Objective. To evaluate side effects and quality of life (QOL) in kidney transplant recipients within the first 18 months posttransplant using data from the Patient Outcomes Registry for Transplant Effects on Life (PORTEL).

Methods. Transplant recipients aged 16 and older are eligible to join the PORTEL registry through self-referral or enrollment through transplant centers. Generic QOL is assessed by the SF-12 with Mental Component Summary (MCS) and Physical Component Summary (PCS) scores. Side effects are measured by the Memphis Survey with Emotional, Mobility, Gastrointestinal, Life/role and Miscellaneous subscales. In this report, we present findings from a cohort of single kidney transplant recipients who completed baseline surveys within the first 6 months posttransplant and follow-up surveys at 12 months (n=51) and 18 months (n=35).

Results. The cohort had an average age of 47 years, was 56% male, and 77% Caucasian. At baseline, PCS scores were significantly lower than the population norm (39.4 vs. 50.1; $p<0.001$) and MCS scores were higher than the norm (53.3 vs 50.0; $p<0.05$). PCS scores improved significantly from baseline to 18 months (39.4 to 49.1; $p<0.05$), with no significant change in MCS scores. MCS and PCS scores at 12 months were not significantly different from either baseline or 18 month scores. At baseline, tacrolimus-based patients reported better MCS scores than cyclosporine-based patients (56.6 vs. 47.6; $p<0.05$). A significant improvement in PCS scores from baseline to 18 months was observed for tacrolimus-based patients (37.2 to 50.2; $p<0.05$), but not for cyclosporine-based patients. Compared to cyclosporine-based patients at baseline, tacrolimus-based patients reported significantly less severe side effects in the Miscellaneous domain (7.6 vs. 13.9; $p<0.001$) which was found to be the most problematic side effect domain for patients across all time intervals. For all patients, side effects worsened in the Emotional domain over time.