



IMPORTANCE OF NURSING CARE IN RENAL TRANSPLANTED PATIENT CARE
IMPORTÂNCIA DA ASSISTÊNCIA DE ENFERMAGEM NO CUIDADO AO PACIENTE
TRANSPLANTADO RENAL

IMPORTANCIA DE LA ASISTENCIA DE ENFERMERÍA EN EL CUIDADO AL PACIENTE TRANSPLANTADO
RENAL

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ABSTRACT

Objective: to describe the importance of nursing care to the renal transplant patient. **Method:** this is a bibliographical study, type integrative, in the LILACS database and virtual libraries SciELO and VHL, including complete articles, in Portuguese, English or Spanish. A period of 15 years for the inclusion of the studies was established, and the results are presented in figures. **Results:** 1114 articles were found, of which, after reading titles and abstracts and applying the inclusion and exclusion criteria, ten were selected, two in SciELO, three in VHL and four in LILACS. It is verified that the articles approach, in a significant way, the relation of Nursing diagnoses in the elaboration of adequate interventions to the patient. **Conclusion:** it is concluded that Nursing plays a fundamental role in the success, recovery and improvement of the quality of life of the renal transplant patient. **Descriptors:** Patient Care; Nursing Care; Kidney Diseases; Patients; Survival; Kidney Transplantation.

RESUMO

Objetivo: descrever a importância da assistência de Enfermagem ao paciente transplantado renal. **Método:** trata-se de um estudo bibliográfico, tipo revisão integrativa, na base de dados LILACS e bibliotecas virtuais SciELO e BVS, incluindo artigos completos, em português, inglês ou espanhol. Estabeleceu-se, um período de 15 anos para a inclusão dos estudos, e os resultados apresentam-se em figuras. **Resultados:** encontraram-se 1114 artigos, dos quais, após a leitura dos títulos e dos resumos e a aplicação dos critérios de inclusão e exclusão, foram selecionados dez, sendo dois na SciELO, três na BVS e quatro na LILACS. Verifica-se que os artigos abordam, de forma significativa, a relação dos diagnósticos de Enfermagem na elaboração de intervenções adequadas ao paciente. **Conclusão:** conclui-se que a Enfermagem possui um papel fundamental no sucesso, na recuperação e na melhoria da qualidade de vida do paciente transplantado renal. **Descritores:** Assistência ao Paciente; Cuidados de Enfermagem; Nefropatias; Pacientes; Sobrevida; Transplante de Rim.

RESUMEN

Objetivo: describir la importancia de la asistencia de enfermería al paciente trasplantado renal. **Método:** se trata de un estudio bibliográfico, revisión integrada de tipo, la base de datos LILACS y SciELO bibliotecas virtuales y BVS, incluyendo los artículos completos en portugués, inglés o español. Se estableció, un período de 15 años para la inclusión de los estudios, y los resultados se presentan en figuras. **Resultados:** se encontraron 1114 artículos, de los cuales, después de la lectura de los títulos y de los resúmenes y la aplicación de los criterios de inclusión y exclusión, fueron seleccionados diez, siendo dos en la SciELO, tres en la BVS y cuatro en la LILACS. Se verifica que los artículos abordan de forma significativa la relación de los diagnósticos de Enfermería en la elaboración de intervenciones adecuadas al paciente. **Conclusión:** se concluye que la Enfermería tiene un papel fundamental en el éxito, la recuperación y la mejora de la calidad de vida del paciente trasplantado renal. **Descritores:** Atención al Paciente; Atención de Enfermería; Enfermedades Renales; Pacientes; Supervivencia; Trasplante de Riñón.

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INTRODUCTION

It is emphasized that the health of the human being is its greatest good and that, throughout the existence of humanity, scientific and technological advances have not ceased to be implemented and improved, all for the sake of well-being and mental evolution, physical and behavioral development of each member of society. It is known that these advances stem from the need to raise life expectancy and promote comfort and dynamics in all areas of action of each individual.

It is observed that one of these areas is health, one of the main pillars of maintaining the quality of life. Through the improvements and innovations in this area, it is possible to overcome countless limitations and effectively combat various diseases, by launching drug formulas, infrastructure resources such as medical instruments and advisory equipment, palliative, curative, symptomatic, alternative or surgical medical examinations and treatments.

It is important to note that the research and improvement of health professionals aim to reduce risks, insecurities and vulnerabilities in patients, since they are already weak and fragile due to the problem they are facing, and feel helpless by the hospital institutions, many public and private health problems. In order to preserve the safety and physical and emotional stability of the patient, many acts considered unsafe or extremely invasive are avoided and replaced by better and more advanced techniques that obtain the expected results.

However, in some cases it is essential to perform surgical procedures that involve complexities beyond the knowledge of most patients and, despite the risk, save many lives. One example of these surgical procedures is organ transplantation, considered one of the most fascinating aspects of medicine. Organ donation is understood as a voluntary decision in which a person who decides to be a donor can save more than one life. It should be noted that some organs can be transplanted with the person still alive, as part of the liver, part of the bone marrow and the kidney - called renal transplantation.

This procedure is indicated for patients suffering from advanced chronic kidney disease, in which the recipient receives a healthy kidney from a living or deceased donor, and their kidneys are preserved, except in cases where they are causing infection or hypertension.¹

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It is important to know that kidney transplantation is more advantageous than dialysis techniques because the transplanted kidney is a living organ that enjoys the fullness of its functions, in addition to allowing the patient to escape the restrictions imposed by dialysis. It is seen that transplanting a kidney implies a better quality and a greater perspective of life.

Between January and March 2018, 1346 kidney transplants were carried out in Brazil.² It is recorded that, in 2016, Brazil ranked second in absolute number of kidney transplants among 30 countries, with 5426 transplants, demonstrating the great amount of this type of surgery performed in the country.³

It is evident that, at this juncture, the nurse plays a fundamental role in the donation and maintenance of organs and tissues, as well as the assistance to the transplanted ones. It is required, because it is a very complex therapeutic modality, that the Nursing team provides a specific assistance, with quality and technical-scientific domain, to base its action and, for this, the nurse has to investigate their actions and plan the care provided to patients undergoing renal transplantation at all stages of the procedure.

It is described that according to the Protocol of Nursing care in organ transplantation, the nurse has the competencies to evaluate, detect and intervene early in the possible complications of the renal transplant.⁴ It is also necessary to know the history of the patient, especially about the evolution of the disease, its current state, the completion of the transplant and the therapy applied to date.

The first 24 hours after transplantation are associated with hemodynamic instability and the need for parenteral replacement of large amounts of fluids. It is pointed out that, if this period ends without interurrences, there will be more chances of survival.

It is reported that Nursing is the foundation of the attack in the post-transplant period, as it is responsible for promoting intense fluid balance and monitoring the body's responses, controlling diuresis, analyzing its characteristics and following the tests that evaluate renal function.

It is exposed that, in this way, the nursing professional has responsibilities ranging from the testing of equipment that will receive the patient in the ICU, until the early detection of complications related to the surgical procedure.

OBJECTIVE

- To describe the importance of nursing care to renal transplant patients.

METHOD

It is a bibliographical study, type integrative review.⁵ It is emphasized that it presents six steps for its elaboration: the first phase involves the definition of the guiding question; the second, search or sampling in the literature; the third, data collection; the fourth, the critical analysis of included studies; the fifth, the discussion of the results and, finally, the sixth phase, which is the presentation of the integrative review.⁵

In the first stage, the following guiding question was elaborated: "What is the importance of nursing care to patients undergoing kidney transplantation?". It followed, from this question, to the second step, which is the search or sampling in the literature. For this purpose, a study was conducted in the DeCS (Descriptors in Health Sciences) to determine which descriptors would be used, in Portuguese, English and Spanish, obtaining the following result: *patient care; nursing care; nephropathies (kidney diseases); patient; survival and kidney transplantation*. The descriptors were associated using the Boolean operator AND: patient care AND nursing care AND nephropathy AND patients AND survival and kidney transplantation.

The LILACS (Latin American and Caribbean Literature in Health Sciences) database was used, as well as the Virtual SciELO (Scientific Electronic Library Online) and VHL (Virtual Health Library) virtual libraries. The following inclusion criteria were listed: articles available in full and free; in Portuguese, English or Spanish; that included the descriptors used and that responded to the guiding question. The following exclusion criteria were applied: incomplete articles; not

free; that did not have the descriptors; that did not address the topic of interest; in a language other than those mentioned above; letters to the editor and reviews. A period of 15 years was also established for the inclusion of studies, since Medicine and Nursing underwent significant changes over time and that very old studies could present disparate results in relation to what is lived in these areas currently.

It is emphasized that the results are described, presenting, from figures, the articles, discussing the respective objectives and main results.

RESULTS

It was found, using the descriptors DeCS patient care AND Nursing care AND nephropathies AND patients AND survival and kidney transplantation, in Portuguese, 316 articles, being ten in the LILACS database, one in the SciELO and 305 in the VHL. A total of 483 articles were found, with the descriptors being placed in English, six in LILACS, five in SciELO and 472 in VHL. There were 315 articles in Spanish, with none in LILACS, four in SciELO and 311 in the VHL. There were, therefore, a total of 1114 articles.

The total number of articles of the VHL was reduced by applying the language filter, choosing Portuguese, English and Spanish, from 1088 articles to 947; there was no difference in the other databases. The year of publication was also applied in the VHL, reducing the total to 247 articles. The titles of the articles found were then read, and the full-text filter available, remaining 12 articles. The final sample of the VHL was delimited after reading the abstracts in three articles. It was verified that in LILACS, after reading the titles and abstracts and the exclusion of the repeated articles, four articles remained. Two articles of SciELO were selected with the abstracts. The final sample consisted of ten articles (Figure 1).

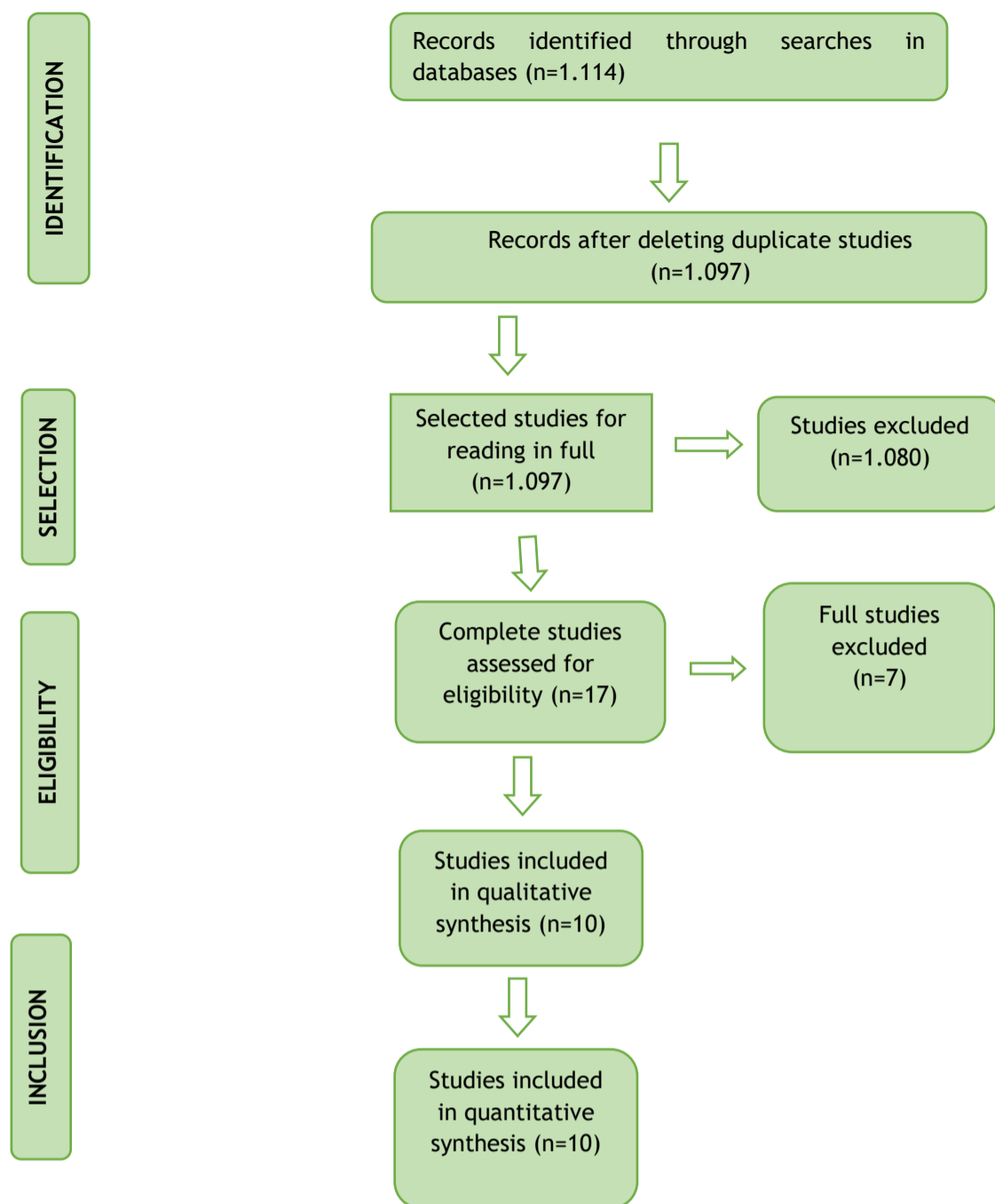


Figure 1. Flowchart of study selection. Rio de Janeiro (RJ), Brazil, 2018.

Data of the studies in figure 2 are shown, with author, database / journal, year of

publication, title, objectives and main findings.

Title	Author (s) (year of publication)	Database of Journal	Objectives	Main findings
<i>Frecuencia de los diagnósticos de enfermería en el primer ingreso del paciente con un trasplante renal reciente</i> (Frequency of nursing diagnoses on the first admission of a patient with a recent renal transplant)	Cabana AF, Rebé MI, Rodríguez MDR, Polonio CE, Andrea TL, Jiménez (2017)	SciELO <i>Nephrology Nursing</i>	To know the most frequent Nursing Diagnosis (ND) at the first post-transplant admission, as well as the reason for admission, in all patients submitted to renal transplantation, at the Hospital Clínico de San Carlos de Madrid, from 2010 to 2014.	Knowing the most frequent NDs allows establishing plans of care to improve the quality of care and prevent possible complications of transplantation that affect the patient's quality of life, helping to reduce treatment costs and, more importantly, increase satisfaction and safety of the patient, helping them recover their health.
Nursing guidelines for hospital	Borsato L (2014)	LILACS UFF School of	To describe the knowledge and	The use of the booklet, the study product, on

discharge: contribution to health education of renal transplant patients		Nursing Library	practices of nurses at the time of hospital discharge to the renal transplant patient; characterize Nursing guidelines at hospital discharge to the renal transplant patient; evaluate the perception of the renal transplant patient on the Nursing guidelines provided at the time of hospital discharge and elaborate an educational guidebook for Nursing guidance for discharge to the renal transplant patient.	the discharge of the transplanted patient, does not solve the other problems that were evidenced for the provision of a full Nursing care. However, it is an initial step to encourage and stimulate new looks in the care provided in this institution to the renal transplant patient.
The care nurse and educator in a kidney transplant unit: a challenging question	Furtado AMO, Souza SROS, Oliveira BL, Garcia CN (2012)	VHL <i>Global Nursing</i>	Carry out a bibliographical survey about the subject; to discuss the importance of the nurses' guidelines during the pre- and postoperative period of renal transplantation and to survey the main Nursing guidelines in a renal transplant unit found in the literature consulted.	There is a significant concern on the part of Nursing to maintain care for the renal transplant within and outside the hospital setting. The guidelines range from simpler subjects to more complex ones, being of paramount importance during the pre- and post-transplant period, in an attempt to obtain the success of the actions.
Renal transplant patients: analysis of the association of nursing diagnoses	Lira ALBC, Lopes MVO (2010)	LILACS Gaúcha Journal of Nursing	To analyze the associations between Nursing diagnoses, related factors and the defining characteristics present in renal transplant patients of a university hospital.	The results showed associations between disturbed sleep pattern and sexual dysfunction, disturbed sleep pattern and ineffective sexuality patterns, sexual dysfunction, and ineffective sexuality patterns. The study contributed to the identification of nursing diagnoses related to the specific characteristics of these patients.
<i>Cuidados de enfermería a un paciente trasplantado</i> (Nursing care for a transplanted patient)	Vilurbina NC, Solanellas CS (2010)	VHL <i>Revista de la Sociedad Española de Enfermería Nefrológica</i>	The study analyzed the history of a young patient with end-stage chronic kidney disease (ESCKD), who received a kidney from his father and had a 13-year survival, describing the activities and	The importance of the knowledge and qualification of the nurse in the care of the transplanted patient was demonstrated, not only to offer the best service to the patient, but also, so that the Nursing team assumes a coherent and unified decision making.

			the nursing diagnoses carried out preoperatively and throughout the years of patient survival.	
Nursing diagnoses identified in renal transplant patients of a teaching hospital	Silva MSJ, Teixeira JB, Nóbrega MFB, Carvalho SMA (2009)	LILACS Electronic Nursing Journal	To identify the main nursing diagnoses in renal transplant patients in a hospital of a teaching hospital in the city of Fortaleza (CE), and to propose interventions based on the real needs of these patients. An exploratory descriptive study, qualitative in nature.	Seventeen Nursing diagnoses were identified, which allowed the elaboration of interventions based on the real needs of the patients. The suggested interventions, based on a theoretical framework, will be of paramount importance for the practice of nurses working in this area, and especially in the hospital in question.
<i>Trasplante renal y rechazo vascular. Papel de enfermería en el tratamiento con plasmaféresis</i> (Renal transplantation and vascular rejection. Role of nursing in plasmapheresis treatment)	Jurado MD, Barnet ED, Adot ES, Gómez RE, Ibáñez MJ (2007) <i>apud</i> (13)	VHL <i>Revista de la Sociedad Española de Enfermería Nefrológica</i>	To analyze the efficacy of plasmapheresis (PP) treatment and their respective nursing care.	The results obtained show that PP treatment is effective in antibody-mediated vascular rejection, offering integral care to the transplanted patient, since the nurse of the renal transplant unit is responsible for performing the technique.
Renal transplantation: diagnosis and nursing interventions of patients in the immediate postoperative period	Luvisotto MM, Carvalho R, Galdeano LE (2007) <i>apud</i> (8)	LILACS <i>Einstein</i> (São Paulo)	To identify the Nursing diagnoses in the immediate postoperative period of patients submitted to renal transplantation and to raise the Nursing actions proposed by the Nursing Interventions Classification for the Nursing diagnoses identified in patients submitted to renal transplantation.	Incidence of 100% of the following diagnoses: risk for unbalanced fluid volume, risk of infection, risk of aspiration, ineffective protection, impaired bed mobility, impaired skin integrity, and poor self-care for bathing / hygiene. Main Nursing interventions for the diagnoses raised: control and monitoring of fluids and electrolytes, prevention of falls, protection against infection, post-anesthesia care, aspiration precautions, rest bed care, skin supervision, injury care, care in the self-care and temperature regulation.
<i>Tell me your weight before kidney transplant and I'll tell you your risks</i>	Costa JS et al. (2018)	SCIELO <i>Portuguese Journal of Nephrology & Hypertension</i>	To evaluate the occurrence of complications in the first year after renal transplantation, according to the Body Mass Index (BMI) pre-transplant	The study emphasizes the importance of controlling weight before kidney transplantation, since obesity is a risk factor for post-transplant complications, especially urinary infections and

			recipients.	surgical / urologic complications.
<i>Plasmapheresis Therapy in Kidney Transplant Rejection</i>	Xie P (2018)	SciELO <i>Blood Purification</i>	To describe the importance of plasmapheresis in the treatment of kidney transplant rejection.	The treatment must be individualized and specific so that the transplant is a success and to guarantee the least possible complications.

Figure 2. Characteristics of selected studies according to authorship, year of publication, title, database, objectives and main findings. Rio de Janeiro (RJ), Brazil, 2018.

DISCUSSION

It is emphasized that Nursing care is an important pillar in all the moments experienced by the patient undergoing kidney transplantation. A study that tracked the history of a patient with end-stage chronic kidney disease (ESCKD) who received the kidney from his father was analyzed, describing his diagnoses, complications and Nursing attitudes in the face of adverse situations. It was concluded that, thanks to the presence of Nursing, the patient lived well with the kidney for 13 years.⁶

It is known that patients undergoing any kind of transplantation, including the renal, suffer from physical and psychological changes. The main nursing diagnoses found in renal transplant patients and their use to elaborate specific interventions that are consistent with the patient's reality are shown in studies.⁷⁻¹⁰

The following NDs were pointed out: risk for unbalanced volume of liquids; risk of fall; risk of infection; risk of aspiration; ineffective protection; mobility in the impaired bed; impaired skin integrity; deficit in self-care for bathing / hygiene. These NDs are referred to the following Nursing interventions: control and monitoring of fluids and electrolytes; prevention of falls; protection against infection; post-anesthetic care; precautions against aspiration; rest bed care; skin supervision; injury care; assistance in self-care and temperature regulation.⁷

Seventeen NDs were studied, allowing the elaboration of interventions based on the real needs of renal transplant patients and based on a theoretical reference.⁸ Another important article was the main NDs associated with these patients to establish care plans to improve care and prevent possible complications of transplantation, which would help improve the patient's quality of life, safety and satisfaction, and reduce treatment costs.¹⁰

The association between NDs pattern of disrupted sleep and sexual dysfunction, disturbed sleep pattern and ineffective

sexuality patterns, and sexual dysfunction and ineffective sexuality patterns has been demonstrated, revealing that the renal transplant patient may present more than one ND, which should be evaluated so that the appropriate Nursing interventions can be performed.⁹

A primer was prepared with guidelines to the renal transplant patient based on the knowledge and practices of nurses at the moment of hospital discharge, a characterization of the Nursing guidelines and the evaluation of the perception of the renal transplant patient on the Nursing guidelines provided at the time of the and it was concluded that the booklet alone would not solve the problems and difficulties found, but it would be able to stimulate the search for new knowledge and looks by the Nursing professionals, to guarantee the best assistance to the patients.¹¹

The role of Nursing in a case of vascular rejection treated with plasmapheresis (PP) was discussed, discussing the Nursing care applied in this treatment. It is known that PP treatment is effective in antibody-mediated vascular rejection, and the nurse of the renal transplant unit is responsible for performing the technique, and should provide comprehensive assistance to the renal transplant patient.^{12,13}

It is specified that a study showed the role of the nurse, not only in the care of the renal transplant patient, but also as a health educator, offering adequate and effective guidelines. It is pointed out a significant concern on the part of Nursing to maintain care for the renal transplant within and outside the hospital, with guidelines that address simple and complex issues, which are of paramount importance during the pre- and post-transplant period, ensuring the success and quality of life of the transplant.¹⁴

It is highlighted that obesity is a risk factor for post-renal transplantation complications, mainly urinary infections and surgical/urologic complications.¹⁵ It is understood, therefore, that the nurse enters as the main guide to guide the patient in relation to their weight

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and the importance of maintaining it ideal, in order to avoid complications and ensure the success of the transplant.

CONCLUSION

It is pointed out that the Nursing team is an essential pillar for the renal transplant patient, to act in a way closer to him, observing his problems and difficulties and analyzing them to elaborate the best solution to overcome them.

It is observed, however, that not always the patients submitted to the procedure receive the appropriate guidelines, which demonstrates that the Nursing professional should always seek the improvement and the qualification, in order to provide the best assistance to the client, thus guaranteeing the their quality of life and recovery.

It should be emphasized that the study has limitations because it is an integrative review, but it was used to analyze the Nursing practice and its activities inherent to the renal transplant patient care. The results of this review show that there are not many recent studies addressing this topic, suggesting the elaboration of new papers to observe, understand and show the importance of the role of Nursing care to the renal transplant patient.

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