

Kidney Transplant Recipients: Quality Improvement

Berich Mpoy

Lakeview College of Nursing

Dr. Ariel Wright

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Quality improvement is crucial to the health field. Quality improvement utilizes data to monitor the results of interventions. It then utilizes those results to improve health care quality (QSEN Institute, 2020). Quality improvement also increases the probability of accurate results or outcomes for patients and the health care system. Quality improvement eliminates or reduces the probability of failure, poor outcomes, variations, and errors in the health care system by utilizing data collected from studies. Knowledge, skills, and attitudes are required to achieve quality improvement. Knowledge is understanding the approach toward the results and the importance of variation and measurement is crucial (QSEN Institute, 2020). Nurses and all healthcare workers must be able to measure, analyze and synthesize data before achieving quality improvement. The skills of health care workers must be examined before quality improvement can be achieved. Health care workers should have fine and gross motor skills, communication, management, and monitoring skills. Health care workers should have the knowledge and attitude that the healthcare system is ever-changing. Quality improvement requires that health workers are optimistic about the change in the field (QSEN Institute, 2020). A qualitative study of the experience of kidney transplant recipients sought to understand how kidney transplant patients reacted to the web-tailored intervention and self-managed medication (Cote et al., 2019). Immunosuppressant medication is vital for the survival of the kidney. According to Cote et al. (2019), the study identifies ways for patients with a kidney transplant to manage and have healthy lives after the transplant.

Article Summary

In the article "Web-Based Tailored Nursing Intervention to Support Medication Self-management," Cote et al. (2019) discuss the importance of immunosuppressant medications after a kidney transplant and how patients can self-manage. The article discusses how quality care after a kidney transplant is essential. The article also examines the results of a qualitative study conducted in the hospital setting. The qualitative study in the article was conducted to improve medication compliance and promote self-management after a kidney transplant (Cote et al., 2019). The study was conducted with 10 participants that reported receiving their transplant 10.6 years ago, and the study utilized semi-structured interviews to collect information (Cote et al., 2019). Five themes emerged from the study results. The study concluded that web-tailored interventions could help kidney transplant patients with medication self-management and provide patients with valid information about kidney transplants (Cote et al., 2019).

Introduction

The article discusses the importance of self-management and daily medication intake in kidney transplant patients (Cote et al., 2019). The article's main purpose was to determine whether the intervention introduced in the study is appropriate for kidney transplant patients and whether the intervention will increase medication administration and daily self-management compliance (Cote et al., 2019). The article examines a qualitative study conducted with ten kidney transplant participants about their experience with the intervention and utilized semi-structured interviews to collect information (Cote et al., 2019). The article relates to kidney transplants because it discusses the benefits of self-management and daily medication administration after a kidney transplant and examines how Tavis, web-based nursing tailored

intervention improved quality health care for kidney transplant patients (Cote et al., 2019).

Overview

The article discusses how the intervention introduced in the article has helped kidney transplant patients increase the survival days of the kidney (Cote et al., 2019). Tavie provides kidney transplant patients with reminders about daily medication intake and access to a wide range of information about daily living with kidney transplants (Cote et al., 2019). The study utilized knowledge, skills, and attitudes to implement the web-tailored intervention and improve the quality of care for patients with a kidney transplant (QSEN Institute, 2020). The research article introduces kidney transplants by examining the quality of care that kidney transplant patients have after the transplant surgery and also introduces a web-tailored nursing intervention that increases the quality-of-care patients receive after a kidney transplant surgery (Cote et al., 2019). The web-tailored nursing intervention provides personalized virtual videos that help patients learn the skills to manage after a kidney transplant (Cote et al., 2019). The intervention also reminded patients to administer medication daily (Cote et al., 2019). The intervention increases the quality of care by reducing the incidences of organ rejection and the risk of infections (Cote et al., 2019). Quality of care after a kidney transplant is very important; patients that do not receive quality care after surgery or discharge experience rejection of the organ and recurring infections that often lead to death.

Quality Improvement

Quality improvement efforts can be implemented in the hospital and many other settings. However, in this study, they were implemented in the hospital setting. The intervention did not require many resources for implementation because it is a web-tailored intervention. The

intervention required electronics. Pre-stage required researchers to research whether the intervention was appropriate for the hospital and situation. In the pre-stage, researchers had to ensure that the idea went through the institution's community and examine if finances were enough. Assessing whether all health care workers were educated about the change and received training also fell in the pre-stage. In the intra-stage, researchers conducted quality improvement checks by documenting whether the intervention was being implemented correctly, measuring the data, and identifying any problems. In the post-stage, the researcher assessed the results of the intervention and whether further finances were needed to continue. The change will significantly impact the hospital financially because nurses and health care workers will need to be trained about the new intervention. According to Cote et al. (2019), the web-tailored nursing intervention increased patient satisfaction, nursing satisfaction, patient safety, and the quality-of-care patients received after the transplant. The web-based intervention reminded them to take the medication daily to prevent the immune system from attacking the transplanted organ (Cote et al., 2019). Patients reported that virtual nurses on Tavie were professional, kind, friendly, and empowering and addressed them personally, providing them with a wide range of information (Cote et al., 2019). Nurses were satisfied with the results that they had with patients utilizing Tavie. Nurses could provide patients with information regarding any situation at any time utilizing Tavie. The intervention increased patient and nurse safety because virtual nurses provided patients with professional and accurate information that has been reviewed (Cote et al., 2019). Patient-nurse satisfaction and patient-nurse safety all improved.

Application to Nursing

The kidney transplant topic encounters implications in practice, education, and research. Nurses require further research about psychological behaviors regarding kidney transplant patients. According to Young et al. (2017), research is crucial because it provides the foundation for clinical practice and expands the nurses' knowledge. Implications of nursing research for kidney transplant patients lead to organ rejection and recurring infections because further research about psychological behaviors is needed. Implications of education in nursing are critical thinking, ethical issues, personalized, inclusive education, high quality, and culturally inclusive (Young et al., 2017). Implications of education in nursing regarding kidney transplant patients lead to the best possible outcome for patients and increase compliance with self-management. Implications of nursing practice include patient-centered care, evidence-based practice, quality care, the continuation of improved outcomes, and interdisciplinary collaboration (Young et al., 2017). Implications of nursing care such as those mentioned above can ensure quality care and personalized care are provided and compliance with self-management and daily medication intake from kidney transplant patients.

Practice

According to Beck et al. (2019), self-management is the best nursing practice for transplant patients after surgery or discharge because kidney transplant patients require medications for the rest of their lives. The transplant outcome depends on how patients self-manage to reduce the risk of transplant rejection and infections. In the article, a web-based tailored intervention, Tavis promotes self-management for kidney transplant patients by empowering and providing them with a wide range of professional information regarding their situation (Cote et al., 2019). According to Beck et al. (2019), kidney transplant patients require

medication for the remainder of their lives, and optimal self-management increases the organ's survival and reduces comorbidity. Before any intervention was introduced, self-management for kidney transplant patients was conducted by in-contact patient interviews with nurses and healthcare workers. Tavie, a web-based tailored intervention, allows kidney transplant patients to engage in self-management through virtual interviews and videos with nurses and health care workers (Cote et al., 2019). The intervention reduces patient spending, hospital costs, nurse-to-patient ratio, and unnecessary trips to the hospital for interviews.

Education

Current educational guidelines for educating staff members and nurses about kidney transplant care are extensive. Kidney transplant patients encounter organ rejection, infections, and organ failure risks. Organ maintenance requires significant self-management, and patients require medications, exercise, and diet changes. Organ rejections, infections, and death are all due to non-compliance by kidney transplant patients. Staff members and nurses should be educated about improving compliance in transplant patients. According to Beck et al. (2019), nurses were trained in communication techniques and motivational interviews to achieve compliance with kidney transplant patients. Staff members and nurses must be educated about transplant patients' psychosocial behaviors and medical issues. According to Beck et al. (2019), Nurses focus on medical management instead of motivating and empowering kidney transplant patients to maintain compliance. The 5A model of behavior or self-regulation theory is the current guidelines nurses follow to maintain compliance in kidney transplant patients by assessing behaviors, motivations, goals, barriers, beliefs, and specific plans (Beck et al., 2019). The theory empowers patients to remain compliant with self-management of medication administration daily, and staff members are provided with a self-management web focused on

the specific needs of patients with chronic conditions (Beck et al., 2019). The self-management web allows kidney transplant patients to evaluate specific areas of their life and improve compliance (Beck et al., 2019). Self-management is the best nursing practice that promotes medication administration daily and empowers patients.

Research

Nurses and health care professionals must research improving psychosocial behaviors to maintain compliance in kidney transplant patients. A study by Beck et al. (2019) found that transplant patients voiced the need for psychosocial support to maintain compliance. Kidney transplant patients encounter both physical difficulties and mental difficulties. For kidney transplant patients to live long, everyday lives, special care is required. Kidney transplant patients live the rest of their lives taking immunosuppressive medications, watching their food, exercising, and trying to prevent infections. Kidney transplant patients experience stress, depression, and anxiety due to the fear of reinfection or forgetting medication administration. Psychosocial and Behavioral factors negatively impact self-management and daily administration of medications. The area of psychosocial behaviors in kidney transplant patients needs further research. According to Beck et al. (2019), nurses and nurse practitioners agreed that further knowledge was needed about psychosocial and behavioral factors in transplant patients. Nurses and professionals need to understand these areas better to improve transplant patients' compliance.

Conclusion

In summary, quality improvement is essential in the health care system. Quality improvement in QSEN competencies provides evidence-based information to analyze methods

and outcomes and implement changes to improve the quality of care for patients and healthcare care quality (QSEN Institute, 2020). The purpose of quality improvement in the health care system is to reduce variations and errors and increase the probability of good outcomes utilizing current knowledge and skills (QSEN Institute, 2020). Quality improvement requires positive attitudes and behaviors. Only when health care workers and nurses have positively engaged will the quality of care improve (QSEN Institute, 2020). Current knowledge, skills, and positive attitudes are needed to implement changes or new methods to improve patients' quality of care in the health care system. The article by the author Cote et al. (2019) discusses the importance of a web-based tailored nursing intervention for kidney transplant patients post-operative. Kidney transplant patients require a significant amount of help to maintain compliance and increase the survival of the kidney transplanted. The web-based tailored nursing intervention provided kidney transplant patients with a wide range of information and resources about self-management and reminded patients about daily medication administration (Cote et al., 2019). The web-based tailored nursing interventions provided patients with virtual videos created by nurses that addressed different situations and improved compliance in kidney transplant patients (Cote et al., 2019). Understanding how quality improvement improves the quality of care is essential for nurses and the health care system. Quality improvement discovers evidence-based practices that improve the health care system, and the quality-of-care patients receive daily (Cote et al., 2019). Quality improvement can improve the nursing profession by reducing medication administration errors and readmissions and increasing the overall probability of a better outcome.

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