

BENEFITS OF KIDNEY TRANSPLANT IN FRAILTY PATIENT

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Background and objectives

Frail patients undergoing a kidney transplant suffer more complications, readmissions and higher risk of mortality in the post-transplant period. Bioimpedance shows that these patients are malnourished, with high percentage of fat mass and a low percentage of lean mass. However, little is known about the possible benefits of transplantation on frail patients.

Objectives

Our aim was to study the impact of frailty on renal function after transplant and the benefits of transplantation for this cohort.

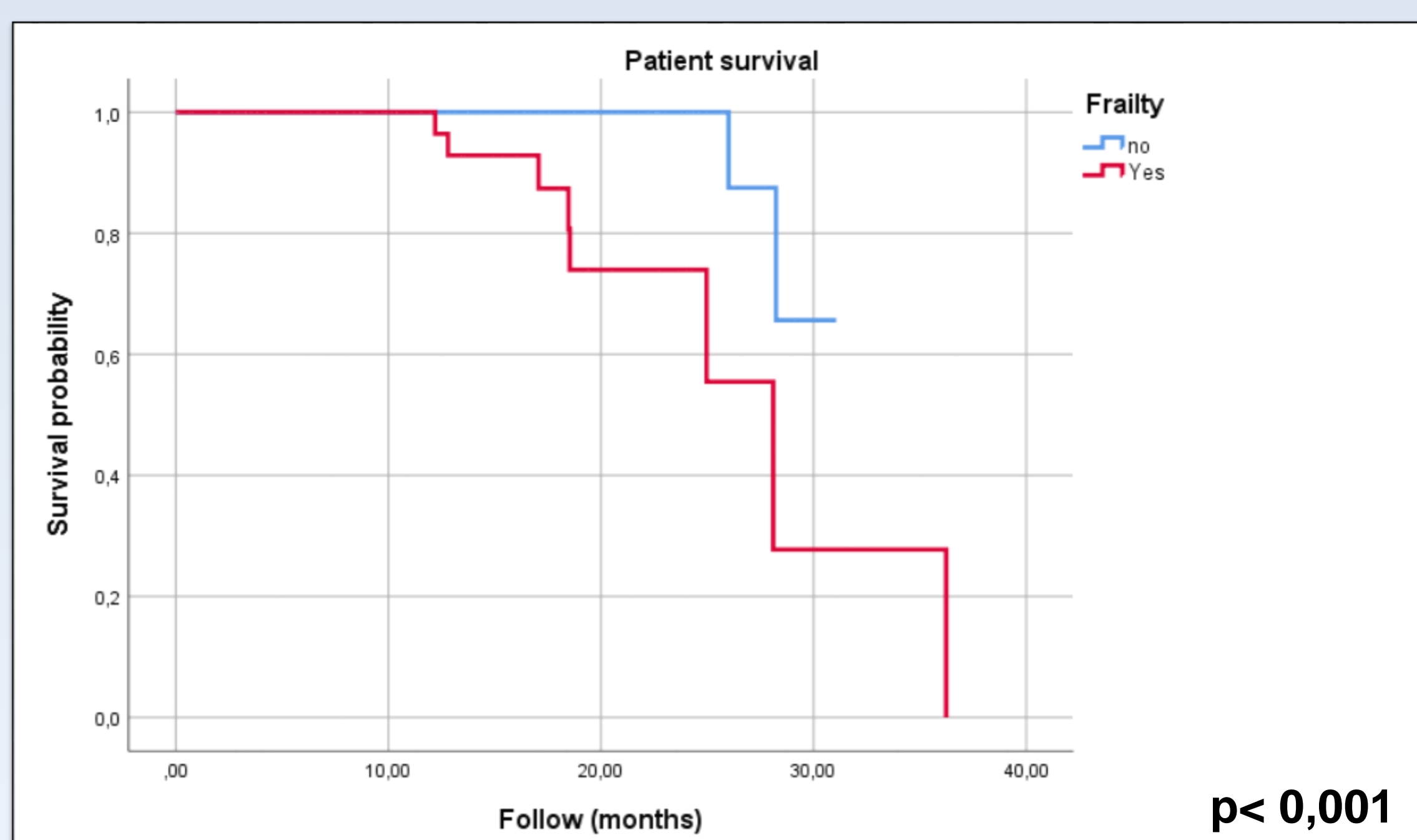
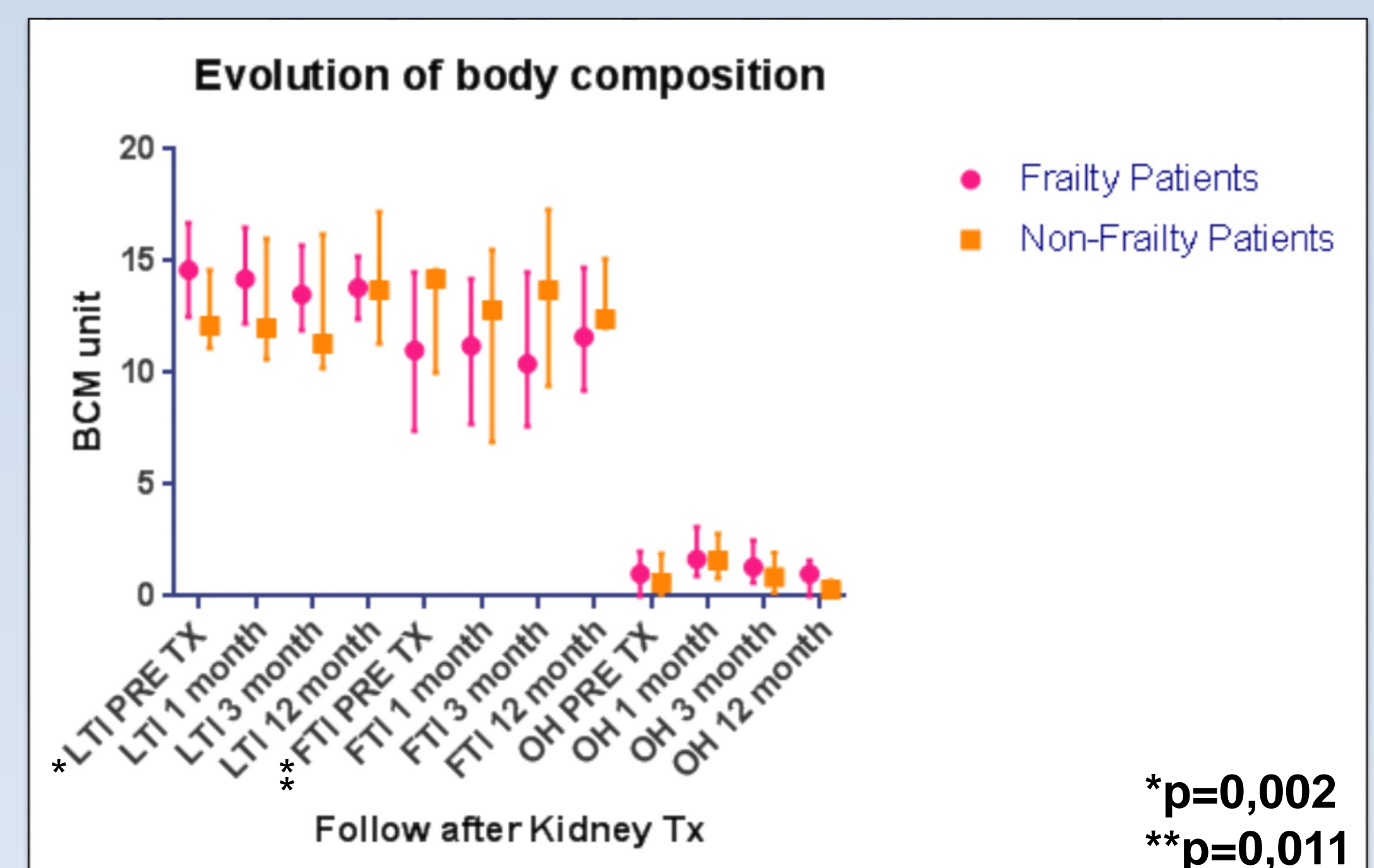
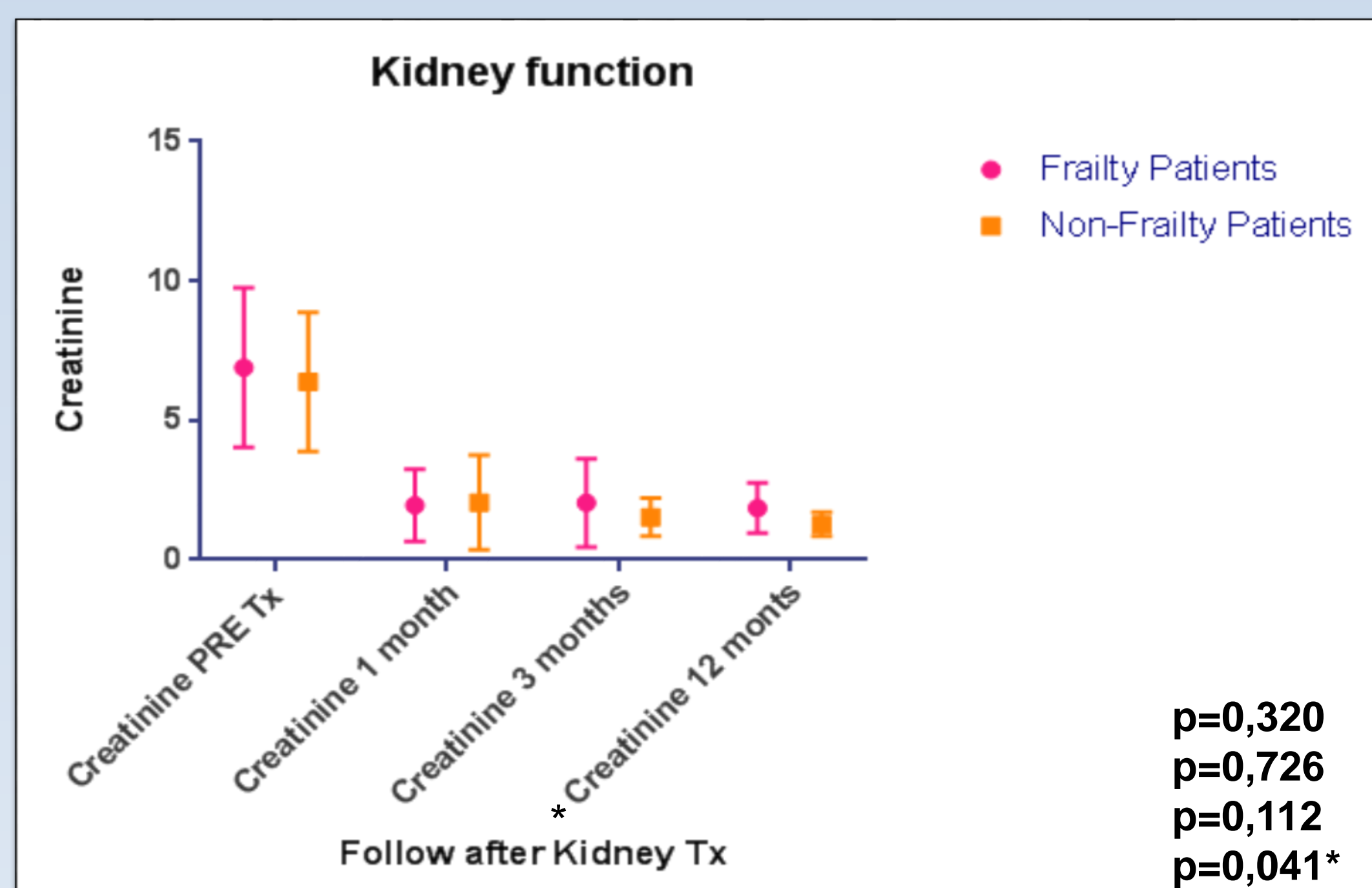
Methods

Prospective evaluation of frailty in patients on the kidney transplant waiting-list between June-2016 and December-2018.

Unadjusted Cox and Kaplan-Meier survival.

Results

	168 patients included
Mean age (Years)	61,18 ± 12,15
Sex (Male, %)	61,3 %
Frailty status (Some grade of frailty, %)	27,2 %
RRT (Hemodialysis, %)	60,7 %
Mean time on waiting-list (Months)	11,12 [0 – 62]
Mean time on RRT (Months)	20,00 [11 – 33]



Conclusions

Frail patients present similar kidney function and graft survival than non-frail patients. Transplantation helps in the recovery of lean mass. This population need to establish proper strategies to minimize the risks associated with transplant.