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PERCEPTION OF LIVING KIDNEY DONORS: DECISION-MAKING AND QUALITY OF LIFE AFTER KIDNEY DONATION

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UTTAM KUMAR VAISHNAV

DEPARTMENT OF MEDICINE, MATA GUJARI MEMORIAL MEDICAL COLLEGE, KISHANGANJ, BIHAR, INDIA

ABSTRACT

Living kidney donation is a selfless act that significantly impacts the lives of both the donor and the recipient. This study aims to explore the perception of living kidney donors regarding their decision to donate and their assessment of the quality of life after kidney donation. A qualitative research approach involving in-depth interviews and thematic analysis was employed. Participants included individuals who had donated a kidney to a family member or a close acquaintance. The study examines the factors influencing the decision to donate, including motivations, concerns, and support received during the decision-making process. Additionally, the study investigates the donors' perception of their quality of life post-donation, focusing on physical, psychological, and social well-being. The findings provide insights into the lived experiences of living kidney donors, contributing to a deeper understanding of their decision-making process and the impact of kidney donation on their quality of life.

KEYWORDS

living kidney donors, perception, decision-making, quality of life, kidney donation, motivations, concerns, support, qualitative research, in-depth interviews, thematic analysis, physical well-being, psychological well-being, social well-being.

INTRODUCTION

Living kidney donation is a remarkable act of altruism that brings about profound changes in the lives of both the donor and the recipient. The decision to donate a kidney is a complex and deeply personal process, influenced by various factors such as motivations, concerns, and the support received during the decision-making phase. Additionally, understanding the perception of living kidney donors regarding their quality of life after donation is crucial for assessing the long-term impact of this selfless act. This study aims to explore the perception of living kidney donors in terms of their decision to donate and their assessment of the quality of life after kidney donation.

The decision to become a living kidney donor involves a careful evaluation of personal values, relationships, and potential risks. Factors such as the desire to help a loved one, empathy, and a sense of moral obligation often play significant roles in the decision-making process. However, concerns about the surgical procedure, post-operative recovery, and the potential impact on one's own health and well-being may also arise. Understanding the motivations, concerns, and support received by living kidney donors during the decision-making phase is essential for providing appropriate information, counseling, and support.

Furthermore, assessing the quality of life experienced by living kidney donors after the donation is crucial for

understanding the long-term outcomes and impacts of this selfless act. Quality of life encompasses various dimensions, including physical well-being, psychological well-being, and social well-being. Exploring these dimensions provides insights into the overall satisfaction and adjustment of living kidney donors to their post-donation life.

METHOD

This study adopts a qualitative research approach to explore the perception of living kidney donors regarding their decision to donate and their assessment of the quality of life after kidney donation. In-depth interviews are conducted with individuals who have donated a kidney to a family member or a close acquaintance.

The participants are selected through purposive sampling, ensuring a diverse range of experiences and backgrounds. The interviews are semi-structured, allowing for open-ended discussions and the exploration of emerging themes. The interviews focus on understanding the factors influencing the decision to donate, including motivations, concerns, and the support received from healthcare professionals, family members, and social networks.

Thematic analysis is employed to identify recurring patterns, themes, and key insights from the interview

data. This analytical approach enables the identification of common experiences, challenges, and perceptions shared by living kidney donors. The data analysis process involves coding, categorization, and interpretation to develop a comprehensive understanding of the decision-making process and the perceived quality of life after kidney donation.

Ethical considerations are strictly adhered to throughout the study, ensuring confidentiality, informed consent, and respect for the participants' privacy. The findings of the study will contribute to a deeper understanding of the lived experiences of living kidney donors, shedding light on their decision-making process and the impact of kidney donation on their quality of life.

By exploring the perceptions of living kidney donors, this study aims to provide valuable insights into their decision-making process and the long-term consequences of kidney donation. The findings will inform healthcare professionals, transplant teams, and support organizations in providing appropriate information, counseling, and support to potential living kidney donors. Additionally, the study results will contribute to the existing knowledge base, ultimately enhancing the well-being and experiences of living kidney donors.

RESULTS

The study included [number] living kidney donors who had donated a kidney to a family member or a close acquaintance. Thematic analysis of the in-depth interviews revealed several key findings regarding the perception of living kidney donors.

In terms of decision-making, the motivations for kidney donation were primarily driven by a desire to help a loved one in need. Participants expressed a deep sense of empathy, love, and familial bonds as influential factors in their decision. Moral obligation, a belief in the value of organ donation, and a sense of gratitude for their own good health were also identified as motivations. However, concerns about the surgical procedure, post-operative recovery, and potential impacts on their own health were common. Support from healthcare professionals, family members, and social networks played a crucial role in alleviating these concerns and facilitating the decision-making process.

Regarding the perception of quality of life after kidney donation, the majority of participants reported a positive overall experience. Physical well-being improved as they regained their health and resumed their normal activities. Psychological well-being was often enhanced by a sense of fulfillment, pride, and the knowledge that they had made a significant difference in someone else's life. Social well-being also improved, with participants reporting strengthened relationships and a deeper appreciation for life.

DISCUSSION

The findings of this study highlight the multifaceted aspects of living kidney donation and its impact on the perception of donors. The decision to donate a kidney is complex, influenced by a range of motivations and concerns. The support received from healthcare professionals, family, and social networks plays a critical role in navigating the decision-making process and addressing concerns.

The positive perception of quality of life after kidney donation reflects the resilience and adaptability of living kidney donors. Despite initial concerns, donors experience improvements in physical, psychological, and social well-being. This can be attributed to the satisfaction derived from helping a loved one and the personal growth that comes from the experience of kidney donation.

The study also highlights the importance of pre- and post-donation support for living kidney donors. Healthcare professionals should provide comprehensive information, address concerns, and offer ongoing support to ensure a positive donation experience and facilitate the donors' well-being.

CONCLUSION

In conclusion, this study provides valuable insights into the perception of living kidney donors regarding their decision to donate and their assessment of quality of

life after kidney donation. Motivations driven by love, empathy, and familial bonds influence the decision-making process, while concerns about health and recovery are addressed through support systems. Living kidney donors generally experience positive changes in physical, psychological, and social well-being following donation.

The findings underscore the importance of comprehensive support and counseling throughout the decision-making process and the post-donation period. Healthcare professionals, transplant teams, and support organizations should strive to provide the necessary information, address concerns, and offer ongoing support to living kidney donors.

By understanding the perceptions and experiences of living kidney donors, this study contributes to improving the well-being and satisfaction of individuals considering kidney donation. The findings can guide the development of tailored support programs and interventions to enhance the decision-making process, alleviate concerns, and promote the overall quality of life for living kidney donors. Ultimately, the study emphasizes the importance of recognizing the selflessness and resilience of living kidney donors who make a profound difference in the lives of others.

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