



LIVING WITH KIDNEY DISEASE

Coping while awaiting Transplantation

NATIONAL KIDNEY FOUNDATION of ILLINOIS
SATURDAY APRIL 6, 2019

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DISCLOSURES



I hereby disclose that I do not have any financial-, academic-, or research-, related conflicts of interest in regards to this presentation and its content

DISCLAIMER

The purpose of this presentation is for educational purposes only

Nothing in this presentation, nor any aspect of discussion associated with this presentation, nor discussion arising in any other context, shall be construed as medical advice.

OBJECTIVES

- ▶ 1 . Educate the audience about common mental health conditions occurring in individuals with advanced kidney disease or who are on dialysis
- ▶ 2. Educate the audience about adapting to life with renal disease
- ▶ 3. Educate the audience about the qualities of an excellent transplant candidate from a transplant program's point of view

MENTAL HEALTH IN RENAL DISEASE

Major Depression

- ▶ Depression is not sadness
 - ▶ Loss of motivation
 - ▶ Loss of pleasure
 - ▶ Social withdrawal
 - ▶ Persistently down / irritable mood
 - ▶ Often associated with multiple major stressors occurring at the same time

How Prevalent is Depression in¹....

CKD Stage 5D → 23% (structured interview)	(39% using s/c scales)
Dialysis → 21% (structured interview)	(27% using s/c scales)
After Kidney Transplant → 25.7%	(27% using s/c scales)

Source: 1. Palmer S, Vecchio M, et al. Prevalence of depression in chronic kidney disease: systematic review and meta-analysis of observational studies. *Kidney International*. Vol 84, Issue 1, July 2013, pp 179-191.

MENTAL HEALTH IN RENAL DISEASE

Key Point: Mental Health problem cause individuals to not take care of themselves as good as they otherwise would

- ▶ More missed appointments
- ▶ More missed medication doses
- ▶ More dietary indiscretions (e.g. carbohydrate cravings in MDD)

= Worse Outcomes!

MENTAL HEALTH IN RENAL DISEASE

Anxiety Disorders

- ▶ Excessive / difficult to control worry or nervousness
 - ▶ Examples
 - ▶ Worry about the future
 - ▶ Worry about dying
 - ▶ Worry about one's health
 - ▶ Worrying about everything

Substance Use Disorders

- Opioid epidemic
- Cannabis use
- Nicotine use (tobacco, vaping)

ADAPTING TO LIFE WHILE ON DIALYSIS

1. Structure
2. Goals
3. Social Engagement
4. Diet & Exercise

WHAT DO TRANSPLANT PROGRAMS LOOK FOR?

Honesty

- ▶ Faithfully report mistakes / errors
- ▶ Faithfully report lack of adherence
- ▶ Do not lie about using recreational drugs!
- ▶ Do not lie about tobacco use!
- ▶ Dishonesty cannot be worked with and leads to poor outcomes!!

Consistency

- ▶ Medical appointments
- ▶ Dialysis
- ▶ Get tests / procedures completed in a timely manner
- ▶ Follow up on all assigned tasks

WHAT DO TRANSPLANT PROGRAMS LOOK FOR?

Problem Solving

- ▶ Identify problems early → ask for help!
 - ▶ E.g. insurance declines medication → call program right away
 - ▶ Blood pressure a problem
 - ▶ Don't give up! → get second opinion if needed
 - ▶ Insurance or Financial problems
 - ▶ Ask to speak with a social worker

Strong Communication Skills

- ▶ Ability to forge alliance with staff → key to post-op success
- ▶ Mutual Respect
- ▶ Ability to work through conflict, disappointment, setbacks

DISCUSSION / Q & A