Development of technology to support patient involvement in the kidney transplantation process

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Development of technology - to support patient involvement in the kidney transplantation process

Background
Kidney transplantation is the treatment of choice for terminal renal insufficiency. The possible side effects of the immunosuppressant treatment are outweighed by the increased quality of life with fewer restrictions compared to dialysis. However, transplantation affects everyday life as the treatment is based on close contact with the health care system. Therefore, the focus is on improvement of the kidney transplantation process.

Objective
To develop new ways of involving kidney recipients in the transplantation process, supported by telemedicine.

Methods
A qualitative explorative Participatory Design study in three phases.

Phase 1
Identification of needs
- Qualitative investigation of the transplantation process
- Participant observation
- Interviews
- Focus group
- Workshops

Phase 2
Design and development
- In collaboration with the participants in the transplantation process
- Workshops
- Lab. tests

Phase 3
Testing and evaluation
- In clinical practice
- Participant observation
- Interviews
- Focus group

Results
Development of an app with a corresponding work procedure:
App: “Kidney transplantation” with tools and knowledge requested in the process. Communicates with the electronic patient journal.
Work procedure: “Patient Data” consisting of measurements and a questionnaire about well-being reported in the app to give the patients opportunity to have out-patient controls by phone.

Implications
The app and work procedure are tested by patients and healthcare professionals from May 2018 to February 2019. Qualitative evaluation of the app and work procedure will be conducted using participant observations, interviews and focus groups.

App: Mit forløb/OUH/Y/Nyretransplantation