

Perceived Barriers and Facilitators to Physical Activity in Kidney and Kidney Pancreas Transplant Recipients

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Purpose: There is a paucity of information regarding barriers and facilitators to physical activity in post-transplant kidney (K) and kidney pancreas (KP) recipients. The purpose of this study is to identify the most salient barriers and facilitators and to determine if they differ among transplant recipients by level of physical activity. Furthermore, this study examines the relationships among physical activity and transplant recipients' quality of life (QOL) and demographic, psychosocial, and clinical variables.

Method: A convenience sample of 100 K & KP transplant recipients will be examined in this cross sectional, descriptive, correlational study. Recipients will complete the (a) Barriers and Motivators, (b) Godin Leisure-Time Exercise, and (c) SF-36™ (quality of life) questionnaires to identify barriers and facilitators to physical activity, physical activity status, and QoL respectively. Relationships between these variables will be examined using Pearson and Spearman's correlations as appropriate. Recipients will be grouped into high, low, or no physical activity groups and ANOVA will be used to examine between and within group differences. An open-ended, taped interview will be conducted with 10 participants from each group, providing personal narratives to further enhance the understanding of factors associated with participation or non-participation in physical activity. Taped interviews will be transcribed into the N6 NUD*IST qualitative analysis software package. Themes will be identified and validated with participants.

Findings: Research in progress

Discussion: Relatively few transplant recipients participate regularly in physical activities, despite reported physical and psychological benefits, and the opportunity transplantation provides to participate in physical activities again. Furthermore, transplant recipients' quality of life remains below that of healthy cohorts, particularly in the dimension of physical functioning. Once perceived benefits and facilitators are identified in this population, interventions can be designed to enhance the likelihood that organ recipients can optimize the benefits of transplantation.