

Nephrologists actively manage meds after kidney transplant

June 20 2015



(HealthDay)—For adult kidney transplant recipients, nephrologists take an active approach to medication management, according to a study published online June 17 in the *Journal of Evaluation in Clinical Practice*.

Kimberley Crawford, Ph.D., from Monash University in Clayton, Australia, and colleagues developed an online survey to explore how nephrologists promote and assess medication adherence, prescription management, and the frequency of clinic appointments and clinical screening tests for adult [kidney transplant](#) recipients. Data were included from 22 nephrologists who completed the survey (response rate, 36.6 percent).

Based on descriptive analysis of responses, the researchers found that nephrologists performed frequent screening for kidney graft dysfunction that could indicate nonadherence to medications, maintained regular transplant clinic visits and stressed the importance of education about medications. Extensive patient education was affected by time constraints during consultations; the renal transplant nurse coordinator or pharmacist frequently delivered long-term medication follow-up support.

"This study highlighted that nephrologists took an active approach in the medication management of [kidney transplant recipients](#), which may assist with facilitating long-term graft survival," the authors write. "Ultimately, promoting [medication adherence](#) needs to be patient centered, involving an interdisciplinary team of nephrologists, pharmacists, and renal [transplant](#) nurse coordinators, working together with the patient to establish optimal adherence."

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