



Presenter: Kaylen Munoz

Session & Time: Poster_IV / 3:00 to 3:50pm

Room: Guzman Lecture Hall

Discipline: Nursing

Faculty Mentor: Kendra Hoepper

Digital Portfolio URL:

Title: Improving Adherence in Adolescent Kidney Transplant Recipients; Examining Tailored Interventions to Enhance Long-Term Outcomes

Abstract:

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Background: Adolescent and young adult (AYA) kidney transplant recipients face unique challenges in maintaining long-term graft function and overall health. Nonadherence to immunosuppressive therapy and difficulties transitioning from pediatric to adult care contribute to the increased risk of graft failure in this population. Despite proposed tools identifying

adherence barriers, there is a lack of targeted interventions addressing the barriers AYA transplant recipients face. **Purpose:** This study aims to evaluate the effectiveness of a structured transition program that utilizes an identifier adherence barrier tool and adherence-promoting interventions in improving health outcomes for AYA kidney transplant recipients. **Method:** A longitudinal and cohort study will assess the impact of multifaceted interventions, including education, peer support, and transition planning. Outcome measures will consist of medication adherence rates, healthcare utilization, and graft survival throughout five years. Data analysis will involve statistics to compare baseline and post-intervention adherence, with inferential statistics determining significance. **Results:** It is anticipated that identifying barriers in a structured transitional support program with adherence interventions will lead to improved self-management, increased adherence, sustained function, and better long-term outcomes. **Conclusion:** AYA kidney transplant recipients require targeted support and interventions to navigate the challenges of post-transplant care and the transition into adult healthcare settings. It is evident that there is a need for a standardized transitional program.

Keywords: *adolescents and young adults, kidney transplant adherence, developmental stage of adolescents, transition from pediatric to adult care, and interventions for organ transplant adolescents.*