

Supporting Healthy Lifestyles of Liver Transplant Candidates and Recipients

Jessie Halle, Katelyn LeMond, Irene Robinson, Rebecca Sloss
Health and Rehabilitation Sciences

Abstract: Background: Currently, liver transplant (LTx) recipients do not receive occupational therapy services post discharge. Literature addresses post-LTx issues, many within the scope of occupational therapy practice including physical quality of life (sleep, pain, mobility, sexual functioning, nutrition, physical fatigue and physical activity), physiological quality of life (anxiety and depression, self-image, coping style, fear of graft rejection, noncompliance, and physiological fatigue), and role return. Therefore, implementing an occupational therapy intervention addressing common post-LTx issues could facilitate return to valued roles and occupations.

Purpose: The purpose of this study is to examine the feasibility of an educational and supportive intervention to assist LTx recipients in return to valued roles and daily activities.

Method: Evaluation of a program based on translation of data from a longitudinal recovery study. The basis of evaluation was a patient satisfaction survey from session content and environment. The goal was to assess feasibility of our occupational therapist led post-LTx intervention program.

Results: Based on survey results from the Spring-Fall 2013 education sessions, 100% of responses would recommend the sessions for others, and the average numerical response for “how helpful did you find the manual” was 3.44 (Likert scale 1-4 with 4 being very helpful). When asked what would you improve, responses ranged from "being more structured" to "increasing the number of participants”. Results following program modification showed 100% of participants would recommended the session for others, and 100% found the location and time of sessions convenient. The average response for “how helpful did you find the manual” was 3.38, with 54% of participants finding the manual very helpful.

Implications for Practice: This research contributes evidence for the content of an educational intervention post -LTx. Our research identified benefits of the program and improvements to maximize participant satisfaction. This study highlights the need for occupational therapy interventions and patient education post-LTx.

Primary Faculty Advisor: Patricia Scott, PhD, MPH, OT, FAOTA

Secondary Advisor: Emily Winslow, MS, OTR