

**PP 24****Knowledge and practices on follow up care among kidney transplant recipients from a selected nephrology unit.**

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**Objectives**

To assess knowledge and practices on follow up care among kidney transplant recipients from a selected nephrology unit in Sri Lanka.

**Methods**

A descriptive cross sectional study was carried out. All post renal transplant patients registered at the selected clinic were included in the study. An interviewer administered pretested questionnaire was used for data collection.

**Results**

Of the 152 participants majority (67.1%) were males. The ages ranged from 16 -75 years and 48.7% were between 46 – 60 years. Hypertension (35.5%) was the commonest cause for chronic renal disease while it was idiopathic in 25%. Majority (77.6%) had a good knowledge on correct use of immunosuppressive drugs. Although 69.7% were aware that a low sugar diet was good, only 58.6% was aware that a low salt diet was indicated. Majority did not know about saturated (85.5%) or unsaturated (86.8%) fats. More than 2.5L of water/day was consumed by majority (80.3%) but 61.2% considered drinking milk as good. Most (70.4%) did not engage in any exercise related activities. Signs of urinary infections were correctly named by 52.6% while and 59.2% mentioned severe pain at the transplant site as a sign of rejection. Masks were used by only 43.4%. Level of education was associated ( $p < 0.001$ ) with good knowledge of drugs and practices of infection control.

**Conclusions**

The knowledge and practices of post renal transplant recipients on infection control and life style changes that need to be instituted should be improved. Continued health education is vital to ensure good outcomes following renal transplant.