Biopsychosocial Functioning Following Transfer to Adult Healthcare Among Pediatric Solid Organ Transplant Recipients

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INTRO
- While transplantation can be lifesaving, it is not a return to "normal life."
- Young adult (YA) transplant recipients may experience difficulties with medical management, modified life goals, and negative impacts on mental health.
- Less is known about how functioning changes over time throughout transition.
- This is particularly important given risk for medication non-adherence and organ rejection, and the potential role of psychosocial functioning in disease management and lifestyle behaviors.

METHODS
- Measures:
  - Health-related quality of life (HRQOL; Pre: PedsQL, Post: SF-36)
  - Mental health (Pre: BASC-2, Post: BSI-18)
  - Self-efficacy (Post: PROMIS GSE)
- Paired sample t-tests examined change over time. Hierarchical linear regression model explored psychosocial factors in post-transfer psychosocial HRQOL.

RESULTS

- Sample Demographics
  - MISQ, n(%) Age at survey 23.19 (1.68), Age at transfer 20.70 (0.56), Time since transplant 9.80 (5.65), Gender (male) 18 (53%), Organ Liver 14 (41%), Kidney 14 (41%), Heart 4 (12%), Race White 18 (53%), Black/African American 12 (35%), More than one race 1 (3%), Other 1 (3%), Ethnicity Hispanic 7 (11%), Non-Hispanic 26 (79%)

DISCUSSION
- YA organ transplant recipients experience changes in biopsychosocial functioning during transition.
- Areas for future research include gaining additional understanding of the transition experience and barriers, while assessing efficacy of current and future transition readiness programs in supporting biopsychosocial functioning across transfer.
- Interventions aimed at improving YA perceived self-efficacy in managing life’s challenges and meeting goals presents a promising future direction for improving HRQOL during transition.