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Nurse-led Self-management Support After Organ Transplantation – Protocol of a Multicentre, Stepped-wedge Randomized Controlled Trial

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Study protocol

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Abstract

Background: Recipients of an organ transplantation face a number of challenges and often need to change their health behaviour. Good self-management skills are essential for optimal clinical outcomes. However, few interventions are available to support post-transplant self-management. To fill this gap, we developed a self-management support intervention offered by nurse practitioners. The primary aim of the study is to implement and test the effectiveness of the ZENN-intervention in promoting self-management skills among heart, liver, lung and kidney transplant recipients in comparison to standard care. The secondary aim is to assess the self-management support skills of nurse practitioners who will deliver the intervention.

Methods: This multi-centre stepped wedge randomized controlled trial will take place from September 2020 until November 2022. All departments will commence with inclusion of patients in the control period. Each department will be randomly assigned to a start date (step in the wedge) to commence the experimental period. Patients in the control period will receive standard care and will be asked to complete questionnaires at baseline (T0), six months (T1) and 12 months (T2), to assess self-management, self-regulation, quality of life and adherence. During the experimental period, patients will receive standard care plus the ZENN-intervention and receive the same set of questionnaires as participants in the control period. Nurse practitioners will complete a baseline and follow-up questionnaire to assess differences in self-management support skills. Video recordings of outpatient clinic consultations during the control and experimental periods will determine the differences in nurses' needs-thwarting and needs supporting skills between control- and experimental period.

Discussion: The ZENN-intervention could be a useful approach to support patients' self-management skills after organ transplantation and thus promote clinical outcomes as well as avoid adverse events.

Trial Registration: Dutch Trial Register, Registration number NL8469, March 19th, 2020, https://www.trialregister.nl/trial/8469

Full-text

Due to technical limitations, full-text HTML conversion of this manuscript could not be completed. However, the manuscript can be downloaded and accessed as a PDF.

Figures

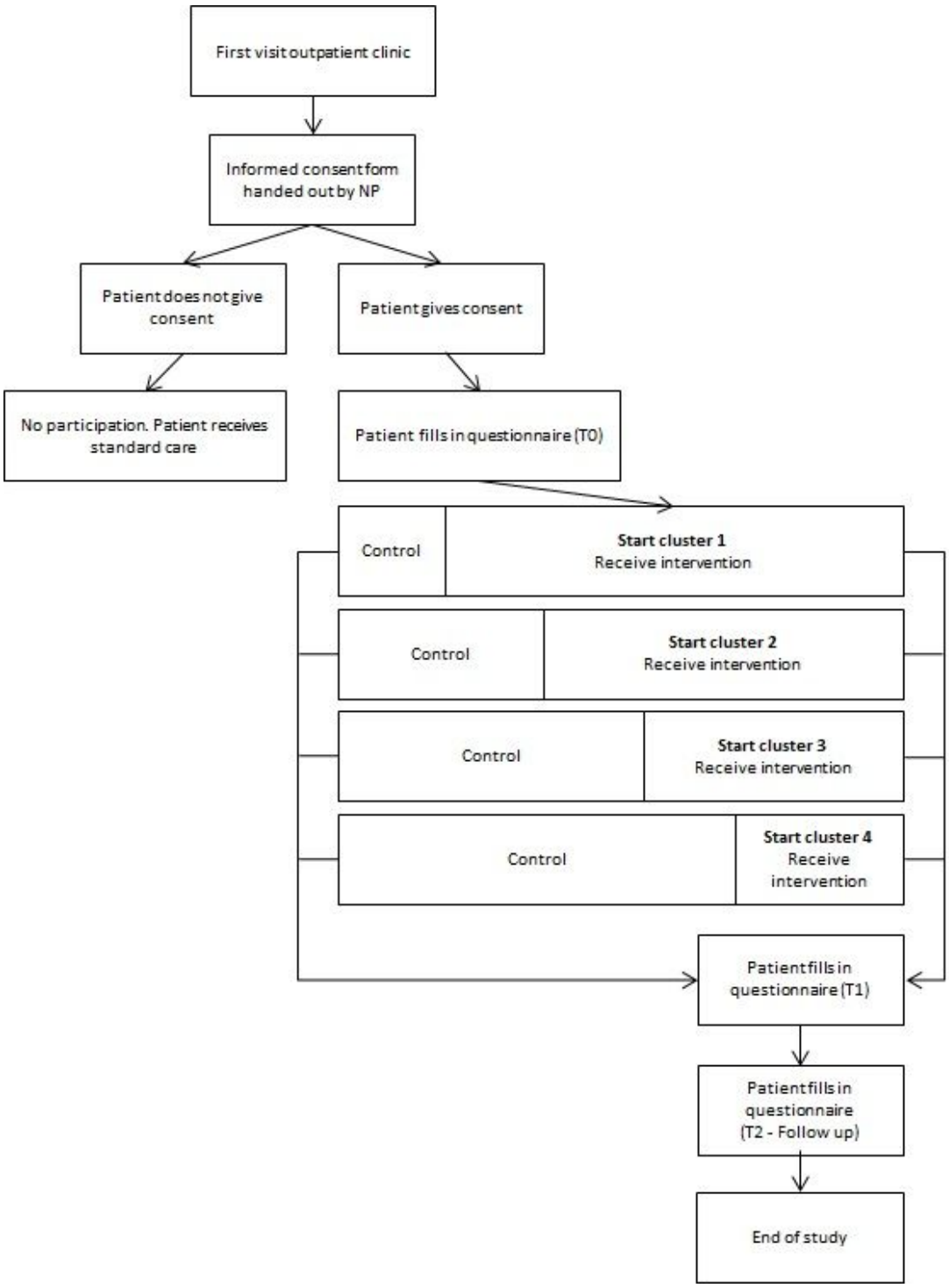

Figure 1

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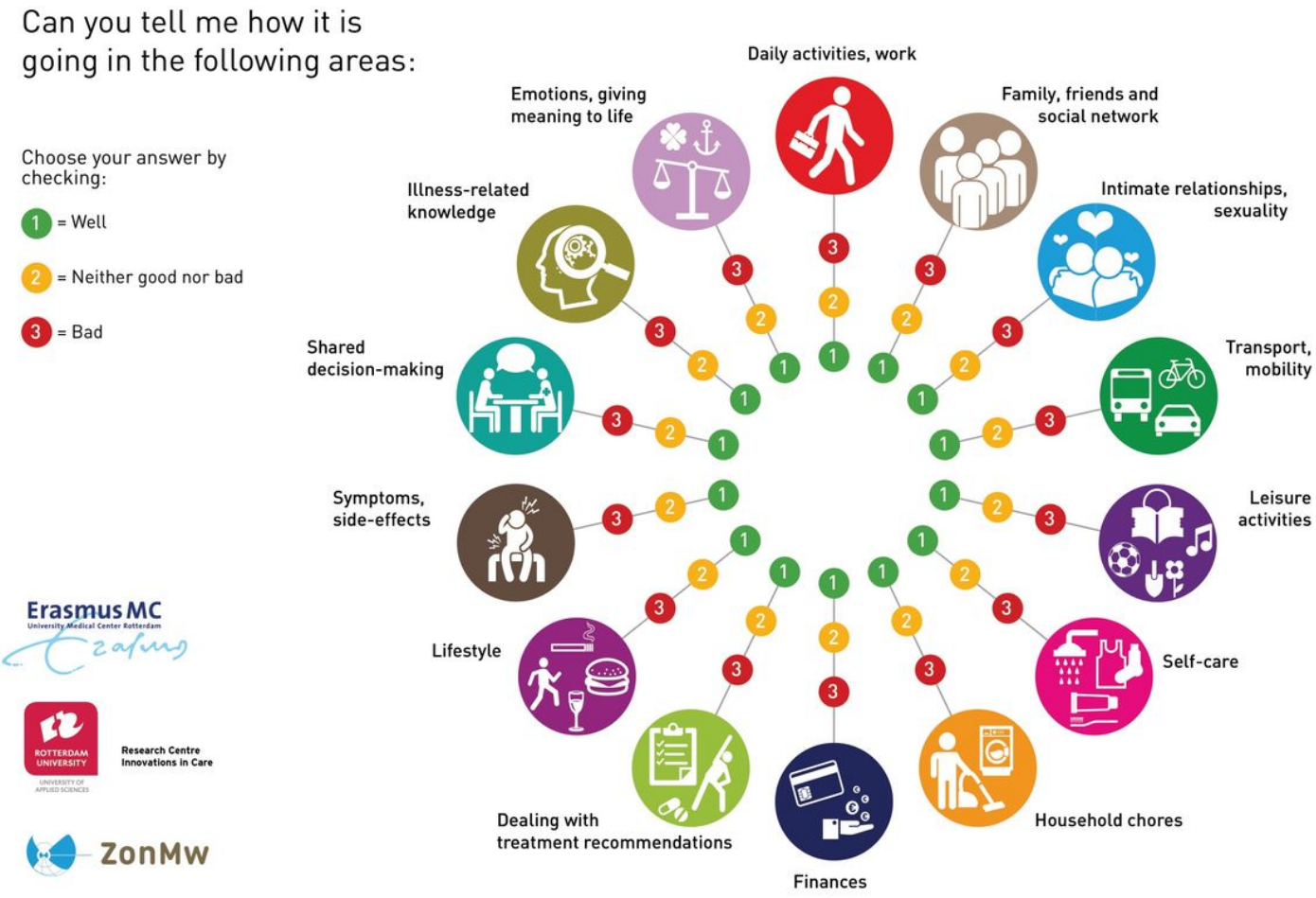

Figure 2

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