
EVALUATION OF EFFICIENCY OF GIVING COUNSELLING IN THE POST-OPERATION ADAPTATION PROCESS OF INDIVIDUALS WHO HAD KIDNEY PATIENTS

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This research was conducted experientially in order to determine the effect of consultancy service given to individuals, who had kidney transplant, from the pre-operation process until the first month after transplantation in the postoperation adaptation process. The population was constituted of 417 patients of a university hospital's transplantation unit who had kidney transplant between the dates of July 2009 and October 2010. The sample was constituted of 74 persons (37 control, 37 experiment) chosen by using 'Simple Random Sampling' method. In this research, 12 interviews, beginning in the pre-operation process and including the sixth month after discharge from hospital, have been done with the experiment group. Survey data were collected by using Personal Information Form, State-Trait Anxiety Inventory, Beck Depression Inventory, Quality of Life Scale and Psychosocial Adjustment to Illness Scale in the 3rd and 6th months of postoperation. Survey data were evaluated in computer environment. According to the results of this study, in the controls that are made in the 3rd and 6th months, it was seen that quality of life points were statistically relatively higher in the control group when compared to the experimental group. In conclusion, it was determined in this study that depressive disorder symptoms of the patients, to whom consultancy service was given, decrease in the long term; state-trait anxiety levels drop away and also psychosocial adaptation and life quality levels increase.