

Young adults' experiences of dialysis and kidney transplant decision-making.

Background

Little is known about the dialysis and kidney transplant decision-making experiences of young adults with kidney disease. Previous research has recommended the need to further explore and understand young adults' experiences about decision-making and also to understand the psychosocial effects of their decision [1,2].

Objective

The aim is to explore young adults' lived experiences of making a dialysis and/or kidney transplant decision to understand the meaning of their experiences and investigate the effect of choice on their well-being.

Methods

This phenomenological study (based on Heidegger [3]) used purposeful sampling to recruit young adults (18-30 years) living with kidney disease. One-to-one interviewing of eighteen young adults was conducted using a semi-structured approach, to explore and understand their experiences of decision-making, the information resources available to them, their involvement in decision-making and its effects. An interpretive phenomenological analysis framework [4] was used to analyse the data.

Results

Five themes were found: the experience of my world turned upside down; the experiences of information delivery; making my voice heard; experiencing the new normal and effect of decision-making and choice on well-being.

Conclusion/Application to practice

This study is one of the first to explore young adults' experiences of renal replacement therapy decision-making in depth and has uncovered findings about the significant effect of their experiences on their well-being. These findings will recommend and inform the way in which renal staff can understand and support young adults' decisional needs.

References

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