

Demographic Characteristics and Outcomes of Early Steroid Withdrawal Protocol in Kidney Transplantation: A Single Centre Experience.

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Introduction

Early steroid withdrawal (ESW) protocol in kidney transplantation (KT) aimed to reduce the debilitating adverse effects of steroid. This protocol was introduced in 1980s and gained momentum thereafter.

Methodology

A retrospective study was conducted on KT recipients on ESW protocol, followed up in Hospital Selayang from Feb 2006 to Feb 2022. ESW is defined as steroid withdrawal within 7 days post transplant.

Objective

To study the demographic details and outcomes of ESW immunosuppression in KT

Results



16 KT recipients ESW ,75% living donor KT
Mean age of 42 ± 5 years



DM 37.5% Primary disease, 50% HbA1c > 7%
66.7% insulin therapy & diabetic retinopathy



HPT 81.3%



IHD 18.8%

Indications of ESW : 31.2% DM

Induction agents : 56.2% basiliximab

6 months graft survival : 100%.

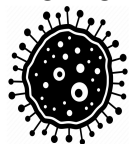
6 months patients survival. : 100%

68.8% Low immunological risk

43.8% ATG

1-year graft survival : 100%.

1-year patient survival : 100%



18.8% infection



1 BK virus



2 UTI



3 rejections

2 converted to steroid-based immunosuppression.

4 metabolic syndrome

CONCLUSION

In one year, our ESW cohort confers good graft and patients' survival. Occurrence of infection and metabolic syndrome may be compounded by other immunosuppressants and underlying illnesses.