

Abstract

Photoprotection in Patients after Kidney Transplantation

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Introduction and aims: Patients after kidney transplantation (KT) are in a higher risk of developing skin cancer as a result of lifelong immunosuppressive (IS) therapy. Thorough photoprotection is therefore recommended. The aim of this study was to determine patients' awareness and level of photoprotection and to analyse selected risk factors for skin cancer development in patients after KT.

Methods: The cross-sectional study was undertaken from 15th April to 31st December 2019 at the Haemodialysis Centre in the Teaching Hospital Hradec Králové. Patients included in this study were above 18 years old, who visited Haemodialysis Centre in the defined period. The data was collected from the patients' medical documentation (e.g. occurrence of skin cancer and skin cancer type, current IS) and from the written version of questionnaires (e.g. phototype, sun exposure, photoprotection). The data was analysed using descriptive statistics.

Results: There were 410 KT patients in regular care of the Haemodialysis Centre, 361 fulfilled the questionnaire (88.0%). Of them, 233 (64.5%) were males and 128 (35.5%) females. The mean age was 57.72 ± 11.73 years. A number of 49 (13.6%) patients were diagnosed with skin cancer. Approximately a quarter of patients with phototype I and a fifth of patients with phototype II had a skin cancer diagnosis. A total of 72.8% patients without and 77.5% with skin cancer diagnosis were aware of the need for higher photoprotection. Sunscreens were used by 93.5% patients without and 93.9% patients with skin cancer diagnosis. The second most common approach to photoprotection was wearing hats by 52.6% of patients without and 69.4% patients with a skin cancer diagnosis.

Conclusions: Approximately one in 7 patients after KT was diagnosed with skin cancer. The awareness and level of photoprotection was similar between patients with and without this diagnosis.

Key words: photoprotection, skin cancer, kidney transplantation.