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Renal transplantation in Sub-Saharan Africa: A case of Tanzania

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Background & Aim: Renal Replacement Therapy (RRT) is the treatment of choice for patients with end stage renal failure, RRT include dialysis and kidney transplantation. Most Sub-Saharan African countries have not developed renal transplantation services and are relying on referring patients to overseas countries. This study was carried out to describe renal transplantation experience in Tanzania.

Methods: Forty four (44) renal transplant recipients were recruited in this study. Standardized questionnaire and Swahili version of Standard Form-36 (SF-36) were used to collect socio-demographic information, clinical data, laboratory test results and health related quality of life information.

Results: Ages of transplant recipient ranged from 21 to 66 years with mean age of 45.9 ± 10.5 years. The leading causes of end stage renal failure among participants was hypertension 58.8% (25/44) followed by glomerulonephritis 15.9% (7/44). Twenty eight (63.6%) of transplantations were paid by the government. Most of the donors (97.7%) were living out of which 26 (59.1%) were siblings and 11 (25%) were second degree relatives (cousins and nephews). Most common complication noted following transplantation was diabetes mellitus 9 (20.5%) and 3 (6.8%) had chronic rejection. Mental health was the domain with highest mean score (75.6 ± 14.3) and role physical had the least mean score (44 ± 45.6).

Conclusion: Hypertension was the leading cause of ESRF in this study. Most of the donors were siblings and the costs of transplantation were largely covered by the government. There is a need for concerted effort to establish local kidney transplantation services in Tanzania.

Biography

Onesemo A Kisanga Kisanga is the President of Nephrology Society of Tanzania (NESOT), Completed his Doctor of Medicine in University of Dares Salaam in the year 1987, completed Masters of Medicine Degree (MMed) in Muhimbili University college of Health Science, MSc in Muhimbili College of Health Science, His research interest in Nephrology and Sickle cell Disease, Quality of Renal service in Tanzania, Quality of life in Renal transplant.

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