Quality of Life and Socio-Psychological Issues in Donors after Kidney Donation

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ABSTRACT
Kidney donation is a safe procedure and has minimal impact on quality of life of donors with low mortality. But less attention has been paid to determine psychological issues among donors after donation. Our aim was to assess the quality of life and evaluate the social and psychological issues post donation. Two questionnaires were used in 350 donors. There were 183 males and 167 females. The older donors, females, post donation period, status of recipient and education level of donors were found to have an impact on their quality of life. Around 5.4% had health problems, 12 jobless, 26 financial problems, 4 divorced and 29% had depression. Our study concluded that donors have good quality of life with some psychological and social issues.

Keywords: kidney donation, donors and quality of life