

Coping with stress in parents of children after renal transplantation

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Introduction: The kidney transplantation is currently the best available treatment for children with chronic renal failure. Children with chronic renal failure have to keep the regime of regular dialysis. Their life is associated with the lifelong dependence on the immunosuppressive therapy, necessity of compliance with the uncomfortable therapeutic regime, coping with the transplant rejection and sometimes confront with the returning to dialysis. These are stressful situations that have impact on family welfare. Therefore, it is important to assess parental stress and the most problematic events causing burden of the parents and determine the need for early psychological intervention.

Methodology: We used the valid and reliable questionnaire PIP- PEDIATRIC INVENTORY FOR PARENTS (Streisand a kol., 2001) to estimate the extent of parental stress associated with caring for a child after renal transplantation. The questionnaire includes 42 items of problematic events, grouped into four factors – health care, communication, role function, emotional damage. Parents rated each item within its frequency and difficulty based on using five-point Likert scale. In addition we created a separate subscale named „After renal transplantation“, which includes 8 more items.

Results: We found significant differences between parents' gender and age in the incidence of stressful situations after renal transplantation. Higher score in the subscales „Emotional damage“ and „Role function“ was found in women than in men. The score of the subscale „Role function“ was higher in the group of older mothers compared to the younger ones. The score of the subscale „Emotional damage“ was higher in the group of older fathers compared to the younger ones. The differences between low and high educated women were found in coping with the stress situations. The high educated women felt more stressed and they had more difficulties in coping with demands of their child's health care. Greater parental stress was found in subscale „Communication“ of the divorced parents than in the parents living together. **Conclusion:** The research found out that the parental age, marital status and education had an influence on the frequency of parents' anxiety.