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Clinical Profile and Outcome of COVID-19 in Kidney Transplant Recipients

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Objectives: To study the Clinical profile and outcome of coronavirus disease-19 (COVID-19) infections in kidney transplant recipients
(KTR)

Methods: Here, we present a cohort study of 46 KTR who developed COVID-19 infection. We detailed demographics, immunosuppression regimen, clinical profile, treatment, and outcomes.

Results: Median age of transplant recipients was 41 years, and recipients presented at a median of 2.9 years after transplant. Most common comorbidities (94%) included arterial hypertension (71%) and diabetes (35.7%); presenting symptoms at the time of COVID-19 included fever (92.8%), breathlessness (64.3%) and cough (57.1%). Clinical severity ranged from asymptomatic (12%), mild (38%), and moderate (24%) to severe (29%). Strategies to modify immunosuppressants included discontinuation of antimetabolites without changes in calcineurin inhibitors and steroids (64.3%). Risk factors for mortality included older age, severe disease, allograft dysfunction before COVID-19 infection; acute kidney injury; higher levels of inflammatory markers including C-reactive protein, interleukin-6 level, and procalcitonin; and higher computerised tomography severity index (CTSI). Acute kidney injury developed in 57.1% of patients out of which dialysis was needed in 14.3%. Overall patient mortality was 14.3%. At 3 months of follow up, loss of graft function was seen in 7.1% of patients.

Conclusions: Mortality rates in COVID-19-positive KTR appear to be higher than those in nonimmunosuppressed patients