Dried Blood Spot Monitoring After Lung Transplantation: Patients Perspectives

Introduction

Recently the validated method of Dried Blood Spot testing (DBS) was introduced in our daily clinical practice to test Tacrolimus through levels. The aim of the study was to evaluate patient satisfaction of Dried Blood Spot sampling in stable outpatient lung transplant recipients.

Method

Between July 2012 and March 2013, 39 stable lung transplant recipients were recruited for the evaluation of DBS testing. Patients with scleroderma were excluded. Patient satisfaction was evaluated using a written questionnaire between 6 to 12 months after starting DBS.

Results

Eighty-two percent (32/39) of the patients responded. Two of the 32 patients admitted they never used the DBS and were therefore excluded. Fifty percent of the responders was male. (median age 32 years; range 21-64)

On a scale from 0 to 10, median patient satisfaction score with DBS was 8.0 (range 2.5-10). Twenty-seven percent of the responders reported difficulties with applying the blood drop on the sampling paper. However almost all blood spot samples sent to our laboratory were valid.

Conclusion

Patient satisfaction with DBS method was high in our outpatient population. DBS testing of tacrolimus is considered patient friendly. DBS sampling of tacrolimus can be performed at home and can reduce the outpatient clinic visits. All patients continued to use the DBS. In future, home sampling and testing is a promising tool to improve quality of life for lung transplantation patients.