

Kidneys role in liver transplantation

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Abstract

Renal dysfunction in the form of acute kidney injury and chronic kidney disease is abundant in patients with chronic liver cell disease with a negative impact on post liver transplant patient survival. Chronic kidney disease post liver transplantation is another frequently encountered complication associated with adverse allograft and patient survival. Hence, early and precise measurement of renal function is pivotal in pre and post liver transplantation. Nonetheless, the existing methods of renal function evaluation have pros and cons, hence yet to establish complete authority. This review aims at exploring the precise methodology of evaluating renal function in liver disease, the impact and preventive strategies for pre LT AKI, CKD and post LT CKD..

Introduction

Renal dysfunction is commonly observed in patients with liver disease. Wong et al. reported a 46.8% prevalence of chronic kidney disease (CKD) with a significant impact on survival among hospitalized cirrhosis patients in 2019 [1]. Acute kidney injury (AKI) has also displayed a projected prevalence of 20-50% among cirrhosis patients associated with poor prognosis, further to being an important predictor of short term mortality [2]. The liver transplantation remains the gold standard therapy for chronic liver cell disease (CLCD) including hepatocellular carcinoma [3]. Yet, the presence either form of renal dysfunction prior to LT, is associated with reduced patient survival post transplantation [4,5]. Furthermore, CKD has emerged as a major long term complication of post LT despite improvement of mortality over the years [6,7].

The liver allocation Model for End-Stage Liver Disease (MELD) score, introduced in 2002 is presently used for assessment of severity of liver disease as well as prioritization of advanced liver disease patients for LT. The

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inclusion of serum creatinine in MELD score, reflects the fundamental prognostic role of renal function in cirrhosis [8,9]. Hence, early and precise measurement of renal function is pivotal in cirrhosis. Yet, the available methods for the evaluation of renal function ranging from formulas that estimate the glomerular filtration rate (GFR), to non-invasive markers has not proven their comprehensive authority [10]. Hence, this review article looks at the optimal ways of evaluating renal function in liver disease, and the impact and preventive strategies for pre LT AKI, CKD and post LT CKD.

Evaluation of renal function in liver disease

For the assessment of renal function, serum creatinine (Scr) level based estimated GFR (eGFR) calculations are commonly used in clinical practice. Nonetheless, Scr levels in CLCD patients may be variable due to numerous reasons including liver disease causing reduced generation of creatine, decreased skeletal muscle mass resulting in lessened creatine-to-creatinine conversion, augmented tubular secretion of creatinine, and lower estimation of Scr level by hyperbilirubinemia [11,12]. Hence, glomerular filtration rate (GFR) in CLCD is classically overestimated by the Scr based equation, hence a normal Scr level won't exclude kidney dysfunction. Further, Scr is furthermore regarded a late marker of kidney dysfunction, necessitating a reduction of 50% of GFR before a rise in Scr is detected. Regardless of limitations and till better substitutes are developed, the latest Scr based MDRD equation (MDRD-6) is commended by experts to utilize in cirrhotic patients [11].

Accuracy of GFR quantification could improve through measurement of 24 h creatinine clearance, yet limited by been expensive, errors in sample collection (Eg: incomplete bladder emptying) and the effect of tubular secretion of creatinine [14].

Cystatin C is a protein generated by all nucleated cells which is entirely removed by glomerular filtration. It's not affected by muscle mass, sex, hepatic function, hyper-bilirubinemia and tubular secretion. Hence, cystatin C-based eGFR may be

a superior alternate to the Scr-based equation in CLCD [15,16]. However, the level of cystatin C is affected by steroid use, thyroid disease, hypoalbuminemia, raised C-reactive protein and leukocytosis limiting its use in estimating GFR in cirrhosis [17]. However, cystatin C based eGFR measurement is yet to be agreed for routine utilization in cirrhotic patients.

The utilization of conventional urinary markers like albuminuria is restricted in patients with cirrhosis, due to hypoalbuminemia and relatively increased capillary permeability [11]. The novel urinary biomarkers of renal tubular injury, including interleukin-18, urinary neutrophil gelatinase-associated lipocalin (uNGAL), liver-type fatty acid-binding protein and kidney injury molecule-1, has been studied to identify early renal dysfunction. uNGAL is the most extensively evaluated biomarker, which is an inflammatory biomarker generated by damaged renal tubular cells [17]. The usefulness of uNGAL and other urinary and serum biomarkers in predicting AKI following LT remains to be clearly established. Additionally, ideal threshold values and potential confounding variables need to be validated before these biomarkers can be routinely implemented in clinical practice for LT [10].

Inulin renal clearance is the gold standard of GFR quantification. Yet, requirement of standardized environment with continuous intravenous injection of the inulin, and high cost, practically limit the assay in clinical practice, hence mainly utilised for research. The utility of renal and plasma clearance of radioactive isotopes, including [51] Cr-ethylenediamine tetraacetic acid (EDTA), is gaining popularity in practice, as tests are safe, less complex and sufficiently accurate to measure GFR [18].

Pre-transplant kidney dysfunction

Pre transplant AKI

AKI is common in patients with cirrhosis with an estimated prevalence of 20 to 50% among hospitalized patients depicting a substantial impact on survival [2]. Moreover CLCD is a recognized risk factor for AKI, further as a predisposing factor for CKD development [19]. Portal hypertension resulting in accumulation of blood in the splanchnic circulation causes lower effective circulating blood volume risking CLCD patients towards AKI [20].

The aetiology of AKI in cirrhosis could be pre-renal, resulting from volume depletion due to gastrointestinal bleeding, diuretics use, sepsis, aggressive paracentesis, use of vasodilators and hepatorenal syndrome (HRS). Intrinsic renal causes such as nephrotoxics, infections, prolonged pre-renal AKI can result in acute tubular necrosis. Post renal obstruction leading to AKI is very rare [2].

HRS is a significant etiological entity seen in advanced decompensated CLCD, due to circulatory dysfunction induced by portal hypertension [21]. The combined use of albumin and terlipressin can reinstate renal function in 40% to 73% of patients with HRS [22]. Moreover, Piano et al reported that response to terlipressin and albumin was associated with a reduced need of renal replacement therapy after LT and lessened the risk of CKD at 1 year post LT [23]. However, LT is the definitive treatment for HRS. Since hepatorenal syndrome (HRS) is a functional condition without microscopic evidence of structural damage to the glomeruli or tubules, renal function is anticipated to recover following LT alone [24]. However, individuals with underlying tubular or glomerular injury or those experiencing prolonged HRS may not regain renal function through liver LT alone and might require simultaneous liver-kidney (SLK) transplantation or a kidney transplant following LT [25].

Perioperative AKI

Perioperative AKI increases the risk of acute rejection, infection, and mortality [26]. Risk factors for perioperative AKI include sepsis, nephrotoxic drugs, hemodynamic instability and ischemia-reperfusion injury [27]. In a study carried out by Guitard et al. showed that AKI was significantly associated with higher time for Aspartate transaminase peak, decreased post-operative diuresis (< 100 ml/h), post-operative use of vasopressive drugs, increased duration on mechanical ventilation, extended duration in the intensive care unit and overall length of hospital stay [28]. In addition, utilization of more marginal grafts leading to higher ischaemic reperfusion injury could have contributed to higher prevalence of perioperative AKI [29].

Pre transplant CKD

The rising incidence of CKD in cirrhotic patients likely reflects increasing metabolic risk factors—diabetes, hypertension, obesity—and the growing impact of nonalcoholic fatty liver disease (NAFLD) as a key driver of cirrhosis [17]. NAFLD depicts an independent and significant association with a higher incidence and prevalence of CKD [30,31]. Numerous factors like the pro-inflammatory environment, insulin resistance, oxidative stress, and the activated renin-angiotensin system, may contribute to faster CKD onset and progression in NAFLD patients, alongside prevalent diabetes and hypertension.. Moreover, NAFLD accounted for a substantial rise in SLK transplantation, from 8.2% in 2002 to 22% in 2011 [32].

Immune complex glomerulonephritis is seen in certain distinct etiologies of cirrhosis like hepatitis B virus (HBV) or hepatitis C virus (HCV). Further, immunoglobulin A

nephropathy is increasingly seen in alcoholic cirrhosis [21]. Further, there is evidence indicating that the risk of de novo CKD remains elevated, among AKI survivors [33].

Presence of CKD in a CLCD patient can have a significant bearing on clinical manifestations. Anorexia, anaemia, ascites, bleeding, and encephalopathy may stem from hepatic, renal, or combined dysfunction, complicating diagnosis and management. Further, CKD in cirrhosis is linked to worse outcomes and more frequent complications such as higher rates of superimposed AKI, need for dialysis, 30 day mortality rate, refractory ascites, bacterial infections and LT requirement (25% vs 10%) matched with those without CKD [1], [33]. Pre-transplant CKD increases waitlist mortality and worsens post-LT survival. Cullaro et al. reported a one-year post-LT mortality of 12% with CKD vs. 9% without [34]. Presence of CKD in a CLCD patient can have a significant bearing on clinical manifestations. Anorexia, anaemia, ascites, bleeding, and encephalopathy may stem from hepatic, renal, or combined dysfunction, complicating diagnosis and management.

Simultaneous liver kidney transplant

Margreiter et al. introduced SLK transplantation as a treatment strategy for coexistent cirrhosis and kidney dysfunction, which has been performed increasingly since the introduction of MELD scoring system [35]. Five-year survival for SLK recipients ranges from 64% to 76% [20]. At present, there is no global consensus regarding SLK eligibility and organ allocation. The reversibility of kidney dysfunction associated with CLCD is the determinant between LT alone or a SLK transplantation. In 2017, United Network for Organ Sharing (UNOS) implemented a comprehensive SLK policy outlining medical eligibility criteria (Table 1) [36].

Post-transplant CKD

Post LT kidney dysfunction is a frequently encountered complication associated with a significant negative impact on allograft and patient survival [37]. Pre-transplant AKI or CKD is a key risk factor for post-LT CKD [10]. CKD develops in most patients surviving beyond 6 months. The incidence of post LT CKD is higher compared to heart or lung transplanted patients [38]. The prevalence of LT-CKD differ in literature mainly due to differences in definition of CKD [10]. However, Van wagner et al. recently showed a CKD prevalence of 41.5% and a mortality of 6% upon 6 months survival in post LT cohort of 602 patients [39].

Table 1: Medical eligibility criteria for combined SLK.

Candidate's Transplant Nephrologist Confirms a Diagnosis of	Transplant Program Must Document at least 1 of the following
CKD with a measured or calculated GFR ≤ 60 mL/min for >3 months	Candidate is on regular hemodialysis Candidate's most recent GFR is ≤ 30 mL/min at the time of registration for kidney transplant
Sustained AKI	Candidate is on dialysis at least 6 weeks Candidate's GFR is ≤ 25 mL/min for at least 6 weeks (as documented in weekly measurements) Candidate has any combination of above 2 criteria for 6 weeks
Metabolic disease	Hyperoxaluria aHUS from mutations in factor H or I Familial nonneuropathic systemic amyloidosis Methylmalonic aciduria

Legend: CKD = chronic kidney disease, AKI = acute kidney injury. GFR = glomerular filtration rate, aHUS = atypical hemolytic uremic syndrome.

The main aetiopathological diagnoses of early post LT CKD (<1 year) are calcineurin inhibitors (CNI) toxicity, diabetic nephropathy, and thrombotic microangiopathy [37]. Early CNI nephrotoxicity is a dose-dependent and mainly functional hence; early dose reduction may reverse kidney injury [38]. Vasoconstriction of afferent and efferent arterioles reduces glomerular filtration, causing kidney dysfunction [40].

Iglesias et al. demonstrated that the recovery of pre transplant kidney function is mainly influenced by absence of graft dysfunction followed by anti thymocyte globulin induction and reduction of CNI use [41]. Further, Lin et al demonstrated that the Serum creatinine at the 4th week Post-LT is a strong predictor of CKD over 5 years, highlighting the need for early, aggressive kidney management [42].

CNI toxicity is the leading cause of late onset of CKD (>1 year post LT) as well. Renal histology would demonstrate obliterative arteriopathy, glomerular ischemic collapse, of precedent renal disease, focal segmental glomerulosclerosis, non-recovered HRS, and acute tubular necrosis of amphotericin were identified as other important causes of late post LT CKD [44]. Diabetes mellitus and hypertension were also causative agents of CKD [21].

Ways to overcome post LT kidney dysfunction

Patients with post-transplant CKD depict a higher risk of hospitalization, infectious complications, and graft dysfunction hence, preventive strategies to preserve kidney function after LT are vital. It is advisable to measure GFR and proteinuria annually to diagnose and prognosticate CKD. Life style modification is of utmost importance. Meticulous control of blood pressure, diabetes mellitus, low salt and low protein intake along with prevention of weight gain to reduce metabolic syndrome are recommended [10].

As CNI-induced nephrotoxicity is the main contributory factor for both early and late post LT CKD, the greatest strategy is to minimize CNI use without affecting graft longevity. One successful strategy was to use induction with monoclonal or polyclonal antibodies (Basiliximab and daclizumab) with late introduction of CNI. Few clinical trials have displayed better renal outcome when used in LT recipients with preoperative renal dysfunction [21], [45]. Early usage of mycophenolate mofetil (MMF) with no or reduced doses of CNI has shown post LT favorable kidney outcomes without allograft rejection [46,47]. The mammalian target of rapamycin inhibitor, everolimus has also revealed a protective renal strategy with reduced dose of CNI [48]. Because of the adverse outcomes associated with Betalecept and Sirolimus in CNI minimizing trials, the use of it is not recommended in post LT. Despite the evidence that early MMF and mTor-I usage minimizes renal dysfunction, but proves less effective if started after 1 year post-LT, making it unsuitable for routine practice [49]. To minimize the use of CNI, new drugs are currently being tested, such as CFZ533, an IgG1 anti-CD40 antibody, yet the utility in LT is not understood [10].

Conclusion

Pre LT AKI, CKD and post LT CKD have a significant negative impact on post liver transplant outcomes. Hence, meticulous measures should be taken to prevent and manage peri-transplant kidney dysfunction. Probe in to more accurate and readily accessible methods for evaluation of kidney dysfunction in patients with liver disease is a future need.

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