

Exploring Research Priorities in Chronic Kidney Disease

A national workshop was convened on February 7, 2014, in Sydney, to explore research priorities in chronic kidney disease from the patient and carer's perspective.

The participants were people living with chronic kidney disease, family members, caregivers, nephrologists, nurses, and allied health professionals. A total of 58 participants worked together to formulate, discuss and rank research questions. The process involved:

- Identifying questions
- Choosing priority questions
- Voting by CKD stage
- Ranking the top 20 questions.

Below is the list of top 20 research questions that came out of the workshop.

1. How effective are lifestyle programs (diet, exercise and smoking cessation) for preventing deterioration in kidney function in patients with early CKD?	11. How can we best provide support services to be integrated to patients, carers, and families to improve mental health in PD?
2. What interventions can improve long term post-transplant outcomes (drugs, lifestyle)?	12. Do interventions that increase knowledge of support services and early referral practices increase quality of life in patients and carers?
3. What strategies will improve donor family consent to deceased donation taking different cultural groups into account?	13. Does implementing a personalised care plan increase quality of life for patients on HD and carers?
4. What strategies help patients maintain work while on HD?	14. Does provision of culturally appropriate information about early CKD modify acknowledgement, medication adherence, and health service uptake in patients with early CKD?
5. What can we do to improve and individualise drug therapy in terms of better management of side effects?	15. What is the best diet and nutrition to improve general health outcomes for PD patients?
6. What are the effective interventions for post-HD fatigue?	16. What interventions are most effective to reduce inter-dialytic weight gain?
7. What psychological interventions would improve the psychological health for transition between kidney stages?	17. Are electronic and social media an effective modality to deliver health promotion about CKD in the general population?
8. How do we improve health outcomes in young transplant recipients?	18. How can we best deliver staff education to reduce patient complications in PD?
9. What are the best interventions to improve the decision-making process of people faced with HD?	19. What kinds of exercise programs are safe and most effective for PD patients?
10. Does active implementation of clinical practice guidelines in general practice improve kidney health in patients with early CKD?	20. How can technology be used to improve patient self-monitoring in PD?