

H4RT - The High-volume Haemodiafiltration vs High-flux Haemodialysis Registry Trial Issue 3 Patient Newsletter 2021

Welcome to the third annual H4RT patient newsletter!

I do hope you are all keeping well as the weather turns cooler! I know your treatment will be continuing in the background of your life, and you may often forget you are in a study comparing two different types of dialysis – that’s the idea, we’re testing two routine NHS dialysis treatments. After a pause in recruitment for COVID in 2020 we are making good progress again and are well on course to have recruited the required 1,550 participants by our new deadline, 30 September 2022. Thank you again for your generous participation in research to improve dialysis treatments.



Prof Fergus Caskey

Chief Investigator of H4RT

Consultant Nephrologist North Bristol NHS Trust

H4RT Trial team update

We have had some fantastic recruitment despite COVID, having 1321 patients taking part in the trial (85% of target 1,550) from 32 sites on 30th October 2021. We welcomed 4 new sites into the trial this past year: Oxford, Epsom, St George’s in London and Brighton.

The basic demographics of the patients taking part in the trial are 72% male and 28% females with an average age of 63 years.

We hosted two online Investigators Meetings in July 2021 and were supported by members of our Patient Advisory Group. These meetings bring together research staff and experts from the renal community and provided a great opportunity to share learning and best practice. We are grateful to our research and clinical staff in all our sites for their continued support.



H4RT site locations



Karen Alloway (H4RT lead research nurse)

It's been another difficult year for many patients on dialysis and I am so grateful to those of you who have agreed to take part in H4RT during this time.

It's been great to get back on to the Renal units in North Bristol Trust and see patients face to face. Talking to you about the study and why we are doing it, is the best part of my role, even if the patient declines to participate.

With almost another year of recruitment, I am looking forward to seeing more patients and giving them the opportunity to participate in this important trial. I am hoping that I might even manage to recruit my 200th patient in North Bristol Trust, which I believe may be a record for recruitment into a renal trial! 😊

Paul Townrow - Patient Advisory Group (PAG) member (Liverpool)



What made you want to take part in the trial? My consultant asked me to take part in a trial to determine which out of HD & HDF was the better treatment for dialysis. As I believe in furthering knowledge around the issue of renal failure to help those coming after me, it was easy to say yes.

Experience of being a PAG member. I attended two investigators meetings in July 2021 via Zoom which were informative, and I was able to learn more about research and offer suggestions from a patient perspective. I was able to share my experience of being on dialysis.

Patient Questionnaires

THANK YOU

Thank you for filling in the follow-up questionnaires during the last year. We will carry on sending these to you every 6 months.

Please can you help?

Our questionnaire response rate has reduced which affects the importance and wider impact of the research. Please complete the questionnaires sent out every 6 months even if your dialysis treatment has changed or you have had a transplant.

CONTACT US:

If you have any questions, or if your contact details have changed, please contact us on:

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More information about H4RT is available on our website

<https://www.bristol.ac.uk/population-health-sciences/projects/h4rt-trial>



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