

## H4RT - The High-volume Haemodiafiltration vs High-flux Haemodialysis Registry Trial Issue 4 Patient Newsletter 2022

### Welcome to the fourth annual H4RT patient newsletter!

You are now one of an amazing 1,553 NHS patients who have agreed to take part in H4RT, thank you! Your willingness to have your dialysis treatment – haemodialysis or haemodiafiltration – decided by randomisation will make a real difference. In a little over two years, we will have the results and be able to tell you and patients like you what dialysis is best. Research like this, which aims to change practice, often takes a long time because it is looking at relatively rare things that really matter to patients – heart attacks and infections that cause hospital admission, or worse. We also want to know about quality of life, so thank you for continuing to send back the questionnaires we send you. I know you don't get any immediate personal benefit from filling these in but doing so will allow us to see if either treatment improves symptoms and quality of life for people on dialysis. Thank you!

**Prof Fergus Caskey**

Chief Investigator of H4RT  
Consultant Nephrologist North Bristol NHS Trust



### Karen Alloway (H4RT lead research nurse)



It's been such a privilege to work on H4RT for the past 4 ½ years. I have had such pleasure in meeting so many patients and understanding the impact of dialysis on them. Therefore ensuring that everyone receives the best form of dialysis available to them is paramount.

*Thank you!*

I want to say a big Thank You to everyone who has taken part in the study, and in doing so has enabled us to collect the data we need to provide evidence based practice.

### Mohammed Islam - Patient Advisory Group member (Bradford)

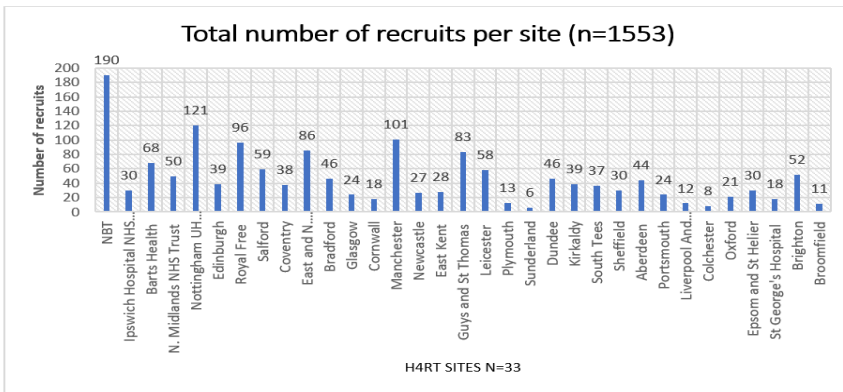
I was proud to be asked to take part in the trial and it is my way of giving something back as I have been looked after by the NHS renal team. We can only make things better by doing research and finding out which treatment works best for patients.



I was recruited from the Bradford site in 2021, and every six months, we are required to fill out a questionnaire. I understand that it's important to do all the research activities and I try to complete the questionnaires during my dialysis session as obviously I have a few hours to get through. The questions are not complex and help inform the research. There are a lot of Bradford patients, from ethnic minorities and it's good to represent them and give a different perspective because ultimately every patient has a voice, and we relate to people who we can associate with. The main aim of this study is to improve services and treatments for all patients.

## H4RT Trial team update

The trial opened for recruitment in November 2017, and we are absolutely delighted to reach our recruitment target of 1,553 in September 2022. It's been an interesting 5 years on H4RT with many twists and turns along the way including a pandemic! Thank you to everyone taking part and contributing toward research to improve dialysis treatments in the future. We have 33 NHS sites taking part and the graph shows the number of patients at the H4RT site locations.



### Patient Questionnaires

Our focus is on ensuring the trial runs successfully during the follow-up period until May 2025. Thank you for filling in the 6 monthly follow-up questionnaires during the last few years. We will carry on sending these to you every 6 months. Please complete the questionnaires even if your dialysis treatment has changed or you have had a transplant.

Your responses to the follow-up questionnaires are important for the study and will inform our research findings.

### Who is taking part in H4RT?

The average age of the patients taking part in H4RT is 63 years. The table shows some basic demographic data.



Gender	%
Male	71.3
Female	28.7
Ethnicity	
White	79.4
Black	9.3
Asian	9.2
Mixed	2.1

\*Datacut 1484 patients on 11/08/2022

### CONTACT US:

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

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**Website:** [www.bristol.ac.uk/population-health-sciences/projects/h4rt-trial](http://www.bristol.ac.uk/population-health-sciences/projects/h4rt-trial)

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