



RESEARCH SPOTLIGHT ON

Kidney Disease

If left untreated, chronic kidney disease can lead to kidney failure, which can require dialysis or a kidney transplant. In 2016, **more than 100,000 people** were waiting for a kidney transplant but **fewer than 17,000** receive one each year, reports the US Department of Health and Human Services Organ Procurement and Transplantation Network. Although patients have many care options in the early stages of kidney disease, increasingly individuals are being diagnosed later, limiting their treatment options.

30 MILLION adults in the United States are affected by chronic kidney disease.

Source: Centers for Disease Control and Prevention

Research Addressing Questions That Matter

PCORI funds **comparative clinical effectiveness research (CER)** to determine which healthcare options work best for which patients, based on their needs and preferences. CER produces evidence that helps people make better-informed healthcare choices.



PATIENT

I've begun dialysis treatments while I wait for a donor. My doctor believes I'm depressed

but couldn't tell me the best way to treat my depression in conjunction with my dialysis. Which type of therapy or anti-depressant would best help me?



CLINICIAN

Individual dialysis sessions can have varying levels of stability and when a patient has an

unstable session, they're more likely to end up in the hospital. How do interventions to increase my patients' stability compare to one another?

STUDY SPOTLIGHTS

Putting Patients at the Center of Kidney Care Transitions

When patients enter kidney failure, they and their family members often report feeling unprepared for the decisions they have to make. Each of their treatment options has unique pros and cons. This study is testing whether a patient-centered approach to kidney transition care that engages patients and their family members in understanding and preparing for their choices will improve their outcomes. More information about this project may be found at www.pcori.org/Boulware014.

Helping Kidney Disease Patients with Extended Treatment of Blood Clots

Four new blood-thinning medications and an older drug are available to prevent recurrence of blood clots. Choosing among them is especially challenging for people who have impaired kidney function because there is little information about the safety and effectiveness of these drugs in this patient population. This study is assessing whether the drugs' benefits and risks when used long-term vary for those with kidney disease. More details about this project are at www.pcori.org/Fang015.

STUDY SPOTLIGHT

For Hemodialysis Patients, Depression Drug Worked Better than Cognitive Therapy

More patients with kidney failure undergoing long-term hemodialysis who also had depression reported modest improvements in their depressive symptoms with the drug sertraline than patients receiving cognitive behavioral therapy, PCORI-funded researchers report in the *Annals of Internal Medicine*. However, patients who opted for the daily medication experienced greater adverse events, such as nausea and dizziness www.pcori.org/Mehrotra209.

As of April 2019, PCORI has awarded

\$72 MILLION TO FUND **18**

comparative clinical effectiveness research studies related to kidney disease.

BY THE NUMBER OF PROJECTS

Most Studied Populations of Interest

