



SMaRRT-HD™

Comparative Effectiveness of Two Approaches to Symptom Monitoring in Hemodialysis

AUGUST 2023 • ISSUE 03

SMaRRT-HD Video & Website

Greetings from the SMaRRT-HD Team!

We are pleased to share a few updates about the SMaRRT-HD Study! Major activities since the Stakeholder Panel Meeting in February include the release of the project video and updated website as well as the launch of the Optimization Phase.

Our stakeholders have emphasized the importance of making personal connections with both patients who may participate in the SMaRRT-HD Study and care team members who may help with the study. In response, we collaborated with our patient partners to produce a study video. The goal of the SMaRRT-HD video is to **inform** and **inspire**. The video features patients sharing their stories about dialysis-related symptoms and their perspectives on the importance of this research, along with a researcher explaining the goal and design of the study. A shortened version of this video will be made available to patients and care team members at the start of study activities in participating clinics. We invite you to view the full-length video [here!](#) Thank you to our patient partners for sharing their stories and inspiring us.

In addition, we have updated the SMaRRT-HD Study website to showcase more information about the project. The updates include a page dedicated to [stakeholder activities](#). Check out the updates [here!](#)



Shirley - Patient/Family Partner



Taya - Patient/Family Partner



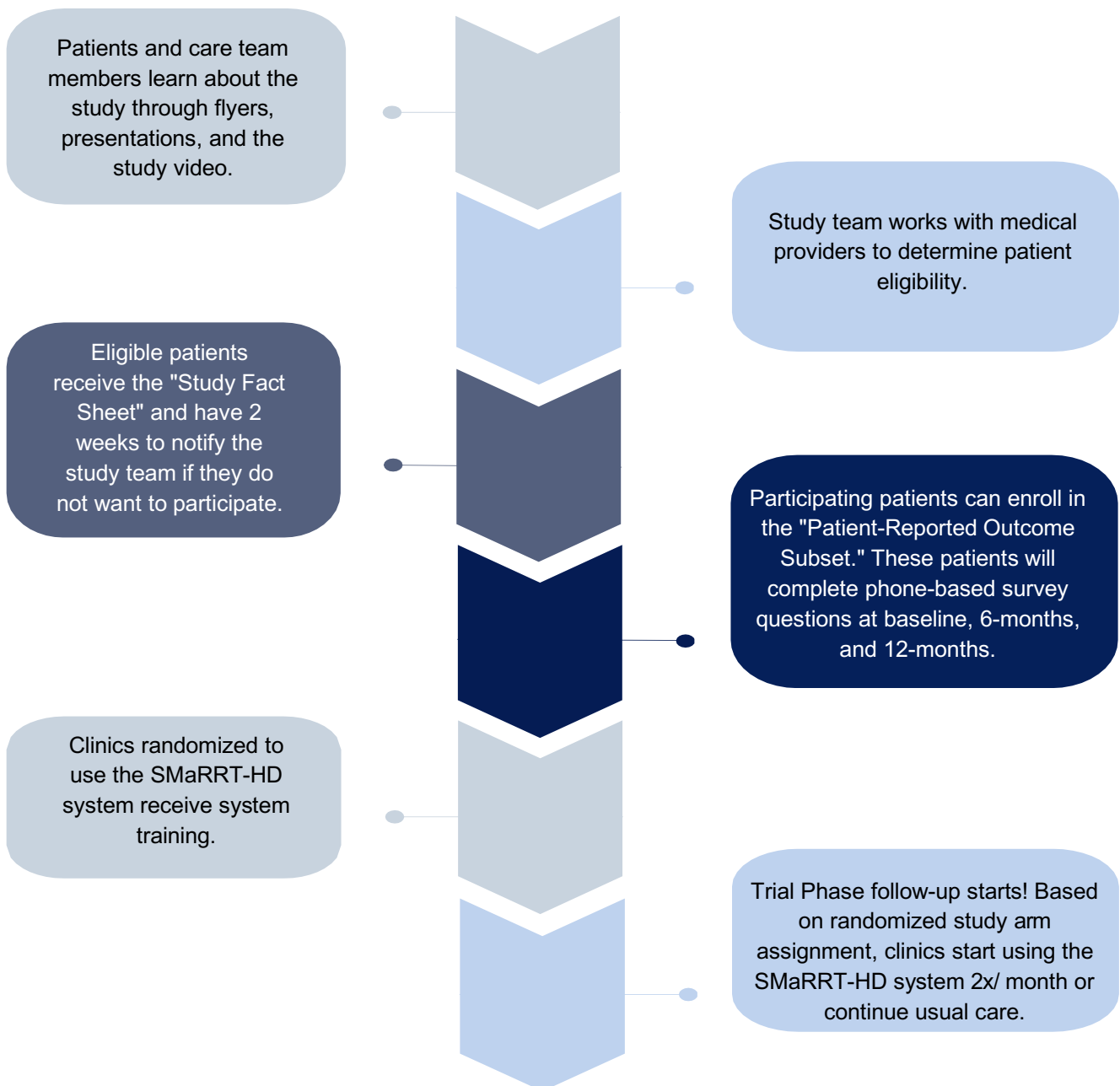
Robb & Gil - Production Team

Behind the scenes of our videoshoot featuring two of our Patient/
Family Partners and the Production Team!

Study Optimization Phase

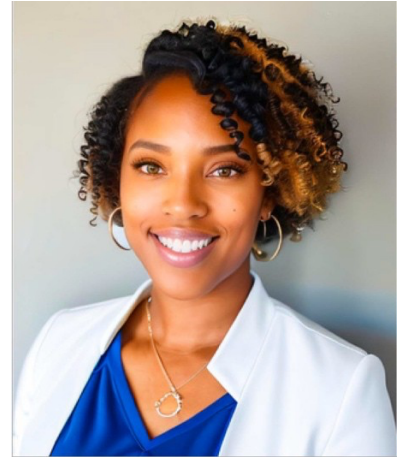
The Optimization Phase of the SMarRT-HD Study is well underway. The purpose of this study phase is to improve our workflows and make sure our research plans work in the real world of dialysis care. This phase will help us improve our study materials, trainings, and communication as well as workflow for administering the SMarRT-HD survey during dialysis care. Three North Carolina and Massachusetts clinics that are not participating in the Trial Phase are taking part in this preparatory work. We look forward to sharing more about the findings from this phase at the December Stakeholder Panel Meeting. **Below** is an overview of the research activities that will take place in clinics participating in the **upcoming Trial Phase**.

Overview of Study Trial Phase Activities



Stakeholder Spotlight

Shawna Chin is a Clinically Certified Hemodialysis Technician (“PCT”) for Fresenius Medical Care. She serves as a preceptor and the vascular access point person at her clinic. She has worked in dialysis for 19 years, starting her career in Fayetteville, NC and then transferring to Sanford/ Pittsboro, NC in 2011. About her work, Shawna says, "This has given me the fortunate ability to work with some awesome patients, amazing coworkers, and doctors. One of our doctors completed studies and implemented changes to the way we now look at and approach fluid removal in dialysis. This change was very interesting to me because I could see an immediate change in the outcomes and the way the patients feel post treatment."



"Meeting in person, seeing, and discussing how this research project has come to fruition from an idea has been interesting to see and learn from. It takes an entire multifaceted team with of knowledge in different areas to make it come together. I am excited because this is my first time being involved in a research project".

What excites you most about the SMaRRT-HD Study?

"I am excited to see if [SMaRRT-HD] can help us understand and communicate with our Spanish-speaking patients. The language barrier can sometimes be a hindrance to the timeliness of resolution for issues. This way, the patients can pinpoint concerns, and they can be addressed in a timely manner."

What inspires you?

"I am inspired everyday by the dedication and discipline displayed by the patients dealing with kidney failure. It is a life altering situation none of them signed up for. Having a meaningful impact on their lives and outcomes is very rewarding. I am obtaining my nursing degree so that I can better help the patients from another aspect of the healthcare team. I get so much joy out of what I do. Seeing the smiles we bring to the patients adds another dimension of satisfaction for what I do."

Welcome to the Team

Introducing [Amber Erskine](#), our newest SMaRRT-HD Research Coordinator!

Amber joined the SMaRRT-HD team in April and comes with extensive experience spanning 6 years in clinical research. Amber's role will be crucial to maintaining strong connections with participating SMaRRT-HD Study clinics. She is a graduate of Vanderbilt University, with a B.A. in Medicine, Health and Society.

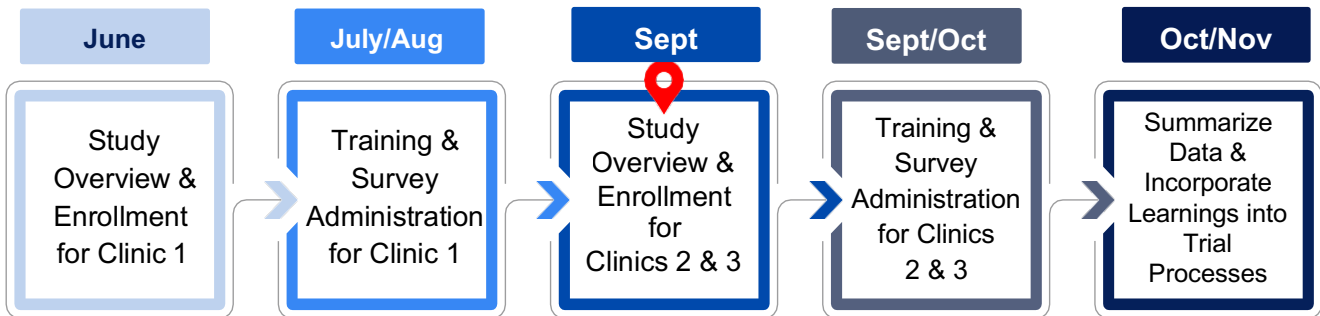
What excites you most about the SMaRRT-HD Study?

"What excites me most about the SMaRRT-HD Study is the opportunity to be part of a groundbreaking research project that has the potential to make a significant impact on the lives of patients and their families. Serving as a contact for the clinics and study participants provides me with a unique opportunity to directly engage with healthcare professionals, patients, and their families. This hands-on involvement enables me to witness the positive changes resulting from the study firsthand, creating a deep sense of fulfillment and purpose in my work."



Upcoming Activities

Optimization Phase:



Stakeholder Panel Meeting #2: The next Stakeholder Panel Meeting will be virtual and will take place on December 11, 2023. We will share the agenda and materials in advance of the meeting.

Trial Phase: The SMaRRT-HD Study Trial Phase is on track to begin in January 2024.

Community News & Resources

Recent relevant publication:

Mehrotra R, Davison SN, Farrington K, **Flythe JE**, Foo M, Madero M, Morton RL, Tsukamoto Y, **Unruh ML**, Cheung M, Jadoul M, Winkelmayer WC, Brown EA; Conference Participants. *Managing the symptom burden associated with maintenance dialysis: conclusions from a KDIGO Controversies Conference*. *Kidney Int.* 2023 Jun 7. <https://doi.org/10.1016/j.kint.2023.05.019>

In May 2022, Kidney Disease: Improving Global Outcomes (KDIGO) held a Controversies Conference about symptom complications of dialysis in Berlin, Germany. Participants included patients, physicians, behavioral therapists, nurses, pharmacists, and researchers. SMaRRT-HD Study team members, **Jenny Flythe, Laura Dember, Mark Unruh, and John Ortiz** all participated! The group worked together to identify optimal ways to address symptom-based complications in people treated with dialysis. They also outlined foundational principles and consensus points related to identifying and addressing dialysis-related symptoms and described gaps in knowledge and priorities for research.

The article summarizes key conference findings. One of the main consensus points was the importance of involving all members of the multi-disciplinary team (kidney doctors, nurses, PCTs, social workers, dietitians, pharmacists, psychologists (when available), and other specialists) in the monitoring and treatment of symptoms. There is no question that improving dialysis-related symptoms will take a TEAM effort, but there is much to learn! We hope the SMaRRT-HD Study will help answer important questions like: “How can we better monitor and follow up on patient symptoms?” and “How can we incorporate regular symptom reporting by patients and symptom follow up by care teams in routine dialysis care?”

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KEY UPCOMING DATES

December 11, 2023 1:00 - 3:00PM ET

Stakeholder Panel Meeting # 2

