



SMaRRT-HD™

Symptom Monitoring in Renal Replacement Therapy-Hemodialysis

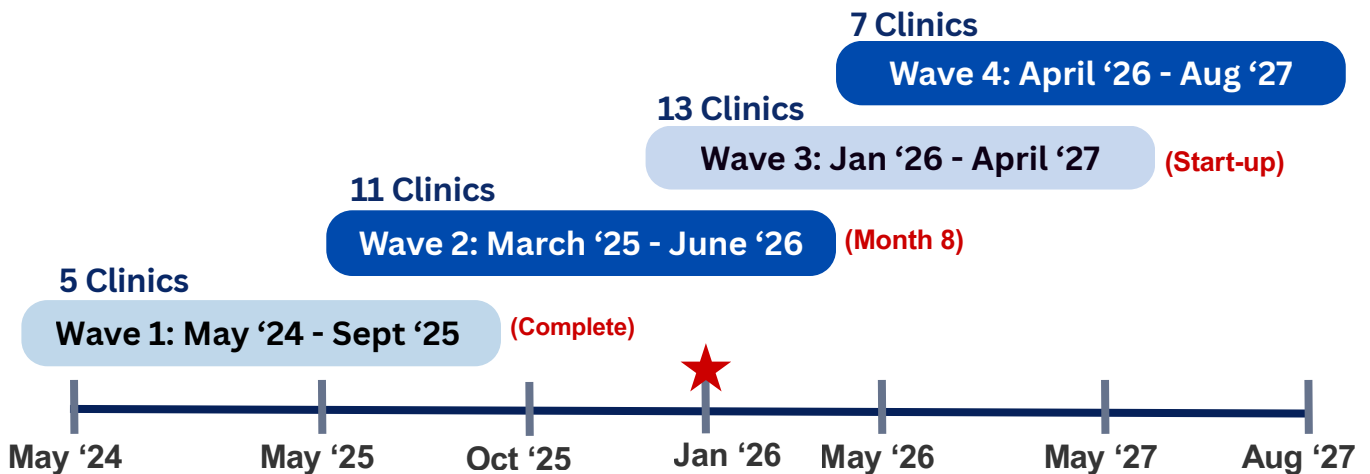
Comparative Effectiveness of Two Approaches to Symptom Monitoring in Hemodialysis

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SMaRRT-HD Study News and Updates

As the study continues, we are grateful for the sustained engagement of clinics, providers, patients, and stakeholders who are making this work possible!

SMaRRT-HD Study Timeline



Wave 2: Six Month Progress Update

During December 2025 and January 2026, the UNC team completed Wave 2 site visits at clinics in North Carolina, Nebraska, Ohio, Texas, Illinois, West Virginia, Colorado, Kansas, and Nevada. During visits to some of the clinics using the SMaRRT-HD system, study team members observed clinic staff administering symptom surveys. The study team provided pointers and helped staff optimize their workflows. With Wave 2 travel now complete, the team is focused on scheduling and rescheduling study data collection activities, including patient-reported outcome (PRO) telephone surveys and implementation evaluation surveys.

Map of Clinics

Clinics enrolled in Waves 1, 2, and 3



Wave 3 Clinic Training Progress

Wave 3 clinics have completed training and onboarding.

Clinic staff training highlights:



Provided patients and staff study overview fliers



Completed staff training webinars over delivered lunch



Determined patient eligibility for study participation



Passed out study fact sheets to eligible patients

On the ground in study clinics

Clinic staff express enthusiasm about the study

What excites you about the study?

“What truly motivated us about the SMaRRT-HD study was the opportunity to enhance patient outcomes through targeted feedback. The most common concerns expressed by our patients have consistently been related to symptoms, weakness, and fatigue experienced during and after treatment. They have expressed a desire for additional resources or interventions to help them regain their strength and improve their quality of life alongside their dialysis treatment.”

How might your clinic and patients benefit from the study?

“Our clinic will benefit from additional staff education on effectively managing patient symptoms. This training will enhance our team's ability to intervene early when patients begin to experience symptoms during treatment, ultimately improving post-treatment outcomes. By strengthening our symptom management skills, we aim to support quicker recovery times for our patients through more effective intervention and care provided by our clinical staff and providers.”

Inside UNC study team travels



A screenshot of a presentation slide titled "What is the SMaRRT-HD System?". The slide is divided into several sections: "SMaRRT-HD System Overview" (describing the system as Symptom Monitoring on Renal Replacement Therapy-Hemodialysis), "Symptom Survey" (describing a 14-question survey on a tablet), "Email Alerts" (describing alerts for severe symptoms), "Symptom Guidances" (describing suggestions for symptom management), and "Reports" (describing printed reports for patients and care teams). It also includes a "Reports" section with a line graph showing symptom trends over time and a call to action: "Talk to your dialysis care team about your symptoms. They want to hear from you!". At the bottom, it provides contact information: "Questions? Contact the SMaRRT-HD Study team at 1-888-804-9511 or smart-hd@unc.edu".



Community News and Resources

Relevant Recent Publication:

Community Health Worker Support for Hispanic and Latino Individuals Receiving Hemodialysis: The Navigate-Kidney Randomized Clinical Trial.

Cervantes L, Juarez-Colunga E, Powe NR, **Flythe JE**, Steiner JF, Cukor D, Hasnain-Wynia R, Furgeson S, Golestaneh L, **Camacho C**, McBeth L, Beaty BL, Shi J, Bacon E, Chonchol M.

JAMA Intern Med. 2026 Jan 1;186(1):56-66.

[doi: 10.1001/jamainternmed.2025.5305](https://doi.org/10.1001/jamainternmed.2025.5305). PMID: 41203234

A recent study published in *JAMA Internal Medicine* tested if a community health worker–led intervention for Hispanic and Latino patients receiving hemodialysis (compared to usual care) reduces weight gain between dialysis sessions and increases patient activation in their health care, among other outcomes. The study was led by Dr. Lily Cervantes at the University of Colorado, a collaborator on the SMarRRT-HD Study Supplement, with contributions from Claudia Camacho (Cervantes team member who helped with the Spanish version of the SMarRRT-HD Study video) and Dr. Jenny Flythe. The study found modest reduction in fluid gains between dialysis sessions and notable improvement in patient engagement with the community health worker intervention compared to usual care. The findings highlight how culturally tailored, relationship-based support can help patients better manage day-to-day aspects of dialysis and stay more engaged in their care.

These findings align closely with the goals of the SMarRRT-HD Study, which focuses on patient-prioritized outcomes and approaches that support patients as active partners in their care. Both studies reinforce the importance of integrating patient perspectives into all aspects of dialysis care.



Upcoming Activities

- Completion of Wave 2 6-month data collection
- Completion of Wave 3 baseline patient enrollment
- Start of Wave 4 clinic trainings

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