



NEWS RELEASE

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New pilot study looks at better management of risk factors for kidney disease

(MONTREAL, QC), Wednesday March 30, 2005... Kidney disease is on the rise. Over 30,000 people in Canada require life-sustaining treatments such as dialysis or a transplant to replace the function of kidneys that have failed. More significantly, recent estimates suggest that 1.9 million Canadians have some form of chronic kidney disease and most are unaware because symptoms are silent.

The growing incidence of kidney disease can be attributed to several factors, not least of which is the dramatic increase in diabetes, the leading cause of kidney failure. Cardiovascular disorders are also associated with the progression of kidney disease. In an age where increasing emphasis is being placed on preventing disease or delaying its progression to ensure better health outcomes, enter CanPREVENT, a pilot study involving five centers across Canada.

The Canadian Collaborative Group for the Prevention of Renal and Cardiovascular Endpoints Trial (CanPREVENT) is being led by Dr. Patrick Parfrey and Dr. Brendan Barrett of Memorial University of Newfoundland.

“We know that managing risk factors for kidney disease can delay its progression, and, in some cases, prevent it altogether,” says Dr. Barrett. “However, because kidney disease is, in many cases, a complication of other health conditions, the coordination and integration of care play a significant role.”

Current health systems, according to Dr. Parfrey, are not well designed to care for chronic disease. “Our study proposes to determine if, compared to usual care, a nurse coordinator supported by a nephrologist, running a multiple risk factor intervention and disease management clinic will reduce, or delay the onset of advanced kidney disease,” he explains.

The pilot study will recruit 100 patients in each of five sites across Canada. Primary care physicians will notify patients who meet specific criteria of the opportunity to enroll in the study.

“This study presents an exciting opportunity to answer research questions in a clinical setting, with direct involvement of patients,” says Wim Wolfs, Manager of The Kidney Foundation’s Research program. “It also takes into account the truly complex nature of

kidney disease and the need for new approaches to prevent its progression to kidney failure.”

The types of interventions proposed in the study range embodies a new multidisciplinary approach that includes medical aspects such as lowering blood pressure to target, control of diabetes as well as clinical care such as the way the nurse works with the patients, the way that patients get involved in their own care, and how the nurse and doctor work together. The study will also assess the effect on health care resource use, costs and quality of life issues.

“We really wanted to do something significant in nephrology clinical research,” says Dr. Barrett. “This trial could have very positive implications for how care should be organized and delivered for those with this particular set of chronic diseases in Canada.”

CanPREVENT is funded by the Canadian Institutes for Health Research (CIHR) New Emerging Teams Chronic Disease Management Program, namely the CIHR Institute for Nutrition, Diabetes and Metabolism and the CIHR Institute of Circulatory Health, as well as The Kidney Foundation of Canada, the Heart and Stroke Foundation of Canada, the Canadian Diabetes Association. It has also received funding from AMGEN, Ortho-Biotech and Merck-Frosst Canada Ltd.

The Kidney Foundation of Canada, founded in 1964, is the national health charity dedicated to kidney health and improving the lives of all people affected by kidney disease.