

H4RT - The High-volume Haemodiafiltration vs High-flux Haemodialysis Registry Trial Issue 5 Patient Newsletter 2023

Welcome to the fifth annual H4RT patient newsletter!

The H4RT team, along with other independent groups, regularly monitor the study to check for new research going on in this area so we can provide the best care in line with the latest evidence. In doing this, we recently heard the findings of the EU-funded 'CONVINCE' study, which was also looking at high-volume HDF vs high-flux HD, similar to the H4RT. Although CONVINCE was halted early because of COVID, it was great to see the investigators were still able to report their findings last month – patients allocated to high-volume HDF had a 23% lower risk of death than patients allocated to high-flux HD. While this may initially seem 'convincing', the problem is that many experts remain sceptical and believe that more evidence is needed before they can recommend high-volume HDF or high-flux HD for UK patients on dialysis. There are a number of reasons for this:

- The CONVINCE researchers had said it would need 1,800 participants to address this question, but only recruited 1,360
- It is difficult to untangle the impact of COVID-19 infection on patient outcomes in the CONVINCE study
- It is difficult to explain some of the effects observed in the CONVINCE study, both positive and negative
- The CONVINCE study excluded patients if they didn't have a fistula with a high blood flow rate, so its results will not apply to the majority of people on dialysis in the UK
- No information was collected on ethnicity in the CONVINCE study, so we do not know whether the results will apply to the diverse population in the UK

While the findings from CONVINCE are interesting, the expert consensus is that they do not provide a clear enough picture to inform UK practice on their own. It is therefore more important than ever that we deliver H4RT as planned to provide definitive evidence on the best treatment for people on dialysis.

Thank you for continuing to send back your quality-of-life questionnaires every 6-12 months – H4RT will finish follow-up at the end of May 2025 and report its findings in late 2025. We are excited to analyse the data from H4RT and as soon as we have those results; we will of course share them with you and the doctors and nurses in your renal units.

Thank you!

Professor Fergus Caskey
Chief Investigator of H4RT
Consultant Nephrologist North Bristol NHS Trust



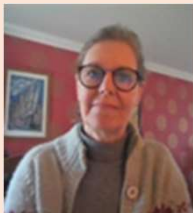
Ruth Stapleton - Patient Advisory Group member (Oxford)

I started on the H4RT trial at Horton renal satellite unit, in Oxford back in March 2021. The study team send me questionnaires to complete. I switched from paper to online questionnaires as it is more convenient and much easier to do it online and I don't have to walk to the post box! The questions are simple, easy and straightforward to complete. I genuinely answer the questions on how I am feeling that day and it's important to let the study team know how you are feeling.



The NHS has helped me a lot in keeping me alive. I believe in contributing to research and unless there is research, we won't know which method of dialysis works better.

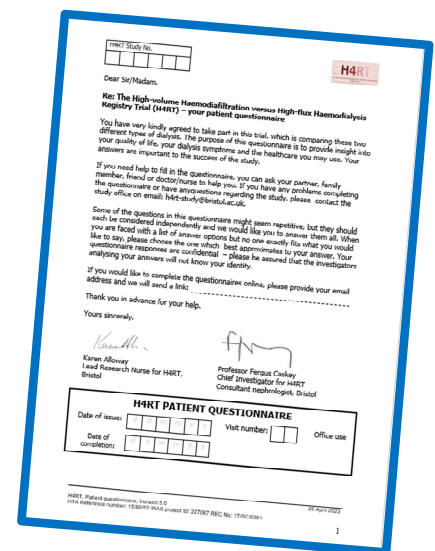
Karen Alloway (H4RT lead research nurse)



I would like to thank all of the patients who have taken part in H4RT and made the trial successful. Over the past five years of working on the trial, I have met many warm and generous patients who have been willing to take part and help us to progress our knowledge regarding best practice in renal dialysis for those requiring this. It has truly been a delight working on this trial and we appreciate your continued support by returning you patient questionnaires.

H4RT Trial team update

Thank you to the 33 NHS sites for taking part in H4RT. We completed recruitment in September 2022 and are now in follow-up where we send a patient questionnaire every year until May 2025. We are grateful to you for every one that you complete. We realise that it takes time however it's important to know how you are feeling. Your journey and experiences in the study matter to us and the questionnaires give us that vital information. If you wish to change from paper to online questionnaires, please contact the study team on h4rt-study@bristol.ac.uk. Remember, all the information we collect about you will be kept strictly confidential.



CONTACT US:

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

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Study Office Email: h4rt-study@bristol.ac.uk

Website: www.bristol.ac.uk/population-health-sciences/projects/h4rt-trial

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