



Effective Health Care

CER of Patient Education Interventions on CKD Progression Nomination Summary Document

Results of Topic Selection Process & Next Steps

- The topic, *Comparative Effectiveness of Patient Education Interventions to Enhance Self-care and Self-management on Chronic Kidney Disease (CKD) Progression*, is not feasible for a systematic review at this time.

Topic Description

Nominator(s): Organization

Nomination Summary: The nominator is interested in the comparative effectiveness of patient education interventions that seek to increase self-care and self-management on slowing down the progression of CKD. These interventions would include programs that aim to improve both knowledge about kidney disease as well as motivation for patients to try to make beneficial changes.

Staff-Generated PICO

Population: Adults with pre-dialysis CKD, including the elderly, obese, and minority groups (including Hispanics and African-Americans)

Intervention(s): Various educational programs related to CKD to enhance self-care and self-management

Comparator: Usual care, which sometimes includes some counseling

Outcomes: Estimated glomerular filtration rate (eGFR), serum creatinine, time to dialysis, albuminuria, blood pressure, survival

Key Questions from Nominator: What is the comparative effectiveness of patient education interventions to enhance self-care and self-management on chronic kidney disease (CKD) progression?

Secondary questions to be addressed may include:

1. Are there specific interventions that may be more effective than others? (this may be difficult to assess, given that most of the studies combine interventions)
2. At what stage of kidney disease would interventions be most effective?

Considerations

- The topic meets EHC Program appropriateness and importance criteria. (For more information, see <http://effectivehealthcare.ahrq.gov/index.cfm/submit-a-suggestion-for-research/how-are-research-topics-chosen/>.)
- CKD is a significant public health problem affecting more than 30 million adults in the US. Individuals with CKD are at increased risk for hospitalization, cardiovascular disease, end-stage renal disease (ESRD), and death. The associated morbidity often leads to a decreased quality of life.
- Successful educational interventions for individuals with chronic diseases typically incorporate informational components to improve knowledge, along with a variety of psychological methods to change behavior and empower individuals. However, the evidence regarding the use of educational interventions in pre-dialysis kidney disease is currently limited; and there is significant heterogeneity across studies with regards to interventions (various types and various combinations), posing challenges to evidence synthesis at this time.