



University Hospitals Sussex  
NHS Foundation Trust

# Improving transition onto haemodialysis: a novel trainee-led clinic

RCP Update in Medicine 2024: Turner-Warwick Lecture

12/9/24

Dr Joseph Cairns, KSS Renal Trainee

# Overview

- ▶ Haemodialysis overview for the General Medic
- ▶ Starting haemodialysis
- ▶ Standard of care at Sussex Kidney Unit
- ▶ Renal SpR experience of haemodialysis
- ▶ New Starter Clinic Quality Improvement Project

# Haemodialysis

- ▶ Renal Replacement Therapy for End-Stage Kidney Disease
- ▶ Peritoneal Dialysis, Transplant alternatives
- ▶ Advanced Kidney Care Clinic
- ▶ Maximum Conservative Care
- ▶ Planned vs Unplanned start

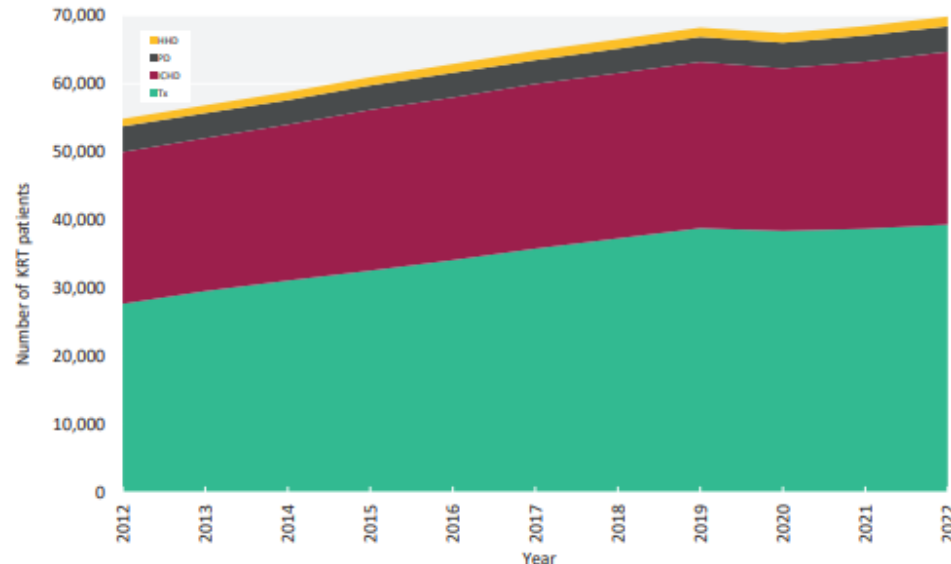


## Renal Medicine

GIRFT Programme National Specialty Report

By Dr Graham Lipkin and Dr William McKane  
GIRFT Clinical Leads for Renal Medicine

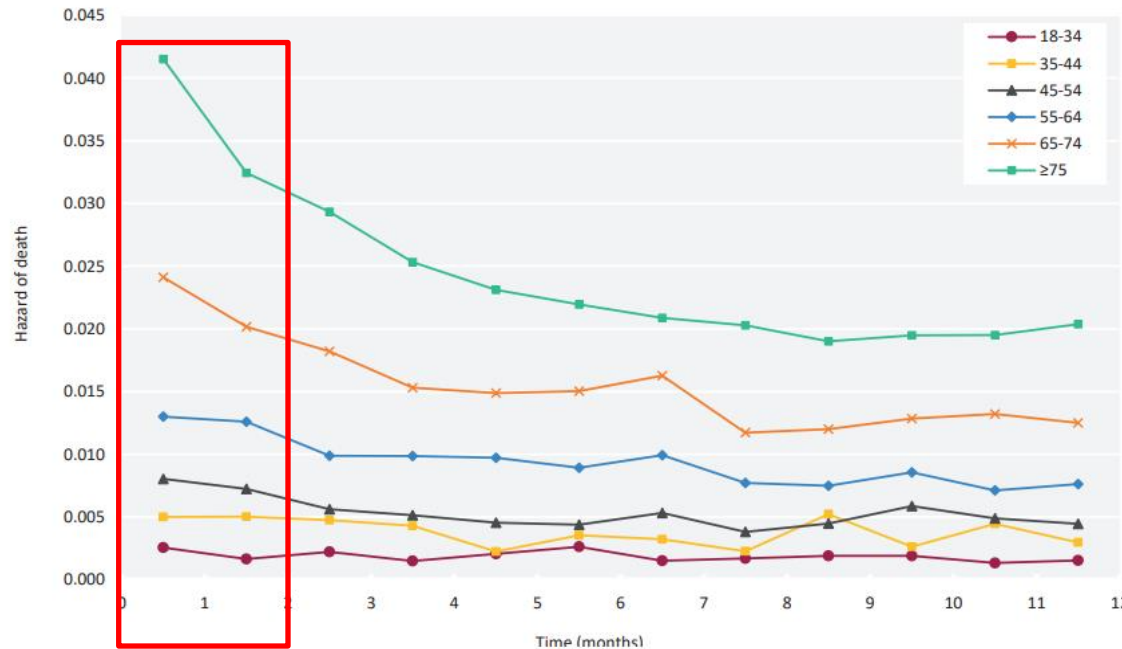
March 2021



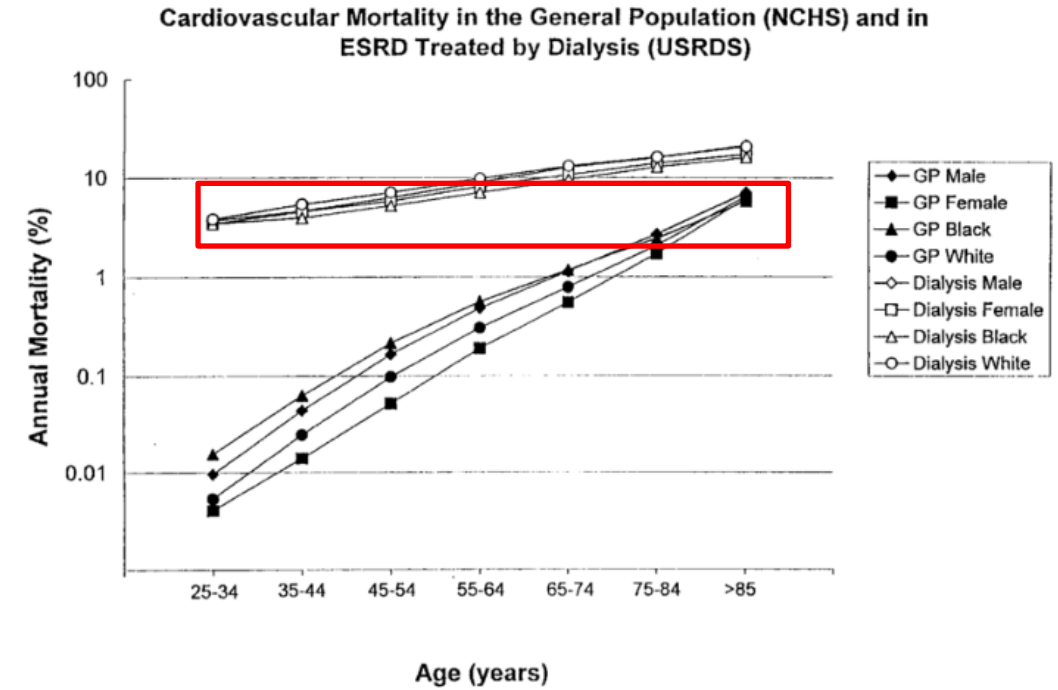
**Figure 3.7** Growth in numbers of prevalent adult KRT patients by treatment modality between 2012 and 2022

# Starting haemodialysis

- ▶ Early high mortality and morbidity
- ▶ Planned vs unplanned



**Figure 2.22** Monthly hazard of death (unadjusted) of incident adult KRT patients from day 0 to 1 year by age group (2011–2020 10 year cohort)



Cause of death	First 90 days			
	All ages		<65 yrs (%)	≥65 yrs (%)
	N	%		
Cardiac disease	221	23.9	29.0	22.3
Cerebrovascular disease	23	2.5	3.1	2.3
Infection	187	20.3	21.5	19.9
Malignancy	60	6.5	4.4	7.2
Treatment withdrawal	153	16.6	8.8	19.1
Other	219	23.7	26.3	22.9
Uncertain aetiology	60	6.5	7.0	6.3
<b>Total (with data)</b>	<b>923</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>
Missing	619	40.1	42.4	39.4

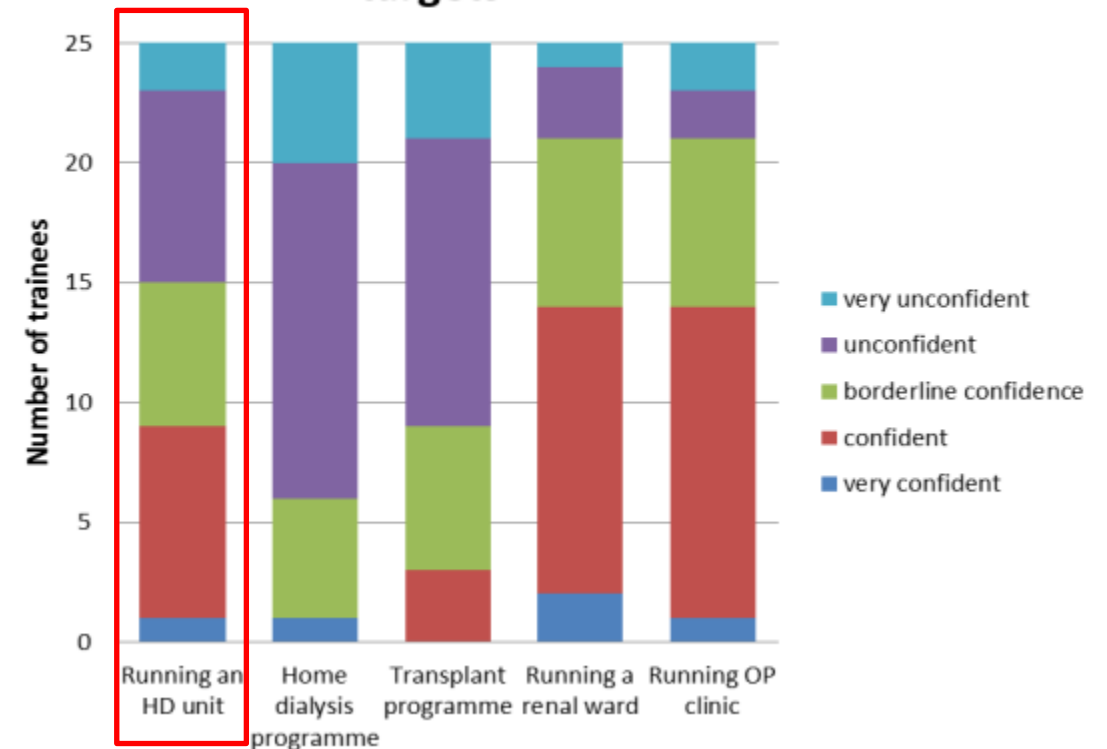
# SKU standard of care

- ▶ 481 HD patients, 100 new per year
- ▶ Audit of new starters Oct '21 – Mar '22

	50 patients
Time to first clinic	51 days (1IQR 30 – 3IQR 69, max 306 days)
Time to access referral	101 days
Time to first transplant status	127 days
RIP without being seen in clinic	2 patients

- ▶ SpR experience

Level of confidence with potential CIPS targets



# New Starter Clinic

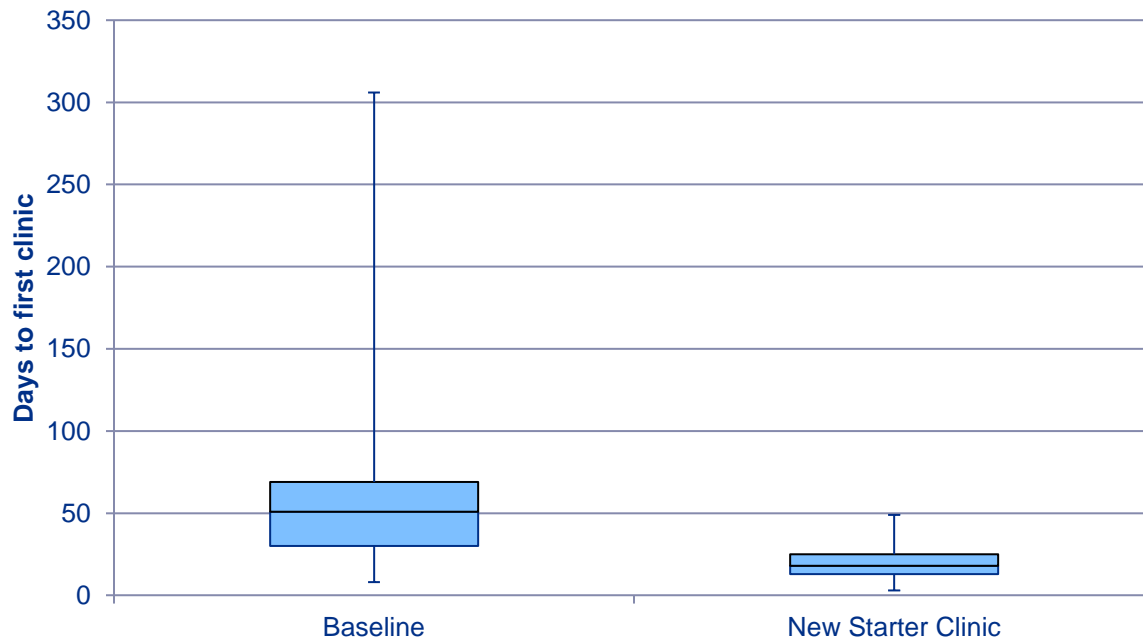
- ▶ 1 hour slots
  - ▶ AKC review
  - ▶ Psychosocial approach
  - ▶ SpR-led
- ▶ Health Education England funded year-long project

# The New Starter Clinic QIP – Results 1

	Baseline audit Oct '21 – Mar' 22 (n=50)	New starter clinic Nov '22 – Oct '23 (n=97)
Age (mean, range)	60 years (36-82)	62 years (18-86)
Sex	Male 32 (64%)	Male 58 (60%)
<b>ESKD aetiology</b>		
Glomerulonephritis	9 (18%)	16 (16%)
DM nil biopsy, biopsy	7 (14%), 2(4%)	23 (24%), 4 (4%)
CKD unknown aetiology	8 (16%)	14 (14%)
Obstructive	2 (4%)	6 (6%)
HTN nil biopsy, biopsy	4 (8%), 0	3 (3%), 7 (7%)
ADPKD	4 (8%)	2 (2%)
Failing transplant	9 (18%)	9 (9%)
Other	5 (10%)	13 (13%)
<b>Route onto HD</b>		
Planned	37 (74%)	70 (72%)
Unplanned	13 (26%)	27 (28%)

- ▶ Similar patients to baseline audit group
- ▶ Frailty: 48% CFS 4 or higher

# Results 2



	Baseline audit Oct '21 – Mar' 22 (n=50)	New starter clinic Nov '22 – Oct '23 (n=97)
Time to first clinic (median, 1IQR-3IQR, max)	51 days (30 – 69, max 306 days)	18 days (13-25, max 49 days)
Time to first transplant status	127 days (n=12)	21 days (n=20)
Time to access referral	101 days (n=16)	14 days (n=25)
Time to permanent access	206 days (n=7)	108 days (n=24)
CKD medications stopped	n/a	35 (36%)
Transplant immunosuppression wean	n/a	56% (n=9)



## Results 3

- ▶ 4 patients passed away before consultant clinic
- ▶ 4 patients recovered function and came off dialysis before consultant clinic
- ▶ SpR reviews per patient before clinic: 0.94 to 0.58

# Conclusion

- ▶ Prompter review
  - ▶ Quicker referrals
  - ▶ Advanced care planning
  - ▶ Changed SpR experience
- ▶ The future
    - Currently consultant-led
    - Handbook
    - Peer support
  - ▶ QIP reflections
  - ▶ Acknowledgments
    - Dr Castledine, HEEKSS
    - SKU
    - Jenny Widgery and Dr Ingham

# Any questions?

## References

- ▶ UK Renal Registry (2023) UK Renal Registry 25th Annual Report – data to 31/12/2021, Bristol, UK. Available from <https://ukkidney.org/audit-research/annual-report>
- ▶ BMJ Open. 2019; 9(6): e028431. Published online 2019 Jun 22. doi: 10.1136/bmjopen-2018-028431. Predictors of late presentation to renal dialysis: a cohort study of linked primary and secondary care records in East London/ Ademola Olaitan, Neil Ashman, Kate Homer, and Sally Hull
- ▶ Yong, E, 2019 P450.pdf (britishrenal.org)
- ▶ Foley, R.N. · Parfrey, P.S. · Sarnak, M.J., Clinical epidemiology of cardiovascular disease in chronic renal disease, Am J Kidney Dis. 1998; 32:S112-S119 (suppl 3)