

## Thank you!

The NHS does over 50 million blood tests a year to measure people's kidney function. This is done for all sorts of people - not just patients with possible kidney problems. The eGFR-C study is an important project that will find out the best way to do this test for people in the UK.

1249 people have joined the study and we have just under 3 years left to run.

**Thank you for all your contributions so far - we couldn't do this without you. Your time and your samples will help patients with kidney disease in the future.**



Study Update  
May 2017:

7 NHS trusts are involved in the eGFR-C study across the country

1249 patients are participating

We have collected 42,000 blood and urine samples for processing, storage and analysis

There's another 58,000 samples left to collect!

## Why have repeat visits?

We collected 20,000 samples from everyone's first visits. These will be used to work out which of several different tests is the best to measure kidney function for people in the UK.

But that leaves another 80,000 samples in the study!

We will be using these samples to work out which of the different tests is best for measuring how people's kidney function changes over time. This is one of the questions that the NHS asked us to answer.

This is why we ask participants in the study to come back for short visits every 6 months and then a final test after 3 years.

Some participants' kidney function will change over time. Doing one long test at the first visit and another at the last visit will let us see if the tests show this change accurately.

**We need everyone to come back for their visits to get the most we possibly can out of your samples!**

## Staff Highlight

Dr Paul Stevens is one of the consultants leading on the study. He is Principal Investigator for the study at East Kent. This means he is responsible for participants recruited by the team in East Kent (Kent & Canterbury and other hospitals).



Dr Stevens trained as a doctor at the London Hospital Medical College as well as in the Royal Air Force. He was later appointed to the RAF as a Consultant Physician and Nephrologist.

Now Dr Stevens is the Medical Director of East Kent Hospitals University NHS Foundation Trust as well as still working as a consultant nephrologist, or kidney doctor.

## Research News

### Local participant feedback meetings

Over the next few months your local hospital should be planning participant feedback meetings. These will be a chance for you to meet the local research teams and get updates on how the study is going.

This will include information on what's happened locally in comparison to the rest of the country. It will be an opportunity for interested participants to ask their local team questions about the study.

Similar meetings have been very popular in other studies so hopefully these will be a great success.



### When will we get results?

The labs are already testing the first 20,000 patient samples of blood and urine.

Our statisticians will then work on the results of this analysis. These will be the first results from the main part of the study - finding which kidney test is best for patients in the UK.

Normally, a research study presents a first outline of its results at conferences. This is usually to other doctors and researchers.

Next we start work on a paper to publish in a scientific journal. This shows and explains the results. Finally, when this is published, we can share the results with the public and our participants. This could take until 2018!

### Derby hit target!

Royal Derby Hospital were the top recruiting team over the last 12 months. They hit their target of 217 participants in the last month of recruitment.

We want to thank the 218 participants who helped the Derby team to do so well in 2016!

### Who is taking part

Patients from NHS trusts across England are taking part in the study.

**Gillian Eaglestone** and **Frances Morris** are the research nurses in **Canterbury** and **East Kent**, where **Dr Paul Stevens** is the lead consultant.

At **Salford Royal**, **Professor Philip Kalra's** team features research nurse **Rosane Joseph**.

**Professor Maarten Taal** is the lead investigator at Royal **Derby** Hospital, where the team includes research nurses **Carly McDonald** and **Joely Dixey**.

**Professor Kamlesh Khunti** and **Dr Jonathan Barratt** are the lead investigators in **Leicester**, and recruited from Leicester General and local GP clinics. The lead research nurse at Leicester General is **Justyna Szklarzewicz**.

The Queen Elizabeth Hospital Birmingham and City Hospital Birmingham are taking part. The **Birmingham** team is led by **Professor Paul Cockwell** and research nurses **Lesley Fifer** and **Joanne Wilcox** at the QE. They have also recruited from GP clinics around Birmingham.

**Dr Claire Sharpe** and research nurses **Amelia Te** and **Resmi Jayachandran** have recruited participants from King's College Hospital as well as from GP clinics in **South London**.



How many participants did your trust recruit?

[Final site league table](#)  
(participants joined)

Kent - 298

Salford - 231

Derby - 218

Leicester - 180

Birmingham - 165

London - 157

Chief Investigator

Dr Edmund Lamb, East Kent Hospitals University NHS Foundation Trust

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