



**MEDIA RELEASE
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FOR IMMEDIATE RELEASE**

Kidney Health Australia Awards \$250,000 in Research Grants

Kidney Health Australia has relaunched its medical research program and has proudly presented \$250,000 in grants to five successful applicants across the categories of basic science, clinical and psychosocial research.

Kidney Health Australia has a long tradition of supporting kidney research, raising and distributing more than \$30 million towards kidney research in Australia over the past 50 years.

In the last 15 years alone, Kidney Health Australia has sponsored over 50 PhD and Master students, who are now undertaking key kidney research in Australia and internationally.

In preparation for the relaunch, in 2017 a review of the research and grant system was conducted in consultation with the kidney disease community, major research groups, and kidney-related medical and scientific specialists to establish a new focus for research going forward.

In response to findings from the review, and alarming statistics such as 53 Australians die every day with kidney-related disease, and 1.7 million people living in Australia are affected by kidney disease, this year the research strategy is 'Improving quality and duration of life for those with chronic kidney disease'.

22 high quality applications were received, of which the following five people have been awarded grants.

Kidney Health Australia Research Grant Recipients:

BASIC SCIENCE

Professor Jonathan Gleadle – Flinders University, South Australia

"Roles for microRNAs in compensatory renal hypertrophy?"

After kidney donation by a healthy individual, the remaining kidney by the donor increases in kidney cell size, compensating for a functional capacity of approximately 60-80% of kidney function of two kidneys. The mechanism that drives this still remains elusive. This project will use novel genetic tools to identify key components that lead to healthy kidney growth.

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CLINICAL

Associate Professor Rachael Morton, University of Sydney

"Symptom Monitoring With Feedback Trial (SWIFT) pilot: A feasibility and acceptability study of ANZDATA E-PROMs data capture and feedback"

People on kidney dialysis often suffer from symptoms of severe and overwhelming pain, tiredness, nausea, cramping, itching, trouble sleeping, depression and anxiety, which contributes to a poor quality of life. The Symptom monitoring With Feedback Trial (SWIFT) pilot will test how easy it is to measure symptoms and quality of life every 3-6 months through the use of a table that will feed this information back to the patients' dialysis nurse and kidney doctor. SWIFT aims to improve quality of life and survival by focussing on symptom management and encouraging communication between doctors and their patients.

Dr Louise Purtell, Queensland University of Technology

"The REPOSE Study (Randomised Evaluation of the Provision of a Sleep intervention in End-stage kidney disease)"

Many people with chronic kidney disease (CKD) experience sleep problems like difficulty falling asleep, difficulty staying asleep and drowsiness during the day. This can lead to poor quality of life and can also worsen other health problems. Our team will test whether a personalised program including activities such as relaxation techniques and simple exercise may improve sleep quality. An individual sleep plan will be developed for each patient.

PSYCHOSOCIAL

Professor David Castle, St Vincent's Hospital Melbourne

"A randomised controlled trial of psychosocial intervention to improve health outcomes in people with kidney disease"

Chronic kidney disease (CKD) is a serious health problem. On top of physical effects CKD patients often experience depression and anxiety which then affects their ability to follow treatment, their quality of life, social interaction and general wellbeing. The kidney optimal health program (KOHP) provides one-on-one individual support about stress and vulnerability and its impact on health and well-being.

Professor Angela Webster, University of Sydney

"SUCCESS: Supporting culturally-diverse adults with CKD to engage in shared decision making successfully (Phase II)"

We have developed a way of helping dialysis patients through the use of tablet and phone app. The aim of this research is to help people on dialysis understand the choices they have about their health, and help them be more involved with those decisions. To support our multi-cultural community we have translated the app into Arabic and Mandarin initially. The intention is for dialysis patients to use the app to make changes that will improve their health and quality of life, and reduce their need for unscheduled or emergency health care visits.

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Kidney Health Facts

Kidney Health Australia is a not-for-profit and the peak body for kidney health in Australia with a vision 'to save and improve the lives of people living in Australia affected by kidney disease'. In 2018 Kidney Health Australia celebrates its 50th anniversary.

- Kidney research is vital to ensuring the health and wellbeing of all Australians. 53 Australians die every day with kidney-related disease. That's more than breast cancer, prostate cancer and road accidents combined.
- One-in-three people in Australia are at risk of developing chronic kidney disease.
- Kidney disease affects 1.7 million Australians.
- Kidney disease is often called the 'silent killer' as you can lose up to 90% of kidney function without experiencing any symptoms.
- Nearly 24,000 people are receiving treatment for end-stage kidney disease in Australia (dialysis or kidney transplant).

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