

## H4RT - The High-volume Haemodiafiltration vs High-flux Haemodialysis Registry Trial

Issue 7 Patient Newsletter May 2025

### Welcome to the seventh annual H4RT patient newsletter!

**Congratulations** to everyone for reaching the end of data collection. **Thank you** for continuing to participate in H4RT to the end. It is important that research looks at meaningful, long-term outcomes and that takes time! The first participant was recruited to H4RT in November 2017 and one global pandemic later, the very last (1,553<sup>rd</sup>) participant was recruited in September 2022.

Since 2017 we have been following everyone up with quality-of-life questionnaires and linkage to NHS data. Thank you for continuing to return your questionnaires when we send them.

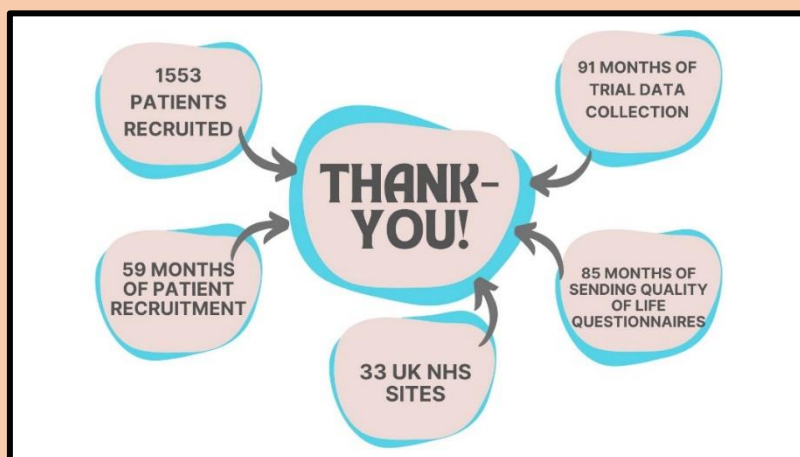
So, what's next? Well, we finish follow up at the end of May 2025 and will receive the final extract of NHS data for the statistical analysis shortly after this. This will allow us to compare the clinical effectiveness of the two types of dialysis being studied in this research - high volume haemodiafiltration and high flux haemodialysis. We have been working with our patient advisory group to get them ready to help us interpret the data and summarise the findings in ways that are meaningful to patients and the public. We hope this will be done by Spring 2026 and we will be writing to you again then with those results.



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

### H4RT Trial team

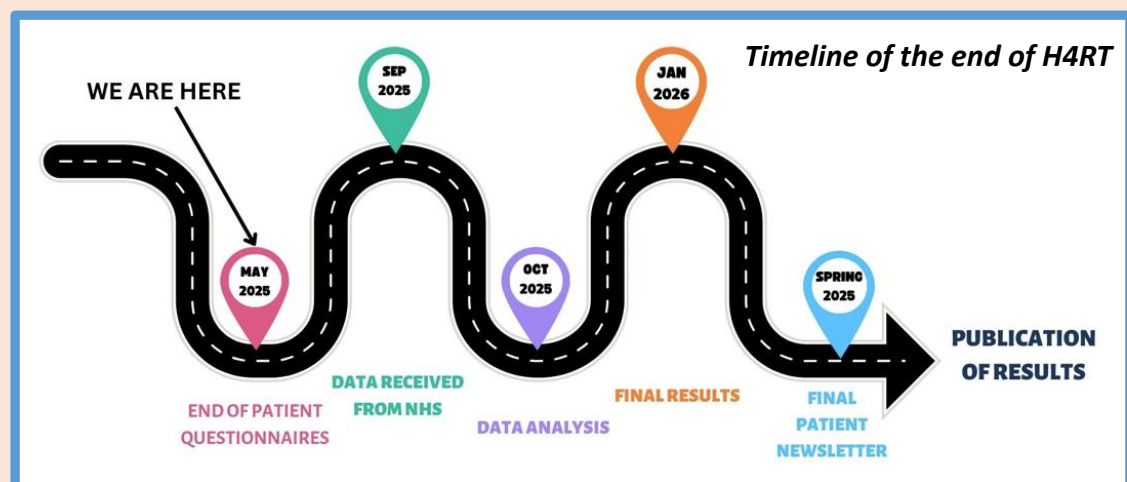
We have been sending our quality-of-life questionnaires to you for over 7 years – 85 months to be exact! The final quality of life questionnaires were sent in May 2025, and we just want to say a massive **THANK YOU** to everyone who has completed questionnaires in that time.



We are immensely grateful to you for taking the time to let us know how you are feeling and giving us that vital information we need.

## H4RT Patient Advisory Group (PAG)

The H4RT PAG will continue to provide valuable input to the trial now data collection has finished, working with us so the results are clear and available to everyone.



### Stephen Emmerson - Patient Advisory Group (PAG) member



In 2003, my kidneys failed due to glomerulonephritis. I started haemodialysis as an outpatient at Sheffield Northern General. I have done dialysis mainly through a fistula, but I have also had dialysis lines. I found dialysis quite tough at first, but after a while, I settled on dialysis and began to feel good in between my sessions. I was very lucky to receive a kidney transplant in April 2011.

In 2017, I started working for the National Kidney Federation as a Helpline advisor. I find it very rewarding to speak with other patients and give them support.

When one of my consultants contacted me late last year and asked if I would be interested in joining the PAG for H4RT, I was pleased to be asked. I am always keen to share my experiences with others for trials and research - each patient has a different story, but all patients can share their knowledge about treatments, coping with dialysis, and coping with kidney failure.

### CONTACT US:

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