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Putting evidence into practice for patients with end-stage kidney disease close to the end of life

Research funded by:  GUY'S &
St THOMAS' CHARITY

Fliss Murtagh 23rd Oct 2008

**Department of Palliative Care, Policy &
Rehabilitation King's College London**

Just 2% of UK deaths are due to
end-stage renal disease

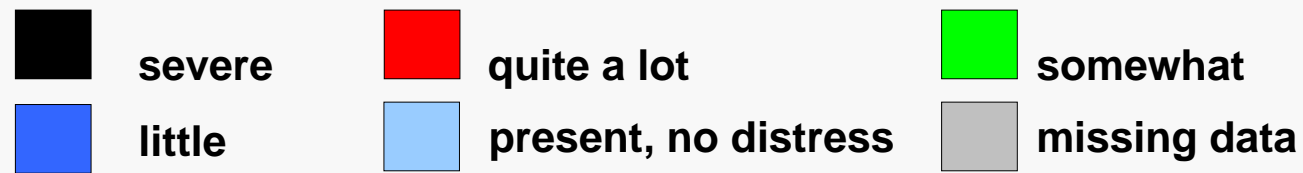
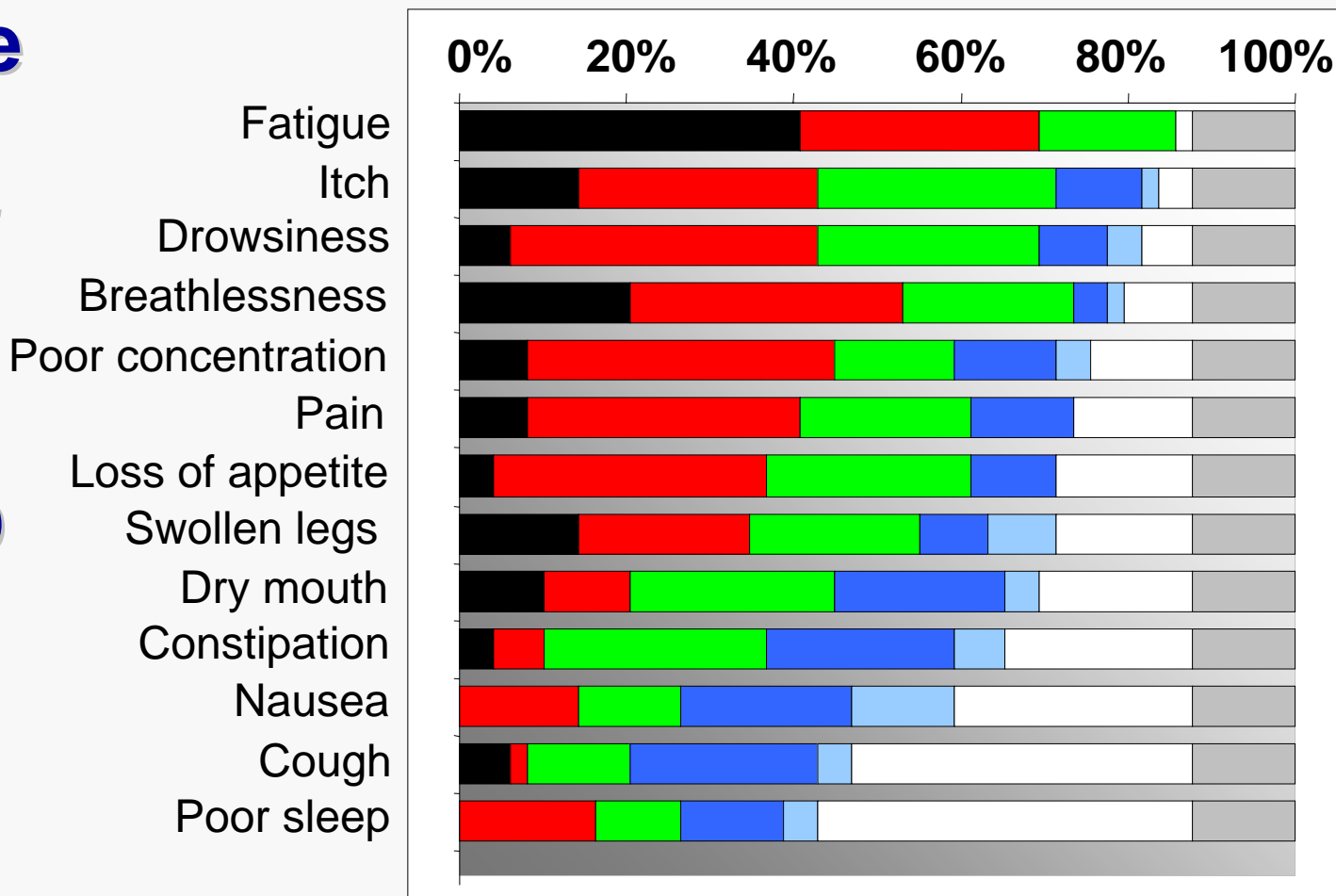
BUT...

Steady increase over next 25 years due to:

- epidemic of diabetes mellitus
- ageing population

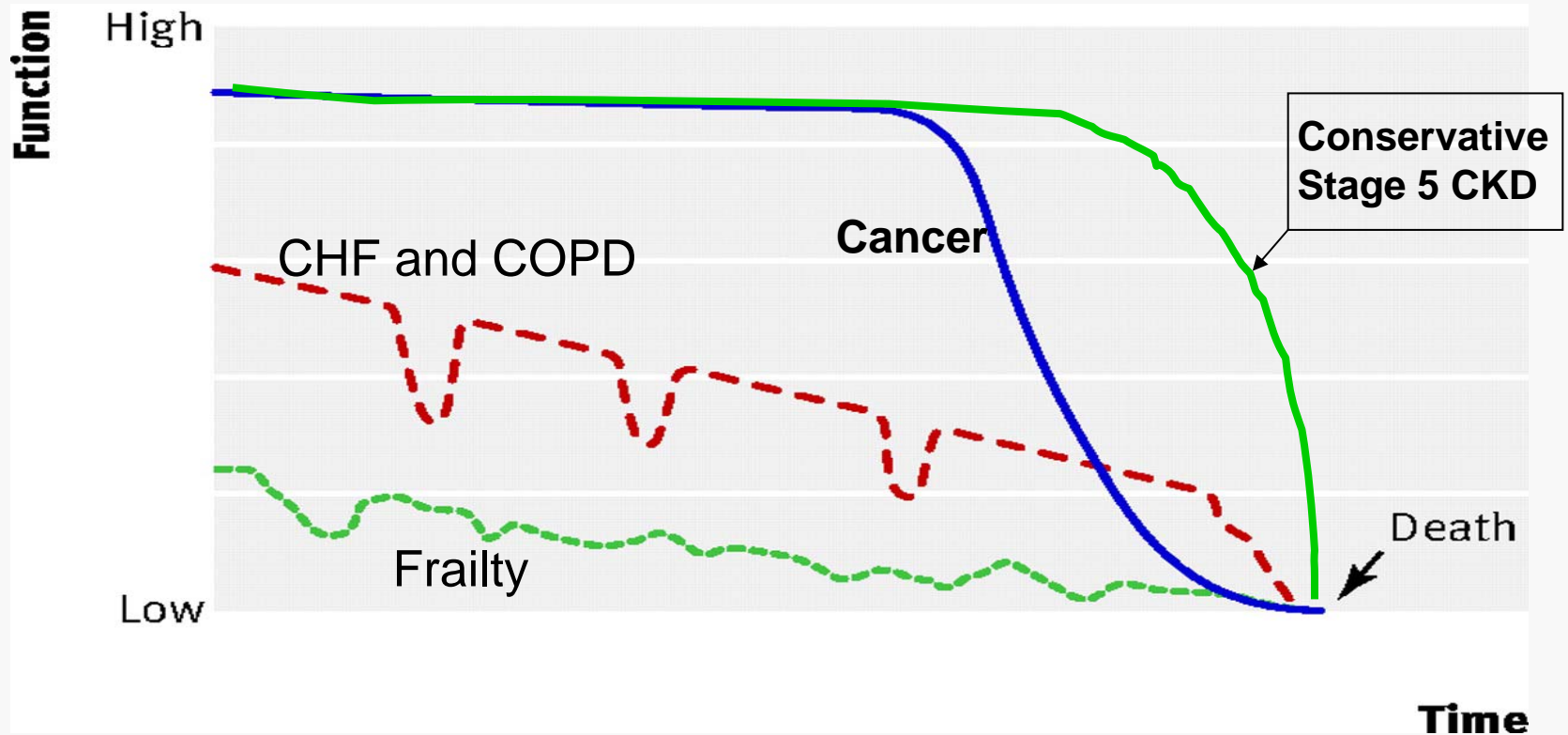
This research also provides insight into the future since increasing number of deaths will occur in older people with multiple non-cancer conditions, exactly like this renal population.

Prevalence and severity of symptoms in those with ESRD managed without dialysis (n = 49)



Murtagh JPM 2008, Murtagh et al, unpublished data

Different end of life trajectories – implications for care:



Murray S and Sheikh A. *BMJ* 2008;336:958-959

adapted from Lynn J, Adamson DM. Washington: Rand Health, 2003.

Modernisation Initiative

kidney disease

Improving local healthcare

Renal Modernisation Initiative

*Achievements from the end of life
care work stream
2005 - 2008*

Emma Murphy

23rd October 2008

Guy's and St Thomas'



NHS Foundation Trust

- **Implemented renal palliative service in response to the evidence on patient needs**

- **focus on symptom control, psychological support, coordination of care**
- **rapid response capacity**
- **early evaluation has demonstrated major improvements in patient care**
- **cited as example of best practice by the Department of Health and NHS London**

- Development of cohesive clinical pathways, models of care, and most importantly, cross-boundary working
 - improved patient experience and outcomes
 - improved financial outcomes, including 15% reduction in length of stay

- Delivery and evaluation of education programmes across hospital, PCT and hospice sectors
- Instigation of further collaborative research, audit and service evaluation
- Successful bid for subsequent service provision with a clear strategic plan for renal palliative care



“Without the renal palliative service life would be so much more difficult. I feel it is not about the treatment you receive but the way care is delivered.”

Urgent need for further research:

- to provide evidence on the best interventions to control symptoms**
- to test the effectiveness of educational programmes**
- to formally evaluate the complex interventions we are developing such as renal palliative services**



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Thank you.

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<http://www.kcl.ac.uk/palliative>

