Department of Renal Medicine
St George Hospital

Research Report

2011 & 2012
From the Director

Our department remains committed to developing research so as to understand disease processes better and treat our patients optimally. At times it is difficult to continue this task with reduced research resources and funding mixed with the competition of increased clinical workload.

It is therefore appropriate to acknowledge the enormous effort put in by all the staff who have contributed to the research within our department over the past two years; they are listed within this report.

I would like to acknowledge particularly Dr Sharon Ong who has overseen the research development within renal medicine with dedication and skill, and Saiyini Pirabhahar who has assisted so much with the development of this report.

Our Unit now embraces a broad range of research that encompasses the whole of life, beginning with research into the hypertensive disorders of pregnancy then the important interactions between hypertension and Chronic Kidney Disease (CKD) and the capacity to predict progression of CKD accurately through to studies into better end of life care for patients with end-stage kidney disease. We are proud of this diversity and believe this research contributes directly to better care for our patients.

Prof. Mark Brown
Director, Dept. Renal Medicine.
**Head of Department**

**Professor Mark Brown**
MBBS, MD, FRACP

**Senior Consultant Staff**

*Dr Sharon Ong* BSc (Med), MBBS, PhD, FRACP (Conjoint Senior Lecturer, UNSW), Head of Research, Dept. Renal Medicine.

**Associate Professor John Kelly** MBBS, MD, FRACP

**Associate Professor George Mangos** MBBS, MD, FRACP

**Associate Professor Ivor Katz** MD, MBBCh, FCP(SA), BSc Honours, PhD, FRACP

*Dr William Chan* MBBS, PhD, FRACP

*Dr Parthasarathy Shanmugasundaram* MBBS, DM, FRACP (Conjoint Lecturer, UNSW)

*Dr Cathie Lane* B.Pharm. B.Med FRACP, Grad Cert ULT, PhD (Conjoint Lecturer, UNSW)

*Dr Frank Brennan* MBBS, FRACP, FACP, LLB- Consultant Palliative Care Medicine
Research Staff

Research Fellows

2011
Dr Franziska Pettit
Dr Julia Spaan
Dr Celine Foote

2012
Dr Jennifer Robins

Medical Students

2011
Stephanie Cohen

2012
Colin Chng
Foong Ming Ho

Research Officers

Saiyini Pirabhahar
Lynne Roberts
Gemma Collett
Paula Williamson

Nursing & Allied Health Research Staff

Elizabeth Josland
Shelley Tranter
Tania Burns
Jennifer Beddoe
Coralie Meek
Maria Chan
RESEARCH GRANTS

Clive and Vera Ramaciotti Foundation Research Establishment Grant

Recipient: Dr Sharon Ong
Project Name: The role of cortisol in the development of hypertension and cardiovascular disease in chronic kidney disease
Amount: $75 000
Year: 2012

SESLHD Chronic Care Service Redesign Grant

Recipient: A/Prof Ivor Katz
Project Name: The development of a web-based Chronic Kidney Disease Outreach Program
Amount: $15 000
Year: 2012

Amgen Research Grants

Recipient: A/Prof Ivor Katz
Project Name: The development of a web-based Chronic Kidney Disease Outreach Program
Amount: $60 000
Year: 2012

Recipient: Prof Mark Brown
Project Name: Renal Supportive Care: Patient Outcomes and Quality of Life
Amount: $234,034
Year: 2011 - 2012
RECENT AND ONGOING RESEARCH PROJECTS

Left to Right: A/Prof George Mangos, Ms Paula Williamson, Prof Mark Brown, Dr Sharon Ong, Dr Cathie Lane, A/Prof John Kelly and Ms Saiyini Pirabhahar at the International Society of Hypertension Conference, 2012.
**Hypertension in chronic kidney disease (CKD)**
Dr Sharon Ong and A/Prof John Kelly

1. Adequacy of blood pressure control in CKD patients.
2. Endocrine regulation of hypertension and cardiovascular disease in CKD.

**CKD health systems research**
A/Prof Ivor Katz

1. Achievement of target BP & other risk factors on CKD patients.
2. Patterns of referral for CKD Management.
3. CKD to kidney failure - predictive model.
4. Web based CKD outreach program.

**BP methodology**

1. Validation of currently available home BP monitoring devices with ABPM.

**Hypertension in pregnancy**
Prof Mark Brown and A/Prof George Mangos
(with A/Prof Greg Davis and A/Prof Tony O’Sullivan)

2. Validation of Omron & liquid crystal BP devices in hypertensive pregnancy.
4. Outcomes of hypertensive pregnancies.
Renal palliative care  
Dr Frank Brennan and Prof Mark Brown

1. The role of palliative care in improving quality of life outcomes for hospital based haemodialysis patients.

2. Quality of life & symptom burden in dialysis patients.

3. Outcomes of patients in Pre-dialysis & Renal Supportive Care clinics.

4. Retrospective and prospective studies of the effects of a Renal Palliative care service on patients with CKD stage 4/5 and their carers.

5. A study of ‘good deaths’ in dialysis patients.

Nutrition in CKD  
Maria Chan and A/Prof John Kelly

1. Relationship between nutritional status and outcome in end stage kidney disease.

Research collaboration  
Australian Kidney Trials Network

1. A randomised, controlled trial of exit site application of Medihoney™ antibacterial wound gel for the prevention of catheter-associated infections in peritoneal dialysis patients.
PRESENTATIONS

Invited Lectures – Local

2011

1. **Brennan F.** Renal Supportive Care – An Overview. Nurse Education Day for Palliative Care, St George Hospital Feb 24th 2011.


5. **Brennan F.** Symptom Management in ESRD. Renal Palliative Care Education Day, Dubbo. March 5th 2011.


17. Brennan F. Renal Supportive Care – the experience of St George Hospital. Department of Renal Medicine, St George Hospital. August 11th 2011.


20. Brennan F. Renal Supportive Care – the experience of St George Hospital. Westmead Hospital, Hospital Week, Westmead. Sep 14th 2011.


35. Brown MA. *Cardiac Troponins and CKD*. Cardiology department meeting St George Hospital. Nov 29th 2011.

36. Cuesta AC, Tranter S, Blow T and Josland E. Pre-Peritoneal Dialysis Assessment: Tackling the Issues Early. NSW and ACT PD Nurses Special Interest Group, College of Nursing, Burwood, May 2011.


40. Lane C and A/Prof Kairaitis L. Teaching On the Run – Teaching Clinical skills : 11th May 2011.


42. Lane C. Resident Medical Officer Education Lectures. Nephrology for Afterhours. 2011.


45. Mangos GJ. Training Issues. DNT workshop. Pokolbin, 2011 NSW.


48. **Ong SLH** “Glucocorticoid-induced hypertension” St George Hospital Academic Department of Medicine Medical Grand Rounds. Sep 2011.


**2012**


2. **Brennan F.** Renal Supportive Care – An Overview. Department of ICU, St George Hospital. Feb 14th 2012.


7. **Brennan F.** Symptom management in ESKD. Renal Palliative Care Symposium, St George Hospital. Aug 8th 2012.


9. **Brown MA.** Renal Supportive Care, St George Division of General Practice Sans Souci. NSW. March 28th 2012.

10. **Brown MA.** HOPE: Helping Older People with End Stage Kidney disease Renal Palliative Care Seminar, Palliative Care NSW. RPA Hospital, Sydney. May 25th 2012.


16. **Josland E.** Supportive Care in ESKD. Palliative Care Day, St George Hospital. Nov 17th 2012.

17. **Josland E.** Nurses Perspective to Renal Supportive Care. Aged Care Forum, St George Hospital. May 23rd 2012.


22. **Lane C.** “Management of Afterhours Renal Issues for Interns”. Resident Medical Officer Education Lectures. June 1st 2012.

23. **Lane C.** A Complicated Donor. Grand Rounds at St George Public Hospital 2012.


25. **Mangos GJ.** Development opportunities in Renal Denervation (Medtronic) National Meeting of Australian Hospital Executives, Sydney, Nov 14th 2012.

Invited Lectures – National

2011

1. Brennan F. Creation of a Renal Supportive Care Service. Department of Renal Medicine, Royal Brisbane Hospital, Brisbane. Jan 28th 2011.


8. Brennan F. Update on Renal Palliative Care. Annual Conference of the New Zealand Branch of the Australian and New Zealand Society of Palliative Medicine (ANZSPM), Wellington, New Zealand April 2011.


2012

1. **Brennan F.** Symptom Management in ESKD. Clare Holland Hospice, Canberra, ACT. May 5th 2012.


4. **Josland E.** Introduction to Supportive Care Workshop, Clare Holland Hospice, Canberra, ACT. May 4th 2012.


7. **Mangos GJ.** Setting up a Denervation Program (Medtronic) at Simplicity Centre of Excellence Training Day, Baker Institute, Melbourne. Nov 23rd 2012.

**Invited Lectures – International**

2011


5. **Chan M.** Nutrition and Metabolism in Renal disease, Annual update and presented 3 lectures (1) Nutrition and Transplantation, (2) Nutritional management in Haemodialysis and (3) Nutritional management in Pre-Dialysis CKD. Mexico City, Mexico, May 2011.

7. **Chan M.** Nutrition assessment in renal failure, Pre-conference workshop, International society of blood purification (ISBP), ASM, Beijing, September 2011.

**2012**


4. **Chan M.** Session chair, 16th International Congress of Nutrition and Metabolism in Renal Disease (ICNMRD) June, 2012 (Honolulu, Hawaii).


Presentations of Research at Scientific Meetings

Local

2011

1. Chan M, Kelly J, Batterham M. and Tapsell L. Malnutrition (SGA) and serum albumin levels, but not body mass index (BMI) values at initiation of dialysis are independent predictors of mortality: a 10 year clinical cohort study. St George & Sutherland Hospital Medical Research Symposium Oct, 2011.

2012


St George & Sutherland Hospital Medical Research Symposium Oct 11th 2012.


11. **Williamson P, Ong SLH, Beddoe J, Pirabhahar S, Trajkovska B and Kelly JJ.** Central and Peripheral Blood Pressure in CKD. Poster Presentation at the St George & Sutherland Hospital Medical Research Symposium Oct 11th 2012.

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**National**

2011


2. **Chan M, Kelly J, Batterham M. and Tapsell L.** Malnutrition (SGA) and serum albumin levels, but not body mass index (BMI) values at initiation of dialysis are independent predictors of mortality: a 10 year clinical cohort study. 47th Australian and New Zealand Society of Nephrology (ANZSN) annual scientific meeting, Adelaide Australia, Sep 2011.


6. **Pettit F, Shanmugasundaram P and Brown MA.** Acute intermittent porphyria (AIP) in early pregnancy with hyponatraemia and renal impairment. Poster presentation at the 47th Annual Scientific meeting of the ANZSN at Adelaide on September 2011.
7. **Pettit F, Spaan J, Beddoe J, Mangos, GJ and Brown MA.** Outcomes in women medicated for mild to moderate hypertension in pregnancy. Poster presentation at the 47th Annual Scientific meeting of the ANZSN at Adelaide on September 2011.


2012


International

2012


JOURNAL PUBLICATIONS (n=29)

2011


**OTHER PUBLISHED MATERIAL (Books, book chapters & reviews)**


AWARDS

1. **Independent Learning Project- Best Poster** awarded to Foong Ming Ho for “Glucocorticoid and Hypertension in CKD.” at the St George & Sutherland Hospital Medical Research Symposium Oct 11th 2012.

2. **Clinical Research – Best Poster** awarded to Gemma Collett for “The Ethics of not Choosing dialysis: Provision of Renal Supportive Care.” at the St George & Sutherland Hospital Medical Research Symposium Oct 11th 2012.

3. **St George Hospital John Edmonds award for “The ‘Compleat’ Doctor”** awarded to Prof Mark Brown.

4. **UNSW St George Clinical School 2012 Teaching Excellence Award for best Consultant teacher** awarded to Prof Mark Brown.

5. **UNSW 2012 Medicine Conjoint Teaching Award, ‘Best overall conjoint teacher’** awarded to Prof Mark Brown.

6. **Clinical Research – Runner up Oral Presentation** awarded to Franziska Pettit for “Maternal and Fetal outcomes of Hypertension in Pregnancy: a 20 year review” at the St George & Sutherland Hospital Medical Research Symposium Oct 11th 2012.

7. **Clinical Research – Runner up Oral Presentation**, awarded to Maria Chan for “Malnutrition (SGA) and serum albumin levels, but not body mass index (BMI) values at initiation of dialysis are independent predictors of mortality: a 10 year clinical cohort study.

8. **SESLHD Healthcare Awards 2011 – Finalist for the NSW Health Awards and Premier’s awards** – presented to Renal Supportive Care Team for the Helping Older People with End Stage Kidney Disease (H.O.P.E. Project).


COMMUNITY ENGAGEMENT

A/Prof Ivor Katz is involved in the The development of a web-based Chronic Kidney Disease Outreach Program: improving clinical outcomes of CKD patients in the St George and Sutherland area.
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