

1 Electronic Health Record based Population health  
2 management to optimize care in CKD: Kidney  
3 **Coordinated HeAlth Management Partnership  
4 (Kidney CHAMP) trial**

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6 **Trial registration:** ClinicalTrials.gov NCT03832595  
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9 Protocol version 1.0

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**I. Study Summary**  
**Synopsis**

<b>Title</b>	Kidney <u>C</u> oordinated <u>H</u> ealth <u>M</u> anagement <u>P</u> artnership (Kidney CHAMP) trial
<b>Short Title</b>	K CHAMP Trial
<b>Study Description</b>	This is a randomized clinical trial to test the effectiveness of a multifaceted EHR-based PHM intervention to improve evidence-based CKD care in high-risk patients
<b>Objectives</b>	<p><u>Primary Objective</u> To perform a 42-month pragmatic, cluster RCT comparing the effect of an EHR-based PHM intervention versus usual care on key processes of care in 1,650 high-risk CKD patients. Aim 1a: To examine the effect of the intervention on systolic blood pressure (SBP) in HTN patients. Aim 1b: To examine the effect of the intervention on RAASi use in albuminuric patients. Aim 1c: To examine the effect of the intervention on exposures to potentially unsafe medications.</p> <p><u>Secondary Objective</u> To test the clinical effectiveness of a multifaceted PHM intervention in reducing kidney disease progression in 1,700 high-risk CKD patients enrolled in a 42-month pragmatic, cluster RCT</p>
<b>Primary Outcome</b>	≥40% decline in estimated glomerular filtration rate (eGFR) or end stage kidney disease
<b>Secondary Outcomes</b>	<ul style="list-style-type: none"> <li>• blood pressure control</li> <li>• renin-angiotensin aldosterone system inhibitors use</li> <li>• exposure to potentially unsafe medications</li> </ul>
<b>Study Population</b>	1,650 high-risk CKD patients not presently seeing a nephrologist
<b>Phase or Trial Type</b>	Effectiveness
<b>Description of Sites/Facilities Enrolling Participants</b>	100 University of Pittsburgh Medical Center (UPMC)-affiliated PCP practices located across southwest Pennsylvania University of Pittsburgh; University of Pennsylvania
<b>Description of Study Intervention</b>	<p>Intervention bundle includes nephrology electronic consults, pharmacist-led medication reviews and nurse-led CKD education</p> <p>Usual Care: per PCP as routine</p>

<b>Study Duration</b>	42 months
<b>Participant Duration</b>	24 months

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## II. Introduction

*CKD is associated with an unacceptably high human and financial cost.* Over 12 million US adults have CKD stage 3-5.<sup>6</sup> As the population ages and diabetes (DM), HTN, and obesity rates increase, the prevalence of CKD will grow.<sup>6</sup> Kidney disease is the 9<sup>th</sup> leading cause of death<sup>48</sup> and attributable Medicare expenditures are \$80 billion.<sup>8,19,49</sup> Over 1/3<sup>rd</sup> of this is spent on ESRD patients, who represent < 5% of patients with CKD.<sup>19</sup>

*The overwhelming burden of CKD care falls to PCPs.* PCPs deliver most care to patients with non-dialysis dependent CKD due to its growing prevalence and the relative dearth of nephrologists.<sup>10-12,50-52</sup> However, PCPs report that limited CKD knowledge, time constraints, complex case-mix, and inadequate system-based resources contribute to gaps in CKD care.<sup>12,14,15,17,38,51,53</sup> These gaps include poor patient education,<sup>16</sup> inadequate diagnostic evaluation,<sup>12,27,38,54</sup> suboptimal treatment of HTN and use of RAASi in albuminuric patients,<sup>19,23,55-57</sup> inappropriate medications or dosages,<sup>21,58-61</sup> and late referrals of high-risk patients.<sup>13,19,20</sup> These shortcomings inevitably lead to increased CKD progression, hospitalizations, and mortality.<sup>20,25,26,62-64</sup>

*Novel system-based interventions are needed.* The above observations underscore an urgent need for system-based interventions to improve CKD care and outcomes. We recently conducted a national survey and found the overwhelming majority of PCPs endorse systematic interventions to improve CKD care.<sup>14</sup> One potentially high-impact, low-cost intervention that has improved outcomes in other chronic diseases is EHR- based PHM.<sup>65,66</sup> CKD is an ideal setting to evaluate the impact of EHR-based PHM due to the: 1) high prevalence of disease, 2) ability to detect high-risk disease with widely used biomarkers (i.e., creatinine/eGFR, change in eGFR, urine albuminuria), 3) baseline gaps in care that provide opportunities for improvement, and 4) patient benefit and health system savings conferred by avoiding or delaying catastrophic outcomes (e.g., ESRD).<sup>19,31,67</sup> National primary care organizations have called for the use of EHR-based PHM in primary care<sup>46</sup> and a recent NIDDK conference advocated for urgent research examining the effectiveness of CKD PHM.<sup>68</sup>

*A conceptual model.* A conceptual model of care<sup>69,70</sup> provides an approach to examine care deficiencies.<sup>71</sup> Disease management consists of 7 simplified steps (Figure 1). At each step, the potential for lapses in care exists. Leveraging IT tools to risk stratify patients, deliver decision support, and to provide electronic guidance overcomes barriers at nearly each step by providing timely cognitive support to aid risk assessment, diagnostic evaluation, and treatment selection while lowering the burden on PCPs.<sup>72,73</sup> However, studies are needed to test the feasibility and effectiveness of these strategies in improving CKD outcomes.

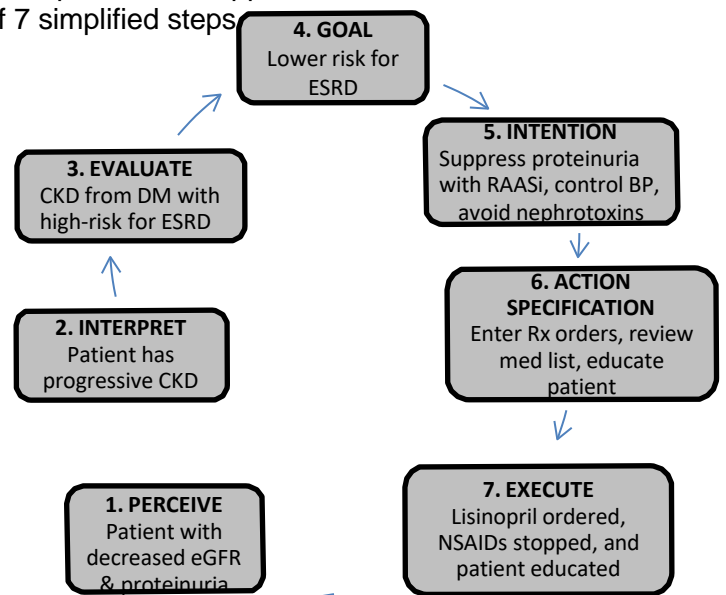


Fig 1. A Conceptual Model for CKD Management

64 *Improving alignment between patient risk and treatment intensity.* PCPs struggle to recognize  
65 high-risk patients early in their course.<sup>13,14,19</sup> In the US, 2/3<sup>rds</sup> of incident dialysis patients have  
66 less than 1 year of nephrology care before initiating dialysis, leading to greater morbidity and  
67 mortality.<sup>13,19,20</sup> However, fewer than 1/3<sup>rd</sup> of non-dialysis dependent CKD patients with an  
68 eGFR < 60 are at high risk for poor outcomes.<sup>74</sup> Given the scarcity of nephrologists, a vital need  
69 exists for tools to effectively risk stratify the CKD population and improve the efficiency of  
70 resource allocation.<sup>1,76</sup> *This study identifies high-risk patients earlier in their disease course,*  
71 *when outcome trajectories can be improved.*

72 *Actionable strategies to improve CKD care and outcomes in high-risk disease.* Key  
73 evidence-based process of care targets in CKD are improved: 1) HTN control,<sup>19,44,55,56</sup> 2)  
74 RAASi use in proteinuric CKD,<sup>23,57</sup> 3) avoidance of inappropriate medications or  
75 dosages,<sup>21,58-61</sup> and 4) timely nephrology referrals in high-risk CKD.<sup>13,19,20</sup> These strategies  
76 have been demonstrated to slow CKD progression, prevent ESRD, decrease  
77 hospitalizations, and improve patient safety.<sup>13,19-21,23,55-61</sup> Several approaches have been  
78 shown to enhance adoption of these critical processes of care: a) electronically delivered  
79 expert guidance by nephrologists,<sup>13,77</sup> which slowed CKD progression, b) pharmacist led  
80 medication reconciliation,<sup>43,78-80</sup> which decreased medication related problems, and c) patient  
81 education,<sup>56,57</sup> which increased patient engagement and self- management.<sup>81,82</sup> However,  
82 large pragmatic studies validating the effectiveness of these interventions are lacking.

83 *Summary and Implications:* Combining complementary interventions in a *highly* pragmatic,  
84 cluster RCT of EHR-based PHM for high-risk CKD patients could establish a novel,  
85 exportable strategy to improve patient care, safety, and outcomes (**Figure 2**). Our  
86 multifaceted intervention will improve CKD risk stratification, resource allocation, adoption of  
87 evidence-based interventions, and patient medication safety. The intervention may thereby  
88 improve CKD outcomes and transform approaches to CKD care. Further, the study will  
89 deliver templates, algorithms, and code to enable dissemination to other settings.

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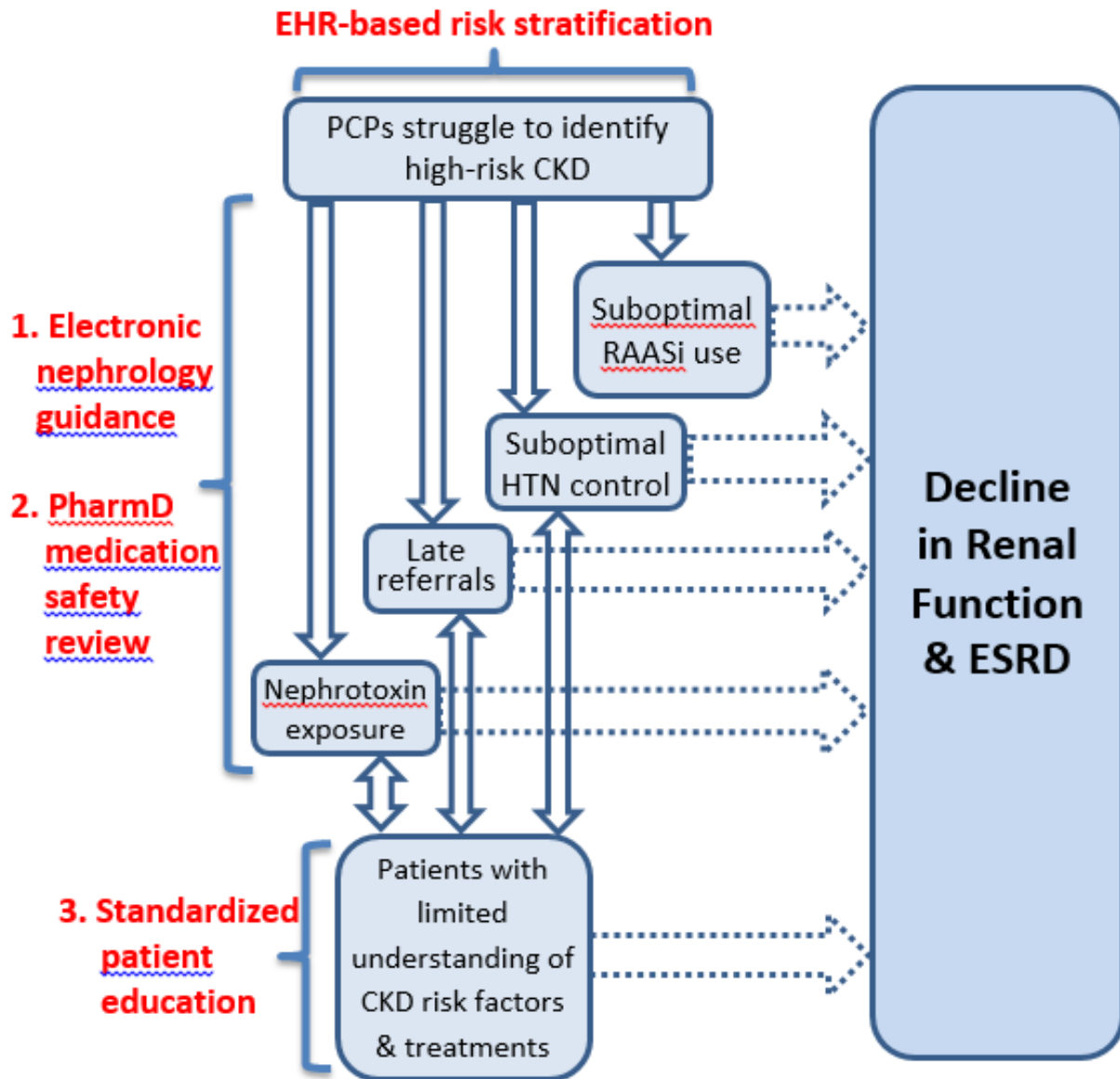


Figure 2. PHM to improve CKD care

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**III. Study Objectives**

The overarching aim of the Kidney Coordinated Health Management Partnership (Kidney CHAMP) trial is to test the effectiveness of a multifaceted EHR-based PHM intervention to improve evidence-based CKD care in high-risk patients in a highly pragmatic, cluster randomized trial (CRT). By combining timely nephrology guidance, pharmacist-led medication management services, and CKD patient education, our intervention will improve CKD risk stratification, resource allocation, adoption of evidence-based interventions, and medication safety and efficacy, while minimizing the PCP and patient burden

Aim 1: To perform a 42-month pragmatic, cluster RCT comparing the effect of an EHR-based PHM intervention versus usual care on key processes of care in 1,700 high-risk CKD patients.

Aim 1a: To examine the effect of the intervention on systolic blood pressure (SBP) in HTN patients.

Aim 1b: To examine the effect of the intervention on RAASi use in albuminuric patients.

Aim 1c: To examine the effect of the intervention on exposures to potentially unsafe medications.

Aim 2: To test the clinical effectiveness of a multifaceted PHM intervention in reducing kidney disease progression in 1,700 high-risk CKD patients enrolled in a 42-month pragmatic, cluster RCT.

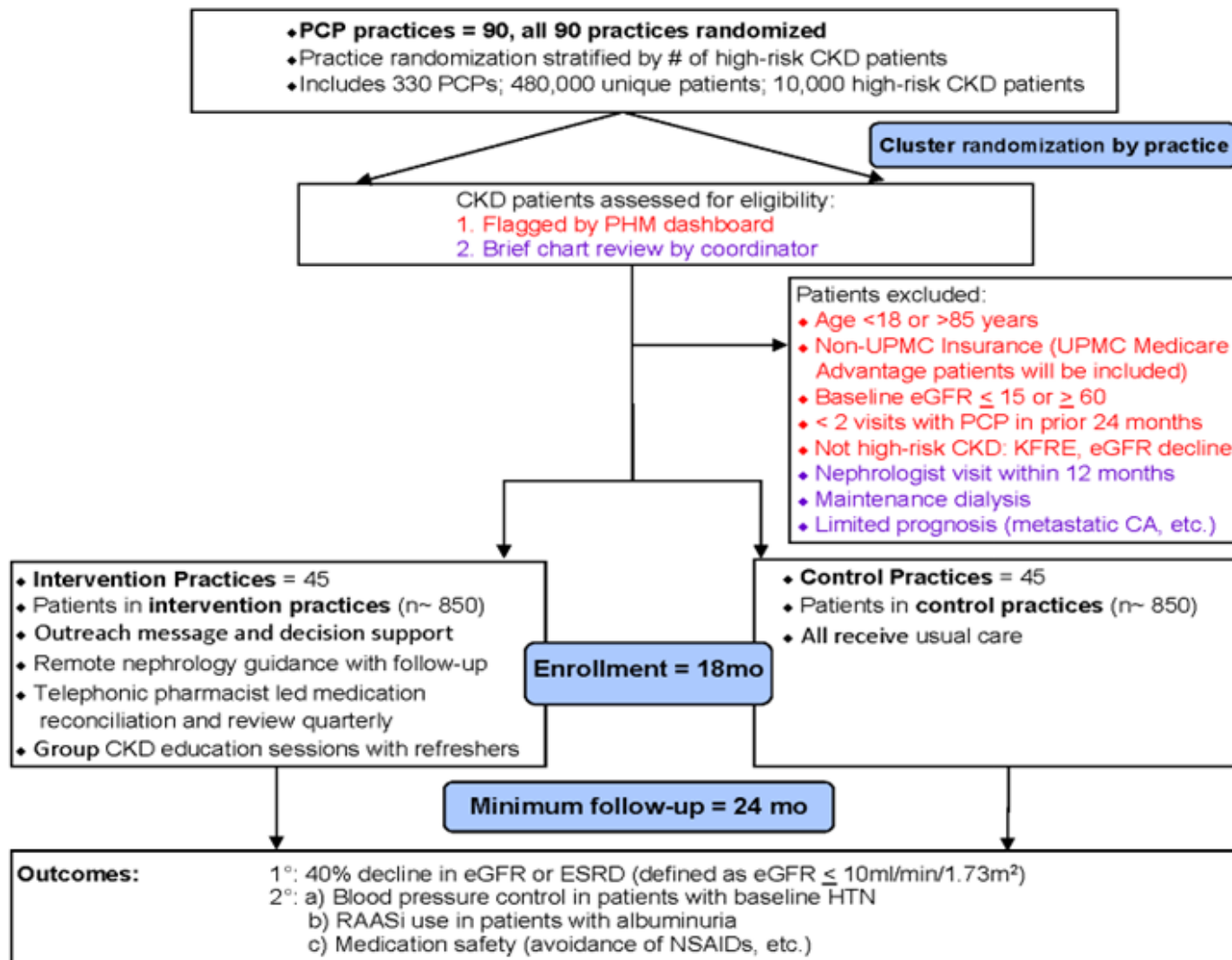
152 IV. Study Design

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154 Study design. A 42-month cluster RCT with randomization occurring at the practice level (to  
 155 minimize contamination) and stratified by number of high-risk CKD patients in the practice. All  
 156 90 practices will be randomized. Patient enrollment will continue for 18 months, with a  
 157 minimum of 24 months of follow-up (**Fig 3**).

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**Figure 3.** Flow diagram of cluster RCT of EHR-based PHM.  
 PCP primary care provider, PHM population health management, KFRE kidney failure risk equation, CA cancer

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165 Population and Setting. The study leverages a PCP network that includes 90 practices; 330  
166 PCPs; and over 480,000 patients to conduct a cluster RCT testing the effectiveness of an  
167 EHR-based CKD PHM intervention. In this pragmatic study, practices will be randomized to  
168 the intervention. Secondly, their high-risk CKD patients who are not seeing a nephrologist  
169 will be enrolled.

170 Eligibility. Inclusion criteria are (**Figure 3**): a) age  $\geq 18$  and  $\leq 85$ , b) most recent eGFR  $< 60$   
171 ml/min/yr,c) UPMC health plan insurance, d) established care with UPMC PCP, e) high-risk CKD  
172 (see **Table 1**). Exclusion criteria are: a) history of kidney transplant, b) receiving maintenance  
173 dialysis, c) recent (within 12 months) outpatient nephrology visit, d) baseline eGFR  $\leq 15$ ml/min,  
174 or e) expected survival  $\leq 6$  months/hospice.We will use the validated 4- variable KFRE<sup>1,35,83</sup> to  
175 estimate 5-year ESRD risk. We will supplement these criteria by including other patients who  
176 are high risk for poor outcomes (**Table 1**).<sup>37,74</sup>

177	Table 1: High risk CKD
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179	eGFR 15-29ml/min OR
180	5 year risk of ESRD $\geq 4\%$ determined using the validated 4-variable
181	kidney failure risk equation <sup>35,83</sup> (urine dipstick substituted for ACR when
182	necessary) OR
183	Rapid decline in eGFR operationalized as annualized eGFR decline
184	$\geq 5$ ml/min/yr <sup>74*</sup>
185	*determined from 2 eGFR values at least 12 months apart

185 PCP Recruitment and Engagement.

186 Before implementation at each site, we will provide a remote/on-site presentation during a  
187 scheduled practice meeting. Communication with lead physicians will continue during the  
188 study at least biannually by teleconference or on-site lunches to discuss feedback and  
189 concerns and document comments on a standardized feedback form. Study/Site PIs will also  
190 meet with practice physicians as needed to address concerns. We will anonymously survey  
191 intervention arm PCPs every 6 months to assess their experience with the intervention  
192 bundle. This will include: ease of use, questions communicated by patients, effects on patient  
193 medication use and adherence, utility of the recommendations, and temporal burden of the  
194 intervention. *Minor adjustments to PHM intervention workflow will be made as needed to*  
195 *ensure continued workflow optimization.*  
196

197 Randomization. The unit of randomization will be the practice (**Fig. 3**), stratified by estimated  
198 number of eligible CKD patients within the practice (small [ $<15$  patients], medium/large [ $\geq 15$   
199 patients]). Randomization will use a computer generated random number sequence with  
200 random block sizes of 4 and 6.

201 CKD Registry and PHM Dashboard. Our CKD registry includes all outpatients with a recent  
202 eGFR  $< 60$  ml/min followed by a UPMC PCP. The CKD registry identifies patients with CKD,  
203 phenotypically characterizes them, and stores information on labs, medications of interest,  
204 upcoming PCP appointments, and information about CKD outreach (including dates of  
205 electronic outreach, medication reviews, patient education, and pending labs/studies). The  
206 registry is updated automatically with activity in the patient chart.

207 Dashboards are medical informatics data representations that can be employed when decisions  
208 need to be made about a population of patients. These tools display groups of patients based  
209 on clinical characteristics and allow providers to stratify, filter, and sort by relevant variables.  
210 Thus, subgroups of patients can be rapidly identified and targeted for more intensive therapy.  
211 Dashboards can improve evidence-based care; however, they have been slow to enter clinical

212 practice because of the sophisticated underlying data requirements.<sup>84,93</sup>

213 Our CKD PHM dashboard (**Figure 4**) includes population-based reports built off of the registry  
 214 (e.g., high-risk patients with PCP appointment in October), as well as graphical and tabular  
 215 displays of key metrics (e.g., identified subpopulation with albuminuria who are not on RAASi).  
 216 Population reports accessible through the dashboard will allow the study coordinator to sort  
 217 patients based on phenotypic data and upcoming PCP appointments, and include filters such  
 218 as CKD stage, RAASi use, and PCP group. Longitudinal tracking and notation functions  
 219 interface with the dashboard and allow documentation of study inclusion, and dates of  
 220 scheduled/completed aspects of the intervention. Dashboard reports will allow the coordinator  
 221 to rapidly flag patients for urgent concerns, send routine reminders to PCPs to implement  
 222 recommended interventions, ensure follow-up on pending components of the intervention,  
 223 and actively monitor follow-up status. Dashboard reports will be actionable and will allow the  
 224 manager to view more detailed information in a viewing pane without leaving the report. The  
 225 reports allow the coordinator to jump directly into activities to communicate with the patient,  
 226 the patient's PCP, and the respective nephrologist or pharmacist.

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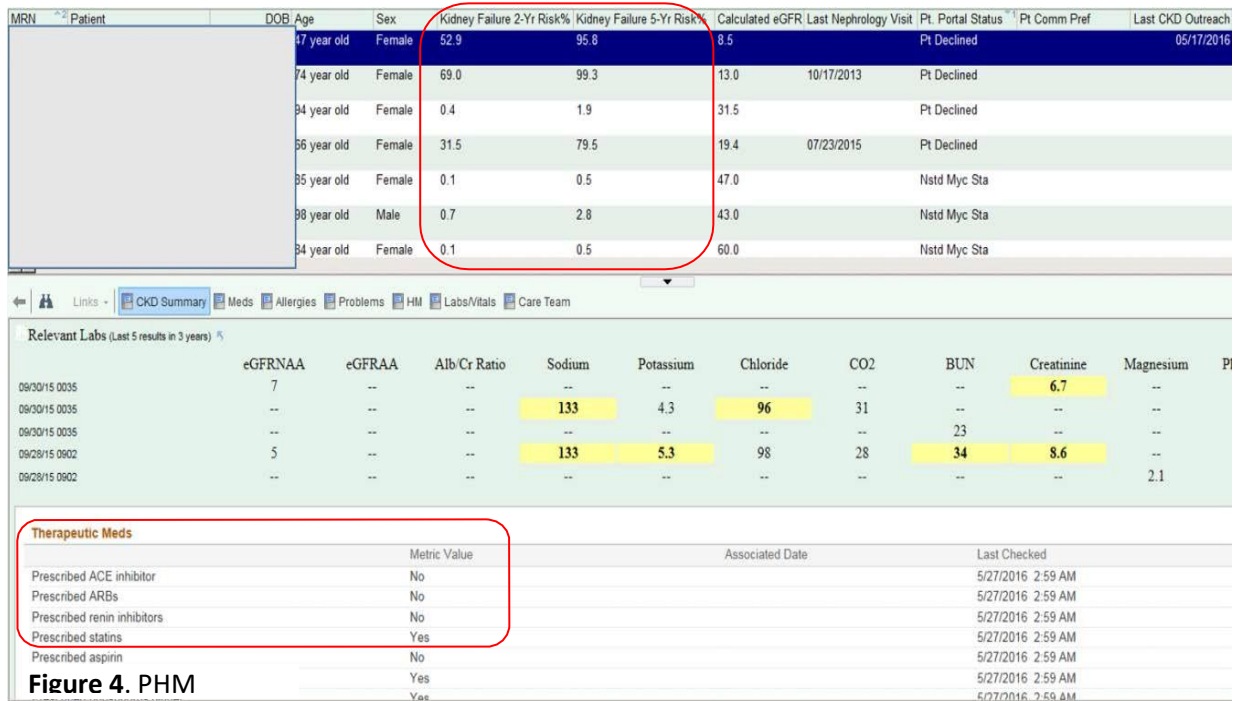


Figure 4. PHM

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230 Patient screening and enrollment. Each month, the coordinator will use the CKD PHM tool to  
 231 review high-risk patients with an upcoming (within 1 month) appointment with their PCP to  
 232 determine eligibility. Possible decisions will include actively enroll, permanently exclude, or not  
 233 presently eligible but may rescreen if deemed high-risk at next PCP appointment. Once  
 234 delineated, the patient's status is noted in the EHR with a modifiable study flag not visible to  
 235 providers, but that is continually tracked, updated, and ascertained through the PHM  
 236 dashboard.

237 For intervention patients, the coordinator will send a scripted EHR message with associated  
 238 decision support to the PCP about 1-3 weeks prior to their scheduled PCP appointment.  
 239 When the PCP accepts the decision support recommendations for an electronic nephrology  
 240 consultation, a medication reconciliation and safety review, and standardized patient

241 education, the orders will be placed . *Patients enrolled to practices randomized to usual care*  
242 *will receive care as they currently do.*

243 A study coordinator is needed to screen patients for eligibility to ensure identical enrollment  
244 criteria are used in the intervention and usual care arms. *Because coordinators will review*  
245 *recent patient documentation for potential enrollees in the intervention arm, they will note if a*  
246 *patient has a terminal condition, etc.* However, this information may only be recorded in the  
247 text portion of documents. Hence, we will use a standardized form to screen patients in both  
248 arms to ensure comparable enrollment. To minimize potential bias from the nurse  
249 coordinator's non-blinded status, a local PI blinded to PCP group assignment will review  
250 randomly selected screened patients on a weekly basis to ensure accurate implementation of  
251 the eligibility criteria. Potential discrepancies will be resolved by consensus and further  
252 training as necessary.

253 Intervention. Approximately 1-3 weeks prior to an appointment, PCPs of enrolled patients will  
254 receive an EHR message informing them of the patient's high-risk CKD status. Linked with  
255 the notification is a decision support alert (**Figure 5**) that asks the provider to a) order a CKD  
256 care bundle that includes an electronic nephrology consultation, pharmacist led medication  
257 reconciliation and safety review, and a CKD education session, or b) order a traditional  
258 nephrology consult, or c) provide a reason why neither choice is warranted. Notification  
259 messages and PCPs' responses will be documented in the EHR.

**Figure 5.** EHR message linked to decision support alert

The screenshot shows an EHR message titled "Call Documentation" for Jhamb, Manisha, MD at 1/11/2016 9:32 AM. The message is signed by Jhamb, Manisha, MD (Physician) on behalf of Dr. Francis Solano (President, CMI-UPMC) and Dr. Thomas Kleyman (Division Chief, Renal-Electrolyte Division, University of Pittsburgh). The text of the message reads: "CMI has partnered with our nephrology division to improve the care of our patients with CKD. Your patient has been identified as high risk to progress to ESRD and may be in need of nephrology input. Our program will allow you and your patient to receive timely input to help improve the life of kidneys and to make sure the complications of renal disease are being monitored and addressed, i.e., blood pressure control, need for fistula, etc. Your patient will be seeing you in the next few days. There are 3 options we offer you: 1. Allow us to do an eConsult prior to the visit. This is a new service which we are piloting on a limited basis where a nephrologist will review the chart and make recommendations to you. This may be particularly useful if you are not sure that face-to-face consultation is needed (currently no charge to the patient). 2. Refer to a nephrologist when you see the patient at her upcoming office visit. 3. Choose 'No Consult' option, if you do not think any of the above actions are warranted. Please also provide us a reason for this choice. Please go to the BestPractice section on the Visit Navigator to record your response. We look forward to helping you care for this patient."

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261 If the care bundle is ordered, a nephrologist will review the chart and provide specific prior to  
262 the appointment. In addition, a telephonic appointment with a pharmacist will be made and  
263 s/he will contact the patient and review their medication list and provide safety  
264 recommendations to the PCP through the EHR.  
265

266 During the patient visit, a real time decision support alert will remind the PCP to review the  
267 nephrology e-consult and pharmacist recommendations, to inform the patient about their  
268 CKD status, and to refer the patient for complimentary CKD education. Following the visit,  
269 the patient will have their CKD education sessions scheduled. Subsequent nephrology  
270 electronic follow-ups will be scheduled according to the patient's clinical needs (generally  
271 every 3-6 months) and coordinated through the PHM dashboard. The intervention has been  
272 refined to facilitate care enhancements, preserve workflow, and minimize PCP and patient  
273 burden.

274 We have also taken steps to enhance PCP acceptance of the intervention: a) high-level support  
275 from UPMC Health Plan, PCP network (Community Medicine Incorporated, including 90  
276 practices and 330 PCPs), and the Nephrology Division; b) meeting with lead physicians and  
277 refining the intervention to harmonize with workflow; c) documenting PCP responses in the  
278 EHR; d) ongoing communication with PCP groups and leadership.

279 Electronic nephrology consult. Orders for e-consults will be received in an electronic basket  
280 monitored by the study coordinator. The consults will be routed to 1 of 12 board certified  
281 nephrology clinicians, who will undergo training to standardize consult focus and  
282 communication. The notes will adopt a "Situation, Background, Assessment,  
283 Recommendation"<sup>94-97</sup> template to ensure clear, concise communication. The note will be  
284 completed at least several days prior to the patient's appointment and routed to the PCP's  
285 message basket and documented in the chart to allow time for review and clarification. The  
286 initial consult will focus primarily on HTN control, proteinuria assessment and suppression,  
287 RAASi use, and medication safety. The note will include a bolded list of recommendations  
288 with orders placed in a pended status (i.e., entered, but awaiting acceptance from the PCP).  
289 To enhance communication and care coordination, the e-consultant will ensure CKD is  
290 added to the problem list.<sup>98</sup> In addition, the problem list will convey that the patient is  
291 followed by the e-consult team, reachable via listed message baskets and phone numbers.  
292 The nephrologist will include an order for remote electronic follow-up, which will be captured  
293 in the PHM dashboard. Electronic messages will be sent to the nephrologist to perform the  
294 follow-up approximately 3 weeks before the recommended interval. When necessary,  
295 traditional office evaluations will be suggested.

296 Medication reconciliation and safety review. Prior to their upcoming PCP appointment,  
297 patients will be contacted to schedule a remote medication review with a study pharmacist  
298 (PharmD) who has expertise in medication therapy management.<sup>43</sup> Appointment availability  
299 will include evenings to maximize patient convenience. Patients will be asked to have their  
300 medications available for the review. Prior to and during the review, the PharmD will gather  
301 clinical data from the EHR's active and recently discontinued medications. S/he will also  
302 note the patient's most recent medication dispensing record for each medication (usually  
303 documented in the EHR with electronic scripts). The study pharmacist will assess the  
304 patient's self-reported medication regimen, administration routine, adherence, and will  
305 reconcile this with the medication information contained in the EHR. S/he will assess over  
306 the counter (OTC) medications and herbal products, will deliver guidance on OTC  
307 medications to avoid, and will screen for possible adverse effects of all medications.  
308 Thomas D. Nolin, Associate Professor, PharmD, PhD (**Co-I**), will guide the medication  
309 review, perform intermittent audits to ensure intervention fidelity, and direct additional staff  
310 training if necessary.<sup>91</sup>

311 The pharmacist will document their findings in the EHR using a standard medication  
312 reconciliation and review template. The note will be sent to the PCP's EHR inbox. Specific,  
313 concise recommendations and reasoning will be listed at the top of the note. Thereafter,  
314 pharmacist medication reviews will be scheduled quarterly.

315 Standardized patient education. Once an order for CKD education is placed, the research  
316 team will schedule individual or group education session. Caregivers will be encouraged to  
317 attend. Study nurse educators will deliver the CKD education. New nurse educators will  
318 undergo an intensive 3- to 6-month training period under the guidance of the PIs and  
319 existing UPMC CKD nurse educators and dietitians. Simulated and authentic patient  
320 education sessions will be observed to judge readiness.

321 Print and video based education material from the National Kidney Disease Education  
322 Program (NKDEP) and the National Kidney Foundation that reviews the role of the kidneys,  
323 CKD risk factors, dietary guidelines, pharmacotherapy, medication adherence and safety,  
324 frequently asked questions, and dialysis modalities will be used. The nurse will document

325 the session in the EHR using a brief templated education note (that is captured by the PHM  
326 dashboard), and route it to the PCP and nephrologist. After the initial sessions, annual  
327 refresher sessions will be scheduled.

### 328 Multi-disciplinary Case Discussions

329 Prior to providing recommendations to PCPs, every patient's management will be discussed in  
330 case conference calls (2-4 times per week) attended by APPs, nephrologists, and pharmacists,  
331 to arrive at consensual individualized recommendations for patients.

### 332 Intervention Fidelity

333 All nephrologists, nurse educators, and PharmDs delivering a component of the intervention  
334 will undergo standardized training until they achieve consistent and acceptable performance.  
335 This will include review of concise educational materials, observation and apprenticeship  
336 with existing providers at the local site, the use of checklists operationalizing key aspects of  
337 each intervention, the use of SBAR (situation, background, assessment, recommendation)  
338 EHR templates,<sup>94-97</sup> and direct observation during role played and actual interventions. After  
339 initial implementation, the study/site PIs will randomly audit 5-10% of e- consults every 3  
340 months. Dr. Nolin will randomly audit 5-10% of pharmacy communications every 3 months.  
341 Providers will receive targeted feedback based on findings. Providers will also continue to  
342 use checklists to document completion of key aspects of the intervention as well as  
343 deviations throughout the study. Refreshers will occur every 6-12 months and remediation  
344 will occur as dictated by observed performance (i.e., <80% fidelity with items on checklist).  
345

346 **V. Data collection and Outcomes**

347 Routinely collected EHR and administrative data will be abstracted for outcomes assessment  
 348 as shown in Table 2. PCP practice level data will be obtained from public records.

349 Table 2: Key variables and covariates for usual care and intervention patients

350

Variables	Variable descriptions	Data source details
Renal function and rate of change in renal function	<ul style="list-style-type: none"> <li>• Baseline serum creatinine – most recent creatinine from date of study enrollment visit with PCP up to 365 days prior to the visit.</li> <li>• Baseline eGFR – Calculated using CKD-EPI.<sup>99</sup></li> <li>• Baseline rates of change in eGFR - determined from baseline eGFR and prior eGFRs between 365 to 730 days before the baseline value.</li> </ul>	EHR (restricted to outpatient labs)
Socio-demographics	<ul style="list-style-type: none"> <li>• Age, gender, race, ethnicity, marital status, insurance, and zip code for linkage with neighborhood median household income.<sup>39</sup></li> <li>• Baseline values defined on the date of baseline visit</li> </ul>	EHR
Comorbid conditions	<ul style="list-style-type: none"> <li>• DM, HTN, hyperlipidemia, CAD, cerebrovascular disease, peripheral vascular disease, CHF, arrhythmia, gout, chronic lung disease, chronic liver disease, mood disorder, and malignancy.</li> <li>• Baseline values defined on the date of baseline visit and using a 24 month “look back” period.</li> </ul>	Phenotypes using administrative & clinical codes, meds, & lab values validated in local EHR. <sup>12,38,39</sup>
Blood Pressure	<ul style="list-style-type: none"> <li>• Baseline BP - mean outpatient BP from the date of the baseline study visit with the PCP until 180 days prior to the baseline visit.</li> <li>• Follow-up BP – all outpatient BPs after patient enrollment</li> </ul>	Office visit vital signs recorded in the EHR
Medication use	<ul style="list-style-type: none"> <li>• RAASi, NSAID and other medications deemed a potential safety concern (e.g., allopurinol, gemfibrozil, glyburide, metformin, etc.)</li> <li>• Medication related problems and drug record discrepancies</li> </ul>	EHR medication list; medication review (intervention patients)
Laboratory values	<ul style="list-style-type: none"> <li>• Common laboratory tests (e.g., <i>K+</i>, cholesterol, etc.)</li> <li>• Baseline values - determined using the most recent value from baseline visit up to 365 days prior to the visit.</li> </ul>	EHR (restricted to outpatient labs)
Urine albuminuria	<ul style="list-style-type: none"> <li>• Quantitative urine albuminuria - most recent ACR from the baseline visit up to 365 days prior to the visit.</li> <li>• Urine dipstick albuminuria - median of outpatient values available from the date of baseline visit up to 365 days prior to the visit.<sup>100</sup></li> </ul>	Outpatient lab values from EHR

351  
 352 Primary Outcome

353 A  $\geq 40\%$  decline in eGFR or ESRD.<sup>92</sup> eGFR decline will be adjudicated based on the  
 354 baseline creatinine and eGFR determined from the CKD-EPI equation and measured  
 355 routinely in clinical practice.<sup>99</sup> ESRD will be defined as an eGFR  $\leq 10$ ml/min to account for  
 356 patients with markedly reduced baseline eGFR values (i.e., 16-20ml/min).

357 The 40% decline surrogate outcome may increase power and precision by capturing  
 358 additional events while maintaining a similar risk of type I error<sup>92</sup> compared to the standard  
 359 doubling of serum creatinine outcome. To limit surveillance bias, we will use 6-month  
 360 ascertainment windows and average all values within each window. Our data indicate 75%  
 361 of high-risk patients have an outpatient eGFR value every 6-months. Additional analyses  
 362 will compare changes in eGFR slope over time (using splines to account for non-linearity).

363  
 364 Secondary outcomes - Process of care outcomes

365 1. HTN control. Outpatient, sitting BP values measured during each outpatient encounter and  
 366 recorded in the EHR. BP will be treated as a continuous variable. To minimize

- 367 ascertainment bias, we will use 6-month ascertainment windows to determine an average  
368 BP for each patient for each 6-mo period. Patients lacking an outpatient value will have  
369 their last value carried forward
- 370 2. Use of RAASi. Will be determined by active use of an ACEi or ARB based on the EHR  
371 medication list at each outpatient encounter. Analyses will compare cumulative person-time  
372 exposure during the study.
- 373 3. Medication safety. We will examine the rates of use of several high-risk  
374 medications<sup>21,43,54,61,80,101</sup> that can be associated with adverse outcomes in progressive  
375 CKD. Medication exposure will be determined by presence of the specified medication  
376 on the patient's EHR medication list at each outpatient encounter. Analyses will compare  
377 cumulative person-time exposure during the study.
- 378 a. Use of NSAIDs: use examined for all study patients
  - 379 b. Use of glyburide: use examined for all diabetic study patients
  - 380 c. Use of metformin: use examined for diabetic study patients with eGFR<30
  - 381 d. Use of gemfibrozil: use examined for all study patients with eGFR<30.

382

383

384 Exploratory outcomes. Mortality, hyperkalemia, and health utilization (i.e., costs) including  
385 hospitalizations, emergency department visits, and outpatient encounters will be ascertained  
386 by a combination of EHR and administrative data from the UPMC health plan. The  
387 accessibility of administrative data that captures events outside the health system and  
388 supplements the EHR is a unique and complementary resource that will be leveraged in  
389 future study analyses.

390

#### 391 Adverse events

392 While it is unlikely that systematically providing evidence-based recommendations to PCPs of  
393 high-risk CKD patients by trained nephrologists and pharmacists will worsen overall clinical  
394 outcomes, we will monitor safety signals through the EHR, including hyperkalemia, ER visits,  
395 hospitalizations and mortality.

396

397

398 **VI. Regulatory and Oversight Considerations**

399 This study meets the criteria for human subject's research.

400  
401 We will conduct a cluster RCT of PCP practices, implementing a multifaceted PHM  
402 intervention for patients with high-risk CKD. The intervention targets improvements in the  
403 delivery of evidence-based care and outcomes. Patients with high-risk CKD will be identified  
404 through demographics and laboratory tests that are collected for clinical purposes. The PHM  
405 dashboard, which includes estimates from validated risk prediction models and eGFR  
406 trajectories, will be used to identify and track enrolled patients. Shortly before their regularly  
407 scheduled visit with an enrolled patient, PCPs randomized to the intervention arm will receive  
408 a decision support message and subsequent reminders notifying the provider of the patient's  
409 high-risk CKD status and recommending the following bundle: 1) an order for electronic  
410 nephrology guidance or formal nephrology office consultation if preferred; 2) medication  
411 therapy management by a PharmD, specifically including a medication reconciliation and  
412 safety review, and 3) CKD patient education. These interventions are all consistent with  
413 standard of care practices for patients with high-risk CKD and the PCP will always be  
414 permitted to accept or refuse these suggestions according to their clinical judgement. If the  
415 provider accepts these suggestions, the individual intervention components will be ordered,  
416 scheduled, coordinated, and tracked. If the provider refuses any of the components, they will  
417 be able to justify why their reasons for refusal. Refusal responses will be randomly audited to  
418 ensure accuracy.

419  
420 a. Recruitment and Informed Consent:

421 We will include all primary care providers at UPMC with an active primary care continuity  
422 clinic. We will identify these providers through provider rosters given to us by the respective  
423 departments and practices. We will maintain contact with each practice through biannual  
424 sessions held during their regular practice meetings or lunch meetings held at their offices.  
425 We will remind providers of the aims of the study and the intervention. We will also seek  
426 regular feedback from providers to identify unforeseen issues that were not encountered  
427 during the pilot study and will work collaboratively with them to identify suitable solutions. We  
428 will survey providers on their experience with the intervention using both multiple choice and  
429 open-ended questions. We will also collect feedback from them using standardized,  
430 templated forms during planned meetings. The study's PIs and nurses will meet with the  
431 practices as described above.

432  
433 Per the University of Pittsburgh IRB and UPMC Quality Improvement committee guidance,  
434 the study will not require consent from PCP or patient to enroll them in the study. Both PCP  
435 and patients will be given information about the study and an opportunity to opt-out. We will  
436 continue to meet with PCPs to understand barriers that may arise and to develop solutions  
437 that ensure PCP burden is minimized and workflow is preserved.

438  
439 Notably, all practicing PCPs who partake in this study are licensed providers. They vary in  
440 age from approximately 30 years to >60 years. All PCPs from UPMC primary care practices  
441 are included in this research; no one is excluded. The PCPs care for approximately 480,000  
442 patients annually, including ~10,000 patients with high-risk CKD. Individual patients seen will  
443 vary greatly in age and health status as expected in any large group PCP practice.

444  
445 The intervention will only target patients who have high-risk CKD using validated risk  
446 prediction models. Low-risk patients will be excluded because outcomes occur at a lower  
447 rate in this setting. Including these patients would necessitate a larger, longer, and costlier  
448 study to ensure adequate power to detect small but meaningful differences. Alternatively,

449 including these patients using the current study size and follow-up would result in an  
450 underpowered trial with significant potential for a type II error. Patients > 85 years of age will  
451 be excluded as best practices for CKD treatment are less clear in the very aged. Patients <  
452 18 years will also be excluded (see inclusion of children below). Patients with a history of  
453 renal transplant, end-stage renal disease, or already under the care of a nephrologist will be  
454 excluded because these patients are generally receiving specialized care in addition to their  
455 PCP's care. In addition, patients with very limited prognoses (e.g., metastatic cancer, COPD  
456 on continuous oxygen, stage IV heart failure) will be excluded *during the screening process*  
457 due to the difficulty of substantially altering their course with CKD treatment enhancements.  
458

459 Patients that are pregnant or prisoners will be excluded from the study if they are seen by a  
460 participating PCP during the study enrollment period. Evidence-based CKD care differs  
461 during pregnancy (e.g., contraindication of RAASi, different BP goals) and pregnancy and  
462 peripartum course are known to affect eGFR and albuminuria thereby uniquely affecting  
463 potential outcomes. In addition, because 2 components of our intervention bundle require  
464 scheduling a group CKD education session and a telephonic medication reconciliation and  
465 safety review with a PharmD, enrolling incarcerated patients would be impracticable.  
466

467 *a. Potential Risk:*

468 PCPs will be at minimal risk with regards to their reputation, finances, legal liability, or position  
469 in their department or practice. Their exposure is limited to intermittent outreach from the  
470 investigators and EHR communications/reminders regarding their enrolled patients. These  
471 messages will recommend evidence-based care (e.g., implementation of RAASi, avoidance of  
472 NSAIDs, checking a urinary albumin to creatinine ratio) for a high-risk CKD population. The  
473 provider can then choose to enact or ignore the suggestions, and document reasons for  
474 refusal. The messages and communication have been designed to activate in a manner that  
475 harmonizes with existing PCP workflow. Processing these messages should require far less  
476 than 1 minute per patient, exposing the PCPs to a minimal risk of temporal inconvenience.  
477 Assuming a uniform distribution of high-risk CKD patients throughout the practices, the  
478 average PCP will have ~5 patients included in the study.  
479 However, because patient distribution is not uniform, we estimate a single PCP may have up  
480 to ~15 patients in the study. This will still pose a minimal temporal burden over the course of  
481 the trial.  
482

483 All data analysis on provider performance will be reported in the aggregate; hence,  
484 performance of an individual PCP will not be identifiable. In the unlikely event of a breach of  
485 confidentiality, the physicians will be exposed to minimal risks to their reputation, job  
486 security/finances, or legal liability as physician data will be strictly de-identified with a  
487 password protected "key" stored separately in a password protected file on a secure  
488 university server. Even if the key was stolen (which we deem to be very unlikely to happen),  
489 the data regarding physicians would be of limited implication as there are no formal metrics  
490 regarding CKD care and we will not gather any high-risk provider information (e.g., dob,  
491 SSN, etc). Alternative treatments at this time are to continue usual care (e.g., continuing  
492 medical education activities to PCPs) which has proven ineffective in optimizing PCP  
493 performance including treatment of CKD.  
494

495 This study will also subject the enrolled patients of participating providers to minimal risks. At  
496 baseline, enrolled patients are at high-risk for poor outcomes including catastrophic  
497 outcomes such as ESRD. The predictive models used to make these estimates have been  
498 externally validated in multiple populations. When the PCP accepts the recommended  
499 intervention bundle the following events will occur. First, electronic nephrology guidance will

500 be provided, which will give the PCP recommendations on how to improve CKD related care  
501 prior to their visit with the patient. This intervention is strictly provider facing (i.e., the patient  
502 is not contacted by the nephrologist). The PHM dashboard will be used to track whether  
503 recommendations are implemented and to send reminder messages to PCPs unless reasons  
504 for non-implementation are provided. Second, the patient will have a telephonic appointment  
505 made with a PharmD to review their medications. If an emergent medication hazard is  
506 discovered, the PharmD will ask the patient to hold the offending medication(s) and will  
507 immediately contact PIs, and the patient's PCP. These emergent events are likely to be quite  
508 infrequent. Otherwise, following completion of the medication reconciliation and safety review,  
509 the pharmacist's findings will be reported to the PCP so that they may be reviewed with the  
510 patient and appropriate changes made (in accordance with the PCP's clinical judgement).  
511 Third, the patient will be scheduled for a CKD nurse education session following their  
512 appointment with their PCP (thereby allowing the PCP to share the CKD diagnosis with the  
513 patient). The nurse education session will provide information on the role of the kidneys,  
514 kidney function assessment, strategies to protect kidney function, medication safety, and  
515 general information about ESRD treatment options. Given patients' high-risk CKD status,  
516 CKD education is considered standard of care and patients may opt out of the education  
517 session if they find it distressing.

518  
519 Some of these interventions may pose a small psychological risk to the patient. Patients who  
520 were previously unaware, may become aware of their CKD status. However, the patient will  
521 have discovered the presence of a serious illness with potentially severe complications and  
522 (most importantly) available treatments. Further studies to delineate the exact etiology of the  
523 CKD and subsequent treatments can be initiated. The intervention may assist with proper  
524 medication dosing, avoidance of nephrotoxic medications, and avoidance of potentially risky  
525 procedures (imaging with intravenous contrast or gadolinium containing compounds). The  
526 intervention may also help delay the need for dialysis and ensure patients are prepared for  
527 dialysis if it becomes necessary. In addition, PCPs can choose to defer discussions and  
528 treatment if they feel a patient is unlikely to have high-risk CKD or benefit from any of the  
529 aspects of the intervention. The presently available alternative approach is to continue  
530 current practice with suboptimal PCP treatment of CKD.

531  
532 While it is unlikely that systematically providing evidence-based CKD recommendations to  
533 PCPs of high risk patients by board certified nephrologists and pharmacists will worsen  
534 overall clinical outcomes, we will monitor several safety signals. We will gather these safety  
535 data annually through the EHR, minimizing additional patient or study cost burden. Potential  
536 adverse events that will be monitored include:

- 537 1) Rates of hyperkalemia ( $K > 5.5$ ,  $K > 6$ )
- 538 2) Rates of emergency department visits and hospitalizations
- 539 3) Rates of death.

540  
541 Tests and treatments implemented by PCPs based on nephrologist's or pharmacist's  
542 recommendations are likely to be relatively inexpensive and non-invasive and should expose  
543 the patient to minimal financial or bodily risk. *The board certified PCP is the final arbiter of*  
544 *medical decisions regarding their patients.*

545  
546 No patient will be excluded based on gender, race, or ethnicity. However, we are restricting the  
547 intervention to UPMC health plan patients (including UPMC Medicare Advantage) for several  
548 reasons. First, this allows us to inform PCPs and patients that we have partnered with the  
549 patient's insurer in an effort to optimize care, thereby mitigating potential financial concerns.  
550 Second, the health plan's support will allow us to supplement EHR data with administrative

551 data to adjudicate outcomes while minimizing misclassification. Our findings will inform future  
552 efforts to extend the intervention while preserving fiscal sustainability.

553

554 b. Protections against Risk:

555 Data will be stored in secured databases (e.g., MS access, REDCap) on secure university  
556 servers accessible only through password protected computers in locked rooms. All working  
557 datasets will be de-identified limited datasets (i.e., dates of tests, labs will remain). Identifiers  
558 will be stored in a separate, password protected file. Access to the PHM dashboard similarly  
559 requires 1) a valid password to access the university computer, 2) a valid password to  
560 access the EHR, and 3) clearance/privileges to access the PHM dashboard.

561

562 The risk of breach of confidentiality is low. Further, all information associated with provider  
563 performance or patient information will be de-identified (using limited data sets with dates).  
564 Hence, if there is a breach in confidentiality it is unlikely to expose the providers or patients to  
565 any significant harm or discomfort. Given the lack of published literature on the usefulness or  
566 futility of PHM in CKD, breach of confidentiality regarding provider participation or  
567 randomization assignment is also very unlikely to result in any foreseeable harm or  
568 discomfort. Patient information will be de-identified and high-risk variables (e.g., DOB, etc)  
569 removed from all working datasets to minimize the risk of breach of confidentiality. The  
570 minimum data necessary for the study will be accessed. In addition, all researchers involved  
571 are clinically competent and certified in HIPAA compliance. All stored electronic data will be  
572 kept on University secure computers and secure servers in locked departmental offices. The  
573 corresponding electronic databases are password protected. All paper records associated  
574 with the study will be stored in a locked file cabinet in a locked room. These measures are  
575 likely to be effective.

576

577 To minimize the risks of the PHM intervention (e.g., possible psychological distress), we are  
578 limiting our intervention to patients with high-risk CKD based on clinically validated risk  
579 prediction models. This model will limit the targeted population thereby restricting those  
580 subjected to the above-mentioned risks. Additionally, all communications are targeted to  
581 licensed providers who will exercise their clinical judgment and can ignore recommendations  
582 they feel would subject the patient to an undue burden. In this manner, the intervention is  
583 non-invasive and nonbinding (i.e., it is always left to the provider's discretion whether to  
584 follow suggestions). Together, these are likely to successfully limit unnecessary  
585 interventions and the placement of undue psychological or financial risks on patients.

586

#### 587 Data Safety and Monitoring Plan.

588 A data and safety monitoring plan (DSMP) will be implemented by Drs. Jhamb and Abdel-  
589 Kader, and members of the research team, to ensure that there are no changes in the  
590 risk/benefit ratio during the course of the study and that confidentiality of research data is  
591 maintained. Investigators and study personnel will meet monthly to discuss the study (e.g.  
592 study goals and modifications of those goals; subject recruitment and retention; progress in  
593 data coding and analysis; documentation, identification of adverse events or research subject  
594 complaints; violations of confidentiality) and address any issues or concerns at that time.  
595 Minutes will be kept for these meetings and will be maintained in the study regulatory binder.  
596 The status of recruitment and data collection will be discussed and addressed among the  
597 attendees with confirmation that proper protocol has been followed. Technical problems if any  
598 will be discussed and plans developed to address them. Any instances of serious adverse  
599 events will be reported immediately to the University of Pittsburgh IRB using standard forms  
600 and/or procedures that have been established by the IRB.

601  
602 The yearly IRB renewal for this study will include a summary report of the DSMP findings  
603 from the prior year.  
604

605 Inclusion of Women and Minorities:

606 Given the study design of randomizing practices, the subject selection criteria are all PCP  
607 practices previously specified. Secondly, the patients with high-risk CKD who are seen by  
608 a participating PCP will be included. We are unable to control the gender, race, or ethnicity of  
609 the PCPs or of their patients. However, we will include all PCPs regardless of gender, race,  
610 or ethnicity. We will also include all of their eligible patients between the ages of 18 and 85  
611 who have high-risk CKD. No patient will be excluded based on their gender or race or  
612 ethnicity. Indeed, because patients with high-risk CKD are often of minority race or ethnicity,  
613 we expect higher proportions of these groups than the general population. However, there will  
614 not be any proposed outreach program for recruiting members of a specific gender or  
615 racial/ethnic group as subjects. We do not suspect that one gender or racial group will be  
616 excluded or underrepresented given the baseline patient demographics of the PCP practices  
617 (55% women, 15% African-Americans) and data from the USRDS annual report revealing that  
618 nearly 30% of incident dialysis patients are African-American and that women have a greater  
619 prevalence of CKD stages 3-5. While we acknowledge that the local Hispanic/Latino-American  
620 population is relatively small compared to the national average, we will attempt to include  
621 every patient deemed to have high-risk CKD seen by a participating PCP. The racial and  
622 ethnic diversity of patients included in the study will be entirely based on the diversity of the  
623 local PCP practices and is outside our control. We will not exclude any patient based on their  
624 gender, race, or ethnicity.  
625  
626

627 Inclusion of Children

628 Participants in this study are enrolled at two levels. First, we are directly enrolling PCPs.  
629 None of the PCPs are children and hence no children will be recruited at this stage.  
630 However, patients with high-risk CKD are secondarily included in the study when they are  
631 seen by a participating PCP. The participating PCPs generally see patients >18 years old  
632 (some family practice physicians see both children and adults). However, we will only be  
633 targeting patients  $\geq$  18 years. Hence, children will not be included. This is justified for several  
634 reasons:  
635 1) the prevalence of CKD in this age range is low and there will be few patients who meet  
636 these criteria, 2) CKD in the adult population has different etiologies, natural history, and  
637 treatments, 3) well validated risk prediction models to determine high-risk status are not  
638 available to our knowledge. All of these reasons make including children impracticable in  
639 this study.

640

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642

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