

# CKD Stewardship Newsletter



Issue: 1 December 2025

## Welcome

Welcome to the first edition of the CKD Stewardship (CKD-S) Newsletter. This newsletter will keep you informed about the CKD-S program, its impact, and upcoming initiatives.

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## What is CKD-S?

CKD-S is a hospital-based program, improving detection, management, and education of people living with chronic kidney disease (CKD).

Developed by kidney specialist Dr Lucy Wynter, the program has been successfully implemented in the Sydney Local Health District (SLHD) since March 2024.

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## A Message from the CKD-S Founder – Dr Lucy Wynter

Welcome to CKD-S! We are a small but expanding team of kidney nurses and doctors who are passionate about preventing avoidable dialysis. Despite the availability of effective medications such as SGLT2 inhibitors, nsMRAs, GLP-1s, and ACE/ARBs, many eligible patients are still not receiving them — so we decided to act.

Around 12% of hospitalised patients have Stage 3b–5 CKD. CKD-S identifies these patients while they are already in hospital, explains their kidney health, recommends evidence-based treatments, and communicates with their GPs. We use the results in front of us rather than letting them go unaddressed.

In our first 12 months, we identified 500 mid-to-late-stage CKD patients not under renal care. Most were unaware of their diagnosis, and only 9.6% were on optimal therapy. We reviewed them, educated teams, and wrote to their GPs. We want you to join us — together we CAN make a difference.

## CKD-S Impact Since March 2024

- 745 patients identified across Royal Prince Alfred, Concord and Canterbury Hospitals
- >80% engaged with a Kidney Clinical Nurse Consultant (CNC)
- >50% of patients were unaware they had kidney disease
- >50% increase in CKD documentation
- >5-fold increase in urine ACR testing

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Dr Wynter and the SLHD Renal Team won the SLHD July 2023 PITCH, securing initial funding for the CKD-S CNC role. This program's success led to permanent approval and ongoing funding by SLHD.

## Publications

*Impact of hospital-based early detection on management in chronic kidney disease: the CKD Stewardship study (CKD-S) – protocol for a prospective, multicentre, observational cohort study.* Published in BMJ Open

<https://bmjopen.bmj.com/content/bmjopen/15/3/e094554.full.pdf>

**Endorsements** CKD-S is proudly endorsed by:

- SLHD Chief Executive
- NSW Clinical Excellence Commission
- Kidney Health Australia
- The Royal Australian College of General Practitioners

## What CKD-S means to our Team

*“Being part of CKD-S means giving patients the information they need and the opportunity to protect their own health because early knowledge leads to early action. Helping prevent or even delay CKD progression is something every health district should want to be part of, and I’m proud to be involved in a program that makes this possible”.* CKD-S Team member.

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The CKD-S Team was *Highly Commended* at the 2025 Sydney Excellence Awards in the 'Keeping People Healthy' category.

## Updates

### **Modified CKD-S in Outpatient Radiology commencing in February 2026!**

Concord Outpatient Radiology Department has partnered with CKD-S to support early identification of chronic kidney disease in outpatients undergoing pre-contrast blood testing.

Commencing in February next year, This nurse-led initiative will:

- Identify patients with CKD in outpatient radiology
- Start the kidney health conversation
- Refer patients to a Kidney CNC for ongoing education
- Encourage GP follow-up and continuity of care

## Upcoming Publications

- CKD Prevalence paper
- Qualitative study on patient experience with the CKD-S program

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## Taking the CKD-S Patient education sessions into the community

The CKD Stewardship (CKD-S) program currently runs quarterly kidney education sessions for patients identified through the program. In 2026, we plan to extend these sessions into the community, with the aim of increasing awareness of chronic kidney disease and promoting kidney health checks.



CKD-S Team in August 2024, after delivering the first CKD-S patient education session.

## CKD-S Stepped Wedge Randomised Controlled Trial

Dr Wynter is designing a CKD-S Stepped Wedge Randomised Controlled Trial in collaboration with Prof Meg Jardine, co-director of the NHMRC Clinical Trials Centre. Aiming to start 2026-2027.

We need you! Renal champions who are passionate about preventing avoidable dialysis.

Speak with your local renal champions about CKD-S.

If your district would like to participate in improving the detection, management and education of people living with CKD, we'd love to hear from you!

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## Contact

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