

“PHOSGRAPH”: A NOVEL METHOD OF IMPROVING PATIENT COMPLIANCE AND PHOSPHATE CONTROL BY EDUCATION AND COMPETITION.

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Hyperphosphataemia is common in dialysis patients and is associated with adverse outcomes. Non pharmacological methods are important in reduction of phosphate levels.

We examined the effect on phosphate levels using the “Phosgraph” , a novel patient information tool, to inform patients of their phosphate levels relative to their peers on dialysis. Patients with high phosphate levels were identified and given an individualised copy of the graph showing their own phosphate level, the target phosphate range and their level relative to their dialysis peers.

The phosphate levels were followed for three months and compared to levels prior to the start of the study. Phosphate levels prior to the study were examined for evidence of seasonal changes in phosphate levels.

A drop in levels was seen in the 34 patients with hyperphosphataemia (2.42 to 2.16 mmol/l $p<0.05$). There was no change in the phosphate level in this group before the study. Ten years of phosphate levels showed no seasonal variation.

The “phosgraph” is a safe and effective adjunct to phosphate lowering treatment. The sustainability and change in outcomes remain unclear.

	Start of study mean phosphate	End of study mean phosphate	
Phosphate>1.8 mmol/l n=34	2.42 mmol/l	2.16 mmol/l	
			P<0.05
phosphate < 1.8 mmol/l n=95	1.29 mmol/l	1.43 mmol/l	
			P<0.05