

# An International Delphi Survey on Exercise Priorities in CKD

Labib et al. (2021)

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## For which topic were research priorities identified?

chronic kidney disease

## In which location was the research priority setting conducted?

Australia - Australia; North America - Canada; North America - USA

## Why was it conducted at all?

There is growing interest in the role of exercise in CKD. This interest is in part driven by the research priorities and preferences of patients. In several research priority setting studies, exercise was identified as a top research priority for people with CKD, from the perspectives of understanding the effect of exercise on the health of patients undergoing dialysis and the role of lifestyle factors in delaying the progression of CKD. However, specific research questions related to exercise have not been prioritized in the CKD population.

## What was the objective?

to gain consensus on the top research priorities for exercise in people in all stages of chronic kidney disease

## What was the outcome?

a ranking list of 7 research questions

## How long did the research prioritization take?

April 2019 - October 2019

## Which methods were used to identify research priorities?

Delphi

## How were the priorities for research identified exactly?

Step 1: Delphi round 1: participants asked to submit research questions they viewed as a top priority on exercise for people with CKD, 253 questions submitted. Step 2: data processing: resulting in 70 questions in 11 categories. Step 3: Delphi round 2: participants asked to rate each question. Step 4: Delphi round 3: list of 54 questions, participants asked to re-rate based on group mean ratings

## Which stakeholders took part?

Researchers, policymakers, clinicians, patients. Delphi round 1: 70 participants. Delphi round 2: 68 participants. Delphi round 3: 60 participants.

## How were stakeholders recruited?

The team used multiple recruitment strategies: direct invitation via e-mail through existing professional networks (the Global Renal Exercise Network), including clinical leads of established exercise programs for people with CKD, advertisements with kidney care organizations, and snowball sampling. Patients and caregivers were recruited by participating investigators at respective sites and by patient advisory boards within kidney research networks in Canada, Australia, and the United States. Clinicians and policymakers were emailed an information letter that contained a hyperlink to the survey.

## Were stakeholders actively involved or did they just participate?

Stakeholders were mere participants of the research prioritization process; they were not actively involved in the process.