



NEPTUNE Review

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Using Text Messaging to Track Nephrotic Syndrome

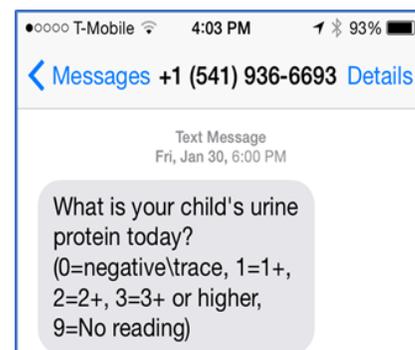
Chia-shi Wang, a pediatric kidney doctor from Emory University, studied the use of mobile phone text messaging to follow how children with nephrotic syndrome are doing at home. Dr. Wang wanted to know if text messaging can help families and kidney doctors better monitor symptoms experienced by children, such as urine protein levels, swelling, and other symptoms. Parents of children who participate in the NEPTUNE study received text messages for one year which asked short questions including what their child's home urine protein levels are and whether or not their child has swelling.



Chia-shi Wang

Why use text messaging to track kidney disease?

Keeping track of symptoms like urine protein levels and swelling help kidney doctors know how a patient is doing and whether or not medications need to be changed. In our busy lives, it is sometimes difficult to always keep track of the information and share it in a timely manner with healthcare providers. It can also be hard for kidney doctors to keep track of symptoms in every patient on a regular basis. Using a simple technology such as text messaging may help families quickly record and communicate the information to doctors. The information can then be clearly documented for kidney doctors to access easily.



What was found?

Dr. Wang and the NEPTUNE team found that most families like using the text messaging program to share their results with the study team. Researchers learn about symptoms that may suggest a relapse or remission much sooner because parents can easily report their child's urine protein level. This is important because the information can help doctors start, adjust or taper medications quickly to treat patients or avoid side effects.

Moving forward, all new NEPTUNE study participants will be part of the text messaging program!

Visit our website: neptune-study.org

Please address any questions/suggestions to your coordinator to give to the NEPTUNE R&R Committee