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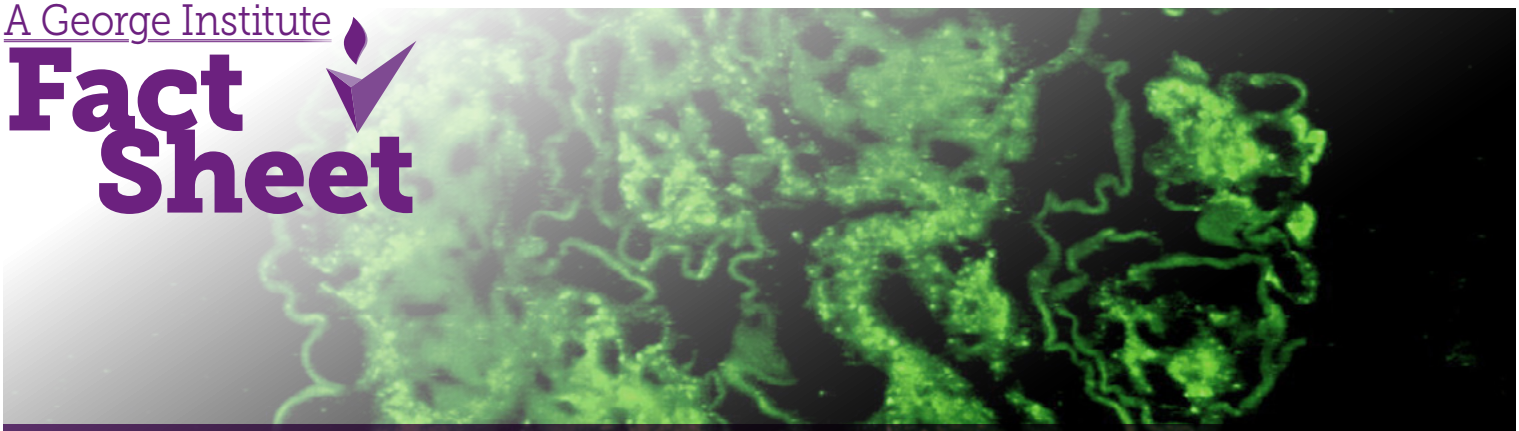
Fact Sheet



TESTING-ON: Therapeutic Evaluation of STeroids in IgA Nephropathy Global, Post-Trial ObservatioNal Cohort Study – July 2024

The George Institute for Global Health

Facts:

- The TESTING trial recruited 503 participants from six countries between 2012 and 2020 to define the benefit and harm of corticosteroids in individuals with IgAN at high risk of kidney progression.
- Over an average follow-up of 4.2 years, adding methylprednisolone to standard care reduced the risk of severe kidney problems by 47% compared to placebo. The risk of end-stage kidney failure alone was 41% lower.

Project Cycle:
2021–2026

Partners:
The George Institute for Global Health

Peking University First Hospital, China

Sunnybrook Health Sciences Centre, Canada

Supporters:
The George Institute for Global Health

Peking University First Hospital, China

Sunnybrook Health Sciences Centre, Canada

Principal Investigator:
Professor Vivek Jha

Background:

- Immunoglobulin A Nephropathy (IgAN) is the most common type of kidney inflammation worldwide and a leading cause of kidney failure, often requiring dialysis or transplant.
- The TESTING trial showed that significant kidney problems like kidney failure or a major decline in kidney function often start appearing two-to-three years after starting treatment.
- A post-trial observation study is a crucial and efficient way to answer key questions about whether the benefits of steroids continue over time and if lower steroid doses provide similar long-term benefits safely for kidney health.

Aims:

- To follow TESTING study participants for a longer period to see if taking methylprednisolone for six to nine months leads to lasting benefits in preventing end-stage kidney failure.
- To resolve persisting uncertainties regarding the use and long-term benefits of corticosteroids as a therapy for IgA nephropathy.

Methods:

- TESTING-ON is a post-trial observational study of participants randomised into the TESTING trial who are still alive, have not reached end-stage kidney failure, and did not withdraw consent during the trial.
- Participants will be monitored for up to five years, and possibly longer if additional funding is available.

Impact:

- Outcomes from TESTING-ON will provide the most robust evidence for clinicians on the duration and dosing of corticosteroids for IgAN patients.
- This evidence will help treatment providers and consumers make an informed choice about corticosteroid therapy and guide joint decision-making.
- TESTING-ON results will inform international guidelines on the management of IgA nephropathy.

Contact:
To find out more about this project and its principal investigators or The George Institute please contact Tina Wall +61 410 411 983 or twall@georgeinstitute.org.au

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