



## Using Structured Problem Solving to Promote Fluid Consumption in the Prevention of Urinary Stones with Hydration (PUSH) Trial

### What was this study about?

This study looked at a way to help people drink more fluids (like water) so they could stop getting painful kidney stones. The researchers wanted to see if special coaching, called Structured Problem Solving (SPS), could help people find their own solutions to drinking more fluids every day.

### Why did we do this study?

Kidney stones are very common and painful. Drinking more fluids can help prevent stones from coming back, but many people have trouble drinking enough. SPS coaching has helped people change other health habits before, so researchers wanted to see if it could help with drinking more fluids, too.

### What did we learn?



About one-third of people in the program needed coaching, but only about half of those people completed a coaching meeting.



Coaches saw challenges like people not responding, being too busy, or having trouble with the smart water bottle.



Teens sometimes needed parent involvement, which sometimes helped and sometimes made things harder.



### How did we do this study?

The study included people who had a history of kidney stones and not drinking enough fluids.

#### One group got:

- a smart water bottle, which is a Bluetooth-enabled bottle that automatically records data on how much they drank each day
- water-drinking goals
- money rewards
- coaching if they still struggled

People in that group spent about an hour in their first coaching session and had follow-up meetings. The coaching helped people talk about what made drinking fluids hard and plan solutions. The other group got a smart bottle but no coaching or rewards.

### What does this mean for patients and care teams

- People may need extra support when life gets busy or technology doesn't work perfectly.
- Health coaches need good training and clear roles to support patients.
- This type of coaching may help in other health areas where daily habits matter.

Learn more about this study from the full research article:  
<https://pubmed.ncbi.nlm.nih.gov/38807063/>

