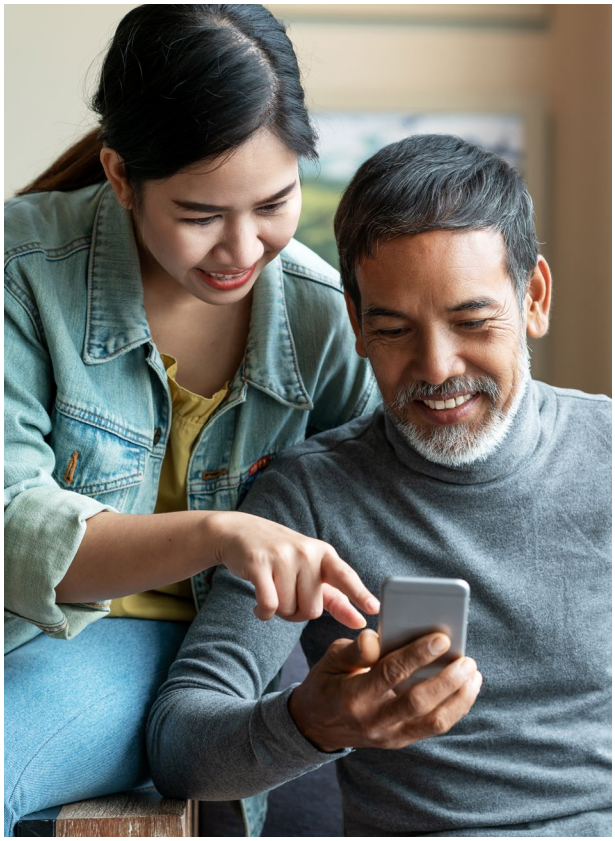
USDRN PUSH

Research Article Summary

# Adjudication of Self-reported Symptomatic Stone Recurrence in the Prevention of Urinary Stones With Hydration Trial



## What was this study about?

Sometimes people say they have passed a kidney stone, but doctors don't always check using medical tests to confirm that the stone was actually passed. Researchers wanted to learn if self-reports of passing a kidney stone are usually right

## Why did we do this study?

Different kidney stone studies have used different ways to tell if someone has passed a stone. However, no one knows for sure how accurate self-reports are. Researchers wanted to study how much self-reporting can be trusted compared to the medical tests.

## How did we do this study?

The study included 1,658 people and lasted 2 years. Every 3 months, they were asked if they passed a stone or had stone surgery. If yes, more information was collected through phone interviews, medical records, X-rays, or photos. Experts reviewed each self-report to decide if it was confirmed, likely, or not a stone event.

## What did we learn?

**217** people said they had a kidney stone event: about **62%** were confirmed by medical exam; about **33%** seemed likely based on clear descriptions; and only about 6% were not real stone events.

The self-reports were correct about **95%** of the time. Many participants passed stones at home but still described them well.

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

- People are usually accurate at knowing when they pass a kidney stone.
- Patients and care teams can trust self-reporting. Future care can be informed by patient experiences, not just medical records.
- Passing a stone at home can still be reported well. Photos and check-ins with a care team can make tracking even more reliable.

**Learn more about this study from the full research article:**
https://pubmed.ncbi.nlm.nih.gov/39242045/

USDRN PUSH
Prevention of Urinary Stones with Hydration