| **Study** | **Participants** | **Intervention(s)** | **IntakeStatus Ascertainment** | **Findings - Outcomes and Comparison** |
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| Meuleman, 2016119Location: NetherlandsSetting: CommunityDesign: Randomized, parallelNumber of Sites: 4Study Years: 2011-2014 | Study of: AdultsN: 151Intervention 1:% Male: 79; Mean Age/Range/Age at Baseline: mean 55.6 (SD 11.7)Race: NR; Systolic BP: 142Diastolic BP: 87Magnesium: NRCalcium: NROther Minerals: NRMean BMI: 29.7% with Hypertension: NR% with history of CVD: 36% with Type 2 diabetes: 30% with Kidney disease: 100% with history of Kidney stones: NRComparator:% Male: 85Mean Age/Range/Age at Baseline: mean 54.7 (SD 16)Race: NRSystolic BP: 137Diastolic BP: 83Magnesium: NRCalcium: NROther Minerals: NRMean BMI: 29.7% with Hypertension: NR% with history of CVD: 39% with Type 2 diabetes: 21% with Kidney disease: 100% with history of Kidney stones: NRInclusion: moderately decreased kidney function, Dutch speaking, >=18 years old, Being treated by an internist, Protein excretion measurements . 0.2 g/L or 0.3 g/24 h, 2 recent sodium excretion measurements > 120 mmol/24 h, BP >135/85 mm Hg or controlled BP with the use of anti-hypertensive medication, among which at least 1 RAAS blockade.Exclusion: BP >180/100 mm Hg or < 125/75 mm Hg, received a kidney transplant less than 1 y ago, diagnosed with type 1 diabetes, had acute kidney failure, accelerated kidney function decrease (> 6 mL/min/1.73 m2 in previous year). Had a cardiovascular event (ie, MI or cerebrovascular event) < 6 mo ago. diagnoses of malignancy within 5 years (other than basal cell or squamous cell carcinoma of skin), participating in other clinical trial that included medication | Intervention Type(s):Intervention 1: Dietary/lifestyle counseling (single or multiple sessions, including dietary advice) to reduce sodium intakeDescription: Usual care + counselling, education, motivational interviews to reduce sodium in dietForm of Administration: Dietary Modification: counselling, education, motivational interviews to reduce sodium in dietDose: NRNa/K ratio: NRMagnesium: NRCalcium: NROther Minerals: NRComparator: Usual DietDescription: Regular careForm of Administration: Usual dietDose: NRNa/K ratio: NRMagnesium: NRCalcium: NROther Minerals: NRDuration: 6 monthsExposure to Follow Up Time: NR | Sodium measure: Single 24-hour urinary analysis without reported quality control measureBest sodium measure recorded: once a week in the first 6 weeks then every 2 or 3 weeksSodium Status Intervention 1: 157 mmol/24hHow was blood pressure measured? Office BP was measured Microlife WatchBP Home after 5 minutes of rest, the average of 3 measurements was used. Ambulatory BP was measured with validated Spacelabs 90207 and 90217 devices. Monitors were programmed for 24 hours with 15-minute day intervals and 30-minute night intervals. | Subgroup: CKD, hypertensive24h Ambulatory DBPFollow-Up Time: 6 monthsComparison: Intervention 1 vs ComparatorMD -2.00 (95% CI: -4.22 - 0.22)24h Ambulatory SBPFollow-Up Time: 6 monthsComparison: Intervention 1 vs ComparatorMD -2.00 (95% CI: -5.33 - 1.33) |