

# From target to reality: Proteinuria targets align with KDIGO guidance, but progression persists in real-world IgAN

KARI MCCARTHY<sup>1</sup>, JENNIFER LAFAVE<sup>1</sup>, JUSTIN KALUZA<sup>1</sup>  
<sup>1</sup> Spherix Global Insights, Exton, United States of America

## INTRODUCTION

Proteinuria reduction is a central therapeutic goal in IgA nephropathy (IgAN), with emerging guidance emphasizing lower targets to mitigate long-term kidney function decline. Across Europe, nephrologists increasingly align on proteinuria thresholds consistent with KDIGO recommendations; however, the extent to which these targets are achieved in routine clinical practice remains unclear.

## AIM

This study aimed to evaluate real-world proteinuria control in EU5 IgAN patients and assess whether persistent proteinuria is associated with ongoing disease progression despite active management.

## METHOD

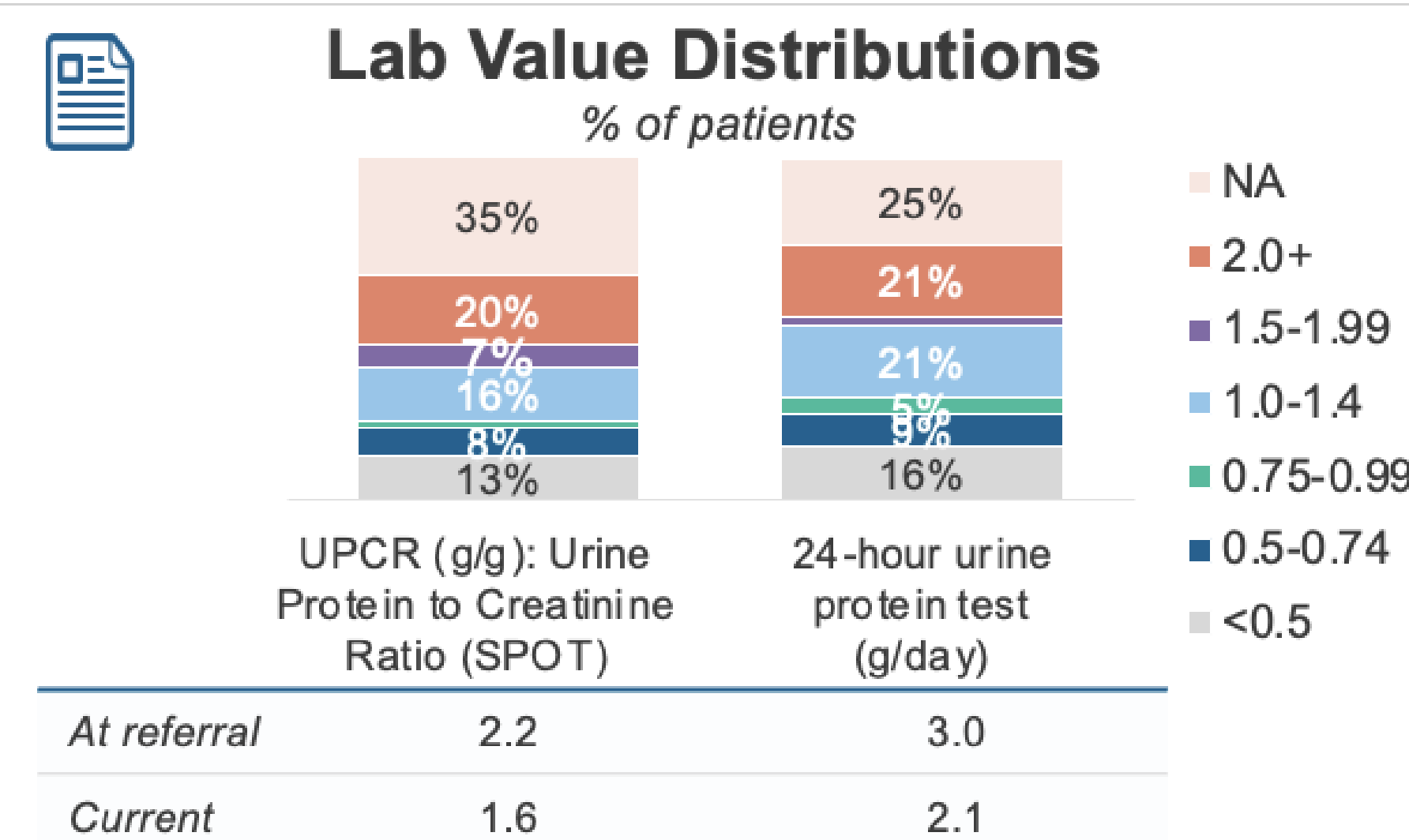
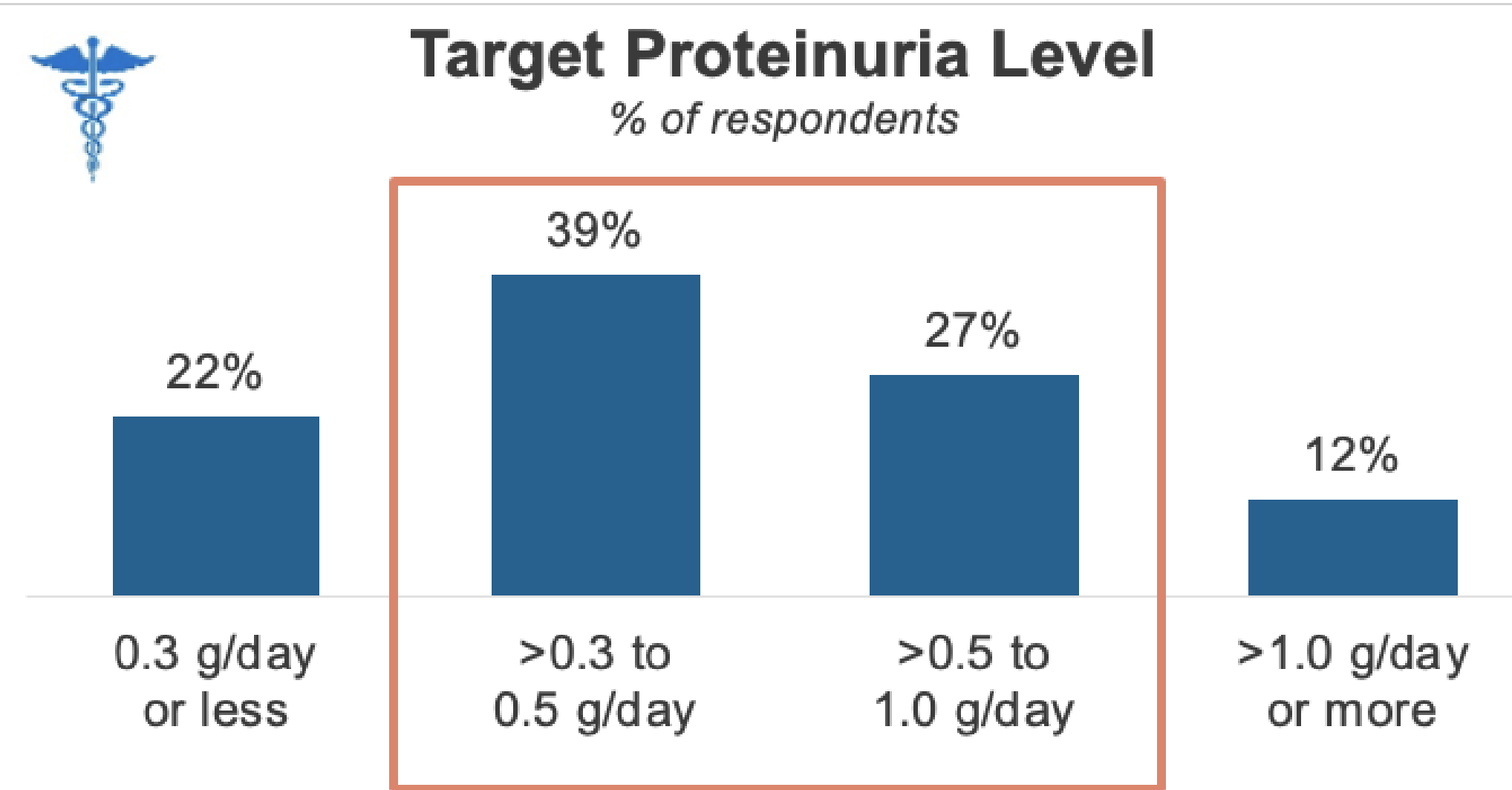
A cross-sectional real-world chart audit (Patient Chart Dynamix™) was conducted among nephrologists (Jan-Feb 2025) in UK, Germany, France, Italy, and Spain. Participating physicians abstracted data from non-dialysis IgAN patient charts, including demographic and clinical characteristics, most recent proteinuria values, physician-defined proteinuria targets, and physician-assessed disease progression status. Descriptive analyses were performed to characterize treatment goals, achieved proteinuria levels, and perceived progression patterns in routine practice.

## RESULTS

Nephrologists reported proteinuria targets consistent with contemporary guidance, most commonly <0.5 g/day. Despite this alignment, patients' most recent proteinuria measurements remained substantially elevated, exceeding 2.0 g/day on average. Nearly one-third of patients were classified as moderate or rapid progressors, and a majority had experienced at least one episode of increased disease activity, with proteinuria cited as the most frequent indicator.

Proteinuria targets, achieved proteinuria, and disease progression in real-world IgA Nephropathy

Measure	Observation
Physician-reported proteinuria target	Most commonly <0.5 g/day
Mean most recent proteinuria	>2.0 g/day
Patients classified as moderate or rapid progressors	~30%
Patients with ≥1 episode of increased disease activity	61%
Patients with multiple episodes of increased disease activity	33%



## CONCLUSIONS

In this real-world chart audit, nephrologists' proteinuria targets in IgAN align with KDIGO guidance; however, achieved proteinuria levels remain high, and a substantial proportion of patients continue to progress.

These data highlight an ongoing proteinuria control gap in routine clinical practice and underscore the need for strategies that enable earlier, deeper, and more sustained proteinuria reduction to improve long-term outcomes in IgAN.

## REFERENCES

- Spherix Patient Chart Dynamix™, Jan–Feb 2025

## CONTACT INFORMATION

Kari McCarthy  
 kari.mccarthy@spherixglobalinsights.com