KDIGO Spoke, Nephrologists Listened: Treatment Paradigms Are Already Shifting

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BACKGROUND & OBJECTIVE

KDIGO guidelines have acted as a global reference standard for nephrologists, aiming to improve kidney care and patient outcomes, for decades. More recently in 2024, KDIGO rolled out guideline updates, which were later finalized and published at the end of 2025. These updates include many of the new treatment options available in the rapidly evolving treatment landscape of glomerular diseases.

METHODS

Opinion data was collected in August 2025 from 103 US-based nephrologists via online survey. KDIGO perceptions data were collected in October 2025 via a brief online survey in partnership with 91 US-based nephrologists. Supplemental nephrologist opinions data was collected in February 2026 from an additional 105 US-based nephrologists using an online survey.

RESULTS

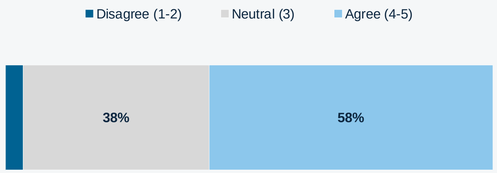
In reaction to the publication of the final KDIGO guidelines, roughly one-half of nephrologists agreed that it has become a more relevant guide for their personal IgAN treatment protocols (FIGURE 1). Nearly 9 in 10 nephrologists anticipated the guideline would impact their IgAN management strategy (FIGURE 2), specifically through earlier use of SGLT2 inhibitors (FIGURE 3) and increased use of branded targeted therapies such as sparsentan and budesonide (FIGURE 4). By Q1 2026, self-reported treatment beliefs reflected these anticipated changes. Ideal use of SGLT2 inhibitors as first-line therapy increased from 42% to 65%, while second-line positioning declined, highlighting the shift from second-line to foundational use. During the same period, budesonide, sparsentan, and atrasentan all saw sharp increases in second-line positioning (FIGURE 5). Nephrologists also demonstrated increasing alignment with KDIGO treatment goals. Following the guideline's publication, 77% agreed that simultaneous use of new branded therapies may be necessary to achieve KDIGO treatment targets (FIGURE 6), and physicians increasingly identified proteinuria reduction below 0.3g/day as a benchmark of optimal disease management (FIGURE 7).

FIGURE 1

KDIGO Relevance in Guiding IgAN Treatment

% of respondents who saw at least some of the KDIGO guideline updates

"Knowing these updates are 'final', KDIGO now becomes more relevant in guiding my treatment approach in IgAN."

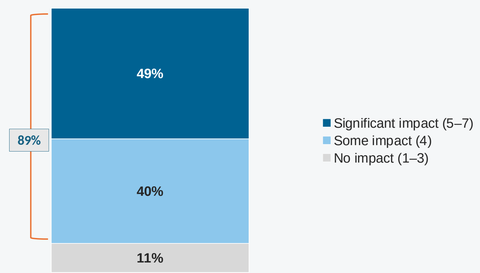


Source: Special Topix™: Reactions to the Updated 2025 KDIGO IgAN Guideline (US), 2025; n=91.

FIGURE 2

Impact of Final KDIGO Updates on IgAN Treatment Decisions

% of respondents

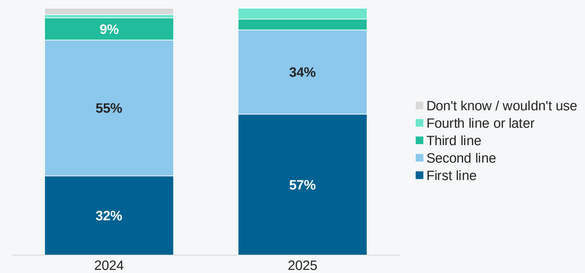


Source: Special Topix™: Reactions to the Updated 2025 KDIGO IgAN Guideline (US), 2025; n=91.

FIGURE 3

Ideal IgAN Step Therapy Approach: SGLT2 Inhibitors

% of respondents

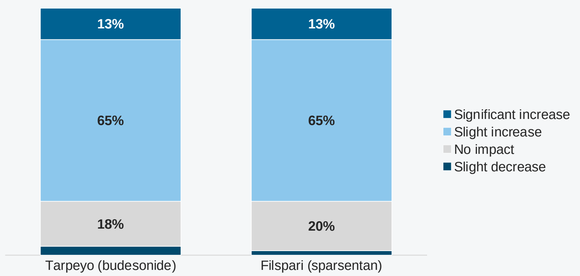


Source: Special Topix™: Reactions to the Updated 2025 KDIGO IgAN Guideline (US); 2024 n=78, 2025 n=91.

FIGURE 4

Anticipated Impact of KDIGO Updates on Use of IgAN Products

% of respondents who saw at least some of the KDIGO guideline updates

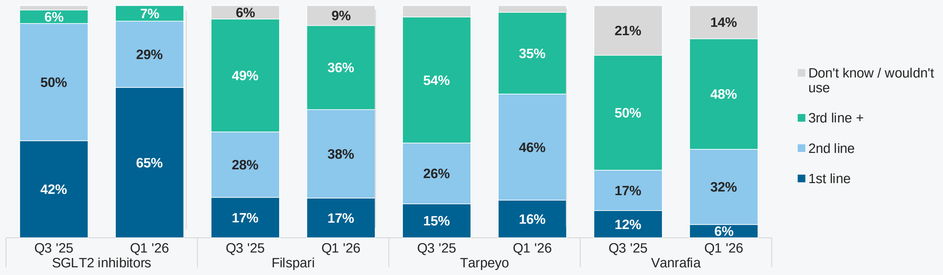


Source: Special Topix™: Reactions to KDIGO IgAN Guidelines (US), 2024; n=78.

FIGURE 5

Ideal IgAN Step Therapy Approach

% of respondents

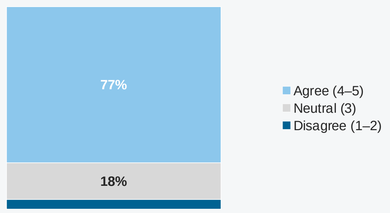


Source: RealTime Dynamix™: IgA Nephropathy (US) Q1 2026; Q3 '25 n=103, Q1 '26 n=105.

FIGURE 6

"The simultaneous use of new branded therapies for IgAN is necessary to reach the treatment goals proposed in the 2025 FINAL KDIGO guideline"

% of respondents

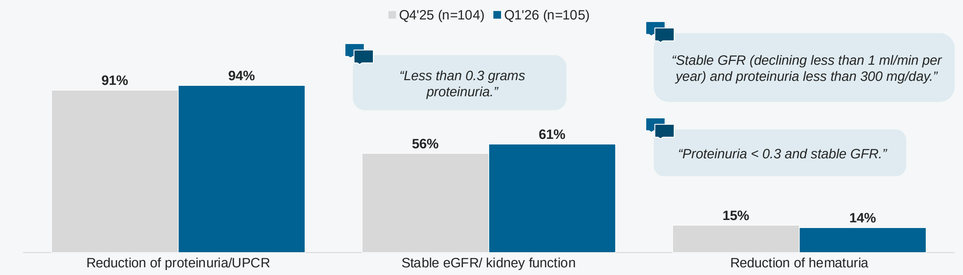


Source: RealTime Dynamix™: IgA Nephropathy (US) Q1 2026; n=105.

FIGURE 7

Definition of "Optimally Managed"

% of respondents, unaided responses



Source: RealTime Dynamix™: IgA Nephropathy (US) Q1 2026; Q4 '25 n=104, Q1 '26 n=105.

CONCLUSIONS

Publication of the final 2025 KDIGO IgAN guideline accelerated earlier and more aggressive treatment strategies, characterized by foundational SGLT2 inhibitor use and expanded adoption of targeted branded therapies. These findings suggest the updated guideline is influencing real-world IgAN treatment choices and reinforcing aggressive and proteinuria-driven management approaches.

POSTER DETAILS

ACKNOWLEDGMENTS

The Spherix Global Insights team wishes to express our appreciation to the nephrologists who participated in this research.

DISCLOSURES

Spherix Global Insights is an independent market intelligence and advisory firm that has not received any industry funding to conduct and report on this study.

REFERENCES

Spherix Global Insights. *RealTime Dynamix™: IgA Nephropathy (US) Q1 2026; Special Topix™: Reactions to KDIGO IgAN Guidelines (US), 2024; Special Topix™: Reactions to the Updated 2025 KDIGO IgAN Guideline (US).* Proprietary market research study.

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