Practices recruited from CLAHRC CKD collaborative

Identify patients from CKD registers and contacted by post or telephone

**Postal (Option 2)**
Send invitation and information sheet

Patient contacts research team

Follow up phone calls from practice or second postal invite as necessary

**Telephone (Option 1)**
Member of practice team contacts patient in advance of, or at disease review

If patient agrees their contact details are passed to the research team

Research team contacts patient

If patient agrees to participate researcher arranges a meeting to complete baseline questionnaire (to be carried out following a disease review appointment with their GP or practice nurse) and randomised to control or intervention. Patient sent letter of confirmation, information sheet and Part 1 of baseline questionnaire in advance of visit

**Intervention**
Supported self management intervention. Kidney information guidebook with links to PLANS questionnaire, telephone and website

1 & 4 week proactive telephone support

6 month follow up Primary outcome

**Control**
Usual care and offer of kidney information guidebook at end of trial

6 month follow up Primary outcome