



Canberra Region Kidney Support Group

# Kidney News

The views expressed in this newsletter are not necessarily those of the CRKSG

## DonateLife Week 2011



**In February 2011, the Australian Organ Donor Awareness Week will be re-launched as DonateLife Week in order to strengthen the impact of the week using the national brand for organ and tissue donation - DonateLife. The rebranding of the week reflects the new national communications approach of the sector which includes eye and tissue donation. The dates for DonateLife Week in 2011 are Sunday 20 - Sunday 27 February.**

The DonateLife Week aim is to raise awareness of the urgent need for organ and tissue donations. This week will highlight the success of organ transplantation. It will also encourage Australians to discuss donation within families and to be aware of each other's wishes.

DonateLife Week 2011 has three key messages. These messages are; Any day is a good day to talk about organ and tissue donation; organ and tissue donors save lives; and the people closest to you need to know your donation wishes because in the end they will be asked to give the final OK.

Australia's first national DonateLife Week 2011 will ask all Australians to talk to family and friends about organ and tissue donation to ensure their wishes are known.

The biggest hurdle to increasing Australia's organ and tissue donation rate is the issue of family consent.

When it comes to donation, one in two Australians don't know the wishes of their family members and one in three Australians don't realise that family's consent is always required for donation to proceed.

If all Australians knew the wishes of those close to them, we would have a much higher family consent rate and we could save more lives.

This message will be heard and seen on television and in magazines, online and even via social media such as Twitter and Facebook.

It's a message that the Support Group endorses and wants all Australians to take seriously.

DonateLife Week 2011 comprises national advertising and local community activi-

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# ACT Organ Donations Highest in Country

18 January 2011

**The latest organ donation data shows the generosity of ten multi organ donor families in the ACT transformed the lives of 32 Australians, ACT Minister for Health Katy Gallagher MLA said today.**

“This report shows the ACT community is leading the way when it comes to organ donation rates. We are a generous community who can see that organ donation supports and improves the lives of other Australians. The gift of life provided by 10 local people has saved the lives of many more and we thank them and their families for their donation,” said Ms Gallagher.

The data for 2010, released by the Australian and New Zealand Organ Donation Registry today, shows the ACT is the standout jurisdiction in Australia.

“Organ donation rates in the ACT have been improving year by year - from 4 multi organ donors in 2006, to 5 in 2008, 8 in 2009 and 10 in 2010,” said Ms Gallagher.

Our 10 multi organ donors in 2010 equates to 28 donors per million population. Overall, Australia's rate was 14 donors per million — a significant increase on last year's performance.

“This report also gives us the opportunity to remind the community about the importance of discussing your wishes about organ donation with your loved ones. If a situation arises where you can be an organ donor it will make it a lot easier for your family for them to know exactly what your wishes are,” the Minister concluded.

Nationwide, Australia had 309 organ donors in 2010 up from 247 in 2009. The improvement follows a commitment from the Federal Government through a reform program of \$151 million to boost organ and tissue donation.

More information is available at [www.donatelife.gov.au](http://www.donatelife.gov.au) or [www.giftoflife.asn.au](http://www.giftoflife.asn.au).



ACT Minister for Health, Katy Gallagher MLA

## Organ Donor Registration

If you are viewing this newsletter on-line, click on the link below to register as an organ donor. Organ donor registration is completely voluntary. If you register you will receive a donor card similar to the one shown here.

<https://www2.medicareaustralia.gov.au/pext/registerAodr/Pages/DonorRegistration.jsp>

Alternatively register by calling: 1800 777 203.



## Calendar of Events

### Quarterly Meetings

Please note we have previously listed a meeting for 12th March and 11th June. These meetings will no longer take place. Revised dates are shown below.

Meeting dates for the remainder of 2011 are as follows:

16th April 2011,

13th August 2011, and

10th December 2011

**Please note, the meeting on 13th August will probably be the AGM. All welcome**

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ties. It is supported by government, community leaders, sporting identities and media.

We encourage all Australian families to use family moments as the opportunity to have a memorable conversation about organ and tissue donation.

Starting to talk about organ and tissue donation with loved ones can be difficult. We believe the new campaign will go a long way towards normalising the conversation.

The CRKSG encourages anyone who hasn't had the discussion with those close to them to do it today.

DonateLife Week 2011 will be launched on Sunday 20 February and runs until 27 February.

For more information on *DonateLife Week 2011* activities go to [www.donatelife.gov.au](http://www.donatelife.gov.au)

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## Renal Advisory Meetings

Renal Advisory Meetings (RAMs) are held monthly on the first Tuesday of each month. The first RAM was held in April 2006. Membership of the committee is sought from a number of sources, including Renal staff, a Carer, Dialysis patients, Kidney Health Australia, Greater Southern Area Health Service (NSW), Renal Dietetics, Renal Social work and Pastoral Care. A copy of the RAM Page newsletter may be found on the Group's website via the Newsletters page. (<http://www.crksg.org.au/>).

A few of the items that have been advised to, or are being discussed by the RAM:

**Goulburn Dialysis Centre** — ACT Health is involved in negotiations with the NSW Greater Southern Area Health Service in relation to taking over the clinical governance of the Goulburn Outpatient Clinic and Dialysis Centre.

**Proposed Emergency Department (ED) Triggers Protocol** — A protocol is in the process of being developed. There has been much discussion regarding triggers for ED personnel to contact renal physicians when a renal patient presents at the ED with an emergency.

**Transplant Patients** — Concerns have been raised where some transplant patients were under the impression that their transplant would last for life. No health professional would ever advise a patient that a transplant is for life. The Renal Unit at the hospital encourages all transplant patients to keep their fistulas in case their transplant fails in the future.

## Caesar Salad with Yoghurt Dressing

INGREDIENTS — Serves 4

### Salad

- 1/3 chopped lettuce
- 1 continental cucumber
- ¼ bunch parsley
- 4 bacon rashers
- 1 grated carrot
- 1/3 cup grated Parmesan cheese
- 4 anchovies drained (optional)
- 2 hard-boiled eggs

### Dressing

- 2/3 cup natural low fat yoghurt
- 2 tbsp vinegar
- 1 tsp crushed garlic
- 1 tsp Dijon mustard
- 1 tsp lemon juice
- black pepper



### METHOD

1. Remove bacon fat and rind, dice.
2. Sauté bacon in frying pan, remove and cool
3. Prepare salad items and decoratively place on serving tray.
4. Sprinkle bacon, cheese and anchovies over salad.
5. Prepare eggs and decorate salad.
6. Mix dressing ingredients.
7. Pour over salad immediately prior to serving.

Tip — Serve with crusty bread.

### NUTRITION

Nutrient	Per serve
Energy (kJ)	837
Protein (g)	8
Fat - Total (g)	11
Carbohydrate - Total (g)	6
Sodium (mg)	752
<b>Potassium (mg)</b>	<b>567</b>
<b>Phosphorus (mg)</b>	<b>288</b>

Recipe supplied by Kidney Health Australia

Recipes from a CD entitled, Healthy Eating with the Renal Recipe Bank.  
Produced by Janssen-Cilag for the Government of South Australia.

Disclaimer: Always consider your individual circumstances when using this resource. The information contained herein is of general nature and is not intended to replace the advice of an Accredited Dietician or Renal Physician. Please consult an Accredited Dietician for individual dietary advice.

## Tribute to Australian Organ Donors

18 January 2011

A record number of 309 deceased Australians donated their organs and tissue for transplant during 2010, drawing praise and gratitude today from the Parliamentary Secretary for Health and Ageing, Catherine King.

The donations saved or significantly improved the lives of 931 Australians who were relying on a transplant. That transplant figure is the highest in more than a decade.

The figures were released today by the Australian and New Zealand Organ Donation Registry (ANZOD) and the Organ and Tissue Authority.

They show the 2010 deceased donation figures exceeded the total number of donations in any year in Australia's recorded donation and transplant history.

"This is a wonderful credit to those people who so generously donated and to their families who honoured the wishes of their deceased loved ones," Ms King said.

"It means improved health and life span for other Australians who were the beneficiaries of the donations and demonstrates that the message to encourage more people to discuss with their loved ones their wish to donate their organs and tissue is getting through.

"It also shows that the Government's \$151 million reform program to boost organ and tissue donation rates is on track and having an impact.

"As well as the community education program on organ and tissue donation, the reforms also include the establishment of a national clinical network of staff around the nation aimed at improving organ and tissue donation and raising awareness about organ donation in hospitals.

"I want to pay tribute to those Australians who have donated organs. They have left a living legacy. I also want to encourage all Australians to discuss with their families their donation wishes upon their death."

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## Eurobodalla Renal Support Group & Organ Donor Awareness

### Donate Life Week

20<sup>th</sup> to 27<sup>th</sup> February 2011

**Sunday 20<sup>th</sup>** - "Get Together Lunch" Batemans Bay Bowling Club Batemans Bay NSW 2536 Commencing 12noon

\*Lunch @ regular club prices.

**Monday 21<sup>st</sup>** - Organ Donor & Transplant Awareness & Education understanding Day. Bridge Plaza Batemans Bay NSW 2536 from 9.30am to 5.30pm

**Tuesday 22<sup>nd</sup>** - Organ Donor & Transplant Awareness & Education understanding Day. Bridge Plaza Batemans Bay NSW 2536 from 9.30am to 5.30pm

**Wednesday 23<sup>rd</sup>** - Organ Donor & Transplant Awareness & Education understanding Day. Bridge Plaza Batemans Bay NSW 2536 from 9.30am to 5.30pm

**Friday 25<sup>th</sup>** - Organ Donor & Transplant Awareness & Education understanding Day.

Including an Outside Broadcast by East Coast Radio 2EC from 10-2  
Bridge Plaza Batemans Bay NSW 2536

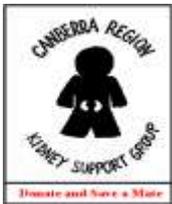
**Saturday 26<sup>th</sup>** - Organ Donor & Transplant Awareness & Education understanding Day. Bridge Plaza Batemans Bay NSW 2536 from 9.30am to 4.00pm

For further details contact the Eurobodalla Group by email at —  
[ersg.oda2536@hotmail.com](mailto:ersg.oda2536@hotmail.com)

If Undelivered Please Return To:

CRKSG  
PO Box 5051  
Garran ACT 2605

Phone: 02 6290 1984  
E-mail: crksg@shout.org.au  
Web: http://www.crksg.org.au



**MEMBERSHIP APPLICATION/RENEWAL**

Canberra Region Kidney Support Group Inc  
PO Box 5051 GARRAN ACT 2605.  
ABN: 77 396 063 641

**Last Name:** ..... **First Name:** .....

**Address:**.....

**Email:** .....

**Phone No:** .....

I would like to make a voluntary donation to CRKSG for the amount of: \$..... Membership is free. All donations \$2 or more are tax deductible. Cheque/Money Order payable to CRKSG Inc. Please accept this application for membership of the Canberra Region Kidney Support Group Inc.

**Signature:** ..... **Date:**.....

Post Form to:

The Treasurer  
Canberra Region Kidney Support Group Inc  
PO Box 5051  
GARRAN ACT 2605.

NOTE: This form may also be used to notify a change of address/contact details.