



Canberra Region Kidney Support Group

Kidney News

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

New Bill to Streamline Organ and Tissue Donation in the Territory

26 October 2011

ACT Chief Minister and Minister for Health, Katy Gallagher, will tomorrow introduce a bill into the Legislative Assembly to improve the effectiveness and timely delivery of services in the organ and tissue donation sector.

“The first amendment to the Transplantation and Anatomy Amendment Bill 2011 seeks to increase the number of designated officers who can authorise the removal of organs and tissue from the body of a deceased person in an ACT hospital for the purpose of transplantation to a living person or for other therapeutic, medical or scientific purposes,” the Chief Minister said.

“This will enable health professionals, such as senior registered nurses at level 3.2 or above, to hold the responsibility of a designated officer, thereby increasing the number, availability and accessibility of designated officers for the purpose of organ and tissue donation in the ACT.”

“The second part of the amendments proposed allows authorised and trained tissue retrievalists to retrieve all tissue, including musculoskeletal, cardiovascular, eye and skin tissue, and not just eye tissue, for the purpose of corneal transplantation.”

“This amendment is required to allow authorised staff to retrieve all tissue in a timely manner which will greatly increase the retrieval rates of tissue for donation in the ACT.”

“The bill aims is to improve the efficiency, effectiveness, timely delivery and quality of services in the organ and tissue donation sector in the ACT, and to increase organ and tissue donation and retrieval rates overall,” the Chief Minister said.

The amendments are in line with the National Reform Package which involves the implementation of a national eye and tissue donation and transplantation network to coordinate eye and tissue donation, retrieval, processing, and storage.

“This is a much needed reform for the organ and tissue donation sector in the ACT and for all ACT citizens who rely on the timely delivery of these vital services in this region,” the Chief Minister said.

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CRKSG Logo

The Group's logo has now been in use for quite a number of years. We felt that the original logo was becoming a bit dated and it was perhaps time for an update.

We have a design that the committee has accepted and is shown here. Unless we receive strong objections, this logo will soon start appearing on our newsletters and on our website.

When the new design was being considered it was thought that the original stylised kidney patient should be maintained because of its historic connection with the Group.

The original CRKSG logo was designed by Sue Keunen. The logo represents the person as a whole, meaning that the whole person with kidney failure is to be supported. We think that this hasn't changed with the updated logo. The CRKSG acknowledges the contribution made by Sue in the design of the original logo. The new logo was designed by Mark Butlin, a young graphic arts student.



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.



WA organ and tissue donors contribute to national donor growth

West Australians have been thanked today by the Parliamentary Secretary for Health and Ageing, Catherine King, for their part in increasing the nation's rate of organ and tissue donation.

On November 10th Ms King met with staff at the Perth Bone and Tissue Bank and DonateLife Western Australia staff at the Royal Perth Hospital to discuss the implementation of the Government's \$151 million National Reform Agenda to increase organ and tissue donation for transplantation.

"The 2011 year-to-date result of 26 organ donors in Western Australia represents the highest donation outcome in the State since national records began – a 30% increase compared with the same period (January – October) in 2010," Ms King said.

The 2011 Western Australian year-to-date deceased organ donation outcomes build on the 16% increase achieved in 2010 compared to 2009 – and the 5% increase in 2010 over the baseline of 21 donors (average 2000-2008). The number of Australians who received life-saving and life-changing transplants from Western Australian organ donors increased by 27% over the same period in 2010 with 80 transplant recipients compared to 63 transplant recipients at October 2010.

"The increase in donors achieved by Western Australia in the year-to-date has contributed to the national growth in donor numbers," Ms King said.

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Calendar of Events

Quarterly Meetings

Meetings for the Group are held at the Pearce Community Centre, Building 1, Collett Place, Pearce on the dates indicated below. Meeting times will be 2:00pm on each occasion.

Meeting dates for the remainder of 2011 are as follows:

10th December 2011

All welcome

Dialysis Patients Take a Holiday in Busselton

7 November 2011

Kidney Health Australia and Lotterywest are providing a much-needed holiday in Busselton this week for kidney patients who are reliant on dialysis treatment.

17 families have been invited to Busselton to be part of the 13th Annual Henry Giblett Holiday Dialysis Program. Holidays are ordinarily off the agenda for patients suffering with renal failure because of their reliance on dialysis.

The holiday allows the patients and their families to discover the south-west coast, when ordinarily they are unable to venture very far away from their base where treatment is available.

Dialysis treatment will be accessible via a temporary unit set up in the St Johns Ambulance Sub-Centre, which will be staffed by five renal nurses from the West Australian metropolitan hospitals. With the generous support of Lotterywest, the group will be staying at the Grand Mercure Apartments and enjoying the freedom to holiday.

Stephen Claessen of Bullsbrook has been on haemodialysis for the past six years. The holiday is a welcome break for Stephen and his wife, who is his primary carer.

“It’s wonderful to be able to relax and have the medical staff here to ensure access to treatment,” Mr Claessen said.

“We have the opportunity to meet others who are faced with the same sorts of challenges. Renal failure is affecting so many people, but there just isn’t enough awareness about how important kidney health is,” he said.

The program was founded in 1995 in memory of Henry Giblett who offered patients a holiday home equipped with a haemodialysis machine in Busselton. Mrs Janet Giblett, wife of the late Henry Giblett, will meet with families attending this year’s holiday in honour of her late husband.

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Ms King also acknowledged the work undertaken in the tissue banks to ensure compliance with the new TGA Biologicals Regulatory Framework. The Framework which was introduced in May this year will ensure that the highest standards in relation to eye and tissue donation and banking are consistently met.

Ms King said that Australia has this year achieved its highest organ donation outcome of 286 deceased solid donors and its high-

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Mushroom Penne

INGREDIENTS - Makes 48 cookies

- 500g Penne pasta
- 2 teaspoons oil
- 2 spring onions, chopped
- 410g can Edgell Sliced Mushrooms in Butter Sauce
- 425g can John West Tuna in Brine, undrained
- ¼ cup cream
- Grated tasty cheese for garnish



METHOD

1. Cook pasta according to packet directions, meanwhile prepare sauce. Heat oil in a large frying pan, add spring onions and cook for 1 minute or until soft.
2. Add undrained John West Tuna and Edgell Sliced Mushrooms in Butter Sauce, simmer for 3-4 minutes; stir in cream and season to taste.
3. Drain pasta; add sauce and gently toss together heating for 1-2 minutes. Serve sprinkled with grated tasty cheese.

TIP: Canned Salmon also works well for this recipe.

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.

NUTRITION

Nutrient	Per serve
Energy (kJ)	2560
Protein (g)	35
Fat - Total (g)	16
Carbohydrate - Total (g)	89
Sodium (mg)	650
Potassium (mg)	484
Phosphorus (mg)	395

Thanks to Simplot Australia for supplying this recipe.

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est transplant recipient outcome of 849 transplant recipients for the same period in any year.

“This is an encouraging result but there is much more to be done to not only sustain but build on the increases in donation outcomes for both organs and tissue in Australia,” Ms King said.

ADDITIONAL INFORMATION

As at end October 2011, there were 286 deceased solid organ donors nationally compared with 258 deceased solid organ donors for the same period in 2010 representing an 11% increase.

This year to date, the number of transplant recipients has increased to 849 transplant recipients compared with 783 for the same period in 2010 representing a 8% increase this year.

Australia's continued growth in 2011 builds upon the 25% increase in national donation outcomes achieved in 2010 – and the 17% increase in transplant recipients achieved in 2010 over the 2009 calendar year.

As we work to normalise organ and tissue donation as part of end of life care in Australia, it is important that all Australians discover the facts about organ and tissue donation, make and register their informed decision on the Australian Organ Donor Register and, most importantly, discuss their donation wishes with family members.

From the KHA November 2011 Newsletter

MEDICAL MATTERS - REGULAR EXERCISE AND CKD

Regular exercise is beneficial for people with chronic kidney disease - Fatigue and weakness is a common side-effect of Chronic Kidney Disease (CKD), and people with CKD often have increasing difficulty performing everyday tasks. However, results of a systematic review published recently in The Cochrane Library have shown that people with CKD, even those who have undergone a kidney transplant, can benefit from regular physical exercise. Over the last three decades there have been many studies looking at how exercise affects people with CKD, but there have been no definitive guidelines produced. This led Dr Susanne Heiwe and Dr Stefan Jacobson from the Karolinska Institute of Sweden to systematically review the results of 45 studies involving 1,863 patients. The results showed that adults with CKD but who did not need dialysis, people on dialysis and kidney transplant recipients all benefitted from various types of regular exercise.

Participation in an exercise program at least three times per week improved exercise capacity, reduced blood pressure, improved high-density lipoprotein (HDL) cholesterol and improved quality of life among people with CKD. Mixed cardiovascular and resistance training had the greatest impact on aerobic capacity, while resistance training and yoga were beneficial for improving muscle strength.

The authors concluded that there is now scientific evidence of the benefits for people with CKD, exercising at least three times per week for greater than 30 minutes per session. People with CKD should consult their doctor to set exercise goals and to design an appropriate exercise plan.

Source: *Cochrane Database of Systematic Reviews, Published online October 5, 2011*



2011 2EC Radio-thon

The East Coast Radio-thon is on the 19th & 20th of November 2011. Now in its 28th year, the Radio-thon has a strong history of proving that members of our community aren't afraid to dig into their pockets. This year 2EC's charity focus will be on the

SNOWY-HYDRO SOUTHCARE HELICOPTER. On Friday 18th November

The **Eurobodalla Renal Support Group & Organ Donor Awareness** will be at The Bridge Plaza Batemans Bay from 9.30am to 5.30pm providing Community AWARENESS & EDUCATION of Kidney Health & Organ Donation.

Also on this day we will be supporting the 2011 2EC Radio-thon, with all money raised on the day going to the

2EC SNOWY HYDRO SOUTHCARE HELICOPTER RADIO-THON.

“So stop by, say G'day and support this fantastic Helicopter service”.

Visit www.2ec.com.au

& follow the link to find out more about how you can also get involved.



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.