



Canberra Region Kidney Support Group

Kidney News

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

Our last newsletter co-incided with the DonateLife Donor Awareness Week towards the end of February. As a result, this issue deals largely with items related to donor awareness.

In this issue:

Chief Minister's Donor Awareness Awards — 2012	1
New Self-Care Unit at Weston Creek	2
Queanbeyan dialysis Unit Opened	2
Organ and Tissue Donation Made Easier	3
Corn Noodle Pancakes	4
Calendar of Events	5
Eurobodalla Renal Support Group	5

Chief Minister's Donor Awareness Awards — 2012

24 February 2012

ACT Chief Minister Katy Gallagher (pictured right) today congratulated seven outstanding community members for their contribution in raising awareness for organ and tissue donation in the ACT and surrounding region, during this second, annual DonateLife week.



“The role of raising community awareness about organ and tissue donation is crucial to ensure we can continue to build on and sustain the increase in organ and tissue donation and guarantee that more Australians can benefit through transplantation,” the Chief Minister said.

The Chief Minister hosts the Awards for organ and tissue donation awareness in her role as Patron of Gift of Life Incorporated, the leading non-government body promoting organ and tissue donation in the ACT and surrounding region.

“Nationally in 2011, 337 donors saved or transformed the lives of 1001 people - a 30% increase in the donation rate since 2009. Additionally, 1144 Australians donated their corneas in 2011, restoring or improving sight for 1730 of their fellow Australians.

“As a result of the generosity of eight organ donors and their families in the ACT in 2011, 26 people received life saving organ transplants. In addition, more than 55 people received the gift of sight from eye tissue donors.

Recipients of the 2012 Awards were:

- Annette Taylor Award for Community Service - Rick McQualter.
- Mathew Reynolds Award for Community Service - Laurie and Marguerite Wiseman.
- Jenny Deck Award for Community Support - Pat Siciliano
- Ben Wiseman Award for Healthcare - Dhale Brown.
- Angus Fairbairn- Cody Award for Media Support - Greg Bayliss
- Terry Connolly Award for Community Awareness Raising - David Gough.

(Continued on page 2)

New Self-Care Unit at Weston Creek

The new self-care unit at Weston Creek is in the final stages of construction.

The unit will have dialysis chairs for use by patients who are able to perform their own dialysis but are unable to have a machine at home. The unit will have two dialysis chairs in the first instance and this should be expanded to four at a later date.

A major aspect of the unit is that it will allow those who are able to look after themselves a level of flexibility to choose their own dialysis schedule.

Patients will be able to do their training at the unit and will not need to relocate when it is finished.

Queanbeyan Dialysis Unit Opened

27 February 2012

Member for Monaro John Barilaro today officially opened the new \$1.62 million dollar renal dialysis unit at the Queanbeyan Hospital.

"I'm very pleased to see the new state of the art Queanbeyan renal dialysis unit up and running," Mr Barilaro said.

"The new unit is currently fitted with six chairs, with a capacity for 12 chairs and could cater for up to 48 patients having dialysis six days per week over two shifts each day," Mr Barilaro said.

The layout of the new unit, located in the former Community Health Service building on Antill Street, provides for patient comfort and curtains for increased privacy.

"The dialysis unit is fitted with new Fresenius dialysis equipment, including chairs and a reverse osmosis water treatment plant, and two isolation rooms," Mr Barilaro said.

The new unit also provides space for staff, with a Nurse Unit Manager's office, consulting room for doctor, dietician and social worker use, meeting room, a nurse's station and reception area.

While all staff employed on site will be NSW Health employees, the medical governance of the Unit will be provided by renal physicians from the ACT.

These services are being provided under a Memorandum of Understanding with ACT Health.

(Continued on page 4)

Chief Minister's Donor Awareness Awards — 2012

(Continued from page 1)

This week we also saw the passage of the Transplantation and Anatomy Amendment Bill 2011 through the Assembly, which will help improve the efficiency, effectiveness, timely delivery and quality of services in the area of organ and tissue donation, and also improve donation rates. "The Awards are a great end to a busy DonateLife week," the Chief Minister concluded.

To discover more about organ and tissue donation, what to do when you decide to become a potential donor and suggestions on how to discuss your wishes with your family visit <http://www.donatelife.gov.au/> and the item at the foot of page 3 of this publication.

Organ and Tissue Donation Made Easier

21 February 2012

The ACT Legislative Assembly today passed the *Transplantation and Anatomy Amendment Bill 2011* which streamlines the process for organ and tissue donation in the Territory - an important step taken during the second annual DonateLife week.

“The Act has been amended in order to improve the efficiency, effectiveness, timely delivery and quality of services in the area of organ and tissue donation,” the Chief Minister said

Last year ACT organ and tissue donors gave life and healing to more than 76 people.

“It is timely that the bill has passed in a week that aims to promote discussion around organ and tissue donation. I am also hopeful that the amendments made today will see an increase in organ and tissue donation and retrieval rates in the ACT.

“The Act passed today will enable an increased number of designated officers who can authorise the removal of organs and tissue from the body of a deceased person in an ACT hospital.

“It is hoped that this will ensure when organs and tissue become available from a donor that the health system can move more quickly to ensure those donations are successfully transplanted to the body of a living person or for other therapeutic, medical or scientific purposes.

“Secondly, the Act will allow authorised and trained tissue retrievalists to retrieve all tissue (musculoskeletal, cardiovascular, eye and skin tissue) and not just eye tissue. This amendment will greatly improve access to tissue donation and retrieval services in the ACT,” the Chief Minister said.

The amendments made to the Act will also ensure consistency with corresponding legislation in NSW, and are in line with the Council of Australian Governments Australia (COAG) endorsed national reforms in organ and tissue donation, and their establishment of a national eye and tissue donation and transplantation network.

“This is a much needed reform that will see improvements in organ and tissue donation, transplantation success and increased donations across the board,” the Chief Minister concluded.

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.



Corn Noodle Pancakes

INGREDIENTS - Makes 18

- 85g packet flavoured 2 minute noodles
- 2 eggs, beaten
- ½ cup plain flour
- ½ teaspoon baking powder
- 310g can Edgell Corn Kernels, drained
- 1 tablespoon chopped chives
- 1 tablespoon chopped fresh parsley
- ½ cup milk
- Oil for cooking



METHOD

1. Lightly break noodles into a bowl. Pour over boiling water to cover and allow to stand for 5 minutes. Drain noodles into a colander and return to bowl.
2. Stir in beaten eggs, flour, Edgell Corn Kernels, chives, parsley, flavour sachet and milk. Heat a non stick pan and brush with oil.
3. Drop spoonfuls of mixture into pan and cook until golden, turn over and cook until set.

TIP: Substitute corn with a 420g can Edgell Mixed Vegetables for a variation.

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

NUTRITION

Nutrient	Per serve
Energy (kJ)	247
Protein (g)	2
Fat - Total (g)	2
Carbohydrate - Total (g)	8
Sodium (mg)	77
Potassium (mg)	45
Phosphorus (mg)	43

Thanks to Simplot Australia for supplying this recipe.

Disclaimer: Always consider your individual circumstances when using this resource. The information contained herein is of general nature and is not

Queanbeyan Dialysis Unit Opened

(Continued from page 2)

“The new unit is a clear example of the current level of cross-border cooperation between the two Governments which will provide for better health outcomes for the people of Queanbeyan.” Mr Barilaro said.

“The opening of a renal dialysis unit in Queanbeyan will go a long way towards improving the quality of life for dialysis patients from Queanbeyan and surrounding NSW areas, who previously had to travel across the border to Canberra for dialysis treatment.”

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. Meetings are held on Saturdays at 2:00pm on each occasion.

Meeting dates for 2012 are as follows:

10th March,

9th June,

8th September (AGM), and

8th December

All welcome

Eurobodalla Renal Support Group



Lorae and I were the invited Guest Speakers at Rotary Club of Bate-mans Bay, March Dinner meeting, on Thursday 1st March 2012.

As part of our talk we featured the Donate Life “Book of Life”.

As a part of my talk I explained how organ donation has saved and changed my life. Never forgetting to thank my donor family and my own.

I also made it very understandable the importance of being registered as an

organ and tissue donor and that once you have decided, the significance of telling your family of your decision to be an organ and tissue donor.

A number of the people attending asked, “why is it if a person has made this decision, it is then left unto someone else to potentially stop it from happening?”

All agreeing that from the profile we have in our community it is a very big positive for the message of Organ and Tissue Donation and Transplantation that is being promoted by Donate Life.

Brad Rossiter

Pictured above is Brad , co-founder of the Eurobodalla Renal Support Group and Organ Donor Awareness, receiving the Rotary Certificate of Appreciation from Sam — Guest Speaker Coordinator.



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.