



Canberra Region Kidney Support Group

# Kidney News

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

## Launch of the Independent Dialysis Facility

31 August 2012

**ACT Chief Minister and Minister for Health Katy Gallagher MLA today launched the ACT's first independent dialysis facility providing an alternative location to a hospital for kidney patients who cannot perform their own dialysis at home.**

'Self care' dialysis has been shown to be beneficial for patients and the new facility is a flexible option for people who can't do dialysis at home to benefit from dialysis outside a hospital.

"This means people can access the care they need closer to home and without having to go into hospital," the Chief Minister said.

"Not everyone can undertake dialysis at home for various reasons, often medical, but sometimes for social reasons such as lack of adequate space, privacy or family commitments. The Weston Independent dialysis facility will help overcome these social limitations and allow patients who are capable of performing their own dialysis to undertake their treatment in a home like setting."

Following training, clients will independently set up and perform their dialysis using a machine which they will program to suit their treatment needs. Renal Home Therapies will review clients on a regular basis and offer advice and support.

"The new facility is also accessible for clients to dialyse at their own convenience without the time restrictions of a hospital-based dialysis unit," the Chief Minister said.

"Importantly patients will undertake intensive training under the guidance of experienced dialysis nurses at the Renal Home Therapies Unit to make sure they are comfortable with the equipment before they use the facility."



Katy Gallagher launching the new Independent Dialysis Facility at Weston

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The Weston Independent Dialysis facility is a project undertaken by Renal Services at the Canberra Hospital, with support from the local Kidney Patient Support Group and is an extension of a project which supports three other such facilities in regional NSW.

“Improvements and refinements to the NSW facilities were considered in establishing this new facility so I expect it to be well received by patients in the ACT,” the Chief Minister said.

“The ACT Government recognises the importance of the growing demand for Renal Dialysis, the impact it has on the Community, especially the patients and carers, so I am proud to launch the facility in the region,” the Chief Minister concluded.



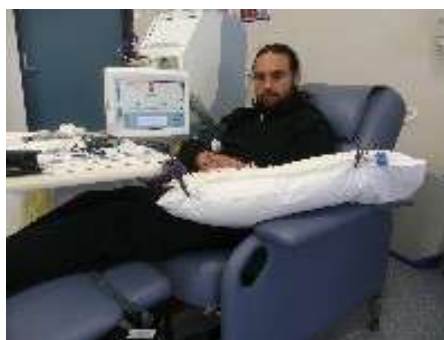
The Independent Dialysis Facility, Weston, ACT



Furniture provided by the Support Group at the Facility.



From l to r: Rosemary O'Donnell, Executive Director of The Division of Medicine; Dr Girish Talaulikar, Katy Gallagher and Anne Maguire, Clinical Nurse Consultant, Home Therapies at the launch.



Dan, our Secretary doing his training for home dialysis.



Some of the people attending the launch.

## 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.



## From the KHA September newsletter

### NEW HOME DIALYSIS WEBSITE



Kidney Health Australia has launched its new website [www.homedialysis.org.au](http://www.homedialysis.org.au) which is a comprehensive website about home dialysis.

When kidneys fail and the decision needs to be made that you need either peritoneal or haemodialysis there are many questions that need to be answered:

- Where and how should I do my dialysis?
- How will my lifestyle be affected?
- Will I be able to cope with life on dialysis?
- How can I stay healthy and travel on dialysis?

We know that if the most suitable option of dialysis is chosen and your dialysis is started with good planning and support from health professionals, you will cope better. To help answer your questions, KHA is proud to bring this new site to the Australian Community to assist them with any questions. The site also caters for health professionals.

### KIDNEY HEALTH INFORMATION SERVICE (KHIS) LINE

Have you ever had a question about kidney disease, and not known who to ask? Maybe you would like some confidential advice? Are you worried about your rights as an individual with kidney disease? Or perhaps you just need someone to talk to? The Kidney Health Information Service (KHIS) provides information, education, referral and support via a free call number, fax, email and direct local phone calls. Since 2011 the service has been operated by Ainslie Bolton, an experienced renal nurse. The KHIS service is responsible for responding to about 2000 enquiries each year and provides over 50,000 pieces of educational material to people around the country.

Ainslie (pictured right) says that the range of queries are really diverse, however, the three most common questions relate to general information about chronic kidney disease, travel/holidays, accommodation, diet and nutrition. Ainslie enjoys assisting the callers to make a positive difference. "I was contacted by a caller, on behalf of his daughter with kidney disease, who I referred to a legal firm for further action. The result was a large payout of income protection insurance for his daughter, which has led to an improved quality of life for the family." said Ainslie.



To access KHIS, please contact 1800 454 363 or email your query to [KHIS@kidney.org.au](mailto:KHIS@kidney.org.au).

### BIG RED WALK 2012



Kidney Health Australia held its first annual Big Red Walk in six states across Australia on Father's Day. Walks occurred in Melbourne, Sydney, Perth, Adelaide, Toowoomba and Launceston with participants raising over \$66,000 in donations. The walks also received a large amount of media in the lead up to the day as well as Channel 9 and the Weather Channel running features on them.

We would like to thank all our volunteers and consumer committee members who helped out on the day to make these events possible. We will be making this event bigger and better next year so keep an eye out for it in the future.

## Asian steamed fish

### INGREDIENTS - Serves 6

- 600g deep sea fish e.g. Bream, Perch, Dory
- ½ red capsicum, thinly sliced
- ½ green capsicum, thinly sliced
- ½ bunch spring onions, finely sliced
- 1 medium carrot
- 1 stick celery, finely sliced
- 1 clove crushed garlic
- 1 tsp grated ginger
- sprigs fresh coriander
- 3 tbsp soy sauce (salt reduced)
- 3 tbsp sweet chilli sauce
- 3 tbsp lemon juice



### METHOD

1. Cover base of steamer with foil and place fish on top.
2. Spread garlic, ginger and coriander over fish.
3. Cut carrot, red and green capsicum into julienne strips.
4. Place all vegetables over top of fish.
5. Combine soy sauce, sweet chilli sauce and lemon juice; pour over fish and vegetables.
6. Steam until fish is cooked.

**Tip:** Serve with steamed rice.

### NUTRITION

Nutrient	Per serve
Energy (kJ)	792
Protein (g)	32
Fat - Total (g)	4
Carbohydrate - Total (g)	5
Sodium (mg)	896
<b>Potassium (mg)</b>	<b>719</b>
<b>Phosphorus (mg)</b>	<b>402</b>

Thanks to Kidney Health Australia for supplying 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.

## 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:

8<sup>th</sup> September (AGM) (CANCELLED), and

8<sup>th</sup> December

NOTE: Please note that due to unforeseen circumstances the AGM will now be held on Saturday 15th September.

All welcome

## Eurobodalla Renal Support Group



*Find Out Friday* community event report 31<sup>st</sup> August 2012.

From the Bridge Plaza Batemans Bay we continue with our community awareness and education campaign.- *Our thanks to The Village Centre and Bridge Plaza management and staff for their support.*

Plenty of people out and about stopping to say hello. We noticed that there was a good number of holiday makers and visitors here this weekend.

We handed out plenty of Kidney Health Australia and Donate Life material for people to read. We also handed out 43 Organ Donor Registration forms, two of which were filled out at our table.

One person I spoke with asked me if I minded answering a couple of questions about organ donation. I said "It will be my pleasure and I will do my best, but please I am not a doctor, I am a survivor".

My "New Friend" told me that from hearing me regularly speaking on East Coast Radio 2EC with Kimmi and Disko, also reading about all our community events in printed media such as the Bay Post, Eurobodalla Voice, etc, etc, it was time to meet me.

My new friend and I spoke for sometime about the myths and facts of organ and tissue donation and transplantation. The Donate Life fact sheets are a very useful tool to have available to the community. My friend said it was amazing to be able to speak to someone that was in their community and was so approachable with first hand knowledge and experiences. My friend filled out an Organ Donor Registration form but before this happened we spoke of the importance of telling your family and love ones that you have decided to be an organ and tissue donor, because one day they may be asked to give the final OK.

Saying that this discussion has been had over family get togethers and certainly had to be had so that all know each others wishes regarding organ and tissue donation.

My friend thanked me very much and wished my family and I all the very best with what I am achieving by providing such an important community message.

Our Thanks to all for their help and support in our efforts to raise community awareness and education to Organ and Tissue Donation and transplantation and Kidney health.



Brad Rossiter



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.