

THE RAM PAGE

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New to ACT



HOLIDAY HAEMODIALYSIS

For NSW residents a similar program is available. Ph: 1800 362 253

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Purpose: To provide funding for haemodialysis patients residing in the ACT who require dialysis whilst on holiday or away from their normal dialysis unit in Australia at participating private dialysis units.

This funding is available for instances where a public dialysis facility is not available. The sessions are available in Australia at participating private dialysis units.

Eligible patients can book up to three sessions per year at participating private units free of charge.

Who is eligible for the HOLIDAY DIALYSIS FUNDING PROGRAM?

The program is available to any ACT resident undergoing regular haemodialysis at home or in a centre-based dialysis unit.

To be eligible, you must:

Be well enough to travel, as determined by your normal dialysis unit .

**Meet the receiving dialysis unit's clinical criteria (assessed in the weeks prior to the scheduled sessions).
Have been on haemodialysis for at least three months.**

Have a functioning, non infected vascular access.

Ask your Nurse today for more information!

Booking information

To manage your bookings please note the following:

Notify the nurse at your normal dialysis unit that you would like to book holiday dialysis.

You may choose to have your three sessions at the same unit or each at different units.

Your three sessions are not guaranteed until bookings are confirmed.

Annual funding for the program is limited.

Bookings are essential and can be made up to six months in advance depending on the dialysis unit.

To reschedule a session, you must contact the receiving unit at least one week before your appointment.

If you miss a scheduled session without prior warning it will count towards your three annual sessions.

What is not covered under the HOLIDAY DIALYSIS FUNDING PROGRAM?

Transport, accommodation and costs associated with travel to and from the dialysis unit.

Nocturnal dialysis sessions.

Any costs incurred from admission to a private hospital or consultation by a private nephrologist.

All additional medications outside of a normal dialysis session. Check with your nurse if you are unsure.

INTRODUCING YOUR CONSUMER REPRESENTATIVES

*They Represent You on the
Renal Advisory Meeting*



CO-CHAIR

JOHN SCOTT : 6255 1320

*"I am a Renal Transplant patient who has had **Kidney disease since 1973**. My kidney's finally failed in 1988. Over the years I have had Haemodialysis treatment both in-centre and at home as a home dialysis patient. I have been on the Renal Advisory Meeting from the beginning and am a former Senior Public Servant in the Commonwealth Health Department. I work privately in the area of risk identification and management"*

CANBERRA COMMUNITY

DIALYSIS CENTRE

LOUISE BLUE : 0438 116 818

"I have been on dialysis for nearly 4 years. I am happy to talk to people either by phone or directly over coffee etc. Please feel free to contact me or leave a message and I will get back to you"

CARERS ON THE RAM AND ALSO THE
CANBERRA REGION KIDNEY SUPPORT GROUP

JOHN KELLY-EMAIL : CARERS@CRKSG.ORG.AU.

"I am the carer of a renal transplant recipient. I am more than happy for people to contact me. Phone : 02 6231 4286. If I am not there please leave a message on how to contact you."

YOU CAN BE ONE OF THE REP'S TOO

The renal advisory meeting objectives are to provide a forum where mutual information, advice and assistance can be provided to both the staff and patients at the renal unit at the TCH that relate to issues that may arise that may assist with:

- ◆ understanding the needs of all stakeholders in the renal services
- ◆ identifying initiatives that may improve patient care and well being
- ◆ provide a forum where open communication can be established and distributed through various networks
- ◆ improve the services that are provided by ensuring that they are consumer driven and focused on improving outcomes.

We currently need consumer representatives from CCDC, Northside, 8A, PD and Home Therapies.

Generally there is one meeting each month, held in the Renal Administration area and takes about 1 hour of your time.

If you would like to become involved please contact this office and further information will be provided.





Norrie and Jeff Smith - proud parents of baby boy Floyd William PunaVai Smith born on Sat 31 Jan 2015, 8.5lb Mum and Bub are doing well!



Joke of the Month

A doctor is complaining to a mechanic

A doctor is talking to a car mechanic,

"Your fee is several times more per hour than we get paid for medical care."

"Yeah, but you see, doc, you have always the same model, it hasn't changed since Adam;

But we have to keep up to date with new models coming every month."

Baked Lemon Chicken

Serves 4

Ingredients:

3 lemons

¼ cup olive oil

2 tablespoons chopped parsley

4 cloves garlic

Pepper to taste

4 chicken drumsticks, skin removed

4 chicken thighs, visible fat and skin removed

To serve:

4 small peeled potatoes, boiled

2 cups green beans, boiled

2 cups sliced carrots, boiled

Method:

1. Juice one lemon and thinly slice the other two.
2. Mix lemon juice, sliced lemons, olive oil, parsley, garlic and pepper in a large shallow baking dish. Add chicken pieces to marinade and refrigerate for at least 1 hour, preferably overnight.
3. Preheat oven to 180 degrees Celsius. Bake chicken for approximately 45 minutes in a baking dish, or until brown and cooked through (baste with marinade at least once during cooking time).
4. For each person, serve 1 chicken drumstick, 1 chicken thigh, 1 potato and ½ cup each of green beans and carrots. Drizzle any cooked marinade from baking dish over meals.

This recipe is suitable for people on:

Peritoneal Dialysis Haemodialysis

Each serve of this recipe will provide:

Baked lemon chicken pieces

1700kJ, 35g protein, 28g fat, 2g carbohydrate, 440mg potassium, 300mg phosphate and 145mg sodium

Baked lemon chicken pieces with 1 small potato (100g), ½ cup beans & ½ cup carrots

2150kJ, 38g protein, 30g fat, 20g carbohydrate, 1050mg potassium, 380mg phosphate and 185mg sodium

