



Canberra Region Kidney Support Group

Kidney News

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

Renal Morning Teas

Come and Join us on
Wednesday, 12th July
From 10:30 to 12:00

Hellenic Club Coffee Shop
Matilda St, Woden

(Club membership preferred but not compulsory)

The Renal Morning Tea provides the opportunity to meet and make friends in a relaxed and informal setting. All renal patients, carers, family and friends are most welcome.

Please Note – Coffee & tea provided by the Kidney Support Group. Cakes, sandwiches, etc., at regulaclub prices.

Enquiries please contact:

Louise Blue (0438 116 818)

Or

John Kelly (0450 962 155)

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Member



Self Help Organisations United Together

HEY, PEOPLE, THIS IS HOW HEALTHCARE SHOULD BE DELIVERED IN THE 21ST CENTURY!

I am a kidney patient and the story I want to share with you concerns all of us. This story is about the journey of healthcare into the 21st Century.

The Renal Service Network, covering the Australian Capital Territory and adjacent Southern New South Wales Local Health District, demonstrates daily just how good healthcare delivery can be in the 21st Century.

SO, WHAT DO I MEAN?

I mean, you see your specialist and care team working effortlessly together whether your care is provided in Goulburn, Bega, Moruya, or The Canberra Hospital. Your care team shares information easily ensuring that the care you receive reflects both how you are feeling at the time and what the evidence suggests is the best course of action.



It also means, you don't have to travel long distances. The Renal Specialists come to a clinic near you. You choose the pathology lab for your convenience and the results are sent directly to the Renal Network. And, prescriptions for medicine are easily provided and the dispensing pharmacist doesn't have to guess what is order because the doctor's handwriting is so poor.

SO, HOW DID THIS HAPPEN?

It happened because the renal doctors and nurses realised they could and wanted to improve the safety, quality and efficiency of care they provided to their patients.

There was no magic plan for how to do this. They were going to have to work out how to do this, step by step by step. They were going to have to work out how to work together for the larger gains to be realized.

Clinical leadership of a particular kind was needed. It was leadership that invited and demanded the best from everyone. And, getting the best from everyone meant making some really hard decisions along the way. This was no walk in the park.

Some of the toughest challenges were working out how to work across all the boundaries of healthcare. These boundaries include: the professional boundaries separating doctors, nurses and allied health; the jurisdictional boundary separating the ACT from NSW; and the public/private health service provision boundary. Yes, we do have both public and private dialysis service providers in the Renal Network.

Importantly, they had to make the connection with the electronic or digital sphere. In practical terms they had to connect all the renal clinics and dialysis centres together, including connecting the individual dialysis machines. They had to connect electronically to the public and private pathology labs so that the pathology results could be viewed and analysed by renal staff to better inform their decisions affecting you.

This new way of working together was not without its casualties. Some clinicians refused to work with the new digital technology and so they left. Re-thinking the role of acute ward in The Canberra Hospital meant major changes for nursing staff. All of the changes, whether in the ACT or Southern NSW Local Health District were progressed thoughtfully and sensitively.

The results of this five year plus journey are there for all to see. And, there is so much more to talk about.

From a patient's perspective, the journey of the Renal Service Network has made my healthcare journey easier and less stressful in many different ways. I hope this journey represents a way forward for other clinical services so that we can all look back and say our 21st Century healthcare system is the one we have hoped and longed for. A better system for all of us.

John

Canberra Big Red Kidney Walk 2017

Register by 31 July and receive 50% off our standard entry prices!

Date: Sunday 10 September 2017

Location: Patrick White Lawns, next to the National Library of Australia.

Time: Canberra's walk has a 9:00am arrival time

- **9:00am:** Participants arrive, on-day registration open
- **10:00am:** Walk begins
- **11:00am:** Entertainment begins
- **12:00pm:** Closing proceedings.

Registration costs

- **Individuals:** \$20
- **Groups (5-10 people):** \$100
- **Children 12 years and under:** Free

Walk distance

The Canberra Big Red Kidney Walk will include a 5km route and a shorter path for those who wish to incline to cover a lesser distance.

Dogs

Dogs are welcome on the route, but must be on a 2-metre lead and well supervised by their owner (including picking up after them). Kidney Health Australia will not take responsibility for any dogs at the event.

Post-walk celebrations

Join us in the post-walk celebrations where there will be opportunity to mingle with other participants, enjoy the entertainment and have some lunch. Food will be available for purchase from Food Trucks present at the venue.

Further information and registration at <https://bigredkidneywalk.gofundraise.com.au/cms/act>.

General Practice and After Hours Health Care Service — HCCA Survey

Have you used a general practice or an after-hours health care service?

Then make your experience count and complete this survey!

Consumer experiences of general practice and after-hours care in the ACT

The Health Care Consumers' Association (HCCA) ACT are running an anonymous survey to understand more about consumer experiences using general practice and after-hours health care services in our region. These services include general practice, the Walk-in Centres, CALMS (Canberra Afterhours Locum Medical Service), the National Home Doctor Service (13 SICK), and Hospital emergency departments.

Click here to access the survey: <https://www.surveymonkey.com/r/9ZRJLBS>

The survey takes approximately **10-15min** to complete.

Your answers are anonymous!

The survey is open **7-28 July 2017**.

Completing the survey is a great way to have your voice heard about health care!

Mini Pavlovas with Mixed Fruit and Toasted Coconut

INGREDIENTS - Makes 8

- 4, 1cm thick slices Bethonga Gold pineapple, cut into chunks
- ½ Mini Me® yellow seedless watermelon and/or Mini Me® red seedless watermelon, cut into chunks
- ½ Bethonga Jazz rockmelon (green) and/or Bethonga Harmony rockmelon (salmon), cut into chunks
- 4 egg whites
- 220g (1 cup) caster sugar
- 1 tsp vanilla essence
- 2 tsp cornflour
- 1 tsp white vinegar
- 1 passionfruit
- 300ml whipping cream
- 30g (1/3 cup) desiccated coconut



METHOD

1. Line 2 baking sheets with baking paper and draw 8 10cm circles on them. Turn paper over. Preheat oven to 150°C (300°F/Gas 2).
2. Put egg white in a clean, grease-free bowl and whisk using electric beaters until soft peaks form.
3. Gradually add sugar, a tablespoon at a time, whisking well after each addition to ensure sugar dissolves, until mixture is thick and glossy. Fold in the vanilla essence, cornflour and vinegar.
4. Spoon mixture onto circles, flattening them slightly. Reduce oven heat to 140°C (275°F/Gas 1). Bake for 1 hour. Turn oven off. Leave for a further 1 hour with door ajar.
5. Meanwhile, scoop pulp from passionfruit and push through a sieve to remove seeds.
6. Whip cream until soft peaks form, then fold in passionfruit juice. Chill until needed.
7. Heat a dry frying pan over medium-high heat. Add coconut and cook, shaking pan constantly until coconut is golden. Remove from pan immediately.
8. Top each meringue with cream and fruit and scatter with toasted coconut. Use within 30 minutes.

NUTRITION

Nutrient	Per serve
Energy (kJ)	829
Protein (g)	3
Fat - Total (g)	6
Carbohydrate - Total (g)	37
Sodium (mg)	36
Potassium (mg)	137
Phosphorus (mg)	23

Thanks to Perfection Fresh for supplying this recipe.

Diary

Meetings for the Group are held on Saturdays at 2:00pm. For the time being, the venue will be Coffee Guru, adjacent to Good Guys, Tuggeranong. The AGM will be held at the SHOUT offices, Building 1, Pearce Community Centre in the Small Meeting Room.

Dates for 2017 —

- 22 July, (AGM)
- 16 September, and
- 9 December.

. All welcome

Renal Morning Teas at Hellenic Club, 10:30 to 12:00

Jul, Wednesday 12th
Aug, Thursday 17th
Sep, Wednesday 13th
Oct, Thursday 12th
Nov, Wednesday 15th
Dec, Thursday 14th
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Eurobodalla Renal Support Group

In May 2007, I received one or should I say two of the most life saving and loving gifts I have been lucky enough to be given.

I received the gifts of a kidney and pancreas organ donation from a total stranger and family.

I had been on Dialysis for seven years and a type 1 diabetic since I was five years of age.

In my life there have been so many positive things; I moved to Batemans Bay, where I met and married the most wonderful, giving and loving lady, Lorae. We shall celebrate our 30th wedding anniversary this year. We have a very honest and good son Trent, whom I love with all my heart.

Bundle these things together plus my Dad and Mum, brothers, close family and good friends, I am The Luckiest bloke I know.

Registeto be an Organ and Tissue donor today and make sure youfamily all agree with you.

Thank you to each and all- love to my two families.

“We’re all given Life’s opportunities, It’s up to each of us to make the best of it”

Regards,

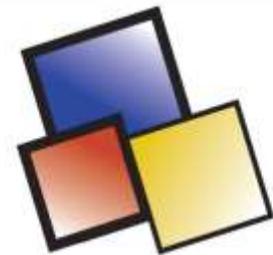
Brad & Lorae Rossiter.

M- 0458534470

Co-Chairs & Founders.

Organ Transplant Recipient- Kidney & Pancreas.

2012 Eurobodalla Shire citizen of the Year.



**Eurobodalla
Renal Support Group**
AND ORGAN DONOR AWARENESS





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 fothe amount of: \$..... Membership is free. All donations \$2 omore are tax deductible. Cheque/Money Ordepayable to CRKSG Inc. Please accept this application fomembership of the Canberra Region Kidney Support Group Inc.

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

Post Form to the address shown at the top of this page.

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

Canberra Region Kidney Support Group

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