



Canberra Region Kidney Support Group

Kidney News

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



Renal Morning Teas

**Due to the Coronavirus Restrictions
Morning Teas are suspended until
further notice.**

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Survey for Canberra Region Kidney Support Group

The Canberra Region Kidney Support Group (CRKSG) is our local support group and is more about social support. It's a very personal journey we each travel. Being with small groups of people who understand how you feel and what you are experiencing is invaluable. The discussion in a group can draw on various people's experiences and their coping methods or talk about everything but the disease. One-on-one talk is common at our morning teas. Newly diagnosed people benefit from going to a support group and meeting people with the same or similar diagnosis. Kidney disease has different causes in different people. I know when I first started coming to the morning teas I felt as if I learnt more tips about managing the disease than I learnt from the medical and nursing staff.

The CRKSG wants your input. We are a small group. Our website is www.crksg.org.au The dates for the morning teas (presently suspended) are on the website and in the newsletters. The newsletters are normally available from the renal centres and dialysis centres. (This edition is electronic only and is available via the Newsletters page of the website.)

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AUSTRALIAN CHRONIC DISEASE PREVENTION ALLIANCE



Don't wait until it's too late

Australians are being warned not to play down or ignore medical emergencies or existing conditions during the current coronavirus (COVID-19) pandemic.

The Australian Chronic Disease Prevention Alliance (ACDPA) is concerned some people are overlooking their existing chronic conditions and even failing to call triple zero (000) for an ambulance in an immediate life-threatening emergency. This delay could put them or their loved ones at risk of disastrous consequences, lengthier hospital stays and even death.

ACDPA Chair Sharon McGowan said it was vital people sought urgent medical help when it was needed.

"If you, or someone with you, requires urgent medical help, do not hesitate to call triple zero (000)," Ms McGowan said.

"I understand some Australians may be concerned about being a burden on our doctors and nurses at this busy time or be worried about contracting coronavirus in hospitals.

"But essential services are still running in our hospitals and every precaution is being taken to protect patients and their families throughout the entire health system."

Many patients with chronic conditions, like diabetes, kidney disease, heart disease and cancer need ongoing treatment and care to manage their health. Other conditions like heart attack and stroke require immediate medical attention.

It is essential for Australians to know that they can keep accessing regular and emergency care during this time.

Ms McGowan added the health system is still available for medical emergencies, life-sustaining treatments like dialysis and transplant care, as well as ongoing care for those with existing medical conditions.

"I am hearing heart-breaking stories of people who are risking their lives unnecessarily by not calling an ambulance in a medical emergency," Ms McGowan said.

"This includes two patients with stroke who stayed at home where their conditions worsened, instead of presenting to hospital. Stroke is a time-critical medical emergency and as each minute passed, their brain cells died.

"This is incredibly distressing because these patients could have received time-critical treatment but are enduring much more serious disabilities as a result of the delay".

Hospitals are taking a raft of precautions to maximise safety in COVID and non-COVID areas. They are also minimising the length of stay for patients, with Telehealth consultations (phone or video appointments) available for follow-up care. They are also planning for worst case scenarios that will help ensure essential emergency and urgent services remain available.

Ms McGowan reiterated people must always call triple zero immediately in a medical emergency, no matter where you live or what age you may be.

"Don't wait until it's too late," she said.

Reasons to call triple zero (000) for an ambulance include:

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Survey for Canberra Region Kidney Support

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We would like to hear from kidney patients and their carers via this questionnaire. You can email your reply to: crksq@shout.org.au or post to CRKSG, PO Box 5051, Garran, ACT 2605.

Questions:

- 1 What are the biggest non-medical barriers/issues that you, or those that know you, face as a renal patient or carer?

- 2 How do you think CRKSG could help you with these issues?

- 3 What else could CRKSG do to support you as a renal patient or carer?

- 4 Would you like to be more involved in the CRKSG committee?

- 5 Prior to the coronavirus we had monthly morning teas at the Hellenic Club, Woden alternating between Wednesdays and Thursdays (See page one of this newsletter). What type of social gathering(s) would you be interested in attending apart from these?

- 6 Do you have any other comments?

Yvonne Mawbey
(02)6258 2560 or 0432 831 475

Don't wait until it's too late

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- Chest pain or chest tightness.
- Sudden onset of weakness, numbness or paralysis of the face, arm or leg.
- Breathing difficulties.
- Unconsciousness.
- Uncontrollable bleeding.
- A sudden collapse or unexplained fall.
- Unexplained fitting in adults.
- Injury from a major car accident.
- A fall from a great height.
- Serious assault, including stabbing or shooting.
- Severe burns, particularly in young children.

A NEW ACTION PLAN TO TACKLE KIDNEY DISEASE

The Government has today launched the National Strategic Action Plan for Kidney Disease and awarded \$3.5 million in funding to organisations to take immediate action.

1.7 million Australian adults are estimated to have chronic kidney disease, however less than 10 per cent are aware they have the condition.

In 2017, 17,000 Australians lost their lives to kidney disease and 1.8 million hospitalisations occurred.

Three per cent of Aboriginal and Torres Strait Islander people aged 15 years and over live with the condition, triple the rate of the non-Indigenous population.

Early diagnosis and management can change the course of chronic kidney disease, a disease that is often detected too late to be reversible.

Developed by Kidney Health Australia (KHA), the plan provides a blueprint for transforming kidney disease in Australia over the next 10 years through three priority areas:

- Prevention, detection and education.
- Optimal care and support.
- Research and data.

The Government is providing \$1.25 million to Kidney Health Australia over four years, to develop a new digital platform to underpin improved awareness and support for the public and the kidney disease sector.

This will assist the implementation of a number of recommendations identified in the action plan, help build awareness of the disease, and develop services and support for people living with kidney disease and their carers.

This is in addition to the \$800,000 investment our Government has provided to Kidney Health Australia, to deliver a national peer support and education program for 500 young people aged 15 to 24 with advanced kidney disease who have received a kidney transplant.

The Government is also committing a further \$2.25 million to implement a range of activities under the action plan.

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Diary

Meetings for 2020.

All welcome

Meetings have been suspended until Coronavirus restrictions have been lifted.

2020 Renal Morning Teas at Hellenic Club,
10:30 to 12:00

Suspended until further notice.

A NEW ACTION PLAN TO TACKLE KIDNEY DISEASE

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Shortlisted recipients include:

- KidGen, led by the University of Queensland.
- Flinders University.
- The Menzies School of Health Research
- The South Australian Health and Medical Research Institute.

The action plan complements the Indigenous Renal Health Roadmap, and together they will work to close the gap in Indigenous renal health and treatment outcomes.

The Morrison Government has continually demonstrated its commitment to supporting people living with kidney disease.

Last month we listed Pharmacor Cinacalcet® on the Pharmaceutical Benefits Scheme—a medicine that, without the subsidy, would see patients pay more than \$700 per year. With the PBS subsidy they will only pay a maximum of \$41 per script, or \$6.60 with a concession card.

Our Government spends \$270 million per year on medicines for the treatment and management of kidney and renal conditions.

The Government has also invested \$214 million in National Health and Medical Research Council grants for clinical research into kidney and renal issues between 2000 and 2019.

The National Strategic Action Plan for Kidney Disease is available at: <https://kidney.org.au/>

Coronavirus

People who are concerned and want further information on the virus, can also call the Australian Government's Coronavirus Health Information Line on 1800 020 080. The line operates 24 hours a day, seven days a week.



MEMBERSHIP APPLICATION/RENEWAL

Canberra Region Kidney Support Group Inc
PBox 5051 GARRAN ACT 2605.
ABN: 77 396 063 641

Last Name: **First Name:**

Address:.....

Email:

Phone No:

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

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

I would like to make a voluntary donation to CRKSG for the amount of: \$.....

Please accept this application for membership of the Canberra Region Kidney Support Group Inc.

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

The Canberra Region Kidney Support Group is a registered charity so donations of \$2.00 or more are tax deductible. They can be made by Cheque, Money Order payable to CRKSG Inc., or by Bank Transfer.

Bank: Commonwealth Bank
Account Name: Canberra Region Kidney Support Group Inc.
BSB: 062 912
Acc No: 10028872
Reference: Your name.

After making the bank transfer, please forward by email to crksg@shout.org.au, your contact details and the bank transfer receipt. We will then send you a tax receipt.

Canberra Region Kidney Support Group

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Web: <http://www.crksg.org.au>