



# Kidney News

Newsletter of the Canberra Region Kidney Support Group Inc.  
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The views expressed in this newsletter are not necessarily those of the CRKSG.

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## Canberra's Northside Dialysis Clinic Opens

Canberra's Northside Dialysis Clinic (CNDC) commenced operation on 14 December 2005 at the Calvary Hospital. Operated by Fresenius this very clean and modern clinic has 13 dialysis machines. Flat-panel TV monitors are fitted to the ceiling and the hours of operation are from 7am – 3.30pm. Call 6205 4006 for further details. Pictures on page 2.



From the committee at CRKSG we would like to extend our best wishes to all CRKSG members and members of the renal community for a safe and happy festive season. We look forward to seeing you again in 2006.

### INSIDE THIS ISSUE

- 3** Nocturnal Haemodialysis
- 4** Calendar of Events & Happenings  
KHA – World Kidney Day 9 March
- 5** Dialysis Escape Line Cruise 2005 – by Viv Norrish
- 6** Availability of Calcium Tablets on PBS (Fed)  
Valley FM Community Radio Program  
KHA & National Chronic Kidney Disease Strategy
- 7** Admissions to the Canberra Hospital
- 8** Membership Application

### New Renal Doctor appointed

Dr Mark Bassett, Deputy General Manager, The Canberra Hospital (TCH) assumed the role of Acting Director of the Renal Unit last month.

The previous Acting Director, Dr Clarkson, has now returned to Adelaide following the end of his nine months contract. We wish to thank Dr Clarkson, and wish him well in his retirement.

Dr Bassett has advised that the new consulting renal physician is Dr Giles Walters. Dr Walters will be moving to Canberra from England and is expected to commence after Christmas.

New registrar - Krishna Murthy will start soon, coming from his last position at Alice Springs.

### Hospital Parking

October 27

The President and an Executive Member of CRKSG attended a consultation session with Clare Middleton, the Director of Capital Planners ACT, in relation to Pay Parking at TCH. The following update includes an opportunity for members to provide comment.

ACT Health has engaged Engineering consultants, CardnoYoung Pty Ltd, to undertake a number of feasibility studies involving both the Canberra Hospital and Calvary Health Care ACT campuses. The studies will firstly identify options for the introduction of pay parking, and also propose management solutions for free parking for staff and other eligible groups of the hospitals' communities.

A comprehensive parking and traffic study is also being undertaken at both campuses to assess the current demands and capacity of existing parking facilities, and to identify locations and opportunities for the provision of additional parking spaces.

*Continued on Page 3*



Clockwise from above: Vince Maguire reflects on the opening day of the Northside Dialysis Clinic, Wayne Robinson is one of the first to dialyse at the new clinic and Mary Brammall the CNC ensures the patients are well looked after.



**Hospital Parking** *(continued from Page 1)*

At the Canberra Hospital, the studies will also include consideration for alternative locations that will reduce the overland journey for critically ill patients, and also minimise noise impact on adjacent residences of Garran.

You are invited to provide any comments about car parking at either Calvary Health Care ACT or The Canberra Hospital campuses, by providing the following information and forwarding it to:

- Claire Middleton, Director, Capital Planners, PO Box 3506, Weston Creek ACT 2611, or
- Claire@capitalplanners.com.au.

Date:

Name:

Address:

Phone Number:

Email address:

What is the main purpose of your visit/attendance at the hospital?

Do you visit CHCACT or TCH on a regular basis?

Additional Information or comments provided in relation to parking studies.

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## Nocturnal Haemodialysis

### What is it?

Nocturnal dialysis is slow dialysis that is undertaken during your normal sleeping hours. This leaves waking hours for you to do whatever you like. It is treatment that is undertaken in the home environment and means that a dialysis machine is installed into the bedroom. Nocturnal can be done for anywhere between 3 to 6 nights per week. By dialysing the extra hours of the night even doing 3 times a week can double the amount of dialysis therefore if you dialyse 3 nights per week for 8 hours then you have doubled.

### Benefits include:

- Less side effects of Conventional haemodialysis
- Less dramatic drops in blood pressure from taking too much fluid off during shorter dialysis sessions.
- No fluid restrictions and less diet restrictions.
- Decrease in the use of Blood pressure medications as you don't put so much fluid on.
- No need for a dialysis partner for you to dialyse at home, thus no more regular in centre dialysis.

### More Information

For more information on Nocturnal Dialysis and its Benefits please look at the Internet web site by going to [www.nocturnaldialysis.org](http://www.nocturnaldialysis.org) This has been put together by the Home Dialysis Doctors and Nurses at Geelong Hospital VIC. Also the home training staff at The Canberra Community Dialysis Centre has a Nocturnal Dialysis Video - please contact us if you are interested in viewing the video.

### So what is The Canberra Hospital doing about Nocturnal Dialysis?

Recently Anne Maguire, Caroline McNaught and Julie Voutos from The Canberra Community Dialysis Centre travelled to Geelong and Monash home training units to discuss setting up a Nocturnal program here in Canberra. We are currently putting together the program along with collaboration with the Canberra Hospital Renal Physicians and Haemodialysis Units and Technicians and hope to have the program started early in 2006.

If you are interested in doing Nocturnal dialysis please let Anne Maguire CNC at CCDC know or for more information please contact the Home Training Staff on 02 6244 4277.



**CALENDAR OF EVENTS**

**Canberra Region Kidney Support Group Meetings**

When: The Second Tuesday of each month.  
10<sup>th</sup> Jan. 14<sup>th</sup> Feb. 14<sup>th</sup> Mar. 11<sup>th</sup> Apr 2006.

Where: The Pearce Community Centre  
Building 1, Collett Place  
Pearce ACT 2607

When: 7.30 pm

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The CRKSG needs members to:

- Lobby or participate as Patient Representatives,
- Contribute to the newsletter, and
- Act as patient support officer.

The CRKSG can provide the infrastructure that can support anyone with bright ideas that further the aims of the group.

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**Renal Education Program: “Living With Kidney Failure - 2006”**

Feb 17th and 24th  
May 19th and 26th  
August 18th and 25th  
November 17th and 24th

Venue- Seminar Room 1, Level 3, The Canberra Hospital  
Need to RSVP to Mikki Smyth - 62443062

**Transplant Education Seminar for 2006**

April 27th  
October 27th

Venue - Seminar Room 1, Level 3, The Canberra Hospital  
Need to RSVP to Mikki Smyth - 6244 3062

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**Living a Healthy Life with Chronic Conditions Course**

The “Living a Healthy Life with Chronic Conditions” Course is a six week education program, two and half hours per week, designed to assist people with chronic conditions to develop ways of taking a more active part in their self care. *The Course is free to participants.*

Contact: Community Health Intake 6207 9977 or Arthritis ACT 6288 4244 or SHOUT 6290 1984

**CRKSG - New Committee Elected**

The CRKSG Annual General Meeting held in September elected a new Committee. The newly elected members are;

- President: Tony Bailey
- Vice President: Vince Maguire
- Secretary: Sheik Hussain
- Treasurer: John Kelly

The new ‘Kidney News’ Editor is Nick Farley who will be assisted by, last years editor, Patrick Gordon.

The Committee Members can be contacted through the following:

- [crksg@shout.org.au](mailto:crksg@shout.org.au) ,
- PO Box 5051 GARRAN ACT 2605,
- through the SHOUT organisation on 62901984 and leave a message, or
- through the Web site at [www.crksg.org.au](http://www.crksg.org.au)

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**Happenings**

Anne Maguire has been appointed CNC CCDC following Lindsay Warren’s retirement. Congratulations Anne, and farewell and thanks to Lindsay.

If you have some happenings or would like to congratulate someone, let us know. Contact the CRKSG at [crksg@yahoo.com](mailto:crksg@yahoo.com) or [crksg@shout.org.au](mailto:crksg@shout.org.au) or PO Box 5051 GARRAN ACT 2605

**Kidney Health Australia**

The International Federation of Kidney Foundations (IFKF) in conjunction with the International Society of Nephrology recently announced 9 March 2006 to be the inaugural World Kidney Day. Each year thereafter World Kidney Day will be celebrated on the second Thursday of March.

Forty two member countries of the IFKF will be participating in this global initiative to highlight the need for early detection and prevention of kidney disease identified globally as growing to pandemic proportions.

In Australia we are facing a blow out in dialysis costs. Recent figures from the George Institute indicate the cost of dialysis for current and future kidney patients over the next ten years is heading towards \$3 billion.

**Dialysis Escape Line Cruise - October 2005**  
**By Viv Norrish**

Following Pat Gordon’s excellent description of the 2004 cruise (see [www.crksg.org.au](http://www.crksg.org.au) Summer 2004 Newsletter) I will concentrate on other factors of the 1<sup>st</sup> 2005 cruise.

After a close examination of the cruise documentation we chose the “Air Connections” feature as it included baggage handling (a baggage cart is recommended at the airport) and free transfer to Darling Harbour and return to the Airport at the conclusion of the cruise.

On arrival at the Terminal we presented ourselves at the Security desk as arranged by Nancy and requested assistance for the embarkation. There was a very long queue of passengers waiting entry to the embarkation hall.

At the due time a P&O provided assistor with a wheelchair guided us through the formalities – Customs, Passport Control and the issue of our cruise card and cabin key tag. If you have a neck band with clip bring it as it will save purchasing one onboard. All entries and exits, bar transactions etc are facilitated via the cruise card and it is vital you always carry it.

Once through the land transactions and using the cruise card we were allowed onboard, after having our photographs taken. We were then taken to our cabin and settled there before the assistor returned for the next person. The luggage duly arrived at our cabin that evening as we set sail.

As I was scheduled first to meet and greet the Dialysis team we presented on Riveria deck to meet Nancy, Wayne (team leader), Steve(doctor), Sam, Ruth and John (renal nurses) and Scott the technician. The administration was quickly completed and my Dialysis sessions established.

When you receive your cruise documentation special attention should be given to the ship’s layout. There are 11 decks and the lifts vary in their maximum level (9,10 & 11).If you are wheelchair bound or use other forms of assistance your only method of access, particularly to the dining rooms, is by lift. Take note that the dining rooms are separated by the galley and if you arrive at the wrong one, access to the other is only by going up or down then along and then back, up or down.

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Some destinations (Ouvea, Mystery Island, Isle of Pines) are reached by ship’s tender. The staff are very experienced and helpful to persons requiring assistance both in accessing the tender and disembarking at the destination. At the bigger more populated destinations (Noumea, Vila) minibus transport is usually available.

We had carefully examined the tours available and ruled a line through those we considered difficult or impossible. We had then selected “Noumea Discovery & Anse Vata” only to later discover the “Le Petit Train” with its easier ingress access than the bus, went to the same places.

Dialysis was a bit different in that beds are used and it is wise to take a couple of your cabin pillows to the session. Otherwise you are in good experienced hands and well cared for.

On the whole, the trip was a very pleasant experience and the food was plentiful and enjoyable. It was easily possible to partake of breakfast even if you were scheduled for morning Dialysis. The poker machines paid occasionally, no better or worse than the mainland ones, and the Bingo prizes were worth winning. The entertainment was first class and I even learnt a few new jokes from the resident comedian (assistant Cruise Director – Demo)

Disembarkation was once again a breeze as the company provided two assistors to get off ship, through customs and re-entry and onto the airport buses.

Our thanks go to Nancy and Dialysis Escape Line for organising the cruise and to P&O for the ground support assistance, which was of the highest order both on shore and at sea

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**Young Australian of The Year 2006**

Simone McMahon was only 10 years old when she received her kidney transplant. Since then she has made a determined effort to advocate for organ donation in the hope that others won’t have to wait. In recognition of her efforts she has recently won Young Australian of The Year 2006 (Western Australia) and is in the running for the national honour to be announced on Australia Day.

Simone was interviewed by the ABC and the details of this can be found at <http://www.abc.net.au/perth/stories/s1505249.htm>

**Availability of Calcium Tablets on PBS (Fed)**

Following a submission by Kidney Health Australia (KHA), The Minister for Health and Ageing, Tony Abbott, announced calcium tablets will be retained on the Pharmaceutical Benefits Scheme (PBS) for use by patients who have chronic renal failure. After considering expert advice from the Pharmaceutical Benefits Advisory Committee (PBAC), the government has decided that there is a strong case for retaining PBS listing of calcium tablets for patients with chronic renal failure.

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**Valley FM Community Radio Program Focus on Transplant and Kidney issues**

Tuggeranong’s Community Radio station, Valley FM 89.5, runs a program highlighting Transplant and Renal issues. Mr Nick Farley has a two hour program on Wednesday nights at 8 pm. Nick, who is an Executive member of the CRKSG, and member of KHA and Transplant Australia, hosts the program and recently had several kidney patients as guests to discuss their experiences. He also had the ACT Organ Donor Coordinators Holly Northam and Erika Gorecki in to speak about Organ Donation.

Valley FM 89.5 is a generalist, community radio station operated on a completely non-profit basis. Approximately 50 volunteer announcers present their programs each week, covering almost all genres of music, as well as local news, sport, weather and community information.

Broadcasting in the Tuggeranong Valley, 24 hours a day, 7 days a week, Valley FM 89.5 has been on air since 11 June 1999 and holds a Permanent Community Broadcasting Licence (PCBL). Valley FM 89.5 is a full member of the Community Broadcasting Association of Australia (CBAA). See [www.valleyfm.com](http://www.valleyfm.com).

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**Kidney Health Australia (KHA) ACT Consumer Participation Committee**

Self-Nominations are called from interested members seeking election on the ACT Consumer Participation Committee.

Several positions are still available and will be for a period of 12 months, and will then be reviewed.

Please send to:

Health Services Manager  
 Kidney Health Australia  
 GPO Box 9993  
 Canberra ACT 2600

**National Chronic Kidney Disease Strategy**

The National Chronic Kidney Disease (CKD) Strategy is now nearing completion, with the final external consultation phase currently underway. A broad range of stakeholders including clinicians, consumers, service planners and policy makers have been invited to provide feedback, to ensure the Strategy appropriately represents the areas where national attention is required to facilitate comprehensive and holistic best care for patients across the continuum of progressive CKD.

Outside the immediate world of people with CKD, their families/carers and health care teams, issues relating to CKD in Australia are not widely known. Despite the significant burden of disease there has been no national strategic plan addressing CKD issues and planning for the projected growth in incidence and prevalence of CKD.

There are also no systematic national programs addressing ways of bridging the gaps that exist in the delivery of optimal care for people with CKD. In 2004, Kidney Health Australia and Foundation Partner - Servier Laboratories Pty Ltd, embarked on a project to develop a National CKD Strategy. Progress to date has included:

- formation of a multidisciplinary Steering Committee
- national stakeholder workshop in February 2005, opened by the Federal Minister for Health and Ageing, The Hon Tony Abbott
- formation of multidisciplinary Working Groups for each of the six Strategy priority areas: Risk Reduction and Prevention, Detection and Management of Early CKD, Management of Advanced CKD, Dialysis, Organ Donation and Transplantation, and Aboriginal and Torres Strait Islander peoples
- Working Group review and endorsement of their respective priority area
- Steering Committee endorsement of National CKD Strategy Consultation Draft

If you would like to participate in the external consultation process please contact the National Project Manager, Dr Marie Ludlow on (08) 8334 7506 or [marie.ludlow@kidney.org.au](mailto:marie.ludlow@kidney.org.au)

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**Looking for the ultimate Christmas Gift?**

Are your friends, family and workmates looking for the ultimate gift for Christmas this year? Here's one that won't cost them a cent. All that's required is a little time to think carefully about organ donation and then sign on to the organ donor register. Call 1800 777 203 or fill in a form from your local Medicare office.

**Admissions to the Canberra Hospital**

Under the Australian Health Care Agreement, all eligible patients admitted to a state or public hospital have the choice to be treated as either public or private patients. It is the duty of all admitting staff to ensure patients are adequately informed of all their admission options to enable them to make their choice.

All patients are free to make their own election choices and at no stage are directed to opt for one alternative over another. However, many patients do not realise: -

- a) *They can use their Private Health Insurance and not be 'out of pocket' in some circumstances, or*
- b) *The benefit to the Hospital as a result of their decision to invoke their Private Health Insurance, ie revenue which is used to benefit both the patients and the hospital.*

Any patient who is advised that there will be 'no out of pocket costs' (NOOPC) for their admission receives a copy of their admission form with a stamp indicating that there will be NOOPC. If they have further doubts or concerns a visit by the Patient Liaison Officer is organised so that she can address their questions.

The patient's health insurance "excess" is a payment made to the Hospital and is therefore taken into consideration when giving the guarantee of not being out of pocket.

I stress that admissions to public hospitals are always determined by clinical need.

The Patient Liaison Officer is available from Monday - Friday 8.30am – 5pm on (02) 6244 3336 to answer any questions regarding admission options.

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**Did you know ...?**

Those big garbage bins can be quite an effort to put out on the street for most of us and just impossible if you are frail or disabled.

Arrangements can be made with Urban Services for those with a disability or who are frail to have their wheelie bins collected from their home, emptied and returned by the Cleanaway drivers.

To access the service you need to meet certain criteria, which involves a form being signed by the applicant's doctor. The form is available by calling Urban Services on 6207 2500.

**Educational series with Dr Tony Clarkson**

Whilst Dr Tony Clarkson has recently returned to South Australia, you can still watch him discussing current aspects of kidney disease. The SAPMEA (South Australian Postgraduate Medical Education Association) has prepared a series of educational CD dialogues. The CD ROM "Current aspects of Renal Disease" shows Tony providing insights into subjects such as Basic Renal Investigation, Nephritis, Chronic Renal Failure, Dialysis and Renal Transplantation. The session runs for approximately 1 hour. For further information call Petula Georgiou on 08 8274 6050 or visit <http://www.sapmea.asn.au/education.html>

The CD ROM is available at a cost \$6.60 including postage within Australia.

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**Transplant Australia**

Did you know that Transplant Australia provides support, social and sporting events, not just for transplant recipients and donor families, but also for dialysis patients?

Next year, the Australian Transplant Games will be held in Geelong, Victoria from 16<sup>th</sup> – 23<sup>rd</sup> September.

This is a wonderful event not just for the sports minded – a range of recreational (chess, bridge, backgammon, scrabble) and social activities are offered. The Geelong Games will be particularly 'family focussed' with many activities planned for children throughout the week.

More than 1200 people will attend the games from all states of Australia as well as China, England, France, Germany, Japan, Malaysia, New Zealand, Sweden, Thailand and the USA. The games are open to adult and children transplant recipients and dialysis patients. Living donors, families of deceased donors and supporters are welcome to attend.

Some of the events include golf, lawn bowls, tennis, table tennis, badminton, swimming, cycling, squash, ten pin bowling, athletics/track and volleyball. To participate in the games you must be a member of Transplant Australia. Membership costs \$10 for children, \$15 for adults and \$25 for families.

Further information about Transplant Australia can be found on their website [www.transplant.org.au](http://www.transplant.org.au) or contact Carol Ang on 02 4784 1995 or email [carol.ang@transplant.org.au](mailto:carol.ang@transplant.org.au)



**MEMBERSHIP APPLICATION  
OR  
MEMBERSHIP RENEWAL  
FOR FY 05/06**

Post Application to:  
Canberra Region Kidney Support Group Inc  
ABN: 77 396 063 641  
PO Box 5051 GARRAN ACT 2605.

**Last Name:** ..... **First Name:**.....**Phone No:**.....

**Address:**.....**E Mail:**.....

I would like to make a voluntary donation to CRKSG for the amount of: \$..... Membership is free.  
All Donations over \$2 are tax deductible. Cheque/Money Order payable to CRKSG Inc  
Please accept this application for membership to the Canberra Region Kidney Support Group Inc

**Signature:**.....

**Date:**.....

Canberra Region Kidney Support Group Inc  
PO Box 5051  
GARRAN ACT 2605

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|---------|
| POSTAGE |
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