

Canberra Region Kidney Support Group

# Kidney News

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

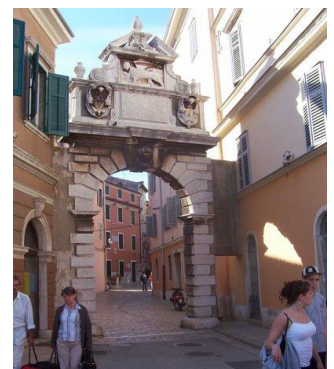
## Special points of interest:

- Taking your kidneys on holiday
- Getting to know your Doctors
- Fund raising for the Group.
- Dialysis Escape Line Australia (DELA)
- Renal education programmes for 2007
- Recycle your old mobile telephone

## Taking Your Kidneys on Holidays

Dialysis patients in Australia planning a holiday in Australia have a new updated guide to assist them access dialysis units throughout the country. Graham Herbert, a volunteer in the Perth office, was responsible for developing the Dialysis Unit Guide from his own personal experiences of searching for dialysis units during a holiday. The Dialysis Unit Guide (DUG) lists the location and contact details for most public and private Australian dialysis units

(223 units are listed in the guide). The guide may be used for a number of purposes including referrals, relocation and short-term stays. The guide is available in hard copy and online at [www.kidney.org.au](http://www.kidney.org.au). The DUG provides accurate and up-to-date information in an easy-to-use format. There are tips for planning a holiday whilst on haemodialysis, as well as suggestions about medical information dialysis units may need. Note: There is also a list-



You can also take holidays overseas. (see Dialysing in Moscow.)

ing of dialysis units around Australia on a state by state basis on the CRKSG website ([www.crksg.org.au](http://www.crksg.org.au)).

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## Dialysing in Moscow

from Vince Maguire

Last July my wife (Noknoy) and I spent a long weekend in Moscow, on the weekend of the soccer world cup grand final. I had to dialyse there one day (a Monday) before returning to Bangkok on the Tuesday flight. Janelle from CCDG did a good job organising the dialysis. From what I could see, the dialysis centre I went to appeared to be the

only one in Moscow. It was located in an old soviet hospital, but it is run by a European company that must have a contract of some sort. The centre was huge by Australian standards. It had more than forty machines which operated 24/7 and they were planning on expanding.

Probably because of the size,

the procedures there are very systematised. You can see from the photo that all the patients have to don a set of hospital gowns before treatment. Despite this, the doctor (Valerei) and the nurse that looked after me were very attentive and friendly. Valerei had only recently visited Melbourne for a conference and had liked Australia.

## Dialysing in Moscow

Cont...



Vince dialysing in Moscow

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*“Even though the dialysis centre was very modern and up to date, the same could not be said for the rest of the old hospital”*

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Even though the dialysis centre was very modern and up to date, the same could not be said for the rest of the old hospital. It didn't seem to have benefitted much from the end of the cold war.

At one point a security guard was emphatically trying to stop us from getting into a lift. I misinterpreted it as petty socialist officiousness. It turns out he was trying to warn us that that it would be better to use the other lift - this lift gets stuck ! Even the good lift had a huge gap between the floor and the door where you could watch the drop to the bottom of the lift well as the lift rattled and jerked along.

For me, the trip was a bit too exhausting. A long weekend was not enough time. But we didn't have much choice. The tickets were a prize from a Thai Airlines competition. We had to use them within a limited time and that weekend was a holiday weekend in Thailand, so Noknoy could get away from work. But in the middle of the Northern summer, with about twenty hours of daylight every day and the world cup atmosphere, it was an exciting time on the streets. Maybe there is still a bit of energy being released after the end of communism.

Moscow is a huge city, with lots of history, significant

monuments, museums, galleries and beautiful architecture. Not much can be said about Russian food however. Moscow has great public transport, but very little English signage. Outside of the hotel and other than doctor Valerei, I don't recall hearing anyone speaking English. Anyway, with our guidebooks, we seemed to be able to find our way around and have some fun. Moscow is a bit out of the way for most dialysis patients to go there specifically for a holiday, still it's worth considering. But be warned, it was the most expensive dialysis I've ever had to pay for. Lucky the airline tickets were free!

## Some Extracts from the November 2006 edition of Wee Whispers, the Kidney Health Australia Newsletter.

National Services Guidelines For The Management Of Dialysis And Kidney Transplantation In Remote Australia The development and implementation of a National Consensus document on Standards for renal service delivery to remote areas has been determined as a critical need particularly for Aboriginal Australians and Torres Strait Islanders who make up the largest population in the these areas.

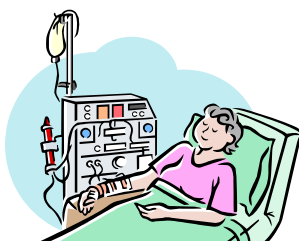
The aim of the Standards is to promote comprehensive and holistic care of people requiring renal services residing in remote Australia, which will ultimately improve their health and well-

being. A national approach to this issue will provide practical and achievable strategies, which support evidenced-based approaches to service delivery and identify gaps between what is best practice and what is currently provided. An important aspect of these standards is how they fit into and are supported by other local and national documents.

Improving access to services and providing better support to the primary health care area to improve chronic and end stage disease management are seen and should be seen as important aspects of a renal service. Many States and Territories including

national bodies have developed or are developing strategies that incorporate the principles that support this approach.

The Standards are an opportunity to build and standardise renal service provision and availability across Australia. The Standards were developed through a process of broad consultation with a wide and varied group including service providers, renal clinicians, consumers and the Aboriginal community controlled health sector and as such are endorsed and supported by Kidney Health Australia. The standards can be viewed on the Kidney Health Australia website [www.kidney.org.au](http://www.kidney.org.au).



## Show Your Support with Kidney Health Australia Christmas Cards

Purchasing Christmas cards from Kidney Health Australia is a fabulous way to show your support and help raise our profile.

Kidney Health Australia receives no funding from government to support its work promoting kidney and urinary

tract health. You can help us by purchasing Christmas cards. This year we have seven different cards, which you can view on our web site at [www.kidney.org.au](http://www.kidney.org.au) or contact our Christmas card hotline for a brochure and to place orders: (08) 8334 7555 or email [christ-mascards@kidney.org.au](mailto:christ-mascards@kidney.org.au)



Sample Kidney Health Australia Christmas Card

## Calendar of Events

### Canberra Region Kidney Support Group Meetings

When: The Second Tuesday of each month.  
13<sup>th</sup> February, 12<sup>th</sup> March,  
10<sup>th</sup> April,  
14<sup>th</sup> May, 11<sup>th</sup> June

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

When: 7.30 pm

## Help

The CRKSG needs members to: Lobby or participate as Patient Representatives, contribute to the newsletter, and act as patient support .

The CRKSG can provide the infrastructure that can support anyone with bright ideas that further the aims of the group. We are desperately in need of people with ideas!

## Happenings

If you have some happenings or would like to congratulate someone, let us know. Contact the CRKSG at [crksg@shout.org.au](mailto:crksg@shout.org.au), by post at PO Box 5051, GARRAN ACT 2605 or via the [Contact Us](#) page of the CRKSG website.

## Dialysis Escape Line Australia (DELA)

The NSW branch of DELA has been launched and is coordinated by Jacqui Devlin. Jacqui says DELA gives both pre and current dialysis patients the opportunity to get away from their everyday surrounds. DELA arranges the setup of temporary dialysis units in remote locations with the support of a medical team of five. DELA also organises day excursions. For further information on DELA, please contact Jacqui Devlin on 0419 496 387, (02) 9977 0297 or [dela\\_nsw@chariot.net.au](mailto:dela_nsw@chariot.net.au). DELA is co-located in the Sydney and Adelaide Kidney Health Australia Offices.

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*“The CRKSG needs members to: Lobby or participate as Patient Representatives”*

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Dr. Giles Walters

## Getting to Know your Doctors — Dr Giles Walters

*Continuing the introduction of Renal Doctors at Canberra Hospital.*

[CRKSG] What is your date and place of birth?

**[Dr. Walters] December 1965, Plymouth, UK.**

[CRKSG] Where did you study, including residency?

**[Dr. Walters] I studied at Queens' college, Cambridge, UK followed by 3 years at Edinburgh University. I worked in hospitals around Edinburgh for the next 4 years, including Kirkcaldy, the City Hospital, the Western General Hospital, the Re-**

**nal Unit at Edinburgh Royal Infirmary, St Johns Hospital Livingston and the Falkirk and District Royal Infirmary.**

[CRKSG] What hospitals have you worked at?

**[Dr. Walters] After working around Edinburgh, I moved to work in Leicester, UK. During that time, I did 4 years research in the Centre for Kidney Research in the Children's Hospital at Westmead in Sydney.**

[CRKSG] What made you decide to move to Australia?

**[Dr. Walters] A Great job opportunity, my wife loves**

**the weather and I think it is the right place for us.**

[CRKSG] Have you any specialised kidney interests?

**[Dr. Walters] the immunology of glomerulonephritis, specifically identifying which cells are damaging the kidney in these conditions and attempting to identify potential therapeutic agents in this area.**

[CRKSG] Finally, please let us know about your family.

**[Dr. Walters] My wife, Sherna, and I have four children, Isaac aged 4, Lydia aged 3 and Coomi aged 20 months and Lois aged 6 months.**

## Fund Raising

A large vote of thanks must go to Intensity Belconnen for their efforts to raise a significant sum of money which was given to the CRKSG on 23 November 2006. They will be presented with a Certificate of Appreciation to include on their 'wall of certificates'. A facsimile of the Certificate is shown below.

*"A large vote of thanks must go to Intensity Belconnen"*

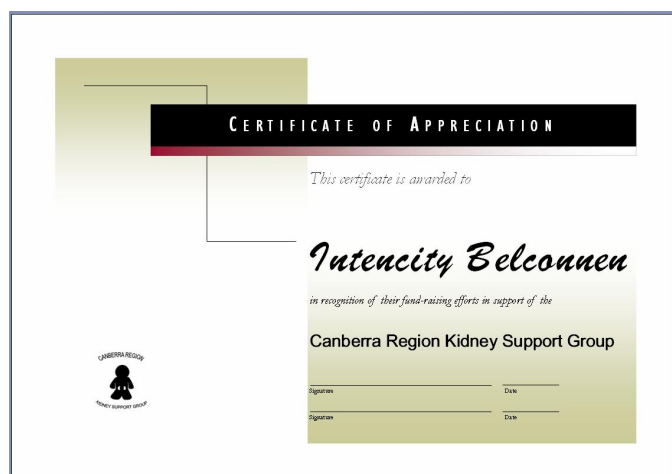
Intensity is an interactive game machine centre in the Westfield Shopping Centre, Benjamin Way, Belconnen. Intensity was established in 1995, featuring interactive games, competitions and merchandise. There are now 16 centres across Australia located in cinema and shopping complexes. Intensity Belconnen may be contacted by telephone on (02) 6251 7271, email: [intensity\\_belconnen@village-city\\_belconnen.com.au](mailto:intensity_belconnen@village-city_belconnen.com.au)

[leisure.com](http://leisure.com) or via their website, <http://www.intensity.com.au/>.

Their hours of operation are:

Sunday – Thursday  
10:00am – 10:00pm

Friday & Saturday  
10:00am – 11:00pm.



## Kidney Health Australia Welcomes Stem Cell Research Bill

**7th December 2006: Kidney Health Australia today welcomed the passing of the stem cell research bill in Federal Parliament saying if it was successful it could help cope with the epidemic of Kidney disease which was confronting Australia.**

The organisation had backed the development of the Private Members Bill by former Health Minister Senator Kaye Patterson to put the issue on the Parliamentary agenda.

Anne Wilson CEO of Kidney Health Australia said, "The organisation was already funding valuable stem cell research which was aimed at providing people with the opportunity to repair their own kidneys".

"This is a long path to success but we need to be exploring every avenue possible to try and create a system which allows for kidney repair and offers an alternative to dialysis which people have to endure to stay alive when in end stage kidney failure."

**"Kidney Disease, the silent killer, causes or contributes to at least 9.5% of all deaths in Australia".**

"Apart from the cost to the community the amount of human suffering is tragic and one only has to visit a dialysis unit to view the human cost of kidney disease in Australia," Ms Wilson said.

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*"Kidney Disease, the silent killer, causes or contributes to at least 9.5% of all deaths in Australia"*

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## Kidney Health Australia On-line Bulletin

20th December 2006

**FAITH** (Family Accommodation Initiative – Transplant Housing) was launched in September. Providing quality accommodation facilities for rural living donor families for the period of their transplant, this exciting initiative is an Australian first and was nominated for a WA Premier's Award. We look forward to commencing the national rollout of this initiative over the coming year.

**National Chronic Kidney Disease Strategy**  
This year saw the completion of the inaugural National Chronic Kidney Disease Strategy. This piece of work represents the views of the kidney community and provides the overriding framework for programs and services to reduce the incidence of chronic kidney disease in Australia.

### **Kidney Kids Capers**

Kidney Kids Capers were held around Australia throughout 2006. In Adelaide, Sydney and Perth, children were able to take part in a

fun-packed three-day activity program, commencing with a family fun day. In Sydney the activities included Taronga Zoo, Darling Harbour and Penrith Panthers World of Entertainment.

Melbourne held a Kidney Kids Capers day for the first time in December, hosting over 90 participants, including 'kidney kids' and their families at Scienceworks. Participants travelled by ferry from Southbank and were treated to an exclusive show in the Planetarium, as well as a visit from Santa after the lunch.

Feedback from all the events has been extremely positive, with many looking forward to next year's events already.

### **New offices**

Our WA team moved to a brand new facility in Subiaco, which was fitted out with a generous grant from LotteryWest.

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Garran ACT 2605

Phone: 02 6290 1984  
E-mail: [crksg@shout.org.au](mailto:crksg@shout.org.au)  
Web: <http://www.crksg.org.au>



We're on the Web —  
[www.crksg.org.au](http://www.crksg.org.au)

## Recycle Your Old Mobile Phones for Kidney Health Australia and Help Clean Up Our Environment

Kidney Health Australia has joined with Aussie Recycling Program to raise much-needed funds to fight kidney disease. All you have to do is collect unwanted mobile phones that would otherwise be thrown in the bin. For every mobile phone that we collect, the Aussie Recycling Program will donate \$3 to Kidney Health Australia.

If you have any unwanted phones or can help us to collect as many mobile phones as possible, please contact KHA at the email address below for further information. Your employers can also support us by registering with the Kid-

ney Health Australia Mobile Phone Recycling Program and pledging their unwanted mobile phones.

KHA will provide reply-paid satchels that hold up to five mobile phones. Small recycling bins and satchel holders are also available for corporate supporters. Every mobile phone collected will help so please don't dump your old phones, donate them for Kidney Health Australia instead. For further information or request a reply-paid satchel, please email [susan.sayer@kidney.org.au](mailto:susan.sayer@kidney.org.au) or telephone (03) 9674 4302.

