



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.

Winter 2004

EUROBODALLA COMMUNITY DIALYSIS CENTRE - UPDATE

Leanne O'Grady, Renal CNC Eurobodalla, Moruya Hospital, tells CRKSG that refurbishment of the building to accommodate the limited care dialysis centre is due to commence within the next 2 weeks. A small extension to the building is required to accommodate the water treatment plant. That meant a development approval from council is required. Tradespeople are organised to commence work as soon as we gain the green light from council. We aim for refurbishment to be completed within 12 weeks from commencement.

The tender for supply of dialysis equipment, water plant, and dialysis consumables was advertised on May 1st. A 6 week turnaround time for the tender process and then a 2 week evaluation will be attended prior to announcing the successful company. Staff recruitment will commence once the tender process is finalised.

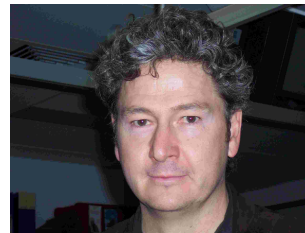
The Moyuya District Hospital Auxiliary had been enthusiastically fund raising to assist with making the unit aesthetically pleasing and comfortable for the people who will dialyze in it. Leanne says "Their fund raising efforts will make our unit the envy of many others in Australia."

IN THE MEDIA

Date: 24 May, 2004 Source: Southern Highland News. The Southern Highlands could see the beginnings of a renal dialysis centre at Bowral Hospital within the next 12 months following talks between South Western Sydney Area Health Service (SWSAHS) administrator Associate Professor Deborah Picone and the Southern Highlands Renal Appeal (SHRA) committee.

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Know your Doctors

This issue is the first of a series of articles on the Renal Doctors at Canberra Hospital.

Dr Martin Patrick Gallagher

Dr Martin Patrick Gallagher, Acting Director of the Renal unit, has had a busy year this year, marrying Jennifer in April. Martin studied with the Marist Brothers (Sacred Heart College) in Adelaide before he undertook his medical degree at Adelaide University. On completing his degree he moved to Royal North Shore Hospital in Sydney for the first two years of post-graduate training. He then took six months off work and traveled overseas, including working in Oxford England in the Biochemistry Department, although, truth be told, he spent more time on a motorcycle touring Europe. He returned to North Shore and undertook his Basic Physician Training followed by Advanced Training that started in Darwin and was completed at Royal Prince Alfred and Concord Hospitals. He obtained his FRACP in 1999 and then started a Masters Degree in Public Health at Sydney University before taking up a position at the Canberra Hospital in March 2000.

This ex Aussie Rules football player's interests outside of work include motor cycling with other Members of the Renal Unit (and some patients); cooking and current affairs.

Martin has been a clinical leader in The Canberra Hospitals' Quality Improvement programs, a process designed to drive improvements in patient outcomes within the Hospital.

The Canberra Times 24 July 2003 reported Dr Martin Gallagher as being honoured with the Cochrane Users award 2003. The National Institute of Clinical Studies established the Cochrane Users

Award in 2003 to recognise the initiative of Australian health professionals who have successfully used data from the Cochrane Library to improve patient care. In 2003 the overall winner was Dr Martin Gallagher, Director of the Clinical Health Improvement Program at The Canberra Hospital, for his project reducing deep vein thrombosis and pulmonary embolisms in hospitalised patients. He received the first prize of \$5,000.

As Acting Director, he is involved with the planned establishment of Satellite Dialysis Units for the North side of Canberra, Moruya and Goulburn. Martin said that the


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IN THE MEDIA

KIDNEY HEALTH AUSTRALIA DEFENDS WEE WEEK NAME

Melbourne: - 21 May 2004 - Kidney Health Australia today said the re naming of Kidney Awareness Week to WEE WEEK was aimed at giving Australia a wake up call on kidney and urinary health known as the silent killer.

The Chief Executive of KHA said as a general rule the community avoid the subject of urine which is one of the most important methods of tracking the state of people's health. Wee Week is about bringing urine out of the closet. "If we can enable Australians to feel more comfortable about their urinary health we will be moving a long way towards enhancing Australia's health." Ms Wilson said whilst there had been a few off side and disparaging comments about the change of the name to 2Bs and Wee Week, we simply say people should be focusing on the health message as a priority. The 2Bs relate to Blood Pressure and Balanced Lifestyle, while Wee highlights the importance of focusing on kidney and urinary health as an indicator of general health. Maintaining a healthy blood pressure and balanced lifestyle is an essential ingredient in Kidney Health Australia's health messaging in the year ahead. WEE WEEK was launched at Parliament House Canberra on Monday 31 May 2004.

 <p>+ Blood pressure check yearly + Balanced lifestyle</p> <hr/> <p>Healthy Kidneys</p>	BLOOD PRESSURE <ul style="list-style-type: none">- Kidneys help to control blood pressure.- High blood pressure can damage your kidneys.- You can feel OK and still have high blood pressure There is no fixed rule about what is 'normal'.
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Normal blood pressure: Less than 120/80.

- Visit your doctor at least once a year for a blood pressure check.
- Remember a single reading is not enough to diagnose high blood pressure.
- High cholesterol increases the risk of kidney disease.

BALANCED LIFESTYLE

- **Enjoy life!**
- Eat lots of fruit, vegetables including legumes like peas or beans and grain based food like bread, pasta, noodles and rice.
- Eat lean meat like chicken or fish each week and less dairy food.
- Eat only small amounts of salty or fatty food.
- Maintain a healthy weight.
- Stay fit — do at least 30 minutes (in 3 x 10 min blocks) of physical activity that increases your heart rate on 5 or more days of the week.
- Be a **non** smoker.
- Limit your alcohol to 2 small drinks per day if you are male or one small drink per day if you are female. Visit your doctor today for more Good Health and Healthy Kidney advice or visit www.kidney.org.au.

Facts: Kidney disease affects approximately 2.5 million Australians. It is estimated that 500,000 Australians have early kidney damage and don't know it.

EDITORIAL

The blood pressure measuring conducted by Renal staff at Woden plaza picked up a few cases of hypertension that may have gone unrecognised for some time and may have led to serious illness. It also picked up that a number of people that knew they had problems with hypertension, but were not very careful (ie compliant) about taking their anti-hypertensive medication. Probably the most disturbing report is the hesitation with which people approached having their Blood Pressure measured. The fear of incurring a charge had a significant part to play. If hesitation and a fear of charges is the reaction of the general public, then this should be addressed in future Health promotions.

RENAL RESEARCH

The Renal Unit at The Canberra Hospital has begun participating in the SHARP (Study of Health and Renal Protection) Program. The investigation involves observing the effects of cholesterol lowering on heart disease in patients with kidney disease.

One of the cholesterol-lowering drugs being used is called Simvastatin which works through the liver to reduce cholesterol and has previously been shown to be a safe means of lowering blood cholesterol in people with kidney disease. The new cholesterol-lowering drug, called Ezetimide, works in a different way by reducing the amount of cholesterol that is absorbed from the gut. As the two drugs each target separate sources of cholesterol (i.e. cholesterol made by the body and cholesterol absorbed from food) taking them both together in a combination tablet lowers blood cholesterol levels more than standard doses of either drug alone.

The main aim of the study is to test whether reducing blood cholesterol with a combination tablet, containing both simvastatin and ezetimide, can prevent heart disease and strokes in patients with kidney disease. Also the trial will compare the effect on blood cholesterol levels of combining ezetimide and simvastatin with the use of simvastatin alone. The trial will also be able to study a number of other potential effects of lowering cholesterol, including whether it can delay the need for dialysis in people who have kidney disease. A total of 9,000 people with kidney disease across the world will take part in this study, including around 1,500 in Australia and New Zealand. Potential participants for the study who meet the criteria will be approached by the Renal Research team over the following months.

This is an independent trial organised by Oxford University, coordinated in Australia and New Zealand by the Institute for International Health, University of Sydney and the Australia New Zealand Society of Nephrology (ANZSN). The study is funded by a grant from the National Health Medical Research Council (NHMRC) and a pharmaceutical company (Merck Schering-Plough).

details would become clearer in the next two or three months but welcomed the increase in dialysis capacity. Martin would like to focus on more Community education as renal impairment rates continue to rise and there are some treatments for early renal disease that clearly work. Within the Renal Unit, Martin is currently planning to employ a Research Officer with the Unit hoping to be involved in more international studies of new treatments for renal disease and its complications. The first such study (called the SHARP study), examining the effects of new cholesterol lowering drugs in patients with renal disease, has just started enrolling patients.

NEW MEDICARE ITEMS FOR ALLIED HEALTH SERVICES FOR PEOPLE WITH CHRONIC CONDITIONS AND COMPLEX CARE NEEDS

From 1 July 2004, people with chronic conditions and complex care needs who are being managed through an Enhanced Primary Care (EPC) multidisciplinary care plan may be eligible for up to 5 allied health services per year on referral from their GP.

Services from Aboriginal health workers, audiologists, chiropractors, chiropodists, dietitians, mental health workers, occupational therapists, osteopaths, physiotherapists, podiatrists, psychologists and speech pathologists, are included under these items.

GPs must use the EPC allied health referral form to refer their patients to an eligible allied health professional. Where the GP is referring a patient to more than one allied health professional, he/she must use a separate referral form for each referral. A copy of the form is included in this package. A Fact Sheet relating to dental services able to be provided under this initiative can be found on the HIC website at www.hic.gov.au/providers

Overview

- Patients must have an EPC care plan developed by their GP (MBS Items 720, 722, 730)
- GP must use allied health referral form to refer patient
- Allied Health Professional must be registered with the HIC
- Maximum of 5 services per year
- Referral form signed by servicing allied health professional must accompany all Medicare claims.

Living a Healthy Life with Chronic Conditions

Any interested in undertaking the peer leaders' training workshop in the 'Living a Healthy Life with Chronic Conditions' Course – contact Self Help Organisations United Together (SHOUT) on 02 62901984 or the CRKSG at PO Box 5051, GARRAN ACT 2605.

VOLUNTEERS REQUIRED

The CRKSG needs volunteers to continue to support the Renal Community - Contact the CRKSG at crksg@yahoo.com

IN MEMORIAM - PETER PAKULAT

It is with sadness that we received the news that our friend and President of the CRKSG had passed away. Peter who died suddenly on 14 May 2004 will be sadly missed by the CRKSG and all who knew him. Peter was instrumental in setting up the Support Group and was the leader of our small band of volunteers. Without his fundraising efforts, many patients would not have received equipment and/or financial support from the CRKSG via the Renal Social worker. Peter will be missed by all of us and our condolences go out to his wife Margaret, and Gabriel and Adrian.



Peter and Vince cooking sausages outside the Hospital during Kidney Week. The Sausage Sizzle proceeds being a major contributor to financing the CRKSG.

WANTED

Knitting / Crocheting Rugs for Patients

A small group of women have joined together to support the renal dialysis unit at the Canberra Hospital. They are hoping to knit and/or crochet blankets to give every patient one each but are in need of wool, preferably 8 ply.

If you can help please phone Margaret on 02 6247 7361.

CALENDAR OF EVENTS

CANBERRA REGION KIDNEY SUPPORT GROUP MEETINGS – DATES FOR 2004

WHEN: 8 JUN, 13 JUL, 10 AUG, 7 SEP, 12 OCT, 9 NOV, AND 14 DEC.

PLACE: PEARCE CENTRE, TIME: 7.30PM

TRANSPLANT EDUCATION SEMINARS

WHEN: 29TH OCT 04, PLACE: CANBERRA HOSPITAL, TIME: 1PM

LIMITED SEATING – CONTACT MIKKI ON 62443062 OR ALISON ON 62443353

RENAL EDUCATION PROGRAM - LIVING WITH KIDNEY FAILURE – DATES FOR 2004

WHEN: 19TH & 26TH AUG; AND 18TH & 25TH NOV

PLACE: CCDCC, TIME: 1.30

Dialysis Unit Guide - NSW

Unit Name: Armidale Limited Care Dialysis

Travel Tips for Dialysis and Transplant Patients

Many dialysis and transplant patients have a need or a desire to travel. It is hoped the following ideas and information will make this easier. Always remember that travel on dialysis is possible!

Make sure you plan your travel or holiday as far in advance as possible. Most places like at least eight weeks notice of your impending arrival and some even ask for up to six months (particularly large, busy centres in capital cities). Allowing this time will improve your chances of being able to dialyse at your preferred centre at your preferred times.

One of the first priorities is to consult your dialysis centre staff to discuss ideas you have for your travel or holiday, where you would like to go, for how long you would like to go and what you would like to do while away. You also need to find out if there is a dialysis centre or unit near your proposed destination.

Direct personal contact with the unit will allow you to ask questions about things that may concern you or for which you have special needs (for example meals, types of machines, patient / nurse ratio, chairs or beds, etc). It will also help you feel reassured that your health and welfare will be well looked after while you are in their care, give you a contact person upon arrival at the unit and help unit staff identify you when you get there.

It is important to maintain good health prior to travel and while away from your home dialysis centre. With this in mind, be careful not to put yourself under too much stress, and allow plenty of time to rest and enjoy your activities. This will ensure your time away from home is relaxing, rewarding and memorable, making it a special event for you and your family.

You will need to maintain your diet and fluid rules while on holidays. Take enough medication to last the duration of your travel (and a little extra in case you have to stay longer), or arrange for supplies to be available at your destination. Remember to carry your medications and prescriptions with you (You will arrive at your destination, but your luggage may not, and you don't want to be stuck without a critical medication), also a list of your regular medications, their strengths and dosages. Carry important phone numbers with you, such as your

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doctor, dialysis centre and pharmacy, as well as family and home. Make sure you have a letter from your physician describing why you need the medication. This is very important when you require syringes and needles. If your medication needs to be refrigerated or stay cool, purchase a thermal insulated lunch bag.

Anyone travelling with you should know where you keep your medication, medical records and treatment information. If you become ill while travelling, contact the dialysis centre you are visiting or the doctor responsible for patient care as soon as possible. When away from home, your ability to recover from a setback in health can be reduced without the familiarity of your regular surroundings. Do not wait until you return home before consulting a doctor or specialist.

Should you require hospitalisation during your travel, the doctor responsible for patient care at the centre you are visiting will be able to arrange this. He or she will most likely contact your regular doctor and discuss treatment. You should have your medical history with you as well as a list of medication and notes of particular problems such as allergies and disabilities.

Should you need to travel in an emergency consult your doctor and dialysis centre and tell them of your need. The procedures are almost the same - it is the speed with which they operate that will differ.

Canberra Community Dialysis Centre (CCDC) will prepare paperwork for travelers to take with them to units they visit. CCDC also have a "Holiday Information" form for Members on the Transplant List. This form is designed to be completed if you are traveling away from home for a short period (ie. Weekend). The form provides the Dialysis Team with additional information in case they need to contact you.

Hints and tips for renal patients have been devised from a number of sources, including personal experiences from people who have previously travelled whilst on dialysis. This is not intended as a source of all knowledge when preparing to travel while on dialysis, but as a reference that provides guidance in planning for some time away from your home dialysis unit.

Wishing you many happy and memorable holiday experiences.

Suburb / Town:	ARMIDALE	Ph: 02 6776 4911
Unit Name:	Ballina Renal Centre	
Suburb / Town:	BALLINA	Ph: 02 6686 2111
Unit Name:	Renal Dialysis Unit	
Suburb / Town:	BANKSTOWN	Ph: 02 9722 8642
Unit Name:	Community Nursing	
Suburb / Town:	BATHURST	Ph: 02 6331 2555
Unit Name:	E6 Dialysis	
Suburb / Town:	CAMPERDOWN	Ph: 02 9515 7638
Unit Name:	Wansey Dialysis Cnt	
Suburb / Town:	CHARLESTOWN	Ph: 02 4943 9635
Unit Name:	Renal Unit	
Suburb / Town:	COFFS HARBOUR	Ph: 02 6659 1462
Unit Name:	Dialysis Unit Level 4 North	
Suburb / Town:	CONCORD	Ph: 02 9767 6119
Unit Name:	Coogee Dialysis Service	
Suburb / Town:	COOGEE	Ph: 02 9355 0411
Unit Name:	Coonamble Dialysis Unit	
Suburb / Town:	COONAMBLE	Ph: 02 6822 1133
Unit Name:	Cohen Renal Unit	
Suburb / Town:	CROWS NEST	Ph: 02 9900 7655
Unit Name:	Haemodialysis Unit	
Suburb / Town:	DARLINGHURST	Ph: 02 9361 2362
Unit Name:	Sydney Dialysis Centre	
Suburb / Town:	DARLING POINT	Ph: 02 9362 3497
Unit Name:	Dialysis Unit	
Suburb / Town:	DUBBO	Ph: 02 6885 8604
Unit Name:	Lions Dialysis Unit	
Suburb / Town:	GOSFORD	Ph: 02 4320 3668
Unit Name:	Grafton Renal Unit	
Suburb / Town:	GRAFTON	Ph: 02 6640 2365
Unit Name:	Inverell Dialysis Unit	
Suburb / Town:	INVERELL	Ph: 02 6728 8300
Unit Name:	Catherine Cottage	
Suburb / Town:	KOGARAH	Ph: 02 9350 3770
Unit Name:	Lions Dialysis Unit	
Suburb / Town:	LAKE HAVEN	Ph: 02 4393 1781
Unit Name:	Gambro Lindfield Dialysis Clinic	
Suburb / Town:	LINDFIELD	Ph: 02 9415 8800
Unit Name:	Renal Unit	
Suburb / Town:	LISMORE	Ph: 02 6620 2641
Unit Name:	Satelite Unit	
Suburb / Town:	LIVERPOOL	Ph: 02 9828 4728
Unit Name:	Maitland Dialysis Unit	
Suburb / Town:	MAITLAND	Ph: 02 4939 2314

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Unit Name:	Nephrology Dept	
Suburb / Town:	NEW LAMBERT	Ph: 02 4921 4337
Unit Name:	Lions Shoalhaven Dialysis Unit	
Suburb / Town:	NOWRA	Ph: 02 4423 9722
Unit Name:	Dialysis Unit	
Suburb / Town:	ORANGE	Ph: 02 6393 3770
Unit Name:	Dialysis Unit	
Suburb / Town:	PORT MACQUARIE	Ph: 02 6588 2791
Unit Name:	Haemodialysis Unit Parkes 4West	
Suburb / Town:	RANDWICK	Ph: 02 9382 4435
Unit Name:	Shellharbour Hospital Satellite Unit	
Suburb / Town:	SHELLHARBOUR	Ph: 02 4295 2435
Unit Name:	Singleton Dialysis Unit	
Suburb / Town:	SINGLETON	Ph: 02 6572 2799
Unit Name:	Lanceley Cottage	
Suburb / Town:	ST LEONARDS	Ph: 02 9926 7187
Unit Name:	New England Renal Unit	
Suburb / Town:	TAMWORTH	Ph: 02 6768 3356
Unit Name:	Renal Dialysis - Taree	
Suburb / Town:	TAREE	Ph: 02 6592 9299
Unit Name:	Wagga Base Hospital Renal Unit	
Suburb / Town:	WAGGA WAGGA	Ph: 02 4295 2435
Unit Name:	Renal Unit	
Suburb / Town:	WAHROONGA	Ph: 02 9487 9161
Unit Name:	Eora Selfcare Cottage	
Suburb / Town:	WAVERLEY	Ph: 02 9369 0309
Unit Name:	Acute Renal Unit	
Suburb / Town:	WESTMEAD	Ph: 02 9845 7929
Unit Name:	Wollongong Dialysis Centre	
Suburb / Town:	WOLLONGONG	Ph: 02 4222 5443
Unit Name:	Concord Renal Dialysis Unit Ward 1	
Suburb / Town:	CONCORD	
Phone:	02 9767 6001	
Unit Name:	Regional Dialysis Centre	
Suburb / Town:	BLACKTOWN	Ph: 02 9881 8330
Unit Name:	Renal Ward	
Suburb / Town:	CAMPERDOWN	Ph: 02 9515 7705
Unit Name:	Childrens Haemodialysis Unit	
Suburb / Town:	RANDWICK	Ph: 02 9382 4439
Source:	The latest information is available on the Kidney Health Australia Web site.	



**MEMBERSHIP APPLICATION
OR
MEMBERSHIP RENEWAL
FOR FY 04/05**

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

Address:.....

Please accept this application for membership to the Canberra Region Kidney Support Group Inc
ABN: 77 396 063 641

Signature:.....

Date:.....

Post Application to:

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

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GARRAN ACT 2605

