



# Renal News

ISSUE 11



**Dr Clara Day**  
Lead Consultant for Haemodialysis

## Welcome to Renal News

Welcome to the eleventh edition of Renal News – our renal dialysis service bulletin.

In this edition we will be sharing photos and information about our new satellite centre which opened in Redditch.

We will also take a look back at World Kidney Day and share some of our other important news.

We hope you find this information useful however, please do get in touch should you have any questions or concerns.

*Clara Day*

Dr Clara Day  
Lead Consultant for Haemodialysis

University Hospitals Birmingham  
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## World Kidney Day a storming success

**This March, the Queen Elizabeth Hospital's renal team have been out in force helping to raise awareness of kidney disease as part of this year's World Kidney Day celebrations.**

Dietitians, specialist nurses, former patients and volunteers, held an awareness stand on World Kidney Day (10 March) in the hospital's atrium, providing information to visitors about the condition and the treatments available.

Amongst the information on offer were examples of low potassium diets and facts about joining the Organ Donation Register. There was also a haemodialysis machine demonstration to explain the process of filtering the blood.

Dr Clara Day, Consultant Nephrologist, said: "QEHB's Renal Unit currently sees more than 25,000 outpatients a year and looks after almost 1,100 people on dialysis.

"For people with more advanced kidney disease, we are providing treatment for increasing numbers of people through our satellite dialysis facilities across the West Midlands, home haemodialysis and a growing living kidney transplant programme.

"We are also making important improvements in the quality of dialysis treatment through our renal research programme."

The awareness day was supported by the



**Campaigners raising awareness of kidney disease**

QEH Kidney Patients' Association. The QEKPA provides renal patients with a voice and raises money through donations and various sponsored events, largely organised by patients' relatives.

Nick Flint, chairman of the QEKPA said: "We received such a great reception from people; we had a lot of interest from current patients as well as those who are approaching end-stage renal failure.

"Patients find the event very useful because they can have a look at what it is all about – in their own time.

"The majority of people don't realise how big the patient base for kidney conditions is – this hospital has one of the biggest in the UK, with thousands of people on dialysis or treated for renal conditions here.

"World Kidney Day is an excellent opportunity to raise awareness of kidney related issues, and it is great to showcase the work that the hospital does as well as the work of the Kidney Patients' Association."

# New Kidney Treatment Centre opens in Redditch

Dialysis patients in north Worcestershire are already feeling the benefit of the new Redditch Kidney Treatment Centre, which opened its doors to patients for the first time on Wednesday 30 March.

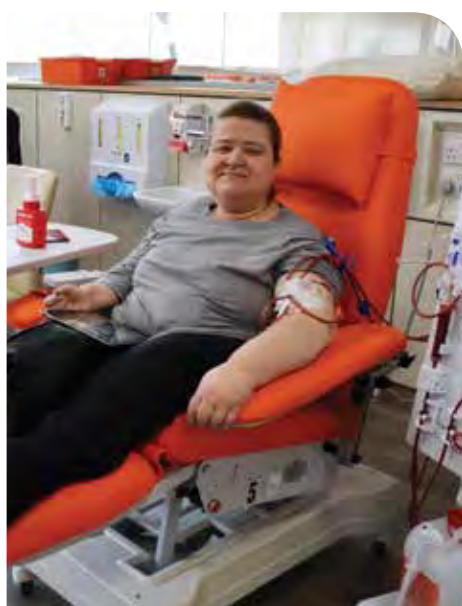
The spacious new dialysis centre, run by Diaverum, opened on schedule and has been well received by patients and the local community.

Angela Richards who has been on dialysis since August 2015, was one of the first patients to dialyse at the unit. She explained how dialysing closer to where she lives would impact on her life:



"It's wonderful to be able to be treated at a unit so close to home. Previously it was about a forty-five mile round trip to get to my dialysis sessions so this is going to save me a lot of time and petrol money in the long run; it will make a big difference to me.

"The new unit is lovely. We have internet access and our own TV and there is a



Tracy Coates

really nice atmosphere - time has just gone so quickly and now I'm off home."

Officially, Rilma Major was the first patient to begin treatment at Redditch, which boasts state-of-the-art dialysis equipment, patient entertainment as well as a mixture of dialysis chairs and beds.

Tracy Coates who has moved to Redditch unit after dialysing at both the Queen Elizabeth Hospital Birmingham and at Kidderminster said she was delighted when she got the news a new facility would be opening in Redditch:

"I was so excited when I heard there would be a new dialysis unit in Redditch as I live close by. I kept asking the nurses when it would open and when I could go. I just couldn't wait to come here.

"It's fantastic! It's a really lovely unit; it has ample space, it's light and everyone seems calm and relaxed – you could say I'm as happy as a pig in the proverbial!"

And there was even cake! Liz Simpson, unit manager at Redditch, declared the

dialysis centre open by cutting a specially-prepared cake to mark the occasion.

Diaverum's Operations Director Rachel Hucknall said; "Diaverum are delighted to be working with UHB again in delivering the new Redditch Kidney Treatment Centre.

“The new unit is lovely. We have internet access and our own TV and there is a really nice atmosphere...”

Angela Richards

"The journey times for many of the patients from Redditch and the surrounding areas have been significantly reduced, which is extremely important when attending for dialysis three times a week.

"The first few days have gone extremely well and the patients are enjoying their bright and spacious new clinic and making use of their individual TVs and free wi-fi."

## Q&A - Unit Managers - In the hot seat

In the last edition of Renal News, we got to know some of the unit managers – Julie, Nia, Tim and Nerissa a little better and found out why they are passionate about dialysis.

In this edition we meet two more unit managers as we put them 'in the hot seat'.

### KAREN JONES

Hereford Kidney Treatment Centre  
Clinic manager for four years  
Karen.Jones@diaverum.com

#### What has been your biggest achievement this year?

Undertaking the Paint Runner (three miles) for the local hospice with my five-year-old niece Maisie and my sister.

#### Why did you choose a career in dialysis care?

I had a placement at the Hereford dialysis unit whilst training and found it really interesting and inspiring.

#### What inspires you?

The patients; how they adjust their lives to live with their chronic illness.

**Describe yourself in three words...** Cheerful, dependable and a chocoholic!



Karen Jones' beloved Cornwall

#### What makes you laugh?

Life, I am not just a glass-half-full girl, I appreciate having the glass!

#### Where's your favourite place?

Well I have two places; Disneyland with my niece and nephew but also I love sitting on a beach in Cornwall with a glass of wine and watching the sunset – it allows me to reflect and appreciate

everything I have in life.

**If you could change just one thing – anything, what would it be?** To improve my fitness levels.

**And finally, a lot of people don't know this but I'm...** Always up for a challenge. I currently do body boarding but I want to learn to surf.

## » DESIREE NHLAPO

### DESIREE NHLAPO

Great Bridge Kidney  
Treatment Centre  
Clinic manager for one year  
Desiree.Nhlapo@diaverum.com

#### What has been your biggest achievement this year?

Being appointed by Diaverum to the position of clinic manager. Also getting my daughter's music played on the BBC.

#### Why did you choose a career in dialysis care?

I love being part of a family of patients that you see each day and that you are with through everything they go through.

#### What inspires you?

Seeing happy people! I love seeing when someone is happy with the service I provide.

**Describe yourself in three words...** Confident, focused and sharp

#### What makes you laugh?

Dancing and comedy shows!

#### Where's your favourite place?

South Africa

**If you could change just one thing – anything, what would it be?**

I would get rid of gossip and hatred.



Desiree's favourite – South Africa

**And finally, a lot of people don't know this but...** I'm the manager of my daughter's music and her band; I'm funny; plus I've had three swimming lessons and still can't swim to save my life!

# Medal honour for kidney Research

**University Hospitals Birmingham (UHB) doctor Andrew Bentall has won a prestigious national award for his research into the effects of dialysis on live kidney transplant patients.**

Renal Registrar Andrew Bentall received the Medawar Medal at the British Transplantation Society Annual Congress 2016 in Glasgow.

Named after the "father of transplantation", Peter Medawar, two medals are awarded each year, for the best abstract for clinical and basic science presentations to Congress.

Andrew presented the results of his research into the effects of dialysis time on the outcomes of live donor kidney transplants – which looked at almost 10,000 patients between 2001 and 2013.

Previous American research, published in 2002, had suggested that as little as six months on dialysis prior to surgery could reduce transplant survival at five years by up to 15 percent.

"Obviously that data was from the United States and from 2002, so it's quite old," said Andrew.

"In the UK, our dialysis outcomes are better than in the US – and there's data to support that. But no-one had shown how the better UK dialysis affected kidney



**Dr Andrew Bentall, right, shows off the Medawar Medal to colleague Dr Simon Ball.**

transplant survival in the UK.

"Our study demonstrates, unlike the American data, that the effect of dialysis on transplant outcomes in live donor kidney transplantation is not significant until after two years of dialysis have accrued.

"It was really great to do the study, which meets a clinical need and hopefully will either support or change practice across the UK in terms of how we approach patients who have live kidney donors which are difficult to match, due to antibodies or other factors, but who need

to start dialysis.

"It is great to win the prize and I'm very proud of that – it is a real privilege and the first time authors from Birmingham have been given this award – but importantly it recognises our research changes how we treat patients and improves their experiences and outcomes."

Andrew's co-authors in the study were consultants Mark Jesky, Richard Borrows and Simon Ball from UHB and Rachel Johnson from NHS Blood and Transplant, with whom they collaborated.

**DID YOU KNOW**



The average kidney is about 10-15cm long

**DID YOU KNOW**



A healthy kidney weighs 160g, that's nearly 6oz!

**DID YOU KNOW**



Our kidneys filter around 180 litres of blood every day!

# Important changes to holiday dialysis

**We all recognise how important it is for dialysis patients to be able to get away on holiday.**

Recent changes in the way that holiday dialysis is funded by the NHS, which came into effect on 1 April. The changes mean UK residents will now be able to access dialysis in more European destinations than before, without having to pay for the full cost of the treatment.

## Within the UK

There is no change to dialysis access. Dialysis is free within NHS units or those with an agreement with the NHS (most are covered by this).

## In Europe

You can access dialysis in the state-run units for free using an EHIC card.

NHS patients can now claim back some of the cost of dialysis treatment that is



provided in privately-run units in some European countries. This is also the case for some cruises in Europe.

For full details of the changes please read the fact sheet on the hospital's website

called Dialysis Away from Base; frequently asked questions. This factsheet is also available at the dialysis units.

Please do ask your clinic manager for further information if you are concerned.

# Social support for dialysis patients

Providing appropriate clinical care is just one aspect of the Queen Elizabeth Hospital's dialysis programme. Helping patients to find the support the need in other areas of their life, which are impacting on their health or causing them anxiety, is also a crucial part of caring for our patients.

For the last two years welfare support has been provided to most of our satellite units by Bromford – a national organisation providing housing and support for patients experiencing social issues – however their contract is due to end on 30 April.

Dr Clara Day, explains; "In the coming weeks, Bromford's contract will come to an end, however we know that being on dialysis can bring many financial and welfare concerns therefore we have appointed Auriga to provide social support once Bromford's contract comes to an end.

"Auriga will be providing welfare support workers across all the satellite units to continue the good work that Bromford have been doing.

"We would like to thank Bromford for all their hard work and will introduce you to the Auriga team in the next newsletter."



If you have questions or require social support, please ask your clinic staff to put you in contact with the Auriga team.

# Shashi's treat trolley takes Smethwick by storm

Smethwick patients are enjoying the fruits of a new tea-time trolley service thanks to patient Shashi Patel.

Shashi, who dialyses three times a week at Smethwick Dialysis Centre, came up with the idea of providing a tuck trolley service in the unit for patients and has now put it into action.

She visits with her tuck trolley twice per day – morning and afternoon – to keep rumbling tummies at bay.

Gabby Kelly, lead nurse for Smethwick Dialysis Centre said: "Shashi's trolley is really popular and such a great idea. Well done!"



## Aston celebrates Fred's 90th birthday

We are wishing Fred Sheasby, who celebrated his 90th birthday in March, many happy returns as he joins a select group of QE nonagenarian dialysis patients.

To mark the special occasion, staff at the Aston Kidney Treatment Centre decorated

the unit with balloons and banners and donned party hats to get into the spirit.

The team then presented an overwhelmed Fred with a birthday cake and gifts to celebrate his milestone.

**Congratulations Fred!**



### » CONTACT US

If you have any questions or queries regarding dialysis services, please get in touch.

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**WE'RE ON  
FACEBOOK!**

You can also join Smethwick Dialysis Centre's Facebook page to receive regular messages and keep in touch with other patients. To be part of this online community, simply 'like' Assure Dialysis Services: [facebook.com/assuredialysis](https://www.facebook.com/assuredialysis)