



Renal News

ISSUE 6



Dr Clara Day
Renal Consultant

Welcome to Renal News

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

We aim to keep you up-to-date with developments in our dialysis programme and how you can find more information about our new units.

We hope that all of our patients who have moved into the four new units – Hereford, Great Bridge, Kings Norton Dialysis Centre and Aston – have settled in well.

In this issue we have details on the plans for the next new unit, which will open in Smethwick later this year.

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

Dr Clara Day
Lead Consultant in Haemodialysis

Clara Day

University Hospitals Birmingham
NHS Foundation Trust

Ensuring your dialysis is working well for you

Each month we take your blood and analyse it to see how well your blood is being cleaned through dialysis.

When your kidneys fail, toxins in the blood that would normally be removed by the kidney such as urea, build up and the only way to effectively remove them is through dialysis.

We calculate the 'urea reduction ratio' each month by measuring urea levels in the blood before and after the dialysis session and this indicates how well your blood is being cleaned.

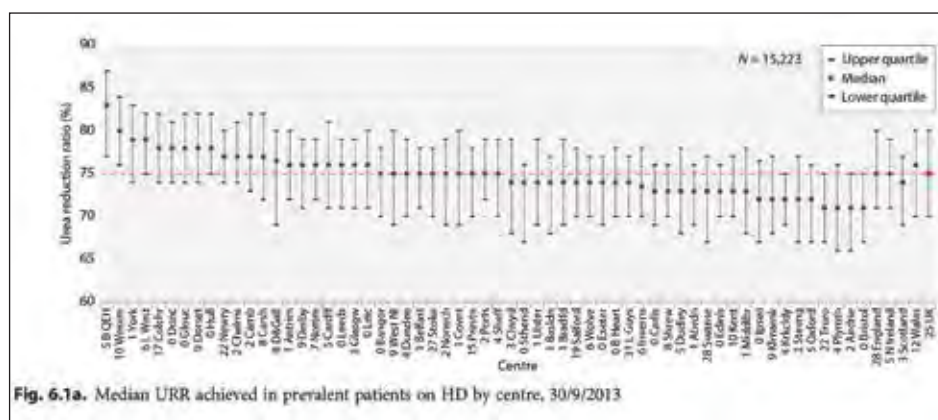
If this ratio suddenly drops, it may mean that there has been a problem with your line or fistula, or you may require higher blood pump speed for example. Therefore by measuring this each month, we are able to tailor your treatment to ensure you get the best dialysis care.

The most recent results published by the UK Renal Registry, show that UHB is currently the highest performing centre in the UK when it comes to managing your urea reduction.



National guidelines recommend blood should be cleaned by 65% or more and we routinely achieve this in more than 95% of our patients – all of which is good news.

To view the UK Renal Registry website, which has lots of information about dialysis results across the UK visit <http://www.renalreg.com/>



New units open

Haemodialysis patients who dialyse at the QEHB's satellite units in Great Bridge, Kings Norton, Aston and Hereford, are enjoying new purpose-built treatment centres which opened on 3 November.

Dr Clara Day, lead consultant for haemodialysis said: "A huge amount of effort has gone into ensuring that the units opened on time and that patients' transition went smoothly.

"As with any major change, it does take a little bit of time to settle in and get used to the new surroundings but I think the new units are very impressive and I hope that the design will make the environment a much more restful one for the patients."

Among the first patients to dialyse on opening day were Gordon Henn and Betty Taylor, who shared their impressions of the new units.

Gordon Henn

Officially the first patient to dialyse at the Kings Norton Kidney Treatment Centre, 78-year-old Gordon Henn, said his first treatment had gone well.

"The chairs are very comfortable actually, more so than I expected," said Gordon who has been on dialysis for five years. "I have quite long legs and I used to find that my legs ached, but this chair is very good - the foot rest moves to fit me so it's much more comfortable."

But it wasn't just the comfy new chairs that Gordon was enjoying. The sunlight streaming in through the large windows was also very welcome.

"I like to go to Tenerife so I do like the sun," he added: "It's really bright in here."

Gordon, a diabetic, and his wife recently celebrated their 58th wedding anniversary with their children and grandchildren, and are looking forward to a holiday to celebrate later in the year.



“

I have quite long legs and I used to find that my legs ached, but this chair is very good - the foot rest moves to fit me so it's much more comfortable”

Gordan Henn

Betty Taylor

Betty Taylor, who has been dialysing at Kings Norton for seven years, was pleased with the new unit: "It is very nice – much more spacious and modern.

"When you have been on dialysis as long as I have, you get into a routine so it doesn't take over your life.

"It used to be quite tedious sitting for hours, but I can watch television now."

For over 10 years Betty had been a foster parent as well as a mum to her biological children, but that's not where her 'family' ends:

"Everyone gets along here and we're all good pals," she said. "Although, I may have to have words with Gordon, because I think he has bagged the seat with the best view!"

The move to the new buildings was the result of the Trust transferring the running of its dialysis services from Fresenius Medical Care to Diaverum – another dialysis service provider – when their contract came to an end.



“
When you have been on dialysis as long as I have, you get into a routine so it doesn't take over your life”
Betty Taylor

Give us your views

If you are a patient who transferred to a new unit in November 2014, we would like your feedback on the transfer process and on your experience at your new unit.

To share your thoughts, please fill in a feedback card available from the nursing staff, or online at www.uhb.nhs.uk/renalviews.

Your feedback will be treated confidentially and will help us make improvements for the future.



Development nurse joins the team



Assure has appointed its first professional development nurse (PDN) to help staff and patients increase their understanding of dialysis care.

Joanne Walker, who currently works at the QEHB, has been a nurse for almost 40 years and has wide range of experience of healthcare. She will work part-time at the new centre in Smethwick.

As a PDN, Joanne will support staff through delivering training and education. She worked for many years in orthopaedics, A&E and also managed a care home before a serious accident meant she had to change her role. This led to her developing a passion for haemodialysis and she has been specialising in renal care ever since.

"I had planned to retire in 2015, and spend more time on my hobbies and with my family," explains Joanne. "But I am still very passionate about my work and I wasn't sure how I would feel about going from working full-time to not working at all, so this opportunity came up just at the right time for me."

"I am fascinated by how the kidney works and I love teaching people, talking to people, getting to know them and finding out what their area of expertise is.



I am fascinated by how the kidney works and I love teaching people

Joanne Walker

"For me the challenge is seeing what support people need and finding ways to make the process of learning new things easier and more effective."

In addition to training staff, Joanne will also support patients in managing their condition and increasing their knowledge on dialysis.

Look out for Joanne, who will be supporting the nursing teams to help staff and patients settle in to their new environment when they move to Smethwick Dialysis Centre.

Lead Nurse appointed to run Smethwick Dialysis Centre

Gabby Kelly has been appointed as Lead Nurse for the Smethwick Dialysis Centre.

Gabby has more than 11 years experience and has worked in various dialysis roles over the years including home haemodialysis and most recently as a professional development nurse.

As Lead Nurse, Gabby will be in charge of the day-to-day running of Smethwick Dialysis Centre. She will supervise all the registered nurses and assistants who make up the nursing service provided by Assure and will also oversee the training plan for all nurses working at the unit.

Her role involves ensuring all the components of good dialysis care work harmoniously from co-ordinating blood

test schedules to ensuring dietetic, diabetic, social and psychological services are available where appropriate. She will also be responsible for liaising with consultants and making sure that medications are delivered on time to ensure care is delivered to the highest possible standard.

Gabby said: "It is a huge role, but a very important one.

"I am very passionate about haemodialysis and I care deeply for our patients so I was thoroughly delighted to have been offered the position.

"It will be a challenge but I am very excited about the future of Smethwick Dialysis Centre and I can't wait to get stuck in."



Assure Dialysis Services

University Hospitals Birmingham, the Trust which runs the Queen Elizabeth Hospital, has set up its own dialysis service to provide dialysis care at the new Smethwick unit.

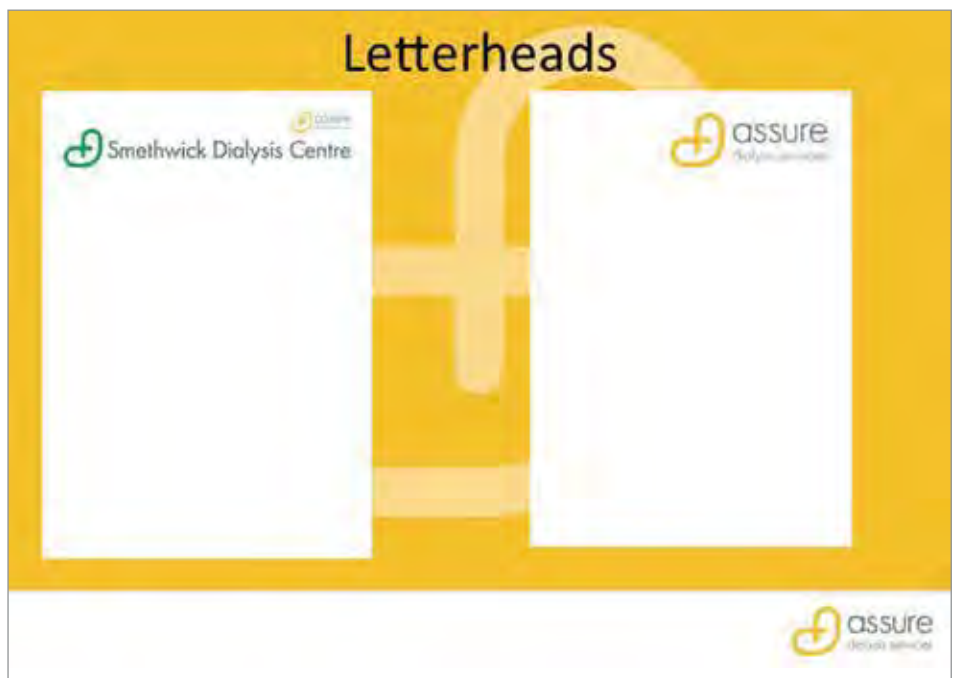
The service, called Assure Dialysis Services, will provide all aspects of care from nursing staff to the machinery and building maintenance to ensure that patients get the very best in care.

Dr Clara Day said: "The Queen Elizabeth Hospital has a long history of providing dialysis within the hospital and is one of the leading centres in the UK for renal care.

"We have, for many years, commissioned private providers to run our satellite units and so we have a good knowledge of how to deliver dialysis care in a community setting.

"We have taken the opportunity, with the opening of an additional unit in Smethwick, to run this centre directly.

"The service will operate separately to the Queen Elizabeth Hospital and will be registered with compulsory health regulators. The quality of the service will be monitored by the Trust and independent parties such as the Care Quality Commission."



Assure website

A new website has been launched to provide information on the new service and Smethwick Dialysis Centre.

The website - www.assuredialysis.co.uk – has been designed to be accessed on computers, tablets and smart phones.

We'll be updating the website with more news and information over the coming months.

If you have any feedback on the website, please email webmaster@uhb.nhs.uk



Smethwick Dialysis Unit takes shape

Plans for Smethwick Dialysis Centre are now in full swing with work underway to provide newly refurbished premises.

The dialysis centre will be located in Rabone Park, off Rabone Lane, Smethwick and is well positioned for travelling via public transport due to its proximity to Smethwick High Street. There are a number of bus routes (54, 61 and 854) that stop very close to the building and Smethwick Rolfe Street station is just a short walk away. The Midland Metro tram is also close by.

The new Smethwick Dialysis Centre unit, which will be run by Assure Dialysis Services, will consist of two 20-station dialysis units. Initially, the centre will open with two 16-stationed units, growing to 20 stations over the phased transition.

This includes eight isolation rooms for patients returning from holiday dialysis, research facilities and a home haemodialysis training area.

In addition the stylish new centre will have a large waiting area and reception as well as a number of meeting rooms, a 30-seater seminar room, offices, training rooms and staff facilities.

Patients will also be able to take advantage of the latest dialysis equipment, individual TV units and Internet access. Ample free parking is also available directly outside the building for patients and free parking.

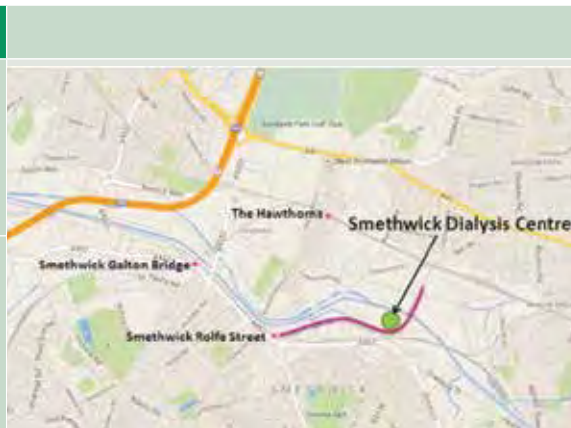
Project manager Jane Roddick, who is overseeing the build of centre in the Smethwick said: "We are really looking forward to opening the new unit in Smethwick. The design will make the environment a restful one, with light and space and good facilities for both patients and staff.

"A lot of consideration has been given to the location, and to factors such as heating and lighting, as well as the quality of the furnishings such as chairs – which we know has a big impact on comfort."

Over the coming weeks the team will be looking at which patients live close to Smethwick and contacting patients to discuss moving to the new unit. If you are local to Smethwick and would be interested in dialysing at Smethwick Dialysis Centre, please contact Anne-Marie Phythian or Gabby Kelly on 0121 371 6229.



Location:	Address:
Smethwick Dialysis Centre	Unit 2 Rabone Park Rabone Lane Smethwick B66 2NN
Bus routes:	61, 845, 54
Train stations:	Smethwick Rolfe Street The Hawthorns



Fun Facts

World Kidney Day
12 March 2015

Did you know?
The average kidney is about 10-15cms long

Did you know?
A healthy kidney weighs 160g, that's nearly 6oz!



Waiting area



Reception



Main dialysis area



Treatment area

Renal research to improve care

The Queen Elizabeth Hospital is home to one of the largest renal research programmes in the UK, conducting numerous ground-breaking studies into kidney conditions every year.



is given to patients, and the MODEST study, which is looking at the problem of low mood and depression in patients from South Asian backgrounds who dialyse.

Senior Sister in Kidney Research Mary Dutton is appealing for further study ideas: "We are keen to get ideas from anyone who dialyses as we want to study subjects that matter to you.

"We have recently begun the GTN patch study to research a new treatment that may help fistulas work better and last longer.

"Improvements in care through research need people who are willing to take part in studies so if you are approached to take part in a study, please do take the time to read the information given to you about the research and to hear about it from the staff involved."

The research team currently have several studies running including the PIVOTAL study, which is looking at how much iron

is given to patients, and the MODEST study, which is looking at the problem of low mood and depression in patients from South Asian backgrounds who dialyse. For further information about research please contact Mary Dutton on 0121 697 8450 or email: mary.dutton@uhb.nhs.uk.



» CONTACT US

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GOT A QUESTION?

You can send your questions to the team by emailing kidneypatient@uhb.nhs.uk. The team will get back to you as soon as possible with the answer. If you raise a topic relevant to all patients, we will also provide information in forthcoming editions of Renal News.

Assure Dialysis Services

Gabby Kelly – Lead Nurse

 07788 339798