

THE RAM PAGE

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IN THIS ISSUE

- ◆ *Preventing Foot Problems for People with Kidney Disease* page 2
- ◆ *Introducing Bega Renal Unit & Nutrition* page 3
- ◆ *Contacting your RAM representatives* Page 4

Joke of the Month

A salesman walking along the beach found a bottle. When he rubbed it, lo and behold, a genie appeared.

"I will grant you three wishes," announced the genie. "But since Satan still hates me, for every wish you make, your rival gets the wish as well — only double."

The salesman thought about this for a while. "For my first wish, I would like ten million dollars," he announced.

Instantly the genie gave him a Swiss bank account number and assured the man that \$10,000,000 had been deposited. "But your rival has just received \$20,000,000," the genie said.

"I've always wanted a Ferrari," the salesman said.

Instantly a Ferrari appeared. "But your rival has just received two Ferrari's," the genie said. "And what is your last wish?"

"Well," said the salesman, "I've always wanted to donate a kidney for transplant."



Preventing Foot Problems for People with Kidney Disease

In July 2013 the Canberra Hospital Diabetes Podiatry Service along with the Renal Unit started up a project to increase awareness of the importance of foot health and Kidney Disease. The two services have been working together with the aim of preventing foot problems for patients with kidney disease and providing quick access to podiatry for patients who develop foot problems.

What puts people with kidney disease at risk of foot problems?

People with kidney disease may develop swollen or numb feet. This can put their feet at greater risk of a foot problem such as a wound. If there is swelling to the feet there may be increased risk of shoes not fitting correctly and causing breakdowns or blisters over joints of the feet. If people develop numb feet or lose feeling in their feet they can also damage their feet and may not have any pain with the injury. Any damage to the feet may also heal slowly. There may also be an increased risk of infection.

Foot assessments help to prevent foot problems.

Foot assessments and foot care education are very important factors for preventing foot problems. People can develop changes to their feet such as lose feeling to their feet or legs without knowing and this can put their feet and legs at greater risk of problems. As part of this project a Renal Foot Assessment electronic record has been developed for the Renal Unit. The aim of this record is to ensure that all patients of the Renal Unit have their feet assessed by a nurse and their risk of foot problems identified. Diabetes Podiatry have developed a DVD to educate Renal Nursing staff on the importance of foot assessments, how to conduct a foot assessment and the referral pathway in the ACT/ South East NSW if a patient needs the care of a podiatrist.

Do you know what level of risk you are at for foot problems?

As part of the foot assessment, nursing staff will be able to make you aware of any changes they pick up and advise you of your risk for foot complications such as a foot ulcer or amputation. They will assess your feet for any nerve damage (feeling loss), circulation (blood vessel) changes, foot deformities and your history of any foot problems. There are 3 risk levels, low, moderate and high risk for foot complications. The more changes to your feet found during the assessment the higher your level of risk and the more frequent you should have your feet checked by a health professional. The nursing staff will be able to advise how often you should have your feet checked by a health professional, provide you with general foot care education and refer you to an appropriate podiatry service if required. In the mean time if you take on the following advice, you are well on the way to keeping your feet healthy and problem free.

What can you do to look after your feet?



Wear protective and well fitted shoes and socks

Wash your feet daily and dry carefully between the toes

Moisturise your feet daily

To avoid burns be careful with hot water and avoid any direct heat on feet such as wheat bags or hot water bottles.

Check your feet every day (use a mirror to check the sole of the foot) for anything that is not normal or was not there yesterday. This could include bruises, soggy skin, dry skin, cracks in the skin or ingrown toenails. Treat any minor cuts/blisters seriously - seek advice from your doctor if there are any signs of infection (e.g. redness, swelling, pain) or healing does not occur within a week. If you would like any further information regarding Renal Unit foot assessments and foot care education please speak to your renal team and remember happy feet are healthy feet.

Introducing our BEGA Renal Unit

Bega Renal Unit – situated in & near the beautiful Sapphire Coast area & popular for all to Holiday at the beautiful beaches in Tathra, Merimbula & Pambula and also for those whom want to enjoy Bega Cheese!

The Dialysis Unit currently operates Monday to Saturday from 0730 to approx. 8pm most nights pending Unit capacity.

We have 3 patient treatment areas & provide two patient shifts AM & PM. Capacity capped (currently) to accommodate 12 permanent patients.

We provide Haemodiafiltration treatment to all our patients using top of the range Fresenius 5008 technology.

We do encourage Holiday Dialysis treatments at any time throughout the year if at any point a vacancy



exists.

Currently we have a total of 5 Staff including the Nurse Unit Manager which equals approximate total of 60 Clinical years of experience & skills. All are all looking forward to the New Bega Hospital Facility which is due to open early in 2016.

This will mean an increase in patient treatment areas to a minimum of 8 with the ability to expand to 12 when may be required. All patients areas will have beautiful outlook onto the Bega River & surrounds.

Contact info as below..... Main phone Number: 64929193 – AH message can be left for follow-up next working day.



Nutrition Services Update

With the opening of new dialysis units and increasing number of clients with kidney disease a review and restructure of the nutrition services available to renal clients has been commenced. Adequate diet is essential to maintaining health and plays an important role in managing kidney disease. The purpose of this restructure is to improve client's awareness and access to renal dietitian services. More information regarding new renal dietitian services will be available in coming months.

~ Nutrition Reminder ~

Your diet plays an important role in managing all stages of your Kidney Disease. It is important to see a specialist Renal Dietitian for regular follow up appointments.

To see a Renal Dietitian please ask your nephrologist or dialysis nursing staff for a referral or phone the Canberra Hospital Nutrition Department on 6244 2211.

INTRODUCING YOUR CONSUMER REPRESENTATIVES

*They Represent You on the
Renal Advisory Meeting*



CO-CHAIR
JOHN SCOTT : 6255 1320

"I am a Renal Transplant patient who has had Kidney disease since 1973. My kidney's finally failed in 1988. Over the years I have had Haemodialysis treatment both in-centre and at home as a home dialysis patient. I have been on the Renal Advisory Meeting from the beginning and am a former Senior Public Servant in the Commonwealth Health Department. I work privately in the area of risk identification and management"

CANBERRA COMMUNITY
DIALYSIS CENTRE

LOUISE BLUE : 0438 116 818

"I have been on dialysis for nearly 4 years. I am happy to talk to people either by phone or directly over coffee etc. Please feel free to contact me or leave a message and I will get back to you"

HOME HAEMODIALYSIS

NICK CLARKE- EMAIL : niclin@pacific.net.au

"Happy for anyone to contact me on 0419 605 435 or at the above email. I have been on dialysis for nearly 8 years and nearly 6 of that has been at home (nocturnal)"

TRANSPLANTATION AND ACUTE
HAEMODIALYSIS

JENNY WATSON : 0431 099 394.

"I have been a dialysis patient and a kidney recipient and I would be willing to talk to anyone if they want to contact me on the above phone number."

CARERS ON THE RAM AND ALSO THE
CANBERRA REGION KIDNEY SUPPORT GROUP

JOHN KELLY-EMAIL : CARERS@CRKSG.ORG.AU.

"I am the carer of a renal transplant recipient. I am more than happy for people to contact me. Phone : 02 6231 4286. If I am not there please leave a message on how to contact you."

YOU CAN BE ONE OF THE REP'S TOO

The renal advisory meeting objectives are to provide a forum where mutual information, advice and assistance can be provided to both the staff and patients at the renal unit at the TCH that relate to issues that may arise that may assist with:

- ◆ understanding the needs of all stakeholders in the renal services
- ◆ identifying initiatives that may improve patient care and well being
- ◆ provide a forum where open communication can be established and distributed through various networks
- ◆ improve the services that are provided by ensuring that they are consumer driven and focused on improving outcomes.

We currently need consumer representatives from CCDC, Northside, 8A, PD and Home Therapies.

Generally there is one meeting each month, held in the Renal Administration area and takes about 1 hour of your time.

If you would like to become involved please contact this office and further information will be provided.

Email: shradha.waddepalli@act.gov.au