



Kidney Matters®

The Newsletter of the
Queen Elizabeth Hospital Kidney Patients' Association
December 2023
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Queen Elizabeth Hospital Kidney Patients' Association

The Patients' Association is for all Renal Patients treated by the Q.E. Hospital.

Patients on HHD, Transplant and PD

Dialysis Units at Aston, Great Bridge, Woodgate, Kings Norton, Smethwick, Sparkhill, Redditch
Worcester, Hereford, Llandrindod Wells, and U.H.B.

Kidney Matters is distributed free to over 2700 Renal Patients treated by the Q.E. Hospital

Welcome to the Christmas edition of Kidney Matters®

We would like to wish you all a very Happy Christmas and a very good New Year

We have included in this edition of our newsletter copies of the Renal Dietitians advice about eating well over the festive period. We hope you enjoy the recipes that are included.

If you visit our website WWW.kidneymatters.co.uk there are several other dietary information sheets which you may find of interest. If you need further advice about healthy eating, please contact your Renal dietitian at your clinic or your dialysis unit.

Leigh Allen from Worcester took part in a fun run in Worcester with his friends and family to raise funds for the Queen Elizabeth Hospital Kidney Patients' Association. Leigh and his friends raised over £400 for us.

We thank them all very much for their support. Well done and many thanks.

These are some of the photos of the event.



The Hospital have appointed a new Vascular and Transplant surgeon

Thomas Nieto. He has a special interest in developing and improve testing to detect early signs of rejection and infection in the donated kidney.

This is how he explained his research:-

Kidney transplantation is one of the medical marvels of the 20th century. Personalised medicine using advanced DNA analysis techniques for diagnostics is set to be the marvel of the 21st century. A major difficulty with kidney transplantation is incompatibility of donor organs to the recipient which can lead to rejection by the immune system and premature failure of the transplant. Transplant recipients need to take anti-rejection medication for life. The only way to diagnose rejection definitively is to take a biopsy of the organ with a needle, a procedure which carries a significant risk. Advanced genetic sequencing technology exists which can detect transplant organ

damage using a blood test, but currently this cannot tell the difference between rejection of the organ and other damage such as infection. When an organ is damaged, the cells release DNA into the blood stream and this can be analysed. We aim to develop a blood test which can differentiate between different types of transplant organ damage by looking at this DNA using a technology called nanopore sequencing in more detail than is currently possible. This could lead to a non-invasive way to diagnose transplant rejection and potentially allow earlier treatment and personalise anti-rejection therapy.
Thomas Nieto.Surgeon

Renal Ward 303

The Queen Elizabeth Hospital Kidney Patients' Association had agreed to pay for the refurbishment of the Patient Day Room on Ward 303. This project had to be stopped due to covid. we are very pleased to hear that it is now going to take place in the new year. It will be re decorated and new furnishings with table and chairs and some patient entertainment.

This room will be for renal patients use; it will be a change for them to be able to sit in an area away from their bed all day.

In Memorium

The Queen Elizabeth Hospital Kidney Patients' Association conveys our deepest sympathies to those families who have sadly lost a loved one and thank them for their very generous donations in their memory.

Thanks to those who have made donations to the Queen Elizabeth Hospital Kidney Patients' Association

The Q.E.H.K.P.A. thank all of you who have raised money or donated to us over recent months and years.

Your generosity has been tremendous and very welcome. It helps us continue our support for the Renal Patients and the Renal Departments at the Queen Elizabeth Hospital.

Thank you all again.

Contacts for the Q.E.H.K.P.A.

Please phone, write or email if you need information or help

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Your help is required – new project investigating routine blood testing in hospital inpatients.

From Tanya Pankhurst Dr. Tanya Pankhurst Consultant Nephrologist,

A team of researchers from UHB is looking to conduct research into the number of blood tests patients undergo during admissions to our hospitals.

It aims to compare the number of blood tests ordered automatically by our computer systems compared with the number ordered by clinicians. Sometimes, for example, when certain drugs are prescribed or when previous results are abnormal, our computer system automatically requests blood tests according to a collection of preset rules. We want to ensure that these rules are set to ensure the best possible balance between ordering blood tests when they are needed, but without causing over-testing which is uncomfortable for patients and costly for the NHS.

We know that, as a group, patients admitted to our renal wards tend to undergo blood tests some of the most frequently of all our patients, so your feedback will be particularly valuable in helping shape the experience of future patients in our hospitals.

We expect that the results of this research will not only directly enable changes to the rules within our hospitals but will be widely applicable to other hospitals also. If you are willing to share your feedback, we would be very grateful if you could complete our short survey by clicking the link below.

<https://forms.gle/UQ5VTCbdqL86R6V88>

If you would prefer to email your responses, please find the questions below:

Please indicate whether you feel a research study of this kind would be relevant and important?

Yes / No

Would you be willing to join a virtual meeting in order for us to gather patient views on this?

Yes / No

We would appreciate your feedback on this **by the end of Friday 15th December 2023** and would like to thank you once again for your ongoing support.

Dr. Tanya Pankhurst Consultant Nephrologist,
Director of Digital Healthcare, and Chief Clinical Information Officer.



Low Potassium Christmas Cake Recipe



Ingredients:

4oz/ 110g Butter
4oz/ 110g Brown Sugar
8oz/ 230g Self Raising Flour
½ tsp Mixed Spice
½ tsp Grated Nutmeg

4oz/ 110g Mixed Peel
4oz/ 110g Glace Cherries (Quartered)
50z/ 140g Prunes (Drained and
Chopped)
2 Eggs

Method

:

1. Cream the butter and sugar until soft and fluffy.
2. Sieve the flour and spices together.
3. Add the eggs one at a time, beating well (add a little of the flour with the eggs if needed).
4. Fold in the flour and when mixed well, add the prunes, cherries and mixed peel.
5. Beat well, adding a little water until a dropping consistency is achieved.
6. Place in a lined 2lb loaf tin and bake at 160°C for approximately 1½hrs.
7. Cake is cooked when firm to touch or skewer comes out clean.
8. This cake can be frozen.



*Kindly donated by a patient from
Gloucester Royal Hospital*

Mock Marzipan

Ingredients:

4oz/ 120g Unsalted Butter
8oz/ 250g Castor Sugar
100mls Water

8oz/ 250g Semolina
4 tsp Almond Essence
Grated rind of one lemon

Method:

- Heat water and let butter melt in it. Add sugar and lemon rind and heat until sugar has dissolved.
- Add semolina and stir over gentle heat for 5 minutes or less until semolina is cooked.
- Stir in essence.
- Pour into a dish and chill further until firm enough to roll out. Use icing sugar to help roll out and cover Christmas cake.
- Ice cake in usual way with ready roll or glaze icing.

Festive Drinks

Remember to include all drinks in your fluid allowance.

If you have DIABETES always eat some carbohydrate when you drink alcohol to prevent a drop in your blood glucose level.



ALCOHOLIC DRINKS – NOT HIGH in POTASSIUM

- | | |
|----------------------|------------------------------|
| ▪ Bailey's | ▪ Whisky |
| ▪ Martini / Vermouth | ▪ Bacardi |
| ▪ Gin | ▪ Brandy |
| ▪ Rum | ▪ Liqueur (in small amounts) |
| ▪ Vodka | |

SOFT DRINKS / MIXERS (sugar free / diet for diabetics) NOT HIGH in POTASSIUM

- | | |
|---------------------|----------------------|
| ▪ Cola | ▪ Soda Water |
| ▪ Lemonade | ▪ Red Bull |
| ▪ Tonic Water | ▪ Lime Cordial |
| ▪ Bitter Lemon | ▪ Peppermint Cordial |
| ▪ Ginger Beer / Ale | ▪ Orange Squash |

Festive Drinks Which Are High in Potassium

These drinks are **high in potassium**. If you are on a potassium restriction you will need to swap them for your usual fruit or vegetables e.g. swap 1 apple for 1 glass dry white wine.

ALCOHOL

- | | |
|---|--|
| ▪ 1 glass Beer / Lager (300ml) | ▪ 1 glass medium or dry white wine / sparkling white wine / rosé (175ml) |
| ▪ 1 glass Pale Ale / Stout / Bitter / low alcohol Lager (200ml) | ▪ Dry or Medium Sherry (125ml) |
| ▪ 1 small glass red wine / sweet white wine / Barley Wine (125ml) | ▪ 1 Glass Cider (150ml) |
| ▪ Sweet Sherry / Port (100ml) | |

HINTS FOR FLUID CONTROL

- Normally spread your fluid allowance over the day but if going to a social event save some of your fluid to allow for drinks whilst you are out.
- Limit salty foods, e.g.: cheesy biscuits, crisps, as they will make you thirsty.
- Use boiled sweets* or mints* to moisten your mouth.
- Try sucking ice cubes – they last longer than water, or try flavouring them with lemon juice or squash*.
- Suck cold fresh lemon or lime slices – they help stimulate saliva.
- Use a few canned pineapple chunks that have been chilled in the fridge.

**If you have diabetes choose sugar free or diet products.*



Dialysis Festive Feastings



Christmas is here and everyone looks forward to enjoying festive food & drinks with their family and friends! Even with your special dietary needs, you should still be able to enjoy the Christmas festivities.

Potassium

Christmas is a time to treat yourself, however if you have trouble controlling your potassium level you will need to be especially careful over Christmas. Many traditional Christmas foods such as mince pies and Christmas puddings are high in potassium and should be taken with caution. There are many good alternatives that are lower in potassium. Try to choose foods that contain very little or no dried fruit, nuts or chocolate and drinks that are lower in potassium.

You can still have some high potassium foods and drinks but limit the size of your portions and how frequently you have them. Foods high in potassium could be swapped for your daily fruit & vegetable portions.

Your Dietitian can give you a more detailed list of potassium options.

Festive foods high in Potassium

Christmas pudding, Christmas Cake,
Mince pies
(Limit to one of these a day e.g. 1 mince pie or 1
slice of cake or 2 tbsp Christmas pudding)

Dried fruit
Chocolate
Crisps
Bombay mix
Nuts

Green banana/ plantain/ bread fruit

Festive Foods lower in Potassium

Trifle*
Ice cream
Meringues*
Cream Cake or gateau*
Shortbread*
Turkish delight*
Pop corn
Corn snacks eg. Skips, Wotsits, Doritos,
Sunbites, monster munch
Pretzels, breadsticks

****If you have Diabetes, choose lower
sugar varieties.***

Festive drinks high in Potassium

Fruit & vegetable juices
White or red wine
Beer & Ale
Lager & cider
Coffee, cappuccino

Dry, sparkling wine & sherry are lower in
potassium, but still need to be taken in
moderation.

Mix spirits with fizzy drinks or water.
Traditional Afro-Caribbean punch – better
with Jamaican lemonade

Festive drinks lower in Potassium

Flavoured water
Lemonade,
Cola*, Bitter Lemon*
Tonic water, Soda Water
Ginger beer/ ale*
Cordial/ squash*
Spirits eg. brandy, whisky, vodka
Gin, Rum, Bailey's
Martini/ Vermouth

****If you have Diabetes, choose lower
sugar varieties.***

Fluid

Try to keep to your daily fluid allowance over the festive period and remember that gravy, soups, sauces and custard are also considered as fluids. Some foods are very salty eg. Crisps, bacon, salt fish, savoury snacks and could make you feel thirsty. Try to limit these foods or you'll want to drink too much and you could run the risk of fluid overload.

Phosphate

If you need to watch your phosphate intake you should limit the intake of cheese, milk, nuts and chocolate over Christmas. But most important – do not forget to take your phosphate binders! Your eating pattern may change during the festive period and you might need to split the dose differently. When eating out remember to take your phosphate binders with you.

Suggested Menu



Starters

Prawn Cocktail
Pate with toast or crackers
Caesar Salad
Egg Mayonnaise
Smoked Salmon

Main courses

Roast Turkey/ Beef/ Chicken/ Lamb/ Goose or Duck served with accompaniments eg.
Small portion of sage & onion stuffing and one of the following: mint sauce/ horseradish sauce/ cranberry sauce/ apple sauce/ bread sauce
3 Small boiled potatoes or 2 small Roast potatoes(parboiled)
Small portion of high potassium vegetable eg. Brussel sprouts/ parsnips/sweet corn
Portion of lower potassium Vegetables eg.
Carrots/cabbage/turnip/broccoli/cauliflower
Sausage or bacon roll or Yorkshire pudding
Small portion of gravy

Desserts

Small portion of Christmas pudding(without nuts) – 2 tablespoons only as high in potassium
Brandy sauce, butter or cream
Apple Pie & Custard, ice cream or cream
Brandy snaps & Cream/ Ice cream
Meringue/ cream with small amount of fruit
Gateaux – avoid excess chocolate & nuts
Trifle
Ice Cream

Cheese & biscuits
Tea & Mince Pie

Asian: Tandoori Meat/ Fish/ Chicken Curry & Chapattis/ Rice/ Noodles

Afro-Caribbean : Traditional roast dinner or rice/ peas etc – limit beans and boil vegetables well



FESTIVE OPTIONS

The foods below are high in potassium so you need to swap them for your usual vegetable or fruit portions as advised by your dietitian

REMEMBER

You may have up to 4 portions daily, which may be made up of fruit, vegetables or festive options

Each food below can be swapped for 1 portion of potassium:
(eg swap 1 apple for 1 small cup of coffee)

Christmas cake – 1 small piece (50g)
Christmas pudding – 2 tablespoons (40g)
Coffee – 1 small cup
Cream filled chocolates – 8
Chocolate covered caramels – 6
Milk/ plain/ white chocolate – 6 squares of a small bar
Mince pies – 1 medium
Stollen cake – depending on dried fruit & marzipan content- 1 slice



Chestnuts, walnuts, pecan nuts, macadamia nuts – 30g
Potato crisps, potato rings, Pringles, twiglets –20g
Sunflower, sesame or pumpkin seeds – 1 tablespoon
Peanuts, cashew nuts, pistachio nuts – 1 dessertspoon
Sev, ganthia, or Bombay mix – 2 tablespoons
Burfi or phendha – 1 small piece

Sweet sherry, red wine, sweet white wine, port – 1 small glass (100mls)
Dry white wine, sparkling white wine, Rose wine – 1 medium glass (125mls)
Beer, lager – ½ pint glass (300mls)
Pale ale, stout, Bitter, low alcohol lager – 1/3 pint glass (200mls)
Cider – small glass (150mls)



Lower Potassium Choices- see Party Food List



PARTY FOOD for those on DIALYSIS



Savouries:

Quiche – eg: cheese & ham, onion (avoid excess mushrooms, spinach, tomatoes)
Sausage rolls, pork pie, bacon wrapped sausages
Bread sticks, cheese sticks, cheese spirals
Cocktail sausages, cream cheese, pineapple, cheese on sticks
Chicken drumsticks, chicken vol-au-vents (avoid mushrooms)
Satay sticks, samosas (boil vegetables & potatoes first) – avoid peanut dips
Ham cornets with cream cheese & chives/herbs/pineapple



Sandwiches – any type of bread – white, brown, granary,
Pitta, ciabatta, naan, etc

Fillings: chicken & mayo, ham & mustard, cheese & pickle, chicken tikka, tuna & cucumber, pork & stuffing, egg & cress, beef

Salad – lettuce, cucumber, cress, thinly sliced red or green pepper - limit tomato

Crackers - cream, water biscuits, Cornish wafers, Tuc etc
(avoid oatcakes & Ryvita)

Wheat, corn snacks – Sunbites, Doritos, Skips, Wotsits, Nik Naks

Dips – cream cheese & chives, cheddar, mint, garlic, cucumber, yoghurt

Pizza, Popcorn, puffed rice

Pakoras, Bhadji – use wheat or rice flour instead of gram flour, boil vegetables first Kachori (no Sultanas) / Puri – made from plain flour

Crusty bread + butter



Desserts - (NB: People with diabetes should limit sugary foods)

Ice cream, brandy snaps, meringue & cream (with Baileys if you like!)

Trifle (limit the sherry!)

Cheesecake, Gateau - fruit type, Sponge, Madeira cake

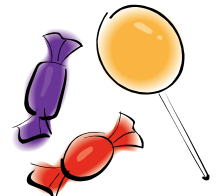
Treacle tart & cream, Lemon meringue pie, Profiteroles, Apple pies, cream or custard

Donuts, jam tarts, egg custard, cream cakes, Iced fondant cakes, Battenburg

Assorted cream, jam filled biscuits, wafers, iced biscuits, Shortbreads

Halwa, Jellabi, Gulab jamen

Boiled sweets, fruit pastilles, fruit jellies, Turkish Delight (no nuts), marshmallows, peppermints, sherbert sweets, jelly babies, jelly slices, butterscotch, mints



Information provided by Queen Elizabeth Hospital Dietitians



If you wish to contact the Queen Elizabeth Hospital Kidney Patients'
Association our email address is gehkpa@gmail.com
or Phone Nick Flint on 07720597468