



KIDNEY MATTERS

The Newsletter of the Q.E.H.K.P.A. June 2008

Visit www.kidneymatters.co.uk

Queen Elizabeth Hospital Kidney Patients' Association

Stormin' Norman

Norman Southall, 81, a committee member of the Queen Elizabeth Hospital Kidney Patients' Association defied the laws of gravity in an old World War II bi-plane.

After taking the controls, he returned to Mother Earth having battled with the elements of cold, wind and noise. His instructor's comments were: Brilliant, relaxed and gentle on the controls. Norman dialyses at Tipton Dialysis Centre.



[WWW. kidneymatters.co.uk](http://www.kidneymatters.co.uk)

You can exchange information and find out about the K.P.A.. Tell others about holidays. Ask others for help and advice. Have a look at it and let us know what you think. The K.P.A. would like to thank Tony who has set up and is running the web site for us.

Renal services at UHB's new hospital

Birmingham's first new acute hospital for 70 years will be a big boost for renal services, according to highly experienced specialist nurse Chris Duncan.

University Hospital Birmingham NHS Foundation Trust is due to start moving services into its new hospital in 2010. Under current plans, renal services will move in the autumn of that year.

The new hospital now making its distinctive mark on Birmingham skyline is being built on land next to the current Queen Elizabeth Hospital site in Edgbaston. It will replace the Queen Elizabeth and Selly Oak Hospitals.

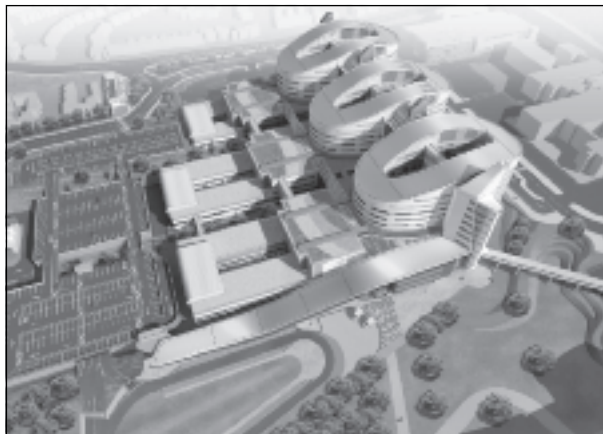
When finished, it will have 1,213 beds. That is just about the same number as in the two hospitals it replaces. What will be different is that 44% of the beds will be in single rooms and the rest in four-bed rooms.

Large wards with rows of beds will be a thing of the past, greatly improving the privacy of kidney patients. All specialties will be located together on one site, providing integrated services that best meet the needs of patients.

Chris Duncan, Acting Senior Nurse for Renal Inpatients, said: the new hospital will bring significant benefits for renal patients. The full range of renal facilities will be

concentrated on one floor. Each room has en suite facilities. These facilities will have a significant impact on the control of infection throughout the hospital.

Satellite dialysis capacity will continue to expand in line with a patient-centred model of care bringing dialysis facilities closer to the patient's home. A large acute dialysis facility in the new hospital will provide renal replacement therapies to acutely ill patients.



Management of chronic kidney disease in the community will continue to see further development with education of GPs in CKD management and new appointments of nephrologists and nurses in the community.

Progress has already been made to achieve this in the Worcester and City and Sandwell Primary Care Trust areas.

Meanwhile, Chris said expansion of the living-related donor programme has led to more transplant opportunities for patients coming to UHB. There has been a 50% increase in renal transplantation in the West Midlands with significant impact on quality of life and survival.

If you want more information about the new hospital, you can email: newhospital@uhb.nhs.uk, or telephone the new hospital hotline on: 07795 014255.

Help for the K.P.A.

The K.P.A. are organizing a collection and Tombola at Sainsburys Walsall on Saturday 5 July. We would welcome any help from patients or carers on the day. If you can spare an hour that would be a big help. Please contact Len Ingram who will be pleased to put you on the rota for support.. His phone number is 0121 308 0024

The Donor Family Network THE PRECIOUS GIFT SERVICE 2008

A Service of Hope and Thanksgiving marking the start of National Transplant Week .

Donor, recipient, families, professionals and anyone interested in organ and tissue donation are welcome

SUNDAY 6th JULY 2008 2PM
ST MARGARET'S CHURCH

Chapel Lane, Great Barr, Birmingham

Followed by refreshments at the Memorial Hall, Chapel Lane

Directions - Junction 7 M6 - A34 towards Walsall. First intersection on right Chapel Lane. Church 400 yards on the right

The NKF moved to new headquarters in April 2008

After many years at 6 Stanley Street, Worksop, the NKF decided to move. The new premises are now occupied and is a new single storey building on a Business Park

The Helpline number remains the same 0845 601 02 09 as does the FAX number, but the main office number has changed to 01909 544999.

Most members never realized that the old HQ was just a 3 bedroom end of terrace house, with modest extensions – it served the NKF well but the charity had outgrown it. Now the NKF has room to house its staff properly in a businesslike manner befitting 2008. The old premises will be sold. The move was as seamless as possible so that services to NKF members were not interrupted.

The NKF was determined to move locally so that all their staff were able to move with them.

Timothy F Statham OBE Chief Executive



New NKF HQ Contact details :-

National Kidney Federation,
The Point, Coach Road, Shireoaks, Worksop,
Nottinghamshire, S81 8BW Tel 01909 544999

Healthy Eating following a Kidney Transplant

One of the benefits of a successful kidney transplant is that you can enjoy a more varied diet. Usually your potassium restriction is lifted enabling you to eat foods you may previously have limited e.g. chocolate, crisps and certain fruits and vegetables. However it is a common problem for post transplant patients to rapidly gain weight. For most patients some weight gain will do no harm but it is sensible to check your weight regularly.

Weight gain is the results of steroids, an improvement in appetite and the lifting of dietary restrictions. A healthy diet which is low in fat and sugar and high in fibre will help you to prevent excessive weight gain as well as help keep you fit and healthy.

A healthy diet is recommended for everybody unless following dietary restrictions.

General healthy eating tips:

- Aim for regular meals containing starchy foods e.g. rice, potatoes, pasta, bread, cereals. Try high fibre varieties for slow release energy and digestive health
- Cut down on all fats especially saturated fats e.g. butter, lard and cream. Use vegetable oils instead
- Try grilling, steaming and baking your food rather than frying to cut down your fat and therefore help control your weight.
- Eat lots of fruit and vegetables – aim for at least 5 portions daily. If you are now no longer following a potassium restriction you can enjoy a wide variety of these...including bananas!!
- Eat more oily fish such as salmon, mackerel and sardines. These contain an oil called omega 3 which has been shown to help reduce the risk of heart disease. Aim to have at least 2 portions of fish weekly with 1 portion being of oily fish.
- Avoid drinking alcohol excessively. A small amount is ok but alcohol is high in calories and can damage your liver and increase blood pressure. Limit yourselves to 1-2 units daily for women and 2-3 units for men.
- Cut down on sugar. Foods such as sweets, cakes, biscuits, fizzy pop and chocolate are high in sugar so reducing these could help you to reduce your weight.
- Exercise regularly to help maintain an ideal body weight.

The above tips have been taken from the 'Diet after Kidney Transplant' information leaflet produced by Winnie Chan, Dietitian at the Queen Elizabeth Hospital. If you would like further information please don't hesitate to contact the Nutrition and Dietetics Department.

Thanks

We would like to thank the families and friends who have made donations to the Queen Elizabeth Hospital Kidney Patients Association in memory of loved ones.

Should you wish the money to be used specifically for one of the dialysis units, this can be arranged. Please make cheques payable to Q.E.H.K.P.A. and include a note telling us which unit you would like the money to be used for.

American Disco Night

Friday 4th of July 2008

at

Burntwood Rugby Club

Sports Way, North Shore, Burntwood WS7 3PT

7.30 till midnight

Tickets £7.00 each

Hot Pork Roast and Bar

Dress:

"American Characters"

Tickets from

Gillian Moore

33 Brooklyn Road Burntwood

Telephone 01543 683688 or 07703312441

All proceeds to the
Q.E.H.K.P.A.

DVD players for Tipton Unit

Money raised for Tipton Dialysis Unit has been used to purchase a number of DVD players for patients to use while dialysing. This will help them pass the time while at the unit. They are now trying to build up a small film library enabling patients to have a choice of viewing.



BBQ RECIPES FOR FOLKS ON A RENAL DIET

As a renal patient, you may feel that you cannot enjoy your food and often do not know what you can and can not have. As the summer season is upon us we have put a few recipes together that we hope will give you some ideas for barbeques. If you like to have a “no fuss” barbeque you can always buy the usual sausages, beef burgers, chicken portions or lamb/pork chops. If you want to be a bit more adventurous please contact your Dietitian who will give you a copy of the recipe book but we have included a couple of recipes below for you to get started with.

As the potassium content of the dishes may be higher than usual we recommend you avoid potatoes and have rice, pasta, bread (such as pita bread, French stick, tortillas, ciabatta) instead.

Your intake of salt can also be increased at barbeques due to sauces, dressings and any additional salt added to the food, this will make you thirsty and will increase the chance of drinking too much. If it is your barbeque - ensure you do not add salt to things like rice and pasta and make sure you do not add any to your food. If you are the guest then avoid adding salt to your food and limit the sauces you have.

Remember your phosphate binders, as your intake of meat/fish/chicken tends to be higher at barbeques.

Be careful of your fluid intake, take sips to make it last, use ice cubes, avoid excess salt.

Glazed Lamb Chops

4 Lamb chops
50g butter or margarine
2tbsps honey
2 tsp wholegrain mustard
Pepper

Method:

Beat the butter/margarine until pale and creamy
Beat in the honey, mustard and pepper to form a paste
Brush this mixture over the chops, and place in fridge for about 1 hour
Place on the BBQ until cooked throughout

Fish Kebabs

Serves 3
1 lb firm white fish
1/2 tsp salt
1/2 cup plain yoghurt
6 cloves garlic, peeled

1 fresh ginger root, peeled, cut into 1-inch pieces
1 tablespoon garam masala
1 tbsp ground coriander
1 teaspoon cayenne pepper
1 lemon, cut into wedges
2 hot green chilli peppers, seeded

Method: Cut the fish into 1-1/2 inch cubes. Put about five pieces on each skewer and sprinkle with a little salt. Make a paste from the yoghurt, garlic, ginger, garam masala, coriander and cayenne pepper. Spread mixture on fish and refrigerate for 2 hours. Remove from refrigerator and grill 10 minutes or until fish flakes easily with a fork. The skewers can be sprinkled with a little oil during cooking, if required. Garnish with the lemon and fine rings of green chilli pepper.

If you have any favourite barbeque recipes you think other renal patients would enjoy, please let your Dietitian know and we can include it in future copies of the recipe book.

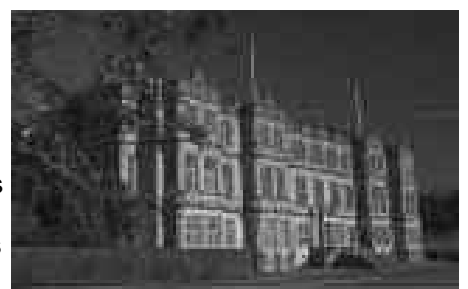
Aston goes on Safari



On Sunday 13 April a party of dialysis patients, carers and staff set off in coaches to visit Longleat. Despite problems with one of the coaches, all arrived safely and had a very enjoyable day out. They visited the wildlife park and the historic house. The patients had a very interesting and relaxing day. Thanks go to the staff at Aston for organising and supporting them on the trip.

No-one was eaten by the lions and all returned safely to Birmingham. The cost of the trip was

subsidised by the K.P.A. and donations made to the K.P.A. for the Aston Unit.



Your Skin

For transplant patients in particular

Due to your medication you are more at risk of skin cancer. Make sure you cover up, wear a hat and use a sunscreen that blocks UVA and UVB rays (factor 30 or more). You should also do this on cloudy days in the summer, as the sun's rays can still damage your skin. Avoid sun beds. You can still enjoy the sunshine but be sensible and avoid the midday sun.

You should examine your skin regularly looking for any changes to existing moles and freckles. If you are concerned that your skin has changed please speak to the transplant nurse or doctor. There is a regular skin clinic held in the transplant clinic, where you can see a skin specialist.

Don't forget to put sun cream on your transplant scar if it is exposed to the sun.

Dawn McPake

Renal - CNS/Transplant Recipient Co-ordinator

vaccinations for

transplant patients that are safe to receive

- diphtheria
- hepatitis a and b
- influenza
- meningococcus
- immunoglobulins
- inactivated polio
- tetanus
- typhoid injection
- pneumococcal
- rabies



vaccinations for transplant patients unsafe to receive

- bcg
- measles, mumps and rubella
- oral polio
- oral typhoid
- yellow fever
- rubella



Information provided by the Queen Elizabeth Hospital Renal Unit.
If you are unsure about any medication please contact the Renal unit or your G.P.

Important information for those on the transplant waiting list.

This is a reminder as we are approaching the busy main holiday period for all patients waiting for a kidney transplant that are also going on holiday.

If you are holidaying in the UK you will need to inform the renal transplant co-ordinators of contact numbers, hotel names, holiday destinations and dates. These are needed so that you can be contacted for a transplant. We have a limited amount of time to find you once a kidney becomes available. If we know you are on holiday we may be able to contact you earlier. But we can only do this if you tell us that you are away. As much information as possible is useful for example: caravan site numbers or relatives contact numbers.

If you go abroad for a holiday you will be suspended from the transplant waiting list for the time that you are away. This is because we would be unable to get you back to the UK in time. You will be reactivated on the date that you tell us you are returning.

REMEMBER WE CAN ONLY CONTACT YOU IF WE KNOW WHERE YOU ARE.

You can contact us by ringing 0121-697-8348, if you are unable to speak to the team please call 0121 4721311 and ask for the on-call renal transplant co-ordinator (Monday to Friday 9.00am to 5.00pm) or alternatively please e-mail kidneywaitinglist@uhb.nhs.uk.

May we also remind you of the importance of safe skin care whether this is sun exposure abroad or in the UK.

Please enjoy your holidays and thank you for helping us to help you.

Renal Transplant Coordinator Team.

Ann-Marie McCarthy R.O.P.D. Renal - Renal Recipient Transplant Co-ordinator

DIARY DATES FOR THE K.P.A.

K.P.A. meetings are held at the Q.E. Hospital on the 2nd Wednesday of each month at 8.00 pm in the seminar room (next to the Boardroom).

CONTACT YOUR K.P.A.

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