



KIDNEY MATTERS

The Newsletter of the Q.E.H.K.P.A. October 2012
Visit www.kidneymatters.co.uk

Registered Charity No.513446

Queen Elizabeth Hospital Kidney Patients' Association

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

Patients on HHD, Transplant, and PD

Dialysis Units at Aston, Tipton, Woodgate, Kings Norton, City, Sparkhill, Lichfield,
Worcester, Hereford, Llandrindod Wells, and U.H.B.,

Fresenius say Sorry

At a recent meeting I had with the new management of Fresenius, they said they were sorry for the disruption their changes to staffing levels had caused earlier this year.

I was pleased to hear that they have reached an agreement with the Q.E. about staff numbers and plans are now well on the way to increasing the numbers of staff. The plans change the mix and increase the numbers of qualified nurses and dialysis nurses. This is with the full agreement of the Q.E.

Shaun Tudge, Clinic Services Director said: "I would like to reassure all patients in the West Midlands that we are committed to providing a high quality service. As part of this commitment we have already recruited more nurses and will continue to do so until at full establishment in line with new ratios agreed with Trust 4 weeks ago, which will enable us to continue providing quality care and treatment.

We are continuing to listen to patients and I

would encourage anyone who has any concerns to speak to their Clinic Manager. I believe that working together - with patients and with the clinical team at the Q.E. - we can ensure that patients will get the best possible treatment and care."

It has been a very difficult and worrying time for many patients and unfortunately it will be some time before patients see the full effect of the new plans. It will take time for patients to regain confidence in the system.

I understand that the new Regional Director (an experienced manager and ex-dialysis nurse) will be visiting the units regularly and talking to patients to ensure that they are happy with their treatment. Q.E. staff will also be visiting the dialysis units to see that the changes are taking place and standards are maintained.

If any patient feels unhappy about their dialysis, please talk to the Clinic Manager at the unit or contact me via email flintnf@aol.com or phone 07720597468.



Jan Lee sadly passed away on 6th May 2012 just before her 64th birthday (21st May) Jan worked in renal Outpatients as renal transplant clerk since 1994. She began working for the Trust in the early 1990's as an auxiliary nurse in the renal dialysis unit but this was cut short due to back problems.

Jan had been the Renal Receptionist for 18 years. She was always there to greet patients who arrived and knew every one by name before they even checked in, which made one feel at ease when arriving for clinic. Not knowing what to expect from the visit, to be met by someone with a smile who knew your name was very reassuring.

If you ever phoned to get help, information or blood results, it was never the wrong time, Jan always managed to find someone who you could talk to and get the answer. If you missed an appointment for some reason, she would squeeze you in as soon as possible. Jan helped make renal patients feel they were not just a name on a computer.

She was a great help to many patients and Jan will be sadly missed.

K.P.A. meetings are held at the Queen Elizabeth Hospital
on the 2nd Wednesday of each month at 7.30 pm in the New Faith Centre
Please check our web site in case of a change of date.
EVERYONE IS WELCOME. SUPPORT YOUR K.P.A..

Patients, Carers and Friends of the K.P.A. support with fundraising



Bag Packing at Sainsbury's Redditch

Kate Earles organised her friends and family to support the K.P.A.. On Sunday 1st July, with permission from Sainsbury's Redditch, Kate organised a Bag Pack.

Everyone had a very enjoyable and busy day and were well supported by the customers. Kate and her group of 12 raised £946.20 which is a tremendous amount of money. Very well done to you all.



Vera's Annual Garden Party

Vera Masters has been very busy again this summer.

After her success last year and also the Christmas Sale which raised £300, Vera has organised another Summer Garden Party at her home. The day went very well, good weather, stalls, plants, cakes, books and handicraft stalls all to tempt her guests. There was also a "Pluck a Duck" and "Where's the Torchbearer on the Map" game. The afternoon raised £735. Another very successful event and congratulations.

K.P.A. Tombola and collection

The K.P.A. organised its bi-annual Tombola and Collection at Sainsbury's in Walsall on 23rd July 2012. We were well supported by friends and patients. The day raised £433. Our thanks to Dawn Roach and her mother for organising and sorting the prizes.

We will be holding another similar event on 8th December and we have the opportunity to have a 'Bag Pack' at the same time, but we would need about 18 people on a rota to be available during the day. If anyone wishes to offer support, please contact one of the committee members.



We have had donations from Simon Batch, Mr and Mrs Carr, Stanley Cook and Mr Majid Khan. Mr Kathirgamak generously supports us with a donation every month. Mr and Mrs Handy sent a donation when they celebrated their 60th wedding anniversary. Congratulation and thanks.

Our thanks go to you all for your generosity.

Thank you to all those who have worked so hard to support the K.P.A.

K.P.A. Grand Annual Draw 2013

We have sent out to all patients £5 worth of raffle tickets. The draw takes place on 9th January 2013 at our K.P.A. meeting. Please try and sell these ticket as it is one of our main fundraising events of the year. There are some very good prizes to be won. If you require more tickets please contact Len Ingram on 0121 308 0024. His address is on the back page, or contact any of the committee

Please return the counterfoils and money to the address printed on the ticket counterfoil.

The K.P.A. thank you for the many donations we receive

The K.P.A. receives donations from very many people for which we are very grateful. Some of these are from celebrations, wedding anniversaries or special birthdays.

Sadly, many are from those who have lost a loved one and donations are sent in lieu flowers. These are those whom we remember:-

Anthony Harris, Margaret Clare Mrs De Santos, Mrs Tull, Edna Coates, Mr Flavell,

We have also had two very generous bequests. In May we received a donation of £5000 left to us by Ms Lesley Coombes who was a renal patient for many years at the Q.E. and sadly passed away earlier this year. She had been a dialysis patient for 10 years before receiving a transplant in the early 1990's, and this lasted for over 20 years. Sadly due to other health issues she passed away in January.

Mrs Diane Rose Archer, died 10 November 2011 She kindly donated £5000 to the K.P.A. in her will and the K.P.A. thank her for her generosity.

Birmingham born and bred, Diane married Roy when she was 19 and they moved to Kingsbury several years later. Diane's ill health forced her to retire from work when she was 29, but she and Roy enjoyed gardening, caravanning holidays, particularly in Devon and Cornwall, and sailing their small dinghy. Diane and Roy were unable to have the children they wanted, but her niece, Kay and nephew, Stephen, spent many happy holidays with them.

Roy retired in 1992 and sadly died a few months later, leaving Diane a widow at 50. She had received a transplant in 1987 and was lucky to be able to begin to build a new life without Roy. She adopted a cat, Milly, who was her companion for the next 18 years and she passed her driving test when she was about 53. She was also very lucky to have had a very supportive network of family, friends and neighbours.

When Diane's transplant finally failed about 5 years ago, she started dialysing at Aston Cross. Her other health problems led her to be admitted to the Q.E. several times, yet she always remained cheerful and accepting of whatever difficulties she faced.

Contributed by Miss Kay Morgan (niece)

We would like to thank all those who have supported the K.P.A. at very difficult times and for their generosity in memory of their loved ones.

The Queen officially opens the new Queen Elizabeth Hospital on 12th July 2012

On a beautiful, sunny day. The Queen and the Duke of Edinburgh came to our new Hospital as part of Queen's Diamond Jubilee celebrations. It was a very special occasion and a wonderful tribute to all the work that has gone in to planning, building and the treatment given at our new Hospital.

This was a highlight for Staff, Patients and Carers and recognition of the excellence of our 21st century Hospital.

As your K.P.A. Chairman, I was privileged to meet the Duke of Edinburgh and to be part of this truly memorable celebration



LLandrindod Wells Dialysis Unit - Holidays

LLandrindod Wells Dialysis Unit is open for holiday breaks. This unit has 4 Stations, 3 of them will be for patients living in the region for regular dialysis. The 4th Station will be available for Q.E. patients who dialyse at satellite units or are on home dialysis, for a holiday. An ideal opportunity to have a short break for a day or two, a long weekend away or for a week.

The area has lovely countryside and there are plenty of hotels, B & B's, pubs and caravan sites close by to choose from. It is an ideal place to take a break. As a patient at Q.E., it will be simple to organize. Check that the space is available, and organize your own accommodation. The unit is run by Fresenius on behalf of the Q.E so they will have all your medical details on hand. If you have never felt confident about going on holiday, this is a good

opportunity to start. If you are interested, contact your Renal Co-ordinator at the Q.E. and book a holiday.

There is no charge for the dialysis treatment but patients must provide their own accommodation and transport to and from the unit. Having a holiday at Llandrindod Wells does not affect your allocation for other holidays.

Please take this opportunity to have a holiday.

For accommodation details contact:-
Tourist Information Office.

The Old Town Hall,
Memorial Gardens,
LLandrindod Wells,
Powys. LD1 5DL Phone No:- 01597 822600

Patient's holiday experience for the first time on dialysis

After starting dialysis, my wife was at first at QEHB, but she later transferred to Fresenius Medical Care at Kings Norton. It is now almost two years since she started, and we were rather apprehensive about a holiday. We had previously, following my retirement, been able to enjoy several breaks each year, but the prospect of a holiday with the dialysis element was cause for some consternation.

After spotting an advertisement for a company at Cossington, Leicester who specialize in holidays for "dialysis" patients and their partners or families, I got in touch with them. They very quickly produced a copy of their brochure which included a list, produced by them, of all the locations where holiday dialysis facilities were available, what languages were spoken, and most importantly where the EHIC Card covered the cost.

Having visited Tenerife some years earlier, we chose a hotel in Playa de Las Americas and decided to proceed with holiday arrangements. Freedom's staff were excellent, and everything ran very smoothly. They are an ABTA registered travel agency, and they couldn't have been more helpful. The required documentation was prepared by FMC and forwarded by fax to Hospiten Sur, where the dialysis sessions were booked, and a hard copy given to my wife to carry with her.

A short taxi ride from the hotel for the sum of 5 euros brought her to the hospital entrance, and a short walk and use of the lift took her to the welcoming Dialysis unit. The staff were very welcoming and the standard of care and treatment was of a high standard. We had no hesitation in returning again this year.



It is not as easy as walking into a high street travel agency, but well worth the effort although attention to detail is very important. A recent article in the NKF magazine pointed out how important a part of the dialysis regime a holiday both for the patient and their partner or carer can be.

If you have doubts don't be afraid to try it! The effort is well worth while.
Dorothy and Richard Stubbs.

K.P.A. Supports Renal Research at the Q.E.

Thanks to the very generous support that the Queen Elizabeth Hospital Kidney Patients' Association has had from its fundraising activities and support from patients, friends and carers, we are very pleased to be funding two research programmes being undertaken by the Renal Research Department at the Q.E. One is related to improving blood flow around the fistula and the second is related to the development and maturing of the fistula. The total cost of these projects is £14235.

Both of these programmes we hope will in time be successful and benefit all renal patients.

Have you registered for Renal Patient View

This is a very useful service. Renal Patients can view and keep track of their Blood Results at home on their computers. Your latest results are posted on-line about 24 hours after clinic. To register, ask for details at your next appointment or phone Renal Outpatients for the forms.

It saves time for you and the Hospital if you check your results on-line.

Kidney Matters is now being mailed to all 2200 Renal Patients treated by the Queen Elizabeth Hospital. The cost of stamps alone is £1100. If you would like to help with this cost you can easily support us by Texting **KDNY11 £3 to 70070** and this would donate £3 to the K.P.A.

You can choose to donate £1, £2, £3, £5, or £10.

Thank you for your support and thanks to those who have already donated.

We hope you enjoy reading the magazine.

Patient Information

Visit our website www.kidneymatters.co.uk to print them out or ask for them at Out Patients at the Q.E.

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