



KIDNEY MATTERS

The Newsletter of the Q.E.H.K.P.A. July 2009

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Queen Elizabeth Hospital Kidney Patients' Association

Dr. Jo Adu retires after 25 years at the Q.E.



Dr. Adu MA, MD, FRCP. He qualified from Oxbridge and trained in Guys Hospital London, moving to Birmingham in the early eighties.

He is highly respected as an expert clinician and Nephrologist at the Q.E and nationally and internationally as a member of the kidney community. His research has been published in the most prestigious of medical journals and he is recognised as an international expert in the field of kidney disease due to S.L.E.(Systemic lupus erythematosus)

He is also recognised for his tireless research in the field of kidney disease in the ethnic minority groups which is particularly important within the population of the West Midlands.

Dr. Adu has held executive positions in the Royal College of Physicians and influential health organisations, The Kings Fund and the British Renal Association.

Dr. Adu's time at the QE will be most remembered for his absolute dedication to providing expert patient care and his human touch.

As a mark of his tireless service to patients with kidney disease for more than 25 years, the Queen Elizabeth Hospital Kidney Patients' Association has presented Jo with a gift on behalf of all the renal patients and we hope he will enjoy using it.

We would like to thank him for the dedication and commitment he has shown. We all wish him well for the future in his well earned retirement and may it be a long and very happy one.

Thanks again from us all.



The First type of “filter” used to dialyse patients



Do any of our readers remember dialysing using one of these?

Kiil board dialysers are in layers like sandwiches, a layer of plastic, 2 layers of cellophane (the dialysis membrane), another layer of plastic, another 2 layers of cellophane and a further layer of plastic. They were clamped together tightly. It was often called the “kiil sandwich” and it required a fair amount of skill and experience to make. These dialysers were cleaned and lined by technicians, who were exposed to the risk of infection.

If anyone has experience of the early treatment of dialysis, let’s hear about it. Send in some information and we can share it with others.

Irish Night a huge success

Mr and Mrs Jakeways very generously organised an Irish evening to raise money for the Queen Elizabeth Hospital Kidney Patients Association in memory of their son Matthew.

The event was held in April and live music was provided by Pat Bremnan and his band “The Hurling Boys”. They were exceptional and gave their time and talents free of charge for the evening. The evening was a huge success. Everyone had a very enjoyable evening and the event was well supported by many friends and family. The evening raised an amazing £1460.

Well done to you all and on behalf of the K.P.A. a very big Thank You.

SUMMER TREATS

We are all looking forward to warmer weather, fresh foods and a chance to eat ‘al fresco’. Barbeques are a great way to cook your food with the minimum fat but the maximum taste.

Here are some ideas of summertime foods you can enjoy without upsetting your diet.

Barbequed: Chicken portions
 Steak
 Fish
 Lamb/pork chops or kebabs
 Beef burgers

Served with: Garlic bread or crusty rolls
 Pasta or rice salads
 Mixed green salads – e.g. Apple & celery or a little lettuce, cucumber and green peppers

You can use a little French dressing or salad cream or mayonnaise.

For dessert: Pavlova
 Lemon cheesecake
 Ice cream

N.B. 5 cherries or 10 strawberries or 1 small peach/nectarine or 20 raspberries count as 1 potassium portion.

Of course hot weather makes you thirsty so be careful if your drinks are limited. It’s very easy to drink too much just because you think you’re ‘sweating it off’.

Check with your dietitian or nurse before you increase your fluid intake.

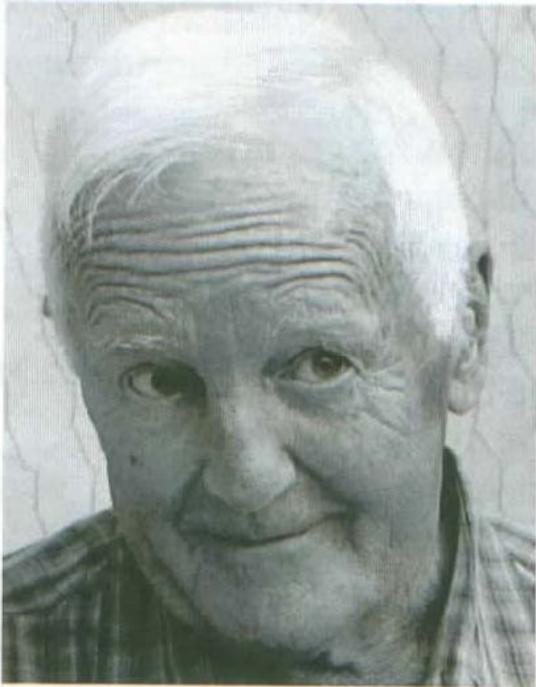
These tips may help:-Try sucking cold fresh lemon slices – they help stimulate saliva.

Use a few canned pineapple chunks

Flavour Ice cubes with a little lemon juice or orange squash.

Do make sure you spread your allowances through the day and save some for night-time. When the nights are very humid you will find it difficult to survive without at least 1 glass of water to sip.

Past member of the K.P.A. Dies aged 72



CHARLES GEOFFREY SHARP

A tribute by Doreen Lewis, Q.E.H.K.P.A.

It is with a heavy heart that I have to inform members of the Queen Elizabeth Kidney Patients' Association of the death of Geoff (as we all knew him). Geoff passed away suddenly but peacefully at home on 18 April 2009.

He leaves behind his wife Tonia, children Ben, Tom, Helen and Alison and also his beloved grandchildren.

I was lucky to have known Geoff for nearly 20 years and if anyone should ask me what Geoff was like, I'd say, always cheerful, happy and very, very cheeky!!!!

Geoff was well pleased when he got his bus pass but poor Tonia would never know where he was going to or where he had been. On one occasion he travelled from Kings Heath to Worcester to get some Cornish pasties he'd been told were very tasty. What a character he was, taking his "handbag" with him wherever he decided to go.

Geoff was treasurer of the Kidney Patients' Association for many years and continued to audit for us. He was also Trustee of the Kidney Research Fund. Our Association was very grateful for the work he put in for us and he will be sadly missed, but not forgotten.

God Bless you Geoff and may you rest in peace – with no doubt a grin on your face!!!
You will always hold a special place in my heart and I thank God I had the pleasure of having known you.

Thanks again to Sainsburys



Our Tombola and Can Shake at Sainsburys, Walsall, have become a bi-annual event. On Saturday 6th June the K.P.A. were in action again. We collected £560. Our thanks must go to all those who manned the stall, Sainsburys for allowing us to be there and of course to all Sainsburys' customers who supported us so generously. (Anyone wishing to help, please contact the K.P.A. You would always be very welcome.)

Special thanks to Dawn's Mother who worked very hard collecting and sorting prizes. Well done.

We are at the store again at Christmas, so if you would like to help please get in touch.



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. Our thoughts are with you at this time. 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.

DUDLEY KIDNEY PATIENTS ASSOCIATION HOLIDAY HOMES

Dudley Kidney Patients Association is the proud owner of three six berth holiday caravans which we let, throughout the summer season, to kidney patients and their families at a very reasonable rent. Initially they were bought for our own patients' use but we now also let them to patients from other areas. This includes haemodialysis, CAPD, APD and transplant patients.

The caravans are situated at Goodrington in Devon, Burnham-on-Sea in Somerset and Cirencester in the Cotswolds. All are on lovely sites with lots of facilities eg: indoor and outdoor swimming pools, shops, restaurants, bars, play and sports areas and within easy reach of many interesting places to visit.

Each caravan is well equipped with household items and each has a ramp and sun deck. Unfortunately we cannot provide haemodialysis facilities and these often prove difficult to obtain from local units as they are usually full with their own patients.

However, if local dialysis cannot be arranged, it is not too far to travel back from Cirencester or Burnham to your own unit and then return to your holiday afterwards. Part weeks can be booked, except in July and August.

Prices for the 2009 season range from £100 to £235 depending on when you go. This price is up to six people to stay for one week.

I do all the bookings and administration for the holidays. So, if you would like to have more information or enquire about available dates, please give me a call.

JUDITH SIDAWAY 01562 746115

Patient Transport

The results of the Patient Transport Survey that was carried out last October are now out. Thanks to all who took part. Now we have some details of the transport issues that face patients, we are meeting with the providers to find ways that will improve the service for haemodialysis patients at all the units.

If anyone who uses the service would like to send in their comments and experiences to us we would find it very useful. Any information given will be treated in confidence and if you wish you need not include your name.

Magazines in R.D.U.

The K.P.A. has been providing magazines in the U.D.U at the Q.E. and the Admissions unit on the Ward. One of our members Gavin Giles delivers each month a range of titles which we hope you find interesting The K.P.A. thanks Gavin for his efforts in supporting the K.P.A. and patients. If anyone has ideas about other ways we can support patients and help make their time in Hospital a little easier, please get in touch.

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).

EVERYONE IS WELCOME. SUPPORT YOUR K.P.A.

WWW.KIDNEYMATTERS.CO.UK

Those who have the internet, have a look at our web page. There are some very useful links and items of interest. We are updating regularly with items that we hope you will find useful. There is also a patients forum which will give you the opportunity to voice your thoughts and ideas with us and with other renal patients. Please post your comments or problems as this may help resolve some of them or pass on ideas as to how to deal with day to day problems of dialysis.

The K.P.A. would like to thank Tony Wrightone who organises our Web page and does a tremendous job behind the scenes looking after it for us. **Thanks Tony, your time is very much appreciated.**

CONTACT YOUR K.P.A.

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