

## The NEWSLETTER of .....

**South West Thames Renal & Transplantation Unit,  
Epsom and St Helier  
University Hospitals   
NHS Trust**

**South West Thames Kidney Fund** (Registered Charity Number: 800952), supporting the  
**South West Thames Institute for Renal Research**  
and  
**St Helier & Surrey Kidney Patients' Association**  
(Registered Charity Number: 266391)



### **Message from Jonathan Kwan**

#### **Sorry, I am leaving.....**

It is with the deepest sorrow and greatest sadness I am announcing my departure from my beloved Renal Unit and the Trust. After nearly 40 years of living in the country, 30 years of working in the NHS, 25 years of association with the Renal Unit and 15 years as a lead consultant, I have taken a totally *selfish* decision to emigrate to a far far off land (precisely 6,000 miles away) called **Macau**. Many of you might not have heard of the place; it is a small ex-Portuguese colony on the coast of South China Sea where Mandarin and Portuguese are spoken (shall be a linguistic challenge for me as I speak neither!). I have accepted a post there as a Medical Director/Chief Operating Officer of a yet to be built Polyclinic, a far cry from managing a 5000 staff Trust. My decision was partly to do with my own future career development before my arthritis set in (plenty of potentials for this with my past marathon effort) and partly to do with spending more time with my aging parents, whom I have only seen for about 5 days a year in the past 38 years (I have been a terrible son really!).

It was in the winter of 1972 that I first arrived in the country with a small suitcase and a big coat (concession for my adjustment from the tropical climate in Hong Kong to the wet arctic winter in Manchester) as a young teenager. Having gone through grammar school and medical school education, I became a junior doctor working up the ranks. I then arrived at the Renal Unit as a Research Registrar in January 1986 working for Mike Bending and Tony Eisinger. After a gap of 7 years, when I took up a training post at St George's for 1 year and a lectureship at the London Hospital Medical School for 6, I came back to St Helier as a consultant in 1994, followed by the appointment of Clinical Director Designate of the Unit in 1999 - the culmination of my career I thought then! The rest, as they say, is history. However, little did I know that I was to be appointed as the Trust Medical Director two years ago, taking on challenges which were totally out of my comfort zone!

In my time here, there has never been a dull moment, and I have enjoyed every second of it. The Renal Unit has gone a long way, from one of the smallest in the country to one which ranks about 5<sup>th</sup> or 6<sup>th</sup> in the country; with 19 sites and 13 consultant staff to the benefit of the numerous patients we serve living in South West London and Surrey! This is no mean measure of the dedication and sheer determination of the staff. I was a very fortunate participant on this roller coaster ride.

As I am departing, I must confess I shall miss the resilience of the staff I have been working with both in the Renal Unit and the wider Trust who lend so much support. I was immensely grateful to them for putting up with my excesses, erratic approaches to life, expansive arrogance, outlandish behaviour, dictatorial control, humility deficiency, unreasonable expectation, overpowering demands, etc. ... I am sure any reader of this piece can add a few more. Special acknowledgement should also go to the workers of St Helier and Surrey Kidney Patient Association and South West Thames Institute for Kidney Research; and many others I do not have the space to mention.

**I remain as good as I am judged by my patients and my informed peers. You will always be in my mind as my experience at St Helier and the Trust will stay indelible. Good-bye.**

**P. S. As I have no room in my returning suitcases, you are most welcome to make a donation to the "South West Thames Kidney Fund" in lieu of my leaving presents.**



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Christmas now seems like an age ago and I do hope you have all coped well with the snow and travel chaos that has afflicted our part of the UK. I guess you must have done, since this issue is entirely snow free! Above all Happy New Year to everyone - Nick Lewis, Editor

## *Renality* Would you like to advertise in Renality?

We distribute up to 5,500 copies of this quarterly Newsletter to patients who live within the catchment area of S W Thames Renal & Transplantation Unit (SW London, all of Surrey, W Sussex and NE Hampshire).

If you would like to advertise your business in this publication, contact the Editors. You will find the address at the bottom of this page.

*Renality* is now available on CD, PDF form & large print

Our thanks go to Joanna Bending who reads and edits the Newsletter and to her colleagues. Thanks must also go to Richard Sammons who produces the CDs and distributes them.

Graham Morrow produces the electronic version.

*If you know of any patient who would like to use these services, please contact: Nick Lewis*

01252 546569 or email:  
nickeblewis@gmail.com

### Remember ...

**our website addresses are:**

*South West Thames Kidney Fund:*

[www.kidneyfund.org.uk](http://www.kidneyfund.org.uk)

*South West Thames Institute for Renal Research:*

[www.swtirr.org.uk](http://www.swtirr.org.uk)

*St Helier & Surrey Kidney Patients Association:*

[www.shskpa.org](http://www.shskpa.org)

### Newsletter deadline:

We welcome letters, articles and opinions from our readers. If you wish to contribute, all items for inclusion in the next Newsletter must reach us by Friday 9th APRIL 2010.

The opinions and views expressed in this Newsletter are those of the individual or organisation expressing them.

There can be no assumption that such views and opinions are supported by any other subscribing organisation or individual.

*Renality* is sent to all patients of the Renal and Satellite Units automatically unless they have asked not to receive it. If you do not wish to receive this newsletter, please contact Paul Fischer at the Renal Unit on 020 8296 2514.

We would like to thank Riverprint Ltd, Farnham for their help in producing this Newsletter.

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PLEASE JOIN US AT A FUNDRAISING EVENT CELEBRATING  
the CONTINUING ODYSSEY in  
THE LIFE OF DR JONATHAN KWAN

On Friday, 26 March 2010, Dr Jonathan Kwan is leaving his post as Medical Director of Epsom & St Helier NHS University Trust, and will be taking on a huge new challenge as Director of a brand new polyclinic in Macau.

Jonathan has been a massive influence in the development of our Renal Unit. As the first Clinical Research Fellow at St Helier he became a leading force in renal research. He has always supported patient involvement in all areas of the renal unit. He is, and has been for over 24 years, deeply involved with everything renal. Thus, he wishes to make his leaving party into a big fundraiser to benefit the South West Thames Kidney Fund (charity no. 800952) and the future of our Renal Research Institute.

The celebration will be held at Epsom Race Course on 26 March 2010. It will be a great evening to rival (or outdo if Dr Kwan has his way!) Dr Bending's retirement event last July. It will be an evening filled with good food and wine, dancing, reminiscing, and lots of entertainment and laughter. We do hope you will be able to come and celebrate with us the Kwan Life Odyssey.

The cost of the evening will be £60.00 per person, and £40.00 per person for non-medical staff working in the Trust. If you can come please complete the form below and RSVP as soon as possible (remember that spaces are limited) or by 15 March at the latest to:

Anne Collard, SWTKF, St Helier Hospital, Wrythe Lane, Carshalton, Surrey SM5 1AA  
0208 296 3698 or [anne.collard@esth.nhs.uk](mailto:anne.collard@esth.nhs.uk)

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**I/We are able to attend the fundraising evening at Epsom Race Course on Friday 26<sup>th</sup> March**

**2010.** Please reserve \_\_\_\_\_ tickets @ £60 or £40 (strictly non-medical staff working in the Trust).

Please find enclosed a cheque for £ \_\_\_\_\_ made out to 'South West Thames Kidney Fund'

Names of those attending (please print clearly): If more than 2 please contact Anne Collard (details above)

1. \_\_\_\_\_

2. \_\_\_\_\_

Contact name: \_\_\_\_\_

Address: \_\_\_\_\_

Position/Location (if working in the Trust): \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

**I/We are unable to attend, but are interested in supporting the continuing future of kidney**

**research.** Please find enclosed my/our donation of \_\_\_\_\_ made out to the 'South West Thames Kidney Fund'. \_\_\_\_\_ Gift Aid may be reclaimed on this donation.

# Renal Unit News

## A message from the Clinical Director ...

I am writing this article in the middle of our Arctic spell. I am truly impressed how so many people have gone the extra mile without any fuss to make sure that it is 'business as usual', and would like to extend my thanks to all staff on the Renal Unit for a huge effort to ensure that everyone managed to get continuity of dialysis care during this challenging period. Special thanks needs to go to Cathy Woolley who has worked tirelessly with the dialysis and transport teams to keep the show on the road.

### Jonathan Kwan

It is with huge sadness that I announce that Dr Jonathan Kwan will be leaving the Renal Unit from the start of April 2010. He is going to be emigrating to Macau to help set up a new major hospital, and to be closer to his family in Hong Kong. As you know, Jonathan is irreplaceable. The Renal Unit (and the Hospital) will be so much quieter without him, but more importantly we are going to miss his energy, guiding light, passion and complete lack of political correctness. Jonathan is responsible for the vibrant renal service that we currently enjoy. I have relied on him as my 'God Father' since taking on the role of Clinical Director. We will all miss him, both professionally and personally. Jonathan is one of the 'Good Guys' that the Health Service needs. I plan to dedicate my next article to him, and to the achievements that he has made.



### Surrey Renal Centre

At the start of a new year, I had hoped to give you some positive news about the bid to run the proposed new renal service in Surrey. However (perhaps predictably), we have faced delays in the timetable, and we are still waiting for NHS Surrey to issue the final bidding papers. Just prior to Christmas, we held a workshop at St Peter's Hospital to bring together people who have contributed to the bid including patient representatives and some of the clinicians at St Peter's. Nearly 50 people attended, and I came away from the meeting with a feeling of optimism and hope. There was excellent feedback and many constructive comments to improve our final submission. If everything goes to plan, this is a real opportunity to develop renal care. As many of you know, Surrey is the largest county in England not to have its own inpatient renal centre, and this should be rectified.

If the Surrey Renal Centre goes ahead we will inevitably need to work more closely with our colleagues at St George's Hospital. We have already developed the new dialysis units together, set up new contracts and collaborated effectively in the Surrey Renal Centre bid. I believe that more integrated working can only benefit patients.

### New Consultants

It is a pleasure to welcome our two new consultants to the Renal Unit. Both have worked on the Renal Unit as Registrars and will be recognised by many of you. They started their consultant careers on the day of the big snowfall at the start of January. **Bhriku Sood** will work part-time as he has a young family. He will be taking responsibility for the pre-dialysis service alongside Pauline Swift, and helping me look after the Nephrology work at St Peter's. **Kate Shiell** has a long-standing interest in haemodialysis and will be responsible for running the new dialysis unit in Sutton.

### New Dialysis Units

I am delighted to see the new dialysis unit at Sutton up and running. It really is a state of the art modern dialysis unit, and I look forward to it becoming part of the fabric in the same way that our other 5 satellite units are. In addition, we look forward to the new unit in Purley opening at the end of February. This will hopefully relieve some of the strain at Mayday (which is bursting at the seams) and provide more local dialysis for people living south of Croydon. I have seen the building work in progress, and I know that this unit is going to be beautifully light and airy. As I have indicated in previous issues, we are trying to encourage people to receive dialysis in a local satellite unit as this will ultimately provide a better environment for on-going care.

It therefore looks as though the New Year is bringing lots of change. Let's work together to ensure that it is going to be change for the best! Happy New Year!

**James Marsh, Clinical Director**

## *A message from Steve Simper, General Manager*

May I firstly wish you all a very happy and healthy new year in 2010. It's the start of a new decade and the end of a year of considerable change in the renal unit.

During this year the service has consistently achieved most of our performance targets and has sustained an emphasis on improving the patient experience through the reduction of hospital acquired infections, compliance with the 18 week referral to treatment target and environmental improvements such as additional side rooms on Richard Bright ward.



The management team has continued to develop the way it works to increase efficiency whilst remaining effective. Directorate governance has been a key part of our focus this year, working to consolidate and develop our services in collaboration with staff and patients.

We are grateful that we continue to have a close working relationship with the St Helier and Surrey Kidney Patients Association which has supported the directorate with a number of developments, including £100k for the provision of bedside dialysis on Beacon Ward and participation in a number of service development plans. A donation from the St Helier League of Friends also enabled the directorate to renew an essential water plant for other areas of the unit.

The reduction and management of infection has also majored in the work of the directorate this year leading to a considerable reduction in incidents of MRSA and CDif in line within our performance trajectory, as well as a significant reduction in all dialysis-related infection episodes.

The directorate has also been responsive to the changing needs of our patient population, for example, working more closely with advocacy partners to support people with a learning disability.

Completion of the tendering process for the three new Satellite units, supported by members of the KPA. In December we opened the first of these units at Sutton. Purley opens late February and we hope to have Epsom open toward the end of 2010. A very generous legacy has enabled us to step up our home haemodialysis programme and we welcome Maura Pinkney who has joined Debbie Noble to encourage and support more patients to adopt this method of therapy.

The administrative staff, led by Sara Jobson have worked tirelessly to ensure that we meet all of our targets within our patients and data quality. We have supported the provision of Assisted Peritoneal Dialysis which is a valuable alternative to Haemodialysis for some patients allowing increased patient choice, and the maintenance of dialysis at home. In September 2009 our surgical colleagues at St George's performed the first case of ABO-incompatible live kidney transplantation within the transplant network. This operation was performed on a St Helier patient. This technique enables the blood group incompatibility barrier between donor and recipient to be overcome. The purchase of a cystoscope at St Helier has enabled the renal surgeons to remove patient ureteric stents after transplantation, rather than sending the patients to the Urology team.

We also have cause to celebrate a number of staff achievements, including:

- The Chairman's award for one of our dialysis nurses
- An excellence award for the peritoneal dialysis team
- Achievement of a level 5 Diploma in management and an MSc in Nephrology within the dietetic team
- ESOT 2009 Young Investigator Award within the renal surgical team
- A number of staff completed their NVQ as risk assessors
- Eight nurses completing their core renal training
- Finally the unit staff published many abstracts and publications during the year promoting innovation in the areas of chronic kidney disease and transplantation, raising the national profile of the unit.

All of this makes the renal management team very proud to be part of a unit which continues to work to provide the best possible service to our patients whilst recognising that we should maintain a good dialogue with patients to continually seek to improve services.

We have another very busy year ahead of us and are currently preparing our business plans for 2010-11. The key theme is to maintain business as usual during the work to secure the Surrey inpatient centre and forge better and closer links with our colleagues at St George's.

On a personal note. Many of you may be aware that I have been on a waiting list to receive the support of a guide dog. Well, in November I received the call to attend training and now have a lovely golden Retriever cross Labrador called Jennie to accompany me. She will be two on 14<sup>th</sup> February.

Please do make use of the e-mail [renalfeedback@esth.nhs.uk](mailto:renalfeedback@esth.nhs.uk) to let us have your comments or concerns.

## Susie Mallinder / Sue Woodcock—Leadnurses

We would like to wish you all a very Happy New Year, we look forward to working with you all in 2010.

The opening of the New Satellite Unit at Sutton in December and the planned opening of the Purley Unit ( possibly 22<sup>nd</sup> Feb ) has brought about some staff changes within the Haemodialysis Units at St Helier.

Maura Pinkney will step into a new role of Managing the Acute Haemodialysis Team and Developing Home Haemodialysis, Julianna Egbe will continue to Lead the Short Stay Haemodialysis Unit at St Helier.

Josephine Murphy has transferred from the Vascular Access Specialty to the Education Team and Martha Mawora has transferred from the Kingston Unit to work alongside Andrea Whitmore and Lorraine Boyle in the Vascular Access Team. We look forward to working with these nurses in their new roles.

### **Productive Ward**

Following the success of the productive ward project led by Sarah Bowen on Harry Secombe Ward, we plan to roll this out to Richard Bright Ward and Beacon Ward.

The productive ward initiative has been implemented as it had been identified that ward nurses spend an average of 40% of their time on direct patient care. Introducing more efficient ward systems and processes we plan to improve patient safety, enhance the patient experience and help reduce the length of stay.

### **Electronic Prescribing**

Electronic Prescribing is to be piloted on Richard Bright Ward: This new initiative is planned for implementation in March 2010

Electronic prescribing (ePrescribing) systems can help improve the safety and efficiency of healthcare by aiding the choice, prescribing, administration and supply of medicines.

Benefits of ePrescribing include:

- Prescribers accurately and clearly enter complete medication orders.
- As they do this the system can provide relevant patient information, for example on allergies, as well as details about drugs. ePrescribing systems can also offer advice or warnings as prescribing takes place.
- Prescription data can be stored securely and communicated to other members of the healthcare team without the risk of paper records being lost.
- Pharmacists can access drug orders remotely using the computer, and check and amend as required.
- Nurses who administer medicines have clear and legible medication orders. The system may help them to prepare for drug rounds, confirm the identity of patients, and record administration.
- Medication records can be accessed remotely by healthcare professionals.

ePrescribing systems provide a full audit trail and the data they hold allow many innovative uses that can help in medicines management and support a culture of reflective practice.

### **Button Holing Technique**

Button Hole needling is an alternative valuable technique with few complications like haematoma, aneurysm formation and the need for interventions.

Kingston HD have recently started a Button Hole programme. Thandi Mkhize one of our experienced HD sisters is the lead, she has started an initial cohort of patients with small, short or plain tricky fistulas.

Alongside colleagues, Thandi had established protocols detailing the cannulation of developing track and cannulation of established track. She has also devised an audit tool and taken baseline observations. The audit tool incorporates amongst other things patient feedback on pain during cannulation and bleeding time post dialysis.

Thandi is now at a stage where the initial cohort are nearing full track development and she is now preparing for the next group. She intends to disseminate skills and knowledge to another staff member to enable further development of the programme.

These are just a few projects currently being implemented within our department, we will endeavour to update you on the progress of these in future articles.

Susie Mallinder

### **Anaemia Update**

The anaemia team have had many changes over the last six months. Sue Wiggins has joined the team from haemodialysis to support us in our role. We have been busy switching everyone to a different brand of EPO and delivery-company, as a result of contractual changes. We are now in the final stages of this with only a few people remaining on Neo Recormon. The next step is to switch all users of Mircera to a new delivery company – called Evolution – and this will start in due course and should be completed soon. If anyone has any questions regarding their treatment, they should contact us on 020 8296 3466 or email [renalanaemia@esth.nhs.uk](mailto:renalanaemia@esth.nhs.uk).

St Helier and Surrey Kidney Patients' Association  
 - concerned with the welfare of patients of the  
 Renal and Satellite Dialysis Units

Message from your Chairman

I trust that you had an enjoyable Christmas and are looking forward to 2010.

Following re-election at the AGM in November, I have now started my fourth year as your Chairman, so the Committee and I will continue to work hard to benefit our members. A full list of your Committee members is published within this edition.

The KPA AGM was held on 15<sup>th</sup> November and a separate brief report covers this event.

The St Helier and Surrey KPA Christmas Patient Lunch took place on 12<sup>th</sup> December and was attended by around 75 patients, carers and staff who all enjoyed a superb spread prepared by Pat Harris, the Committees' Secretary, ably assisted by Di Spensley and Carol Robinson with Jim Rae providing the festive music.

The Grand Christmas Draw took place during the lunch and details of prize winners are published separately. The draw showed a surplus of £5,478 and my sincere thanks go to everyone who purchased tickets despite the uncertain economic climate, to Jim and Shirley Rae for sorting out the counterfoils and banking the money. I would also like to thank all Committee members for their help on the day.



The sale of Christmas cards has again been successful and currently stands at £750 with some money still to collect. I would like to thank Paul Steele for his generosity and also to all of you who purchased them.

2009 saw the opening of two satellite units, the refurbishment of both Richard Bright and Beacon wards and the start of the Surrey In-patient tendering process. Going forward into 2010, we will see another satellite opening at Purley in the spring and Epsom should open towards the end of the year.

The Surrey In-patient tender process has moved onto its fourth stage where St Helier, St Georges and St Peters will be required to present their final bid (including costs). The outcome of the tender should be known around March/April so lets all keep our fingers crossed that Surrey NHS make the right decision and choose our bid.

Following the success of our previous golf days we are holding another event playing the superb Kingfisher Course at Mannings Heath Golf Course in Horsham. The event will be held on Friday 18<sup>th</sup> June 2010 and this year will see a two tee start which will reduce the waiting times for the players. This is a lovely venue which will provide a great day of golf for players of all abilities. A poster for the event is included within this edition.

May I, on behalf of the Committee, wish you a happy and healthy 2010.

Best Wishes

Dave Spensley, Hon. Chairman

**S.H.S.K.P.A Holiday home**  
**St Helier and Surrey Kidney Patients Association**

Come and enjoy a relaxing and fun-filled family holiday in our new holiday home for up to six people, to suit all ages. The Holiday Home has a newly constructed ramp with decking to enable all patients to enjoy its facilities.

The newly purchased Holiday Home is situated on 42 acres of grassland with tree-lined roads and the caravan centre sits on the edge of the popular seaside town Bognor Regis. Children are well catered for, with The Riverside Rascals Club (4-13s) with its programme of fun activities and games. A clubhouse also offers entertainment for the whole family, including cabarets, disco, live music, bingo and dancing. Please check with the reception office for entertainment and leisure facilities available during the period of your stay as it varies throughout the season. The Riverside Caravan Centre also has an indoor heated swimming pool and spa pool, outdoor heated swimming pool, outdoor heated children's fun pool, shop, amusement centre\*, bar/off-licence\*, pool table\* and laundrette\*. Some of the clubs entertainment requires a membership for the duration of your stay and can be purchased from the reception on a daily or weekly charge. However S.H.S.K.P.A as a club member provides 6 free club memberships. (\*chargeable)

2010 Patient Rates	
March	£150
April	£150
May	£150
June	£200
July	£200
August	£200
September	£150
October	£180

**To contact us:**

**Nita and Ravi Patel**  
 3 Darcy Road, London, SW15 4TX  
 Tel. 020 8407 2525 Email: nita@nitapatel.com  
 Web: www.shskpa.org

**Message from Holiday Home Managers:** We purchased our holiday home with generous donations in 2008. We are now into our second season. Please look after it so that we can enjoy it for many more years. It has been newly furnished with crockery, cooking utensils, duvets, a new TV and DVD player.

## Donations

- Kevin Connolly and his colleagues at National Westminster Bank
- Paul Mildner
- S Shafiq
- Cath Gallagher
- Quayle Charitable Trust
- Christopher Murphy
- Beverly Hunter and Family
- Andrew Howes

## Memorial Donations

St Helier and Surrey KPA would like to thank all of those individuals who have donated in memory of:

- Alan Edward Woodison
- Ruth Eva Dechant
- Carolyn Bowden
- Flodelis Currie
- Selina Williams
- Vic Pomfret

## Legacy Donations

- Delma Q Guppy

St Helier and Surrey KPA's thanks go to all those who have donated in memory of their loved ones.

## NKF Conference

This year's conference was held at the Hilton Hotel, Blackpool over the weekend 9<sup>th</sup> – 11<sup>th</sup> October.

Nine KPA Members attended and along with the other 400 or so KPA representatives, patients and Carers we heard informative presentations on Nocturnal Dialysis, Organ Donation, Nephrotic Syndrome in Children and talks on all sorts of health issues. In addition we listened to several personal stories from Patients (no one can tell it like the patients themselves).

The weekend was really enjoyable as was the gala dinner held on the Saturday Evening at which St Helier's Medical Director, Jonathan Kwan, was the after dinner speaker giving an entertaining talk as only he can!!

This year the conference will be held on 8<sup>th</sup> – 10<sup>th</sup> October 2010 and I will notify you of the venue nearer the time (because at this moment in time I can't remember) and remember if you are a KPA member and wish to attend then we will pay for the discounted accommodation cost.

**Dave and Diane Spensley**

### Do you have email access?

There is sometimes news that you may find interesting or beneficial that we are unable to get to you in a timely way because it falls between the quarterly editions of

Renality. If you would like to be kept up to date with events (including fundraising events), research news etc. we will need your permission for us to send you occasional email updates.

Please email [Anne.Collard@esth.nhs.uk](mailto:Anne.Collard@esth.nhs.uk) requesting her to put you on our email list.

# St Helier & Surrey KPA AGM

The 2009 Annual General Meeting was held at St Helier hospital on Sunday 15<sup>th</sup> November.

A total of 18 Committee members and KPA members attended.

The Chairman, Deputy Chairman, Treasurer, Secretary and all other Committee Members offered themselves for re-election and were all re-elected.

A list of 2009 – 2010 Committee members has been published separately in this edition.



Hmmmm cakes, can you see me in the background?



The AGM in full swing chaired by Jim Rae and Dave Spensley

## SHSKPA Christmas Lunch

The SHSKPA Christmas lunch had a very good turnout. It was a great pleasure to see our newest member, baby Thomas. Great to see both Alison and her little bundle of joy in great health. Thomas was the star of the day, as everyone wanted a cuddle!

The Xmas Draw was a resounding success, Jim Rae (Treasurer) says:

The maths as follows: Gross Incomes £6,722.50 (incl. THE £1,200) Costs £245 Prizes £1,000 therefore net surplus £5,477.50 versus £5,737.50 Xmas 2008.

Winners were:

Jean Cowley of Caterham, Surrey who won the top prize of £500.

Pauline Soane of Sutton £200

W Butler of Bletchingley £100

RG Austin, David Rudge, Jackie Moss, Manfred Reagan, Tara Varjavand, James Morley, George Hughes, Walter Perez who all won £25 each.

Well done everyone and thanks for your support!



# ST HELIER & SURREY KPA COMMITTEE MEMBERS – 2009/2010

## Hon. Chairman

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## Minutes Secretary

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## South West Thames Institute for Renal Research



**“No Funding = No Research; No Research = No Cure” -  
Mark Dockrell, Lead Scientist**

Let me start by wishing you all a happy new year for 2010 and kind thanks to all of you who supported our work through 2009. I do appreciate all of you who have made donations, regardless of the size but as you'll see from my appeal at the end I'm still looking for money to support our next South West Thames Institute for Renal Research young scientist PhD studentship.

But before I get my begging bowl out let me up-date you on some of the events here at SWTIRR in the closing months of the last decade before the new ice-age of 2010 arrived.

The Institute continued to have success publishing the results of our work and sharing our findings with the greater scientific community. Usually I say here the “greater renal community”, and in deed we did recently publish a review in one of the renal journals, but the scope of our work has gone beyond that. I have often spoken of the fact that renal fibrosis – the scarring that leads to loss of kidney function – is very similar in many ways to fibrosis in other organs. Part of the proof of this is the cross fertilisation of ideas from researchers studying different diseases, and recently this has led us to sharing work and ideas with people interested in lung disease. One of the papers we published towards the end of 2009 was with a long standing collaborator and friend of mine at St George's who is working on lung disease. She had been very interested in the work we had done on signalling molecules in kidney cells and was interested to investigate their role in lung cells. One of the fascinating aspects of science is that when you start to get promising results you have no idea where they might lead to.

Many of our ideas are developed and refined when we get a chance to meet and talk with other researchers. November each year sees the largest annual meeting of renal researchers, the American Society of Nephrology Renal Week. Each year since I joined the Institute in 2002 I have seen our reputation and standing increase at this meeting due to the constant improvement in our research, thanks in no small part to the support we get from you. Now it is easier for us to meet and talk with influential workers world wide. We had a very successful meeting with our Dutch collaborators who are keen for Dr Nilesh Shah, the current South West Thames Kidney Fund Clinical Research Fellow, to spend some time in Utrecht to perform studies on human biopsy samples in their labs. Nilesh is working on an innovative project studying how kidney cells are held together and how this fails during renal disease.

I also had the opportunity to present some of our results to a California based pharmaceutical company. Our work was very well received, and although I felt this work was in a relatively early stage and not yet ready for commercial development, they thought the project was very interesting and were keen to collaborate with us. Although they didn't reach for their cheque book they did offer to help us with some of their specialist technology. We are currently working out an agreement so that we can take the project a leap forward. As if all that wasn't enough, I later found myself talking to a Professor from Miami about some work that our recent PhD student has done on a novel molecule, Erk5, in the kidney cells we specialise in, the proximal tubule epithelial cells. The question arose about what role Erk5 might have in another important kidney cell, the podocyte. Podocytes are specialised cells that play a critical role in maintaining the filtration barrier in the kidney. When the filtration barrier fails the kidneys start to leak protein. Unfortunately we didn't have access to human podocytes; we do now. We recently received human podocytes from Miami compliments of Professor Jochen Reiser. So as you can see the opportunities continue to grow for SWTIRR to investigate kidney disease. People world wide are impressed with what we do and want to work with us. All I have to do now is find the time and people to get on with these new exciting projects.

So, yes once again I find myself back talking about our need to bring new researchers to the Institute. A new South West Thames Institute for Renal Research young scientist PhD student would give us the chance to develop some of this new work as well as train a new renal scientist who can work towards understanding how kidneys fail and help find novel therapies. It is only through new research that we will find new improved treatments for kidney disease.

**“No Funding = No Research;  
No Research = No Cure”**



The South West Thames Renal Unit is participating in a study led by King’s College Hospital Renal Unit to conduct a study into weight loss in obese patients with chronic kidney disease. The study is designed to help determine if weight loss surgery can slow down the rate of kidney function decline, and improve heart and blood vessel function, in obese patients with kidney disease. Patients with body mass index (BMI) between 35 to 45 kg/m<sup>2</sup> with estimated kidney function of 20-60 ml/min will be invited to participate in a randomised controlled trial with either diet, exercise and medication for weight loss, or, weight loss surgery allocated as a treatment for at least 12 months.

Helen MacLaughlin, lead renal Dietitian at King’s College Hospital who is co-ordinating the study along with Dr Mysore Phanish, Renal Consultant, says “This study will help us to find out if weight loss surgery will be a useful treatment to slow down kidney function loss in obese patients with chronic kidney disease. Weight loss surgery has not been studied systematically before as a treatment to slow progression of kidney disease in obese patients, and this is an exciting study.”

The study team will be looking for volunteers throughout 2010 who are willing to participate in this study and to be allocated, by chance, to either our existing weight management programme, or weight loss surgery treatment”.

If you would like to find out more, please contact Helen MacLaughlin on 020 7848 0431, email [helen.maclaughlin@kch.nhs.uk](mailto:helen.maclaughlin@kch.nhs.uk) , Dr Mysore Phanish 020 8296 3696 [Mysore.Phanish@esth.nhs.uk](mailto:Mysore.Phanish@esth.nhs.uk) or Dr Pauline Swift on 020 8296 4831, [Pauline.Swift@esth.nhs.uk](mailto:Pauline.Swift@esth.nhs.uk)

### BODY MASS INDEX CHART

Height in Feet / Inches

Weight	5'4	5'6	5'8	5'10	6'0	6'2	6'4
<b>10st 0</b>	24.1	22.7	21.4	20.2	19.1	18.0	17.1
<b>10st 7</b>	25.3	23.8	22.4	21.2	20.0	18.9	18.0
<b>11st 0</b>	26.5	24.9	23.5	22.2	21.0	19.8	18.8
<b>11st 7</b>	27.7	26.1	24.6	23.2	21.9	20.7	19.7
<b>12st 0</b>	28.9	27.2	25.6	24.2	22.9	21.6	20.5
<b>12st 7</b>	30.1	28.3	26.7	25.2	23.8	22.5	21.4
<b>13st 0</b>	31.4	29.5	27.8	26.2	24.8	23.5	22.2
<b>13st 7</b>	32.6	30.6	28.8	27.2	25.7	24.4	23.1
<b>14st 0</b>	33.8	31.7	29.9	28.2	26.7	25.3	23.9
<b>14st 7</b>	35.0	32.9	31.0	29.2	27.6	26.2	24.8
<b>15st 0</b>	36.2	34.0	32.0	30.2	28.6	27.1	25.7
<b>15st 7</b>	37.4	35.2	33.1	31.2	29.5	28.0	26.5
<b>16st 0</b>	38.6	36.3	34.2	32.3	30.5	28.9	27.4
<b>16st 7</b>	39.8	37.4	35.2	33.3	31.4	29.8	28.2
<b>17st 0</b>	41.0	38.6	36.3	34.3	32.4	30.7	29.1
<b>17st 7</b>	42.2	39.7	37.4	35.3	33.3	31.6	29.9
<b>18st 0</b>	43.4	40.8	38.5	36.3	34.3	32.5	30.8



*South West Thames  
Kidney Fund - raising  
funds for research at South  
West Thames Institute for  
Renal Research*



Dear Kidney Funders

“Renality” is posted to over 4,000 supporters of renal research in South London, Kent, Sussex, Surrey, Hampshire and Berkshire. Some of you may be amazed to hear that there are only three independent renal research institutes in the UK, Sheffield, Cardiff and **The South West Thames Institute**, funded by **YOU** at St Helier Hospital, Carshalton.

Only with your help has it been possible to finance and build our state of the art Institute. Our Institute was designed after three of my visits to the US of A in the 1980's.

Those of you who keep up with the news will be aware that the government has recently announced a plan to “confiscate funds, donated by patients to support medical research”. I can promise you that this will not happen to the Kidney Fund or to SWTIRR as we set up as an independent research organisation more than twenty years ago.

**11<sup>th</sup> March 2010** is designated as World Kidney Day, and this year the effort, sponsored by the International Society of Nephrology is particularly centred on raising public awareness to the increasing incidence of renal failure in the diabetic population.

We are years ahead of the International Community, as the Research Institute for South West Thames Renal Services was set up to investigate diabetic nephropathy as our main remit 25 y ago ! ! ! ! You will find a lot more about World Kidney day in other articles in this edition.

We are desperately short of dedicated volunteers to help our research funding. Please make this request known to your family and supporters and friends. We are particularly short of a minute's secretary for the Fund, and also dedicated fund raisers. We offer training to anyone with four hours a month to aid the cause. Those of you with a family touched by kidney failure will know how important this request is.

**2010** is a very significant year in renal services in our region. Jonathan Kwan is leaving to return to Hong Kong. Jonathan was first appointed as junior registrar and research fellow in 1985. He must be one of the first research fellows to complete a higher medical degree from a district general hospital, long before University recognition. Since then his contribution to the service has been inestimable with an explosion of the consultant grade from 3 to 14 and the expansion of satellite dialysis units from one to six. Renal services in SW Thames owe Jonathan a great debt.

Finally I would like to express thanks to Nick Lewis, for his successful first edition of renality. Margaret and Peter Simpson were in many ways the instigators of Renality, and have set extremely high standards to follow. I wouldn't be an editor for all the tea in China, but come to think about it, I suspect that Jonathan Kwan will be editing all the Renal Journals in China by this time next year.

Happy fund raising. We depend on you. **You Know it makes sense...**

Yours sincerely  
**Michael Bending, Chairman**

## SWTKF Donations

All those individuals who have donated in memory of:

The Kidney Fund is very grateful to have received donations in memory of:

- Patricia Dreidger
- Ken Wells
- Edward Hicks
- Fred Erselius
- Dorothy Rose Field
- Louis Baldacchio

Many thanks to Keara Riley and her colleagues at Toshiba UK Imaging Systems Ltd for donating the proceeds from their 'Dress Down Day' to the South West Thames Kidney Fund. The Kidney Fund was chosen by the parents of Patrick Evans who died earlier this year in a skiing accident.

We would like to thank Sheila Webb for, once again, donating the proceeds from her History Walks around Tadworth.

So far, the 2009 Adidas 5K team has raised £2668.75 to help our research. Thanks Team!!

**And a big thank you to all who have sent donations to aid our research - we are very grateful!**

## Events...

### Fish 'n' Chips

Christina Ho would like to thank everyone who went along to the "Dance and Dine on Fish 'n' Chips" evening. They raised a total of **£1642.00** and a great night was had by all.

### Gourmet Christmas Supper

Gillian Hynd would like to thank everyone who attended as between you a sum of **£750** was raised.

## Parents remember their son with touching gift



Parents of a kidney patient who passed away last year have raised £500 for the renal department at St Helier Hospital, by asking their friends for a donation instead of a gift for their golden wedding anniversary.

As Jenny and Bryan Hill from Cobham in Surrey celebrated 50 years of marriage, they asked their friends

and relatives to remember their son Andrew by making donations to the department that cared for him.

The husband and wife team presented the cheque to renal consultant and Medical Director for the Trust, Dr Jonathan Kwan on Friday 11 December.

Mrs Hill said: "Our son Andrew was born with one under-developed kidney and the other was damaged, so he often visited St Helier for treatment. The care he received there was excellent, and we wanted to say thank you.

"Andrew led a pretty normal life up until he was 16, when his condition worsened. Then, in 1983 when he was 19, he was told that he'd need a kidney transplant."

As soon as Jenny heard the news, she stepped forward to donate a kidney. She went through and passed the rigorous matching tests and the transplant was a success.

"I didn't think twice about donating one of my kidneys. I didn't feel frightened – I just wanted my son to be as well as he could be. It was a complete success – he was told before the operation that he would need 10 months off work, but he said that he'd be back at work within 10 weeks, and sure enough, he was," said Jenny.

Unfortunately, Andrew also had a heart murmur, which required surgery in 2006. The operation was a success but in 2008, Andrew was called back to hospital to have valve replacement surgery. Sadly, he didn't recover and he passed away aged 42.

Jenny added: "Andrew was a happy, friendly and outgoing person. He was lovely and very popular – more than 300 people came to his funeral. And he never complained about being ill – he was never a sickly person, so it was a shock to discover just how ill he really was."

Dr Jonathan Kwan said: "This incredibly generous and selfless donation from Mr and Mrs Hill is really appreciated by everyone at the renal unit. We owe them a huge thank you for their thoughtful efforts. Andrew was a remarkable person and this is a very touching way of remembering him."

To find out how you can support the work of the Trust – from volunteering through to giving a donation – visit the Trust website: [www.epsom-sthelier.nhs.uk/supportus](http://www.epsom-sthelier.nhs.uk/supportus). For more information about the work of the Trust's renal department, visit [www.epsom-sthelier.nhs.uk/renal](http://www.epsom-sthelier.nhs.uk/renal)



# PLEASE SUPPORT YOUR SOUTH WEST THAMES KIDNEY FUND LONDON MARATHON TEAM

running this year on 25 April 2010  
to raise funds to support  
RESEARCH INTO KIDNEY DISEASE are:



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PLEASE SUPPORT YOUR TEAM!**

*Please take a sponsor form and encourage family, friends, work colleagues to support  
this valliant team effort.*

*Alternatively, online donations made be made via [www.justgiving.com/kidneyfundmarathonteam](http://www.justgiving.com/kidneyfundmarathonteam)*

## Comments from Runners

### Phil Raggett

I'm 27 years old, and live in Guildford, Surrey. I work for an Electrical Wholesalers called TLC and I'm a soldier in the TA in the Royal Signals Reg. My interests are most sports but especially football, cricket, going to the gym and motorbikes - riding and watching racing. Why I'm running the London Marathon for the South West Thames Kidney Fund? It means a great deal to me as my father is currently waiting for a kidney transplant plus is about to start dialysis very soon at St Helier. So really I'd like to raise the money to put back into the research and as a big thank you for the care and attention my dad has received.

### Judah Eastwell

I am working at Epsom & St Helier Hospitals in my first year as a qualified doctor. Originally from North Wales, I went to medical school in Cambridge/London, and have now settled in Surrey with my wife and our dog. I hope to train as a GP, although I do have interests in palliative care and radiology (I have yet to determine how best to fit these together!). I have been running since I was 14, and had planned to run my first marathon within the next two years – so when the opportunity came up to run for a charity attached to the trust, I jumped at the opportunity. My other hobbies include cooking, DIY, and making loudspeaker cabinets.

### Jacky Freiheit

My name is Jacky Freiheit. I am a staff nurse currently working in the Intensive Care Unit at St Helier Hospital and utterly loving my job! The excellent team of people I work with and the courage and endurance shown by the patients I nurse make ITU an inspirational area to be. Outside of work fitness has always been a large part of my life. I hold a Black Belt in Wado-Ryu karate and have enjoyed travelling with the Khalsa Karate Squad to compete against some of the best fighters in the world and train with both the English and German National Teams. I also love cross country running, sky-diving and mountain climbing with a smidge of light reading for balance.

I am proud to be running the Flora London Marathon 2010 in the South West Thames Kidney Fund Team as I am consistently moved by the sheer bravery of the people I have met who battle renal dysfunction daily with such fortitude and tenacity, although I also have a personal reason for undertaking this challenge. Next year will be the anniversary of the birth of my two little girls born with devastating congenital kidney disease. Lisa-Marie, who makes me happy every day; and Jordyn-Rose, who died aged seven weeks. I'm running this race for them.

### Kevin McDonald

Hello my name is Kevin McDonald, PGA I have just turned 30 years of age and I am looking forward with great excitement to running in the London Marathon 2010 in support of the South West Thames Kidney Fund. This will be my 3rd London Marathon and my first representing this particular charity. My father recently got diagnosed with kidney disease, amongst other things, and this is one of the main reasons why I am running for this brilliant cause. I hope the money I raise can be put towards helping people win the fight against their particular illness. I love to run but I felt I needed real motivation to hit the streets hard. What better than to enter a marathon :) Good luck to all those on the running team :)

# Patient Profile: Tanya Hastings

I am 34 years old and was born with Cystic Fibrosis. Despite having CF my childhood was, for the most part very healthy, fit and well. I joined in all the usual school activities with my friends and developed an interest in horse riding as my mother used to volunteer for The Diamond Riding Centre for handicapped Children in Carshalton, Surrey and I began riding there at the age of 4. The only difference between me and my peers was that I had to take some pills with my food and visit the local hospital every so often.

As I got older I had to visit the hospital more regularly and started having intravenous antibiotics about three times a year. This however kept me well and my parents eventually gave in to my pleas to buy me my first pony. I also managed to successfully finish school with a few GCSES and went on to college, however my health took a turn for the worse and I began to get frequent chest infections.

During my time at College I bought my horse Joe Sugden who was an ex racehorse(owned and trained by Fraser Hines who played the character Joe Sugden in Emmerdale Farm back in the 1980s). As my health deteriorated I transferred to the Royal Brompton Hospital so I could receive better care and found myself spending longer amounts of time as an inpatient there. Over the course of about 12 months I was told that my lungs were so badly damaged from infection that the only thing left for me was to go on the heart and lung transplant list. One of the main factors that kept up my spirits and will to live was my horse Joe who my best friend Nicky, helped to look after for the 6 months while I waited. I finally got the call on 17<sup>th</sup> October 1995. As chance would have it my friend Nicky was visiting me at the time of the call so she was able to accompany me to the Harefield Hospital and stayed until my family arrived and I was sent to theatre, which was a huge comfort at such a frightening time.

Evidently the operation was a success and within three months I was discharged and apart from spending the next year having very regular check ups, I was able to carry on with my life again. I went back to college and achieved an honours degree in computer studies. For the next 6 years I led a perfectly normal life working for the family business, riding my horse Joe and generally enjoying my new life. Unfortunately the immunosuppressive drugs poisoned my kidneys over time to the point where I was told I needed dialysis and was put on the kidney transplant list.

I chose to have dialysis via CAPD and carried on with life as much as possible, working and riding Joe. I even went skiing, para-penting and to the 2004 Olympics in Athens while on CAPD. After three years of trouble free dialysis I had a three bouts of peritonitis and had to have the line removed. I was then put on haemodialysis which was a little harder to work around as my diet was much stricter and completely the opposite to the 'eat as much fatty foods as possible' CF diet. During this time many friends and family went through the rigorous tests in order to be a kidney donor for me, but sadly no one was a match.

After four years of dialysis, on 15<sup>th</sup> September 2007 I eventually received the call I had been waiting for – a kidney was waiting for me at St George's Hospital. My mother and brother drove me to the hospital and stayed with me until I went to theatre. All went well and unbelievably I was discharged after just 4 days. I had a few problems with rejection and infection to begin with, but after a couple of months things settled down.

Today I have recently returned from spending Christmas and New Year in Las Vegas with my boyfriend. I still work as much as I can for the family business and continue to ride Joe who, has now reached the grand old age of 25 years but still thinks he is a winner at Epsom (as he once was)!

I am shortly starting my training for the London Marathon in earnest, by acquiring a running machine, as due to the bad weather, and a chest infection, have not been able to keep up my weekly training runs around the local lakes. I am very excited and motivated to raise as much money and awareness as possible to help research into kidney disease, transplantation and provide more equipment and better facilities for patients who have to spent so much time on dialysis.



The South West Thames Kidney Fund and the Renal unit will be inviting SH&SKPA (formerly SHAK) and SWTIRR to join us in marking World Kidney Day by having a stand in the atrium of

**The Centrale Shopping Centre Croydon  
from 10 am to 3 pm on the 11<sup>th</sup> of March**

We will be promoting awareness and education of Kidney disease with a focus on diabetes. Please pop by to say hello or if you can spare a little time to help we would be very grateful.

For more details please contact Anne Collard on 0208 296 3698 or Mark Dockrell on 0208 296 2965

Diabetes is the single greatest cause of kidney disease in the developed world

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 Dialysis centre: [info@dialysisholiday.org](mailto:info@dialysisholiday.org)

*Look out ....*

....for **The Kidney Fund Lottery**

to be launched in the April edition of

*Renality*



**PLAY and YOU could be a**

**\*\*\*Winner\*\*\***

NO FUNDING = NO RESEARCH

NO RESEARCH = NO CURE



**every week**

**Play your part in helping us find a cure for kidney disease**



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# John Edward Foxwell Memorial Golf Day

In Aid of St Helier and Surrey  
Kidney Patients Association

(Registered Charity Number 266391)

Kingfisher Course  
Mannings Heath Golf Course  
(Horsham)



Friday 18th June 2010

Cost — £40.00 Per Person

The day will comprise of:

- A Two Tee Start (new for 2010)
- A Singles Stableford Competition (Full Handicap)
- **Prizes for “Longest Drive” and “Nearest the Pin”**
- Post golf meal
- Auction & Raffle

For Further Details or to book a place  
please contact:

J G Rae  
Honorary Treasurer  
24 Beaver Close  
Horsham  
West Sussex  
RH12 5GB

Telephone: 01403 242601 or 07810 608678  
Email: [raedar@supanet.com](mailto:raedar@supanet.com)

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