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Renal Unit

What is the connection between Metal Mike, David Beckham, James Bond, Winnie the Pooh and Bertie? Stuck on a train recently I ended up reading an article on how to write a good article. Number one tip was start with a question – if you want the answer to the puzzle above you will have to read a good way through this article. Tip number two was that readers only remember 3-7% of what you write, most of which will be information in the first and last few lines. I hope this article will be interesting enough to hit the 7% mark and mindful that I have already wasted the first five lines with a puzzle, I am going to kick off with an unashamed plug for home dialysis.

Dialyzing at home removes the time involved in traveling to a unit, waiting to start or finish or waiting for transport. Bearing in mind that the average distance covered by a patient travelling to dialysis is estimated at 1965 miles/year that is a significant saving. It also allows flexibility to work treatments around your life and commitments and to dialyze more frequently for longer or shorter times to help achieve better health outcomes.

Both peritoneal dialysis and hemodialysis can be carried out at home. Drs Sood, Somalanka and Virdee can insert peritoneal catheters as needed and we don't have a waiting list to train people for either modality. Currently around 160 patients from the Renal Unit dialyze at home with the support of our home dialysis teams. This is around 17% of the dialysis population, but is still lower than in some of the other units across





Dr Ginny Quan Dr Fiona Harris

London. Both teams get great reviews from the patients they support, and we would like to ensure that everyone starting on dialysis gets the education they need to make an informed choice about what would work best for them. The National Kidney Federation (NKF) is currently running a campaign to increase awareness around the benefits of home dialysis. You can find out more at Home Dialysis Resource Centre | National Kidney Federation. Nothing can take away the impact renal failure has on people's lives but if you are approaching this point and would like to know more about dialyzing at home please ask. You can of course speak to staff, but we can also put you in touch with patients who are already expert at dialyzing at home and can explain the challenges as

When Fiona last wrote we

well as the benefits.

There are many many ways in which you can help **The Kidney Fund** and help ensure the future of Kidney Research. Further information on all of them can be accessed via the 'support us' page on our new website – or, if you do not have computer access and would like to know more, please do call **020 8296 3698**.

Make a **one-off donation** online, text **KIDNEY** (amount) to **70450**, or by cheque to: The Kidney Fund, Renal Unit, St Helier Hospital, Wrythe Lane, Carshalton SM5 1AA

- Create a standing order
- Donate via payroll giving
- Join our weekly lottery and play to win!
- Shop 'til you drop and **Give as**You Live!
- Recycle your old car at no cost via GiveaCar. Call them on 020 0011 1664
- Sell an item on **ebay**
- Volunteer **your time** (we can give you all sort of ideas!)
- Buy our Christmas Cards
- Donate shares
- Donate your tax refund

USEFUL CONTACTS:

RENAL UNIT reception: 020 8296 2283, 020 8296 3100

SWTIRR & SWTKF: 020 8296 3698 www.swtirr.org.uk

THE KIDNEY FUND: info@kidneyfund.org.uk www.kidneyfund.org.uk

ST HELIER & SURREY KPA: Dave Spensley, Chairman 01483 426276 www.shskpa.org

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 Beverley Searles beverley.searles@nhs.net 0208 296 2587 and Sami Young sami.young@nhs.net 0208 296 2384.

were halfway through our inpatient move - now all our inpatient beds have been relocated to the 6th floor of the main hospital. The wards are brighter and fresher, and it is wonderful to have easy access to other departments such as radiology and Intensive care. Nevertheless, we are very short of space. I appreciate that it must feel cramped at times for patients and staff and can only thank everyone for adapting so well to the new areas. There are several other positives following on from the move. Firstly, we no longer get emails about the broken G block lift and secondly the move has enabled us to consolidate our Renal Acute Unit (RACU).

RACU is enabling us to look after the sickest patients more effectively - we had started to plan for this prior to COVID, but the pandemic pushed our plans along with the need to provide non-invasive ventilation to counteract the effects of COVID on the lung. This initiative has been led by Dr Phanish, supported by our ward matrons, many other consultants, and with respiratory ITU and physiotherapy input. We keep a staffing ratio of one nurse to two patients for the four RACU beds and can also carry out a slower and gentler form of dialysis (SLED). We hope this will improve patient care as well as enabling a safer stepdown from intensive care for renal patients.

At the other end of the spectrum

our team is getting involved in national and local projects to support primary and secondary care in the introduction of medications that can delay progression of chronic kidney disease and hopefully prevent the need for dialysis. The first of these drugs were the ace inhibitors, such as ramipril, which many of you may have taken and which in addition to lowering blood pressure can protect kidney function. But there are newer kids on the block which have an additive effect. Look out for the SGLT2 inhibitors and do ask your doctor about these and other new medications Prevention of renal disease is the ultimate aim and rolling these out as quickly as possible to those who can benefit is vital.

I can't write this summary without mention of the junior doctors' strike - the term junior lumps together every doctor who is not working as a consultant or associate specialist and therefore includes doctors with many years renal experience. Even within the hospital I came across several staff members who didn't realize that our registrars were termed junior doctors. Junior Doctors make up nearly half of the medical work force in the renal unit and are critical to the care we provide renal inpatients. We needed 8 consultants at St Helier, and 2 at Frimley Park, supported by our nursing colleagues to keep safe levels of

24 hour care during the strike and sadly had to postpone much of our outpatient work to do this. As a minor positive the consultants now know how to write a discharge summary and many of us have refreshed our skills at blood taking. My input was minimal compared to consultants who volunteered to stay overnight. However, whilst trying to answer a bleep and a phone call at the same time and also getting to grips with the online refer a patient system I can confirm that the life of a "junior" doctor is tough.

Congratulations to those of you who have read this far. Metal Mike, David Beckham, James Bond, Winnie the Pooh and Bertie are not, as my daughter suggested, discarded Madam Tussaud figures, but all names given to dialysis machines either in our unit or by patients dialyzing at home. All our hemodialysis machines have names, and I had an amusing time flicking through the list. Many thanks to Home Dialysis Nurse Octavio Neto who was able to remember over 30 machine names in under 10 minutes.

I am going to use my last few memorable lines with a plea for feedback in any shape or form. We need to know what works and what doesn't, we want patients, relatives and friends living with renal disease to be involved in planning for the future renal unit short and long term. As a trust working

under the umbrella of GESH, we are looking at ways we can improve and provide an equitable service working out from St Georges and St Helier as well as looking further ahead to the likely merger of our renal inpatient services. We would love patient representatives to join us at these meetings and to

put forward the views of people dealing with renal disease. I would also like to thank all of you who write in with thanks – the effect a positive letter or message can have on the staff is hard to overstate – at the end of a very hard week I opened an email containing a really lovely letter thanking many

members of staff, it gave me so much pleasure to send it round to those involved and was even more relaxing than a Friday glass of wine – so please tell us how we can improve but also thank you so much for telling us when we do well!

Ginny and Fiona

News from Ciara



I'd usually start this edition of my Renality article talking about the lovely weather we are starting to see this April, but it's been a never-ending winter this year! Despite the weather, in the renal unit we are starting to look ahead as we do have some changes on the horizon!

Some of you may remember that we closed our Purley Dialysis Unit at very short notice, back in 2020. The intention was to get a new unit up and running really quickly, but the project was plagued with issues early on. Initially, COVID slowed us down as the hospital responded to the unprecedented challenges we were facing and then we had some legal issues with the process for awarding the contract to build the unit, we found a location and then planning permission was refused!

Last year we found a new location, got planning approved



and the teams have been working with **DaVita** (**UK**) **Ltd** on the design and build phase of the work and I am delighted to let you know that things have been progressing brilliantly and we are confident that the new unit will be open by Summer. The unit is a lovely old school house in Coulsdon, close to the town centre on Malcolm Road. There

is also lots of parking available for those of you who drive and find parking difficult at units with less outdoor space. If you live locally to Coulsdon (South Croydon, Purley, Redhill and further afield) we are likely to be in touch with you to discuss the possibility of moving your dialysis closer to home. If you would like to discuss moving

to the Coulsdon unit, please contact **Kelly** on **khomewood@ nhs.net** or speak to your unit manager who can help to make arrangements.

Another happy piece of news is that we have recently donated dialysis machines to three important kidney charities. In the UK, there are strict rules about how many years or hours of dialysis we can use dialysis machines for, but in most cases the machines are still able to provide effective dialysis. We have worked with **Kidney** Foundation of the Phillipines, **Asaase Foundation in Ghana** and the Ida Bass Kidney Foundation in The Gambia to donate these machines to hospitals around the globe where they can continue to save lives. Below is a picture of lovely Anita accepting on behalf of the Asaase Foundation. Anita has kindly agreed to share more

details once the machines arrive at their final destination. Massive thank you to our technician team for keeping these machines in tip top condition whilst the arrangements were being made and supporting with the travel arrangements.

There are also some changes afoot in the renal management team - our Divisional Director of Nursing, Julie Thomas has decided to return to Wales. We are sad to see her go but we are wishing her luck in her new role back there. We haven't yet appointed to her replacement but Gloria Munoz, an experienced renal nurse will be joining us for 6 months from the Trust's medicine Division. We are grateful to Gloria for helping to cover the gap and would encourage you to say hello if you see her our wards.

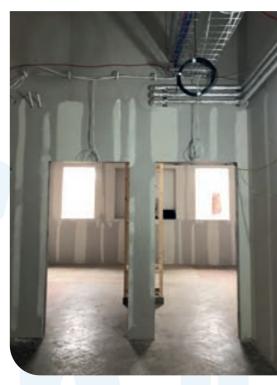
We will also be saying goodbye to **Helen Dighton**, our General



Manager who is retiring in May – we are delighted for Helen and we know that she's going to be using some of her new found free time to bake us some lovely cakes!

We are working with the Kidney Patient Association to recruit a Patient Experience Officer. The purpose of this role is to spend time talking to patients out in

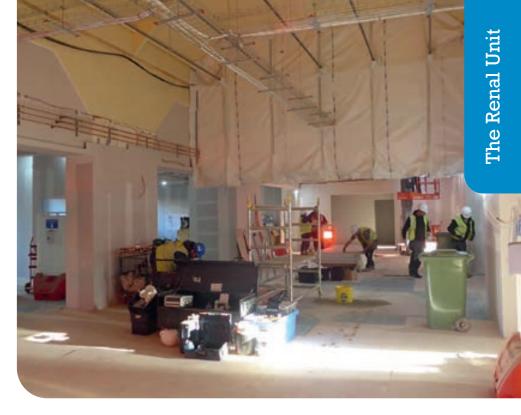




our dialysis units and across our inpatient and outpatient departments about our services and to make plans to improve them. We know that our patients are in a unique position to tell us what is working and what could be improved as well as give us suggestions as to how we could do so. We would love for the successful candidate to have experience of being a kidney patient or carer. If you believe you have the skills for the job or you know somebody who does, please search for the role on the NHS Jobs or Epsom and St Helier Hospitals website. You can also contact Cat on Catherine.Townend1@nhs.net for more information.

If you are not interested in the role, but you would still like to get involved in improving our services then please contact the Kidney Patient Association (lots of contact details available in *Renality*) or let your unit manager know and they can help to put you in touch.

We are always grateful to those of you who invest your time to get involved as well as for all the donations you make to the Kidney Patient Association. These donations are critical in allowing us to invest in equipment that would not otherwise be available in the NHS, they support the improvement of our services and to develop the skills of our workforce, so we can always offer you the best care.









Dear Kidney Fund Supporters



It has been a bit of a blur since I last wrote in *Renality*. We have had quite a few changes at No. 10, industrial action is taking place in various parts of the public services and the NHS has not been unaffected. Whether some of this represents a Nation reeling from the effects of the COVID pandemic isn't clear to me.

I am sorry to tell you that Robin Ford, who for a few years now been the driving force for many of our fundraising events, as the Fund-

Raising chairman, has stepped down from the post. He was also a Trustee of the Kidney Fund. I would like to take this opportunity to say thank you to him on behalf of the Kidney Fund. Robin, thanks to his efforts, leaves us in a much better position, with things looking much better with regards to our research funds than they did a couple of years ago. He assures me that he will still continue to take any and every opportunity to continue to raise funds to support our Charity.

Some of the fund-raising activities we have for the rest of the year include:

• The Dragon Boat Race -

Sunday July 16th. For those who aren't familiar with Dragon Boat Racing, their website describes it as "an exciting way of motivating and integrating people in teams while having a lot of fun. It's a great platform for team building, whilst most importantly raising funds for local charities, and contributing to the local community". We will have two boats, one

imaginatively named "Boaty McBoatface" and the other, "Sweaty Kidney Scientists".

Weather permitting, it should be a great day out.

Please contact Gemma

Dunleavy gemma@

kidneyfund.org.uk if you will be able to take part.

The Collectively Camberley Car Show -

Saturday 12th August, 10am to 4pm. According to their website, "The event will showcase over 250 vehicles all across Camberley Town Centre... The day will be filled with FREE family entertainment including live music, face painting, and balloon modelling! You'll be greeted by our roaming street performers and live music all day in the town! This event has raised over £65,000 for charity over the past 11 years and we will be continuing to raise funds this year".

They have also for the past couple of years, had the Kidney Fund as one of the Charities they support. We will have a stand at the event and have in the past provided free blood

pressure measurement as people stop by to ask about who we are and what we do.

 Autumn Ball – Saturday 9th September, organised by Robin Ford. Details are in this copy of Renality.

We are quite keen for more help with our various activities. We are looking to fill the post of Treasurer and also now have to fill the post of Fund-Raising chairman. In the digital age, we need to be versatile with regards to how we approach fund-raising and the Trustees and I are open to listening to fresh ideas.

Many hands make light work, as the saying goes. The bottom line, I guess, is that we need more hands. Please get in touch with me, any of the other Trustees, or Gemma Dunleavy, who handles the administrative side of things. Our details are on the kidney fund website https://www. kidneyfund.org.uk/ where you can get more information about the Kidney Fund.

I will repeat what I said last year that with the strange goings on in the world at present... Russia, Ukraine, the rising cost of living, etc. it would be understandable if people felt over-stretched and that they do not have the time or the means, but you continue to remain generous to us and on behalf of the Trustees, I would like to thank you all again for everything you do to help us as we seek to promote education and research into kidney disease.

Dr David Makanioula

"Many hands make light work, as the saying goes. The bottom line, I quess, is that we need more hands..."



We would love you to join **your lottery** – (and your friends!)

I hope you are all well and are looking forward to the summer?

Our lottery is unfortunately losing members slowly and it would be nice if we could reverse that trend by welcoming new members or previous members rejoined us!

I know that the financial predicament we find ourselves in is not easier for any of us, and I certainly wouldn't ask anyone to stretch themselves beyond what they can reasonably afford, but these funds do help towards the much needed research carried out on our behalf.

Every £1.00 weekly entry gives 50p in winnings and, more importantly, 50p to research – with no minimum to the number of entries you can have.

If any of you that have not kept your subscription going would like to rejoin us then do let me know by emailing me **lottery@kidneyfund.org.uk** so we can sort out your renewal or just complete the form on the back page and send it to me.

Should anyone wish to join us and has access to online banking then email me at the same address and I will let you have the details to set up

a subscription, alternatively complete the mandate on the back page and send it to me.

Don't forget to ask your family and friends to see if they also would like to join and don't forget that there's no limit on the number of entries anyone is allowed!!

The figures to date are that we have been able to give over £97,000.00 to The Kidney Fund and have paid out over £89,000.00 in winnings since we started in July 2010 – so all those £1.00's do all add up!

Please come and join our little group and invite as many others as you can, together we can help to make a difference.

Best wishes to you all and please stay as healthy as you can.

Winners since the last edition are as follows:-

12/08/2022	101114	St Marys Bay	£132.50
19/08/2022	101379	Sunbury-on-Thames	£132.00
26/08/2022	101005	Egham	£130.50
02/09/2022	101103	Ash	£130.50
09/09/2022	101060	Horley	£129.00
16/09/2022	101178	Worcester Park	£129.00
23/09/2022	101298	Farnham	£129.00
30/09/2022	101186	Aldershot	£128.50
07/10/2022	101380	Aldershot	£127.50
14/10/2022	101300	Byfleet	£127.50
21/10/2022	101301	Woking	£127.50
28/10/2022	101182	Farnborough	£127.50
04/11/2022	101339	Yateley	£127.50
11/11/2022	101253	Thornton Heath	£128.50
18/11/2022	101228	Cinderford, Glous.	£128.00

25/11/2022	101356	Carshalton	£128.50
02/12/2022	101259	Selsdon	£128.50
09/12/2022	101180	Whyteleafe	£128.50
16/12/2022	101084	Weybridge	£128.50
23/12/2022	101237	Camberley	£129.00
30/12/2022	101270	Cheam	£129.00
06/01/2023	101295	Tilehurst	£129.00
13/01/2023	101255	Princes Risborough	£129.00
20/01/2023	101121	Addiscombe	£128.50
27/01/2023	101248	Farnborough	£128.50
03/02/2023	101184	Maidstone	£128.50
10/02/2023	101094	Reigate	£127.50
17/02/2023	101382	Yateley	£127.50
24/02/2023	101167	Bexhill on Sea	£127.50
03/03/2023	101240	South Croydon	£125.50

St Helier and Surrey Kidney Patients Association

A message from your Chairman

I hope you're all keeping well. I have finished my sixteenth year as Chairman and now I've started my seventeenth, not bad for someone who said, "I'll do it for a maximum of 5 years". The KPA have started meeting in person again albeit we meet every 2 months, and we also keep in contact via email or phone as nobody really fancies attempting Zoom meetings.

As you'll see from the two articles within this edition, the KPA has lost another member with the passing of Jackie Moss who has been with me since 2006 and served on Committee for over

30 years. In addition, my first Vice Chairman, Paul Steele passed away, Paul also served on Committee for a number of years. They were both wonderful people who did all they could to help kidney patients. R.I.P Jackie and Paul.

I only visit St Helier every couple of months and when I do the renal unit seems a very different place now with fewer patients waiting for their clinic appointments, no servery counter, and no inpatients in the 3 wards, they have moved to the 6th floor of the main hospital. I know this is seen as progress but the interaction between people in the renal unit that existed previously doesn't seem to be there any longer.

I'm sure the Clinical lead and General Manager will tell us more about future plans for the renal unit and the planned merger with St Georges in their articles.



KPA News/ Committee/Patient Representatives

We have scheduled our annual Golf Day for Friday 9th June 2023, playing Milford Golf Course for the Paul Connolly Memorial Bowl, in memory of Paul who passed away in 2022.

I want to make an appeal for any patient, family member, carer who may be interested in becoming a committee member to make contact. The KPA Committee desperately needs new members if it is to survive going forward. We also need a Treasurer.

Committee has gained one new member over the last few years, but it has lost five, three have passed away and two have stood down due to health or personal reasons. It would be lovely to have every Satellite represented. We still need reps for every unit other than Croydon.

Most of the present Committee have served for several years and I'm sure they won't mind me saying, but we're all getting older and it's vital to find new Committee members to ensure the continuity of the

KPA, after all it's there to help us, the patients.

Ideally, we would love to have some younger Committee Members to enable us to represent the entire age range of St Helier's patients.

The position isn't onerous; circumstances permitting we normally meet every 2 months within the Renal Unit at St Helier at 7.30 normally on the second Tuesday of the month. Members don't need to attend every meeting; reports can be submitted by email or similar, in fact, as I said in earlier messages, we postponed our meetings for over 2 years due to Covid and we managed.

This is your kidney patient's association set up 50 years ago by kidney patients under the care of St Helier to support kidney patients under the care of St Helier and if it is to survive going forward it desperately needs new people to get involved.

If you can help, please contact me on **01483 426276** or email daspensley@btinternet.com.

I think that's about all I have to say.

Stay Safe.

Best Wishes.

Dave Spensley, Hon Chairman



St Helier and Surrey KPA would like to thank those of you who have donated to us during the period since the last Renality, either anonymously or without providing any details to allow acknowledgement, these donations in the region of £900 mean a lot and enable us to carry on our work.

Jagruti Womens Group
 P.A. Golf Society
 John Spencer

MEMORIAL DONATIONS

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

Paul Steele
 A Henderson
 Joy McAlister
 Mr. Townend
 Raymond Tidman

PAUL STEELE

7/8/1950 - 28/11/2022



Paul was SHSKPA fundraising officer from 2002-2004 and Vice Chairman of SHSKPA from 2005-2006.

Having inherited Polycystic kidney and liver disease from his father and battling through renal failure and a renal transplant in 1996, he became a passionate supporter of the Kidney Patient Association and was determined to help other kidney patients in any way he could.

He lived a full and active life, starting up and managing several companies in the Card and Gift Industry.

He fulfilled a lifelong dream and ambition to live in Dorset where he renovated a house with his wife Sarah, creating a beautiful home and garden, which was much loved by family and friends.

He was a devoted family man and very proud of his son and daughter, Leo and Zoe. He loved spending time with his two grandchildren, Kira and Oskar. He will be much missed by us all.

Jackie Moss

It is with great sorrow and a heavy heart that I announce the passing away of Jackie Moss. She died peacefully in her sleep on the 17th December.

Jackie served the KPA in one way or another for the last 30 years. She was a great ambassador for the KPA with her work on the committee, fund raising or general willingness to help in any way she could.

At the age of 18 Jackie was faced with the beginning of kidney issues that would follow her through the rest of her life. In the mid 1990's she had the first of two kidney transplants. The first was unsuccessful and Jackie very nearly didn't make it through, but the second was a great success and was with her until the end.

Jackie lived her whole life in her family home in Kenley. Daughter to Les and Joyce and older sister to Charles, her youth was full of joy and love. Jackie took the early kidney diagnosis in her stride. She was always positive in times when it could have been very easy to give up, and didn't let anything stop her from doing what she wanted to so.

Jackie started work at a publisher in South Croydon at the age of 17, before heading onto Hill Samuel. She thoroughly enjoyed working here as a personal assistant until her retirement. Retirement suited Jackie well, with holidays away, visits to friend and family, relaxing days and more importantly, no early mornings.

Our thoughts go to her family and friends.



She will be sadly missed by all who knew her.



St Helier & Surrey KPA Committee Members 2022/2023

Hon. Chairman

David Spensley

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Minutes Secretary

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Membership Secretary

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Position Vacant

Satellite Liaison - West Byfleet

Position Vacant

Satellite Liaison - Farnborough

Position Vacant

Research Representative

Sarah-Louise Harwood Mobile: 07891066068 Email: sgh239@gmail.com

Renal Social Worker/Amenity Subcommittee

Meheret Moyo

Renal Unit, St. Helier Hospital 0208 296 2940 Tel:

Email: meheret.moyo@nhs.net

PLAY OUR WEEKLY LOTTERY

Over £75,000
raised so far for
The Kidney Fund!!

50% of all money raised goes to the winner and the other 50% goes directly to The Kidney Fund

Title:



Surname:

Over £8,000
in winnings paid out
in the last year!

£160 Average weekly prize*

To join the Lottery please complete the form below and return it to the address on the f
--

Once received, we will contact you to let you know your unique number or numbers.

Initials:

IMPORTANT ple	ease return to:	The Lottery Offic	e, c/o 10 Pelton Avenue	e. Belmont. Surrey	. SM2 5NN

Aduless:								
Post Code:		Home Phone:		Mobile:				
Email:					Add m	e to the Kidney	Research Suppor	ter Email Group
Please note that to sav	mmunicate by e	mail or tele	ephone.	Please tick her	re if you re	equire a letter		
There are TWO ways to pay. Please choose ONE of the following:								
OPTION 1 – Standing Order Mandate								
Title:	Initials:		Surname	:				
My Bank's Name:		Branch:			Post Code:			
My Account No:		Sort Code:			Date of 1st Payment:			
Name:			Signed:					
Pay to: Kidney Fund	Lottery	Bank: CAF	Bank Ltd, We	st Malling)	Account N	o: 00019588	Sort Code: 40-52-40
Monthly Payment:		number of er	ntries @ £4.34 p	er month		=	£	& thereafter each month
Quartley Payment:		number of entries @ £13 per quarter			=	£	& thereafter each month	
Half-Yearly Payment:		number of entries @ £26 per half-year			=	£	& thereafter each month	
Annual Payment:		number of entries @ £52 per year			=	£	& thereafter each month	
OPTION 2 – Cheque Payment								
Title:		Initials:				Surname:		
I wish to buy	entry(s) each	week for	13 weeks,	26 week	is,	52 weeks and	remit a cheque fo	or £

If you have any questions or would like more information, please call 020 8296 3968 or email: lottery@kidneyfund.org.uk

The Kidney Fund: Registered charity number: 800952

(each entry costs £1 per week). Please make cheques payable to: The Kidney Fund Lottery & return to the address on the form.

^{*} Based on the average of the last years weekly winning prizes. The weekly prize amount is not guaranteed and is dependant on the number of entries paying into the lottery that week.