

The Christchurch Kidney Society (Inc.)
Patient Support Group

SERVING THE LOCAL RENAL COMMUNITY FOR OVER 45 YEARS

THE RENAL MESSENGER

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AUTUMN NEWSLETTER



2024

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Karen Faalilo, Property Transfer Office

www.propertytransferoffice.co.nz

From the Editors Desk...



Welcome to Autumn!

It's hard to know where to start, there is a lot happening! It always seems like we only just start the year and the end of the financial year is upon us.

March was World Kidney Month (World Kidney Day was on 14 March), so firstly we would like to thank everyone who is involved with the Society and all we do, from our lovely Committee members and Volunteers—right through to people who support our youth fund by dropping off can tabs, etc (and all in between).

We have been joined by the lovely ladies of Zonta and they have been arriving weekly at the Home Dialysis Training Centre with home baked goodies for people receiving dialysis. This has brought so many smiles and we appreciate it so much! There are so many lovely people doing wonderful things in our community and we celebrate them.

We are planning our next fundraiser which is our Preloved Clothing Sale and this will be held on Saturday 4 May at The Cashmere Club. If you have any clothing, jewellery or shoes in great condition that you are happy to donate to us for this sale, we would absolutely love them. This will be our main fundraiser for the year (flyer attached to newsletter or emailed separately).

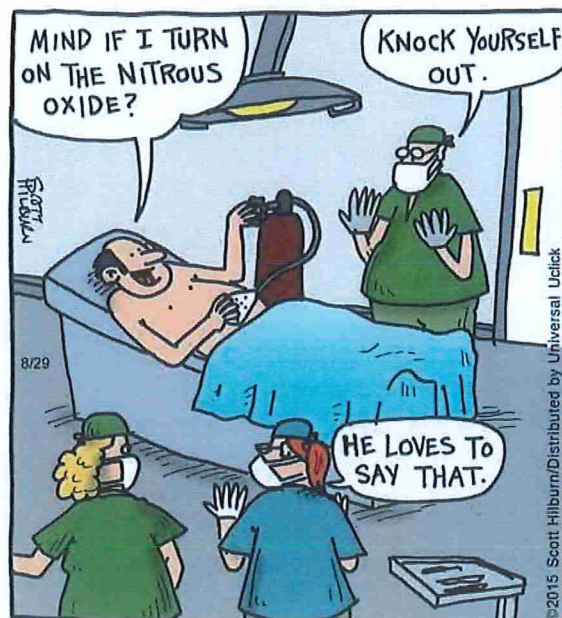
You will see from the following page that we say farewell to a very special lady, who has been an enormous supporter of the Society for many years. If you have a special message for Rachel, I am happy to pass it on.

We welcome new staff to the Nephrology Department and we continue to work alongside Kidney Health NZ and support existing/new groups who care for those with kidney disease.

Huge congratulations to Claire and Hamish Christie, who welcomed their darling boy, Charlie, to the world last year. We thank Claire for sharing her recent trip to Singapore with us.

I hope the Autumn weather is kind to us, it is actually my favourite season. So jump in those leaves, walk amongst the trees and enjoy the range of beautiful colours and most importantly be kind to yourself.

Best wishes always, Jo Houghton





FAREWELL RACHEL

It is with very sad hearts that we say farewell to dialysis nurse, Rachel Wakefield, who is returning to the UK to live after 15+ years in the dialysis unit.

Rachel has been the best supporter of the Christchurch Kidney Society for so many years and we will miss her so much!

Raffle ticket seller extraordinaire at Christmas parties and events, cake stall organiser and always first in line to help with bells on (sometimes literally!).

We wish you the very best Rachel and hope you can visit us in the near future? You have become a special friend to many during your time in New Zealand (especially me—Jo, Editor)

Rachel (left) is with Alae & Kathy Tuu'u and Viv at her leaving dinner.



WORLD KIDNEY DAY—14 MARCH

This year we acknowledged each and every member of our Nephrology Department.

We appreciate them every day, but we wanted to give them each a gift and treats to ensure they know this!

Thanks to Unilever NZ Ltd for helping us with this special acknowledgement.



We welcome new Nephrology staff as follows.....

Hi! I am Aljon Jay Tinaud Ancheta, you can call me Jay, born and raised in Philippines.

I have a total of 11 years of experience as a nurse. Previously I worked in the Philippines for 4 years (from 2012-2016) then moved to Singapore and worked for another 7 years (from 2016-2023).

I moved to this beautiful country last February and joined Christchurch Hospital in the Dialysis Unit as a Registered Nurse on 12th of February 2024 and I enjoy working with my colleagues.

I am happy and thankful for the opportunity to work in this prestigious institution.



Hi my name's Amy Tarawa,
 My family and I moved to Christchurch in early January 2024 from Gisborne (Tairāwhiti). Here I worked as a Registered Nurse in the satellite dialysis unit for a few years. I have a passion for renal nursing and I am always looking for ways I can develop my skills and knowledge in this specialist area.





Hello, My name is Tinu Siby Roy, a recent addition to the Dialysis Team of the Christchurch Hospital. I was born and brought up in India. I pursued my nursing from Rajiv Gandhi University in 2010 and I have a total of 9 years experience in different areas from different countries.

Soon after my Graduation, I started my career as a Pediatric Cardiology Nurse at Narayana Hrudyalaya Hospital in India. Then I moved to Saudi Arabia, where I worked as a Charge Nurse in a Medical Ward. In 2016, I moved to the Kingdom of Bahrain and I started my career as a Dialysis Nurse.

I have been a dialysis nurse for the past seven years, where I have gained extensive experience in performing hemodialysis procedures. I am proficient in assessing vascular access, monitoring patients during treatments, and ensuring the delivery of safe and effective care. Apart from that, I also worked as an In-service nursing Educator, QI team member, OHS team member, and Hospital Research team member.

Recently I moved to Christchurch from Palmerston North after completion of my CAP course. I am excited to be a part of the dynamic team. Thank you for allowing me to learn and grow. I hope to be helpful to others on the team and learn from more experienced team members.

Hello, I'm Mary Grace Estrada

My journey in nursing began when I passed the Philippine Nurses Licensure Exam in November 2008. For the next five years, from 2009 to 2014, I dedicated myself to serving as a Hemodialysis Nurse in the Philippines, refining my skills and nurturing a passion for patient care.

In 2014, I embarked on an international journey, working as a Haemodialysis Nurse for Diaverum in Riyadh, Saudi Arabia, until 2017, and later at Prince Sultan Military Medical City in the same country from 2018 to 2019, where I further honed my skills in a challenging environment.

In February 2020, I started a new chapter of my life, joining my husband in Christchurch City, New Zealand. I worked as a Support Worker at Laura Ferguson Brain Injury Trust from 2020 to early 2022.

Eventually, in 2022, I completed the Competence Assessment Programme (CAP), and I returned to nursing as a Nurse in Christchurch Hospital's General Surgical ward, where I continued to grow and learn.

It wasn't until late 2023 that I finally seized the opportunity to join the esteemed Nephrology Team, fulfilling a long-held aspiration. Outside of work, I find joy in spending time with my 3-year-old son and indulging my culinary passions through cooking and baking, which allow me to express my creativity and nourish those around me with love and delicious food.



SOLAR BUDDIES

Sunscreen applicator



In my hunt for good products to put in our transplant recipient care packs I came across this product, aimed at children, but a great concept for those needing to ensure they have good sun protection at all times.

This is refillable and a clip can be purchased separately to connect to your bag or belt? As they say "Less Mess, Easy to Use, Refillable".

I am looking to purchase some for the office at a wholesale price for members, please get in touch if you are interested, so I can place an order.

SUPER SPECIAL NOTICE:

Tins of plasters with a very special message are available at the office for \$2 each, plus postage if required. These would make great stocking fillers, customer or 'thank you' gifts. Super handy in the glove box too!



(Skincare below available in the office by request)

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KHNZ kidney resource project – an update

After seeking feedback from the kidney community throughout New Zealand, Kidney Health New Zealand is now beginning the process of creating a suite of education resources which will be accessible and in a variety of formats.

Feedback was received from patients, whanau, and allied health and healthcare professionals working with kidney patients. Some of the common themes around the formatting of the resources include the need for more information to be translated into a wider range of languages, more graphics and less words, consideration of English as a second language for many, small amount of information at a time, in other words layers of information and consistency of wording throughout the resources ie. kidneys instead of renal.

Consideration will be given to ensure accessibility to the resources for all, planning is underway to establish a national repository for education resources, including access for those without data and those less IT savvy.

The design will include a selection of short videos clips, podcasts, booklets, flip charts, brochures and fact sheets which will contain information for those affected by kidney disease, those at increased risk, newly diagnosed, kidney replacement therapies, supportive care and information for caregivers. The information will range from what to do when the GP tells you your kidneys aren't working properly, managing medication, treatment options through to managing fatigue, anxiety, anger and what can I as a caregiver do to support my person.

Work will be done to ensure this Information is accessible for GP's and Practice nurses to enable the information can be printed out for their patients to take away with them. Many of these resources will be useful for Primary Care and support their learning too.

The KHNZ resources design will be consistent throughout with cultural considerations at the forefront, the ability to update these resources regularly will be a priority to ensure they remain current and a reliable source of information for all.

Co-design of these resources is critical, and we will be seeking input and feedback from patients, caregivers, healthcare teams working with kidney patients. This will be done by way of focus groups, either via Zoom or Face to Face, emails, and regular updates.

It is important your voice is heard, after all these resources are for you, and those who want to understand kidney disease and support those impacted by the disease and it's treatments.

I welcome your feedback at anytime, you can email Carmel at carmel@kidney.health.nz or call me on 021 460456, or 0800 543 639

ACKNOWLEDGEMENT AND THANKS TO:

- * Thank you to everyone collecting wine bottle tops, cans and can tabs. These can be dropped into the office or taken to a scrap metal dealer who may issue cash or be prepared to pay directly into the Society's account (03 1591 0025801 00). Already this year we have raised \$411.86 towards our youth support fund.
- * Special thanks to Hannah and **Unilever New Zealand Ltd** for the wonderful personal care items received for our care packs, it is much appreciated by us and everyone who receives a pack.
- * **MEMBERSHIP 2024/25:** Our membership year runs from 1 April 2024 to 31 March 2025. Our membership fee is \$15.00 and we are very grateful to all who pay this and those who add a donation. If this fee is unaffordable, please just let us know, it certainly does not exclude you from being a member of the Society.

The following organisations helping us along

Lions Club of Wigram



Lottery Grants Board
Te Puna Tahua
LOTTO FUNDS FOR YOUR COMMUNITY



**Rātā
Foundation**

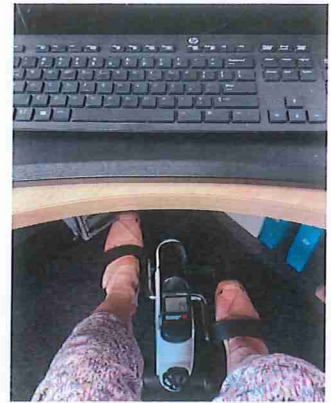
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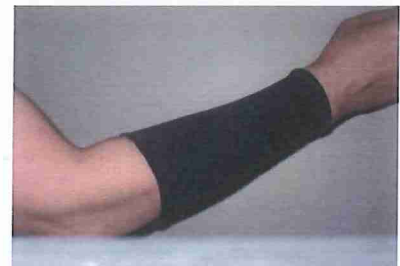
While every care is taken to ensure the accuracy of information, views expressed in the Renal Messenger are not necessarily those of the Society. Articles by non professionals are intended to interest and inform and are not intended as medical or dietary advice. This information should come from the medical professionals involved in your care.

Mini Exercise Bikes

We have Peddlers available, please contact the CKS office—there is no charge, all we ask is that you return the peddler to us when no longer in use. These can be used for both arm and leg exercise. Here's one under a computer desk!



Wristbands and Fistula Covers



The wristbands come in two sizes (21 cm and 24cm) and are printed with the words “No BP No Needles this Arm”. The fistula covers are of various lengths and widths, as well as colours. If you can spare a coin, to help us purchase additional material etc, that would be great—but not compulsory.

COOKBOOKS: The recipes were all tried and tested at the Polytechnic one wonderful afternoon with the help of the catering tutors and volunteers. The dieticians have written an informative section and there is a website list where more recipes can be sourced. \$10 each, plus postage, if required.

DISTRACTION PACKS: If you're on dialysis and find the time passes slowly we can make up a bag of distractions to help with this, such as Sudoku, Wordfind, and/or adult colouring in. Ask the staff or Viv for an order form.

Cold whilst on dialysis? Viv will have mittens, wrist warmers, gloves, bed-socks, and blankets with her on her travels now the weather is cooler.



Holiday Dialysis in Singapore

At the start of the year Hamish, our son Charlie, and I were lucky enough to go to Singapore for two weeks. Hamish was there for work, so Charlie and I took the opportunity to tag along.

I loved doing dialysis in Singapore, which I know is a very odd thing to say! Being on holiday probably helped my mood too, I do love being on holiday, but it is also very hard to achieve being on haemodialysis.

We reached out to make a booking about three months before our trip. When you are looking to do dialysis in another country, you need to be very organised and plan ahead. Dialysing in a different country involves a huge amount of paperwork and blood tests. All completely understandable and should all be straightforward. A lot of the paperwork was done by my nurse at the unit as it covers a huge amount of medical information. I am extremely grateful for her patience with it all.

Unfortunately, there was a lot of confusion around certain information they needed that we couldn't give them. The language barrier also causes some confusion. The machines they use are very different to my one, they record measurements throughout the whole session, while mine doesn't. They wanted three session sheets worth of recordings, which we don't have. Their machines are a bit more modern, and they track your blood pressure every 30 minutes, as well as your heart rate. While this is possible if I was having dialysis in the unit, we don't do it at home.

After a lot of emails back and forth we were finally 100% confirmed a week before we flew out. I was definitely leaning towards the fact Charlie and I wouldn't be going.

I had all morning sessions to fit in around Hamish's work which was all afternoon based. 6am starts to be at dialysis by 6.45am were surprisingly OK for someone who hates mornings. I also had to do a RAT test before my first session and my temperature was taken each morning as soon as they opened the door to me.

Everyone is still wearing masks the whole time too, which I struggled with since I haven't worn one in so long.

The dialysis nurses were incredibly lovely. I instantly felt comfortable around them. They were all fascinated with the fact I am fully home trained and independent in my needling, and everything dialysis related. They were amazed each time I did my own needles, especially as each session there was usually a nurse who hadn't seen me needle myself.

There are no home trained patients there, everyone has dialysis in a unit, some private, and some government funded but they still all have to pay to some degree, which is really sad. Naively I hadn't thought about it until the administration lady did her rounds checking everyone was paying that day.

The machines they use are much nicer to me. I didn't feel as crappy after my sessions which was such a nice change. Especially when we are on holiday, it made the afternoons much easier. There were a few afternoons where Hamish was out the door 30 minutes after I got back from dialysis, so feeling relatively ok was a huge win! If only we could pack one in our bags and bring it home, easy as that!

While I get anxious about changes in dialysis and my routine, this all went so well on every front. I couldn't find a fault and we will definitely be going back. It really was a wonderful, much needed time away, especially as our first overseas family trip.



We are pleased to be able to connect people with the following support groups:

OTAGO KIDNEY SOCIETY

President:

James Blair

james@oks.nz / Ph: 027 633 1966

Treasurer:

karen@oks.nz / Ph: 021 280 0552

Secretary:

Natalie Brown

natalie@oks.nz / Ph: 027 454 3512

WELLINGTON KIDNEY PEER SUPPORT GROUP

Contacts:

Tracy: 022 678 3953 (Chairperson)

Email: maxtra62@gmail.com

Spencer: 027 510 3108 (Committee Member)

Email: honetana@icloud.com

Find us on: www.facebook.com/groups/wellingtonkidneywhanau

**CHRISTCHURCH KIDNEY SOCIETY
AGM—Wednesday 26 June at 6pm**

The Society's Annual General Meeting will be held on the above date with the venue to be confirmed. If you are interested in attending, please get in touch and we can advise you of the venue when set.

Soda bread rolls

<https://kidneycareuk.org/get-support/healthy-diet-support/kidney-kitchen/recipe-index/soda-bread-rolls/>



This super simple soda bread recipe is ready in less than an hour with no yeast or kneading required! Made with just 6 ingredients and a mix of wholemeal and white flour. A lovely accompaniment to soup or you could simply toast and add your favourite topping.

Ingredients:

170g wholemeal flour
20g unsalted butter
300ml natural yoghurt
10ml milk to brush rolls

170g strong bread flour
1 teaspoon bicarbonate of soda
½ teaspoon cracked black pepper

Method:

- * Preheat oven to 180 degrees Celsius. Line a baking tray. Melt butter (microwave or saucepan).
- * Mix the flours, melted butter, bicarbonate of soda and pepper in a large bowl and stir to combine well.
- * Stir in the yoghurt and then use your hands to mix together until soft dough forms.
- * With lightly floured hands, shape into 10 rolls and put on lined oven tray, so the rolls are almost touching. Brush each roll with a little milk.
- * Bake for 20-25 minutes until risen and golden brown. Take the rolls out of the oven and transfer to a wire rack to cool before serving.

Possibly the most important thing you'll read this year...

The following is the philosophy of Charles Schulz, the creator of the 'Peanuts' comic strip.

You don't have to actually answer the questions. Just ponder on them. Just read it straight through, and you'll get the point.

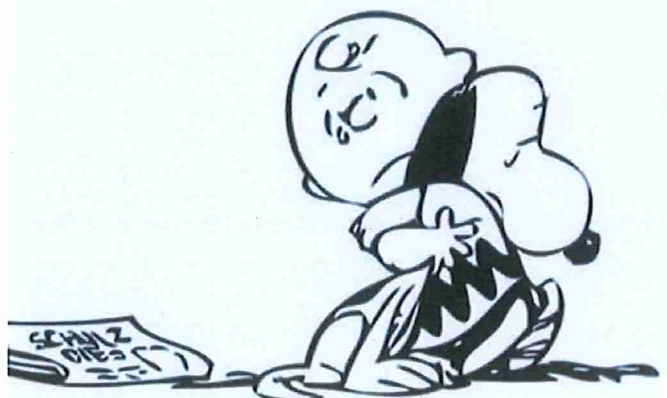
1. Name the five wealthiest people in the world.
2. Name the last five Heisman trophy winners.
3. Name the last five winners of the Miss World pageant.
4. Name ten people who have won the Nobel or Pulitzer Prize.
5. Name the last half dozen Academy Award winners for best actor and actress.
6. Name the last decade's worth of World Series winners.

How did you do? The point is, none of us remember the headliners of yesterday. These are no second-rate achievers. They are the best in their fields. But the applause dies. Awards tarnish. Achievements are forgotten. Accolades and certificates are buried with their owners.

Here's another quiz. See how you do on this one:

1. List a few teachers who aided your journey through school.
2. Name three friends who have helped you through a difficult time.
3. Name five people who have taught you something worthwhile.
4. Think of a few people who have made you feel appreciated and special.
5. Think of five people you enjoy spending time with.

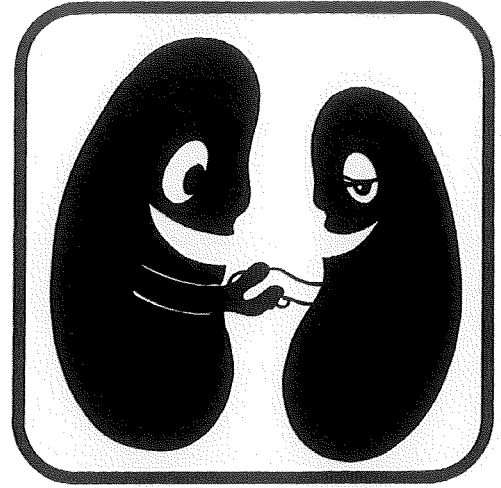
Easier? The lesson: The people who make a difference in your life are not the ones with the most credentials, the most money ... or the most awards. They simply are the ones who care the most.



The Christchurch Kidney Society (Inc.)

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