

## AUTUMN 2022 Newsletter

### March Issue

#### IN THIS ISSUE

- Kidney Health Month
- Fourth Vaccination
- Transplant Project Update
- Pasifika
- Te Puia Springs Dialysis Unit
- Leah Stewart - Attitude Community Champion Award
- Rural and Remote patient experience Study
- Rotary
- Terra Viva Thank You
- Mazda Thank You
- Triathlon
- Aged Concern
- UC PACE Student

## Support is right here

Our support extends to patients, whānau, clinicians, and caregivers. We are aware that times are tough and there is a lot going on. We can offer help with advice when you need it.

**Phone**            **0800 543 639**  
**Website**        **[www.kidney.health.nz](http://www.kidney.health.nz)**  
**Email**            **[info@kidney.health.nz](mailto:info@kidney.health.nz)**  
**Facebook**      **@kidneyhealthnz**  
**Instagram**     **@kidneyhealth\_nz**

### Welcome to our Autumn Newsletter

Happy New year! We hope you have all had a wonderful Christmas and New Year break and are settling back into the swing of things. Our team have had a few weeks off and are all refreshed and ready for another exciting year.

We are starting off with a bang with Kidney Health Month in March, celebrating World Kidney Day on March 10th. We have various events, activities and testing happening throughout the country with some large fundraisers happening over the next few months. We also have some schools in Canterbury holding bake sales, casual clothes days and other awareness raising events.

Keep an eye out for our activities calendar on social media and our website where you may wish to get involved.

## KIDNEY HEALTH MONTH

March is Kidney Health Month with World Kidney Day on March 10th. We have a busy month planned, working with numerous organisations and people around the country. Our nurses will be starting the month off by presenting an education session to Kaumatua in Wellington, testing MP's on the steps of Parliament, testing in Masterton and following up with events throughout the next few months.

Leah, our social media coordinator, will be holding a series of Zooms (Zui = Zoom hui) for donors who can sign up through the Kidney Donor Whānau Facebook group. These will be for donors to share their experiences with kidney donation.

Kidney Health New Zealand is involved in an exciting fundraising partnership with Stabicraft which involves the auction of a boat, motor & trailer package. The boat build will commence in mid March, during Kidney Health Month and will

be auctioned in late April/early May with proceeds going to supporting Kidney Health New Zealand's mahi. Paul Adams, the founder of Stabicraft has recently had a kidney transplant and is wanting to contribute back through engaging the support of his management team and suppliers. Watch out on social media for details when the auction is launched in early March.

### What we are up to for Kidney Health Month:

Kaumatua Education Day – Wellington	March 1st
Masterton testing	March 3rd
Various Events on World Kidney Day	March 10th
West Auckland	March 17th & 18th
GP Presentation	March 21st
GP Nurses Presentation	March 29th
School fundraising events	Throughout March
Parliament Testing	April 13th
Polynesian Night	TBC

**NOTE:** Some dates may change

## NEWS BITES

### Fourth Covid Vaccination

The Ministry of Health have updated the advice regarding booster vaccines for immunocompromised people. Once you have had your third vaccine, you are now able to get your fourth dose/booster after three months. Kidney Health New Zealand highly recommends getting your booster as soon as you are able to as this gives you the best protection against the Omicron variant of Covid.

If you have any questions regarding this, please ring us on 0800 Kidneys (543 639) or email [info@kidney.health.nz](mailto:info@kidney.health.nz)

### Transplant Project Update

KHNZ published the results of its contracted project with NZIER to quantify the cost of transplants versus dialysis in November 2021 and summarised the pitch to ministers to both properly fund the New Zealand Blood and Organ Service to increase transplants and



to achieve equity of transplantation in New Zealand. KHNZ is now asking for your help in undertaking phase two and three of the campaign. Phase two aims to ensure that every MP in New Zealand is aware that a transplant is the best treatment for end stage kidney disease, that equitable access needs to be achieved and that achieving both will save both lives and dollars. Phase three aims to ensure everyone in New Zealand is aware of these facts and that not funding more transplants continues to cost lives and many millions of dollars.

## Pasifika Festival

In March 2021 we attended the Pasifika Festival at Western Springs Park. Erica, our national education manager, provided free renal health tests. We were the only health organisation that attended, and it was very successful.

We were hoping to go again this year, but unfortunately it has been cancelled again. We are very much looking forward to attending next year.



## Te Puia Springs Dialysis Unit

After two years of discussions and planning, a much needed and long-awaited self-care dialysis unit has opened in Te Puia Springs on the East Coast of the North Island. Patients needing dialysis living near Te Puia have been commuting daily to Gisborne Hospital or living throughout the week in Hamilton in order to attend Waikato Hospital. The trip used to be a three-hour round trip to Gisborne, three times a week, but now it is only a few minutes commute. This will positively impact patients as such long drives are extremely draining, even more so with needing dialysis.

minimal support for people who donate kidneys, and she started a Facebook page called Kidney Donor Whānau. This page is for people around New Zealand who have donated a kidney and are wanting advice or support. Kidney Donor Whānau is also for people who are thinking of donating.

## Leah Stewart

### Attitude Community Champion Award

Our Social media coordinator, Leah, was one of three finalists for the Lotto 2021 Attitude Community Champion Award. The award is for Kiwis helping Kiwis, someone who goes above and beyond to make a meaningful difference.

Leah donated a kidney when she was 22. Leah was in a Paired Kidney Exchange, donating to a stranger so one of her high school friends could receive a transplant.

Not long after her transplant Leah noticed that there was



Leah Stewart

## Rural and Remote patient experience study - Associate Professor Rachael Walker

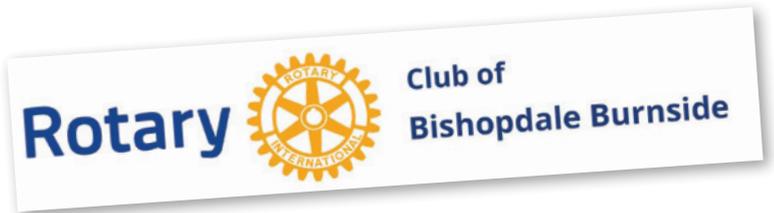
Associate Professor Rachael Walker has completed a study funded by KHNZ into patient experiences based in rural and remote locations throughout New Zealand. A number of articles will be published in journals in the near future and KHNZ will share links to these publications through upcoming newsletters. The study was very confronting and exposed the lack of support and loneliness felt by patients who

live at considerable distance from their treating centre. Patients described pre-dawn starts to journeys for appointments and treatment that meant returning home very late or staying over. Some patients felt that they had no choice but to move permanently closer to their hospital and were then some distance from their whānau and community. The travel also meant they couldn't contribute to their community.

## Rotary

At the end of last year we had the opportunity to be guest speakers at Cashmere Rotary Club and Bishopdale and Burnside Rotary. Our goal is to raise awareness through speaking at these meetings and hopefully be able to work together in the future. We are looking forward to speaking at Kaiapoi/Belfast Rotary in March to speaking at more Rotary meetings throughout 2022, as well as other clubs like Round Table and Probus.

If you are involved in a group anywhere in the country, please let us know if you'd like us to come and present. Email: [claire.christie@kidney.health.nz](mailto:claire.christie@kidney.health.nz)



## Thank you

### Terra Viva

We are extremely grateful to Terra Viva Café and Deli for having Kidney Health New Zealand as their high tea charity for the last 6 months.

\$1 from every high tea or cream tea purchased was donated towards us. Over \$1500 was raised which is wonderful! Thank you so much to Terra Viva for supporting us. As they have supported us, we would love it if you could continue to support them by popping in for a coffee, or even a high tea, and then a wander around the garden centre.



### Mazda

Mazda New Zealand have kindly loaned Kidney Health New Zealand the use of a CX9 which our National Education Manager, Erica Fairbank has been using to get to our roadshows and other patient events. We are very grateful for the use of the vehicle.



Erica Fairbank with the CX9

See more about  
Mazda here:  
[www.mazda.co.nz](http://www.mazda.co.nz)

# Get involved



## Triathlon

We are looking into the opportunity for our patients to be involved in a triathlon being held in Christchurch. We know that some of our patients have competed in the Transplant Games in Australia, but as this is not possible currently, we wanted to still have events for those interested. There will be a category for kidney patients to compete under which will involve a swim, bike ride and run and be appropriate for all.

This is for all kidney patients – dialysis, transplanted, pre-dialysis, and donors. The triathlon will be held at Lake Rua, which is next to Christchurch Airport in November. If you are not comfortable with competing in the triathlon, we are also looking for volunteers to help marshall the event on the day. If that is something you are interested in, please let us know.

We will be looking into other events around New Zealand and hopefully there will be one near you soon.

If you would like any more information, or would like to get involved please email: [claire.christie@kidney.health.nz](mailto:claire.christie@kidney.health.nz)



## Age Concern

We are working with Age Concern Canterbury to create friendships and connections between our patients and Age Concern's members. We have discussed with Age Concern staff about setting up a buddy system for our dialysis patients and their members. The buddy system would involve you wanting to pass some time while on dialysis while chatting to someone who may be isolated or lonely. Sometimes a short, or long, phone call can make

If you would like more information or are interested in getting involved, please email: [claire.christie@kidney.health.nz](mailto:claire.christie@kidney.health.nz)

# Exploring experiences of stress, anxiety, depression and isolation for those experiencing dialysis at home

- What is the emotional and social impact of doing home dialysis?
  - What are the causes of stress for you and your family?
- Are you currently doing home dialysis or have done it in the past?
- How can we provide better kidney specialist services to people who are doing home dialysis?

**Please help us find out!**

## **What we know so far:**

Home dialysis impacts physical and emotional wellbeing of patients, carers and families. We know that psychological health is important to patients and is not always recognised or addressed in dialysis services. We don't really know how psychological health, such as stress, depression and anxiety, affects people involved in home dialysis.

## **What we want to know:**

We want to understand the impact of home dialysis on your psychological health.

## **Why do we want to know this:**

We want to support better health outcomes and psychological wellbeing for people doing home dialysis.

## **We want to talk to:**

- people who are doing home dialysis or have done it in the past
- carers and whānau of people who are doing home dialysis

We invite you to take part in research that explores your experiences and thoughts about psychological health hinengaro when doing home dialysis in Aotearoa.

## **If you agree to take part in this study we will:**

- Organise a zoom, skype or phone interview with you (and any whānau / friends you wish to also attend) to explore your thoughts, beliefs and experiences of home dialysis.
- We will provide a \$50 supermarket voucher as a koha (as a small appreciation of your time and sharing your story).
- We will use the information we gain from the interviews to explore potential ways to improve kidney health services and policy in New Zealand.

You will be interviewed by Sandy Hay (a dialysis nurse) and/or Rachel Haselden (a social and health researcher). The Lead Researcher is Assoc Prof Racheal Walker at EIT, Hawke's Bay

**If you are interested in taking part in this research and want to know more about it, then please contact:**

**Rachel Haselden on  
rachel.haselden@otago.ac.nz  
or 0221 351 300**

## University of Canterbury PACE Student

We welcome our new University of Canterbury intern

Kia ora!

My name is Ellen and I am looking forward to starting my internship at Kidney Health! A bit about me, I am currently finishing off a double degree at the University of Canterbury in a Bachelor of Science majoring in Geography and



*Ellen Donaldson*

a Bachelor of Commerce majoring in Marketing. I have a strong interest in working and learning about people and want to find a career that allows me to improve the wellbeing of our communities. I look forward to this experience and the opportunity to offer my skills to help contribute to the valuable work done at Kidney Health.

Thanks,  
Ellen Donaldson

### Website

We are currently working on redoing our website. This will be easier to navigate but still have all the important information available for patients and professionals. We will continue to have up to date information regarding Covid for our patients.

## Receiving your Newsletter

If you would like to change the way you receive your newsletter, please let us know by emailing

[claire.christie@kidney.health.nz](mailto:claire.christie@kidney.health.nz)

We will then add you onto our email database which will have the newsletter emailed directly to you.

# Kidney Health New Zealand Staff and Board Members

## Staff Members

Erica Fairbank - National Education Manager

Becs Hayston - South Island Renal Educator

Deanne Hock - Office Administrator

Anne Hindson - Business Advisor

Leah Stewart - Social Media Coordinator

Claire Christie - Communications Coordinator

Andy Salmon - Medical Advisor

Ellen Donaldson - Intern

Chrissy Taylor - Contract Nurse Educator

Sandy Speedy - Contract Nurse Educator

Dr Terry Ryan - Kaumatua

Michael Campbell - General Manager

## Board Members

### Auckland

John Kearns

Mara Fisher

Jo Denvir

Fale Andrew Lesa

### Christchurch

David Shearer (Board Chair)

Christine Prince

Traci Stanbury

Thank you to the following organisations for their support:



Rātā  
Foundation

Green Cross Health

WG Johnston Charitable Trust

R O Dixey Trust

Massey University

Vernon Hall Trust Fund

Havelock North School

Te Kowhai School

Hamilton Library

Palmerston North Library

Wellington Library

Havelock North Library

St Mary's College, Wellington

Ucol Masterton

Pak 'n' Save Wainoni

Eastgate Mall

Wintec

Genesis Energy

Stroke Foundation

REAP Centre Masterton

## Support Kidney Health New Zealand

**Yes, I want to join the fight against kidney disease and support Kidney Health New Zealand**

I/we would like to donate:  \$100  \$50  \$30  Other: \_\_\_\_\_

Payment type:  Mastercard  Visa

Card number:

Card expiry date: / / Name on card: \_\_\_\_\_

I would like:  A Receipt for my donation

Information about Gifting to Kidney Health  
New Zealand in my will

Information about Kidney  
Donations/Transplants

To become a member of Kidney Health New Zealand

Name: \_\_\_\_\_

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

Please return this form to Kidney Health New Zealand, PO Box 20072, Bishopdale, Christchurch.  
Or direct deposit to ANZ Account - Kidney Health New Zealand - 06 0501 0280602 00

**kidney Health**  
NEW ZEALAND

Prevention • Support • Research

ph: 0800 KIDNEY (0800 543 639)

e: [info@kidney.health.nz](mailto:info@kidney.health.nz)

[www.kidney.health.nz](http://www.kidney.health.nz)