



kidneytalk

Guy's & St Thomas' Kidney Patients' Association Newsletter

There's no place like home!

Andrew, who has been dialysing at home for 16 years:

"I'm able to keep a full-time job, and do all the sport I like such as playing golf. I can lead a normal life with my wife and daughter and not have to keep making trips to a hospital to keep healthy."

Home haemodialysis is not new; when kidney units were first set up in the 1970s patients were taught how to do their own treatment before 'heading home'. Over the years we have built more dialysis units nearer to where patients live so home dialysis has become less common. So why are we still talking about home dialysis?

The last five years has seen a revival in home dialysis in the UK as clinicians and patients re-visit the benefits of this treatment. At Guy's we are keen to ensure that patients are fully informed about all treatment choices and so we have decided to appoint a specialist nurse to support patients who are interested in

doing peritoneal or haemodialysis at home. The KPA have generously agreed to fund this new post for the first two years.

We are very pleased that Colin Jamieson, who many of you will know, is taking up this new role. Colin will also be working in the satellite units to support patients learning to self care.

Guy's already has more patients doing home dialysis than most kidney units in the UK and we are aiming to make this treatment available to more of you by use of new technology that requires much less space at home. Colin is working with Jan Barnett and Caroline Willis, our home dialysis nurse managers, to introduce this.



Questions people sometimes ask about home dialysis:

What are the benefits?

No travel time; more independence and flexibility to fit dialysis around work, family and leisure. However, possibly the greatest advantage is that you can do dialysis for longer or more often. This may not sound like a benefit at first but it means you can eat and drink more freely, take fewer medications and most 'home' patients say they feel better and have more energy.

Can anyone do dialysis at home?

You need to be willing and able to learn how to do your own treatment

You need to have some space at home to do the dialysis and store the supplies. Some people find it helpful to have a partner or friend to help with the dialysis but this is not essential.

Will I need to buy any equipment?

Most of the equipment is provided by us.

How do I learn to do the treatment?

The teaching is done by the home dialysis nurses and usually takes place at Guy's.

The teaching is done at your own pace.

Where can I find more?

For more information about **home haemodialysis** please contact the home haemodialysis team: Tel: **020 7188 5655**

For more information about **peritoneal dialysis** please contact the peritoneal dialysis team: Tel: **020 7188 8821**

There is more information about dialysis at home and self care in the DVD *Living life to the full on dialysis*, ask your kidney care team for a copy.

Our kidney website provides more information about living with kidney disease: www.mykidney.org.uk

MEDICAL TRIALS



“As you read this, it is likely that your treatment was the result of a “Clinical Trial” before it became available for use by doctors. Over the next few months we will be explaining everything you may wish to know about how and why research and “Clinical Trials” are established, monitored and lead to improved treatment options for patients. Keep a watch on the website, Facebook and the Newsletters for invaluable information and news on the research being undertaken for our benefit.”

Trevor Cook
Chair, GSTTKPA

New dialysis unit opening in 2012 at Long Lane, SE1



You have told us that comfort, privacy and a pleasant, modern environment are important elements of any dialysis unit. With this in mind we are converting an existing building into a modern, comfortable dialysis unit, scheduled to open towards the end of 2012 just behind Guy's Hospital in Long Lane.

This new unit will be a vast improvement on our existing facilities on the Guy's site. Kidney patients have been consulted and involved in the design and layout to ensure it meets and maybe even exceeds your expectations.

Most patients currently dialysing at Guy's will have the opportunity to transfer to the new unit. However there are some patients who need to be treated within the hospital for medical reasons and a small dialysis facility will remain on site for those patients.

There will be two dialysis units, a self care area and a home dialysis training area at Long Lane. The Guy's nursing and medical teams will work there and dieticians, social workers, psychologists and physiotherapists from Guy's will visit the unit.

Patients will be involved in decisions about décor and colours; regular updates will be provided and visits arranged nearer to the opening date.

For further information about the new unit please contact the dialysis Matrons or Ros Tibbles, Service Improvement Nurse.

Keep dancing...

Partying was in fashion this Christmas as many units and wards put some of the KPA's annual grant to good use. It was heart warming to see patients enjoying a variety of activities and staff fully engaged in making the events so successful. The Philippine dancers at the Camberwell Unit brought the house down (literally!) and the raffle at Forest Hill seemed to be arranged to ensure everyone won a prize.

Roll on more parties, football matches, and Olympic events in 2012.



Spotlight on...



Benita Wilson

Deputy Outpatient Manager
in the kidney clinic

Q What is your role in the clinic?

A My role is varied; I am responsible for implementing and ensuring the smooth running of the kidney clinic. We use the 'choose and book' system for appointments and arrange online new patient appointments

Q How long have you worked in the Kidney Service at Guy's

A I have worked in my current position for three years but altogether I have worked within the kidney service for six years.

Q What do you like most about your job?

A I absolutely love my job, I enjoy coming to work every day. My work colleagues are really lovely people and we all pull together to get the work done. I enjoy meeting all the patients and as they come back regularly for their out patient checks I have managed to establish good relationships with them.

Q What would you have liked to have done if you had not pursued a career in the NHS?

A I would have liked to have opened up my own record shop.

Q That's very interesting, you obviously love music, what are you currently listening to on your ipod?

A I love anything Soul or Motown, Diana Ross, Stevie Wonder although I do like lots of the new stuff that is about.

Q So apart from listening to music what else do you like to do in your spare time?

A I regularly go to Zumba classes as I really enjoy dancing I used to do a lot of tap dancing and I plan to re-start tap dancing classes again. I also love to read, lots of 'chick flicks' but also crime thrillers too. I am also a big football fan and of course coming from south London the only club I could possibly support has to be Millwall! I am also a great fan of Formula 1 motor racing and although I do support the British drivers my absolute favourite is Fernando Alonso.

Q I dare say you take all those books on holiday with you, what is your favourite holiday destination?

A The Caribbean, I have been lucky enough to go there a number of times and really love it. I also have a time share in Tenerife which I go to every November in fact I am going there next week. Well that just leaves me to say have a lovely holiday and thank you for allowing us to put you under the spotlight.

INTRODUCING BERNIE...



My name is Bernadette but most people call me Bernie. I am thrilled to be newly appointed as the Personal Assistant to the Guy's and St Thomas' Kidney Patients' Association.

I have worked on and off for the kidney service at Guy's over a number of years first starting way back in the '70s on the inpatient ward (then named Astley Cooper) as an administrator. After leaving Astley Cooper I trained as a nurse here at Guy's

Hospital and subsequently worked on the children's kidney ward, Dickens. Together with the Transplant Sister I helped support and care for young transplant patients and their families.

It was during this period that I first became involved with the KPA. I helped organise attendance at the transplant games each year and went along myself to support the team which I always found to be great fun. I felt that the work, time and effort that the KPA puts in for kidney patients and their families was tireless and most admirable. After leaving Dickens I worked on a cancer ward for a time before leaving to have my family.

I am really looking forward to my new post and meeting all the patients and staff involved with the kidney services. I will be working three days per week, Tuesday, Wednesday and Thursday and I look forward to hearing from anyone who may wish to contact me regarding anything related to the KPA.

Bernadette Lynch • Tel: 0207 188 5667
bernadette.lynch@gstt.nhs.uk

Success at the Transplant Games



The 2011 British Transplant Games were held in August in Belfast, Northern Ireland. Thanks to generous sponsorship by the KPA, Guy's and St Thomas' were able to send a strong team. In fact the team this year has grown and new challenges and successes continued. Following the achievements from the previous Games in Bath, the team had high expectations and were looking forward to the competition. We are pleased to announce that every member tried their hardest and was successful in their own personal disciplines.

Every day was filled with different activities both sporting and social. A very warm welcome was given by the Belfast management in all areas (one of the best we had seen).

A large number of competitors entered a variety of activities, some of which they had never tried before, and found hidden skills. This looks like it could continue for future games.

The medal list has grown and special awards include:

- Best badminton team, well done to Simon Bessant and James Nicol.
- Best Adult Male, well done to George Newman

Finally a big 'well done' to the 4 x 100m mixed relay team for receiving bronze in their first ever race as a team. A great achievement as the competition in this event was strong as always. For a full list of medal winners please visit www.gsttkpa.org

We are very proud of the Guy's team and they are always keen to welcome new members. They are currently working towards the 2012 British Transplant Games which are to be held in Medway, Kent during August.

For further information please contact George Newman on: **07932747566** or georgeneuman1@hotmail.co.uk

Keep in touch at www.gsttkpa.org and follow us on [facebook.com/groups/gsttkpa](https://www.facebook.com/groups/gsttkpa)

Standing Order Request

If you wish to set up a standing order to benefit the KPA, please fill in the form below and send it to your bank.

To the Manager

Bank.....
Branch.....
Address.....
.....
.....

Please Pay: NatWest Bank Plc, Dartford Branch

To the benefit of: Guy's & St Thomas' Kidney Patients Association

Account number: 71122605

Sort Code: 60-06-33

Quoting reference
(your name in full).....

The amount of £.....
commencing on theday of.....
with further payments to be made
on that day everyuntil.....

Account to be debited:

Name in which account is held.....

Account Number.....

Sort Code.....

Signature..... Date.....