

Exercise on Dialysis



As a dialysis patient do you find yourself lacking in energy? Feeling weak? Tired? Low in motivation? Unfortunately it is a fact that patients on dialysis have on average 50% lower fitness and muscle strength than the general population,

so you are likely to find it hard to carry out normal daily tasks and leisure activities. There is a lot of scientific evidence to show that if you exercise during your dialysis session you will become fitter.

So what are the benefits?

Exercising whilst you are on dialysis actually improves the effectiveness of the treatment, by clearing more of the waste products that build up in your system and can leave you feeling fatigued. Exercise helps to lower blood pressure, improves control of your blood sugar levels, improves how your body uses oxygen and of course with the right diet can help you to lose weight too. All these effects will lead to you having more energy to enjoy life.

And what exactly is on offer?

Whether you dialyse in bed or sitting in a chair there are exercise options available. All community dialysis units have access to pedals for cycling, hand weights, ankle weights and exercises bands. The unit's physiotherapist can prescribe an individual exercise programme for you.

To improve your fitness it is recommended that you exercise for 30 minutes every time you are on dialysis. This might not be achievable

straight away but it is a good goal to work towards. You can also think about how you can incorporate exercise activities into your days away from the dialysis unit.

Strength training is also important as muscle wasting and weakness are very common in chronic kidney disease. Exercising with weights can have a positive effect on your bone strength and can lower the risk of fractures. Strength training is best prescribed by the physiotherapist to ensure the right amount of weight is used and all the main muscle groups are worked.

How can I start?

Just tell the nursing staff at your dialysis unit that you would like to exercise during your dialysis session and they will arrange for a physiotherapist to come out and assess you, then set you up with a programme and you will be ready to start exercising.

For further information, please contact the Renal Physiotherapy Team at Guy's on **0207 188 5106** or email Anne Bisset-Smith, Clinical Specialist Physiotherapist at anne.bisset-smith@gstt.nhs.uk

By Jennie Dickson
Senior Physiotherapist

Forthcoming Events

Over the summer our dialysis units are holding various events which have been generously funded by the Guy's & St Thomas Kidney Patients' Association.

At Camberwell dialysis unit staff and patients are going on a day trip to Hastings.

New cross dialysis unit are holding their annual BBQ at their unit in July.

Tunbridge Wells dialysis unit have organised a day trip to Eastbourne for staff and patients.

All the units celebrated the Diamond Jubilee with various parties and festivities and will be also marking

the London 2012 Games with events to ensure that patients do not miss out on this once in a lifetime experience.

Last but not least don't forget the Adult and Children's British Transplant Games takes place 23rd August – 26th August 2012 at Medway Park, Mill Road, Gillingham, Kent ME7 1HF. We have strong teams attending this year from Guy's Hospital and the Evelina Children's Hospital, we wish them all the best of luck and hopefully they will come back with lots of medals. We will let you know how they get on in our next edition of the Kidneytalk Newsletter.

QUESTIONNAIRE

King's College London is looking for people with experience of kidney disease either as patients, carers or donors, to take part in a study to understand how people find out information about health research.

You would be required to complete a short questionnaire and to take part in a short one to one interview.

If you are interested in participating or would like to receive more information please email **Alae Ismail** at alae.ismail@kcl.ac.uk



kidneytalk

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

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An App'etite for change: use your mobile phone to help manage your kidney care

When did you last see a young person without their mobile phone? Did you know that over a quarter of adults and nearly half of all teens now own a smartphone (the ones that allow you to access the internet) and that this is expected to increase year on year? (Ofcom 2011).

Last year kidney care staff at Guy's and St Thomas' sent out a survey to 90 young kidney patients (aged 15 to 25 years) and the results indicated that mobile phones are the preferred communication tool for this age group. The survey also suggested that young kidney patients wanted support and information to help them become more independent in managing their kidney condition.

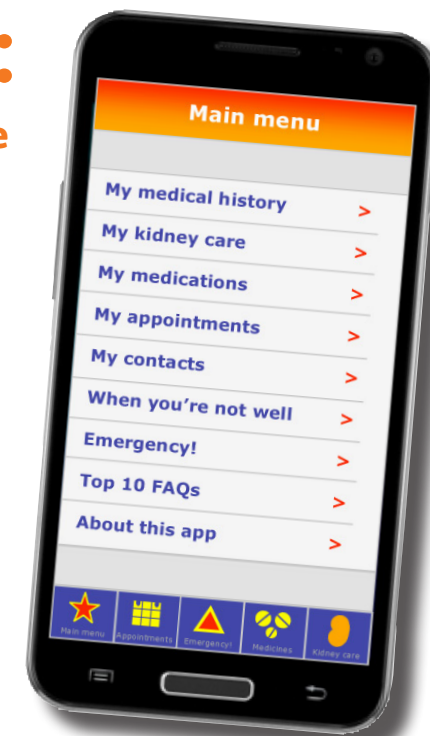
Most importantly young kidney patients wanted to strike a balance between managing education, work and a good social life, with the demands of clinic appointments and often complicated medicine regimes. 63% of those surveyed said that they would use a smartphone

app (a piece of software for use on a mobile phone) if one were available for kidney care information.

In response to this the Guy's and St Thomas' KPA decided to work alongside patients and staff of the Evelina children's hospital, Great Ormond Street Hospital and Guy's to produce and fund a smartphone app. The aim of the app is to help young patients manage their care more effectively and signpost them to further information.

The MyKidneyCare app will have the following functions:

- A place to store your personalised kidney care information
- Keep a record of medicines, prompt you to renew prescriptions and attend appointments
- Enable you to make notes of concerns and questions
- Act as an 'aide memoir' in discussions with your GP or other health carers
- Signpost to further kidney care information



This app is an innovative and exciting development, it is the first kidney care app designed for patients. Although the app is aimed at young adults it will be a useful tool for all kidney patients.

The app will be available for all android smartphones and will be free to download (from play.com or via www.gsttkpa.org) from 1st August 2012. For further information contact **Clare Nottage**: clare.nottage@gstt.nhs.uk

Celebrating the Diamond Jubilee

Astley Cooper dialysis unit hosted a Diamond Jubilee celebration for patients, a full buffet lunch was served and everyone was keen to have their photograph taken as either a King or Queen. The best King and Queen was judged out of all the entries by Julie Murray (Head of Nursing)

and Andy Angwin (Service Manager). Joan Irving won best Queen on Astley Cooper. As many of our patients were unable to join in with the celebrations in London we decided to bring the festivities to them so that they could all be part of the Diamond Jubilee.



This event was funded by the Guy's & St Thomas Kidney Patients' Association.



KPA AWARENESS WEEK From 10th September

On our visits to the dialysis units we have noticed that some of our families are not familiar with the work and achievements of the KPA so we thought it would be a good idea to have a KPA raise awareness week. Starting on the 10th September we will have a stand in all of the dialysis units, kidney clinic and the reception area at Guy's to raise the awareness of the KPA.

Members of the committee will be on hand to tell you more about our activities and let you know how you can become more involved. We will also be selling xmas cards and calendars for 2013. The main feature of the week will be our raffle with the chance to win an iPad, £500 cash or a kindle. Please be sure to get your tickets and support the KPA.

Kidney Research & Innovation at Guy's and St Thomas'

Ever since the Guy's and St Thomas' KPA was founded in the 1980s supporting kidney research activities has been high on the agenda both in terms of funding and patient involvement. The following article explains how Guy's has been at the forefront of research and innovation since the 19th century.

Some of you will have had an inpatient stay in Richard Bright ward but you may not be aware that Richard Bright was a pioneer in kidney research in the early 1800s thus establishing him as the 'father of nephrology' (study of the kidney). He gave his name, not just to the ward here at Guy's, but to an important type of kidney disease, although the term 'Bright's disease' is no longer used.

Professor Stewart Cameron set up Guy's renal unit in the 1960s and defined the many types of kidney inflammation called 'glomerulonephritis'. He helped to establish effective treatments by using 'randomised controlled trials' to decide whether one type of treatment was better than another and this is now the preferred way of deciding which types of therapy are best.

Around this time kidney transplantation was introduced and became routine in the UK. Guy's has a long tradition of innovation in this area. Although research in transplantation was going on in the 19th century, it wasn't until the 1930's that progress was made in understanding why organs and tissues from different individuals were rejected. One of the leading researchers in this area was a Guy's pathologist (a doctor who analyses

tissue samples and body fluids to identify diseases), Dr Peter Gorer. He used mice to define the molecules on tissue that caused rejection. The methods he developed relied on using antibodies made by mice that had rejected tissues and this has become the basis of tissue typing. This technique was crucial to allow successful kidney transplants from deceased donors to take place in the late 1960's. Guy's was again was a pioneer, performing the first kidney transplant in the South Thames region in 1967.

At the present time, the Guy's kidney service is one of the largest in the UK and continues to drive innovation in all aspects of kidney care. As the home of the only Medical Research Council Centre for Transplantation in the UK, it also leads the UK in transplantation research. Only last year researchers identified important 'diagnostic markers' in kidney transplant patients to enable personalized immunosuppression in the future.

Successful clinical research depends on patients and their families working together with researchers, to either actively participate in research or to develop research that is relevant to patients' needs. Again, this is something Guy's is leading on, actively supported by the Kidney Patients Association.

For more information have a look at the following websites:
www.transplantation.kcl.ac.uk
www.biomedicalresearchcentre.org.uk

By Professor Anthony Dorling, Consultant Nephrologist and Sophie Auckland Patient & Public Involvement Lead for the Biomedical Research Centre.

Spotlight on...



Geoff Koffman
Consultant Transplant Surgeon

Q How long have you worked in the kidney service here at Guy's & St Thomas'?

A I have been working here for 27 years; I did my training up in Sheffield and Manchester.

Q Could you tell us a bit about what your job involves?

A I work a lot of my time here at Guy's but I also work at the Evelina Childrens' Hospital at St Thomas', Great Ormond Street Hospital and Kings College Hospital.

Q So you carry out transplants on children as well as adults?

A Yes that was one of the main reasons I came to work at Guy's all those years ago because Guy's was the only place in the country that would carry out kidney transplants on very small children.

Q Are you also involved in the retrieval of kidneys from deceased donors?

A No not anymore, I used to be involved with retrieval about 20 years ago but I concentrate on the performing the transplants now.

Q Have you seen many changes within the kidney service over the years?

A There have been huge changes over the years. When I first started there was only one transplant surgeon and about four physicians (kidney doctors), now there are about seven surgeons and 16 physicians. We are now able to offer a surgical service to a number of hospitals and all the transplant operations at Great Ormond Street are done by the Guy's surgeons. These days there are a lot more living donor transplants being done including

transplants where the recipient and donor have a different blood group; that was out of the question 20 years ago. Another reason for coming to work at Guy's was to work along side John Taylor, Consultant Surgeon, together we started performing pancreas transplants. We were the first unit in the UK to do this and we now have the best results in the country. Our living donor pancreatic/renal transplants have gone from 10% up to 50% success rate. We have also been able to introduce laparoscopic Nephrectomy (keyhole surgery to remove a kidney from a living donor) and this has been a great success.

Q What do you think has contributed to the increase in success rates?

A Patients are much fitter these days, there are a lot more living donor transplants, the patients are much better dialysed and they are less likely to be anaemic. The introduction of new and better drugs has also contributed hugely. We follow strict protocols for patients who wish to have a transplant.

Q What inspired you to become a transplant Surgeon and what do you think you would have done if you had not become a surgeon?

A The first operation I performed was an appendectomy. It was such a thrill to be able to operate on someone and then watch them recover and go home. I chose transplant surgery as I feel this is such a positive and exciting speciality to work in. It is very rewarding when you see people who are able to get back to normal following their transplant, particularly young adults and children as kidney disease can be such a debilitating illness and has a huge impact on people's lives.

If I had not become a surgeon I would most definitely have liked to have been a professional footballer and play for Manchester United. I am a big MU supporter; after the 2nd world war my uncle became a professional footballer and he played for Manchester United.

Q Renal transplants are very successful today but there are still many people waiting for kidneys why do you think that is?

A This is our biggest challenge at the moment, there are just not enough kidneys. It is a big advantage if as a patient you are able to have a living

donor transplant. If you have to go on the register for a deceased donor transplant the current waiting time is approximately two to three years which is a long time to wait. One way which may help this situation would be to change legislation and bring in opt-out organ donation. There are many debates and discussions going on regarding this option at the moment. I am personally in favour of this option but it remains to be seen if this will become law or not in the future.

Q Over the course of your long career have there been any specific memorable moments?

A Yes there have been many memorable moments one that immediately springs to mind was when we organised the British Transplant Games here in London at Crystal Palace. It is the only time that we have organised The Games here in London and it was a great success. I also remember kissing Glenda Jackson (then actress, now politician) at The Games, I can't remember why I kissed her but it was memorable anyway!

Another memorable moment was when we did our first pancreatic transplant, it was a success and the patient is still going strong today. Another 'first' was our first keyhole donor procedure which took place here at Guy's and, again, was successful.

Q Are you a City Man or a Country Man?

A I suppose at heart I am a country man, I have an allotment which I enjoy and I would like to think that when I finally hang up my scalpel I see myself retiring to Dorset.

Q You sound like you lead a very busy life do you have time for any hobbies.

A Yes I do have a number of hobbies, I like bird watching, I play golf with a handicap of 16. I enjoy classical music and I sing in a choir. I also belong to a poetry society. I also really enjoy football and as I mentioned earlier I support Manchester United.

Q What is your favourite holiday destination?

A I really like Majorca and we have been there many times, I am however going to America this year for our holiday.

Well that just leaves me to say thank you to Geoff for allowing us to put you under the spotlight.