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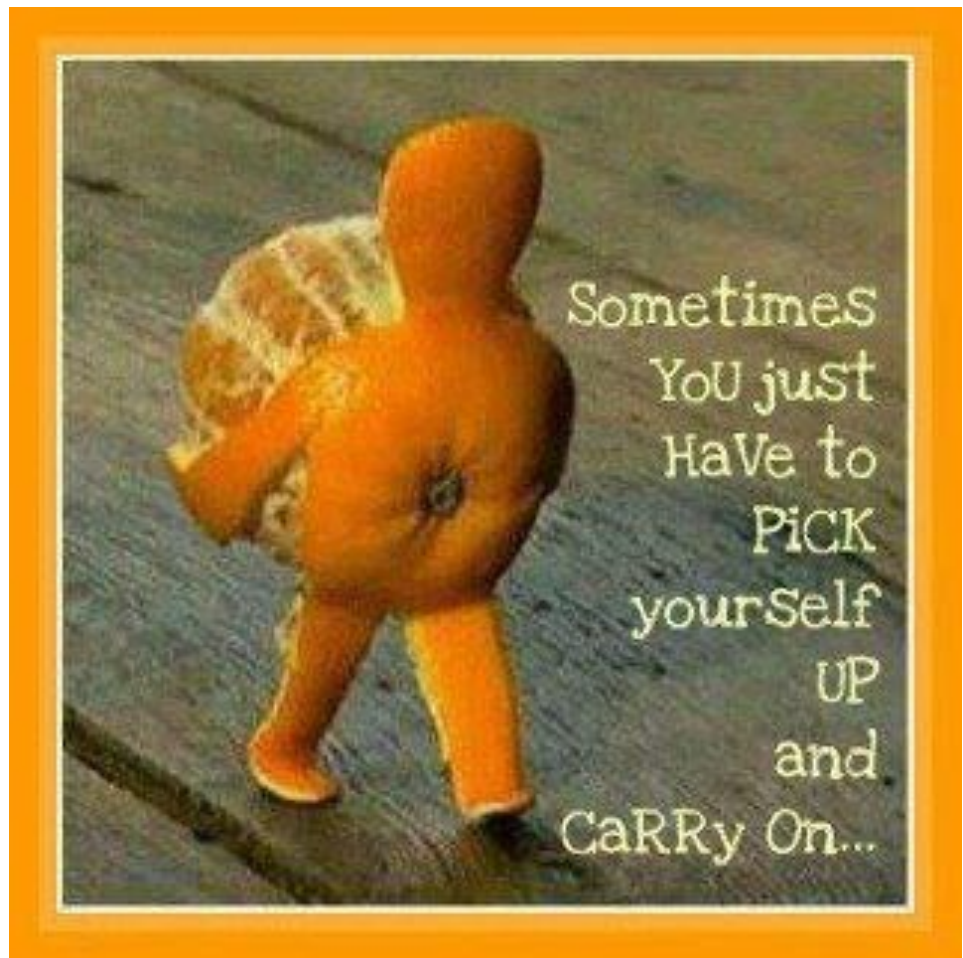
Kidney News of Wellington

February 2012

Editor : Bernadette Hanify

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**Our new and improved website...**

<http://www.wellingtonkidneysociety.org.nz/>

More information on all topics covered in the newsletter can be found on our website.

**Wellington Region Kidney Society Inc.**

*People supporting people*



Me in Samoa—  
2011



## Note from the editor...

Hi and welcome to our 'new look' newsletter. We've made a few changes due to feedback we've had. The most obvious is that we're making it a bit bigger, so it'll be easier to read!

The other big change is that we're going to start a monthly "E-KNOW" newsletter that will go out to all our email recipients. But don't worry—you'll still get the quarterly newsletters just like before. Don't forget to let us know if you do have an email address—saves on printing and postage.

While I remember, I must mention our thanks to the Auckland Kidney Society for the information about emergency management—I forgot to acknowledge them last time!

There's a lot to read this issue—and some things had to get put off till next time. There's a great article about donating from the Wellington team—thanks Sheryl and Claire—and an exciting new online shopping opportunity that will help us with our fundraising while making it easier to shop.

Don't forget to contact us if there's anything you'd like included.



## W R K S COFFEE GROUP NEWS AND DATES

We would like to thank all those people who have attended the coffee groups which happen on the second Sunday of the month at the following locations; if you haven't been to one or haven't made it in a while, please feel free to come along with your family.

- 11<sup>th</sup> March McDonalds McCafe, 190 Riddiford Street, **Newtown**
- 8th April McDonalds McCafe, 1 Kenepuru Drive, **Porirua**
- 13th May McDonalds McCafe, 388 High Street, **Lower Hutt**
- 10th June White Swan, Main Road, **Greytown**

**Wellington Region Kidney Society Inc**

*People supporting people*



**WELLINGTON REGION KIDNEY SOCIETY Inc.**

**NOTICE OF ANNUAL GENERAL MEETING**

**TO BE HELD AT**

**THE FOUNDATION FOR THE BLIND  
GROUND FLOOR  
121 ADELAIDE ROAD  
NEWTOWN**

**AT 2PM SUNDAY 15 April 2012.**

PO Box 7302, Wellington South, 6242, NEW ZEALAND  
Phone: (04) 382 9693 [www.wellingtonkidneysociety.org.nz](http://www.wellingtonkidneysociety.org.nz)

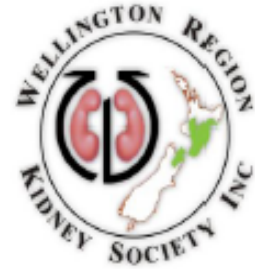
**Taupo bookings 0508 4 KIDNEY**

**Email: [info@wellingtonkidneysociety.org.nz](mailto:info@wellingtonkidneysociety.org.nz)**

**Email: [secretary@wellingtonkidneysociety.org.nz](mailto:secretary@wellingtonkidneysociety.org.nz)**

**Wellington Region Kidney Society Inc**

*People supporting people*



**NOMINATION FORM**

If you wish to Nominate someone for a position on the Committee please fill in this form and forward to the Secretary prior to the AGM.

I .....(name)

of .....(address)

do hereby nominate .....(name) for the position of .....

Seconded by .....(name)

of .....(address).

Send to :- secretary@wellingtonkidneysociety.org.nz

**PROXY VOTE**

If you are unable to attend the AGM and wish to have someone vote on your behalf, please fill in this form:

I .....(name)

of .....(address)

hereby nominate .....(name) to vote on my behalf at the Wellington Region Kidney Society Annual General Meeting.

.....(signature) .....(date)

PO Box 7302, Wellington South, 6242, NEW ZEALAND

Phone: 05084kidney or 0508 4543639

[www.wellingtonkidneysociety.org.nz](http://www.wellingtonkidneysociety.org.nz)

Email: secretary@wellingtonkidneysociety.org.nz

## USAVE—a new way to help us while you shop!!

Dear **WRKS Supporters**

We really appreciate your past help and support. Now we want to do something for you.

The next time you shop online, be sure to check out [USave.co.nz](http://USave.co.nz), a brilliant new website that exists to save you money and benefit the community. Each time you shop on USave, you can generate donations to us simply by nominating us as your chosen charity. They have fantastic deals on brand new name brand merchandise (growing daily), and a Garage Sale/Auction section for pre-loved items (also growing daily).

You can save money on the items you need and want while you win great prizes and generate donations for WRKS under Charity, Club or School Name\*

**Q:** What differentiates USave from other shopping websites?

**A:** *#1. they charge less than their largest competitor and  
#2. 50%\*of all sales commissions go back to the community!*

When you visit [www.USave.co.nz](http://www.USave.co.nz) and register as a shopper – please choose us as the charity you wish to support.

Every time you make a purchase or sell something on USave, they send us a donation while you are saving money (and you could also win a prize!).

Go ahead and try [USave.co.nz](http://USave.co.nz) today – save money and win prizes while helping us!

<http://www.usave.co.nz/Wellington-Kidney-Society> \*

Thank you!

*Robin Howarth*

Robin Howarth, President  
Wellington Region Kidney Society.

\*see site for details.

# This year's invoice form—they'll be coming your way soon!!

Page 6

Recipients Name	Date: 1 January 2012
Address	Invoice No: 201201####
Address	Charity No: 38144
City and Code	GST No: 13-247-485

## Tax Invoice for 2012 Membership

Membership Fee	\$21.70
GST	\$03.30
<b>SUB TOTAL</b>	<b>\$25.00</b>

Donations (gratefully accepted) \$ \_\_\_\_\_

TOTAL PAYMENT \$ \_\_\_\_\_

### Directly to:

ANZ Bank Account: 01-0509-0135602-00

Please put your surname and initials as well as your invoice number in the reference code area so that we can identify your payment.

### Remittance Advice Return to:

Wellington Region Kidney Society Inc  
 PO Box 7302  
 Newtown  
 WELLINGTON 6242  
 Tel: 0508 4543639

Thank you for your continued support

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Donations \$ \_\_\_\_\_

TOTAL PAYMENT \$ \_\_\_\_\_

1 January 2012

Dear Member

This year the membership fees have been increased to reflect the additional costs the Society has incurred to ensure that we can provide a service to all members that we can be proud of. While this increase does seem substantial, the annual fee is still well below comparative fees charged by other Charitable Societies and organisations.

As an indication of where your fees go, they help towards:

- help to cover costs associated with the newsletter



Have a look here— some great ideas on how to live well with kidney disease...  
[www.livingwellwithkidneydisease.com](http://www.livingwellwithkidneydisease.com)

## **SOLID – An exciting new dialysis study!!!**

SOLID is an acronym which stands for “**SO**dium **L**owering In **D**ialysis”.

SOLID is a scientific dialysis study which will begin in late 2011 in New Zealand. Patients on home haemodialysis in Counties Manukau, Auckland, Waitemata, Capital and Coast and Canterbury DHBs will be eligible to participate in the study and we would like to have as many patients as possible participate!

The trial is endorsed by the Health Research Council of New Zealand and the Australasian Kidney Trials Network. The study will be co-ordinated from Counties Manukau and nephrologists from all over the country will also be involved. We will begin approaching patients to invite them to enrol in the study around February next year.

### ***What is the study about?***

The study is based upon the knowledge that where salt (sodium) goes in our bodies, water goes too. A lesson which we all know from the dieticians! In dialysis patients this is very important as really the only way for water to leave the body is on dialysis. Therefore, if a dialysis patient has too much salt and hence water in their body, they may not be able to get rid of it. It will cause high blood pressure and damage their heart and blood vessels. We think that if we can reduce the amount of salt in dialysis patients' bodies, then we can improve the quality and quantity of dialysis patients' lives.

### ***So how do we reduce salt?***

The way that we are going to reduce salt in the body is to reduce the amount of salt in the dialysate which home haemodialysis patients use. The idea is that with less salt in the dialysis fluid, the patient will end up with less salt in their body at the end of dialysis. After a year of having dialysis with less salt in the dialysate we hope to show that the trial patients' blood pressures, blood vessels and hearts will be in better shape than they were at the start of the trial.

### ***What is involved for the patients?***

The study is what we call a controlled trial. Half of the patients in the study will receive the low salt dialysate for a year and the other half will continue on their usual dialysate. Everybody in the study will have an MRI scan of their heart at the beginning of the year and everyone will have an MRI scan of their heart at the end of the year. The scans will be reviewed by a prominent New Zealand's cardiologist

(heart specialist) called Dr Ruvín Gabriel. He will be looking to see if we've improved the hearts of the people on the low salt dialysate over the course of the year.

We will also be measuring some other things like blood pressure every 3 months during the study to see if they improve with the low salt dialysate.

We believe that all the patients in the trial will benefit from the close attention that they will receive during the study and that the information that we get from doing this study will help to improve the health of all dialysis patients in New Zealand.

At Counties Manukau, we've already performed a smaller pilot version of this study and showed that low salt dialysate is safe and causes no additional symptoms.

*He will be looking to see if we've improved the hearts of the people on the low salt dialysate over the course of the year.*

***How will information from the trial help dialysis patients in the future?***

We are really excited about this study, as we think that it has the potential to show that a simple and cost free alteration to the amount of salt in dialysate can ultimately save lives.

***Want more information?***

The doctors involved are;

Counties Manukau	Dr Mark Marshall, Dr Chris Hood and Dr Jo Dunlop
Waitemata	Dr. Janak de Zoysa
Auckland	Dr. Imad Haloob
Wellington	Dr. Grant Pigeon
Christchurch	Dr. David Macgregor

If you are interested in participating in the trial or would like to know more about it then please feel free to email Dr. Jo Dunlop on [Joanna.dunlop@middlemore.co.nz](mailto:Joanna.dunlop@middlemore.co.nz) or speak to your dialysis nurse or SMO.

## RENAL TRANSPLANTATION AT WELLINGTON HOSPITAL

By Claire Beckett and Sheryl Sparkes

### **History**

The first successful human kidney transplant was performed in 1954 at a Boston hospital by Joseph E Murray. In 1990, Murray shared the Nobel Prize in Physiology or Medicine with E. Donnall Thomas "for their discoveries concerning organ and cell transplantation in the treatment of human disease." The first kidney transplant in New Zealand was performed in Auckland in 1965 and the first in Wellington in 1968.

### **Nationally**

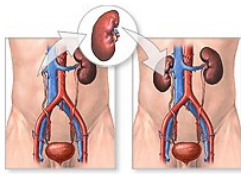
New Zealand reflects international growth rates in end stage renal disease. In 2009 there were 567 new cases of people requiring long term renal replacement therapy; a 14% increase on numbers from the previous year resulting in the total number of patients on dialysis being 2260 by end 2009. (Anzdata 2010 Report). Overall in New Zealand, diabetes is the most common cause of end stage renal failure, with 47% of ESRD being due to diabetic nephropathy and this accounts for 52% of the new patients for the year ending 2008.

At the end of 2008 there were 329 people on the deceased donor waiting list (15% of the dialysis population), 271 of those were waiting on their first transplant. These people will wait on average 3 -4 years for their kidney.

From Jan to end July 2010 there have been 36 deceased donors in New Zealand (Organ Donation New Zealand figures) where at least one organ was used in transplantation. Of that number 10 were unsuitable for kidney donation and 2 donor's kidneys were used in double transplants, i.e. both kidneys were given to one recipient, so there have been 50 deceased donor transplants in New Zealand to end of July 2010. New Zealand organ donation stands at 7.2 per million population.

### **Locally**

In Wellington kidneys are accepted from live and deceased donors. Live donors are usually known to the recipient as a family member or friend but there are many more enquires from people wishing to become non-directed donors. Non-direct donors (or altruistic donors) have no connection to the recipient. They are worked up as a live donor including psychological assessment, and when declared suitable tissue typing and cross matching to the regional deceased donor list occurs using a ranking system. At no time do the donor and recipient meet or have any contact;



ADAM

**transplantation can be a very effective renal replacement therapy, but we need to remember that it is only a treatment and not a cure for renal disease**

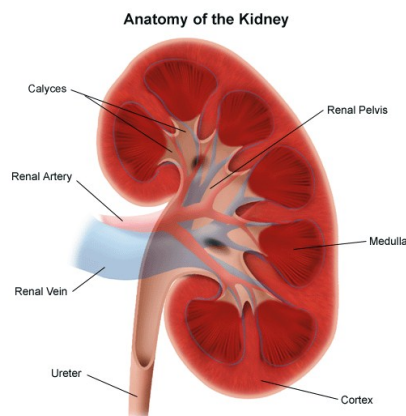
they are given no details of each other. This often presents logistical problems when arranging cross-matching at the hospital laboratory for local pairs and also in arranging accommodation for regional donors and recipients. In Wellington non-directed transplants have been carried out since 2006, and with 3 carried out in 2011, bringing the total up to 12 in Wellington. The donor nephrectomy is completed laparoscopically (keyhole surgery) and the kidney is removed through an incision at the bikini line. The service is currently funded to complete 2 live donor transplants per month. In 2011 the Wellington service completed 18 live kidney transplants and 9 deceased donor transplants this year.

### **Transplant coordinators**

Capital and Coast DHB employs two transplant coordinators, job-sharing a little over 1.0 FTE. Sheryl Sparkes and Claire Beckett, we are renal nurses. Our role is to assist in facilitating kidney transplants within the Central North Island region, for patients with chronic and end stage renal disease. This consists maintaining the deceased donor list for the area, which involves educating and liaising with local recipients in preparation, ensuring completion of tissue typing and ongoing transplant bloods, and communicating with regional coordinators and physicians regarding ongoing suitability for transplantation. Promotion and support of live kidney donation is a large part of the role, from discussing the process of being a donor to assisting

and supporting during the work up process.

Education is provided at all steps in the transplant process, from initial discussions with a recipient going on the deceased donor waiting list, education at the time of transplant and talking through post transplant processes and expectations. Advice is provided over the telephone and at clinics at all steps of the way. Awareness of transplantation and organ donation can be raised through this role both professionally, by way of talking and writing for articles such as this, and personally in our own communities and our patients' community



To summarise, transplantation can be a very effective renal replacement therapy, but we need to remember that it is only a treatment and not a cure for renal disease.

A successful transplant offers the best opportunity for a person to live a 'normal' life. For the renal patient this may be freedom from the constraints of dialysis, opportunity to travel, and opportunity to have a family if wished. Many women have gone on to successful pregnancies and men to father children after receiving a transplant.

Finally, kidneys are a scarce commodity, with an increasing demand as the numbers of donors are declining, so it is important for us as nurses to promote donation whenever and wherever we can.

You can contact the transplant coordinators on 04 8060532 to discuss any aspect of transplantation and kidney donation.

**References**

Anzdata-[The 32nd Annual Report 2009 Report - Data to 2008](#)  
[http://www.donor.co.nz/donor/statistics/nz\\_donor\\_rates.php](http://www.donor.co.nz/donor/statistics/nz_donor_rates.php)

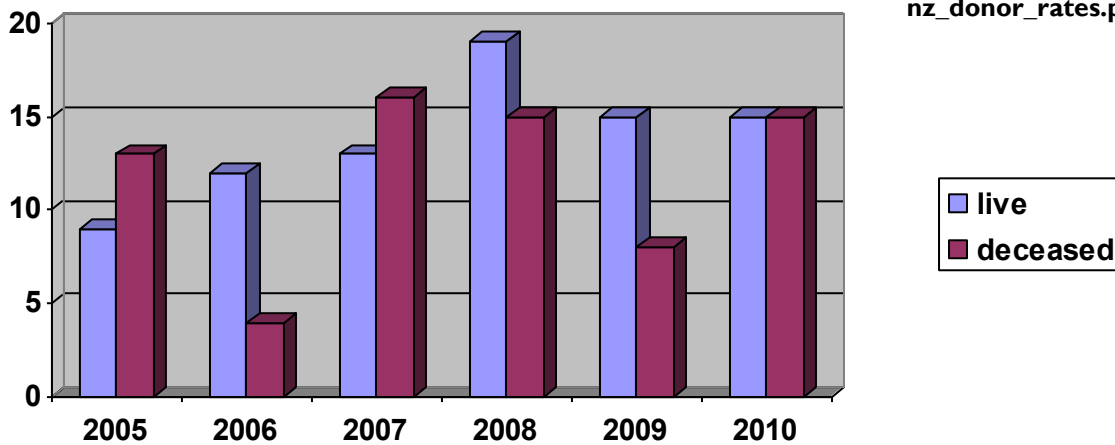


Figure 1 Transplant activity in Wellington 2010 data up to September only

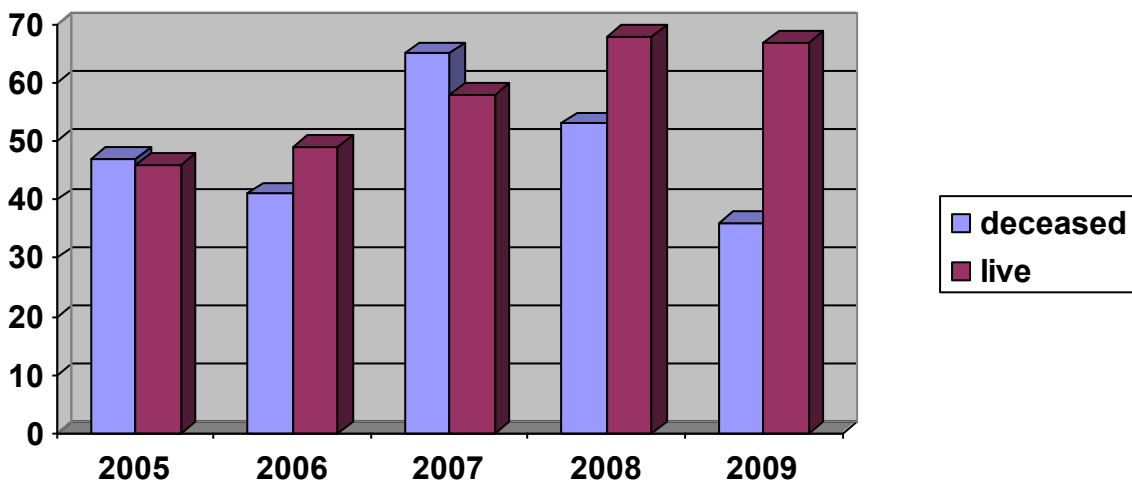


Figure 2 New Zealand transplantation activity

# Our Thanks to...

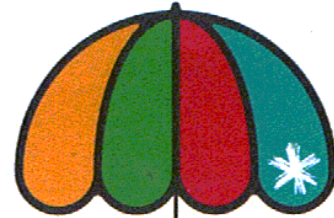


KHNZ for their continued support



Interwaste New Zealand

For the funding of the new AK96 machine for Taupo.



THE TELECOM FOUNDATION



For the Funding of the Take Home Packs.

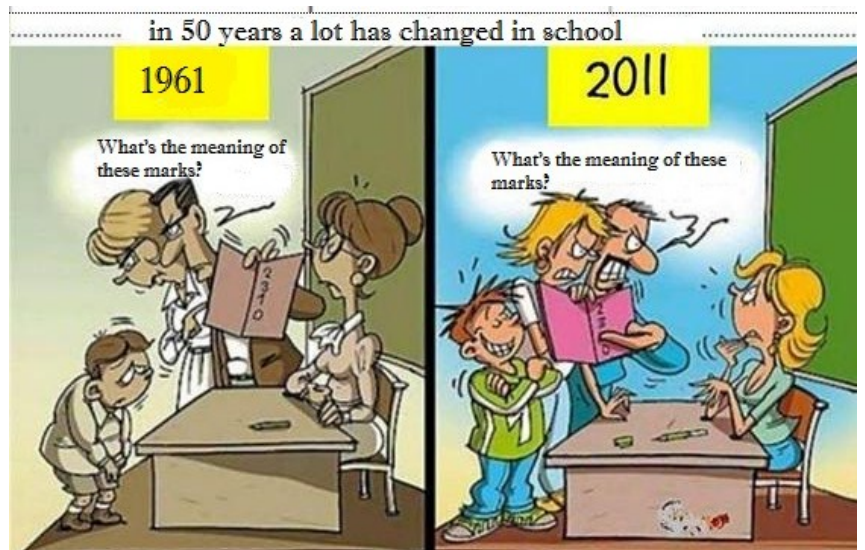


## Want to save a tree or two?

If you'd rather receive your newsletter by email, please let us know. This will also save in printing and postage costs.



"Your x-ray showed a broken rib, but we fixed it with Photoshop."



in 50 years a lot has changed in school

1961

2011

What's the meaning of these marks?

What's the meaning of these marks?

GLASBERGEN