



**Upcoming Conferences:**

RSA/ANZSN  
Melbourne,  
Aug 25-27 2014

ERA-EDTA 50th  
www.eda-  
edta2013.org

Aust/NZ Home  
Dialysis  
5-7 Mar 2014  
www.dinamics.co.n  
z/home-therapies

*Advertise your renal event here.*

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## The Importance of Insulin Resistance

Insulin resistance occurs in those with chronic kidney disease because of uraemic toxins, anaemia, hyperparathyroidism, accumulation of free fatty acids, metabolic acidosis, malnutrition, inflammation and exercise intolerance. Insulin resistance can occur in those who are not diagnosed with diabetes.

Peritoneal dialysis is a potential additional risk factor particularly if high glucose solutions are used. The major concern with insulin resistance (IR) is the link with cardiovascular disease.

A Chinese study by Dr Tongying Zhu followed 66 non-diabetic PD patients for 41.3 months. They were divided into those with high and those with low IR (50% per group). The baseline characteristics that differed in the high group were an increased BMI, CRP and ferritin.

The results showed that the group with higher IR had significantly more cardiac events and cardiac death (14 events and 8 deaths versus 1 event and 1 death). The relative risk was 17.7 times higher after adjustment for sex, age and dialysis duration. Interestingly similar results have been found for non-diabetic HD patients.

The authors recommendation is that strategies to lower IR including physical activity, glucose sparing solutions and drugs are considered to reduce cardiovascular risk. More research however is needed in this area. In the meantime, exercise can only help.

Ref: Published in Asia-pacific chapter newsletter ISPD, 11 (2) summer 2013

## Nursing agencies—a support for those at home?

Many people who are managing home dialysis experience a time when they may need additional support at home. Whilst home dialysis training units often offer home visits, this may be limited by the time available for this service. Also some families and dialysis patients require daily support if home dialysis is to continue when it is their preferred option. This can avoid nursing home placement.

One solution in NSW is a nursing agency called Dialysis Australia. This agency offers trained home dialysis nurses for an hourly fee. Dialysis Australia already have partnerships with some home dialysis units providing support services for those at home who need additional help and trouble shooting. However if regular support is

required, for example set-up and connecting for automated peritoneal dialysis, every night or as respite, the care recipient may pay the fee. If you are aware of other reputable services please advise us. Following screening a link can be created on the home dialysis website.





The  
**HOME**  
Network™  
Educate, Enable, Empower  
Established 2009

## Home Dialysis in Darwin

The NT has one of the lower rates of home dialysis in Australia, but a dedicated team including HOME Network member and PD nurse Marion Shaw are now operating a home dialysis first policy, in a bid to get more people back to their own communities.

### The HOME Network

Educate, Enable, Empower

Email  
homedialysis@kidney.org.au

*Through education and advocacy the HOME network aims to enable patients and healthcare professionals to use their knowledge and the practical resources developed by the group to empower more patients to embrace the freedom of home therapies.*

The Nightcliffe dialysis unit hosts a predialysis team and the home haemodialysis unit. Peritoneal dialysis training is off site in the next suburb. Danila Dilba is the aboriginal medical service that also supports the community. There are equal numbers on HHD now compared to PD, and HHD is certainly the area of expansion. The HHD training site also offers 'drop in' chairs, in and **out of hours** for those in town who can manage their own treatment. Success seems to be achieved because of the collaboration of the multidisciplinary team and flexibility of dialysis options. Travel is also encouraged.

Thanks to all of the NT renal health professionals who shared their time, experience and stories during our recent visit. It is hoped that future collaborations can enhance Aboriginal specific resources.

## NEN becomes ONE

### Your Online Nephrology Education portal

The Nephrology Educators Network (NEN) has over the last 3 years developed and grown online learning portal for renal nurses. NEN are a subgroup of the RSA, managed by a dedicated national committee that is currently chaired by Pete Sinclair.



Following partnerships with both Kidney Health Australia and Southern Health, NEN is now expanding and the new online portal is known as **ONE**. The new site will expand its membership option to all of those who work in nephrology in Australia. The scope of the learning packages will also expand to include education beyond dialysis. Other organisations can provide new packages.

The packages on ONE include all existing NEN packages targeting both PD and HD and the journal club; the new KHA chronic kidney disease and supportive care packages and the home dialysis package from Southern Health.

New members will be able to enrol directly via the website but in order to manage membership an authentication code will be used. A code can be obtained by emailing [homedialysis@kidney.org.au](mailto:homedialysis@kidney.org.au) Once you have your code visit [www.nen.org.au](http://www.nen.org.au) to enrol in your 'ONE' online learning experience. Congratulations to the NEN team on an amazing journey and a great new site.

### Editors Word!

Welcome to edition 20 of Home Updates. Membership is now about 360. Our latest members are from our workshops and the NT.

Each workshop is leading us to more local workshops and if this may suit your area please contact me.

To subscribe, comment or contribute email Debbie Fortnum at: [homedialysis@kidney.org.au](mailto:homedialysis@kidney.org.au)

