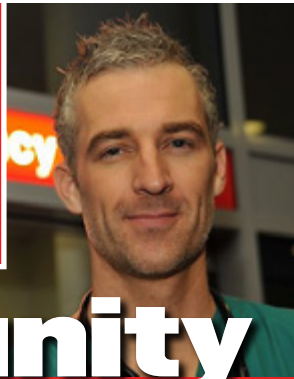


Celebrate Kidney Health Week (22-28 May 2016). Help share the message of prevention, detection and support...



Kidney Community

Issue 51 – April 2016

From the CEO and Managing Director



An important area of work Kidney Health Australia engages in is advocacy and policy. We have a team especially dedicated to creating awareness amongst our politicians and influencing changes through legislation. As the Federal election becomes a reality this year the advocacy team will present Kidney Health Australia's election platform, the National

Action Plan, to election candidates, sitting members, Party secretariats and the media, as well as engage on social media. You can read more about the National Action Plan below.

This edition also contains the exciting news about Kidney Health Australia's newest addition to its expanding network of Kidney Transplant Houses. The new Kent Town Adelaide facility will be called the Emorgo Kidney Transplant House to recognise the incredible support of the Emorgo Foundation, which provided the funds to purchase the property. When complete, it will provide eligible rural and regional kidney patients and their families with quality accommodation where they can recover from transplant surgery at no cost.

Finally, we are counting down to Kidney Health Week in the last week of May, when we will be asking Australians 'Why Kidney Check'? The theme of this year's campaign is 'I Kidney Check', and we're excited to tell you all about our plans and the launch of our online 'I Kidney Check' community gallery in this edition.

Anne Wilson
Managing Director and CEO

Federal Election 2016: Checklist for Change

Election-time means an opportunity to ramp up our policy goals and advocacy with individual sitting members and candidates, as well as the major political parties. We have developed an election platform, which we have called a National Action Plan. This plan includes a Checklist for Change, which we will highlight on social media under #kidneycare.

As the election date is set and it gets closer we will engage with the media to ensure our election platform, which highlights important kidney health issues, is heard. In the six to eight weeks leading up to the election case studies and key points of the National Action Plan will be brought to the fore, including: the cost both economic and personal of kidney disease; the impact of kidney disease on vulnerable groups; the waiting time for transplantation; and the need for better transport, carer, home and financial support.

In addition, we are identifying the 'hot spot' electorates for kidney disease around the country, in order to localise the issues for sitting members, candidates and their parties. *As always, if you want to share your story with us, email us at community@kidney.org.au*



Can you recognise an angel?



NOMINATIONS NOW OPEN!

Know someone exceptional who has made an outstanding contribution within the Australian kidney community? Then we'd like to hear from you. It could be a person living with kidney disease, carer or family member, a dedicated volunteer, a health professional or an organisation. Please nominate them for the Operation Angel Award.

Nominations are now open and close 31ST MAY.

For more information go to www.kidney.org.au or call 1800 454 363 or email operationangel@kidney.org.au



MEDICAL MATTERS –

Important new resources now available

Kidney Health Australia and Northern Sydney Local Health District have entered into an exciting new collaboration for the review and ongoing supply and distribution of educational literature for people with kidney disease.

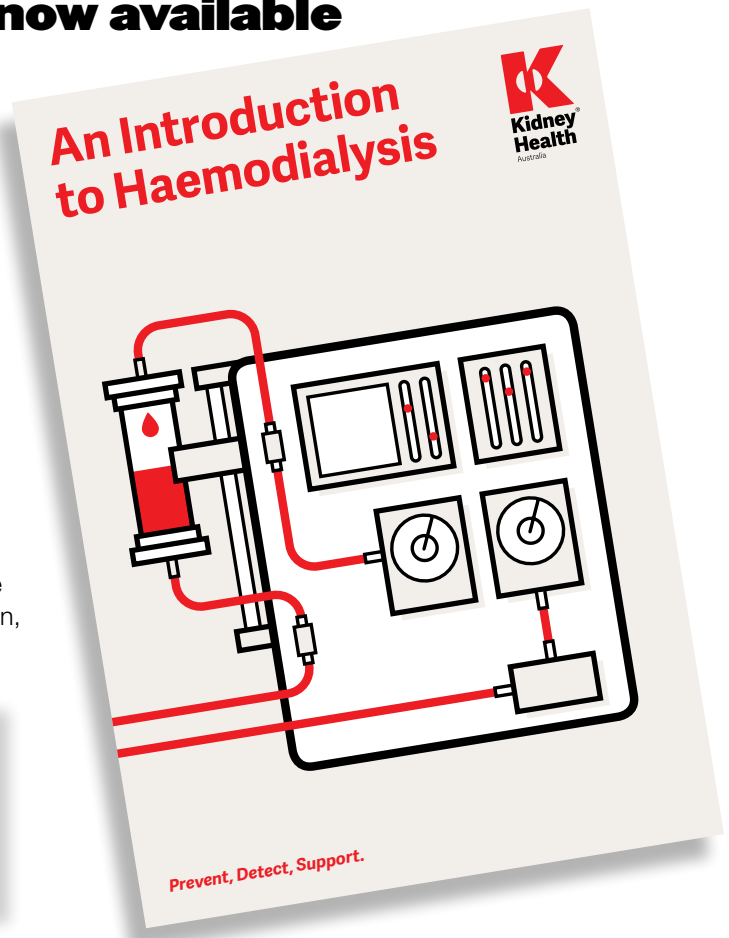
This new partnership means the Royal North Shore Hospital's Renal Resource Centre is no longer operating, and all future review, development and distribution of educational literature has transferred to Kidney Health Australia to manage.

The educational booklets previously supplied by the Renal Resource Centre complement the Kidney Health Australia existing suite of publications and fact sheets, and ensure that people with any stage of kidney disease can readily access information that is accurate, reliable, and easy to understand.

The first revised publication, *An Introduction to Haemodialysis*, is now available for download, or order, from the Resources Library at www.kidney.org.au. The second publication, *An Introduction to Peritoneal Dialysis*, will be available in May.

LIKE TO RECEIVE KIDNEY COMMUNITY FOR FREE?

Free call **1800 454 363** or email subscribe@kidney.org.au to sign up!

**New Award recognises excellence in early detection**

Kidney Health Australia is pleased to announce a new awards scheme for excellence in early detection and management of kidney disease in a primary care setting. Every person at risk of kidney disease should receive a regular kidney health check and subsequent evidence based care to reduce the progression of their kidney disease. We invite you to nominate individuals or organisations who demonstrate excellence and deliver best practice in this field.

Nominations for the Kidney Health Australia Primary Care Excellence Awards are open until Saturday 1 May, and the recipients of this inaugural award will be announced in Kidney Health Week (22-28 May).

The Awards will be adjudicated through the Kidney Check Australia Taskforce, an expert committee, comprising prominent kidney specialists, health professionals and educators.

For more information or for a nomination form, visit kidney.org.au or email Christine.DeLaine@kidney.org.au.

Definition of Excellence

- Maintain a patient register for chronic disease (including CKD), with a recall and reminder system for patients eligible for assessment and those who require management of risk
- Regularly audit practice records for proportion of eligible patients who are checked, who have their risk managed according to the relevant practice guidelines, who have a GP management plan, and who accessed evidence-based prevention programs
- Build systems to maintain the accuracy of these registers over time
- Have a system in place to identify individuals at risk of developing CKD and procedures to ensure kidney health check is performed
- Provide CKD patients with relevant information/ resources to encourage self-management
- Take a whole practice approach involving GPs, nursing staff and practice manager / office staff to detecting and managing chronic disease including CKD
- Take an integrated care approach to managing CKD in conjunction with diabetes and cardiovascular disease in their practice.



LET'S BE FRIENDS! Like Kidney Health Australia on Facebook at www.facebook.com/KIDNEYHEALTHAUST

Join our 'I Kidney Check' community this Kidney Health Week!

'I Kidney Check' is the theme for Kidney Health Week this year and focuses on encouraging Australians to care about their own kidney health. Please take time to go to our 'I Kidney Check' community gallery and read stories by people from across Australia about why they Kidney Check. You can add your own story and pictures too, just go to <http://www.kidney.org.au/kidney-check>

Kidney Health Week, which will be held from Sunday 22 May to Saturday 28 May, is a week during which we create awareness locally and nationally about kidney health, kidney disease and its impact. A wide range of activities will be conducted across Australia and many groups will wear red in support and display Kidney Health information.

It's not too late to help out during Kidney Health Week, you, your group, or workplace, may want to host an information



**Kidney Health Week
22-28 May 2016**

**This year we encourage
Australians to care about
their own kidney health.**



display at your workplace or social organisation; visit your local health centre to conduct blood pressure checks; organise a red morning or afternoon tea, or dress in red for a day at your workplace or school. *You can email us to request a supporter pack for your event. For more information, phone our freecall number 1800 454 363 or email events@kidney.org.au.*

New Emorgo Kidney Transplant House coming to Adelaide

Kidney Health Australia has announced its latest addition to its expanding network of Kidney Transplant Houses. The facility, in Kent Town, Adelaide, will be called Emorgo Kidney Transplant House in recognition of the incredible support of the Emorgo Foundation that provided the funds to purchase the property.



It will join our existing Melbourne and Perth patient accommodation facilities, which provide eligible rural and regional kidney patients with secure, quality accommodation where they can rest and recover from transplant surgery, or undergo dialysis training and education at no cost. Last year the program nationally provided essential assistance to 16 rural and regional kidney transplant and home training patients.

The new two bedroom, two bathroom spacious apartment is scheduled for completion in early 2017. The residence is part of the Verde Living development that will provide a calm, relaxed environment in which to recover. Located on King William St, Kent Town it is convenient to the existing - and new - Royal Adelaide Hospital sites, the Women's and Children's Hospital, parkland, shops, cafes and public transport.

Six year old Angus, a kidney transplant recipient, recently visited the building site for the new House with his parents along with the Hon. Jack Snelling MP, SA Minister for Health and Ageing, and Channel 9 News Adelaide. Angus' parents explained how much of a difference having access to a facility like Emorgo Kidney Transplant House would have made to their family emotionally and financially following Angus' transplant surgery.

There are currently 1,083 Australians on the waiting list for a life-saving kidney transplant and in 2014 over 85 kidney transplant operations were performed in South Australia alone.

Annual Golf Day a hole in one!

Perfect weather conditions helped make Kidney Health Australia's 13th Annual Golf Day our best to date! On Monday 7 March 2016, a total of 80 golfers gathered at Royal Melbourne Golf Club to compete on the number one course in Australia. This year we welcomed our first celebrity team, made up of Kidney Health Australia Ambassador Frankie J Holden, Rhys Muldoon, Gary Sweet and John Steffensen. That evening, over 140 guests gathered for dinner, entertainment provided by Kidney Health Australia ambassador Rochelle Pitt and a silent and live auction.

A big thank you to all the companies and individuals who supported this event including our sponsors Source Central Partners and Subaru and hole sponsors Metro Signs and Imscan Konica Minolta.



KIDNEY CALENDAR AND EVENTS

22 May - 28 May

KIDNEY HEALTH WEEK 2016 – A week of education and awareness at a national and local level. This year's theme is 'I Kidney Check'.

12 - 20 August

THE 28TH KIDNEY KAR RALLY – from Bathurst to Taree, via Dubbo. Join us for our 28th Kidney Kar Rally to enjoy an amazing and memorable 4000km journey across 8 days through beautiful and extraordinary regions in Australia. An awesome adventure you will never forget, for all the right reasons! Entrants who participate in this rally come from various parts of Australia and travel the route in ALL types of vehicles, not just rally class vehicles – any road registered vehicle can take part. Contact Kim or Arthur Davis on freecall 1300 300 544 or arkida@hotmail.net.au for further information.

11 September

KIDNEY RESEARCH WALK – held in most capital cities around Australia. Dress in red and enjoy the fun and raise money for vital kidney research.



BIG RED KIDNEY BUS

To enquire about your holiday dialysis needs, contact 1800 454 363 or download the application form at www.kidney.org.au

7 November - 17 December 2016

ECHUCA - Echuca Holiday Park, Crofton Street, Echuca, VIC. Call 1800 555 640 or 03 5482 2157, or email info@echucaholiday.com.au *Hurry, only two vacancies left!*

5 September - 29 October 2016

HALLS GAP, THE GRAMPIANS - BIG4 Grampians Parkgate Resort, 2372 Grampians Road, Halls Gap VIC. Call 1800 810 781, 03 5356 4215 or email stay@parkgateresort.com.au Discounts available, please mention Big Red Kidney Bus. Bookings close 21 August 2016

Save the date!



Get your walking shoes ready! Planning is underway for the 2016 Research Walk, which will be held 11 September 2016 in Adelaide, Brisbane, Melbourne, Canberra, Sydney, Perth and Launceston. This annual event is a special time for the kidney community to come

together and walk as one to raise much-needed funds and awareness to help find a cure for kidney disease in Australia. The official registration website will launch in early June so stay tuned for more exciting details and ways you can get involved in this special event!

LIFESTYLE RECIPE CKD, DIALYSIS AND DIABETES-FRIENDLY

Slow-Cooked Pulled Pork Tacos

SERVES 4



Feeling like something zesty and full of flavour for dinner tonight? Why not try this tasty Mexican-flavoured dish which is suitable for people living with CKD, diabetes, heart disease and dialysis. Sure to be a crowd pleaser, this recipe is bound to be a real hit with your family and friends.

INGREDIENTS

500g pork tenderloin
2 tbs lime juice
1 cup no added salt chicken stock
Red chilli, finely diced (optional)
1 tsp cumin
1 tsp paprika
1 tsp chilli powder (optional)

1 tsp garlic powder
½ cup fresh coriander, diced

Charred Corn Salsa

1 cup corn kernels
1/3 cup spring onion, diced
1/3 cup red capsicum, diced
1/3 cup fresh coriander, diced

METHOD

1. Place the pork tenderloin in the base of your slow cooker. Mix together the lime juice, chicken stock and spices. Pour the spice mixture over the pork tenderloin. Close the lid on the slow cooker and cook on low for 8 hours.
2. For the salsa, heat a pan on high. Once the pan becomes extremely hot, add the corn and sauté until the corn takes on a charred appearance.
3. Transfer the charred corn to a mixing bowl. Add the spring onion, capsicum, coriander and chilli and mix. Refrigerate until ready to use.
4. Once the pork has cooked, it can easily be pulled apart. Discard any excess cooking liquid. Turn off the heat and add the remaining fresh coriander.
5. Fill the tortillas with pulled pork and corn salsa.

Energy: 377kcal, protein: 32g, fat: 6g, carbohydrate: 46g, potassium: 680mg, phosphate 382mg and sodium: 388mg

Recipe taken from "Spice It Up! Giving zest to your renal diet": www.myspiceitup.ca/recipes