

Newsletter Update

From the Editor

This July edition features the Renal Society Conference, held from 19-21 June 2016 on the Gold Coast. The 550 attendees generated a lot of energy and there were some amazing presentations.

In this edition we also talk about the election, some new resources and encourage you to check out our information on the upcoming Kidney Research Walk on 11 September.

Debbie Fortnum



Congratulations to the Renal Society of Australasia 2016 Organising Committee for creating this interesting and inspiring conference.

Calendar of events

17-21 September 2016
APCN/ANZSN Conference
Perth, Western Australia
apcn2016.com.au

18-20 September 2016
EDTNA/ERCA Conference
Valencia, Spain
edtnaerca.org

19-21 October 2016
Transplant Nurses Association Conference
Adelaide Convention Centre
tnaconference.com.au

Conference Updates

Renal Society of Australasia Conference 2016 Transplantation Update - Scott Campbell

Australian Paired Kidney Exchange (AKX) Program

In Australia there have been 150 kidney paired donations (KPD), and this constitutes an increasing percentage of live donation per annum.

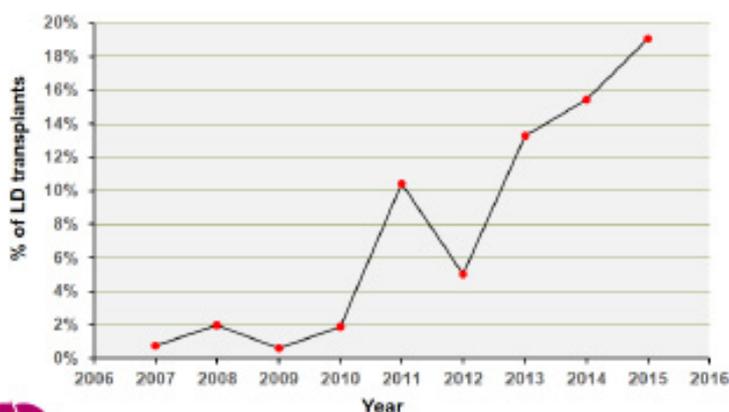
New statistics today show that there have been 177 kidney paired donations through this program.

This program involves 22 centres across five states. They run the donor pool every three months to find match groups. Hep B +ve donors (treated Hep B) can now join the pool and New Zealand will soon be added.

NOMS – The 17 year old computerised matching system for general deceased donor transplant is undergoing a major update which will be known as AOMS. This new AOMS system will have increased flexibility and will include many new factors in allocation system.

The estimated release is expected in 2018. Find out more: donatelifegov.au

**KPD transplants in Australia:
19% of LD transplants**



31/12/2015

RSA Conference Updates

Changes to ANZDATA - Kylie Hurst

If you have to complete ANZDATA forms, you will be pleased to hear that the ANZDATA data process is undergoing major transition with a new website.

Real life entry databases will be standard for all information. Users will be able to have their own login and report builder for their own data.

This also means there will be easier access to their own data in the system for research.

There will also be a system for de-identified data for larger research investigations.

There will be EMR connectivity i.e. the capacity to upload XML and CSV files. This means that many systems, where data is collected locally in hospital online medical records, the data/results will be available for upload spontaneously.

There will be a quarterly newsletter and training sessions that you can sign up to at anzdata.org.au

Miscellaneous Useful Facts

Nephrology and Practice

- 1319 Nurse Practitioners in Australia, 342 in QLD. Slowly increasing in renal.
- Alice Springs now use Sterimed on site sterilisation and shredding for dialysis waste.
- Cognitive impairment testing is fast gaining popularity. Next step - what to do when diagnosed. The MOCA Montreal cognitive assessment and RUDAS systems seem to be the most popular tools.
- First home HD in a child is being done as a partnership between the Royal Melbourne Children's and Royal Melbourne Hospitals. This also includes the machine being placed into a bus for family travel.
- There is a Home HD monitoring phone app from Westmead, which is being tested at a second site and then will be available for general release.
- ISPD have a new training syllabus for PD. Refer to abstract at ncbi.nlm.nih.gov/pubmed/26917664 where members can download full article free.

ANZDATA Reports

Visit anzdata.org.au for a wide range of reports on renal replacement therapy, including graphs and tables.

Advocacy

Campaign to Tackle Indigenous Kidney Disease – the 2016 Election

The dust has largely settled on the Federal election, and a new Coalition government has been sworn in.

For the eight-week duration of the Federal election campaign, Kidney Health Australia strategically targeted our policy and advocacy on key kidney issues with all the political parties.

Our *Tackling Kidney Disease* election submission outlined a national action plan to reduce Australia's kidney disease burden.

One of our key priorities called for a *National Taskforce on Aboriginal & Torres Strait Islander Kidney Health* to provide leadership and coordination with States and Territories, addressing the gaps in a range of areas including access and quality of health, housing, transport and support services.

Our effective advocacy during this time resulted in:

- The Australian Labor Party committed \$295,000 towards the establishment of a National Taskforce on Indigenous Kidney Health (25 May 2016).
- The Australian Greens launched a comprehensive package aimed to Close the Gap on Aboriginal and Torres Strait Islander peoples' health, which included \$10m specifically for the National Taskforce and to address the challenges of chronic kidney disease (8 June 2016).

Federal Parliament is now set to resume on 30 August. It will be 'business as usual' back up on the Hill for the Advocacy team in seeking to secure the incoming government's formal support for the establishment of a National Taskforce on Aboriginal and Torres Strait Islander Kidney Health.

It's time for Government Action

Kidney Health Australia is calling for a National Action Plan to reduce Australia's kidney disease burden.

[READ MORE](#)

Health Professional Programs

Colouring in: distraction on dialysis

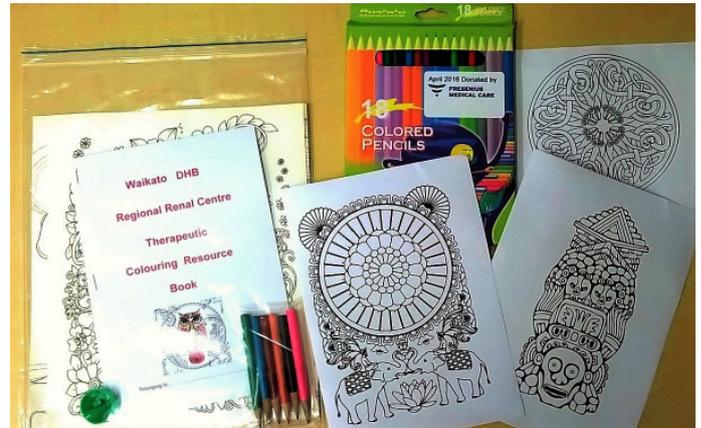
At Waikato Hospital, in Hamilton New Zealand, there is a 30 bed in-centre dialysis unit encouraging “mindful colouring”, to pass away the dialysis hours.

The arts activity consists of providing a “starter pack” to the patient on “Mindful Colouring”. This is some coloured pencils, a sharpener, and a booklet of adult colouring patterns, with some information on the potential benefits of the activity.

The activity is individual, whenever the patient feels like it.

The benefits patients report include; the “meditative” effect of colouring in patterns, using this to avoid focusing on the negative aspects of dialysis. One patient reported she only did it at the dialysis unit, not at home, as it was her way of “coping” with dialysis.

Several patients have become so interested in doing the pictures they have laminated them or made them into cards for family members.



All enquiries about this project should be directed to: **Malcolm.Foster@waikatodhb.health.nz**

Would you like to contribute to our advocacy?

If you, your staff or patients have any issues that you think require advocacy contact: **advocacy@kidney.org.au**

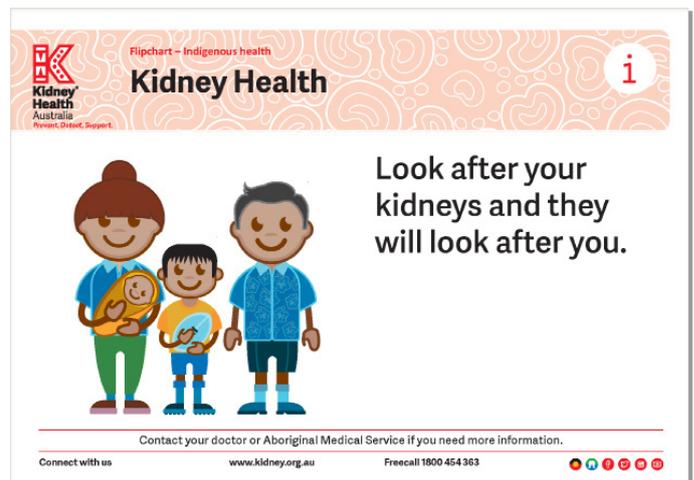
Primary Care Education Indigenous Resources

Tackling chronic kidney disease in Indigenous communities requires locally educated health professionals and resources to support them providing that education.

Kidney Health Australia has just released a new education module within their primary care education program entitled “Chronic Kidney Disease in Aboriginal Populations”.

The target audience is Aboriginal and Torres Strait Islander health care workers. This presentation was completed with ongoing input from the nurses and health care workers in these areas, particularly Rochelle Pitt.

In addition Kidney Health Australia have released a new series of fact sheets and a flip chart that contain simple written information and images to support the education process.



You can download these new resources from:
kidney.org.au/advocacy/guidance-and-tools/indigenous-health

If you work with Indigenous communities and would like a copy of the complete education pack of these resources, email **education.admin@kidney.org.au** with your contact details.

New Health Apps

Tracking and Tackling Chronic Disease in Australia

The Australian Health Policy Collaboration, of which Kidney Health Australia is part of, recently released Australia's 'Health Tracker'.

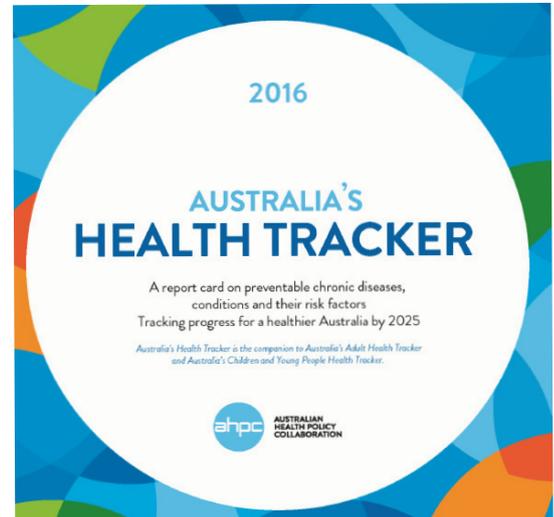
It is a detailed 'report card on preventable chronic diseases, conditions and their risk factors', and is designed to help track progress for a healthier Australia by 2025.

A detailed report, it's stated aim is to develop policy tools to drive awareness of the importance of investment in prevention and better management of chronic diseases in Australia.

The idea is that these report cards will be issued regularly and will track progress towards these targets.

Refer to:

vu.edu.au/australian-health-policy-collaboration/publications#goto-australias-health-tracker=1



Would you like to contribute?

If you have any suggestions or contributions for our newsletter please contact: homedialysis@kidney.org.au

Research News

Study Reveals Powerful Predictor for Progression of Kidney Disease in Indigenous Populations

Research conducted by Menzies School of Health Research has revealed that an albumin-to-creatinine ratio (ACR) among Aboriginal and Torres Strait Islander peoples is a strong indication of the onset of kidney damage.

The ground-breaking discovery will enable earlier intervention and treatment to reduce the rate of progression of chronic kidney disease (CKD) in Aboriginal and Torres Strait Islander communities, which is three times higher than in other populations.

The study was performed in partnership with researchers, health service providers and communities across more than 20 sites in the Northern Territory, Western Australia and far north Queensland, and tracked 550 Indigenous participants in 20 sites across Australia for three years.

The primary outcomes were annual eGFR change and combined renal outcome (first of $\geq 30\%$ eGFR decline with follow-up eGFR < 60 mL/min/1.73m², progression to renal replacement therapy, or renal death).

The observed eGFR decline was three times higher than described in non Indigenous populations. Annual eGFR decline was greatest among adults with baseline ACR greater than 30mg/mmol. Baseline determinants of the combined renal outcome (experienced by 66 participants) were higher urine ACR, diabetes, lower measured GFR, and higher C-reactive protein.

"Because ACR is a key modifiable risk factor associated with GFR decline, CKD management programs in Indigenous communities should include regular ACR screening and targeted management approaches," said Menzies School of Health's Dr Jaqui Hughes, who led the study together with Associate Professor Louise Maple-Brown.

Download full abstract: cjasn.asnjournals.org/content/early/2016/04/12/CJN.09770915.abstract

Health Education News

Sweet New Videos to Target Sugar

On 20 July, the Victorian Aboriginal Controlled Community Health Organization (VACCHO) and the Rethink Sugary Drink partners launched a series of videos under the campaign 'Sports Drinks are Gammin'.

Kidney Health Australia is a proud partner of this alliance, and the videos are designed specifically for an Aboriginal and Torres Strait Islander audience, and feature local sporting role models talking about why they drink water instead of high sugar sports drinks.

For more information refer:
rethinksugarydrink.org.au
This site is a great source of education resources. Please refer your patients to this site.



Nutrition and Health

Salt Expert on Australian Shores

Professor Graham MacGregor, world renowned expert in cardiovascular disease (and trained nephrologist based in UK) recently visited Canberra. As Chair of the World Action on Salt and Health, he has led the charge on UK's successful attempts to reduce hidden salt in our diets, particularly in processed foods.

His Canberra trip included spending a day lobbying the Department of Health, including giving a packed public address to policy makers about the progress UK has made working with the food industry to reduce added salt, and by extension, reduce the risk of cardiovascular disease and stroke.

Refer: **smh.com.au/national/health/is-it-time-for-aussie-food-companies-to-stop-hiding-salt-and-sugar-in-our-favourite-meals-20160707-gq0z5t.html**

Looking for kidney health education resources?

If you need kidney health education resources for patients, go to **kidney.org.au** or freecall us on 1800 454 363.

Upcoming Events

Kidney Research Walk - Sunday 11 September 2016

Kidney Health Australia's annual Research Walk will be held in Adelaide, Brisbane, Canberra, Launceston, Melbourne, Perth and Sydney. All walks will feature varying distances to accommodate walkers and runners of all ages and abilities.

Food and drink will be available at the end of each walk, with entertainment for the whole family.

Over 3,000 people participated in last year's Walk and raised over \$120,000.

This year's Walk will feature a special dress-up contest, with prizes awarded to the Best Dressed Team and Best Dressed Individual!

Kidney Health Australia's Research Walk calls on the kidney community, their families, friends and colleagues to come together and raise funds and awareness, to better support those affected by kidney disease.

To get involved, call 03 9674 4300, freecall 1800 454 363, or email **researchwalk@kidney.org.au**

If you wish to register online to participate, go to: **2016researchwalk.gofundraise.com.au**

