

# **1800 4 KIDNEY**

## KIDNEY COMMUNITY Issue 13 February 2012

#### **COUNT DOWN to National Kidney Kids Camp**

Final preparations are now underway for the 14th Annual National Kidney Kids Camp, due to be held April 10-14 in Mt Eliza, Victoria and proudly co-hosted by the Royal Children's Hospital Melbourne.





Approximately 60 kids from around Australia will be attending this year, accompanied by 40 volunteers sourced from local universities and a group of dedicated professionals health travelling from each of the children's home paediatric hospitals.

The kids attending are aged 7 to 17 with early-stage CKD, on dialysis or have undergone a transplant, as well as their brothers and sisters.





This year's camp is Circus themed and the children will take part in a wide variety of self-confidence building activities that include a circus skills workshop, karaoke, flying foxes and raft-building.

#### **Speaker Training**

Many volunteers have participated in our speaker training where you can learn about our key health messages and more about our organisation. Volunteers then help us in their local area assisting us in many ways. Training takes one hour and is conducted via a teleconference, for the cost of a local call.

Next training courses will be on Monday, 20 February at 7 pm (AEDT). Contact Annette.smith@kidney.org.au or 03 9674 4305.

#### **KEY Program** by Theresa Whalen

Many are aware that Kidney Health Australia focuses on improving kidney health outcomes in creating improvements to the quality of life for people with kidney and urinary tract diseases, their families and carers. But we also develop and conduct initiatives that reduce the incidence of kidney disease in the Australian community.



One such initiative is the Kidney Evaluation for You (KEY) Program. Trialled with great success in 2008 and 2010, this program is being launched widely across Victoria in 2011, beginning on World Kidney Day (8th March) in Kyabram, in partnership with Kyabram and District Health.

KEY is an innovative and comprehensive health check which embraces the National Chronic Disease Strategy to prevent the onset of kidney disease, while highlighting the importance of community awareness, health promotion and early detection of kidney disease. The KEY program also creates an opportunity to link participants with their local programs and support, as appropriate.

Those at risk of developing chronic kidney disease are assessed by testing their body measurements, blood pressure and urine. complete risk tests for diabetes cardiovascular disease. Nurses provide the results to the participants on-site and recommend appropriate actions.

The program is free and will be made available at local health fairs, festivals and in conjunction with partners such as community health services and pharmacies. To learn more about the program and who is at increased risk for developing CKD, visit www.kidney.org.au or ring us on 1800 454 363.

#### **Australia Day Award Winners**

Kidney Health Australia is very proud and congratulates some amazing Australians within our Kidney Community that have been recognised in the recent Australia Day Awards





#### A/Prof Timothy Mathew AM

Kidney Health Australia's Medical Director, awarded for service to medicine in the field of renal disease and transplantation through research, advisory roles and to Kidney Health



Former president of the Australian Kidney Foundation in WA and former Director of Kidney Health Australia. Jack has also held a number of positions on many other organisations and was awarded service to the community of Perth, particularly through a range of service organisations, and to the Naval Association of Australia.



Mr David Parker AM, a current member of Kidney Health Australia's Board of Management and Chair of KHA's National Consumer Committee. David was honoured for service to public administration through contributions to economic policy, as an Australian representative to

world economic forums, to Kidney Health Australia and to people with kidney disease.

Mr Brad Rossiter, Batemans Bay, NSW

A very active volunteer for Kidney Health Australia, Brad was the proud recipient of the Eurobodalla Council – Citizen of the Year award for his work in health promotion in his community.





#### Kidney Health Australia Golf Day 2012

Kidney Health Australia's 9th annual corporate golf day will be held at the prestigious Huntingdale Golf Club on March 2, 2012. The day plays a vital part in our fundraising calendar so put a team together and come out and play.

A team of four costs just \$1650 which includes BBQ lunch

on arrival, 18 holes of golf, dinner and entertainment.

The day is a perfect way to entertain guests and reward staff whilst supporting a great cause. Please call Joshua Donchi on 03 9674 4310 or email Joshua.Donchi@kidney.org.au.

This year's event is proudly supported by Subaru Melbourne.



#### Aussie 'app' for healthier food choices

A revolutionary iPhone app recently launched will empower Australian shoppers to make healthier food choices. In three easy steps, Australian consumers reduce excessively high levels of fat, salt and sugar in their families' diets and share shopping lists with friends via social media.

Developed in Australia, and tailored for Australian shoppers, Food-Switch allows users to scan the barcode of packaged foods using their iPhone camera and receive immediate, easy to understand nutritional advice and see healthier choices.

Importantly, the app displays healthier choices based on the nutritional value of more than 20,000 packaged food products found in Australian supermarkets - the result of three years of research by pre-eminent food and health policy experts from The George Institute for Global Health, and launched thanks to a new partnership with Bupa, one of Australia's leading healthcare organisations.

Foodis availas Aus--only load the Store



downfrom App for 3GS/4/4S iPad 2 and devices. **Updates** will

iPhone include versions for Android based devices.

## Charity Golf Day for Kidney Health Australia,

The Colonial Golf Club, Robina (Gold Coast) Sunday 4th March \$85pp 4-ball Ambrose, 2 shotgun starts Contact Greg Frankish 0411 887 414

State	<b>Upcoming Events</b>	Date
National	CLOSE of Operation Angel Award Nominations	5 February
National	Donate Life Week	19-26 February
WA	Renal Support Group in SW WA meeting Bird Park Bunbury Contact Lulu 0417 182 811	26th February
TAS	Annual HOG Kidney Ride Launceston to Ross	25th February
VIC	Kidney Health Australia Golf Day Huntingdale Golf Club - email joshua.donchi@kidney.org.au for more information	2nd March
National	World Kidney Day	8th March
International	4th Australia & New Zealand Home Therapies Conference	14-16 March

#### Plain Sailing or was it - Almost?

My husband Morgan and I had long planned a cruise to Fiji and the Pacific Islands and then wham! in November 2010, I was on peritoneal dialysis.

Whilst we had travelled away for short trips locally, we had not experienced a 15 day trip and all that went with it. Sydney



Fay (right) with local lady in Noumea

was our port of embarkation and as we live in Port Fairy in Western Victoria so that meant a four hour road trip, flight and overnight stay in Sydney. Undaunted we booked flights, accommodation and of course our cruise passage all through the internet. Then we started to arrange for all of the medical paraphernalia and the associated authorities and paper work, that was an interesting exercise. We would be carrying lots of medications to try and cover all eventualities, excess baggage was becoming a concern! Then there was the solution heater bag with the metal warmer tray at its base, security problem we could already hear the alarm bells and we were still in Port Fairy!

Medical letters of authority to cover all situations were obtained and forwarded as necessary. We certainly had a comprehensive insight to the administrative workings of Carnival Cruises!! Eventually the day of departure arrived and we, slightly jaded and bedraggled made our way to Sydney and the Dawn Princess. We were delighted on reaching our cabin to see the PD supplies waiting for us and to learn that the staff were familiar with the process.

We set sail, cocktails in hand toasting Sydney Harbour and the world in general and in particular, St. Vincent's PD Unit Melbourne and Baxter Healthcare, Wendy Whitehouse and the team, who were outstanding with their support and care. After a wonderful 15 day cruise which we thoroughly enjoyed, we are now 'back to porridge' but delightful memories and future plans remain!

Submitted by Fay McAlinden

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### Away From Home dialysis Program:



Under the new statewide program run by EnableNSW, patients now have better access to haemodialysis services when travelling away from home for purposes such as education, work, family commitments and holidays.

Eligible patients must be a resident of NSW undergoing haemodialysis at home or in a centre-based dialysis unit. They can access up to three sessions per year at a participating private renal unit located away from their usual residence at no cost, subject to availability and program funding. The three sessions can be at the same unit or each at a different unit.

Bookings are essential and can be made up to six months in advance, with a minimum of two weeks' notice required. Once a booking is approved, it will not be cancelled by EnableNSW or the dialysis unit, unless it is determined that the patient no longer meets the specific clinical criteria set by the receiving dialysis unit in the weeks leading up to the away from home session/s.

To participate, you need to complete and submit a short registration form, available at www.enable.health.nsw.gov.au, by emailing enabledialysis@hss.health.nsw.gov.au or by calling EnableNSW on 1800 362 253