



Kidney Kronicle

Fall 2021

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**Fall
Word Search!**

ACORN	HALLOWEEN	HARVEST
HAYRIDE	LEAVES	MAIZE
PUMPKIN	SQUASH	TURKEY

www.bigfamilyblessings.com

Do You Have Pain During Cannulation?

Pain feels more extreme when the muscles are tense. Progressive muscle relaxation can be helpful because it teaches us to notice how our muscles become tense when we are experiencing the fear response and also teaches us how to release and relax the tension. We offer an audio file of muscle relaxation techniques on our website that you can use to help reduce the pain experienced during cannulation, as well as to help improve your sleep pattern.

To give it a try, visit our webpage:

www.lhsc.on.ca/renal > Patient Family Advisory Council > Self Care Resources

WORD SCRAMBLE!

- TARHESV _____
- LEPAP _____
- NUKIMPP _____
- EPI _____
- LYWLOE _____
- GELAFOI _____
- TUNAMU _____
- EVESAL _____
- FALE _____

^(Do you see the hidden message?)

Home Dialysis Hotspot

Peritoneal Home Dialysis

With peritoneal dialysis (PD), the lining of your abdominal wall is used as a filter to clean the blood. To get access to the inside of your abdomen, your doctor will insert a catheter, which is a tube made of plastic, near your naval. This catheter will remain in place as long as you're on dialysis. During a PD treatment you will fill your abdominal cavity with fluid using your catheter. Waste and excess fluid in your blood pass from the blood through the lining of your abdominal wall and into the dialysis fluid. The fluid is then drained and discarded and the abdomen is refilled. This process happens several times a day and is called an exchange.

With PD you will almost always have fluid in your abdomen so your blood is constantly being cleaned. There are two main types of peritoneal dialysis:

CAPD (Continuous Ambulatory Peritoneal Dialysis)

CAPD is a manual therapy that involves connecting your catheter to a set of bags to empty your abdomen and then refill it with fresh solution. Typically, people do 4 exchanges per day at regular spaced intervals (eg. early morning, lunchtime, late afternoon, bedtime). Each exchange takes 20-45 minutes, and when it is complete you can disconnect yourself and carry on with your normal activities.

APD (Automated Peritoneal Dialysis)

With APD your exchanges are performed while you sleep by a machine called a cycler. You'll connect yourself to your cycler when you go to bed at night and disconnect in the morning when you get up. Most people remain connected to the cycler for 8-10 hours every night and during that time an average of four exchanges are performed. Once you disconnect from the cycler in the morning you're free to go about your daily activities.



Kidney Foundation (Kidney.ca)

→ Your Kidney Corner ←

Welcome to the new *Your Kidney Corner!* A place where we as patients, caregivers, families, and staff can share information. We now have an opportunity to share upcoming events, personal experiences, and fun details to help make everyone's experience here even better!

We welcome you to submit your story, thank a staff member, share a fun upcoming event, anything you want to spread the word on!

Submit your information to:
renaladvisor@lhsc.on.ca

“Sharing empathy is one of the most wonderful aspects of the human experience.”

- Christine Rose Elle, The Happy Empath

www.petequaifoundation.com - helping children on dialysis - donations gratefully accepted



Normally, dialysis is four hours a day, but in your case...



At Seniors for Seniors we love fall! It is a wonderful time to say goodbye to the previous busy summer months and to welcome the shorter and cooler days ahead. Unfortunately as the weather gets colder, people become less social. Seniors in particular can become more isolated when things such as grocery stores and shops become less accessible. For this reason, fall is a great time to consider the

home care needs of the senior in your life. Whether the need is an occasional helping hand or a more regularly scheduled service structure, Seniors for Seniors can help your senior loved one live safely and independently in their home for as long as possible.



Here are some of the ways our mature caregivers can help:

- Personal care such as medication reminders, help with dressing, grooming, meal preparation and light housekeeping.
- Grocery shopping and delivery. Our senior companion will bring your loved one to the grocery store or if the senior is not able to go along for the trip, our companion can deliver the groceries to your loved one's home.
- Driver companion for errands and appointments. It is safe, reliable and easy to book a driver to take the senior wherever they need to go. Our driver companions will take the necessary precautions to ensure the safety of your loved one from pick-up to drop-off.

Call our friendly London and area Seniors for Seniors team at **519-433-5000** to find out more

Nurturing mental health and wellness for caregivers



Supporting Caregiver Awareness, Learning and Empowerment (SCALE) Program

The SCALE Program aims to empower caregivers with practical information and skills to focus on their mental health and well-being needs by offering:

-Weekly psychoeducational webinars (LIVE or RECORDED) are divided into two 4-week sessions (see below for Session 1 and Session 2 topics). You may register for all of Session 1, Session 2, or individual webinars to suit your needs.

-Strategies, tools, and resources to better cope with difficult caregiving emotions.

-Free and confidential online group and/or individual counselling (OPTIONAL). *Space is limited.

Registration is based on a first-come, first-served basis. *If you're planning to access these services, it is highly encouraged that you register for the full session of webinars to receive the maximum benefit from group or individual counselling.

To register for upcoming session visit: www.ontariocaregiver.ca/scale-program/

Apple Caramel Crisp

Ingredients:

- 5 Granny Smith Apples, peeled, cored and sliced
- ¼ cup lemon juice
- ¼ cup Caramel Flavoring, sugar free
- ⅓ cup All Purpose (AP) flour
- ¼ cup butter
- 1 cup Oatmeal
- 2 Tablespoons cinnamon
- Butter spray
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Directions:

1. Toss sliced apples in lemon juice; pour off any extra lemon juice.
2. Soak apple slices in caramel flavoring for 10 minutes.
3. Pre-heat oven to 375 degrees F.
4. Lightly oil an 8X8 pan, place apples in the bottom.
5. In a bowl mix flour, oatmeal and cinnamon together; then cut in the butter, until you have small pieces, sprinkle the mixture over the top of the apples.
6. Bake for 40 minutes; spray the top with a butter spray and bake for another 5 minutes.
- 7.

Nutritional Information

- Calories 176
- Carbohydrates 27.4 g
- Dietary Fiber 5.2 g
- Protein 2.5 g
- Fat 6.8 g
- Saturated Fat 3.7 g
- Sodium 4.1 mg
- Potassium 185.4 mg
- Calcium 33 mg

(Recipe : National Kidney Foundation. <https://www.kidney.org/content/apple-caramel-crisp>)

For information on this Newsletter, please contact:
Ashley Papathanassiou PFAC Facilitator at
renaladvisor@lhsc.on.ca
or 519 685 8500 ext. 34411

How do you ask someone for a kidney?

Consider the **BIG ASK TELL**

For most recipients, the road to receiving the gift of a living donor kidney does not involve a BIG ASK. For many recipients it was more about **THE BIG TELL**. Share with the people in your circle what you are going through at all stages. Some people may not know how serious your situation is or how they can help. You may be amazed at the support you receive and the people who want to help!

Some people have appealed for a kidney through social media. Ambassadors can assist you in this if you would like support. Many of our Ambassadors have received a living donor transplant and are happy to share their stories. We are here to share!



www.transplantambassadors.ca/docs/The-Big-Tell.pdf

Are you:

- ✓ A current renal patient at LHSC?
- ✓ A previous renal patient at LHSC?
- ✓ A family member or caregiver of a LHSC renal patient?



We are looking for individuals to provide the Renal Program with their perspective, ideas, and feedback on how we can better serve patients and family members in our Regional Renal Program. Your input will help us make improvements in the planning, delivery and evaluation of renal care for patients in London and area.

- ✓ Advisors will be comprised of volunteer positions.
- ✓ Opportunity to participate in projects working towards improved quality of care
- ✓ PFAC meetings are held once per month (September-June from 4:00-6:30pm)
- ✓ We ask for a 1-4 hour commitment each month



For more information and to obtain an APPLICATION FORM, please contact:

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renaladvisor@lhsc.on.ca
519 685 8500 ext. 34411