

Kidney



Kronicle

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Two Years On

It hardly seems like two years since a group of patients were invited to set up a Patient and Family Advisory Council (PFAC) to help the Renal Program further develop Patient and Family Centred Care (PFCC).

This approach to treatment means that patients become partners with their health care providers. Saying that is the easy part. The hard part is getting to that stage and for that, the renal program needs input from patients. That is one of the activities which have kept us busy for the last two years.

We have asked a lot of patients a lot of questions. We need to find out if there is anything that may get in the way of staff and patients working well together. But we also need to know what works well. We know much more about the program than we did two years ago but we still have long way to go and we can't talk to everyone so if you have something you want to tell us, good or bad, please let us know.

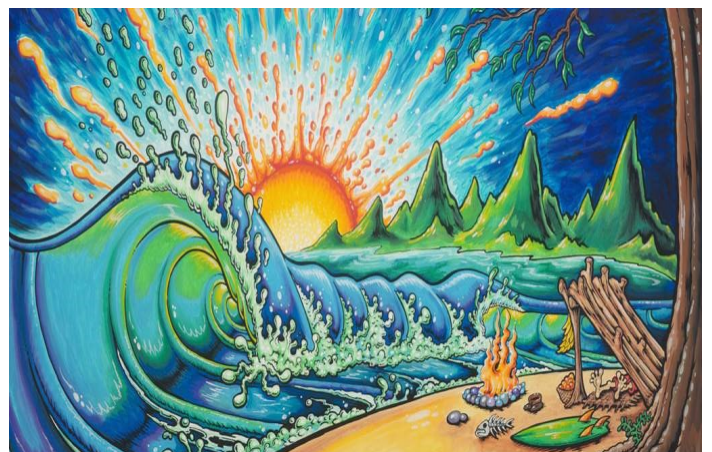
A majority of the members of the PFAC are patients. Sadly some of our members are no longer with us, an



unfortunate reminder of how serious kidney disease has become.

When the PFAC was set up I became the Chair and am now at the end of my two year term. I have enjoyed working with the other PFAC members and would like to thank them for their dedication to helping fellow patients. I have worked closely with staff members and I thank them for giving me a fascinating learning experience.

George Goodlet
Chair, PFAC.



Dear Dietitian:

The Kidney Chronicle posed some questions to Nancy Woodcock, a Registered Dietitian who works with patients in the Renal Program.

Tell us about your background and experience as a Dietitian

I graduated from Brescia College with a Bachelor of Science in Food and Nutrition and then completed a year long dietetic internship at LHSC that was then known as Victoria Hospital. Upon graduation, I was hired by LHSC. I then worked at the old South Street hospital dealing mainly with in-patients covering areas like Medicine, Cardiology, Vascular Surgery, and Acute Care of the Elderly, to name a few. When the opportunity arose for me to move into the Renal area I readily accepted and have been very happy with this decision.

Outline briefly, the role of the Dietitian and how that role fits in the care of renal patients

I see our role as helping patients to choose the right diet for their stage of kidney disease. When we meet with patients we review their usual diet and then make suggestions and provide education on the diet that is best for them. We take into consideration other medical conditions such as diabetes and their lifestyle and then we individualize the diet specific to their condition. So, we don't just give them the kidney diet information but we work on incorporating all the other diets they may be on, such as diabetic.

Why is diet an essential and ongoing factor in the care of renal patients?

What patients with kidney disease eat and drink has a huge influence on how they feel and the management of their disease. Good nutrition can help them to stay healthier for longer. Often patients are reluctant to see the dietitian for the first time as they are scared that the dietitian will take away all their favorite foods. Once they meet with us, they come to realize that we want to work with them and show how they can still enjoy their food with a few modifications, while following the diet.

Patients often limit the term "Dietitian" to what we eat and drink. What do you want patients to know about the full spectrum of care offered by a Dietitian.

Certainly, at times, the kidney diet can be a very difficult and challenging diet to follow so we want people to know that we are here to help make the diet easier for them to follow. We can offer practical advice to help them make good choices for them each day. In addition to offering advice on what to eat and drink we also attempt to ensure that our patients are eating well and consuming adequate nutrition. As with all chronic diseases; weakness, fatigue, and weight loss can occur for multiple reasons. So eating well becomes even more important in these situations. Again the dietitian can be helpful by offering suggestions to ensure adequate nutritional intake.

How do patients access the services provided by Dietitians in the renal program?

All patients on dialysis will have the services of a dietitian. For patients not

on dialysis, once they move to the Kidney Care Centre at Westmount Mall for their care, each physician has a dietitian associated with their clinic. So at your appointment if you wish to see a dietitian then simply ask your clinic nurse or nurse case manager and arrangements will be made to meet with the Dietitian.

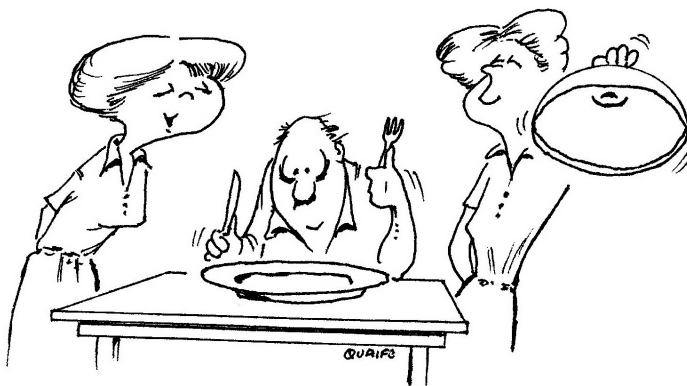
Outline a few good sources of information for patients seeking dietary information in addition to direct appointments with the dietitian.

I advise caution when looking for information on the internet. Certainly there is an abundance of information available however, it may not be suitable for you. Patients may be encouraged to follow a diet that is not necessarily the best one for them. It's important to remember that there is no one standard diet for kidney disease and the dietitian can help you to figure out which diet is best for you. The Kidney Foundation of Canada has many excellent handouts which are available on their website and in the waiting rooms at Westmount Mall Kidney Care Centre. The Ontario Renal Network also is a good source of information as is our own LHSC renal website.

How can the renal patients contact your office for advice and answers to their questions.

The best way to contact the dietitian is to ask at your next clinic or dialysis appointment and the nurse helping you can then relay the information to the appropriate dietitian.

Submitted by Fred McInnis



...and this dish is totally potassium free!

Used with permission from "The Lighter Side of Dialysis" by Pete Quaife

Renal Disease and Your Skin

One of the most common problems that renal patients deal with is itchy skin, also known as pruritis. When the kidneys begin to fail, a waste product called urea begins to build up in the blood, and patients develop uremia. The uremia leaves deposits of calcium and phosphate on the skin which can lead to decrease activity in the oil glands, abnormal healing, dryness and scaling of the skin and increased bruising.

Diet, dialysis and medications all work together to help you control the level of phosphate in your blood.

Limit the amount of phosphorus in your diet by following the recommendations of your Renal Dietitian on your Nutrition and Dialysis poster. Some foods like cola, nuts and chocolate are so high in phosphorus that you should avoid them completely. Other foods like dairy products and meat and meat alternates also contain phosphate but are important sources of protein.

Your individual meal plan will tell you how much of these foods are best for you.

You can also control your phosphate by taking your prescribed phosphate binders. It's very important to remember to take the binders while actually eating your food (unless prescribed otherwise). The medication works by binding with the phosphorus in the food you eat, so taking them between or after meals will not work. Some types of phosphate binders include:

Calcium Carbonate (Oscal or Apo-Cal), Tums, Basaljel, Renagel, Alugel, Fosrenol (Lanthanum)

Other ways to maintain your skin and help reduce itching include:

Keep your skin clean with bath oils or oatmeal products (being careful to stay away from your dialysis catheter if you have one)

Use unscented lotions after bathing and several times daily (do not apply near dialysis catheter)

Avoid overly long or hot showers and baths

Keep your nails trimmed to avoid scratching or excoriating your skin

Inspect your skin regularly for colour changes, bruising and signs of infections and report this to your health team

If you find that your skin is still itchy after following this advice, talk to your nephrologist, renal dietitian or nurse for further treatment options.

Submitted by Angela Andrews RN and Sheryl Forrest RD



Renal PFAC Year In Review **2015-16**

Throughout the year, members of Council represented the interests of patients and families in the Renal Program through participation in an number of activities.

1) Council members, using their experience as patients and family members of patients, participated in a series of workshops known as " Vital Behaviors. " These workshops were attended by staff in the Renal Program and the outcome provides a set of guidelines on ways of being patient and family centred in the conduct of their duties. The guidelines are the work of staff and management together and are being used to set performance goals and serve as a reference base for patient focused care.

2) Quarterly issues of " The Kidney Chronicle," a newsletter to inform renal patients and family members, were well received. Issues of the publication are generating interest in Council activities and are now anticipated by patients and staff.

3) Council is represented on the LHSC wide Patient Experience Coordinating Committee. (PECC) Amongst the activities of this committee is a

policy for 24 hour visitation which could be put in place next year. The committee is also advancing the use of story-telling as an effective way to engage staff and physicians.

4) The renal program provides vital services in the London area and also serves satellite dialysis units for patients in Chatham, Sarnia, Goderich, Owen Sound, Hanover, Stratford, Woodstock, and Tillsonburg. Council members visited each satellite unit and met with individual patients to gather their views on experience as a renal patient.

5) Council has started a process to identify a Satellite Patient and Family Advisor in each of the satellite units. This representative will work with council by providing input to Council meetings and assisting Council in communications with patients served in those units.

6) Work is nearing completion on a patient information display to serve all patients who come to the Kidney Clinic. The unit will display up to date information on available patient services in the Renal Program as well as educational materials for patients and families.

7) The Renal Patient Web (access through LHSC main website) is under continual improvement. The site is becoming vital to the process of building a stronger relationship through patient

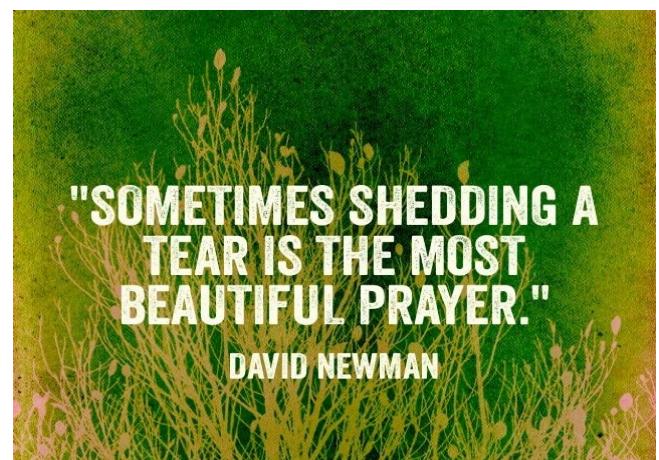
experiences. It provides a wealth of information about all aspects of kidney disease.

8) Our Council Chairperson sits as a member of the Executive Council of The Renal Program and serves as an advisor on patient experiences. This line of direct input to decision makers has benefited patient interests throughout the year.

9) Council members attended meetings and provided input to the Ontario Renal Network. The network is a Province wide organization which manages the formation and delivery of renal patient services with patient experience at the core of it's activities.

10) Council members assisted the Ontario Kidney Foundation with the annual walk fundraiser, with the World Kidney Day display and information booth, and by bringing Council greetings to the Christmas dinner for kidney patients and their families.

Submitted by Fred McInnis



MINI SHRIMP TACOS **WITH CORN SALSA**



Preparation: 10 minutes
Cooking time: 10 minutes
Makes 12 mini cups (4 servings)

Ingredients

12 wonton wrappers
1/2 tablespoon olive oil
1/2 tablespoon olive oil
12 medium sized shrimp, uncooked, shells removed
1/4 teaspoon chili powder
1/4 cup frozen corn niblets, thawed
1/4 cup red pepper, diced
1 teaspoon garlic, minced
1 teaspoon jalapeno pepper, chopped
1 tablespoon green onion, chopped
1 teaspoon lime juice
1 teaspoon fresh cilantro, chopped

PREPARATION

1. Preheat oven to 350°F (conventional oven).
2. Brush wontons with olive oil and press into mini muffin cups. Bake for approximately 5 minutes or until they turn golden brown.
3. Heat olive oil in a frying pan and sauté shrimp with the chili powder until they turn pink and opaque.
4. In a mixing bowl, combine corn, red pepper, garlic, jalapeno, onion, lime juice, and cilantro.
5. Fill wonton tacos with corn salsa and top with a shrimp.

Notes: Baked Wonton cups can be made ahead of time. They can be the basis for many appetizers.

Examples: Fill them with your favourite dips and garnish with a vegetable.

Count 1 serving (3 mini cups) in your meal plan as:

*1 Grains & Starches
1 Fruits & Vegetable*

HAPPY CANADA DAY!!!!



Nikki Anderson: Newsletter Design & Production