



DECEMBER 2020

Kidney



Kronicle



Living a Healthy Life
**TAKE CHARGE
OF YOUR HEALTH**

**FREE
6 WEEK
WORKSHOP**



[WWW.LHSC.ON.CA/RENAL](http://www.lhsc.on.ca/renal)

On behalf of the Patient Family Advisory Council, we would like to extend our best wishes to you and your family for a wonderful holiday season.

For most of us this will be a much harder holiday season than we are used to so please remember to take care of yourself and your family.

Stay safe and enjoy the holidays.

Betty Clinton

PFAC Chair

NEW - Winter 2021 - ONLINE WORKSHOPS

Looking to find *Online Support* to help with your Health Condition or Chronic Pain?

Living a Healthy Life with Chronic Conditions Workshops

Tuesdays, January 19 – February 23 (9:30 am – 12:00 noon)

or

Thursdays, March 4 – April 8 (1:00 pm – 3:30 pm)

Living a Healthy Life with Chronic Pain Workshops

Thursdays, January 21 – February 25 (1:00 pm – 3:30 pm)

or

Tuesdays, March 2 – April 6 (9:30 am – 12:00 noon)

PRE-REGISTRATION IS REQUIRED TO REGISTER FOR A WORKSHOP:

TELEPHONE: 519-421-5691
TOLL FREE: 1-855-483-5692
EMAIL: info@swselfmanagement.ca
ONLINE: www.swselfmanagement.ca



PLEASE NOTE: Due to COVID, this year, staff will not be accepting Christmas food or treats of any kind donated by patients or their families.



Connect to Kidney research innovation. Kidney link is a new online platform that connects you with the latest kidney health research across Canada.

When you register for KidneyLink, at www.kidneylink.ca, you will be connected with researchers looking to work with people like you. You will receive updates regarding opportunities to get involved in research and see the impact of your participation in real time.

Whether you are a person living with kidney disease, a family member, a donor, or a caregiver, your voice is important! Join us today and help us answer questions that will improve kidney health. KidneyLink is your chance to contribute to better kidney health for all Canadians.

On behalf of the LHSC Renal Department we would like to wish you and your family a safe, happy Holiday and a fantastic year ahead!



www.lhsc.on.ca/renal

Newsletter brought to you by the Renal Patient & Family Advisory Council at London Health Sciences Centre



I don't care what day it is.
Four hours is four hours.

Goals of Care: An Important Conversation

Talking about and setting goals of care is an important aspect of your care and should be done with all your health care providers, families, and substitute decision makers on a regular basis. Your goals of care are not just what you want to happen, but what you would want to happen when faced with a less than ideal situation or outcome. These conversations can be challenging and uncomfortable at times, but are a fundamental part of planning for your future care. Having these conversations offers an opportunity to express your concerns, fears, questions, or barriers you face in making decisions, as well as an opportunity to ensure your loved ones have a full and thorough understanding of your wishes. The Ontario Renal Network (ORN) offers a document “Advanced Chronic Kidney Disease: Making Decisions About Your Care”, regarding the importance of having these conversions and offers resources to help facilitate the initiation of a sometimes uncomfortable topic. The



document breaks the conversation down into two equally important subsections; your current care, and your future care.

A conversation about your current care:

It is important that you and your healthcare providers have open and honest conversations about your current care when you have a serious illness.

You and your healthcare providers (e.g., nephrologist [kidney doctor], nurse, social worker, family doctor) should talk about:

The nature of your illness, and the values and the goals you have for your care.

You can set any goals you want based on what is important to you. It might be keeping up with your social life, going to an important family event, or staying independent for as long as possible. The goals you share with your healthcare providers will be used to help you make decisions and provide consent (permission) for treatment. Your Substitute Decision Maker should also know your goals. Talk about your goals often, especially if anything about your health changes. You can change your goals at any time.

If you would like a copy of your Goals of Care, please talk to your healthcare providers.

A conversation about your future care:

Advance Care Planning is not about decisions. It is about preparing you, and your future substitute decision maker(s), for a time when you may not be able to make your own health or personal care decisions because of your lack of mental capacity. At that time, your future Substitute Decision Maker would step in to give or refuse consent (permission) for treatment. It involves confirming with your Substi-

tute Decision Maker and discussing your wishes, values, and beliefs with them. This helps prepare your Substitute Decision Maker to make future care decisions for you if you do not have the capacity (ability) to do so yourself”

To view the full document, please visit the Ontario renal Network’s website :

<https://www.ontariorenalnetwork.ca/sites/renalnetwork/files/assets/Ad->

[Ad-](#)

[vanced Chronic Kidney Disease Making decisions about your care FULL VERSION.pdf](#)

Your health status can change, and it is okay if your wishes change along the way as well. By advocating for your own goals, you can offer clarity and understanding for a time when someone else may need to step in and voice those goals for you. Speak up, speak often. It is your health care path, and you have control of what you do with it.

For more information on Advance Care Planning and to complete a guided online workbook, please visit speakup-ontario.ca

For more information about the Ontario Renal Network, please visit renalnetwork.on.ca

Provided by Jane Ridley, NP



For help
with...

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much more

Call: (519) 433-5000

<https://spectrumhealthcare.com/services/seniors-for-seniors/>

**Home
Dialysis
Hotspot!**

Home for the Holidays!!

Dialysis

As we are approaching the holidays in this time of COVID, it seems very timely to review the very first lesson in home dialysis – the hand wash!!

Proper hand Hygiene is the best way to protect yourself from germs that can cause infection.

Even when your hands look clean, there can be germs (bacteria and viruses) on your hands, that can make you sick if they get into your mouth, eyes, nose or open cuts.

Do's and Don'ts of Hygienic Handwashing

Do's

1. Keep nails short and clean.
2. Wet hands under running water before applying mild liquid pump soap.
3. Wash vigorously and systematically for 30 seconds.
4. Pay particular attention to thumbs, fingertips and between fingers and wrists.
5. Rinse hands thoroughly under running water.
6. Pat hands dry with a clean paper towel.
7. Look after your hands - use a skin moisturizer

Don'ts

1. Do not use excess soap.
2. Do not use water that is too hot or too cold.
3. Do not use a stronger cleanser than is required.
4. Do not neglect your hands-intact skin is the best barrier.
5. Do not touch your face or your food if you haven't washed your hands first.

How do I use a hand sanitizer?

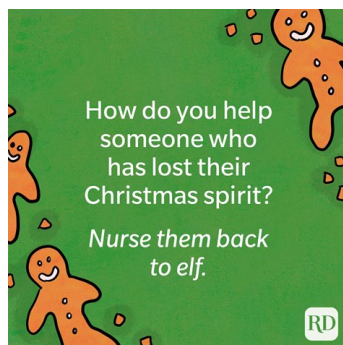
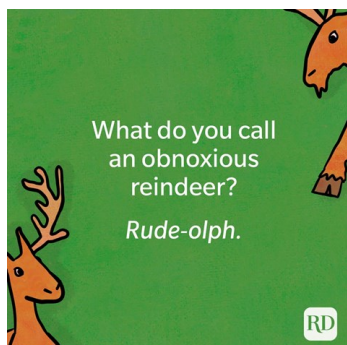
Apply the sanitizer to your hands.
A dime size amount is enough.

If you just washed your hands make sure they are completely dry or the moisture left could dilute the alcohol and reduce its effectiveness.

Rub hands together until the alcohol has evaporated. Hands will feel dry in about 15 seconds.

A Message from Your Social Workers...

Laughing can be good medicine for stress and studies show it can even boost our immune system. The Covid -19 pandemic has been stressful for many of us, and finding ways to unwind, let go of our worries, and restore ourselves is even more challenging. When is the last time you had a good laugh? See if you can find ways this holiday season to bring some laughter into your life again. Here's a start with some Christmas jokes for you. *(taken from Reader's Digest Canada)*





Gingerbread People

Ingredients

(Makes 16 cookies)

- 1 package (6 serving size) Jello butter-scotch cooked pudding and pie filling
- ¾ cup butter, softened
- ¾ cup firmly packed brown sugar
- 1 egg
- 2 ¼ cups flour
- 1 teaspoon baking soda
- 1 tablespoon ground ginger
- 1 ½ teaspoon ground cinnamon

Directions

- Mix together pudding powder, butter and brown sugar until light and fluffy. Add egg and blend well.
- Combine flour, baking soda, ginger and cinnamon.
- Blend into creamed mixture.
- Chill for at least 1 hour or until dough is firm.
- Preheat oven to 350° F.
- Roll dough on a floured surface to ¼ inch thickness.
- Cut shapes with cookie cutters.
- Place on greased baking sheets and bake for 10-12 minutes. Remove from baking sheet to cool on wire rack.
- Decorate as desired.

Include 1 serving (3 cookies) in your meal plan as:

1 serving= 1 grains & starches

For more information please contact:

Ashley Papathanassiou, RPN
 Renal PFAC Facilitator
renaladvisor@lhsc.on.ca
 519 685 8500 ext. 34411

Kidney Connect Peer Support You are not alone.



kidney.ca/peersupport | 1 866 390 7337



Connect with someone who understands what it's like to live with kidney disease

Peer Support volunteers can share their experience and answer many of your questions, because they've been there too.

All people affected by kidney disease can access support through the peer support program.

- pre-dialysis
- on dialysis
- transplant recipient or donor
- family member or caregiver

Ready to talk?

Our peer volunteers are ready to talk.

Connect by phone
1 866 390 7337

Join the online community at
kidneyconnect.ca



This holiday season do what's best for you and your loved ones

- ◆ When you talk with your friends and family about plans, it's ok if you decide to stay home and remain apart from others.
- ◆ Doing what's best for you includes eating healthy foods and getting enough sleep.
- ◆ Spend time with those in your own household.
- ◆ Make time to take care of your body and stay active to lessen fatigue, anxiety and sadness.

Being away from your family and friends during the holidays can be hard but hard choices this year may mean that you have the opportunity to spend many more years to come with your loved ones.

