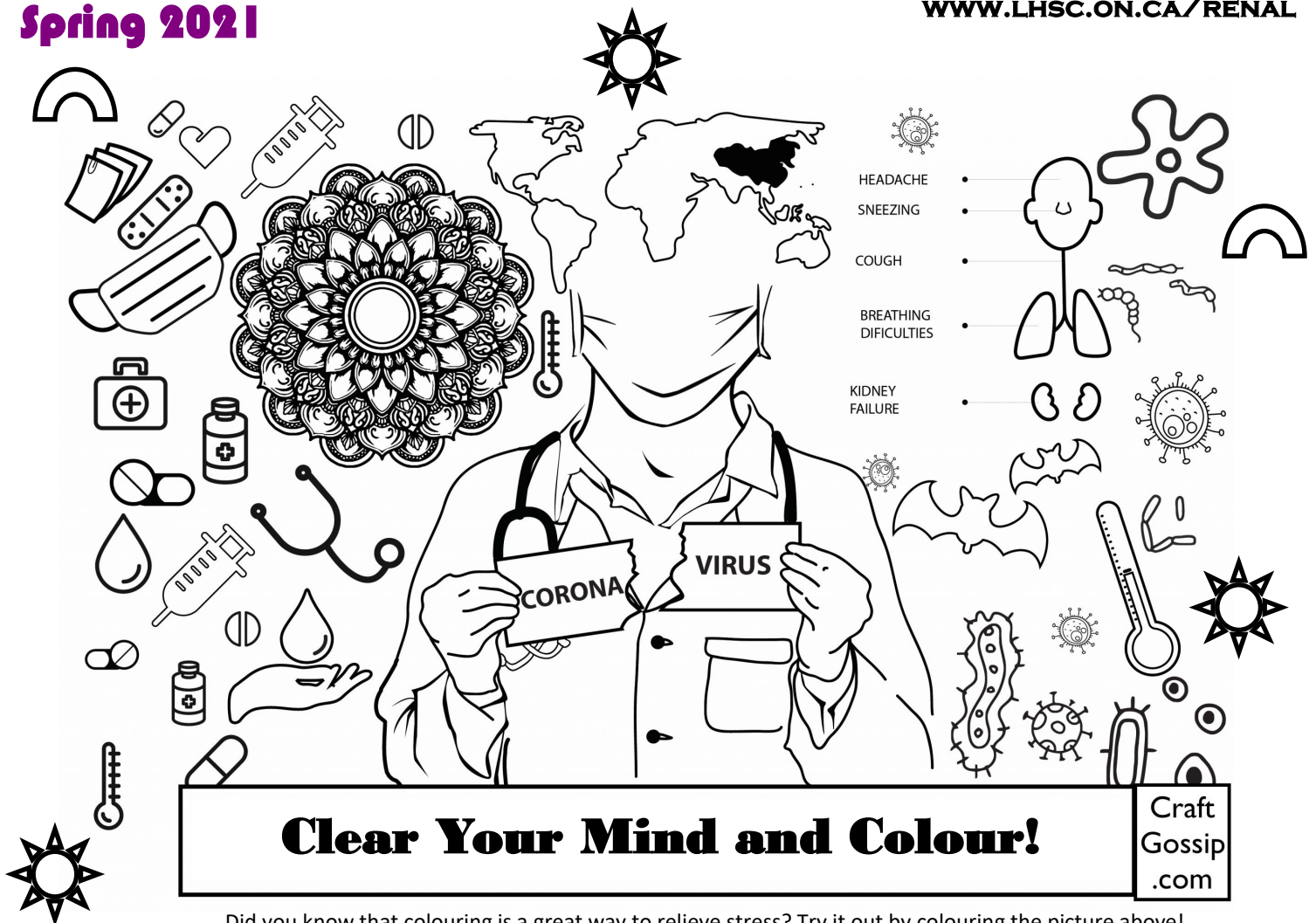


Spring 2021

[WWW.LHSC.ON.CA/RENAL](http://WWW.LHSC.ON.CA/RENAL)



Did you know that colouring is a great way to relieve stress? Try it out by colouring the picture above!



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 Kidney Link, at [www.kindneylink.ca](http://www.kindneylink.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.



[www.lhsc.on.ca/renal](http://www.lhsc.on.ca/renal)

Influencing change since 2014.

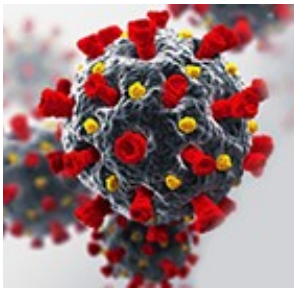
**Our Mission:**

*Driving Change for Patients and Families, from Patient and Family Experience*

Newsletter brought to you by the Renal Patient & Family Advisory Council at LHSC

# Your COVID-19 Vaccine Questions Answered

Prepared by Dr. M. Weir



**What risks are posed by the vaccine and have there been side effects specific to patients with kidney disease?** Last month in the Journal of the American Medical Association a study was published showing the side effects of the Moderna and Pfizer vaccines. It included a total of about 17 million people (9 million getting the Pfizer product and 8 million Moderna). Serious side effects were exceedingly rare (66 patients had anaphylactic reactions; that's about 0.0004% of patients). Shoulder pain at the injection site is the commonest reaction and some patients have a low-grade fever and muscle aches.

**Does getting the vaccine affect my status on the transplant list?** No. Getting the vaccine will neither harm nor improve your chances of getting on the transplant list. It also won't affect your chance of getting a transplant once you're on the list. That being said, getting vaccines BEFORE you have to take immunosuppressing medication will mean you get a bigger benefit from the vaccine.

**Can people with many other conditions (diabetes, heart disease, lung disease) get the vaccine?** Yes, the side effect profile of the vaccine was not different in patients with multiple conditions compared to those without other medical illnesses

**Does an mRNA vaccine change my DNA?** No. The mRNA just tells some of the cells in you shoulder to make a protein that looks like proteins on the surface of the COVID-19 virus. Your immune system learns how to kill the virus after being exposed to those proteins so if the real virus comes along, your immune system is ready.

**Should I take the Pfizer vaccine or should I wait for the Moderna, or Johnson and Johnson?** Although the vaccines differ in how they work and their overall effectiveness, all of the vaccines approved in Canada and the USA have shown 100% effectiveness at preventing serious, life-threatening infection. Therefore, I would personally take any vaccine that was offered to me.

**Do I still have to wear a mask after I get vaccinated?** Yes, the vaccines aren't perfect and you can still get infected, and while the vaccines really lower the risk that you'll get a serious illness from COVID-19, even with a mild infection you could spread it to someone who wasn't vaccinated. We'll get to a point where we don't need masks anymore, but we're not quite there yet.

## Indigenous Healing and Resource Spaces at LHSC

As a part of LHSC's Health Equity strategy, a formal partnership with Atlohsa Family Healing Services to co-design and lead LHSC's Indigenous Healing Strategy was established in June 2020. Through this collaborative partnership an Indigenous Healing Services Advisor is available to enhance the care experience of Indigenous patients and families and is located within an Indigenous Healing Space. Indigenous Healing Services integrates the concept of 'culture as care' into the clinical practices currently offered within the walls of LHSC and Children's Hospital. This Sacred Space will create a culture-informed environment of care at LHSC which will include deliberate use of the Indigenous Healing Space for Traditional Health Practices, Ceremony and Traditional Teachings.



### **Who can access these services?**

Services are available to Indigenous inpatients and outpatients of London Health Sciences Centre and Children's Hospital, and their families.

**Where are spaces available?** Healing space E1-005 Victoria Campus & Resource Centre Rm 2107 Westmount KCC

# Safe Medication Use - 5 Questions to Ask About Your Medications

Many medications are cleared from the body by the kidneys. Here are 5 questions you can ask to make sure a new medication is safe for you!

**Ask your Nephrologist: What is my kidney function?** For patients on dialysis, this is often considered less than 10%. For patients who are not on dialysis, this number can change over time. It is very important for all of your prescribers (not just the Nephrology team!) to have this information to determine the best medication and dose for you.

**Ask your Community Pharmacist: Can you note in my pharmacy records that I have kidney dysfunction or that I am on dialysis?** This will help the pharmacist when he or she is reviewing your prescription before dispensing it. It is also helpful to try to use the same pharmacy for all of your medications.

**Is this medication safe for patients with kidney dysfunction?** Most medications are safe to take but some should be taken less often or at a lower dose. There are some that are better to avoid entirely. Always ask your prescriber (especially if you are seeing them for the first time, for example, at a walk-in clinic) and pharmacist this question!

**Why have I been prescribed this medication?** It is important to know why you are taking a medication. For example, Tums® is an antacid that is normally taken after meals to prevent heartburn. However, patients with kidney dysfunction are often prescribed Tums® at the beginning of each meal to lower their phosphate. Tums® need to be chewed right before eating – so that it can stick to the phosphate in the food and help lower your phosphate level.

**What side effects should I worry about?** Pamphlets that come with medications are often filled with lists of side effects and this can be overwhelming. It more important to know which side effects are most likely or would be cause for concern.

Submitted by Lindsay Blackwell, Renal Pharmacist

*"How do I use a hand sanitizer?"*

**CLEAN HANDS  
SAVE LIVES.**



If your hands are visibly dirty, wash with soap and water for 20 sec. Make sure your hands are not wet before use. Apply a dime sized amount of sanitizer to your hands.

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



## Kidney Club of Western

The Kidney Club of Western (KCW) is a non-profit Western club affiliated with the Kidney Foundation of Canada. We are dedicated to advocating and raising funds for the Kidney Foundation of Canada. Our mission is to educate university students about the implications of kidney disease and how individuals are impacted by it. We hope to create a supportive and inclusive community for people who are passionate about our cause to connect with one another. We plan awareness-based, research oriented and fundraising events throughout the year. We work to educate our members on nephrology and host yearly dialysis tours. The club is a close-knit association of students who are very passionate about kidney health and want to talk about the issue within the community.

### Club Mission:

The Kidney Club of Western (KCW) is a non-profit Western club affiliated with the Kidney Foundation of Canada. We are dedicated to advocating and raising



Western



<https://www.facebook.com/theKCW>

Email: [kidney.club@westernusc.ca](mailto:kidney.club@westernusc.ca)

<https://www.westernlink.ca/organization/kidneyclubofwestern>

## Berry Oatmeal Muffins

### Ingredients:

- 250 ml (1 cup) unbleached all-purpose flour
- 125 ml (1/2 cup) quick-cooking oatmeal
- 160 ml (2/3 cup) lightly packed brown sugar
- 2.5 ml (1/2 tsp) baking soda
- 2 eggs
- 125 ml (1/2 cup) applesauce
- 60 ml (1/4 cup) canola oil
- 1 orange, the grated zest only
- 1 lemon, the grated zest
- 15 ml (1 tbsp) lemon juice
- 180 ml (3/4 cup) raspberries, fresh or frozen
- 180 ml (3/4 cup) blueberries, fresh or frozen

### Directions:

1. With the rack in the middle position, preheat the oven to 180 °C (350 °F). Line 12 muffin cups with paper or silicone liners.
2. In a bowl, combine the flour, oatmeal, brown sugar, and baking soda. Set aside.
3. In a large bowl, whisk the eggs, applesauce, oil, citrus zest and lemon juice. With a wooden spoon, stir in the dry ingredients. Add the berries and stir gently.
4. Scoop into the muffin cups. Bake for 20 to 22 minutes or until a toothpick inserted in the center of a muffin comes out clean. Let cool.

Yield: 6 Muffins

Renal and Diabetic Exchange:

2 Starch

Calories: 173 Kcal , Protein: 2.8 g,

Carbohydrates: 28 g, Fiber: 1.8 g

Total Fat: 5.9 g, Sodium: 68 mg

Phos: 46 mg, Potassium: 86mg

For information on the Newsletter, please contact: Ashley Papathanassiou PFAC Facilitator at [renaladvisor@lhsc.on.ca](mailto:renaladvisor@lhsc.on.ca) or 519 685 8500 ext. 34411

## The LHSC Renal Program is recruiting members to be Patient and Family Advisors

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:

Ashley Papathanassiou, RPN  
Renal PFAC Facilitator  
[renaladvisor@lhsc.on.ca](mailto:renaladvisor@lhsc.on.ca)  
519 685 8500 ext. 34411

 London Health Sciences Centre



Contact Us  
1-833-274-3740  
Send an Email



### **PLEASE NOTE:**

Due to restrictions, Camp Dorset will unfortunately not be operating for patients or their families this summer.

## Dance at Home!



**Stay Active while stuck inside and have fun doing it!**

Baycrest and Canada's National Ballet School (NBS) are inviting older adults across the country to experience the joy and benefits of dance this winter with *Sharing Dance Seniors - At Home* pilot on-demand dance classes!

<https://www.nbs-enb.ca/en/community-dance/baycrest-nbs-sharing-dance-seniors>