

The **Kidney** Society **news**

No. 231 May/June 2022

Auckland based, the Society covers the Northland, Auckland, Waikato, Bay of Plenty, Lakes, Tairāwhiti & Hawke's Bay regions,

'helping people with kidney disease get on with life'



Read inside how Shelagh's employer, Beetham HealthCare, was nominated by her for a Kidney Friendly Employer Award

The Kidney Society News is proudly supported by our printers



Kidney Society “who, what, where”

P O Box 97026 Manukau City, Auckland 2241;

Phone 09 278 1321, or FREEPHONE 0800 235 711

e-mail: kidneysociety@adks.co.nz website www.kidneysociety.co.nz

Kidney Society Centre, Auckland: 5 Swaffield Road, Papatoetoe, Auckland 2025. Office hours: generally 9 - 5 Monday to Friday, Answerphone a/hrs

<p>Contributions to the Kidney Society News are always welcome. Why not write us a story or send us a photo!</p>		<p>John our Chief Executive Officer is responsible for managing the Society overall. John leads the staff as they go about supporting Kidney Society clients.</p>	
	<p>Gina our Office Manager is in charge of running the office, the community houses, raffles, events organising and general administration.</p>		<p>Tracey our Wellness Educator can help you keep mobile and feel good “the gentle” or “the active” way. She can find you a gym or give you exercises for at home.</p>
	<p>Brian our Community Health Educator can help you understand kidney failure and treatments and how these things affects you and your family.</p>		<p>Maria our Office Assistant works with Gina to keep everything in the office ticking over, leaflets printed, the News mailed out and more.</p>
	<p>Jenny keeps an eye on things at the dialysis houses, shows new people how things work and helps them settle in.</p>		<p>These days Nora just writes the News. She likes getting people’s stories because she knows how much our readers appreciate those. Send her your story for the next News!</p>

**Deadline for the July/August News:
Wednesday 15 June. Contributions very welcome!**

Contact us for information or a chat, weekdays 9-5, phone 0800 235 711, email kidneysociety@adks.co.nz or just come to the Kidney Society Centre, 5 Swaffield Road, Papatoetoe, Auckland.

0800 235 711



Kia ora, Kia orāna, Bula, Mālō e lelei, Talofa and greetings to you all

Throughout much of the past year our client services team of Brian and Tracey have been unable to make home visits to Kidney Society clients. While this has been a little bit frustrating, the guidelines are there for a good reason and we have not wanted to put anyone at risk. While they have still managed to connect via the phone, email zoom calls etc - as Tracey says "I can't wait to see my clients in person again'. Tracey has also been busy planning a series of wellness videos and she starts filming later this month. By the time the next magazine comes out we will be able to tell you how to access these videos and we are certain that many of you will benefit from Tracey's amazing skills in this area.

The Kidney Society team are also enjoying spending more time in the office rather than speaking to each other via a computer screen. Things are slowly returning to 'normal' and we are really looking forward to seeing you soon!

Ngā mihi Regards,
John Loof
Chief Executive Officer

Sharing your story

Contributions to the News are always welcome. Good ideas, interesting news, but especially 'real life stories about living well with kidney disease', or having a good solution to a problem, or a good idea to share. Please think about sharing your experiences – and help make the News special for others! Email it to us Brian@adks.co.nz or tracey@adks.co.nz or gina@adks.co.nz or phone 0800 235 711. And don't worry about spelling... our computers can spell check and fix anything!



Our amazing fundraiser Doug Todd raised over \$2200 for the Kidney Society's community programme!!



Doug Todd is not the sort of guy who does things by halves, so when it came to his favourite hobby, cycling, Doug decided he would go the whole way! The Tour Aotearoa is one of the world's great 'bikepacking' trips: stretching 3,000 km from Cape Reinga to Bluff it follows a combination of cycle trails, tracks, paths and lanes connected by the most enjoyable country roads available. Doug recently decided he'd take on the challenge of the Tour Aotearoa and best of all, he'd do it as a fundraiser for the Kidney Society!

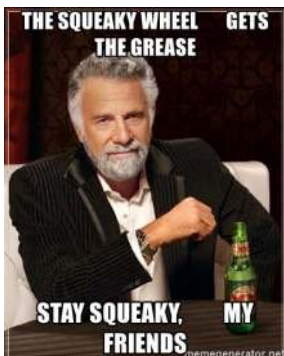
When he first conceived of the idea Doug told Kidney Society CEO John Loof "While I'm fortunate enough to be relatively fit and healthy, I'd like to do something worthwhile for others in the community." He went on to say "The Kidney Society is perhaps a less well-known but highly deserving charitable organisation helping so many people and that's why I want to help them."

Doug started his epic journey at Cape Reinga on the 25th of February and he arrived in Bluff 22 days later after averaging over 140km of riding every day. He told us "It was an amazing journey through incredible parts of this beautiful country of ours and I met many wonderful people along the way". Doug says that over the 3,084 kilometres "I rode uphill a total of 38,000 meters, burnt around 80,000 calories and lost 3kgs in weight. Very glad to be home and off the saddle for a while!"

"We are so thankful for Doug's commitment and thrilled that he raised over \$2200 for the Kidney Society's community programme" says John, who added "The Society relies on support like this from within the community and it was great to see so many people getting in behind Doug".

Are you being heard or does it feel that you are being ignored?

Sometimes you have to look after yourself, look out for number one and be **squeaky!**



But there are so many other 'number ones' out there, also being squeaky, and they are not going to take a step back for you, so **you have to be loud and make yourself heard by speaking up!**

When it comes to our own Healthcare we sometimes need to make an effort to make ourselves heard,
to get the care that we need.

Speak up and make sure you are heard and seen!

If you are unwell, see your GP or ring your nurse and make an appointment to see someone.

If you have an appointment coming up and you become unwell beforehand, don't wait but ring and bring the appointment forward.

Sitting back and waiting often means you get overlooked or seen too late.

There are Advocacy Services available through the hospitals. Most Hospital services have a Social Worker attached. Then there is us at the Kidney Society. All are there to help and support you – it is their job.

If you are not being heard, use the services above or let us know and we can direct you to the best person or team to support you.

Cheers

Brian Murphy, Community Health Educator
Kidney Society Auckland, 5 Swaffield Road, Papatoetoe
Phone: 09 278 1322, brian@adks.co.nz



Kidney Society Wellness & Exercise YouTube Channel is Coming!!!!

The Kidney Society Wellness Programme has now been running for almost 17 years.

The goal of the programme has been to support people with advanced kidney conditions look for and find safe and suitable exercise options to improve their fitness, strength, mobility and general wellness.

We have had a long-term goal of creating an online video series of exercises for clients.

Covid had unfortunately put a hold on our project for a YouTube channel with a range of suitable exercise videos that are kidney condition friendly.

The good news is that we are finally heading to the recording studio in early May and hope to have the channel up and running by the next magazine.

So, watch this space...

In the meantime, over the past couple of years, the Kidney Society team have managed to continue to support clients despite the challenges of Covid.

The biggest downside has been not being able to visit our clients and their whanau face to face.

- We have spoken to hundreds of you over this period via phone and even zoom.
- We have sent out almost 200 wellness packs with phone & zoom support to help many of you to continue to stay mobile, strong, and active.

Hopefully it will not be too long until our team can get back on the road to visiting in person. Until then our Wellness Educator Tracey can offer both phone and video support.

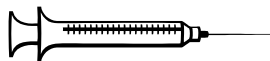
If you have the technology and access to use Zoom or Google Meets, Tracey can provide either a one-to-one session or you can join into a group session.

Tracey is running a few live 10-minute chair and balance programmes most weeks. If you are interested in joining in, please contact Tracey for further details.

Tracey Drinkwater, Wellness Educator

tracey@adks.co.nz

Free call 0800 235 711



Flu Vaccinations Now!

free for people with advanced kidney disease and people over 65

Remember that vaccinations are free for people with a chronic illness such as diabetes, heart disease or kidney failure and it is also free for anyone over 65. Flu vaccines are available NOW from your family doctor or your pharmacy – some pharmacies and health centres take online booking so you don't have to wait long.



BEETHAM HEALTHCARE Our latest Employer Award recipient, nominated by Shelagh West in Gisborne



She writes: "I would like to nominate **BEETHAM HEALTHCARE** in Gisborne as a Kidney Friendly Employer.

I initially commenced work at Beetham in February 2020 as a permanent part time Registered Nurse on night duty. When I wanted to do an extra

shift a week the team were more than happy to work around my three times a week dialysis treatment at the SDU at Gisborne Hospital. When I expressed an interest in applying for the position of Clinical Manager, the position being available due to retirement, they invited me in to come and discuss the position and how they could make the job fit with my dialysis commitment. I enjoy working at my new position and I'm thankful for being part of a great team and the contribution we make to our residents and our community."



In the photo: Margaret Blake (Quality and HR Manager) and Russell Snow (Finance Manager) at the back, Heather Hogan (Office manager), Shelagh West (Clinical Nurse Manager) and Diane Bell (General Manager) in the front.

**Would you like to nominate your employer for a
DIALYSIS FRIENDLY EMPLOYER AWARD?**

**Tell us about your employer - write to us, email us:
kidneysociety@adks.co.nz or call us on 09 278 1321
(or 0800 235 711 to avoid a toll call)**

**All we need is the story of how your employer supports
you, and once we have sent you the award, a photo of
the presentation to share in the News.**



**Kidney Society PD BELTS:
a simple, cost effective
solution to keep your PD
catheter safe.**

Available in Small-Xlarge.

Cost \$35.00 + \$4.00 p&p

Phone Gina on 0800 235 711 to order. For information about the right size for you and how to wear them, phone Brian, 0800 235 711 for advice.

If you are ordering over the phone you can pay by either credit card, or directly into our Bank account, ASB Bank 12 3032 0705009 00



Remember to enclose your name and address details for posting.

When ordering you need to be sure of your size, as we cannot exchange pouches due to health reasons. If you are not sure call the office 09 278 1321 or toll free 0800 235 711 and ask to talk to BRIAN.

We stock five sizes of pouches – available in white only

- Xtra Small = 60 cm / 24 inches
- Small = 80 cm/ 32 inches
- Medium = 100 cm/38 inches
- Large = 110 cm/44 inches
- Xtra Large =125 cm/49 inches



Looking after your fistula or graft with a fistula cover - for sale from the Kidney Society:

There are various reasons why people like to cover their fistula, especially if it is 'well used' and getting rather big. Some people don't like how it looks, others want to make sure they don't damage their fistula. It is only light protection for your fistula, but it helps avoid scratches and can help remind you it is there!

Fistula Cover, lower arm, black only. Length 18 cm or 21 cm, longer or shorter by request.

Special price for Kidney Society registered haemodialysis patients only: \$5 each or 2 for \$10

Phone the Kidney Society on 0800 235 711 for information or to order send cash with your name and address to Kidney Society, P O Box 97026,

Manukau City, Auckland 2241, or call in at the Centre, 5 Swaffield Road, Papatoetoe, Auckland.

If you are ordering over the phone you can pay by either credit card, or directly into our Bank account, ASB Bank 12 3032 0705009 00 SORRY: BANKS NO LONGER ACCEPT CHEQUES....

On our dialysis house wish list:

- Cutlery (used, unmatched – forks, spoons, table knives)
- (clean) used towels – hand towels, bath towels – these are used to mop up spills at the houses so if you are buying new ones for yourself, we'd be happy to take your old ones!

Contact Gina, 0800 235 711 for more information

Dear readers,

One of our goals is to provide you with the best possible magazine, that's why we want to know what you think of the Kidney Society News and how we can improve it. We've got some questions and we would love to hear from you.



Please remember to include your contact details because all survey responses go in the draw - to win a prize pack from 'Radiant Health'

1. The Kidney Society News is published six times per year – is this about right or would you like to see more issues or fewer issues?
2. What things would you like to see more of in the magazine, here are some possible topics to start you thinking:
 - Health tips
 - Exercise information
 - Lifestyle stories
 - Recipes
 - Inspiring client stories
 - Medical information
 - Puzzles
 - Financial/extra assistance
 - Travel/holiday options
 - A question and answer and shared ideas page
 - Would you like to receive your Kidney Society News on-line? (There are many benefits to reducing the number of copies that are printed and posted, we believe we could save over \$4000 per year if 10% of our readers moved to receiving a digital copy!)
 - Would a section where we answer reader's questions be useful?
 - Is there anything else you'd like to tell us about the magazine?

You can get back to us in a number of convenient ways – call the office on 0800 235 711 or email us at kidneysociety@adks.co.nz

John Loof, Kidney Society CEO

Winter warmers

The chill is in the air, winter is coming. It can be lovely to enjoy a walk in the crisp air and return home to your favourite warming winter meals. As we come into the winter season it is good to reflect on how you



can make some of your favourite winter meals such as stews, casseroles, curries, boil up's and soups healthy and nutritious.

Aim to eat winter warmers as part of a balanced meal

- A balanced meal is made up of protein foods (such as meat, chicken, fish, legumes), carbohydrates (such as rice, potato, kumara) and vegetables.
- Serve protein rich stews, casseroles and curries with a fist size serve of carbohydrates and fill half your plate with a range of different vegetables such as carrots, cauliflower and peas.
- If you are enjoying a one-pot meal or a soup check that it includes all of the components of a healthy meal or add what is missing. If you need to eat less potassium boil potato and vegetables before adding.
- Try adding a can of drained 'no added salt' legumes such as beans or lentils to your favourite meat dishes. Legumes are plant based protein foods that are high in fibre and good for your gut health.

Keep the sodium content low:

Sodium can increase your blood pressure, and for those that are on fluid restrictions salt can make you thirsty. Sodium acts like a sponge that holds onto fluid in your body.

- Salt, soy sauce, worchester sauce and stock are all high in sodium. Try leaving these out or using half the amount in the recipe.
- Flavour your meals with herbs, spices, onion and garlic instead of salty ingredients.

- Try making your own salt free stock. See the recipe included at the end of this article.
- Use unsalted protein foods such as fresh meat, chicken, fish and legumes, and leave out salty additions such as bacon and ham.

Gravies, sauces and broths are fluids: if you are on a fluid restriction remember to count these as part of your total fluid intake. Here are some tips to help reduce the amount of fluid from winter meals:



1. Drain additional sauce/gravy from the meal before serving
2. Serve casseroles and stews with a slotted spoon
3. Use less water to make thicker dahls, curries and soups

Barley and Beef Stew



Ingredients

1 cup pearl barley, uncooked
 450g lean beef stew meat
 2 tablespoons all-purpose white flour
 1/4 teaspoon black pepper

1/2 teaspoon salt (or omit to further reduce sodium)
 2 tablespoons canola oil
 1/2 cup onion
 1 large stalk celery
 1 garlic clove
 2 medium carrots
 2 bay leaves
 1 teaspoon dried mixed herbs
 or use fresh herbs such as parsley

Directions:

4. Soak barley in 2 cups of water for 1 hour.
5. Dice onion and celery. Mince garlic clove. Slice carrots 1/4-inch thick. Cut beef into 4cm cubes.
6. Place flour, black pepper and stew meat in a plastic bag. Shake to dust stew meat with flour.
7. Heat oil in a large pot and brown the stew meat. Remove meat from pot.
8. Sauté and stir onion, celery and garlic in meat drippings for 2 minutes. Add 8 cups of water and bring to a boil.

Return meat to the pot. Add bay leaves and salt. reduce heat to a simmer.

9. Drain and rinse barley, then add to the pot. Cover and cook for 1 hour. Stir every 15 minutes.
10. After 1 hour add sliced carrots and mixed herb seasoning. Simmer for another hour. Add additional water if needed to prevent sticking. *Recipe adapted from - [Barley and Beef Stew - DaVita](#)*

Red Lentil Dahl



Ingredients

1 cup red lentils, (pre-soaked)
1 T canola oil
1/2 tsp cumin seeds
1 (2-inch cinnamon stick) or 1 tsp

1 cup diced onion
1/2 tsp of chopped fresh chilli or chilli powder (optional or to taste)
4 garlic cloves, minced
1 T finely minced ginger root
1/2 tsp ground turmeric
1/2 tsp ground cardamom
1/2 tsp paprika
1/4 tsp salt (or omit to further reduce sodium)
1 medium tomato, diced
Juice of one half a lemon
chopped coriander leaves for garnish

Directions

To prepare the lentils:

Soak the lentils in a bowl of water for 12 hours or more (This will reduce the potassium if you have been advised to limit potassium)

Throw away the soaking water and rinse the legumes

Place the rinsed lentils in a medium saucepan along with 3 cups of room temperature water. Turn the heat to medium and allow the lentils to cook for 20 minutes.

To prepare the seasonings:

Heat the oil in a medium skillet set over medium heat.

Add the cumin seeds and cinnamon stick or powder; cook for 60 to 90 seconds until fragrant.

Add the onion, chilli, garlic, and ginger; cook for 4 to 6 minutes, until the onions are turn translucent.

Add the turmeric, cardamom, paprika, salt and tomato to the pan. Cook until the tomato begins to fall apart, about 2 to 3 minutes.

Discard the cinnamon stick if using.

Once the lentils are cooked, drain off any excess water, Stir the seasoning mixture into the pot of lentils. Add the lemon juice and stir well. Garnish with coriander; serve with basmati rice and boiled vegetables.

Recipe adapted from: [Red Lentil Dahl – Kidney Community Kitchen](#)

Salt free stock

1 chicken carcass, fat and skin removed

2 onions (roughly chopped)

2 carrots (roughly chopped)

6 stalks celery (roughly chopped)

1 parsnip (roughly chopped)

1 teaspoon dried mixed herbs (or 1 tablespoon fresh)

Ground black pepper

6 cups of water



Method:

Add all ingredients in to a large saucepan, cover and simmer for 1 hour.

Cool and strain the stock, discarding the vegetables and bones.

Chill then skim off the fat.

Use stock immediately or freeze.

Variation: Make a vegetable stock by not adding the chicken.

Recipe from Auckland Region Renal Dietitians ARRD Herbs and Spices information sheet

From Sharleen Nancekivell, Catherine Mirams and Dayna Stockley
Waitemata Renal Dietitians

To find more Davita recipe Ideas,

DaVita.com has more than [1,200 kidney-friendly recipes](#), including many comfort foods and hearty soups that will warm you up in the winter. You can also download more than [30 free kidney-friendly cookbooks](#), including "Hearty Winter Dishes," "Slow Cooker Recipes," "Salads and Soups" and more that are perfect for cold winter days. <https://www.davita.com/diet-nutrition/recipes>



Online Programme Safety

Many of us are using technology so much more these days, especially to deal with the impact of isolation over the past couple of years.



There are 1000's of cooking programmes, DIY and of course exercise programmes available at the touch of a keypad. When it comes to exercise there are such a HUGE number of options that it can feel a bit overwhelming to find something suitable to your ability and needs.

Unfortunately, there can be risks involved with doing an exercise programme that may not be suitable for you.

There are a lot of YouTubers who are not qualified exercise professionals and programmes that can put you at risk of serious injury.

There are also personalised programmes on offer for a cost. They may offer an 8-12 week programme with exercise and dietary advice.

I am very wary of these programmes for a few reasons:

- When starting any exercise program, you should have clearance from your medical team with guidelines if possible.
- An exercise professional should have a good understanding of your health history and any specific guidelines when writing you

a personalised programme. In New Zealand personal trainers and exercise professionals are encouraged to be registered with REPS (Registered Exercise Professionals) and you can even go to the REPS NZ website to confirm their registration and qualifications.



<https://www.reps.org.nz/>

- As somebody with a chronic kidney condition dietary advice needs to be coming directly from your renal dietitian. There are many diets, supplements, and advice out there that can result in serious health complications for renal clients.

Below are some pointers to keeping you safe when choosing online exercise programs.

- Check with your renal team/GP/medical professional if it is ok for you to start an exercise programme and what guidelines you may need to be aware of.
- Ensure the programme or exercise professional you are working with are aware of your health conditions and any restrictions or risks that may affect you.
- Check the feedback on programmes to see if there have been any issues for other participants with the programme.
- Are they an accredited or recognised programme?
- Is the programme suitable for people with health conditions?
- Remember there are some specific guidelines for people on haemodialysis, peritoneal dialysis or after transplant.
- No heavy lifting (keep weights under 10kg)
- For those with tunnel lines and fistulas avoid body weight exercises i.e. NO push ups, boxing, burpees, triceps dips, pulls ups.
- For PD clients & transplant clients (months post-transplant) avoid direct abdominal exercises such as sit ups, crunches, weighted abdominal work.
- High impact exercises such as jumping, running, plyometrics have a high risk of joint injury.
- If they are charging you a fee, find out if they offer a free trial to start with so that you can verify if the programme is suitable for you.
- Sit and watch the programmes a few times before attempting any exercises.

YOU ARE THE EXPERT IN YOU!!!

- If something doesn't feel right STOP... Pain is a message from your body that something is not right.
- Only do what you feel comfortable doing.
- No-one gets fitter or stronger overnight. With any exercise programme you need to slowly build up your ability and levels over time.

If in doubt, feel free to contact Tracey who can check out any programme you might be interested in to see if it is suitable for you.

Tracey Drinkwater, Wellness Educator
tracey@adks.co.nz Free call 0800 235 711

Fundraising 22 February - 11 April 2022

Subscriptions	\$126
Member donations	\$2,130
IM donations	\$4,550
TOTAL	\$6,806

Since the last News we received the following grants:

- Trillian Trust - \$6,000 for prepaid envelopes
- Aotearoa Gaming Trust - \$15,000 - Wellness Educator salary
- N H Taylor Charitable Trust - \$5,000 for operating expenses
- BlueSky Community Trust - \$1,000 for salaries
- Four Winds Foundation - \$15,000 for salaries
- ANZ Staff Foundation - \$20,000 for the Wellness Programme
- Lion Foundation - \$35,000 for salaries
- Esme and Tom Tombleson Charitable Trust - \$4,000 for services in the Tairāwhiti DHB area

In Memoriam:

Donations were received in memory of Don Catchpole and John Brietler. These gifts, like all donations and gifts made in someone's memory are used with care towards our services for people with advanced kidney disease.

If you would like to support the printing and mail-out of the News to our over 3,000 readers with a targeted one-off or regular donation, please contact Gina, 0800 235711 or email gina@adks.co.nz – or simply make a donation via our website or directly into our Bank account, ASB Bank 12 3032 0705009 00. It would be a great help!



SELF-CARE PLAN

Finding time for your own wellbeing might be hard – but nurturing yourself will keep you going, sustain your mental and physical health, and give you strength if you are navigating challenges or supporting others.

Carers NZ has two new self-care resources:

a **self-care workbook** and a **Wellbeing Calendar**, both FREE to download at **www.carers.net.nz**

Looking after your wellbeing is important, especially during stressful times. Carers NZ hopes you find their new interactive workbook helpful. Carers NZ thanks the Mental Health Foundation for allowing them to adapt one of its clever resources for family carers. The Mental Health Foundation is a CareWise carer friendly employer.

https://carers.net.nz/wp-content/uploads/2022/02/FC_Self-Care-feature_Final.pdf
<https://carers.net.nz/>



Driving Safely as a Senior

This is a very helpful booklet that you can read on line, or order from Waka Kotahi in English or Te Reo.

(Just google **Waka Kotahi Senior Drivers**)

It says that older drivers are involved in fewer crashes than other age groups, because they tend to drive conservatively, travel fewer kilometres than other drivers and restrict their driving to times and situations in which they feel safe.

While older drivers don't have as many

crashes, illness and changes that are more common with age increase the risk of older drivers being involved in a crash. These changes may be physical or they may be changes to memory and thinking.

The **Driving safely as a senior booklet** covers a broad range of issues to consider when you're a senior driver. The booklet includes driving tips and things to be aware of, in three sections as below, as well as advice on buying a safe car and giving it a basic safety check.

	<h3>Driver licence renewal →</h3> <p>The relicensing process when you are age 65 onwards.</p>
	<h3>How's your driving? →</h3> <p>What to consider when you're a senior driver, take the self-rating assessment or find a road safety course.</p>
	<h3>Driving tips and road rules →</h3> <p>Tips for safe driving and key road code rules.</p>

While the tips are great, the **“How's your driving”** section is most interesting and can help you assess in private (without anyone checking your answers) whether you are still a safe driver – for yourself and others.

Having recently retired from the Kidney Society at 75 years old, I think my driving is fine – but I am no longer driving to work and home in rush hour traffic and do less driving overall thanks mostly to all the lockdown drama and staying home most days for weeks on end rather than traipsing around the shops and going for leisurely drives.

I decided to take the self assessment on the website – which confirmed my suspicion that I am definitely no longer rally driver material! My score was 21 ('Go' is 0 to 15; 'Caution' is 16 to 34;

'Stop' is 35 and over), so I now consciously pay extra attention to not just where I am going, but how I am getting there safely.

I have since also made it a rule to get in the car and go for a drive at least once a week to keep up my confidence. Now that I have the time, I can once again visit all the wonderful places I have not been to for years and explore new things – amazing how much the cities and the countryside have changed while I was working long hours!

The self-rating assessment (**google Waka Kotahi self assessment**) is to help you examine and compare your own ability to drive safely, and what, if anything, you need to pay a little extra attention to. There are 15 questions to be answered, as honestly as possible, based on your driving over the last few years (it's safe to be truthfull, nobody is checking your answers!)

There are also suggestions to improve each driving skill that is identified for you as an area to focus on after you have completed the self-assessment.

If you feel you could do with a **refresher course**, with the generous support of Waka Kotahi (NZTA), Age Concern offers free **Staying Safe: Refresher Courses for Older Drivers** all over New Zealand to help keep older people safe on the roads.

The theory-based refresher course is an opportunity for people to re-familiarise themselves with traffic rules and safe driving practices in a friendly and relaxed environment with other older drivers. The course includes information on other transport options available to help keep you mobile for as long as possible, whether behind the wheel or when you stop driving.



To register for a Staying Safe Refresher course:

google Age Concern Refresher Courses for Older Drivers

For more information on Staying Safe refresher courses you can visit the [Waka Kotahi \(NZTA\) website](https://www.wakakotahi.govt.nz/transport/older-drivers).

Kidney Transplant Activity New Zealand

2021 Calendar Year

Author: Nick Cross, Clinical Director, National Renal Transplant Service
Date: 21 March 2022



Data Collection

Data is provided directly to the National Renal Transplantation Service (NRTS) from Clinical Directors at the three Transplanting District Health Boards (DHBs), and from individual units via the Australian and New Zealand Dialysis and Transplantation Registry (ANZDATA), and checked against donation data provided by New Zealand Blood and Organ Service. Additional information also sourced from the Organ and Tissue Authority (Australia) 2021 report.

Kidney Transplants in 2021

There were 187 recipients of kidney transplants in New Zealand in 2021. These included 85 living donor and 102 deceased donor kidney transplant recipients. Six deceased donor recipients received a dual transplant (two kidneys each from a single deceased donor). There were 24 living donor kidney transplants as part of kidney exchanges. This was the second largest total number of kidney transplant recipients in New Zealand in a calendar year (equal with 2017 and 2020). The largest total was 221 in 2019.

At the estimated population of 5.12 million (StatsNZ at 30 June 2021), the total kidney transplant rate was 37.2 per million population (pmp). This is a significant reduction on the record in 2019 (44.9pmp).

The three DHBs that provide kidney transplant procedures are in Auckland, Wellington and Christchurch. Services are arranged geographically around the transplant centres, with client DHBs referring most patients to their nearest transplant centre (see appendix).

Table 1: Transplant Characteristics by Transplant Centre

	Auckland	Wellington	Christchurch	Overall	Pmp
Kidney Transplants	129	22	36	187	36.5
Deceased donor, n (%)	85(66)	6(27)	11(31)	102(55)	19.9
Living donor, n (%)	44(34)	16(73)	25(69)	85(45)	16.6

There has been an overall increase in the total kidney transplant rate per million population since 2013, as represented by the five year moving average, with year by year variability (figure 1). There is the suggestion that the rate of increase has slowed in recent years, although both 2020 and 2021 have been significantly affected by the COVID-19 global pandemic and effects on health system performance in New Zealand for delivery of non-COVID-19 related services. The impact of COVID-19 has been greater on deceased donor transplant activity, down 25% in 2020 and 2021 compared to 2019, than on live donor transplantation activity (down 6% in 2020 and 10% in 2021 compared to 2019).

Transplants per 100 End Stage Kidney Disease Patients in NZ and Australia

We present transplants per 100 cumulative incident treated end stage kidney disease patients at 31 December for the year prior (iESKD). These are patients commencing chronic dialysis or having a kidney transplant as their first treatment for end stage kidney disease in the 12-month period to 31 December of the year prior, as reported by ANZDATA in 2021. For comparison, this year we also present Australian data.

In New Zealand, there has been strong growth in iESKD patients in the last 10 years, with 45% more people starting end stage kidney disease treatment (dialysis or transplant) in 2021 (710 people) compared to 2012 (489 people). In Australia, the increase has been substantially less (25%, 3259 in 2021 compared to 2617 in 2012).

Overall, there were 26 kidney transplants in 2021 per 100 iESKD patients in New Zealand in 2020, the lowest number since 2015. The recent peak delivery number of transplants per 100 iESKD patients was

35 in 2019, undoubtedly due to the impact of COVID-19 on health systems.

Australia has experienced a very similar reduction, dropping from 35 transplants per 100 iESKD in 2019 to 26 per 100 iESKD patients in 2021 .

Table 3: NZ Numbers of transplants per 100 Incident End Stage Kidney Disease (iESKD) Patients, 2012-2021

Year	iESKD Pts (31 Dec year prior)	Transplants per 100 iESKDpatients
2012	489	21
2013	524	22
2014	559	25
2015	557	26
2016	565	30
2017	582	32
2018	623	29
2019	625	35
2020	656	29
2021	710	26

The difference in approach between NZ and Australia over the last 10 years is apparent when comparing kidney transplantation by donor source, with Australian emphasis on deceased donor kidney transplantation (figure 2), compared to New Zealand's on live donor kidney transplantation (figure 3). In the last 5 years, 20-24% of Australian kidney transplants have been from live donors, compared to 41-45% in New Zealand.

The effect of COVID-19 on transplantation activity has been similar in both countries within donor source strata and more pronounced on deceased donor transplant activity (approximately 5-6 deceased transplants per 100 iESKD patients) than live donor transplant activity (1-2 transplants per 100 iESKD, figure 3).

Kidney transplantation and ethnicity in New Zealand

Kidney transplantation varies by ethnicity in New Zealand. The reasons for this variability may relate to socioeconomic, geographic, clinical and demographic determinants of suitability and ability to access transplantation that vary between ethnic groups. The data

presented here are unadjusted for these confounders, so comparisons between groups are likely to be flawed.

Rates of kidney transplantation per 100 incident end stage kidney disease patients (iESKD) are presented for three groups, Māori, Pacific and Asian people, and a group consisting of everyone not identifying within those groups (consisting mostly of NZ Europeans, labelled as 'Other'), compared to the overall rate in New Zealand, by year between 2014 and 2021 (figure 4 – see website).

Variation in transplant rates between groups remains similar.

Donor source varies by the ethnicity of the recipient, with Maori and particularly Pacific transplanted patients more likely to have received a deceased donor kidney than a live donor kidney. This may at least in part reflect lower opportunity for live donation from communities with higher likelihood of contraindications to live donation, notably diabetes (figure 5 – see website).

Kidney Exchange

In October 2019, cooperation commenced between the Australian Paired Kidney Exchange and the New Zealand Kidney Exchange, now known as the Australian and New Zealand Paired Kidney Exchange (ANZKX).

Where a willing, acceptable kidney donor is incompatible with their recipient, the pair are encouraged to enter the Australian and New Zealand Kidney Exchange. This facilitates additional live donor transplants by providing exchanges between compatible pairs within the exchange. Occasionally, it may be clinically appropriate to include compatible pairs in the exchange. Although there are some compatible NZ pairs registered in ANZKX, to date no exchanges have included compatible pairs. Exchange transplants may take place within or between transplant centres, including centres in Australia

Since the COVID-19 outbreak, trans-Tasman exchanges ceased, but individual country exchanges have been proceeding.

In 2021, there were 14 individuals in New Zealand who received kidneys via the exchange programme, including patients from Auckland (5), Canterbury (2), Capital and Coast (1), Counties Manukau (2), Hawke's Bay (1), Starship (1), and Waitemata (2) referring centres.

Non-Directed Living Kidney Donors

New Zealand has a high rate of non-directed living kidney donation (live donors who donate anonymously to a recipient on the deceased donor waiting list at the centre where they have their kidney removed). In 2021 there were 5 non-directed live kidney donors who underwent nephrectomy (4 in Auckland and 1 in Christchurch). Where the live donor agrees and is suitable, units are encouraged to offer non-directed donors to the ANZKX programme to generate exchange chains, with the final kidney being allocated the deceased donor waiting list, restricted to the unit in NZ which removes the non-directed donor's kidney. In 2021, four non-directed donors were involved in kidney exchange chains in NZ.

Acknowledgements

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We also gratefully acknowledge the work and contributions of Organ Donation New Zealand, the National Renal Transplant Leadership Team, the Australian and New Zealand Paired Kidney Exchange (ANZKX), the Ministry of Health, ANZDATA and the New Zealand Blood and Organ Service.

We also would like to most gratefully acknowledge the organ donors and their families, without whom there would be no transplantation.

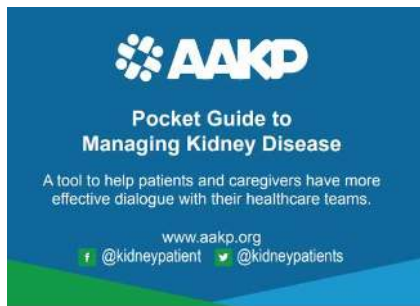
There are a number of interesting graphs which we did not have space for. You can see these, and the full report, on the MoH website. Google this:

Kidney Transplants in 2021 - Ministry of Health

The National Renal Transplant Service (NRTS) leads and implements an agreed work programme to improve the volume of donor kidney transplants in New Zealand.

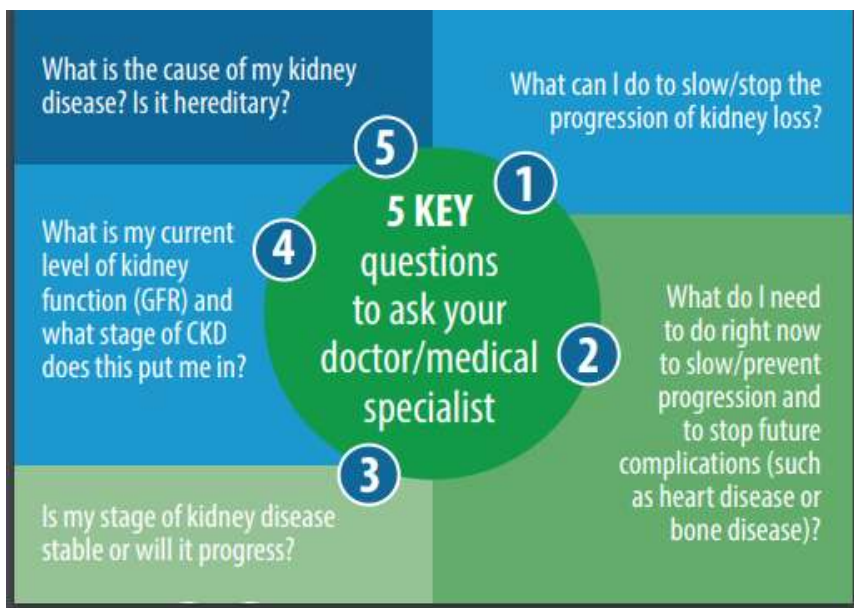
<https://www.health.govt.nz/about-ministry/leadership-ministry/expert-groups/national-renal-transplant-service>

Pocket Guide to Managing Kidney Disease



It can be difficult to know what to ask your doctor. This guide is full of great questions you can use to learn more about kidney disease and how to get the answers you need to make your own health decisions. You can download a free PDF here: https://aakp.org/wp-content/uploads/2020/01/AAKP_NewPatientGuide_Online.pdf or google **AAKP New Patient Guide Online.pdf**

This Pocket Guide is a tool to help patients and caregivers have more effective dialogue with their healthcare teams. It includes 5 Key Questions to Ask your Doctor/Medical Specialist, as well as additional questions for each stage of Chronic Kidney Disease. Below is the overview page of the guide, which contains detailed questions you may want to ask at your next appointment.



Sleep hygiene - tips for a good night's sleep



Sleep hygiene refers to aspects of your life-style and bedtime environment that make it easier or harder to get better quality sleep.

Changes you can make to improve your sleep hygiene include:

- going to bed at the same time every night – this will help set your biological clock so you start to feel drowsy at bedtime
- creating your own bedtime ritual, eg, writing down the things on your mind that are worrying you or that you need to do tomorrow, making a hot, milky drink or taking a warm bath – start your ritual at the same time each night
- reducing or avoiding caffeine, cigarettes and alcohol, especially in the evenings
- avoiding large meals late in the evening – but don't go to bed hungry (have a late snack if you need to)
- exercising outdoors early or in the middle of the day (but not too close to your bedtime)
- avoiding TV, computer screens and mobile phones for an hour or two before bed, as the artificial light interferes with your natural cues to sleep
- unwinding before bed by reading or listening to music
- not using your bed for work or catching up on social media
- making sure your bedroom is cool, dimly lit or dark and as quiet and comfortable for sleep as possible
- turning around any bedroom clocks – clock-watching makes insomnia worse
- using mindfulness or relaxation techniques.

Read more tips to improve your sleeping habits.

<https://www.healthnavigator.org.nz/healthy-living/s/sleep-tips/>

or google **Health Navigator sleep for more tips, videos, free sleep apps and more.**



<https://lifeoptions.org>

Life Options is a program of research, research-based education, and outreach founded in 1993 to help people live long and live well with chronic kidney disease. Huge website with much information to explore at your leisure.

Amazing the stories you find when you explore 'Kidney' websites.....

The one below is particularly unusual and Interesting!

The Confessions of a Renal Tippler

By David Eppel, Israel, March 2005

When I studied wine tasting at a French university, little did I know that I would graduate as a "renal tippler." The "sniff, sip, swirl and spit" technique, on which we worked in class, teaches the dialysis patient to enjoy but not necessarily swallow fluids.



The real pleasures of drinking - and of eating - come from the palate and not from the tummy (that's why gourmets are said to have a "good palate"). Watch a professional wine or tea taster in action-they don't swallow, they expectorate.

The spittoon in our classroom, in which the sampled wines were deposited down the drain, rarely down the hatch, is also the ideal receptacle for a dialysis patient. Personal variations can include the kitchen sink, the toilet or even (surreptitiously) an empty glass on a restaurant table.

When I became ill, I continued, on my restricted fluid diet, to swirl fluids of all sorts around my palate, suck in a little air to enhance the flavor or aroma - and promptly spit them out.

Each part of the palate controls a different taste sensation and that's where the real enjoyment lies. Sweetness is at the tip of the tongue, bitterness at the back, sourness at the sides; saltiness is all over the surface. And there's the added bonus of what the professionals call the "after taste," which lingers in the mouth and develops a flavor of its own.

OK, so what about that satiated feeling from a swallowed drink? I get it in the early morning by drinking small cups of strong black tea (Indian Assam is a favorite), which slakes one's thirst, contains theophylline, a wonderful natural stimulant, and is very satisfying. During the day I sip, swirl and spit unlimited quantities of chilled carbonated water and other effervescent (or flat) fluids that take my fancy.

The sense of enjoyment and repletion comes from the taste buds and the fizz, which is ingested, not the liquid, which isn't. It's not the real thing, but for a dialysis patient it can be as good as it gets.

Six Ways Kidney Patients Can Prepare for Winter



If you live where it snows in the winter, you may be familiar with "winterizing" your car. But what about your body? As colder weather arrives, it's important to have everything in place to stay as healthy as possible. Here are six things kidney patients can do to prepare for winter now.

1. Stay on top of medication management.

People with chronic kidney disease (CKD) and end stage kidney disease (ESKD) often take several medications. It's important to keep up with all your medications, from phosphorus binders to medica-

tions prescribed for other health conditions. Before colder weather hits, refill medications you're running low on and discard any that have expired. Make sure to talk to your doctor or nurse if you need any prescriptions renewed before they run out. You may also be able to have your prescriptions mailed to you; check with your local pharmacy or care team.

2. Schedule a checkup with your doctor.

If you haven't seen your primary care doctor in a while, this may be a good time for a checkup. Make a list of any questions or concerns you have and talk through them with your doctor. DaVita home dialysis patients can also have telehealth appointments through the [DaVita Care Connect® app](#), when deemed appropriate by their nephrologist.

3. Get a flu shot and any other essential vaccines.

People with kidney disease may be more susceptible to illness if they have a weakened immune system. Getting immunizations is an important part of overall kidney care. According to the Centers for Disease Control and Prevention (CDC), flu vaccination is the best way to protect against influenza and potentially serious complications¹. Take action and get your flu shot to stay healthy before the flu hits your area.

Check with your care team to see what other vaccinations you may need, including COVID-19 and pneumonia vaccines.

4. Stock up on moisturizer and lip balm.

Winter weather can be tough on skin. Dialysis patients frequently complain of dry, itchy skin which can become worse during winter. Unscented lotion and lip balms can help to keep skin and lips well moisturized. Make sure to drink an adequate amount of water to stay hydrated, but within your fluid limit. Going over your daily fluid allowance may put you at increased risk for hospitalization. Stay healthy by tracking your fluid intake each day. If you are unsure about your fluid goal, talk to your dialysis dietitian.

5. Stay active with indoor exercises.

Cold weather can make it harder to get outside for a walk or other physical activities. But, there are plenty of ways to exercise and stay active indoors. First, talk to your doctor about what kind of exercises,

if any, are best for you. Not only can exercising help you feel better physically, it can also help fend off seasonal depression. Read “Exercise for People with Chronic Kidney Disease” and “Indoor Exercises for People on Dialysis” to learn more.

6. Find some new favorite recipes to warm you up.

DaVita.com has more than 1,200 kidney-friendly recipes, including many comfort foods and hearty soups that will warm you up in the winter. You can also download more than 30 free kidney-friendly cookbooks, including “Hearty Winter Dishes,” “Slow Cooker Recipes,” “Salads and Soups” and more that are perfect for cold winter days.

READ THE NEWS IN BIG PRINT ON OUR WEBSITE

www.kidneysociety.co.nz

You can read the latest issue on the home page, and back issues as far back as March 2014 here:

<https://www.kidneysociety.co.nz/kidney-society-services/kidney-society-magazine/>



**A MASSIVE
THANK
YOU**

To all our known supporters and those who want to remain anonymous

Some of you – individuals, businesses and community organisations – support the Kidney Society without even telling us. Every year we receive numerous gifts in kind and cash to help us deliver our services, manage our properties and keep our costs down.
