

Kidney Connections



Registered Charity Number 1123780

Summer 2022



**Helping and supporting
kidney patients in
Doncaster, Dearne Valley
and Bassetlaw**

www.dabka.org.uk



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The next edition of the newsletter will be published in Autumn 2022.
If you have any articles or photographs that you would like to send in,
please send them to us by the end of October 2022.

*Views expressed in this publication are not necessarily those of
Doncaster & Bassetlaw Kidney Association*

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07444 281 141

A chat with the chairman.....

Hello Everyone

I hope this newsletter finds you all safe and well. I am delighted to say that despite the recent hard times during the pandemic, DaBKA is still a functioning charity, supporting our local patients.

This again would have been the time of year when we would have been holding our annual Townfield gala which unfortunately had been cancelled for the last two years due to Covid. We have made the difficult decision not to host any further Townfield Galas due to the lack of support from relevant Authorities.

As you are all aware, this is our main fundraising activity , but I can report we are still generating funds and the Charity is in a good Financial Position to allow us to carry on our support for our patients.

One of the projects the Charity is currently looking into supporting is with the purchase of 2 weigh Beds. These beds will help reduce unnecessary travel into Doncaster with these being placed at the Satellite units in Dearne Valley and Bassetlaw. I am hopeful that we can report more on this soon.

At the time of writing we are again in the grips of a further Covid surge, with hospital admissions on the increase , this has again resulted in the wearing of Face coverings within the Hospital settings , please keep yourself updated on the requirements before entering the clinic's etc.

The prem survey has again been published with very positive reporting on the service the Hospitals offer our patients, these are available for all to view and thanks to all who took the time to complete this survey. Please see page 5.

Meetings with the committee are now taking place both face to face or over Zoom, with our next meeting also being our annual AGM in September.

We are always looking for further members and it would be nice to have someone from the satellite units at Dearne Valley and Bassetlaw sit on the committee.

if you feel this is of interest please get in touch.

Many thanks for your ongoing support

Sean Starbuck

Chairman



**Support Doncaster & Bassetlaw Kidney
Association through Amazon Smile
every time you shop.**

- Go to www.smile.amazon.co.uk
(there is a link on www.dabka.org.uk)
- Select Doncaster & Bassetlaw Kidney Association in the charity search box (Charity number 1123780)
- Bookmark it and shop away!
- Amazon will donate 0.5% of the purchase price directly to DaBKA at no cost to you!

Patient reported experience of kidney care in the UK 2021

Doncaster

Sharing the views of people with kidney disease

National findings

Overall experience of kidney care continues to be rated highly with many people providing written comments thanking staff for their commitment and effort. Four in five people said their care during the last year of the pandemic had stayed the same or got better. **Privacy and Dignity, Patient Information** and **Access to the Kidney Team** continue to be high scoring and are the most consistent regardless of treatment. **Sharing Decisions** about care, particularly for those receiving in-centre haemodialysis is an area for improvement.

How do we compare to national findings?

 **12,416**
People with kidney disease responded from all **68** adult centres in UK

 **68**
People with kidney disease responded from this unit or centre

Patients reported overall experience:

 Nationally **6.24**

 At our unit **6.48**

	Nationally	At our unit
Privacy & Dignity	6.40	6.51
Patient Information	6.35	6.61
Access to the Kidney Team	6.34	6.68
Transport	5.75	5.66
Support	5.73	5.96
Sharing Decisions	5.54	5.84

*These are the three highest and three lowest scoring themes nationally

What's next?

www.kidneycareuk.org/PREM

 [kidneycareuk.org](https://www.facebook.com/kidneycareuk)  [@kidneycareuk](https://twitter.com/kidneycareuk)  [@kidneycareuk](https://www.instagram.com/kidneycareuk)

www.ukkidney.org

 [@UKKidney](https://twitter.com/UKKidney)

My Home Haemodialysis experience

Firstly, let me say that I feel privileged to have the opportunity to dialyse at home using the Nxstage cyclor and Pureflow system.

As a patient I wanted to be able to dialyse in the comfort of my own home at times that suited me. I would not be tied down to having to travel to the dialysis unit at a fixed time on a fixed day 3 times a week. So, to be able to dialyse at home was an opportunity not to missed.

It takes the right frame of mind from both the kidney patient and their carer/loved one to consider home dialysis.

The training is a lot to take on board and the nurse must be 100% confident that all aspects of the training has been understood before being allowed to dialysis at home.

My husband and I understood the commitment needed and with the right training we knew we would succeed. We received brilliant training, which was absolutely essential and we also knew that help and support was only a phone call away 24/7 should we need it.

The Nxstage Cyclor is an impressive machine that is gentler on the body. I used to feel very tired after dialysis using the Centre's big machines but not anymore.

We have been training for a couple of weeks now using Nxstage and I feel a lot better.

This clever machine can also be set up for holiday dialysis. Instead of using the Pureflow system, it is possible to take sufficient bags of dialysate on holiday instead to hang on the pole above the cyclor.

All in all, The Nxstage system provides flexibility and freedom whilst also giving good clearance. It will certainly improve my standard of life.

A new home Haemo patient

If you would like further information regarding home haemodialysis, please contact Sister Mercy Ofori Dartey
Home Haemodialysis Sister on:
Telephone: 01302366666 ex 643097
Mobile: 07831340027
Email: mercy.oforidartey@nhs.net

DaBKA would like to thank the above patient for writing this article, and we wish them all the very best moving forward to doing home haemodialysis.

If you have an experience that would like to share, please drop us an email or give us a call.

Sensory toys to help patients with Dementia on Ward 32

One of the ways that individuals with Alzheimer's or dementia show anxiety or agitation is in their hands. Sensory toys are one way to help these patients.

Beryl Porter has been making these lovely octopus toys to help dementia patients on Ward 32 at Doncaster.



Renal Services at Doncaster & Bassetlaw Teaching Hospitals

Summer 2022 Update

The Department of Renal Medicine recently celebrated its 15th birthday, a good moment to reflect on the changes we have seen in the service. Much has changed over the intervening years and in many ways the service has developed above and beyond the vision that we had in those early days. The last year, however, has been challenging across the NHS with ongoing COVID cases, staffing shortages and backlogs of work delayed by the pandemic. The renal team at Doncaster have been affected by all of these factors but have continued to do our best to provide a high quality service for our local patients.

We have successfully launched several initiatives, including offering NxStage as an option for patients wishing to undertake haemodialysis at home and starting a specialist high blood pressure clinic which will hopefully help to reduce the kidney damage done by high blood pressure in the long term. We have been reviewing our nursing staffing and are making some changes which should make care better both for inpatients and outpatients.

Looking to the future we are playing an active part in the regional quality improvement initiatives led by the Yorkshire & Humber Renal Network. There are 3 priority areas: Improving access to transplantation, improving vascular access for dialysis and improving psychosocial care for kidney patients. We hope to see improvements in all these areas over the coming months. We are keen for patients to get involved – if you are interested then please let us know.

Dr Ian Stott

DaBKA Finance from July 2021 to May 2022

Fundraising and Donations

Due to Data Protection Regulations, we are unable to print the names of individual donors unless expressed permission is given.

2021 Christmas Cards sales – £564 in total.

Including DRI Renal Outpatients - £180, Bassetlaw Dialysis Unit - £124, Dearne Valley Dialysis Unit £83.50

Thank you to everyone who bought packs and special thanks to those members who also sold packs of cards on our behalf.

GiftAid – We have been able to claim **£593.34** in Giftaid from several donations received.

General Donations - £1,356

4 donations were received ranging from **£20 to £1,000.**
PayPal Giving Fund sent **£96.25**

A member has continued to send **£20** per month via standing order amounting to **£240** in total.

Doncaster Renal Unit Book Sales - £7.50 raised from Book sales in the main foyer

Other Activity

We have not been able to organise our normal events such as the Summer Gala and Christmas Party etc. due to continued Covid restrictions, but we have still offered support to kidney patients as follows:

Grants – We issued several small grants to patients experiencing difficulties

BP Monitors – We provided 32 BP Monitors to patients

Christmas Presents for Ward 32 – Christmas presents were given to patients on Ward 32 on Christmas Day.

Christmas Biscuits – We bought all dialysis patients a box of biscuits for Christmas. Special thanks go to Morrisons supermarket on Water Vole Way for their continued support.

Sadly, some of the donations we receive are from those who have lost loved ones and are sent in lieu of flowers and in memory of someone very special.

We have received over £4,983 in 8 memorial donations.

We would like to send the family and friends of the 8 very special people our condolences and thank them for thinking of others at such a sad time.

We would like to reassure donors that donations received in memory of a loved one are only used for the purchase of items for the Renal Unit

Thanks go to everyone who has worked so hard in helping to raise funds for DABKA, it is very much appreciated.

Christine Spyve

Thanks to our renal staff

Earlier this year we gave all Renal Unit personnel including doctors, nurses, admin and support staff, a certificate of appreciation and an enamel pin badge as a small thank you for their fantastic work during the Covid 19 pandemic.

We funded this with the GiftAid claimed from the Government.



y days.



THANK YOU



*In Appreciation Of Your
Service To All Patients
During The Pandemic*

On Behalf Of

Doncaster and Bassetlaw Kidney Association

DRI Renal Unit is 15 years old!

To celebrate the renal unit at Doncaster Royal Infirmary opening 15 years ago, staff enjoyed cake and buns funded by DaBKA.



From all the team at DaBKA, thank you to all renal staff past and present for the hard work you all do and the magnificent care you provide.

Put a lid on it!

DaBKA have worked with Kidney Care UK in supporting the “Put a Lid on it” campaign in providing bottle top keyrings and offering the keyrings to all local patients with fistulas.

This is a campaign to help manage life - threatening bleeds (LTBs) from Fistulas and grafts.

Put a lid on it!

How to use your bottle top keyring in the event of a life-threatening bleed from your fistula or graft

Recognise!

Is your fistula bleeding?
Are you unable to stop the bleed?
Locate your bottle top keyring

Act!

Apply hollow side over bleeding site
Maintain pressure
Secure firmly with a bandage

Get help!

DIAL 999
Tell the emergency services you have uncontrolled bleeding from your dialysis fistula/graft

In many cases LTBs may occur spontaneously at home between Dialysis sessions, away from clinics and caregiving teams. Transplant patients often have working fistula's which although are no longer used for dialysis may still get damaged / cut accidentally.

The bottle top is a very easy and effective method on controlling LTBs with providing direct pressure at the site of the bleed giving you vital treatment before Dialling 999.

More information is available at any of the renal centres and within the web page of Kidney Care UK.

Quality Improvement Scheme—Peritoneal Dialysis

The Peritoneal Dialysis (PD) team is currently undertaking a quality improvement project in a move to improve quality of life in peritoneal dialysis patients.

Renal Specialist Nurse Emma Cooper and Lead Renal Dietitian Alison Zientek are aiming to reduce the number of patients who experience complications with their peritoneal dialysis treatment, from issues surrounding constipation.

We have developed a pathway for early identification and intervention for patients choosing PD as their preferred method of renal replacement therapy.

These patients initially receive a thorough review of their dietary fibre intake and bowel habits by the dietitian. Following this the dietitian will make recommendations to dietary intake and may choose to introduce a soluble fibre supplement to improve bowel frequency.

Nutrinovo, have kindly supported this project with the donation of HyFIBER - a soluble fibre supplement.

The overall aim of the project is to improve patient experience, facilitate a smoother transition onto home dialysis treatment and reduce hospital admissions associated with constipation and ineffective dialysis treatment.

Early indications are showing great results with both prospective and current patients and we hope to be able to update you with the results of the project within the next 3-6 months.

Recipe

Spicy Barbeque Chicken

Serves 4

Ingredients

4 Chicken breasts, skinned
2tbsp Low fat natural yoghurt
25g Plain flour
1tbsp Red wine vinegar
2tbsp Sunflower oil
4tbsp Lemon juice
1 Garlic clove, skinned and crushed
1tsp Ginger root, grated
1tsp Paprika
1tsp Crushed peppercorns



Method

- 1) Mix the yoghurt, flour, vinegar, oil, garlic, paprika and peppercorns with 2tbsp of lemon juice.
- 2) Make parallel slits in the chicken, about 1cm apart, and sprinkle with lemon juice.
- 3) Place the chicken in a bowl and cover with the yoghurt mixture. Chill for several hours turning occasionally.
- 4) Grill or barbeque the chicken for 10-15 minutes on each side until the juices run clear.

Serve with... boiled potatoes or rice and a boiled vegetable or salad of your choice.

General Data Protection (GDPR) Regulations

As from November 2022 and every month after that date, members depending on the date they joined Doncaster & Bassetlaw Kidney Association, I will be contacting you asking you to update your contact details.

This will be via a letter and a copy of your membership application form plus a blank membership form.

All you need to do is fill out the new membership form and return it to me, the membership secretary, as soon as possible.

I will then send you a new updated membership card.

I know this sounds frankly rather silly but since the Government GDPR came into force this is what the law requires us to do.

So please send your form back as soon as possible thus enabling us to uphold the law. After a period of three months unreturned forms will mean your DaBKA membership unfortunately will cease.

Malcolm Fielding
Membership Secretary

National Kidney Federation Helpline

We run the only free UK Helpline dedicated to kidney patients with two fully trained, experienced advisers providing a 5 day per week service to kidney patients, carers and healthcare professionals and renal units.

The NKF Helpline is open from 9am until 5pm Monday to Friday on **0800 169 09 36**.



The NKF Helpline is also the UK's largest provider of kidney-related medical information leaflets with a library of over 200 titles written by nephrologists in simple language for patients and carers.

The NKF Helpline can provide information about chronic kidney disease (CKD), dialysis, transplantation, living donation as well as benefits information, dietary advice and holiday information.

Our advisers Stephen and Linda are waiting to help on **0800 169 09 36**.



Malcolm's Puzzle Pages

WORD SEARCH

LANDLOCKED COUNTRIES 2

In the grid below are the names of fifteen worldwide landlocked countries. They are written forwards, backwards, vertically, horizontally or diagonally. All are single word answers. Good luck.

S	W	I	T	Z	E	R	L	A	N	D	Y	A
E	D	W	A	P	M	Q	E	B	I	E	A	Z
R	C	A	X	V	Q	U	S	L	G	H	U	C
B	D	L	I	H	K	I	O	T	E	O	G	N
I	F	A	J	S	D	V	T	M	R	W	A	A
A	R	M	E	N	I	A	H	O	A	I	R	T
B	D	F	U	Q	U	T	O	N	N	P	A	S
M	N	R	Y	G	V	W	C	G	A	D	P	I
F	U	E	L	P	A	U	Z	O	W	X	P	K
B	A	M	R	L	F	N	G	L	S	Y	E	J
B	O	L	I	V	I	A	D	I	T	N	H	A
D	G	A	R	R	O	D	N	A	O	P	J	T
P	W	M	P	D	I	W	B	A	B	M	I	Z

NONAGON

How many words of four letter or more can you make from the graph below?

Each letter can be only used once and each whole word must contain the letter in **bold red** in the centre of the graph.

See if you can find more words that can be found on page 26.

W	K	R
A	W	Y
L	D	A

DaBKA Promotional Items

We now have in stock a large selection of promotional items. If you would like to purchase any items, please contact us on 07444 281 141, or email fundraising@dabka.org.uk



Pin Badge
£1

Coaster
£2



DaBKA
wristband
£1

DaBKA Promotional Items

**Mugs
which hold 150ml
£3.75**



**Mugs (logo)
£4.99**

**Our ever popular pens
£1 for two pens**



DaBKA Promotional Items



DaBKA T-shirt
£7.99



Baseball Cap
£4.99

DaBKA Promotional Items



**Sports
Bag
£4.99**

**Keyrings
£1.50**



We have in stock a large selection of promotional items.

If you would like to purchase any items, please contact us on 07444 281 141, email fundraising@dabka.org.uk

Malcolm's Puzzle Page Answers

I hope you enjoyed completing the puzzles on pages 20 & 21

Here are the answers:

Landlocked Countries 2 Answers

Andorra, Armenia, Bolivia, Botswana, Burundi, Lesotho, Malawi, Mongolia, Niger, Paraguay, Serbia, Switzerland, Tajikistan, Uganda, Zimbabwe.

Nonagon Answers

Awkward, Award, Rawly, Awry, Away, Dawk, Draw, Wady, Walk, Wary, Yawl, Ward, Wary, Drawl, Walkway, Wawl, Wayward.

AWKWARDLY

Malcolm Fielding

Ways to donate to DaBKA



There are several ways you can donate to DaBKA should you wish to do so.

- If you would like to do a sponsored event, we can provide you with sponsor forms and practical help
- DaBKA's Just Giving page: [JustGiving/dabka](https://www.justgiving.com/dabka) It is really quick and easy to set up a fundraising page
- Make a donation by PayPal at our website: www.dabka.org.uk
- Send a cheque made payable to DaBKA to:
DaBKA, 6 Medley View, Conisbrough, Doncaster
DN12 2DT
- Set up a standing order -
DaBKA's Bank account details:
Account number: 00056302
Sort code:30-17-00



See page 4 for details

Free Blood pressure monitor for local kidney patients



Monitoring blood pressure is one important way that patients can take care of themselves.

Blood pressure readings provide a good indicator that everything is well, or that you should seek medical advice.

One of DaBKA's most successful projects so far has been providing our local patients with free blood pressure monitors.

We have handed out over 500 blood pressure monitors since we started the scheme in May 2009.

If you are a local patient and would like a blood pressure monitor, please ask at your local renal unit or contact us on 01302 532446.



Please note—this may not be the make and model that you receive

Free Fistula / Transplant Wristbands for local patients

We stock silicone wristbands that patients can wear if they wish to do so. These wristbands, hopefully, will help to alert medical staff in the event of an emergency that a patient has a fistula and / or has had a kidney transplant.

We hope that this may prevent fistula arms being used to measure blood pressure, take bloods etc. And also help prevent inappropriate medication being used.

We have wristbands available for left and right arms.

The sizes available are: 20cm (regular) and 22cm (large) we also have 24 cm bands.

The wristbands are free to kidney patients in our local area.
(or £1.50 each including postage and packaging if you are not in our local area).



Kidney Care UK Grants



Kidney Care UK provide grants for kidney patients.

They can help with the cost of domestic bills such as car insurance and tax, heating costs, telephone installations, and TV licenses.

They may also help with the purchase of domestic goods like washing machines, fridges, freezers and carpets.

They also give grants to families and individuals towards the cost of a basic holiday in the UK or overseas. The grant can be used to cover the total cost if most, or it can be used as a contribution to the final cost of the holiday.

Grants are also available for education and training and also some travel costs.

There are conditions and limitations attached to the grants and application forms will need to be signed by your medical team.

A full list of grants offered can be found at www.britishkidney-pa.co.uk, or by calling 01420 472 021.

Kidney Care UK also provide an advocacy service and can help with any renal related matter. Please see www.britishkidney-pa.co.uk or call 01420 472 021.

Counselling & Support Service Provided by Kidney Care UK



Our counselling and support service is available to all patients and their families. Contact our Renal Counsellors by calling **01420 541424**.

Living with a long-term illness such as chronic kidney disease can turn anyone's world upside down. You're not alone. Here at Kidney Care UK we understand the impact of chronic kidney disease. It can be exhausting and stressful for patients, carers, families, and loved ones.

We all go through times of worry, fear and uncertainty when facing changes in our lives - especially ones that involves our health. At these difficult and uncertain times, whilst some people prefer to make use of their own support network, others may prefer to speak with someone impartial and separate from friends and family.

You may feel you could do with some support, information and guidance but find it difficult to know where to begin.

Whether worried about dialysis options, transplantation or simply managing everyday life, our Counsellors are able to listen and offer help and support to those who are unable to access counselling services in their local kidney unit.

From DaBKA: Please remember, if you are having any difficulty whatsoever, you can ALWAYS speak to a member of your local renal team.

Useful contact numbers

Doncaster and Bassetlaw Kidney Association

Denise Holliday – Secretary 07444 281 141
Email: admin@dabka.org.uk
Web: www.dabka.org.uk

Doncaster Royal Infirmary: Switchboard 01302 366666
Ward 32 (24 hour number) 01302 642721 / 642732

Renal Outpatients Monday – Friday 8am to 4:30pm
01302 642722

Renal Outpatients Manager:
Debbie Starbuck 07770 748730
debra.starbuck@nhs.net

Renal specialist nurses:
Clinic Nurse **Sarah Child** 01302 642725 / 01302 642722
sarah.child@nhs.net

Emma Cooper 07879 492981
emma.cooper12@nhs.net

Michelle Johnson 07990 551067
michelle.johnson47@nhs.net

Christopher Silva 07748 020044
christopher.silva@nhs.net

Pre Dialysis Sister:
Claire Mitchell-Haynes 01302 642726 / 07920 085327
clare.mitchell-haynes@nhs.net

Home Haemodialysis Sister:
Mercy Dartey 01302 642738 / 07831 340027
mercy.oforidartey@nhs.net

Bassetlaw Haemodialysis Unit: 01909 511 150
Dearne Valley Dialysis Unit: 01709 599 190