

Renal Program Newsletter

Information for patients & family, staff and physicians in the Renal Program

Issue #1

Hours and Clinic Changes:



Hours and Holidays:

All ambulatory clinics will be closed December 23rd – January 3rd inclusive and will re-open Monday January 7th, 2020.

All hemodialysis units will be closed in recognition of the statutory holidays on Wednesday Dec 25 and Wednesday January 1st and will shift operations as follows:

🕒 **Kingston, Belleville, Smiths Falls, and Napanee** hemodialysis units will be open Sunday, December 22nd, and Sunday, December 29th.

🕒 **Bancroft** will be open December 23rd, 26th, 28th, and 30th and January 2nd and 4th.

🕒 **Picton** will be open December 23rd, 26th, 28th, and 30th and January 2nd and 4th.

All units will resume normal hours on Thursday, January 2nd.

Your unit will communicate these hours to you.

Please see your charge nurse for specific requests.



Dietitian's Corner

Nutrition is a major part of our patient's autonomy and Registered Dietitians are here to support aspects of their kidney disease that they have control over.



Michelle Ival, RD: The dietitian for transplant and peritoneal dialysis patients.
Ext: 4995

Jenny Munroe, RD: The dietitian for patient's undergoing hemodialysis treatments at home and at the satellites (the Bancroft and the Napanee Dialysis units). Jenny is our main dietitian for the Multidisciplinary Chronic Kidney Disease Clinic.
Ext: 4308

Jodi Grifferty, MScFN, RD: The dietitian for in centre hemodialysis patients undergoing dialysis on the Mon/Wed/Fri shift at KGH, and at the satellites (the Picton and the Perth Smith Falls Dialysis units). Jodi is also our dietitian for the Specialized Kidney Clinic.
Ext: 7824

James Wilson, RD: The dietitian for in centre hemodialysis patients undergoing dialysis on the Tues/Thurs/Sat shift at KGH, and at the satellites (the Brockville and the Belleville Dialysis units).
Ext: 3208

Social Work Connection

The renal program has two social workers available to all patients and families. Renal social workers primary focus is assisting patients/ families to deal with the social and emotional impact of kidney disease. Renal social workers provide psychosocial assessments, counseling, education and referral to community agencies including transportation resources.

For assistance please contact:

Cindy Fitzpatrick MSW, RSW

Renal Social Worker
Renal Unit T/TH/Sat, MCKC, PD
613-549-6666 x.4958

Ann Larson, MSW, RSW

Renal Social Worker
Renal Unit M/W/F, Satellite clinics,
Home HD
613-549-6666 x.2746

Welcome New Members and Farewells



We would like to extend our sincere thanks to Wilma Cohrs, Program Manager for the Renal Program, and extend our congratulations to her as she retires from Kingston Health Sciences Centre. Wilma's last day will be Friday, January 10th, 2020. Wilma started her employment here in 1993 as a registered nurse in the renal program, and in 2001 advanced to the role of nursing manager for the renal program. Last year marked a significant milestone for her of 25 years at KHSC!

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Pharmacist's Corner: Flu Shot



Roll up your sleeve - It's flu shot season! The flu shot can help protect you and the people around you from the flu. If you haven't already gotten your flu shot, make sure to ask your doctor or pharmacist today! To help prevent the flu from spreading, make sure you avoid contact with people who are sick, wash your hands with soap and water often (if not available, you can use hand sanitizer), and cover your mouth and nose when you cough or sneeze.

Patient Family Advisory Council Update

We're now four years old and we're growing! We had only 5 members when we held our first meeting in the fall of 2015. There are now 13 of us with another expected soon. Advisors are engaged in education, website redesign, quality improvement working groups, the transplant program and a variety of other activities. Our most recent initiative, along with staff members, is this Newsletter. Kudos to Advisors Charlie Benson and Phyllis Davis for spending long hours preparing this impressive information brochure. Charlie is a transplant recipient (almost 9 years) and before that was on peritoneal dialysis. Phyllis was her husband Chuck's caregiver for a number of years and stayed by his side in hospital for almost 6 months before his death. She lives on Big Island in Prince Edward County. We will be highlighting

other Advisors in future issues. We're a diverse group!

Living Kidney Donor Program: Health Canada Inspection:

The Live Kidney Donor (LKD) program recently underwent a four-day inspection to verify the program's compliance with Health Canada regulations. Massive effort was put into preparing for the inspection to ensure success and this work paid off as the program has learned that they have received top marks from Health Canada. Work for the inspection started many months before the actual site visit and included an internal audit conducted by an outside reviewer to help flag any areas for the team that required attention before the Health Canada inspection.



From the final report no critical risks were identified and the program received a grade of 'Compliant', which is the highest mark an organization can receive.

"This particular inspection was our first one since the LKD program was introduced at KHSC and we really wanted to make sure we went above and beyond and had everything ready so that no questions went unanswered", says Marika Rowe, Quality Assurance Coordinator. "It was also a great opportunity to bring together all facets of kidney transplant as a team and work

as a cohesive unit to get the required work done."

Nurse's Tips: Falls Prevention

Falls can cause serious injury and hospitalization. No matter your age, have kidney disease can put you at risk for falls. Tips for preventing falls:

- Keep active – even gentle exercise can help increase your strength and balance
- Inform your healthcare team if you've been feeling dizzy or had falls recently
- When standing, if you feel dizzy, sit down in a safe place
- Wear footwear that is supportive, fits properly and non-slip soles
If you have walking aids, bring with you and use as instructed
- Take medications as prescribed and let your healthcare team know if any of your medications have been changed
- Rise slowly from sitting position
- Avoid walking on slippery surfaces
- Wear eyeglasses and hearing aids if you have them prescribed
- Remove clutter and slippery rugs from your floors

Readers Feedback

If you have feedback, suggestions or topics you would like featured in the next issue, please submit your request to: RenalProgram@kingstonhsc.ca