

OKS newsletter

j
President: James Blair Email: james@oks.nz
Treasurer: Karen Macleod Email: karen.@oks.nz
Secretary: Natalie Brown Email: natale@oks.nz



Welcome to Spring

Our AGM was held earlier in the year and the committee are keen to do more with our kidney community. A successful lunch was held at Cableways, and we are looking to have more of these functions and to move around the region, eg Central, South, and North Otago. So if you have a preference let us know. Many thanks to the Glen

McLennan and the previous committee for their hard work over the last few years.

Introducing our new President James Blair



Here is and a small introduction to our president James Blair.

James was born in Canterbury and raised in Queenstown and Dunedin. He is a father to 5 wonderful children and resides in Dunedin. He has a hospitality background and is currently working for the University of Otago in a senior role at a hall of residence. He enjoys sailing, fishing and camping and is looking forward to the summer. He was very fortunate to have had a kidney transplant (from a deceased donor) just over four years ago after being on Haemo Dialysis (HD) at home for just a one year.

He has taken the opportunity with the OKS to give back and help others who are living with similar kidney stories or are just beginning on the journey.

Congratulations Prof Rob Walker



Dunedin School of Medicine researcher Prof Rob Walker has been awarded the prestigious College Medal by the Royal Australasian College of Physicians, for his significant international contribution to understanding and managing kidney disease. PHOTO: SUPPLIED

Congratulations Rob well deserved and we are very lucky to have you looking after us all.

We all appreciate what you do for us along with your team.

It is always interesting to visit a hospital overseas they always tell you

how lucky we are to have you.

Mobile Dialysis Unit (MDU)

Manual VW turbo, diesel campervan, fitted out with a Fresenius 4008B dialysis machine and Gambro reverse osmosis water treatment.

Available through the Christchurch Kidney Society.

christchurch.kidney.society@gmail.com .



58th ANZSN Annual Scientific Meeting & Auxilliary Meetings 2 – 6 September

James Blair (President) and myself (Natalie Brown, Secretary) and Philippa Pringle (online) were lucky enough to attend the above conference James representing the Otago Kidney Society and myself as part of the organising committee for the Consumer Day and Consumer workshop.

I am in the front row in the orange (see photo below) and James is in the last row seated in front of Allan from Southland in the red vest. The consumer day was kindly sponsored by Kidney Health NZ (KHNZ). We had representatives from Northland to Southland and shared some amazing stories with others. One connection that OKS made was with Carmel from Kidney Kids and who we hope to team up with in December to have a combined Xmas function, more on that to come.

In the morning each participant had one minute to say who they

were and a little bit about themselves, we had a mixture of people attending and it was very interesting to hear their stories and share experiences.

In the afternoon we heard from the Bay of Plenty Renal Consumer Council – why and how the group was formed, some of the ideas that they've had so far, how are working with their Consumers/Patients and some plans for the future. Lots for us to learn here and hope we can put some of their ideas in place for our region, especially those in rural areas who don't have easy access to healthcare.

Next we had two speakers from Beat-CKD, the website is very interesting and worth a look. [BEAT CKD | Better Evidence And Translation in Chronic Kidney Disease](#)

The Research Networks of BEAT-CKD include SONG, COCHRANE KIDNEY AND TRANSPLANT, ANZDATA, AKTN AND CARI. These networks provide a lot of research for improving the health and wellbeing of renal patients. I am on the Consumer Advisory Panel for Australia and New Zealand Dialysis and Transplant Registry (ANZDATA), again their website is worth a look [ANZDATA - Australia and New Zealand Dialysis and Transplant Registry - ANZDATA](#). I am also on the Consumer Advisory Bard for the Australasian Kidney Trial Network (AKTN). It is a wonderful opportunity that I have been appointed to both these organisations and to have some input into the research being undertaken from a consumer perspective.

After afternoon tea the speakers were very informative as well as providing some interesting information, first ups was Hilary Dumbleton talking on Food Matters – Renal Nutrition, Tracy Drinkwater on Wellbeing for renal patients and had us dancing in our seats, and lastly Dr Anne Collins from Dunedin who gave an update of skin cancer prevention and introduced an app that is being developed to detect skin cancer.



Fundraising and donations

The Otago Kidney Society is looking at holding more events, as well as lunches some informative morning or afternoon teas with guest speakers to help with well being and providing more support as in care packages for patients, any suggestions warmly welcomed.

Our bank account for donations is The Otago Kidney Society,

Westpac, 03-09030387648-00

Social Get Togethers

Our next function will be held in Central Otago around the end of September beginning of October details will be sent out shortly.

We are also hoping to hold a Xmas Function in conjunction with Kidney Kids on the 9th December further details will be sent out closer to the event



Christchurch Kidney Society Cookbook

The cookbook is available from the Christchurch Kidney Society for \$10. It has been created with a Renal dietician. Each recipe has phosphate and Potassium levels and links to recommended recipe sites. christchurch.kidney.society@gmail.com

