

Otago Kidney Society Inc
(OKS) - Autumn edition

OKS newsletter

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



Welcome to Summer

Our AGM was held earlier in the year and the committee are committed to engaging as much as possible with our kidney community. A successful lunch was held at Cableways, and another in

Cromwell, as we look to getting around the region. Many thanks to the outgoing president Glen McLennan and the previous committee for their hard work over the last few years.

Events coming up



Christmas Party

This year Otago Kidney Society and Kidney Kids NZ are combining their Christmas parties.

Date: Saturday 9th December 2023 **Time:** 12:00pm – 2:30pm
Where: Fuel Hall, 78 Main Road, Fairfield, Dunedin
Please RSVP to lb_edwards@xtra.co.nz **ASAP**

Food will be provided (pizzas) There will be a Frosty J and some games for the children should be fun to watch, some face painting and a balloon artist. Some cake and a cup of tea or coffee will also be supplied.
There may also be a little gift supplied by santa.

We so look forward to seeing you on **Saturday 9th December**



Introducing our Treasurer Karen MacLeod



I was born in Oamaru in 1958 and lived there until I was almost 5 years old. My family then moved to Dunedin. I am married to Stewart MacLeod and we had three daughters. Our middle daughter, Catriona, suffered from Landau Kleffner Syndrome and died at the age of 11 in a seizure. Over the years we received help from the IHC and the Crippled Childrens Society which is now the CCS Disability Action. I understand how important providing support to people is.

Our other 2 daughters Bridget and Siobhan are adults with their own families now.

Stew and I worked together for 40 years running an electrical and mechanical services design consultancy business. This year we retired and now have time to visit family and friends, to look after our garden which has never looked so good and I now have time to do more family history research for both our families.

In April 2011 we went to Auckland to be part of the first Paired Kidney Exchange (PKE) in NZ. I donated my kidney to a man from the North Island and an altruistic donor donated his kidney to Stewart. Four separate operations in one day. It was a very successful and rewarding experience.

I have been the Treasurer of the Otago Kidney Society for over 3 years and enjoy being on the committee and being able to help our members. I also enjoy meeting our members at the luncheons we hold each year.

I hope I will see you at our Christmas Function.

Care Packs

James our president visited the Dialysis Unit on Friday 27th October and delivered our new Care Packs to patients. The committee have worked hard to get these up and running and special thanks to James who went door knocking and asking for donations.

Photo of James talking with Bruce with the care pack on the table.



We wish to thank the Linus Chin Memorial Donations for the wonderful gift of money that enabled us to buy what was needed for these bags.

In Memory of Linus Chin

CHIN, Linus John. On May 23, 2023, unexpectedly at Dunedin Hospital; aged 61 years. Forever the life and love of Leanne and Kendall, beloved youngest son of May and the late Jack, cherished brother of Jasmine, Simon and Caroline, Rose and Alan, the late Felicity, Trina and Martin, loved son-in-law of Sun and the late Kai Jue Young, brother-in-law of Gary and Carol, Sharon, Teresa and Tammy, and Ben, loved and respected uncle of Thomas and Sophie, Eloise, Christopher and Katy, Matthew and Chang, Grace, Emily, Elliot, Rodney, Chris and Rita, Tracy and Scott, Sarah and Mark, Nicole and Pete, Courtney and Alex, and David, great uncle of James, Charlotte, Samantha, Luke, Ella, Boston, Ava, Blake, Luke, Jack, Olivia, and Curtis. Thanks to all of the doctors and staff of Dunedin Hospital who took part in Linus' care. "He was the best of all of us who has gone far too soon. He will be remembered forever by all". Tight lines Linus.

In lieu of flowers donations to the Otago Kidney Society were made by family and friends. This enabled the OKS to use the funds to support the existing and new dialysis unit patients by providing them with care packs.

The care packs contain many items that the patients can use while on dialysis to make life easier for them. Some of the items are a pen and

notebook, lip conditioning stick, bamboo facial cleansing wipes, a Sudoku puzzle book, Coffee vouchers from the café at Dunedin Hospital.

Many thanks to Linus Chin's family and friends from The Otago Kidney Society.

We also wish to thank the following for their help and support.



• Dispensary Cafe Dunedin Hospital



World Transplant Games

New Zealand Transplant Games Association held its Annual General Meeting recently on Wednesday 25th October.

The next World Transplant Games are in Dresden Germany, held between 17 and the 24 August 2025. So if you are keen to participate get in touch with the NZ Transplant Games Assoc transplantnewzealand.org.nz/contact/. It costs \$50 to become a member and they will provide help and support to get to the games and arrange registration etc.

I finally made the decision to enter this year after having it on my bucket list for 29 years it was one of the most amazing experiences in my life. It was wonderful to meet other athletes and hear about their experiences. I only decided to attend a few months before the games were held. When I heard it was in Perth Australia, where my brother who was my donor lived and could also participate, I definitely had to go. I decided to play golf but did not expect to win any medals but just to go and experience the atmosphere and compete.

Here are some of the photos, The team on the bridge before entering the Optus Stadium and what a thrill walking out onto the field.



My brother and I before competing in the golf



I got asked to play in the pairs with another transplant competitor Dave Swarbrick from Tauranga. I was a little nervous but he was wonderful to play with and we won a bronze medal which made the experience even greater. Dave has competed in 5 World Transplant games and we are keen to play in the pairs again in Germany. The above photo in our golf cart ready to compete. We played two South Africans. Photo with our bronze medals.



I played in the individual competition with two girls from the US and to my surprise won the gold, with the UK coming second and third.



Shared Goals of Care Plan

This year I have been the Consumer Representative on the

Steering Committee for rolling out the Shared Goals of Care Plan .
The following is information you should know for your next visit to hospital.

Overview:

- Shared Goals of Care has been implemented in Te Whatu Ora Southern- Dunedin, Lakes, Southland.
- Rural sites are also in the process of implementing or have implemented
- Applies to patients over 18 years of age, in adult inpatient areas (excluding mental health and maternity at this stage)
- Discussion may occur at outpatient clinics or preadmission for planned procedures as part of planning for an admission event.

Aim:

Patients, their whānau, and clinicians are clear about the intended goal of each admission. It also reduces the risk of a patient receiving unwanted or unwarranted treatment.

Tell our health staff what matters to you

Our health staff looking after you would like to talk with you and your whānau about the goals of care for your admission. This will help you get the care and treatment you want while you are in hospital.

No one knows you and your body like you do. But it's not just your physical health they would like to hear about – it's also your hopes, worries, values, and plans for the future.

Who will be talking to you?

In most cases, with your permission, a doctor or senior nurse will talk with you. They will ask if you would like members of your whānau or a support person with you during the discussion.

Who can you include in the conversation?

This is a discussion about you – your thoughts and decisions. You can include anyone you want, such as members of your whānau or your nurse. You are free to choose who is involved.

It is ok for you to change your mind

Just let your Nurse or Doctor know at any time and together you will review your goals.

What will they talk to you about?

They will ask you about what is most important to you and your whānau.

This is a chance to talk about:

- your understanding of your medical condition and anything else you would like to know about it
- your priorities if your health did change
- what concerns you and what gives you strength
- what abilities are so important to you that you could not imagine life without them
- how much would you be willing to go through for more time.
- your cultural and spiritual requirements

About Shared Goals of Care

Most of the time, the care or treatments in hospital go to plan. But unexpected things can and do happen. Keeping you involved in your own care and decisions is a big part of getting you better sooner.

If something were to happen and you were not able to tell us what you would like, have you thought about what you and your whānau would want the main goal of your care to be?

- Would you want them to try all treatments that could help get you back as close as possible to your former self?
- Would you want them to get you well enough to go home to give you more time to be with your family and whānau?
- Would you want to let your body decide its own natural pathway?

It is different for everyone, and there are times when what we want is just not possible, but we need to talk about it. That's what shared goals of care are about.

Shared Goals of Care are not:

- Permanent — you can change your mind at any time during your admission
- Ongoing — for your next admission to hospital
- An Advanced Care Plan — talk to your Doctor or Nurse, or contact your GP to make an advanced care plan

For more information go to

[https://www.hqsc.govt.nz/our-
programmes/patient-](https://www.hqsc.govt.nz/our-programmes/patient-)

[deterioration/workstreams/shared-goals-of-care](https://www.hqsc.govt.nz/our-programmes/patient-deterioration/workstreams/shared-goals-of-care)

