

OKS newsletter

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Welcome to the Otago Kidney Society (OKS) Summer 2024 newsletter

Message from the Committee

Welcome to Summer and the holiday season

We have had a busy year with a number of lunches, Sunday 7th April at the The Thomas Green Public House & Dining Room, Gore, Sunday 11th August at the Rope and Twine, 1st December at Moeraki. We have had a great turnout to our lunches and look forward to seeing everyone again next year plus newcomers a great chance to meet and make new friends. One of the ideas for a venue in the new year is the Chatto Creek Hotel, if you have any suggestions of venues or places let us know as we try to get around the region as much as possible.

A very successful World Kidney Day at the Warehouse and we are looking to be there again next year keep the 13th March 2025 free to come visit us and possibly get a blood pressure test or buy a raffle ticket.

Thank you to the Otago Classic Motoring Club for making us their charity at this year's Auto Spectacular and we received \$4,000 from their donations.

Our AGM will be held in March and we will let you know the date early next year, we have some room on the committee for some new members, we are only a small group and we do the best we can to provide as much support as we can to our community. Unfortunately for us we will be losing our president James who has done some amazing things this year getting products for our gift bags, arranging the Warehouse for World Kidney Day and

organising some stickers for us to put on brochures about Kidney Health, we will miss him and his enthusiasm.

We were very fortunate to receive a number of donations this year. Thanks to all the generous people who thought of us and gave us money to enable our Society to help our kidney community. We have big decisions to make next year about how best we spend some of the money in helping those that are in need and how to get the best use of our money. It will be good to keep our capital intact and use the interest earned each year to provide support. Please contact us if you have any ideas. At present we provide \$10 per person towards our lunches.

Many thanks to the following for their generous gift.

Joanne H Brooks - Kay Banning Memorial Donation	-	50,000.00
Westpac bank - World Kidney Day Donations from Public	-	93.80
Stewart MacLeod - Donation to OKS	-	180.00
Dr A McDowell - In memory of Jock Allison by McDowells	-	200.00
Campbell & Sons Funeral - In memory of Jock Allison from Funeral Service	-	542.00
Julie Marie Tse - In memory of Jock Allison from Julie & Peter Tse	-	103.90
Nora Chee - In memory of Jock Allison from Nora & Chris Chee	-	424.49
Autospectacular - Autospec Public Donations \$17 + \$2 for Raffle Cards	-	19.00
Gilmour Motor Group - Emma Gilmour Giving Back Donation	-	250.00
Kevin G Winders - Wine & Gift Basket Raffle Money	-	125.00
Otago Classic Motoring Club - Otago Classic Motoring Club - Autospectacular Donation	-	4,000.00
	-	55,938.19
	-	55,938.19

OKS provided some money to the Dialysis Unit to buy a new Christmas tree and some new decorations to bring some Christmas cheer to the Dialysis Unit over the festive season, and some presents for the Christmas tree.

Please if you receive the newsletter by post and you have an email address, can you please email info@oks.nz so we can save a bit of time and money getting the newsletter out.



Events

Otago Kidney Society Christmas Lunch



A group of 17 OKS members attended our Christmas lunch at the Moeraki Tavern on Sunday, 1st December. There was representation from Southland, Central Otago & the Maniototo, Hampden & Dunedin. We couldn't have wished for a better day – it was warm & sunny & the sea looked really inviting if we had thought to bring our swimming togs. Our meals were great & staff were very helpful.

Our next get-together will be somewhere in Central Otago eg Chatto Creek (just out of Alexandra on the road to Ranfurly) in late March/early April when we hope to see a good crowd again.

More information will follow in the New Year.

Liz Edwards



Tākihi Hauora Aotearoa

Prevention • Support • Research

Update from Kidney Health New Zealand (KHNZ)

2024 has been an exciting year for Kidney Health New Zealand with significant milestones achieved in advocacy, innovation, and community engagement. This year, we expanded our kidney testing events nationwide, screening over 1,300 people, including many in our at-risk communities. Our digital assistant, Kiri, has revolutionised access to kidney health information, offering 24/7 tailored advice to help manage chronic kidney disease (CKD).

We've supported the establishment of a National Kidney Collective with representation from all Kidney Societies throughout New Zealand. The Collective has been created to foster greater collaboration and connection among patients and the organisations supporting them. Additionally, we engaged Atlantis NZ to conduct a Patient Journey Mapping Project to help identify further opportunities to improve CKD care and support services.

Our advocacy efforts have focused on systemic issues like the National Travel Assistance scheme and equitable access to medication through PHARMAC's Consumer Working Group. We've also continued to utilise data from our Dialysis Capacity Report to highlight critical gaps and inform discussions with politicians and other policymakers about the urgent needs of CKD patients.

Kidney Health New Zealand (KHNZ) wishes you all a very Merry Christmas and a Happy New Year. As we look ahead to 2025, we remain committed to strengthening partnerships, advocating for equitable kidney health services, and supporting patients and their whānau throughout New Zealand.

Ngā mihi,

Andrew Baker

CEO, Kidney Health New Zealand

Regards

Andrew

A message from our new Charge Nurse Manager Southern Dialysis Service Nic Holborow

Kia Ora all!

Thank you for the invite to introduce myself to you all as I step into the role as the Charge Nurse Manager of the Southern Dialysis Service.

I am a Southern girl born and bred and very proud of my Te Wal Pounamu roots! I am a fierce advocate of providing accessible, welcoming, kind and compassionate care to all of our patients and their whanau and ensuring we have a service that our nursing and medical staff love working in.

My nursing background is predominately in Emergency Nursing where I have worked for the past 15 years, both in New Zealand and Australia. I have also been fortunate to work in Oncology and Haematology both here and in London.

While Dialysis is a new area for me, I can see similarities between ED due to the collegiality and respect between the medical and nursing teams as well as nurses working top of scope and being experts in their fields. We have an incredible team here in the south.

Out of work I am a mum and a wife and love to spend any spare time with my Tūrangawaewae (Central Otago) by a Lake or on a Mountain.

I look forward to meeting you all over the coming months

Nic Holborow

Charge Nurse Manager

Southern Dialysis Service

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Australasian Kidney Trials Network (AKTN)

The Australasian Kidney Trials Network is a not-for-profit collaborative research group that designs, conducts and supports investigator-initiated clinical trials with the aim of improving life for people living with Chronic Kidney Disease (CKD). The following is one of the Trials being conducted by AKTN>

GOAL



ENHANCING PATIENT-CENTRED CARE

The GOAL Trial: Comprehensive Geriatric Assessment for Frail Older People with Chronic Kidney Disease to Increase Attainment of Patient-Identified Goals: A Cluster Randomised Controlled Trial

Doctors and researchers in the GOAL trial are studying how to improve the health and wellbeing of older frail people with chronic kidney disease (CKD).

The number of patients with CKD is increasing in Australia and worldwide.

Older patients with CKD are often more frail and have complex health problems. We know that everyone has different needs and goals, and each person should get care or treatment suitable for that person.

The GOAL trial is aiming to find if a detailed medical review by a geriatrician (a specialist doctor in the care of older people) can help patients improve their health and wellbeing and achieve their goals. This detailed medical review is called a 'Comprehensive Geriatric Assessment'.



Professor Ruth Hubbard

This trial focuses on improving the health of frail older people with chronic kidney disease, and helping them reach their own goals of care. It is designed and overseen by a group of researchers, patients, and carers. We aim to generate evidence that will inform health care policy and guidelines. The input of patients and carers will ensure that results of our study are

GOAL

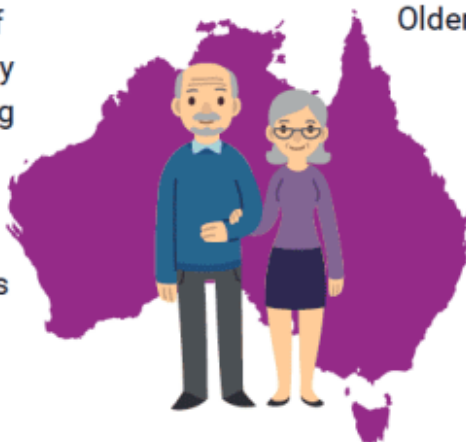
ENHANCING PATIENT-CENTRED CARE

The GOAL Trial

Doctors and researchers are studying how to improve the health and wellbeing of frail older people with chronic kidney disease

In Australia, the number of patients with chronic kidney disease (CKD) is increasing

Older people with CKD often have complex health problems



Older patients with CKD are often more frail

Everyone has different needs and goals

Care and treatment should be tailored for each individual

Researchers are trying to find out if a detailed review by a geriatrician (a specialist in the care of older people) can help patients improve their quality of life and life goals

The detailed medical review is called a 'Comprehensive Geriatric Assessment'



In this clinical trial half the patients will receive a review with a geriatrician and the other half will receive their usual care



You will be asked to set some personal goals.



After 3, 6 and 12 months, we will review your goals with you and ask you to complete a short survey.



We will collect medical information from your hospital records and during your clinic visits.



Contact your kidney doctor or their team for further information