



Winter 2018 Issue

www.lhsc.on.ca/renal

World Kidney Day 2018

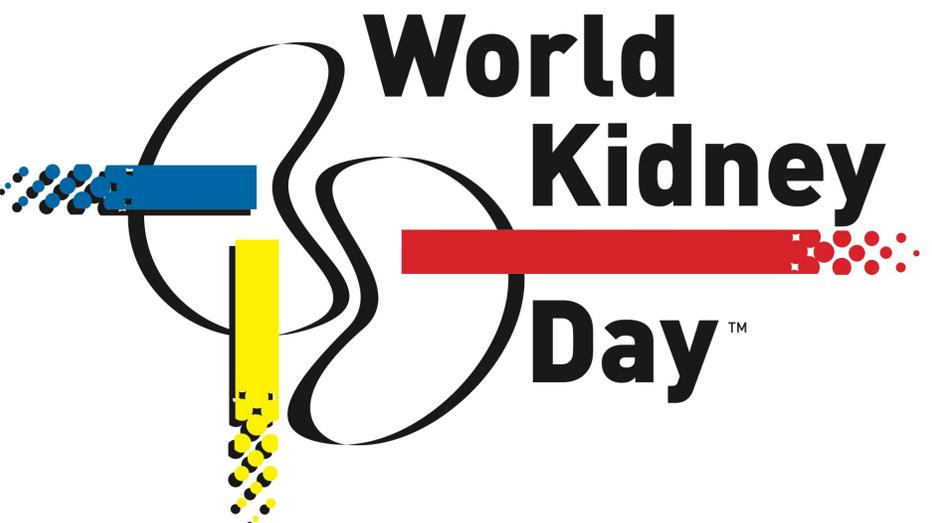
World Kidney Day is a global awareness campaign aimed at raising awareness of the importance of our kidneys to our overall health and at reducing the frequency and impact of Kidney Disease and its associated problems worldwide. World Kidney Day is a joint initiative of the International Society of Nephrology (ISN) and the International Federation of Kidney Foundations (IFKF). The theme for 2018 focuses on Women's health and Chronic Kidney Disease. "Chronic kidney disease (CKD) is a worldwide public health problem with adverse outcomes of kidney failure and premature death. CKD affects approximately 195 million women worldwide and it is currently the 8th leading cause of death in women, with close to 600,000 deaths each year." The autoimmune disorder lupus, which affects more women worldwide than men can cause CKD, and pregnancy related complications can increase the risk of kidney disease for women. "There is a clear need for higher awareness, timely diagnosis and proper follow up of CKD in pregnancy."

References:

<http://www.worldkidneyday.org/2018-campaign/2018-wkd-theme/>

Help Us Celebrate World Kidney Day in London!

The event will be celebrated this year on **Thursday March 8, 2018**. The London Branch of the Kidney Foundation and The Renal Patient & Family Advisory Council, along with the LHSC Renal Program are teaming up to promote World Kidney Day in London this year. They will be in the community visiting the YMCA, 382 Waterloo Street from 9am to 12noon, and the Movati Club North, 755 Wonderland Rd N from 4pm to 8pm to talk about kidney disease, share personal stories of what life is like for someone with kidney disease and to promote World Kidney Day. They will also be located at LHSC, Victoria Hospital in the B2 Atrium from 9am to 4pm to raise awareness to the public around kidney disease. Please stop by one of these locations on Thursday March 8, 2018 to Celebrate World Kidney Day!



Tax Tips for Kidney Patients

As tax time approaches, I was asked to share some information about income tax assistance measures that are relevant for people with kidney disease. Please visit the Kidney Foundation of Canada website, and look at the “Tax Tips” document for more detailed information and additional options that are available. Or you can also ask your social worker for a copy.

<https://www.kidney.ca/taxtips>

The Canada Revenue Agency CRA provides detailed instructions at www.cra-arc.gc.ca or by calling 1-800-959-8281.

There are two tax credits that are most often used by people with kidney disease and they both reduce the amount of income tax you owe.

The Medical Expense Tax Credit

This is a non-refundable tax credit that you can claim for a wide range of medical and related expenses including travel expenses (such as meals, mileage, vehicle costs, and accommodations), home hemodialysis machine expenses (such as alterations to your home, repairs and maintenance, and operating costs of the home that are related to the machine), organ transplant costs (including insurance premiums, travel and accommodation), prescription drugs and medications, and drugs and medical devices bought under Health Canada’s Special Access Program. Your expenses have to be more than 3% of your net income (line 236) or \$2,237, whichever is less.

The Disability Tax Credit

This tax credit helps people with disabilities or their caregivers reduce the amount of income tax they may have to pay. Because dialysis is a life-sustaining therapy, people on treatment meet the criteria. Your renal social worker will talk to you about this credit when you start dialysis, and provide a form for completion by the medical team. We recommend that everyone on dialysis applies. You only have to apply once and it applies for all years going forward that you are receiving treatment.

Another program to take note of is the Registered Disability Saving Plan (RDSP) which is a federal program that is similar to paying into a private pension plan, but the government matches your contributions up to a certain amount. If you are under 60 and have a disability, it can help you become more financially secure. For more information, visit www.cra-arc.gc.ca/rdsp.

Many communities offer volunteer tax preparation clinics to help you file your tax return if finances are tight for you. You can find these by calling 1-800-959-8281. In London, the neighborhood resource centres offer these.

Please ask to speak to your renal social worker for more information about these and other tax tips.



Submitted by
Selena Buma,
Social Worker,
Renal Program

The Home Hemodialysis Utility Grant

The Home Hemodialysis Utility Grant offsets the added utility (electricity and water) costs for patients who are conducting hemodialysis treatments in their homes. The grant was created by the Ontario Renal Network and its Regional Renal Program partners as part of the Home First Strategy. It is funded by the Government of Ontario. Depending on the type of equipment used in a home hemodialysis set-up and municipal water rates, there can be additional costs for patients. The Home Hemodialysis Utility Grant is intended to support patients' treatment at home by helping to offset these additional costs.

Am I eligible?

To be eligible for the Home Hemodialysis Utility Grant you must live in Ontario, conduct home hemodialysis treatments as part of a Regional Renal Program, have a valid OHIP card, and you or a family member must pay for the utility costs (water, electricity, or both) in your home. All you need to do is show a copy of your water and electricity bills to your Regional Renal Program. If you only pay for electricity, you only need to show your electricity bill. Similarly, if you only pay for water, you only need to show your water bill.

How do I enroll?

If you are on home hemodialysis and wish to enroll in the Home Hemodialysis Utility Grant, please provide a copy of your recent water and/or electricity bill to the Home Dialysis Coordinator at your Regional Renal Program. The Coordinator will submit your utility information to the Ontario Renal Network for the next cycle of reimbursement. Once you are enrolled, you only need to provide utility bills if you move. As part of updating water rates, you may be asked by your Regional Renal Program to provide a copy of your water bill once every two years.

How often will I receive a grant?

You will receive a grant to help offset your utility costs twice each year. Each grant will be for a six month period of home hemodialysis treatments. This will be paid to you by your Regional Renal Program hospital via cheque or electronic funds transfer. Grants will be given for any time on home hemodialysis since April 1, 2017. Please contact your Regional Renal Program for more details.

What if I have questions?

If you are a current home hemodialysis patient or deciding if home hemodialysis is an option for you, please speak to the Home Dialysis Coordinator at your Regional Renal Program.

How is my grant determined?

Your grant is based upon the equipment used in your home hemodialysis set-up, your municipal water rate, the treatment schedule prescribed by your nephrologist, and the proportion of time you have been on home hemodialysis during the six month period. Your grant will be based on which utilities you pay.

Once the Ontario Renal Network calculates your grant, the funds are provided to your Regional Renal Program, which in turn pays the full amount to you – none of the funds are retained for overhead or administration. You can request more details about your specific grant from your Regional Renal Program.

The formula for calculating your grant is as follows:

Calculated water and electricity usage based on your:

- hemodialysis equipment
- treatment schedule

X

For water: Your municipality's water rate
For electricity: Either a standard provincial or Hydro One rate

X

Proportion of time you were on home hemodialysis during the six month period

LAUNCH - THE NEW HEMODIALYSIS PATIENT EDUCATION HANDBOOK

What is this handbook about?

Members of your healthcare team at London Health Sciences Centre have written this handbook for you. The Kidney Foundation of Canada has an excellent education resource, Living with Kidney Disease, Book Two, which provides new dialysis patients with a wealth of information including Treatment Options, Dialysis, Dietary and Nutritional supports, Transplantation, Palliative Care and Advanced Care Planning and ways to live well with kidney disease.

The purpose of this education handbook is to provide specific education resources for patients on dialysis within the Renal Care Program at LHSC. The education materials will align with the chapters of the Living with Kidney Disease Book 2 and will guide your decisions throughout your journey with kidney disease. The colours of each chapter in this handbook will be similar to those of the chapters outlined in the Living with Kidney Disease Book 2.

At the end of each chapter a series of questions are provided for you. These will help you decide whether you have enough information to make an informed decision about each chapter or topic. This will also provide you with an oppor-

tunity to make notes for future reference or identify additional questions you may need answered. Please use this handbook in a way that works best for you. We encourage you to share this material with family, friends and those who are close to you. You are welcome to have these people involved in any or all of the discussions you make with your renal team.

Where to find this Handbook?

Each new hemodialysis patient will receive their own personal copy. For those already on dialysis or who wish to review this resource online you may do so through the LHSC Renal Webpage at:

www.lhsc.on.ca/Patients_Families_Visitors/Renal/

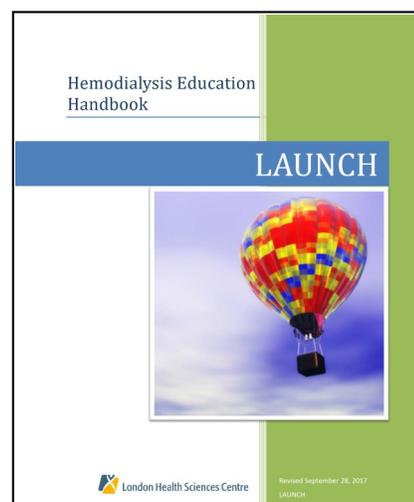
Please send any feedback to:

Dennis Smith, dennis.smith@lhsc.on.ca

Carolyn Ingram, carolyn.ingram@lhsc.on.ca

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or mention it to anyone on your renal team and ask them to forward any of your suggestions.



Submitted by Dennis Smith, NP, Renal Program

Garlic Herb Tilapia

Prep Time: 10 minutes

Cook Time: 10 minutes



Ingredients:

- 1/4 cup (1/2) stick butter, softened
- 1/2 teaspoon Garlic Powder
- 1/2 teaspoon Italian Seasoning
- 1/2 teaspoon Ground Mustard
- 1 pound tilapia fillets
- 1/4 teaspoon ground Black Pepper

Directions:

1. Preheat oven to 350°F. Mix butter, garlic powder, Italian seasoning and ground mustard in medium bowl until well blended.
2. Place fish on foil-lined shallow baking pan. Sprinkle with pepper. Spread fish with herb butter mixture.
3. Bake 10 minutes or until fish flakes easily with a fork.

Alternate Cooking method is to wrap the fish in a tin foil package and barbeque until fish flakes easily with a fork.

Test Kitchen Tip: Substitute red snapper, striped bass, flounder or sole for the tilapia.

Using your Nutrition & Dialysis Poster, each serving counts as:

3 Meat and Alternatives

2 Other Foods (fat from butter)

Submitted by Renal Dietitians



Dialysis Patients Beat the Winter Blues with COLOUR!

Patients, families and staff at the University Hospital Dialysis Unit joined together in a fun initiative to beat the winter blues this past January. It's easy to get down in the winter months, with the lack of sunlight, the cold temperatures and the never ending snowfall. It's even more difficult for patients and families when you encounter several trips to the dialysis unit each week. The staff in the dialysis unit came up with a great idea to help beat the winter blues, and asked everyone to wear bright colours, and crazy outfits to have some fun and lift spirits in the dialysis unit!



From L to R: Wendy Soper/Tetreault, RN, Rey Reyes, RN, Patient Kim Hutton, Dominic Bates, PSW, and Teri Dukeshire, PSW join together in the festivities to celebrate "Beat the Winter Blues Day" at the University Hospital Dialysis Unit.



Westmount Hemodialysis Unit Teams Up With Patients to Promote Hand Washing!

The first line of defense to reduce transmission of viruses and bacteria which cause illness and infection is hand hygiene. This can be achieved by washing your hands with soap and water, or by using an alcohol-based hand sanitizer. All it takes is 15 seconds of cleaning your hands. It's important for everyone to use good hand hygiene practices. There are four moments during patient care that hand hygiene should be performed:

1. Performed when the health care staff enters the patient care area.
2. Performed just before health care staff performs any care on a patient, like starting a dialysis treatment or changing a dressing. If there is a risk of coming in contact with body fluids, (e.g. blood), your health care provider should also be wearing gloves.
3. After patient care has been completed or gloves have been removed.

4. When the health care staff leaves the patient care area.

Hand hygiene is so important that every department within the renal program and all areas of the hospital monitor the health care team monthly to see how often the 4 moments of hand hygiene are completed when they are working with patients. It's important for patients to be aware and make sure that staff providing care for them are cleaning their hands. The Westmount Hemodialysis Unit's The Voice, which is a group that meets regularly to discuss ways of improving patient care and unit operations have noted that hand hygiene rates are not at 100% so they are going to be placing reminder cards about hand hygiene at dialysis stations, and on patient chairs. This will be a reminder for staff and patients about the importance of hand hygiene. Remember, if you're not sure if the health care staff supporting you have performed hand hygiene it's okay to ask, 'Did you clean your hands?' After all your health is the focus for all of us! Submitted by:

Terri Chanda, Renal Program Coordinator.



**Newsletter brought to you by the
Renal Patient & Family Advisory
Council at London Health Sciences
Centre**