



**Fall 2017 Issue**

**[www.lhsc.on.ca/renal](http://www.lhsc.on.ca/renal)**

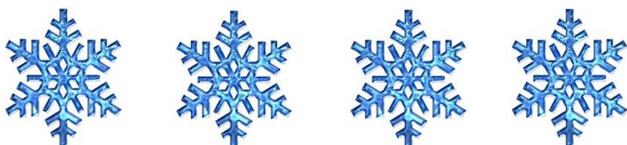


## **Message from the Chair of the Renal Patient & Family Advisory Council**

**As the new chair for the Renal Patient and Family**

**Advisory Council I am looking forward to building on what has already been accomplished under the leadership of the past two chairs. It is encouraging to realize that PFAC members are involved in over 20 committees at various levels representing the patient voice and giving input from our perspective. Staff is to be congratulated for making us feel welcome and our input valued. The PFAC is a great opportunity to give feedback, hear what is going on in research, program changes and be part of a pool for becoming involved in other opportunities. Special thanks to those who give of their time to attend these meetings each month – both staff and patients - to make this a collaborative effort for ongoing improvement of Renal care at LHSC.**

**Submitted by Bonnie Field, Renal PFAC Chair**



## **Patient Education Day Survey Results**

The PFAC had proposed the possibility of a Patient Education Day and sent out 785 surveys to assess patient interest. 27 percent of the surveys were returned with only 38 percent expressing interest. Patients cited transportation issues, physical limitations and lack of interest as some of the reasons for not attending. There were many good suggestions for possible topics for the education day such as diet, tax information, travelling while on dialysis and hearing experiences from other patients. As a result of the response we will delay plans for an education day for now and endeavor to present such topics in another format such as the newsletter.

## ***My New Mission***

***I have been handed a new mission. I asked what it was? The answer was you'll know when you see it so keep your eyes wide open and always look inside your mind. What happens to seem so complicated, really is simple in fact. My new reality is to give back and educate how important it is to be a donor. So your mission continues to be your main task for now and forevermore. I have a family chain up in the clouds and I am a link so that one day I will join. A very grateful recipient! By Jim Harrington***

# It's Cold and Flu Season!!!

## Here are some tips on how to protect yourself and stay healthy this winter!



### Wash your hands often

Even after getting the flu shot, washing with soap and water for at least 15 seconds helps prevent the spread of the virus, which **can live on your hands for up to 3 hours**

If soap and water are not available, use a **hand sanitizer** (gel or wipes) with at least **60% alcohol**



### Cover your mouth when you cough or sneeze

Use a **tissue** and **throw it out** rather than putting it in your pocket, on a desk or table

If you don't have a tissue, cough into your **upper sleeve**



### Don't touch your face

The flu virus spreads when people with the flu cough, sneeze or talk and **droplets enter your body** through your **eyes, nose or mouth**



### Stay at home when you're sick

Viruses **spread more easily** in group settings, such as businesses, schools and nursing homes



### Clean (and disinfect) surfaces and shared items

**Viruses live on hard surfaces** like countertops, door handles, computer keyboards and phones for **up to 8 hours**

For more information please visit: [www.ontario.ca/page/flu-facts](http://www.ontario.ca/page/flu-facts)

## **Interview with Renal Program Director Janice McCallum**

**Tell us about yourself, your background and experience as a nurse and in management roles.**

I grew up on a farm in Saskatchewan and did my initial Nursing education at the University of Saskatchewan in Saskatoon. My early nursing jobs were in Orthopedic Surgery and the Emergency Department. After moving to Ontario in the late 70's I completed a Master of Science in Nursing degree and taught Nursing at UWO for two years. I took on my first management role at the University Hospital 36 years ago and have held various levels of management positions ever since. Clinical areas that I have been responsible for have included Cardiac, Clinical Neuro Sciences, the Emergency Departments, Medicine Inpatient and Ambulatory areas, Family Medicine, Geriatrics, Palliative Care and Renal. I joined the Renal Program in 2011.

**Outline briefly, your role and how that role fits in the care of renal patients.**

I am the Director for Renal Services at LHSC as well as the Regional Director for the whole of the South West Regional Renal Program. This role combines oversight of the delivery of care to patients, both in early stages of kidney disease and the areas of renal replacement therapy through various forms of Dialysis, with the planning for delivery of renal services across the south west region and the province. It is my role to ensure that the services, staff, supplies and equipment are available to support

patient care and to plan for the care needs of the future.

**How many staff are you in charge of, how big is your program, how many patients are you leading care for?**

The South West Regional Renal Program is the third largest Program in Ontario (there are 26 Programs in Ontario). We have over 600 patients on Hemodialysis in one of our 11 Dialysis Units across the Region and 180 on Home dialysis therapies. We also follow over 900 in our Multidisciplinary Clinics at the KCC. The Program supports General Nephrology and Post Transplant patient care/follow up as well. We have around 270 staff in the Program.

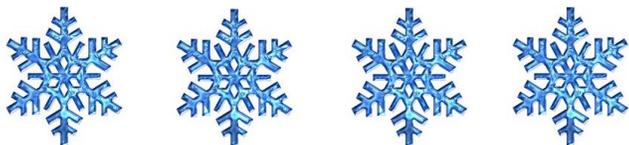
**Given your history with the LHSC Renal Program, what do you particularly enjoy about working with/ overseeing care for renal patients?**

I particularly enjoy the fact that we are part of the Renal patients' life and illness journey over a number of years, not just an episodic interaction. This allows everyone the opportunity to really know the patient's and family's story and to become a part of that story in an ongoing way. I also find it very rewarding that we support patients to stay healthy and functioning independently in their homes. I enjoy planning for the future of Renal Care both at the regional and system/provincial level, impacting and changing the system across the province.

**Can you discuss the importance of person centred care in a renal program, and the role the a program leader takes?**

I have always believed that the patient and their family, however they define that family, should be in control of their health

and health care and that they should be seen as full partners in the care. That encompasses ensuring that they have all of the information that they need, and desire, to make truly informed choices, and that they are supported in these choices once made even if we don't personally agree with them. Listening to their wishes and desires for their life, based on their values and beliefs, not on our biases or beliefs, is the cornerstone to being truly person centred. As a Program leader it is my role to be a role model to others in enacting a person centred care philosophy, to ensure that we are providing staff with education on person centred care principles and behavior expectations and to support and facilitate the full engagement of our Patient and Family Advisors in all aspects of the Renal Program. *Thanks to Janice for her contribution.*



## **London Health Sciences Foundation and the Renal Patient Assistance Fund**

London Health Sciences Foundation (LHSF) provides patients and their families with an opportunity to show gratitude to those who played a special role in the care they received while at LHSC. Gifts received not only recognize the special caregiver but also help to support patients and their families who receive care from the LHSC Renal Care team. Whether you choose to salute a special doctor or nurse, or a clinical

program, your donation is a meaningful way to say “thank you”.

The onset of chronic kidney disease and the possible need for dialysis frequently disrupts personal and family situations and can cause devastating financial strain. The burden of kidney disease and dialysis can lead to reduction in employment and to many financial stressors including: cost of transportation, medications, renal diet, emergency living expenses and other costs. The Renal Social Work group has identified a gap in available financial support for our nephrology patients. In an attempt to improve the quality of life of our patient population we have worked in partnership with LHSF and our nephrologists, establishing the Renal Patient Assistance Fund (RPAF) to assist patients in their time of financial crisis.

The financial support offered through the Renal Patient Assistance Program helps to decrease the stress on patients and the family members who are caring for them throughout the treatment process. Most importantly, it allows our patients to focus their energy on getting better. Please consider making a donation to the Renal Patient Assistance Program by contacting Lori Ann Horley of London Health Sciences Foundation at **519-685-8500 ext. 58248** or by email at **[LoriAnn.Horley@lhsc.on.ca](mailto:LoriAnn.Horley@lhsc.on.ca)**, or go online to **<https://secure.lhsf.ca/checkout/donation?eid=78274>** Please contact Lori Ann with further ideas to give to the Nephrology Program.

## Holiday Jam-Up Cookies

Makes 45 cookies

Ingredients:

1 cup margarine

½ cup brown sugar

2 eggs

½ teaspoon almond extract

2 cups All-purpose flour

1 teaspoon baking powder

½ teaspoon baking soda

1 teaspoon salt

1 cup oat bran

1 cup wheat bran

½ cup jam

Directions:

1. Cream margarine and sugar in a large bowl. Beat in eggs and almond extract.
2. Combine All-purpose flour, baking powder, baking soda, salt, oat bran, wheat bran and stir well. Add dry ingredients to creamed mixture and stir well. Cover and refrigerate for at least 1 hour.
3. Preheat oven to 350 F (180C).
4. Roll out half the dough at a time on floured surface to 1/8" (3mm) thickness. Cut with 2" (5cm) round cookie cutter. Place ½ teaspoon (2mL) jam in the center of half of the rounds. Top with remaining rounds. Press edges



together with a fork to seal. Prick center.

5. Bake on greased baking sheet for 12 to 15 minutes or until lightly browned.

6. Cool 2 minutes on baking sheet then remove to cooling rack.

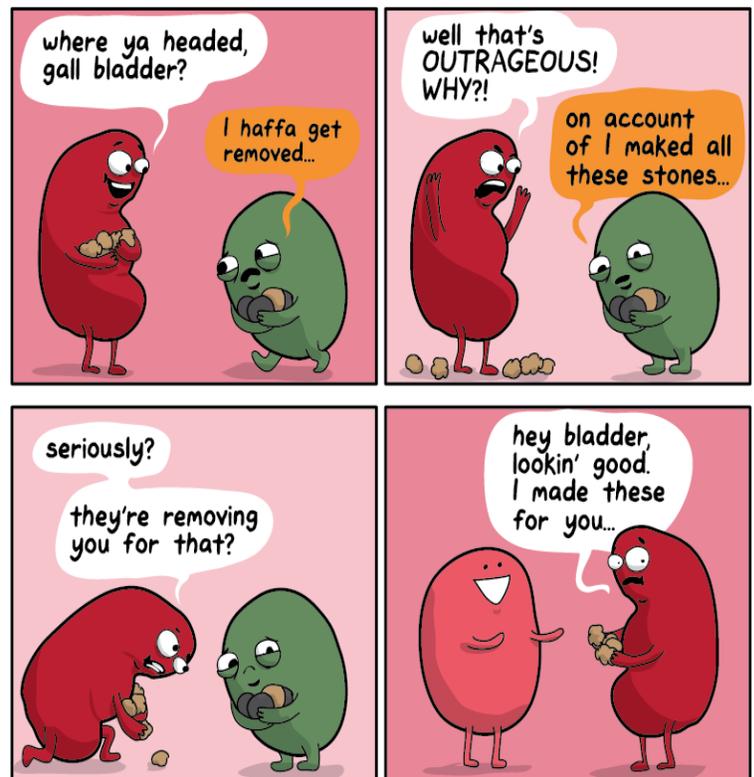
*Include 1 serving (1 cookie) in your meal plan as:*

*1 unit Grains & Starches*

*Available carbohydrates: 16 grams per 1 serving*

Source: Rogers Foods Natural Wheat Bran Recipes

## Kidney Humour!



theAwkwardYeti.com

Used with permission from [theawkwardyeti.com](http://theawkwardyeti.com)

## Safe Internet Surfing for Medical Advice

The number of Web sites offering health-related resources grows every day. Social media sites such as Facebook have also become an important source of online health information for some people. Many online health resources are useful, but others may present information that is inaccurate or misleading, so it's important to find sources you can trust and to know how to evaluate their content. The following information provides help for finding reliable Web sites and outlines things to consider in evaluating health information from Web sites and social media sources.

### Key Facts

Not all online health information is accurate. Be cautious when you evaluate health information on the Internet, especially if the site:

- Is selling something
- Includes outdated information
- Makes excessive claims for what a product can do
- Is sponsored by an organization whose goals differ from yours
- Sites with uncheckable references, such as links to non-existent newspaper articles
- Use the words “cure” when one does not exist, or list “causes” of medical conditions when the cause is unknown

Information obtained from: <https://nccih.nih.gov/health/webresources>

## Checking Out a Health Web Site: Five Quick Questions to Ask

If you're visiting a health Web site for the first time, these five quick questions can help you decide whether the site is a helpful resource.

**Who?** Who runs the Web site? Can you trust them?

**What?** What does the site say? Do its claims seem too good to be true?

**When?** When was the information posted or reviewed? Is it up-to-date?

**Where?** Where did the Information come from? Is it based on scientific research?

**Why?** Why does the site exist? Is it selling something?



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