



Summer 2022 issue

Dorset Kidney Patients Association

On your marks, get set!



WE ARE NEARLY OFF

As the title says, “We are nearly off” but we still need help.

How good would it have been if you had a buddy when you started your journey? To be able to ask those little questions like Does it hurt? Where will I sit \ lay? What earphones do I need? Can I go to the loo whilst on dialysis? These all seem like silly questions now, but if I thought of them, then I guess you did too AND more of them. I was scared! Were you?

We now know the answers to most of our questions but how helpful would it be to be able to pass this information on to others who are just starting their journey. The Dorset KPA hope that by coming together we can make things easier and better for

Welcome to the first edition of the new Dorset Kidney Patients Association Newsletter.

I’ll start this edition by introducing myself and the team thus far, all of whom are here to help you & each other. With a wealth of experience and knowledge in all aspects of dialysis, including home dialysis as well as, pre and



post transplantation. This support network is able to offer you some answers to questions you may have, give you tips or just share yours and their own experiences. Sometimes its good to talk and share!

This new network spreads across the county and includes Yeovil as well as Poole and Bournemouth. Our aim is to grow, educate, raise vital funds and above all

support each other and all 4 units. With this in mind, we’d like you to join us at the Dorset KPA and be a part of this growing network. You may need support or a friendly ear or have something to offer others who need it or may be just starting their renal journey.

Simon Marfell

Chair

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Tracey Dolbear Dorset KPA Secretary

The committee so far

Hi, my name is Tracey and I'm the secretary of the new Dorset Kidney Patient Association.

I'm originally from Bath and moved down to Weymouth in 2012 for work (I'm a software engineer) and met my husband in 2013. I was diagnosed with Focal segmental glomerulosclerosis (FSGS) when I was 23 and started dialysis in 2019 at the age of 46. I first started with CAPD and continued working until work asked me to go sick as they had no work for me to do at home. I then swapped to APD and ended up having 9 machines before

February 2021 when I was admitted to hospital with 20kg of fluid on my lungs. This was when I started on haemodialysis at Dorset County Hospital.

I have had 2 attempts in the paired scheme which have both not happened, with no fault on our side. I am currently too overweight to be considered in the paired scheme.

My dialysis slots are mornings on Monday, Wednesday and Friday Cheers *Tracey*

Clair Thompson Senior Sister Renal Unit Dorchester County Hospital

Claire said "It is great to see this Newsletter come to fruition and see the Dorset KPA finally coming together.

All our local renal teams are dedicated to giving the best possible care to our patients. We see the Dorset KPA as a way to bring staff and patients closer together exploring different ways to make your journey a more acceptable one. The Dorset KPA are hoping to raise further awareness of kidney disease and the different treatments you all go through. They also hope to raise funds for other things including social events, education sessions and the provision of equipment where and when needed.

Meanwhile the department here in Dorchester has sadly seen some staff leave, moving to pastures new within the NHS and some new friendly staff have joined our ever-growing team.

Clair



Claire Thompson Dorset KPA Committee member



Jason (Fundraising Coordinator)

Was born in Dorset, raised and educated in Poole. Following a degree in physiology and anatomy in Cardiff, Jason joined the Royal Navy as an Officer. Incredibly fortunate to have travelled the world serving on many different classes of ships, he also undertook operational land tours in the middle east. Unfortunately, in 2010 Jason became acutely ill. Unbeknownst to him, he had suffered severe degradation in his kidneys. The resultant hypertension, anaemia (MAHA) and mesangio capillary glomerular nephritis (MCGN) caused him to be medically discharged from the military in the autumn 2011. In 2014 whilst living in Dorchester, Jason entered the financial services industry based in Bournemouth. He was employed to design and deliver training packages to a global audience of the bank’s staff. Over the last eleven years, Jason’s condition was somewhat brought under control but in 2016 and again in 2021, Jason’s kidney performance dropped dramatically entering chronic kidney disease (CKD) stages 4 and eventually 5. His fistula surgery took place in April 2022, and he started dialysis at Dorchester haemodialysis unit In June of 2022. Outside of the medical sphere, Jason is married with one young son. In his spare time and when his body allows it, he likes to walk his English Pointer, watch rugby, and spend time outdoors, fishing and watching wildlife. The many active hobbies that Jason has pursued over the years like skiing, running, and surfing are on his ‘to-do-again-list’ once his renal health is better. Being very new to dialysis and the new way of life, Jason will be assisting on the committee of the Dorset Renal Patient’s Association (DKPA). He’ll start off by looking after fundraising initiatives and acting as a general point of reference for people that may be in the early stages of a similar journey.

When asked about why he’d be a good fit for the role on the DKPA, Jason said... “I lived in almost every part of Dorset at some stage or another. I have made lots of wonderful friends from all walks of life that I think will help the DKPA to achieve a proactive and ever-increasing footprint in the county. With a sense of humour, a drop of energy and some silly ideas, I think we might have some fun!”

Jason

Patient committee members include

Aiden Smith *Poole Hospital*

Nigel Sutton *Poole Hospital*

Jeffery Tucker *Poole Hospital*

Michel Hiernaux *Home PD*

David Lloyd-Worth *Poole Hospital*

Yeovil & Bournemouth Patients voices needed, as well as all Kidney treatment patients past and present



WE NEED YOU

We are always looking for new members to join the group.

Please contact Simon or Tracey

That includes you wonderful nurses

What Does a Dialysis Nurse Do? Exploring Nephrology Nursing



In this edition we'll meet Luci Harris, the person behind the notice board productions (Renal dept reception DCH) and all the wonderful decorating during the Jubilee, International Nurses Day and many more occasions.



Lucy is a dialysis practitioner at Dorchester Dialysis unit, she has worked here for over three years and very much enjoys this particular area of expertise. She has a keen interest in the health and well-being / mental health of both patients and staff, she plans to progress this interest further and hopes to enhance the initial introduction to the unit and thereafter the regular attendance to the unit for the patients.

Lucy is pleased to see the launch of the Dorset Kidney Patients Association and looks forward to both contributing where and when and watching it grow for the benefit of all . Lucy is a great motivator of her colleagues and patients alike and helps run things like quizzes and bingo !
All renal units need a LUCI !

In the next edition we will look at a few more of our wonderful nurses and hear from their perspective, what it's like being a nurse and working in a renal dept.

Next edition we could be finding out more about your dialysis nurse.

If you have a story or article you think we will be interested in, please call 07810201174 or Email the news Desk at info@dorsetkpa.com

Introducing the kidney dietitians.

Kidney dietitians support you to manage your condition with changes to your food and drink. Any changes they recommend will be based on your condition, treatment you are currently receiving, blood results, weight, medication and personal circumstances as well as what you normally eat and drink. A kidney dietitian will work with you and your family, nurses, doctors, and caterers. They may change their advice as your condition changes.

We are all based at Dorset County Hospital and provide a service to all low clearance and dialysis patients across South Somerset, East and West Dorset.

Yvonne Bradburn is the Team Lead and has worked as a kidney dietitian for over 33 years, the last 4 years being here in Dorchester. Working 4 days responsibilities include providing the service to the haemodialysis patients in Dorchester and on home haemodialysis, the peritoneal dialysis patients in the West of the region and low clearance clinics in Dorchester and Poole renal unit.

Work mobile number is **07553028454**



Jo Pulman has worked as a kidney dietitian for 11 years.

Jo works 4 days (generally Mon-Thur) and is responsible for the haemodialysis patients attending Poole renal unit and home haemodialysis, the peritoneal dialysis patients in the East of the region as well as low clearance clinics held in Poole renal unit. Jo also supports the service to Prince of Wales ward.

Work mobile number is **07787223901**



Nicky Crockford splits her working week between the kidney (Thur Fri and alternate Weds) and diabetes teams. Nicky is responsible for the dietetic service to Yeovil dialysis unit, peritoneal dialysis patients in the West of the region as well as low clearance clinics in Dorchester and Poole renal unit

Work mobile number is **07880 432682**



Natalie Thomas is the newest member to the team joining us this year from The Royal Bournemouth Hospital. Natalie works full time and is currently mainly responsible for the dietetic service on Prince of Wales ward. She is also responsible for the Bournemouth dialysis unit as well as some low clearance clinics at Poole Renal Unit.

Work mobile number is **07787 224159**



Currently we have a vacancy in the team for the rotational dietetic post.

Please do contact us if you have any concerns or queries on 01305 255377

Here's Karen, You may recognise her from the Dorchester and Bournemouth units,
She looks after our Social Media



Karen says "I have been working in Renal since qualifying in 1997. I have worked in all areas of renal, except transplantation, throughout my career but over the last 16yrs have focused on Haemodialysis.

I was a clinic manager at Poole Dialysis Unit, helping to commission and open the unit. I worked in this role for nearly 10 yrs until I successfully applied for an Area Head Nurse post with Fresenius Medical Care. This involved managing the clinic managers and assisting with training of 8 dialysis units in the South of England.

Over the last year, I have made the transition to working as an Agency nurse to give myself more flexibility but still work in the areas I love. Since working as an Agency nurse, I cover shifts in both Dorchester and Bournemouth dialysis units.



I love this as I get to see many patients (and staff) who I have known over the years as well as meeting new starters to dialysis. The job can be challenging but I would not change it for the world.

In my own time, I am a single mum of 3 children and dog mum of 1 naughty French Bulldog. I love the outdoor life and live near to the beach in Bournemouth. I wanted to get involved with the DKPA as I have seen over the years, how important it is for patients (and relatives of patients) to get the support and education from not just the medical team but from there fellow dialysis peers."



Are you lonely, on home dialysis and don't speak to anyone ?
Confused or just have questions you don't want to ask the professionals.
Why not buddy up with someone you can talk to who's been there and done it, but can offer a sympathetic ear and just chat

If you feel you could offer an occasional phone chat to someone in this situation please register with the Dorset KPF and we will pass on your details

Offer a life ring to someone !



To improve the quality of life of everyone affected by kidney disease in and around Dorset