

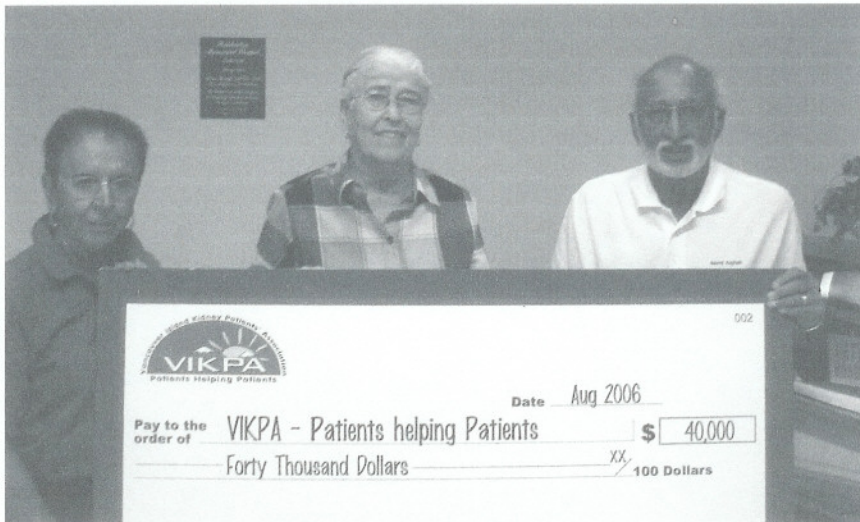
The Renal Review



Vancouver Island Kidney Patients' Association

Fall 2006

ANOTHER SUCCESSFUL FUND-RAISER



The Sanghas presenting a cheque for \$40,000 to Treasurer Pat Chadwick

Dee and Jake Sangha organized and ran their 14th golf tournament which was held on August 6, at the Cedar Hill golf course. This successful event raised \$40,000 on behalf of VIKPA.

Over 100 golfers took to the fairways. When all the golfers had made their rounds of the 18 holes, the players and other supporters of this event gathered in the club house. An auction of donated gifts was held with Randy Brown acting as MC and auctioneer, which raised \$4300 and a raffle, a further \$1100. Various prizes were then presented to the golfers for special categories of play.

A special gift, a print entitled "Reflective Moment", was presented to the Sanghas by Walter

Creed of the Greater Victoria Hospital Foundation. This print is from the work of artist Gordon Pynn.

To fight off hunger while the auction, raffle, and presentation of prizes were going on, trays of delectable samosas were provided to each table. All attendees were then treated to a delicious buffet supper.

VIKPA and all renal patients cannot thank the hard work and dedication that the Sanghas put into this fund-raising event every year. Without their efforts in putting on the tournament, VIKPA would not be able to provide the various desired services that they are now able to carry out.

VIKPA PROVIDES FINANCIAL SUPPORT TO RENAL FACILITIES

VIKPA has just donated \$27,000 to The Greater Victoria Hospital Foundation (GVHF). This money has gone towards the recent purchase of two Stryker beds and two IV infusion pumps. This equipment will be for use on 1 Royal. The Strykers are special beds and mattresses for the use of kidney patients who must lie in bed for long periods of time. These will assist in preventing bed sores and other related problems. The IV infusion pumps will be used for kidney patients who will require intravenous medications. These pumps can be programmed to measure the right amount of medication and the



Michel Janisse representing GVHF receiving a cheque for \$27,000 from Pat Chadwick

exact amount of time the medication is to be administered for each individual patient.

VIKPA has also set aside money to purchase defibrillators for each dialysis unit on the Island. We are waiting for Vancouver Island Health Authority to decide which defibrillators would be best suited for the units.

VIKPA has also set aside money to purchase five dialysis chairs. Three for Port Alberni and two for Cumberland.

VIKPA is very proud to be able to purchase these large pieces of equipment for the kidney patients on the Island.

VIKPA has changed all the television sets in the Renal and Hillside Units to one brand from the former different brands which made it difficult for the patients. Remotes had to be programmed for each different make of TV. Now that there is only one type (Toshiba), it is much easier for the patients. We sell the remotes for ten dollars and they then become the responsibility of the patients. We charge for each remote only because when we gave them out free of charge too many became lost and it was costing us too much money to keep replacing them.

The Vancouver Island Kidney Patients' Association (VIKPA) is a volunteer, legally incorporated, non-profit society and a Registered Canadian charity working for the benefit of all renal patients

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Voice mail: (250) 595-3650
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E-Mail: info@vikpa.org

Deadline for February 2007 issue is
January 19, 2007.
All submissions and ideas for the newsletter are gratefully accepted and may be sent to or E-Mailed to the above addresses

President: Gabor Brach
Vice-President: Pat Carson
Secretary: Teresa Melendez-Duke
Treasurer: Pat Chadwick
Membership Secretary: Cheryl Jones
Member-At-Large: Lita Roloffs

DOCTOR'S CORNER**DR. KEVIN HORGAN**

On July 20, 2006 my wife Carolyn and I celebrated the five year anniversary of our move to Victoria. At the time of our move, I had just completed a nephrology fellowship at McMaster University in Hamilton, Ontario. When we came we had an eleven month old baby girl (Kate, now 6 years old), since then we have had a second daughter arrive (Nicole, who is 3 ½ years old). While it was difficult for us to leave family and friends in Ontario, it has been a wonderful (if busy) 5 years here on Vancouver Island! We now realize that most people on the Island are born and raised elsewhere so I guess we are par for the course.

The school year has just begun. Kate is starting Grade 1 at Willows School with a mixture of anxiety and excitement. Halfway through the summer she saw some of her friends riding their bikes without training wheels and decided it was time for her to do likewise. She is now trying to persuade us she can ride to school alone! It is an exciting age to watch and see the developments and changes taking place. Kate's favourite thing is horses, of any size/shape/colour. We are accumulating a lot of horse knick-knacks, books and pictures. However, we will not be acquiring a real live horse. We have been warned that when we "pass away", Kate plans on buying a farm with horses.

Nicole is starting her second year at Emmanuel Preschool. She is a very different person from her sister, quite headstrong and a bit mischievous. Nicole is very lucky to have her big sister Kate helping keep her on the straight and narrow with a gentle touch. Nicole likes playing

with her friend William, but sometimes things get a bit out of hand - a junior version of a WWF match – and a time out is needed to settle them down.

One of our favourite activities since coming to the Island has been hiking. For those of us previously accustomed to the seemingly endless, crowded, suburban and urban stretches of Southern Ontario, Vancouver Island is an outdoor paradise. We feel like we have just begun exploring the south Island. Kate and Nicole tolerate the hikes much better when we go with their friends. We are making plans next summer for some weekend camping trips further afield.

Carolyn has her hands full staying at home with Kate and Nicole. Prior to our move here she worked in the public school system in the research and assessment area. Her educational background is in school psychology and psychometric testing. Her current job looking after the girls does not come with a lot of free time, but she has joined the PAC at Kate's school and is getting involved in some committee work there.

This past summer we moved and have been very busy settling into a new house near Kate's school. We are very happy with the house, and are slowly working through all the unpacking. Thankfully, we are not planning on any further house moves.

The first five years in Victoria have passed by very quickly for us, and we are looking forward to the years to come.

Around the Island

Cumberland Community Dialysis Unit

(Thanks to Bill Coltart and Head Nurse Elaine): Cumberland, Nanaimo and Port Alberni all have the new Bellco dialysis machines. Many people report that they actually feel better with this new machine. Cumberland is presently looking into expanding into the Tuesday, Thursday and Saturday evening runs. We would then be open six days per week all three shifts in Cumberland. Cumberland recently experienced an E-Coli outbreak which required all drinking water to be boiled. VIKPA provided bottled water for the patients.

Victoria (Courtesy Val Cousineau)

The Victoria Community Dialysis Facility has seen some movement of staff and patients over the summer. Nick V. had a transplant in June and we wish him the best. We have new faces who have transferred from the renal unit. Welcome to Sean R, Nellie B, Jeff G, Kathy B, and I apologize if I have omitted anyone. We miss some of our flock who have returned to the renal unit, Robert L and Gerry K, and a couple who have moved away, Robyn P and Adam H. We wish them good health in their new units.

The summer has also seen some changes in staff. We miss seeing Janet C, who moved up island to the Duncan unit, although we will see her at VCDF once in a while. We have some new faces Gordy D, Andrea B, Leighsa who are nurses and Angie K our social worker. Welcome to all. Also the summer saw a lot of visitors.

Duncan (Courtesy Val Cousineau)

The Duncan Community Dialysis Facility expanded to include an evening shift six days a

week instead of only three days a week, which opened five more spaces. We welcome Kelly H, Anne Mc, Noel L and Allan C. Sadly though, we lost David E in September. We hired another nurse and welcome Sandy S. and of course Janet C. Duncan will be the next on the list for new machines hopefully around the end of October. So there will be lots of learning happening there.

Home Dialysis Program

(Submitted by Teresa Backx) It has been 1 year since we moved into our new space and are still loving it. We currently have about 105 patients on home dialysis (80 on PD and 25 on Hemo). Both programs continue to be busy training new patients.

Patient satisfaction has been an area of focus in the program over the last several months. Patient satisfaction surveys were distributed to PD patients following clinic visits and post-training. The results have been very positive overall but we have also identified some areas for improvement. Data from the surveys can be seen in the waiting area of the Home Dialysis Program.

PD patients are now using a new patient worksheet to be completed prior their clinic visit. The purpose of the worksheet is to make clinic visits more "patient driven". The worksheet also has a space for patients to record changes made. Understanding and remembering changes made at clinic was one area that patients identified as a problem on the satisfaction surveys. Thus far, patients have reported the worksheet very helpful.

As you can see most of this work has been done with PD patients (but home hemodialysis)
(continued on page 5)

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patients can look forward to seeing surveys and worksheets in the near future.

Finally, we would like to welcome back Lena Kobylarz, RN (after her nine months away learning hemodialysis) and good bye to her replacement, Kathleen O'Donoghue.

ROYAL 1 . (Courtesy Cheryl Larcombe) We have new Undergrad nurses (who will graduate the RN program this year) that have been working with us all summer and they will continue to work on the unit through out the year as well as finish up some projects for us such as our staff photo wall!

We also have a 4th year nursing student who is going to work with our unit and pts on doing a pt satisfaction survey over the next 3 months.

This is just a little "check-in" to see how we are doing on things. I am excited to see what changes this may bring about!

VIHA Research Center at RJH

(by Laurie Robson) Enrollment in the SHARP Study (Study of Heart and Renal Protection) closed 30 June when we reached our goal of 9,000 participants from around the world. SHARP now ranks as the largest renal study ever undertaken. Thanks to all of you who expressed interest in participating. I now look forward to the 24 active participants from our site for the next 4—5 years

*Potpourri*

Vancouver Island Kidney Patient's Association have given \$5000 to the Renal Social Workers for their Emergency fund.

Thank you to the Provincial Employees Community Services for their generous donations to VIKPA.

The smile cards have brought in \$6843.55 so far this year. Thanks to everyone who used their Thrifty Smile Card. Thriftys are changing their policy for qualifying for The Smile Cards, but we are confident VIKPA will be successful again next year.

Please note that VIKPA holds their regular monthly meetings on the third Thursday of each month at 1 pm. The meetings are held at the Renal Unit boardroom (second floor of the Renal Unit of Royal Jubilee Hospital). Everyone is welcome to attend up-coming meetings which will be held on 19 October, 16 November, 21 December. Meetings in the new year will be held on 18 January and 15 February.

The February meeting will be our AGM. In order to vote at the AGM or to stand for election you must have your membership paid up. All memberships purchased or renewed before November 1 will expire at the end of the year. We are always looking for volunteers to stand for office.

Check out our website at www.vikpa.org for information, photos, and links to other renal websites, or to check out the Renal Review.

Thanks to all the executive for their loyalty throughout the year. We have had a banner year and hoping next year will be just as rewarding.. Also Lita Rolofs who picks up the mail and looks after the remotes and ear phones.

I will seek and find you
 I shall take you to bed and have my
 way with you.
 I will make you ache, shake and
 sweat until you moan and groan.
 I will make you beg for mercy, beg
 for me to stop.
 I will exhaust you to the point that
 you will be relieved when I am
 finished with you, and will be
 weak for days.

All my love, The Flu

(GET YOUR FLU SHOT!)

Five Bursaries Awarded

Congratulations to this year's recipients:

Roy Cliffe (Campbell River)
 Althea Jim (Duncan)
 Andrew Slade (Duncan)
 Natasha Fris (Victoria)
 Shaun Jones (North Saanich)

The Gordon Duthie Bursary is awarded to assist a Vancouver Island Kidney patient, or their spouse, child or grandchild to attend an accredited post secondary institution in British Columbia to improve their employment skills or qualifications. The fund was seeded with a generous bequest from the estate of Gordon Duthie an active VIKPA member. His mother, Eileen Duthie recently made a donation to the fund of \$500.

In Memoriam

Condolences go out to friends and family of the following People who have recently passed away.

Philip Coulombe
Luke Farrell
Ethel Lee
Glenn Miller
Gilbert Fetterley
Ian Trotter
Daniel Woolley
Leopold Simoneau
George Sturmey
Gordon Wilkin
Cyril Harnett
Matthew Anderson
Barry Carter
Doreen Rutherford
Alfred Rowell
Doris Fink
Robert Hawkins - Duncan
Russell Eccles Cumberland
Marion Zboyovsky Cumberland
Howard (Rusty) Haynes Cumberland

We also wish to extend our heartfelt thanks to the families of those who have passed away that have generously designated the Vancouver Island Patients Association as their chosen charity for in Memoriam donations. Thank you, as well, to everyone who has donated so generously on their loved one's behalf.

NOTICE OF ANNUAL GENERAL MEETING

**VIKPA'S Annual General
Meeting will be held on
15 February, 2007
Starting at 1 pm
Renal Unit Boardroom
Royal Jubilee Hospital**

ACTIVITIES



Walter Creed Presenting Dee with a print



The winning golf team



Byru and John at Spinnaker's Pub



Chris and Greta at Spinnaker's Pub



Toy Run at Alberni



Pat, Greta and Kathy on the Songhees heading for the pub!

KIDNEY CARE CLINIC

The clinic continues to see many patients, referred by their family doctor or kidney specialists, who benefit from education and support to live well with chronic kidney disease. We also provide education to other care providers. An upcoming Early Education session is scheduled for 9 November in Victoria.

These sessions are for people who may or may not be referred to a nephrologist yet, and may be "new" to their CKD. If you know of someone who may benefit, please let them know.

As you know, we also follow people with more advanced disease and support them to make their best decision about future treatment.

We have recently expanded our team to include an additional part time social worker, Emma and another RN, Kathleen. She will be familiar to those who are on peritoneal dialysis. We are also hiring another dietitian.

VIKPA APPRECIATES

VIKPA also appreciates all the generous donations we have received during the year. Without your support we would not be able to serve the kidney patients on the Island.

Patient: "Doctor, how can I live to be a 100?"
 Doctor: "Well, I suggest you give up eating rich food and going out with women."
 Patient: "And then I will live to be a 100?"
 Doctor: "No - but it will seem like it!"

Editor's Note

Alison Phosy has been unable to produce her regular excellent newsletter this time around. With my brain in neutral for a moment, I volunteered to produce this issue. Any spelling or grammatical errors, missed credits, poor layout, etc, etc can be directly attributed to me. Complain all you want - I've got a fairly thick skin!



Kidney Foundation - Victoria Chapter

CHRISTMAS DINNER

CNIB—2340 Richmond Road

Sunday - 10 December, 2006

Meet and Greet: 4:30 pm

Dinner: 5 pm

Kidney Patients \$3.00

Guests \$5.00 (Adults Only)

Guests Limited to Two per Patient Only

**Roast Turkey Dinner
 Christmas Entertainment
 Door Prizes**

**Parking Options: 25 spaces at CNIB
 Limited on adjacent streets
 RJH parking garage: \$1.00 per hour**

**To obtain tickets, contact:
 Transplant Clinic 370-8588
 Hillside Dialysis Centre 356-9796
 Suzanne Whyte: 656-1850**