



Supporting and working for
kidney patients in West London

Registered Charity 275771

The West London Kidney Patients' Association Newsletter

Winter 2020



2020 has been an extraordinary year for us all. We've been getting our heads around online meetings and seminars and new terminology like Lockdown, self-isolation and virtual clinics.

WLKPA have not been able to fundraise but we'd like to thank all who have so kindly made donations, these enable us to carry on helping patients in many ways.

We hope you are able to be with your family and friends over the festive period if not in person, perhaps via FaceTime, Skype, Houseparty or over the phone. May the announcement by the government regarding the vaccine to help protect us against Coronavirus be the good news we are all hoping for.

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In Memoriam

With heavy hearts, we bring you the sad news of the passing of our dear friend, colleague and former KPA Chair, Penne Sawford.

Penne's bright smile and bubbly nature gave her a magnetic quality that brought people to her and made them feel at ease in any situation. She was seen as an inspiration by many, always so full of energy and infectious laughter. Her loss will be felt by all the lives she touched.

A committee member for a number of years before actively Chairing for three, the KPA was very dear to her heart. Bringing the renal community together was at the forefront of the many activities she organised on behalf of the KPA. Penne never shied away from doing things outside of her comfort zone and fully committed to whatever she had chosen to undertake.

Among her numerous achievements, Penne successfully hosted and organised the annual summer day trips, Christmas party, bingo afternoons & quizzes and she was also instrumental in bringing Team Hammersmith together to participate at the British Transplant Games on more than one occasion.



It was early summer this year when she was tragically diagnosed with terminal cancer. Though always thinking of others and what she could do for them, she chose to keep her own diagnosis private, sharing only amongst family and close friends; a testament to the strong and resolute woman we all admired.

Hearing of her passing came as a great shock to us all, yet there was some comfort in knowing that she was surrounded by loved ones at home and is now at peace. We all dearly miss our friend whose absence is still unfathomable. She brought us joy with her sense of humour and led the charity with a great sense of propriety, charm and fairness.

Renal Counselling & Social Support Team by Beverley Mealor

The Renal Counselling & Social Support Team at Imperial College Healthcare Trust are continuing to support our patients through these difficult and challenging times.

This last year has been a time of worry and anxiety for many during the Covid 19 pandemic. With this second lockdown you may be feeling a range of emotion; anger, fear, frustration – and maybe even relief. Whatever you are going through at the moment, know that you are not alone and there is support available to you. The Renal Counselling & Social Support team have been mindful of our patients at this time, many who have been shielding and may have been feeling isolated and lonely.

We were very pleased to welcome Michelle Delon our Social Support worker back to work from Maternity leave in April. Michelle provides a great service to our patients offering advice for practical issues such as benefits and housing.

We have been offering our support through telephone counselling and social support. This seems to work well as it provides a flexible means of communication that feels safe in the comfort of the home.

We look forward to offering our continued support and assistance to all our patients.

Counselling Service

Beverley Mealor –
Lead Renal Counsellor
Email: beverley.mealor@nhs.net
Tel: 0203 3136620

Sheila Goddard –
Renal Counsellor
Email: sheila.goddard@nhs.net
Tel: 0203 3135341

Social Support Service

Michelle Delon –
Social Support Worker
Email: michelle.delon1@nhs.net
Tel: 0203 3136619





Renal Services at West London Renal Transplant Centre during the Covid-19 Pandemic.



As one of the biggest units in the country, we have faced unprecedented challenges over the last few months. During this period we have had to make changes to the care delivery for our patients, while implementing strict safety measures for the health and wellbeing of patients and staff.

Over the acute phase of the pandemic, in addition to our regular work, we were treating Covid-19 positive dialysis patients, who had been transferred from Satellite Units all across North West London, to the Covid-19 inpatient renal wards at the Hammersmith Hospital for specialised care.

Due to the increasing hospital admission of Covid-19 patients and extra demand for dialysis services, we increased dialysis capacity by turning three satellite units into Covid+ Dialysis Units, including two renal wards. This led to non Covid+ patients being transferred to other Satellite units to dialyse, which in itself was a huge logistical operation.

In line with national guidance, we temporarily suspended transplant services, clinics and routine admissions and we redeployed staff to other areas of the Trust.

Staff pulled together amazingly well. People from other areas including our own Clinical Nurse Specialists and other Allied Health Professionals were redeployed to our renal wards and Satellite units.

As we head into a second wave, we have seen numbers of admissions for Covid-19 patients rise in the past month albeit at a much slower rate than the first wave. We have learnt much about managing the disease and protecting staff and patients and the service has been adjusted and you will notice changes when you visit the hospital. You can find out more about coming to our hospitals on our website. <https://www.imperial.nhs.uk>

Our Trust designed a new system to manage patient care by creating three Covid risk categories, high, medium and low so e.g. surgical patients are low risk as they self-isolate prior to their operations, while a Covid-19 patient is always high. This allows us to place patients to wards best suited to their care as well as help us maintain normal services.

All our renal pathways are classified as medium risk, except in clinical areas involving known or suspected Covid-19 cases which come under the high risk category. Currently this is only one of the renal wards at the Hammersmith hospital.

One of our Satellite units at Charing Cross Hospital has undergone major refurbishment, this new 10 stationed area has just opened and identified as the Covid-19 unit.

We are really pleased that our live donor program and deceased donor transplants have re-started. We continue to carry out transplants on a weekly basis in the renal high dependency ward.

Virtual clinics have resumed in the last few months. In exceptional circumstances patients needing specialist medical assessment are given face to face appointments. This is kept to a minimum to reduce risks to patients and staff.

Within the Home Therapies Unit, our peritoneal dialysis services continued throughout the pandemic. A positive result of the pandemic



is that our home therapies service has grown thanks to the hard work of the team. For a short period new catheter insertions were carried out at a Private hospital but this service has now resumed in house.

All our in-patients are screened on admission for Covid-19 and then on a weekly basis while in hospital. Asymptomatic screening for our haemodialysis patients will resume shortly. Our Trust continue to provide updates to all staff on infection prevention and control recommendations.

We have strict guidelines on personal protective equipment (PPE). Staff must use surgical masks when on all hospital sites and also conform to strict hand hygiene practices. All staff within 2 metres of patients must wear apron, gloves and eye protection.

All of our sites have enhanced their already existing cleaning and hygiene routines. Visitors to all our sites have been restricted.

The onset of the winter flu season is likely to create even more pressure on our services. The Trust has embarked on a programme to ensure all of our healthcare workers receive flu vaccines by the end of November 2020.

What we have learned is the importance of remaining flexible to adapt to a continually changing healthcare environment and most importantly of all, the resilience of all our staff who rose so well to meet the incredible demands placed upon them.

Date: 19th Nov 2020

Anastasia Lawrence

Senior Renal Lecturer Practitioner & Renal Education Lead

Division of Medicine and Integrated Care,
Imperial College Healthcare NHS Trust

Special Acknowledgement:

James Tomlinson & Marie Condon

Consultant Nephrologists

The Renal Directorate Management Team

Division of Medicine and Integrated Care,
Imperial College Healthcare NHS Trust

Christmas Scrubs

Due to the coronavirus pandemic many changes have been made to our daily lives. In our hospitals we have become used to different procedures to keep us all safe, the wearing of masks and regularly sanitising our hands.

At this time of year we are used to seeing Christmas decorations in our high streets, department stores, local shops and also in our Hospitals. This year decorations will not be permitted in our dialysis units and renal clinics so we won't be seeing the beautifully decorated Christmas trees with their colourful baubles. We will not see festive decorations festooned from the ceilings when we make our regular hospital visits for our dialysis or routine clinic appointments, or when we have to spend time on a ward.

Instead, many of the renal staff will be wearing Christmas Scrub Hats or Scrub Tops and/or Christmassy hair bands.



The Christmas scrubs production line includes tops and hats all made from a distinctively seasonal patterned fabric by a team of dedicated volunteer seamstresses.

West London KPA have purchased some cheery Christmas fabric and the Hammersmith Hospital – (FTLOS) For The Love Of Scrubs' volunteers have again offered to cut and sew for us. Thanks to the HH – FTLOS' co-ordinator, Jennifer Nettles the volunteers are hard at work. The Scrubbery in South West London are also helping us and between them all 234 Christmas scrub tops and 103 scrub hats, numerous head bands and bags are being lovingly made for our hard-working renal staff, both in dialysis units and clinics and for our very caring Live Donor team too.

We hope these lift your spirits and bring some festive cheer to the patients and the wonderful renal staff that care for and look after us all.



Kidney (COVID) Research Forum



Dear Patients,

It has been an extremely challenging year for all, and everyone has had to adapt to a new way of living and working.

Changes in the way we provide health care is likely to continue to evolve even after the pandemic is over. It is therefore more important than ever that we, as health care professionals co-develop these services with patients.

Social distancing and remote working has enabled more efficient ways for us to communicate with each other. In 2021, we would like to enhance our patient engagement, and hear more from you about how our services can be improved and what research you would like to see done.

To start this new partnership, we would like to invite you to join our research webinar on **16th December 2020 (registration details on next page)**. This will be our 68th research forum but the first we will be able to open the invitations up to all. We feel that this is especially important as the forum is going to focus on COVID-19, and all of the related research that we have performed this year was initiated by a donation from the WLKPA. The webinar will be in aid of Kidney Research UK which is an important charity to us, which has been impacted by COVID-19.

In this information booklet, we have included visual abstracts of some of the talks in the webinar, to give you an overview of the topics and findings which will be discussed. We would appreciate feedback after the event, in order to improve future meetings.

If you would like to get involved in a sponsored event for KRUk or make a small donation, you can follow the link: <https://www.justgiving.com/fundraising/Imperiakidney>

We wish you all a safe and healthy Christmas,

Best wishes,

The Renal Team

Imperial College London

NHS
Imperial College Healthcare
NHS Trust

68th Renal (COVID) Research Forum

16th December 2020

14.00-16.15

in aid of Kidney Research UK's Stepping into Christmas campaign

<https://www.justgiving.com/fundraising/Imperiakidney>

(Timings may change)

Registration details: https://us02web.zoom.us/webinar/register/WN_ccVBFc8Qq6cxR-9AZ0LhQ

14.00	Welcome	
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	CLINICAL SESSION	Chair: Mr Frank Dor
14.05-14.20	COVID-19 and dialysis programmes	Dr Damien Ashby (TBC)
14.20-14.35	COVID-19 and the transplant (and potential transplant) recipient	Dr Michelle Willicombe
14.35-14.50	COVID-19 antibodies in kidney and immunosuppressed patients	Dr Candice Clarke
14.50-15.05	COVID-19 and glomerulonephritis	Dr Stephen McAdoo

15.05-15.15	Break	
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	LABORATORY SESSION	Chair: Prof Liz Lightstone
15.15-15.30	COVID-19 in kidney cells: is seeing believing?	Dr Brian Hanley
15.30-15.45	COVID-19 and complement activation in kidney patients	Dr Maria Prendekis
15.45-16.00	Lectin complement pathway activation signatures associate with COVID-19 disease severity and ethnicity	Dr Nicholas Medjeral-Thomas
16.00-16.15	Longitudinal proteomic profiling of kidney patients with COVID-19 reveals markers of severity	Dr David Thomas

16.15	Close	
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Christmas and Covid – by Hannah Boot, Renal dietitian

It's fair to say this year has been a challenging year for everyone with the arrival of coronavirus. However, the one festive celebration that's not cancelled this year is Christmas!

Did you know that almost 270,000 tons of food waste is produced over the festive period¹? Planning meals ahead can help dramatically cut down on food waste by knowing what you are going to eat, how much and when, then buying accordingly! And it saves money! So, by being food savvy and planning ahead – you can be food safe as well as eco-friendly!

Here are some top tips for reducing food waste and keeping kidney food safe over the festive season (and save a few pennies).

1. Think about your storage space

How many times have you had to throw out food before you've had a chance to enjoy it? Organise your fridge (and freezer) in the run up to the season – dig into the corners of your freezer and have a good clear out! Make space for your purchases and leave space for leftovers from your festive dinner¹. Leftovers can be used to make a festive bubble and squeak or turkey and vegetable sandwiches. Remember if you've had a kidney transplant keep your fridge at 5°C or lower, check use-by dates and ensure to store cooked food in the fridge for no longer than 2 days.

2. Plate up your own meal:

Allow everyone to plate up their own meal. Amazingly, just this can reduce food waste¹ but can also allow you to choose your portion size of the potassium rich foods.

3. Make use of frozen and tinned foods, and shop in advance

Frozen sprouts, carrots, parsnips and even roast potatoes can normally be picked up for around £2 a bag from most supermarkets. Measure out how much you need for each person and the rest can stay stored in the freezer.

Remember tinned foods vegetables and boiled vegetables will be lower in potassium. And 5 is the magic number with sprouts!

4. Managing your fluids

If you have to limit your fluid, spread your fluid intake across the day and limit salty and spicy foods. A good tip is to use FoodSwitch – a free app that suggests lower salt food options after you scan your food item.

5. Alcohol

You can drink alcohol as part of your fluid restriction. We recommend drinking no more than 1-2 units per day. Drinks like port, sherry, spirits and liquors are lower in

potassium than cider, lager and red wine. If you are taking medications and are unsure, check with your Doctor or pharmacist.

6. Cheese

Remember if you have had a kidney transplant, we would recommend you avoid soft and/or mouldy cheeses such as Brie, Camembert, Goats cheese, Gorgonzola, Roquefort or Stilton.

Cheese is also high in phosphate so don't forget your binders!

Support for those shielding and self-isolating

For those shielding or self-isolating, food provision can be a struggle. However, there are services available to help:

- NHS volunteer responders

This is a service run by volunteers who assist with collecting shopping, prescriptions, providing transport to medical appointments and make phone calls to those shielding or in isolation. If you feel you could benefit from this service phone 0808 196 3646 for further advice³.

- Government support

Through the Gov.uk website you can use your NHS number to request access to a priority supermarket delivery slot as well as accessing other support services available in your local area⁴.

Mental health

Living in a time of uncertainty can put a strain on your mental health. Ensure to look after yourself, taking time to relax and do the

thing you enjoy. For help managing your mental health and wellbeing consider accessing sites such as NHS every mind matters or NHS approved apps⁷ which provide easy practical advice on managing mood, sleep and anxiety⁵. Additionally, you can check online to see what support your local council offer⁶. From all the Dietitians at Hammersmith Hospital we hope you have a wonderful, safe festive season this year!

References:

1: Grundig (2018) How much food goes to waste during Christmas and how can we prevent it?. Accessed online at <https://www.respectfood.com/article/how-much-food-goes-to-waste-during-christmas-and-how-can-we-prevent-it> on 24/11/20

2: Williams, I (2019) How to make Christmas dinner on a budget. Accessed online at <https://www.cashfloat.co.uk/blog/money-borrowing/christmas-dinner-on-a-budget> on 24/11/20

3: NHS (2020) NHS Volunteer Responders. Accessed online at <<https://nhsvolunteerresponders.org.uk/>> on 24/11/20

4: Gov.uk (2020) Covid support in your local area. Accessed online at <<https://www.gov.uk/coronavirus-local-help>> on 24/11/20

5: NHS (2020) NHS every mind matters. Accessed online at <<https://www.nhs.uk/oneyou/every-mind-matters/>> on 24/11/20

6: Gov.uk (2020) Find your local council. Accessed online at <<https://www.gov.uk/find-local-council>> on 24/11/20

7: NHS (2020) Mental Health Apps. Accessed online at <<https://www.nhs.uk/apps-library/category/mental-health/?page=1>> on 25/11/20



Share **YOUR** views about online dietary information!

Do YOU have enough information about DIET?

Are you CONFUSED about what to eat with kidney disease?

Then KIDNEYWISE wants to hear from YOU!

KidneyWise is a new venture from Nevine and Lina, two renal dietitians with over 35 years' NHS experience working with people with a kidney condition in the UK. We want to revolutionise the way people with a kidney condition learn about diet.



We understand that following a renal diet can be confusing and you may feel lost at times leading you (and others) to search for advice on the internet. Therefore we are interested in finding out your thoughts about online dietary information. We want to hear your views on how and what you want to learn and we want to hear from as many of you as possible! We are listening to you.

Please complete the questionnaire by using either option below. It should take about 10 minutes. Any queries, please contact us on hello@kidneywise.co.uk.

- 1) Type into your browser <https://bit.ly/kwdietsurvey> to complete the online questionnaire.
- 2) Email hello@kidneywise.co.uk and we will send you the link to the online questionnaire.

Christmas Cards 2020

At this time of year you would normally see us selling our Christmas Cards and WLKPA gifts in the Hammersmith Hospital and the Renal Building foyers.

Chatting with patients, staff and visitors is a highlight we all look forward to, but sadly this year we are unable to do this.

We have a lovely but small selection of card designs for you to choose from this year so if you want to buy Christmas cards and support your KPA, please don't hesitate.

You could alternatively go to our website, www.westlondonkpa.org/christmas-cards-2020.



West London
Kidney
Patients' Association

Christmas Cards 2020
Support a local Charity this Christmas



Colourful Tree £3.00
Size 116 x 160mm



Polar Bear Fun £3.00
Size 108 x 108mm



Christmas Robins £3.00
Size 116 x 160mm



Snowman Fun £3.00
Size 160 x 115mm

All our cards are Royal Mail 'standard letter' size

 [Order](#)

Greetings as follows:

Season's Greetings 

With Best Wishes for Christmas and the New Year 

*Wishing you a very
Merry Christmas*





Imperial College Renal & Transplant Centre Contact Numbers

RENAL UNIT	TELEPHONE
Auchi Unit, Hammersmith Hospital	0203 313 6627
Brent Renal Unit, Central Middlesex Hospital, Renal Unit	0208 453 2017
Charing Cross Hospital , Renal Dialysis Unit, 1 South	0203 311 1752 / 0203 311 1034
Ealing Hospital, Renal Unit	0208 967 5737
Hammersmith Hospital , Renal Home Therapies (HD)	0203 313 6649
Hammersmith Hospital , Renal Home Therapies (PD)	0203 313 6647 / 0203 313 6665
Hammersmith Hospital , Renal Out-Patients' Clinic – Currently joined with St Mary's Hospital, Renal Unit	0203 313 4286/4260
Hayes Renal Unit	0203 704 8450 / 0203 704 8444
Renal Dietitian, Nutrition & Dietetics	0203 311 1034
Northwick Park Hospital, Renal Unit	0208 869 3245
Pam Sasso Unit (PIU), Hammersmith Hospital	0203 313 6682
St Mary's Hospital, Renal Unit – Currently closed. Joined with Hammersmith Hospital, Renal Out-Patients' Clinic	0203 313 4286/4260
St Charles Dialysis Unit, E & F Block	0208 962 5197/5196
St Charles Dialysis Unit, G & H Block	0208 962 4816/4815
Watford General Hospital	01923 217243

Contact us: info@westlondonkpa.org
Or visit www.westlondonkpa.org

The West London Kidney Patients' Association (WLKPA) Newsletter is published four times a year.*

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