



The Christchurch Kidney Society (Inc.)

*Patient Support Group*

SERVING THE LOCAL RENAL COMMUNITY FOR OVER 40 YEARS

# THE RENAL MESSENGER

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# SPRING

# 2018



*This issue has been funded by  
Karen Faalilo, Property Transfer Office  
[www.propertytransferoffice.co.nz](http://www.propertytransferoffice.co.nz)*

## **FROM THE EDITORS DESK....**

Whenever I start a new newsletter, I look back on the previous year to see what was happening and last year we were working from home, as earthquake repairs were taking longer than expected at Antigua Street. This year we are on the move again! The Society has been given a wonderful opportunity from the Gama Foundation to lease premises at 55 Lunns Road, Christchurch rent free for five years! We are now settled in so now if you drop in and see us, there are no parking issues or stairs to climb!

Since the last newsletter we have held our AGM which was a lovely evening, attended by a small dedicated group, including our Patron, Professor John Morton. The meeting started with Max Reid from Kidney Health NZ giving us an update on some kidney stats in NZ and new initiatives. Kelvin Lynn told us about wonderful work that has been going on in the background regarding the history of the treatment of kidney failure (see pages 12 to 15). The Executive Committee stayed the same and Steve Russell joined us as a new Committee member, the President's report and a brief account of the Society's financial position for the year ending 31 March 2018 is included in this newsletter.

Our next fundraiser is ready to go—**Quiz Night on Sunday 23 September 2018**, get a team together (up to 6 people) and come along and have some fun. Only \$15.00 per person, easy parking and you can order a platter or nibbles for a fun-filled Sunday night!

There will be raffles and “buy an answer” options, so bring some loose change! Contact the office and we will send you an information sheet, as team payment prior to the night would be appreciated.

**Christmas Party to be held on Sunday 9th December 2018 at the Woolston Club.** Please note this is later than usual and different to the date previously advertised in the Autumn newsletter (see Page 7). A formal invitation will be sent closer to the time.

I am looking forward to Spring and the Society having fabulous new premises to enjoy until June 2023!

***Jo Houghton***

## **KIDNEY INFORMATION CENTRE RELOCATION**

**From 24 July 2018 the Christchurch Kidney Society will be located at 55 Lunns Road, Middleton, Christchurch.**

**Our email address will stay the same but our phone number will transition to a new one over the course of a year, so update your records now if possible.**

**New 03 341 0906 (old 03 379 5529)**

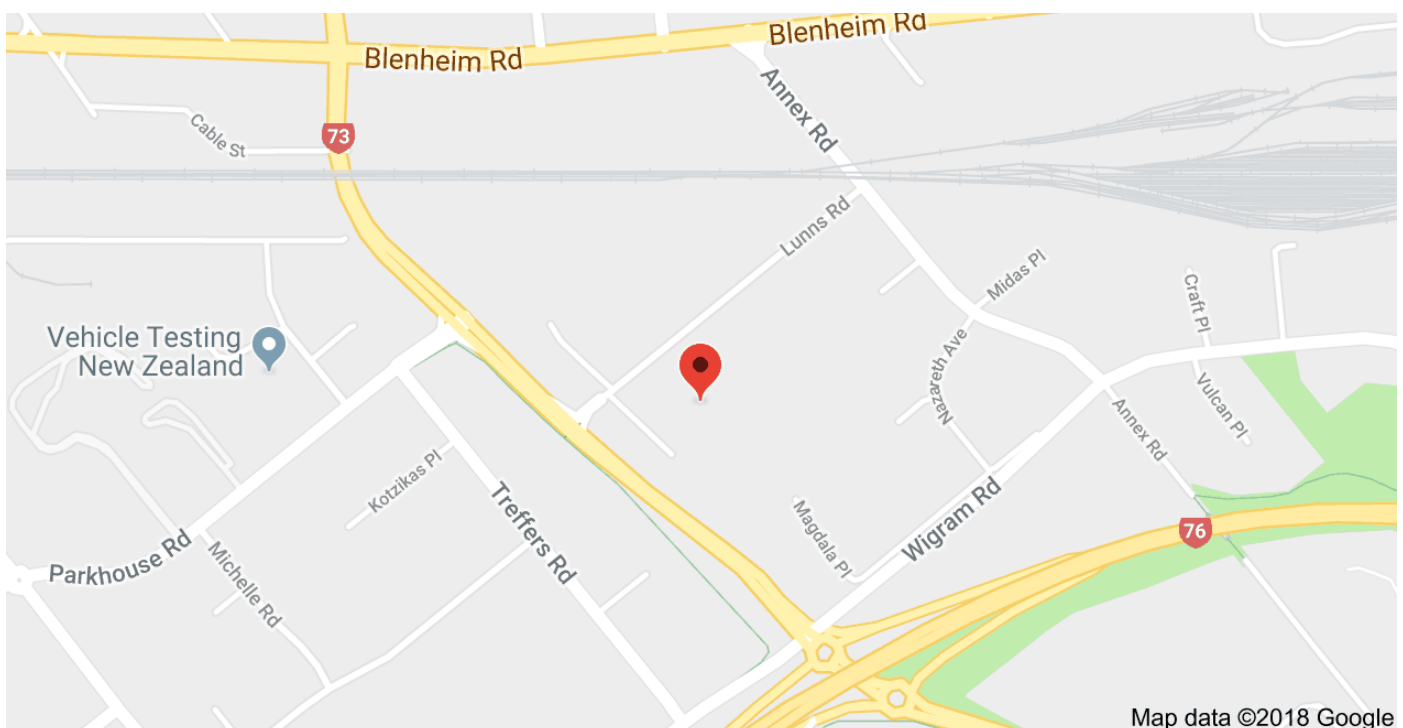
**[c.ks@xtra.co.nz](mailto:c.ks@xtra.co.nz)**

**Office hours are:**

**Monday, Wednesday and Friday 9am to 3pm**

**Tuesday and Thursday 10am to 1pm**

*(often someone is there outside of those hours, but please ring first)*



## Summary of The CKS Financial Report for the year ended 31 March 2018

### Income

Subscriptions	1,526
Members Donations	6,619
Fundraising	12,899
Bequests	5,000
Grants and Donations	30,431
Interest received	2,534
MDU	7,117
Cookbook Sales	<u>259</u>
<b>Total Operating Revenue:</b>	<b>66,385</b>

### Expenditure

<b>Audit</b>	<b>1,600</b>
<b>Wages costs</b>	<b>39,893</b>
<b>General patient support</b>	<b>667</b>
<b>Society expenses and functions</b>	<b>8,523</b>
<b>Premises &amp; administration expenses</b>	<b>7,492</b>
<b>Newsletter printing and postage</b>	<b>2,598</b>
<b>Care Packs</b>	<b>3,374</b>
<b>Other</b>	<b>185</b>
<b>Youth Support</b>	<b><u>826</u></b>
<b>Total Expenditure</b>	<b>65,158</b>

<b>Surplus for year</b>	<b>1,227</b>
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Current assets	100,750
Non Current assets	25,830
Current liabilities	<u>13,367</u>
<b>Total Equity</b>	<b>113,213</b>

## **Christchurch Kidney Society (Inc.) AGM 27 June 2018**

### **PRESIDENT'S REPORT**

It is a pleasure to be presenting the CKS President's report. Over the last 12 months the Society has successfully continued to provide its members with support and care in many ways including, the care pack programme, dialysis distraction therapy programme, annual Christmas party and the MDU continue, along with the vital and much appreciated hospital visits are still an integral part of what we do.

We have been able to achieve these things due to the kindness of spirit and good will of many people. We are extremely fortunate to have such caring and dedicated people around us. Jo, along with Viv, and our regular volunteers are the main face of the Society and their work is invaluable. Our committee, however small, other volunteers, and our members continue to generously give time and energy to enable the running of our projects. From helping organise our annual Christmas party, to supporting fundraising events, and this help is vital to the running of the Society. I acknowledge and thank them for their contribution.

We are lucky to have a lot of support from outside our Society. Thanks to grants this year from Rata Foundation, Four Winds Foundation, Pub Charity and the Lions Club Wigram, we can serve to the level that we do. The Trust, of which I am Chairman, also benefited from a donation of \$1466.00 from the Lions Club City Breakfast division, which is a great contribution towards our aims to assist our younger members with educational aides.

Our close relationship with the Nephrology Department, Ward 14 and the Home Dialysis Training Centre gives us a wonderful support network. I would like to thank the staff and the management from these areas. Of note, Dr John Irvine, his presence and continued commitment to the committee and our members is gratefully acknowledged. To Wendy Cuthill, HDTC Clinical Nurse Manager, a big thank you also. Her ongoing commitment, along with Kieran, Selwyn and Bryan, to running the MDU on our behalf is very much appreciated.

Thanks to Max Reid from Kidney Health NZ for coming along this evening and for the support and guidance offered to our patient support group.

Other outside support has come in the form of accounting advice and services from Anna Morris and office and computer support from Peter Dini. Thanks to them both also. The sponsorship of our newsletter printing has continued by Karen Faalilo from the Property Transfer Office, which is extremely generous and is a very well received contribution to the Society in that the newsletter is eagerly awaited and enjoyed by many. Raff Romano and his team from Westpac offered help at our latest fundraising event, the Bingo evening, and special mention of Ethel and Bethel for their continued support of the Society is greatly appreciated.

Our Patron, Professor John Morton has agreed to remain as such. We are privileged and grateful to have him perform this role.

This year has seen the Society continue to serve and support our members with a high degree of care and compassion. We are extremely fortunate to have a core group of dedicated people who, even under sometimes trying circumstances, selflessly strive to create some ease and relief to people struggling with renal disease.

The Society remains in good stead financially and I am happy with the direction we continue to take. I feel lucky to be part of such a wonderful caring organisation.

**Greg Beach**

# The Longest Day

## (and other kidney recovery stories)

I was half asleep and a call came about a potential kidney donor. I made my way to Christchurch Hospital, but found no donor in any of the places where a donor might be. I then went to the telephone operators, the best source of hospital information, who told me that the call I'd received was from the Grey Hospital on the West Coast. When I invited house surgeon David Kerr to join me on a trip to Greymouth, Cantabrian David said, 'It's midwinter - the passes might be difficult.' He was right! When black ice stopped us on Porter's Pass, we scraped some gravel from the hard shoulder of the road and got going again, anxious about what Porter's Pass might have in store, but there was no problem there, and we got to Greymouth for breakfast. I met with the grieving family who gave permission for organ donation, and after removing the kidneys we returned to Christchurch and transplanted both kidneys.

As the sun rose on the next day we went back to the office, exhilarated that the passes were crossed both ways, that a grieving family was willing to donate, and that two kidneys were safely joined with their new hosts.





This was the first of many trips to provincial hospitals to ask grieving relatives for permission, and to recover organs. Usually I was welcomed, especially by theatre staff, but once an irate surgeon, displaced from his operating theatre to make room for me, stood at my elbow while I was removing the kidneys, sneering that patients with kidney failure were no-hoppers.

Often enthusiastic young pilots, some from the aero-club, and some from the Air Force flew me to provincial hospitals. Once, seated behind the crew with headphones on while the plane was climbing through cloud towards the Southern Alps, and another Grey Hospital potential donor, pilot anxiety whether we were high enough was clear. I think that we were all relieved when the plane emerged from the clouds to display the snow-capped Alps just below us.



***Many thanks to Professor Morton for sharing this with us all.***



## *Annual Christmas Party*

### *Sunday 9th December 2018*

*Yes, believe it or not, it is not that far away!*

If you would like to contribute in any way e.g. raffle prizes, chocolate wheel prizes, or start planning what you could make for the produce table, please get in touch with us. Also do you know a business that would like to contribute in any way?

**Every contribution is very much appreciated!**

Your invite will come a bit closer to the time, please don't forget to **RSVP by Friday 30th November 2018** as catering numbers must be confirmed by this date.





P r e v e n t i o n • S u p p o r t • R e s e a r c h

## National Education Manager's update:

I was lucky enough to attend the Annual Renal Society of Australasia conference held in Adelaide recently, this is always a great opportunity to keep updated with the latest happenings in renal care and networking with other health professionals working in the kidney world. There were many very good speakers during the three days but one that particularly stood out, so I will highlight the two I think are of interest.

Dr Gill Hicks is an advocate for sustainable peace and countering violent extremism. Her devotion to making a personal greater contribution and positive difference to the urgency of building peace was realised when she was made permanently injured losing both of her legs in the London bombings on July 7th, 2005. Her 'lived experience' -- from survival to rehabilitation as a double amputee -- created a clear demarcation from all she had known before the bombings.

Her 'second life' is built on what she describes as a series of conscious choices, mindfulness and being aware of the importance of the moment. Gill shared what she has learned about herself, humanity and the extraordinary and inherent ability to rise in the wake of adversity. She received a standing ovation.

Anthea White from Melbourne spoke passionately about waste in haemodialysis and her project to monitor and reduce clinical waste. The fact that there are around 10,000 people receiving haemodialysis in Australia each one producing 1.5 – 8 kg waste per treatment, depending on machine and consumable choice.

There is growing realisation across the healthcare sector that the amount of waste produced, along with the associated environmental and financial costs, must be addressed. Following intensive education of staff and patients about appropriate waste segregation, clinical waste was reduced by almost 49% per dialysis treatment. Furthermore, recycling of PVC has resulted in 70kg of waste per month being diverted from landfill. Together, these waste management strategies from 2013 – 2017 have resulted in savings of 32,500kg of waste, equivalent to approximately \$29,000.

In July I visited Westport and Greymouth, where I gave two education sessions to patients about the risk factors for kidney disease and how to look after your kidneys, and then an evening session for nurses working in primary care talking about identifying and managing chronic kidney disease in their practice, two nurses dialed in from Fox Glacier and Buller via video conference. I did some kidney health screening for those who were keen and had great interest with around 40 people having their blood pressure and urine tested. I can report the West Coast hospitality lived up to its reputation, I was well looked after.

I've just returned for the annual GP conference held in Auckland. There I had a stand promoting our work and raising our profile within General Practice. With over 800 delegates it was a great opportunity to spread the word about KHNZ and the feedback I received about our resources was very encouraging with many GPs already using our guideline tool to manage their patients with kidney disease. They were very keen to see our Chronic kidney disease resource for patients with several orders for these brochures. It was certainly a very worthwhile few days.

***Carmel Gregan-Ford***

***0800 KIDNEY (543639)***

***For some up to date information view NZ Nephrology 11th Annual Report:***

***[https://www.kidneys.co.nz/resources/2016\\_NZNephrologyActivityReport\\_.pdf](https://www.kidneys.co.nz/resources/2016_NZNephrologyActivityReport_.pdf)***

## C.K.S PEDDLERS

Due to regular fundraising the Society has additional peddlers available for use, especially good for the days you cannot go outside due to crazy spring weather.

You can exercise your legs or arms with these great little machines!

Give us a ring if you want to try one out.

***Please note:***

***Peddlers are free  
to members to  
use***



***All we ask is***

***that they are  
returned when  
no longer in use***

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The CKS gratefully acknowledges the current donation from Pub Charity for our Field Worker's wages for a period of one year.

### Disclaimer

While every care is taken to insure the accuracy of information, views expressed in the Renal Messenger are not necessarily those of the Society. Articles by non professionals are intended to interest and inform and are not intended as medical or dietary advice. This information should come from the medical professionals involved in your care.



**Sunday 23 September 2018**

**Avondale Golf Club**

**141 Breezes Road, Wainoni, Christchurch**

**Registration by 6.30pm (doors open 6pm)**



**Quiz starts 7pm**

**Teams of up to six people**

**\$15.00 per person**

**(Raffles and "buy an answer" additional)**



**Drinks, nibbles and platters are available for purchase,  
so please support our hosts who have generously  
donated the venue.**

**Get in touch with the CKS Office for registration  
and payment details [c.ks@xtra.co.nz](mailto:c.ks@xtra.co.nz)**

**THANK YOU FOR YOUR SUPPORT!**

# **The Treatment of Kidney Failure in New Zealand**

***Eds. Kelvin L Lynn, Adrian L Buttimore, Peter J Hatfield, Martin R Wallace***

***To be published online in October 2018***

This article is based on the book and focuses on the history of the treatment of kidney disease in Christchurch

Around 2008, Adrian Buttimore and I had the idea of writing a history of the treatment of kidney failure in New Zealand. We didn't make much progress until we had retired from our jobs at Christchurch Hospital. Little progress ensued until after they retired from clinical practice. Dr Peter Hatfield from Wellington and Dr Martin Wallace from Hamilton joined the project in 2013. Sadly, Martin died in late 2017.

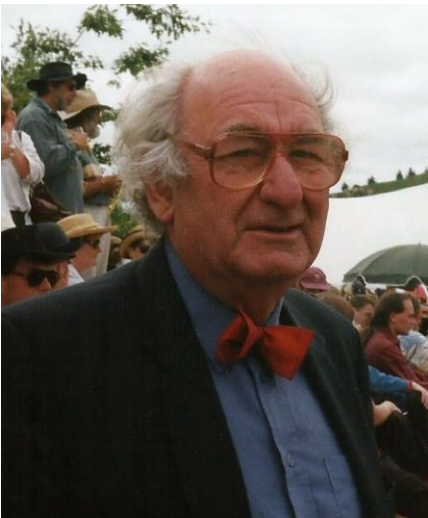
We recognised the need to tell the story of the work of the pioneers of the specialty of renal medicine or nephrology over the past 50 - 60 years in New Zealand. We wished to acknowledge the contribution of our teachers, mentors and colleagues, as well as the patients and their families who contributed so much to the development of comprehensive services for people with kidney failure.

How did it all begin? In 1954, Dr Neil Turnbull, who was a medical registrar at Wellington Hospital performed the first peritoneal dialysis in New Zealand, using makeshift equipment, on a 24-year-old woman who had tried to terminate an unwanted pregnancy and developed acute kidney failure as a consequence. The treatment was successful and when last seen by Dr Turnbull in 1992 the patient had normal kidney function.

Dr J Verney Cable, while the resident physician in Wellington, he acquired a Kolff artificial kidney to treat kidney failure and in 1958 with the help of Sister Jean Fraser, he performed the first haemodialysis in New Zealand. The occasional patient with acute kidney injury was treated with dialysis in Auckland, Wellington and Dunedin during the early 1960s.

The first renal unit was set up by Professor Derek North and Dr Peter Doak in Auckland in 1965. In the late 1960s renal units were set up in Wellington (Dr Bruce Morrison), Christchurch (Dr Peter Little) and Hamilton (Dr Martin Wallace) and Dunedin in 1974.

Before the establishment of a renal unit at Christchurch Hospital, Dr Errol Hannah, a general physician and cardiologist and the urologists Mr Norman Greenslade and Mr William (Bill) Utley cared for kidney patients. In 1966, Dr Peter Little (see below) was appointed as Canterbury's first nephrologist set up a renal unit at Christchurch Hospital. While training in London, Peter decided to become a nephrologist at a time when the subspecialty was just emerging following the establishment of the feasibility of maintenance dialysis in Seattle, USA in the early 1960s. Peter recognised that the hospital service would never have the resources to meet the demands for dialysis treatment. He decided that he would offer only home dialysis and return patients to the care of their general practitioner and he persuaded the North Canterbury Hospital Board (NCHB) to fund this new programme. The criteria for getting dialysis in the early days were very strict – 15 to 55 years-of-age, no other major health problems (particularly diabetes).



The early dialysis equipment developed for hospital dialysis was not suitable for patients to manage dialysis at home. The introduction of the Drake Willock dialysis machines and Kiil dialysers meant there was affordable, relatively simple technology that could be mastered by patients. Peter Little heard of these machines on a visit to Seattle and purchased one on behalf of a Timaru farmer, together with a Kiil dialyser and supplies.

The first New Zealand Home Haemodialysis Training Unit was established in Christchurch in 1969 and until the establishment of similar training programmes in Auckland, Wellington and Dunedin, the unit provided home dialysis training and support for patients from throughout the country. Adrian Buttimore, dialysis technician, moved from the Auckland unit in 1969 and became Officer-in-charge, Dialysis Services in 1976 and lastly Clinical Manager, Dialysis Services in 1991, a position he held until his retirement in 2012. As other home dialysis training units were set up around New Zealand, Adrian helped train their staff.





Mr William (Bill) Utley, urologist and member of the Hospital Board, carried out the first kidney transplant in the Christchurch unit in 1972. Ross Bailey (see left), Peter Little's first renal registrar, completed his training in London and Canada before returned to Christchurch in 1972 where he was responsible for the care of transplant recipients. The transplant team was completed in 1974 with the appointment of Professor John Morton, who had trained in transplant surgery in Edinburgh. John Morton also assumed responsibility for the provision of dialysis vascular access. The first live donor transplantation was

carried out in December 1974, while the first live donor transplant from a non-directed or altruistic donor in Australia and New Zealand was done in 1998. By mid-2016, a total of 835 transplants – 518 from deceased donors and 317 from living donors – had been carried out by the Christchurch renal unit.

From the early 1970s, the Christchurch Unit was providing nephrology services for the whole of the South Island apart from Nelson/Marlborough. Drs Little and Bailey ran regular clinics in Timaru, Ashburton and Greymouth. Patients living in Otago and Southland travelled to Christchurch for clinics and hospital care before the establishment of the Dunedin Unit in 1974. The success of this regional service was due in no small way to the excellent support provided by local physicians and nurses in the regions.

New Zealand's first patient support group was started in Christchurch in the early 1970s when a kidney patient John Lawn persuaded Adrian Buttimore of the need for such an organisation. In 1977, Alexander Macintosh, a Christchurch business man and home dialysis patient, established the first formal group, The New Zealand Kidney, Dialysis and Transplant Society (Inc.). In 1978, this group funded the purchase of New Zealand's first mobile home dialysis unit, a purpose-built Bedford CF campervan. The society's name was formally changed to The Christchurch Kidney Society (Inc.) (CKS), in July 1985.

Continuous ambulatory peritoneal dialysis (CAPD) was introduced to Christchurch in July 1979. Within ten years it accounted for half of all home dialysis and enabled the home-based treatment of patients thought to be unsuited for home haemodialysis, including the elderly and those with other significant health problems.

Peter Little left Christchurch in 1979 to work in the Middle East and Ross Bailey succeeded him as head of department. Kelvin Lynn returned as a second nephrologist in 1980 and Charles Swainson, a nephrologist from Edinburgh, joined the team in 1982. Charles returned to Scotland in 1986 and Richard Robson, who had trained in the department as a registrar and then completed his PhD in Adelaide, was appointed to replace him.

In 1985, the nephrology computer system costing \$50,000 was established by Kelvin Lynn and Adrian Buttimore. The Christchurch Kidney Society contributed \$25,000 to the purchase. The current system called PROTON is a core part of individual patient management in Christchurch and has proved invaluable for clinical research, teaching and audit. The system has over 16,400 patients' files dating back to 1985 of whom, 2,443 are currently being cared for by the unit.

Kelvin Lynn took over as head of department in 1991 from Ross Bailey. Ross tragically drowned on 3 April 1997 while swimming in the ocean near Sri Lanka.

Martin Searle moved from Middlemore in 1998 to take up a position as nephrologist at Christchurch Hospital.

**Kelvin Lynn and Adrian Buttimore**

**August 2018**

## MOBILE DIALYSIS UNIT (MDU)



**IF YOU WOULD LIKE TO BOOK THE MDU CONTACT:**

**Dialysis Services**

**Christchurch Hospital**

**Ph: 3640 614**

**Or Email: [dialysis.workshop@cdhb.health.nz](mailto:dialysis.workshop@cdhb.health.nz)**

*(open to all dialysis/transplant patients  
with priority to Haemodialysis patients)*



## 2018/19 MEMBERSHIP

At the recent AGM it was voted that our membership fee stays at \$15.00 from 1/4/18 to 31/3/19.

It is always appreciated if subscriptions are paid promptly as the income is important for the Society's functioning. Thank you to those who have already renewed.

As always the committee is very aware that some members may find it difficult to find the extra money and if this is the case, please do not hesitate to get in touch with our Field Officer, Field Worker or one of the committee members.

## ACKNOWLEDGEMENTS:

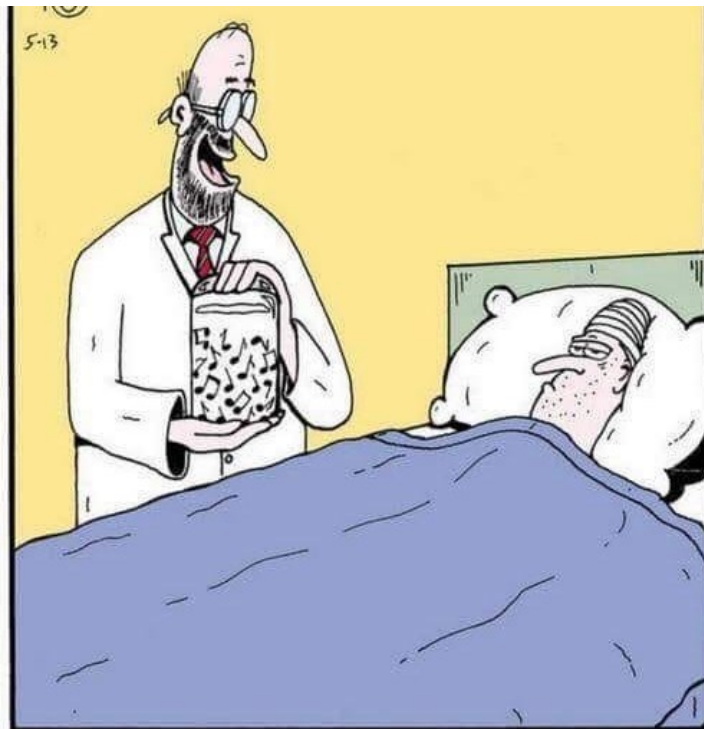
- \* Funeral donations in memory of Robin Gillanders
- \* The Entertainment Book fundraiser - \$1,222.00 raised, thanks to everyone who purchased a book or digital membership.
- \* \$3,000 continued support from the wonderful person who donated funds to purchase the new dialysis chairs.

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## NEPHROLOGY DEPARTMENT UPDATE:

- Currently the Nephrology Department is extremely busy and would encourage anyone to see their GP first if they need assistance.
- Work is continuing on the facilities planning for the new Home Dialysis Training Unit. There is no moving date as yet, but it is hoped to be February/March 2019.

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"Good news, Mr. Burgess. We've successfully removed the tune that was stuck in your head."

*(Would it really be worth the surgery—for some songs, YES!)*

## **APPLICATION FOR MEMBERSHIP**

### **The Christchurch Kidney Society Inc.**

DATE: .....

**Membership Year: 1/4/18 TO 31/3/19**

Membership: \_\_\_\_\_ / Renewal of Membership \_\_\_\_\_

I/We, Name: Mr/Mrs/Ms/Dr)

Address: .....

Phone: ( ) .....

Email: .....

(Include your email address if you would like us to keep you informed about any events/information which falls between issues of our newsletter.)

Hereby apply for membership/renewal of membership of the Christchurch Kidney Society (Inc.), and enclose an annual subscription and/or donation.

Membership (includes immediate family) \$ 15.00 (inc. GST)

Donation (no GST, no obligation) \$ .....

**Total Enclosed:** \$ \_\_\_\_\_*If you prefer to pay membership directly to the CKS Inc. bank account:****Westpac Bank: 03 1591 0025801 000. Please include your name and initials in the reference. Please complete and return this form to the society to enable us to update our records and correctly receipt your membership with any donation you may wish to make.*****Please tick all that apply:**

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> New member         | <input type="checkbox"/> Dialysis Patient | <input type="checkbox"/> Existing member |
| <input type="checkbox"/> Transplant Patient | <input type="checkbox"/> Renal patient    | <input type="checkbox"/> Supporter       |

I/We agree to abide by the rules of the Society.

Signature: .....

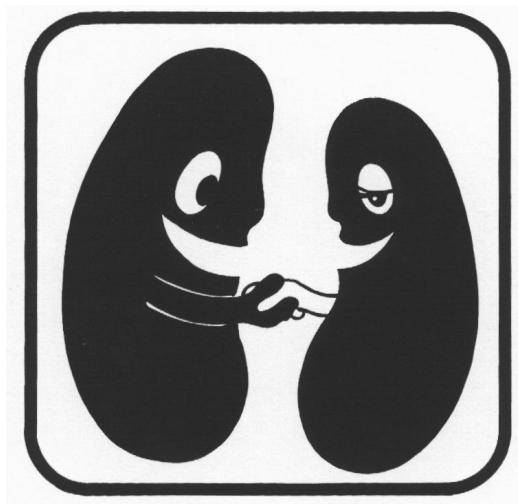
**Please mail this completed form to: CKS, 55 Lunns Road, Middleton,  
Christchurch 8024. Attn: Membership Secretary**

# The Christchurch Kidney Society (Inc.)

Kidney Information Centre  
55 Lunns Road, Middleton  
Christchurch 8024

Phone: (03) 341 0906

Email: [c.ks@xtra.co.nz](mailto:c.ks@xtra.co.nz)



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## CONTACT LIST

**Patron:** *Professor John Morton*

**President:** *Greg Beach* Ph: (H) 3515401

**Vice President:** *Lois Russell* Ph: 027 2888281

**Secretary:** *Jo Houghton* Ph: 021 2860 309

**Treasurer:** *Roger Sandford* Ph (W) 366 6254

**Committee:**

*Noeline Cox* Ph: (H) 338 9902

*Kathy Tuu'u* Ph (H) 351 3401

*Sara Ford* Ph: (H) 980 2073

*Steve Russell* Ph: 027 5783831

**Nephrology Associates:** *Dr John Irvine / Dr Nick Cross*

**Field Worker/Membership** *Viv Smith* Ph: (W) 341 0906