



Chairman's Report



BOARD OF TRUSTEES

Chairman

David Henderson
(Wellington)

Treasurer

Assoc. Prof. Richard Robson
(Christchurch)

Michael Papesch
(Wellington)

Nora Van der Schrieck
(Auckland)

Humphry Rolleston
(Christchurch)

Nick Polaschek
(Wellington)

KIDNEY HEALTH NZ STAFF

CEO

Max Reid
(Dunedin)

Medical Director

Dr Colin Hutchison
(Hawkes Bay)

National Education Manager

Carmel Gregan-Ford
(Christchurch)

Administration Manager

Deanne Hock
(Christchurch)

CONTACT DETAILS

Kidney Health New Zealand
Unit 7/337 Harewood Road
Bishopdale
Christchurch

Phone 0800 KIDNEYS (543 639)

Email info@kidneys.co.nz

Website: www.kidneys.co.nz

Find us on Facebook:

Kidney Health New Zealand

Kia ora koutou katoa.

The wish and blessing of health and well-being for all, in these opening words, is particularly appropriate for Kidney Health New Zealand, with our vision and all our activities being centred on the wellbeing of people affected by kidney disease – patients, families, whanau and the people who support us – in our homes, in a hospital setting, or just taking part in our communities.

In the past year our level of activity has really stepped up, led of course by Max Reid our Chief Executive, and Dr Colin Hutchison our Medical Advisor – both were appointed in the previous year but in the period we are reporting on they have started to make real impact.

Along with Max and Colin we have the valuable contributions of our Education Manager Carmel Gregan-Ford, and Administrator Deanne Hock. I and the Board members, as volunteers, depend very much on the commitment of our 4 staff and as Chair it is my pleasure to acknowledge that.

These efforts have been strongly supported by the Strategic Planning the Board has done, with input from our Consumer Council, so that our work is clearly focused on the priorities set by the people most affected.

Thanks to the continuing generosity of financial donors and especially the givers of bequests, we are in good shape to move forward with confidence, balanced of course by appropriate care in our Board decision-making. I particularly want to acknowledge those who have generously supported our purposes and activities – details are elsewhere in the Annual report.

Increased transplantation of live-donor kidneys and of deceased-donor organs have continued as a major focus for us in the past year and will continue so in the foreseeable future. The potential benefits of transplantation have become increasingly clear: greater life expectancy and greatly improved quality of life for patients, linked benefits for families, and greatly reduced costs for the health system and the New Zealand taxpayer. As I noted previously – what's not to like?!

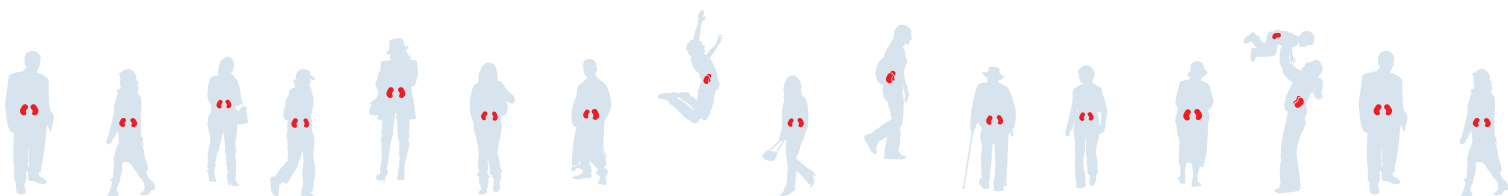
This year we have been particularly pleased with the move towards better support for live donors, with the relevant legislation being examined in Parliamentary Select Committee. When the Bill was first read in Parliament the speeches from all political parties were in support, so we are confident the new provisions will be passed into law soon.

I'd like to acknowledge the continued volunteer commitment of our Board members; our Treasurer Richard Robson, Michael Papesch, Humphry Rolleston, Nora Van der Schrieck, and Nick Polaschek. The different perspectives that each boardmember brings to the table make for a stimulating discussion but also deep and serious consideration of the issues that we, and renal patients and families, are working with. More detail on all of these is in the reports from Max, Carmel and Colin.

I recommend readers to our website where there are regular updates, contact details for any inquiries from anywhere in the country, and a wealth of resources for patients, families and medical professionals.

We are proud of the work that has gone into these information resources, and acknowledge the support we have received from volunteers and from the Health Ministry in creating them and making them available nationally.

Dave Henderson
Board Chairman





Chief Executive's Report

The year ending 31 March 2016 has been a challenging but productive one for Kidney Health New Zealand as we have sought to raise the level of our profile and influence on behalf of kidney patients and their families within an increasingly constrained budget. That we have achieved as much as we have been able to is a credit to the commitment of the small Kidney Health New Zealand staff team and the support and direction of the Board.

Over the year we have taken an increasingly proactive approach to sector engagement – including regular meetings with key politicians, establishing a number of formal and informal sector alliances, and taking up various opportunities to work more closely with the Ministry of Health in promoting kidney health as an important national health priority. A Memorandum of Understanding has been signed with the Best Practice Advocacy Centre as part of our ongoing involvement with the Ministry's chronic kidney disease initiative in the primary health setting. In order to further promote the importance of early identification and treatment of chronic kidney disease (CKD) – and the critical role that primary health practitioners have to play in this area – we have taken up membership with the New Zealand Primary Health Alliance. Kidney Health New Zealand has also strengthened its relationship with Otago University's Renal Research Network. Our Education Manager, with support from our Medical Advisor, has also spent considerable time developing the educational resources for doctors and other health professionals working in the primary health setting that will underpin the Ministry's rollout of its CKD initiative. With over 300,000 New Zealanders at risk of undiagnosed CKD, the importance of this work cannot be overstated.

A further major piece of work undertaken over the year related to researching and drafting an extensive submission on the Financial Reimbursement for Live Organ Donors Bill. Relevant Members of Parliament across the political parties were lobbied for their support of the Bill and Kidney Health New Zealand's submission, and the Board Chairman and I appeared before the Health Select Committee in support of that submission. At the request of Ministry of Health staff advising the Select Committee on the Bill, Kidney Health New Zealand also undertook a survey of past live kidney donors in relation to their experience of the existing financial reimbursement process. At the time of writing this report it is anticipated that regulations supporting a significant increase in the financial assistance available to live organ donors and how this is managed – in line with Kidney Health New Zealand's submission – will come back before Parliament in the latter months of the 2016 calendar year.

Alongside our support for increasing live kidney donation rates in New Zealand, the organisation has also been extensively involved in a Ministry of Health review of deceased organ donation and transplantation, requested by the Minister of Health. In my role as Chief Executive, I represented Kidney Health New Zealand on the Expert Advisory Group established to advise the Ministry through the course of this review, and will participate in the subsequent Sector Working Group that will develop the strategy framework required to implement the recommendations of that review.

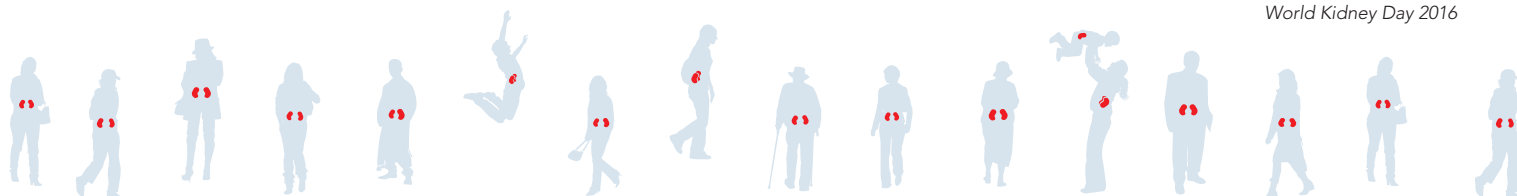
While much of our work programme over the year has, of necessity, been driven by the Ministry of Health's own priorities and initiatives, Kidney Health New Zealand has also been able to continue – and, in certain instances, expand – its patient and family advocacy role. On behalf of kidney patients and their families we have worked with a number of District Health Boards, where necessary lobbying for an improvement of their renal services. Further opportunities have been taken to connect with the growing number of kidney support groups and societies throughout the country, and a further meeting of Kidney Health New Zealand's Consumer Council was held in September 2015. These connections provide an invaluable opportunity to ensure that the focus of our work is actually meeting the needs of such groups – and, as importantly, to provide Kidney Health New Zealand with the assurance that, when we advocate at national and regional level on behalf of kidney patients and their families, we do so with integrity.

I have thoroughly enjoyed the challenges and opportunities my first full year as Chief Executive have afforded me. We have achieved a great deal, and there is more yet to be done. None of what we have achieved, however, would have been possible without the experience and dedication and commitment of Dr Colin Hutchison (our Medical Advisor), Carmel Gregan-Ford RN (our National Education Manager) and Deanne Hock (our National Administrator), along with the sound governance oversight provided by the Kidney Health New Zealand Board. To each of them, and to the countless kidney patients and their families who support us and each other in so many ways, my heartfelt thanks.

Max Reid FNZIM
Chief Executive Officer



World Kidney Day 2016





National Education Manager's Report

As I write my contribution for yet another Annual Report, I am reminded of the many things that the organisation has achieved over the last year, and feel proud to be able to say we are making a difference.

A successful two days of education in Palmerston North kicked off at the beginning of May 2015 with more than 100 people interested in learning more about kidney disease attending. In the evening we held sessions for health professionals from primary care with the nephrologists from Mid Central District Health Board providing information about managing kidney disease in the community, with the aim of raising awareness about kidney disease and providing the tools for early detection and treatment, so the progression of kidney disease can be slowed.

In June I was fortunate enough to attend the annual Renal Society of Australasia conference which was held in Perth. As usual it was a wonderful opportunity to network and to hear about the work going on in the advancement of renal care throughout the world.

I presented at the Primary Care Nurses Annual Conference in Wellington in August on Managing Chronic Kidney Disease (CKD) in Primary Care. Following this I received requests from several other groups and as a result spoke to the staff at Auckland Women's Prison about Managing CKD in their population. I attended the Home Dialysis Advisory Committee Meeting in Melbourne at the end of August; at this meeting we discussed a name change to Dialysis Advisory Committee to recognise the broader scope of the group, this was adopted at the next face to face meeting in Melbourne in March this year. Prior to this meeting I spent the day with staff from Kidney Health Australia to discuss educational programmes, in particular the Kidney Health Australia Taskforce (KCAT) initiative (on which our own CKD resources are based), and to learn more about their work.

I had an article "Spotlight on Chronic Kidney Disease" published in the August/September edition of InSite magazine, and was interviewed by Radio Live Network regarding the Financial Reimbursement for Live Organ Donation Bill.

The KHNZ Consumer Council meeting was held in September in Wellington, and there was some useful discussion of issues facing kidney patients around the country. The value of these meetings can't be underestimated as the consumers who are living with kidney disease have a much better idea of what makes a difference.

In November I attended a meeting of the newly-established Nelson Kidney Support. This was an opportunity to update them on the work we are doing and to answer any questions they had.

In September I spoke to Primary, Community Care and Hospital staff in Whakatane, and in January Associate Professor John Collins from Auckland and I were invited to speak to health professionals from the White Cross Group. This gave both nursing and medical staff the opportunity to have a better understanding of the importance of early detection and management of CKD in primary care.

On World Kidney Day, Thursday 10th March, we worked with the New Zealand Police. The staff at renal units throughout the country visited their local Police Stations (17 in total) to offer free kidney health checks. A number of resources were developed and given out on the day to raise awareness about the risks and importance of knowing about kidney disease. A kidney health questionnaire and accompanying information

was put together for Police personnel that were in the more remote areas. The feedback was extremely positive, and we were asked to return again next year. Of course none of this would be possible without the support and commitment from the staff from the renal units, for which we are very grateful.

KHNZ was also offered a free stand at the Hokitika Wild Food Festival this year held in March, which proved to be incredibly popular, with around 300 blood pressure and urine tests performed; our combined stand won the overall prize of best stall. This was a very effective awareness raising event, followed by several enquiries from the day to our 0800 help-line and website.

Following on from the Chronic Kidney Disease Consensus Statement launched in March 2015, we have been part of bi-monthly teleconferences with clinicians, Ministry of Health and BPAC (Best Practice Advocacy Centre) staff to monitor the implementation of the Ministry's CKD in Primary Care initiative. As part of our commitment to this KHNZ is currently developing educational resources for use in the Primary Care setting to support the management of Chronic Kidney disease management in Primary Care, working with clinicians to ensure content is accurate and relevant.

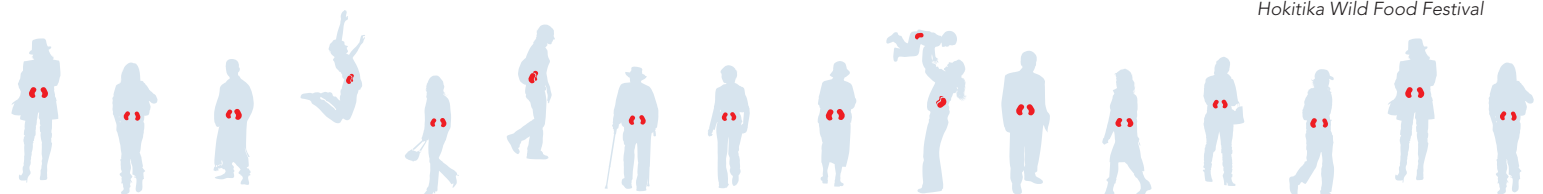
I remain a council member of the Agencies for Nutrition Action group attending three meetings during the year, the benefits include the opportunity to maintain our profile in an area which has implications on the information and services we provide, as well as sharing of resources and information. It is hoped we will be able to work closely with this group as we plan the next World Kidney Day event.

The numbers of enquiries we are receiving via the 0800 helpline and the website have increased again this year, with higher demand linked to our increased profile. A review, a year on from the launch of our audio-visual resources, has shown that the resources are being used at least once a week by most pre dialysis educators, not only for patients and their families but for other groups and hospital staff. The feedback has been very positive with more stock of the USB resource needing to be ordered to keep up with demand.

Carmel Gregan-Ford
National Education Manager



Hokitika Wild Food Festival





Medical Advisor's Report

Dr Colin Hutchison

The last twelve months have seen a flurry of activity within the renal community of New Zealand. While much of this activity has been moving us in the right direction it is incredibly important that Kidney Health New Zealand continues to play a leading role in the advocacy for patients with kidney disease to ensure that momentum is maintained.

The 18th of November 2015 saw the passing of a great when Jonah Lomu died from complications of his chronic kidney disease. For many years Jonah showed the world both the highs and the lows of how to live a life to the full while coping with a chronic disease such as kidney failure. In his later years Jonah gave a lot of time to support raising the awareness of others to the burden of kidney disease both within New Zealand and Internationally, for which he will be greatly missed.

In 2014 the Ministry of Health announced funding for the National Transplant Leadership Team (NTLT) led by Dr Nick Cross as Medical Director. Tasked with increasing live kidney donation within New Zealand the group meets twice a year as a large multi-discipline strategic group and more frequently as a smaller operational group. The NTLT is now well through its first three years funding and has made significant in-roads to streamlining live kidney donation across the three transplant centres in New Zealand (Auckland, Capital and Coast, and Canterbury DHBs) and the referring renal services across the remaining DHBs. The group has developed Quality Improvement Metrics (QIMs) which are now being reported on regularly to the CEOs of all DHBs. These QIMs are designed to identify significant areas for improvement within the live donation pathways.

This year we have been delighted to see the Ministry of Health commission an independent Review of deceased organ donation and transplantation within New Zealand. With our current rates of donation being remarkably

low for the developed world we are hopefully this review will be the start of a transformation of deceased organ donation within New Zealand and we are pleased to have our CEO Max Reid represent Kidney Health New Zealand on this group.

The other major development this year has been the publication and support of the "CKD Consensus Statement" by the Ministry of Health. This consensus statement has been developed by a multi-discipline collaboration of primary and secondary care practitioners to provide clear guidelines for the management of CKD within New Zealand. While a fantastic starting document the key will now be implementing the care described in the document across many thousands of GP practices to tens of thousands of patients with CKD here in New Zealand. Here in Kidney Health New Zealand has a key role to play. We have therefore developed educational tools for both doctors and nurses within primary care to provide education on how to successfully implement these CKD guidelines into their daily practice. We have also been collaborating with BPAC on education to support the roll out of their electronic decision making tool for the management of CKD in primary care.

While these developments within transplantation and CKD are greatly encouraging it is extremely important that looking into 2016/2017 Kidney Health New Zealand continues to play a leading role in the advocacy for patients with all forms of kidney disease. Topics of particular importance for the year to come include: ongoing financial support for the the National Transplant Leadership group from the Ministry of Health; development of a plan to deal with Away from Home Dialysis for patients within New Zealand; successful implementation of the CKD consensus statement; advocating for kidney disease to be put back on the Ministry of Health's chronic conditions list of priorities.



Research Report

Di Vicary

Focus on preventing medicine-induced Acute Kidney Injury in Hawke's Bay

Health Hawke's Bay PHO Clinical Advisory Pharmacist, Di Vicary, is collaborating with Dr Colin Hutchison, Nephrology SMO, Clinical Lead for Renal Services at Hawke's Bay Fallen Soldiers' Memorial Hospital, to raise the awareness in Hawke's Bay of acute kidney injury (AKI).

Acute kidney injury is associated with prolonged hospital admissions, a high early mortality and long-term health risks as well as reduced quality of life. In Hawke's Bay each year there are over 700 cases of AKI, and analysis of a 12-month period showed that for 60 cases, community-acquired AKI was the reason for hospitalisation.

As well as speaking to primary health care clinicians, including pharmacists, physiotherapists and general practice team members, Di and Colin are underway with the three-phased project titled *Community Pharmacists Educating to Reduce risk of Acute Kidney Injury*.

The project goal is to reduce the number of medicine-induced acute kidney injury cases in Hawke's Bay due to medicines being continued during periods of acute illness. Activity is focused around three phases, mirroring the aims of the project, which are:

1. Determine current health professional practice and views on patient education when prescribing/dispensing or having available for sale medicines with potential for contributing to community-acquired acute kidney injury.
2. To determine what proportion of community patients are currently aware of which medicines they should stop during episodes of acute illness.

3. Pilot the community pharmacist as the 'educator' for patients stopping medicines when unwell.

For Phase One, online surveys have been designed for community pharmacists, general practitioners and secondary care providers. Community pharmacists completed the survey in 2015, and general practitioners have completed the survey in 2016. A secondary care clinician survey will be distributed before the end of 2016. These survey results will provide an understanding of what education is currently being provided to patients regarding medicine use during acute illness and attitudes around community pharmacists providing messages to patients around temporarily discontinuing certain medicines during acute illness.

Phase Two will involve a patient survey that will be undertaken in the community pharmacies. The survey will be presented to 1000 adult patients who are receiving 'repeat' prescriptions for chronic health conditions. No selection process of the patients will occur i.e. we will not just be looking for those receiving high risk medications. The survey will consist of demographic questions and then a request for them to identify the medicines they would stop when 'unwell'.

Phase Three will pilot in five community pharmacies. The community pharmacists will teach 250 patients which medicines should be stopped when unwell, providing clear instructions of what 'unwell' means and when to re-start medicines or see their primary care team. The Hawke's Bay District Health Board Māori Health Team are partners in developing patient information and pharmacist education. *Kidney Health NZ has provided research funding for this phase of the project.*

SUMMARY FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2016

A full set of audited accounts is available upon request from Kidney Health New Zealand, PO Box 20072, Christchurch

SUMMARY STATEMENT OF FINANCIAL PERFORMANCE	2015/16 This Year	2014/15 Last Year
Income		
Bequests	\$7,788	\$291,575
Donations	\$31,648	\$40,893
Telemarketing (Net)	\$81,196	\$95,718
Investment Income (Net)	\$157,239	\$165,022
Other Income	\$25,000	\$20,000
Total Income	\$302,871	\$613,208
Expenditure		
Operating Expenses	\$295,755	\$173,081
Administrative Expenses	\$80,975	\$131,288
Total Expenditure	\$376,730	\$304,369
Net Surplus before Depreciation	(\$73,859)	\$308,839
Less Depreciation	\$3,225	\$1,509
Net Surplus (Deficit)	(\$77,084)	\$307,330
SUMMARY STATEMENT OF FINANCIAL POSITION		
Current Assets	\$279,177	\$624,015
Fixed Assets	\$7,299	\$7,624
Investments	\$2,000,852	\$1,749,258
Total Assets	\$2,287,328	\$2,380,897
Current Liabilities	\$39,635	\$52,821
Total Equity	\$2,247,693	\$2,328,076

ACKNOWLEDGEMENTS

Kidney Health New Zealand wishes to take this opportunity to thank the following for their generous support during the year:

New Zealand Renal Units
Consumer Council
Dr John Collins
Cassie Lee

REMEMBRANCE DONATIONS

Oli Mafua Lafituanai
Cecil Ram Lochan
Christina Hall
Herbert Charles Stevenson
Alison Richardson
Kay Petrie
Margaret Jocelyn Woolley
Hendrikje Verhoeven
Marietta Witana
Daniel Michael Edwards
Anthony Severn
Isabel Harris
Peter Hayman

BEQUESTS

Estate Barry James Lumbard Watson
Estate Dorothy McCarthy
Estate Claire Palmer-Jones

DONATIONS - \$500 AND OVER

Commerical Consultants (PN) Ltd	2,000.00
Stairmand Law	500.00
Lance Travinor	6,000.00
W G Johnston Charitable Trust	6,018.10
Glennys Muir	1,500.00
Mercy Hospital Dunedin	1,000.00
Meridian General Brokers Ltd	500.00
Rhys Broughton	4,000.00

Yes, I want to help in the fight against kidney disease and support Kidney Health New Zealand!

I/we would like to donate: ☐ \$100 ☐ \$50 ☐ \$30 ☐ Other: _____

Payment type: ☐ Cheque (made payable to Kidney Health NZ) ☐ Mastercard ☐ Visa

Card number:

Card expiry date: / / Name on card: _____

I would like: ☐ A receipt for my donation ☐ Information about gifting to Kidney Health in my will

☐ Information about kidney donation/transplants ☐ To become a member of Kidney Health NZ

Name: _____

Address: _____

Please return this form to Kidney Health New Zealand, PO Box 20072, Bishopdale, Christchurch.

Kidney Health
NEW ZEALAND

Charities Commission No: CC11348

ph: 0800 KIDNEY (0800 543 639) e: info@kidneys.co.nz

www.kidneys.co.nz