What's new?

It was a long winter but the good weather has finally come. There have been a lot of changes since the last issue:

- We have a new name — the Michael Garron Hospital (MGH)/Toronto East Health Network
- 2 new dialysis stations to assist with the increasing demand for dialysis
- 20 new dialysis chairs
- Coming soon — in-ground scale
- Goodbye to Vlad Padure, who went to Sunnybrook
- Goodbye to Cheryle Keys who has retired
- Soon to be goodbye to Delia who is retiring end of June

What’s Next?

- Vascular access education and training for the nurses.

- Photo ID - How do we keep our patients safe? First of all we make sure we know who they are. Do we have the right patient for treatment, medication or service? At MGH 2 patient identifiers are required. Both the name and DOB. Photo ID in our electronic medical record is coming soon to make identification safer.
Eating on the Go (Part 1)

The kidney diet is complicated with many restrictions. Ideally it’s best to eat homemade food. But it’s not always possible with our busy schedules. One of the main concerns with eating out is the sodium content, however there’s also another ingredient that our dialysis patients need to consider – phosphate additives. Phosphate additives are added to foods for many reasons – e.g. as a leavening agent (baking powder), a preservative, and a flavour or colour enhancer. The phosphates in food additives are especially dangerous since our bodies absorb them better than the phosphates that occur naturally in foods like milk, lentils and whole grains.

One place many people go to grab a quick bite or snack is Tim Hortons. What are some better choices for our dialysis patients? After reviewing their nutrition information on their website (www.timhortons.com) I have discovered that most of their baked goods contain phosphate additives, including their muffins, tea biscuits, donuts and cookies.

If you are having difficulty keeping your phosphorus levels in the normal range, try to stick with a Tim Bit or two to accompany your tea or coffee. If you’re more hungry, choose a plain bagel with butter or cream cheese or plain croissant. If you do choose one of the other options make sure to take a phosphate binder.

Berry Oatmeal Muffins From Kidney Community Kitchen (www.kidneycommunitykitchen.ca).

Ingredients
250 ml (1 cup) unbleached all-purpose flour
125 ml (1/2 cup) quick-cooking oatmeal
160 ml (2/3 cup) lightly packed brown sugar
2.5 ml (1/2 tsp) baking soda
2 eggs
125 ml (1/2 cup) applesauce
60 ml (1/4 cup) canola oil
1 orange, the grated zest only
1 lemon, the grated zest
15 ml (1 tbsp) lemon juice
180 ml (3/4 cup) raspberries, fresh or frozen
180 ml (3/4 cup) blueberries, fresh or frozen

Directions
With the rack in the middle position, preheat the oven to 180 °C (350 °F). Line 12 muffin cups with paper or silicone liners.

In a bowl, combine the flour, oatmeal, brown sugar, and baking soda. Set aside.

In a large bowl, whisk the eggs, applesauce, oil, citrus zest and lemon juice. With a wooden spoon, stir in the dry ingredients. Add the berries and stir gently.

Scoop into the muffin cups. Bake for 20 to 22 minutes or until a toothpick inserted in the centre of a muffin comes out clean. Let cool.

Nutrient analysis (12 servings, 1 muffin is a serving): Calories: 173, Protein: 2.8g, Carbohydrates: 28g, Fibre: 1.8g, Total Fat: 5.9g, Sodium: 68mg, Phosphorus: 46mg, Potassium: 86mg
First a review of what the kidney does?
- Act largely as a filtering system for the body
- Regulate the composition of the blood
- Keep the volume of water and salt in the body constant
- Remove wastes from the body
- Regulate blood pressure
- Stimulate the making of red blood cells
- Maintain calcium, phosphate and Vitamin D levels, to preserve bone health

Vascular Access to facilitate the most effective dialysis treatments
A vascular access is a literal lifeline for hemodialysis — it provides an access for blood to pass through the dialysis filter and deliver back “cleaned” blood. For peritoneal dialysis, which uses the peritoneum that lines the abdominal cavity as the filter, the "lifeline" is a catheter that is placed in the lower abdomen.

The arteriovenous (AV) fistula is often considered the optimal long-term vascular access for hemodialysis for these reasons:
- Provides adequate blood flow
- Lasts a long time
- Has a lower complication rate than other types of access

If an AV fistula cannot be created, an AV graft or central venous catheter may be required. Goal:
- Enhance nursing education and skill training around vascular access

www.renalnetwork.on.ca/

Safety & Patient Advisory Council

Falls Prevention: Safety Measure
The entrance is limited in space please so remain outside until the nurse comes to collect you. People who have mobility aids such as wheelchairs, scooter, and walkers require more space when coming into the unit. Please do not block the entrance, this in the past has contributed to patients/families falling.

Also remember to wear appropriate foot wear to your dialysis treatments. Slippers, flip flops and poor fitting shoes may contribute to falls.

Patient advisory Committee
Peer Support
By Jane Baier Scott SW

Peer Support
A volunteer program provided by the Kidney Foundation of Canada.

The KIDNEY CONNECT Program

Because a diagnosis of kidney disease can be emotionally as well as physically challenging, The Kidney Foundation of Canada has introduced the KIDNEY CONNECT Peer Support Program to provide the kind of one-on-one support you and your family may need.
The program is here to help anyone touched by kidney disease. For example, people who have been diagnosed with kidney disease or those, whose kidneys have failed, as well as their friends, families and loved ones can all use the service. It's also there for those who are considering donating one of their kidneys to someone in need.
The Peer Support program lets you speak with someone who truly understands what it's like to live with kidney disease, and is willing to share their own experiences with you. Peer Support volunteers do not offer medical advice but they can tell you about their kidney disease and how they balance their treatment with family life, work and social activities. They'll be able to answer many of your questions, because they've been there, too.

Congratulations

Congratulations to Gladys Palacol RN.
She presented her poster titled, Socks Off, at the St Michael's Hospital and the MGH innovation fairs. The poster demonstrates the benefit of prevention of foot complications by performing regular foot assessments.

Many of you and your families are volunteering in your community, we would like to hear about it! Congratulations to Mr. D'Souza! He has received 2 volunteer Service Awards for his outstanding work in the community—Ontario Volunteer Service award for 10 years of exemplary Volunteer work for Toronto CNIB, signed by Michael Coteau the MPP. The second award is titled Volunteer Service Awards and is signed by the honorable Kathleen Wynne.