

The Nephron Newsletter



Welcome Back Nephron Readers!

We are pleased to share with you the first edition of The Nephron relaunch. We are so excited to re-connect with everyone! The purpose of this newsletter is to provide you with information on the Kidney Urinary Program at St. Joe's and will include updates on program initiatives, Kidney Foundation events, healthy recipes, informational pieces from our Allied Health and Dialysis technicians and much more.

We welcome all suggestions for content - our goal is to create a newsletter that meets the needs and wants of our readers!

If you would like to receive this newsletter by email or have any suggestions for content please email: nephron@stjoes.ca

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Become a Patient and Family Advisor

Help Shape the Future of the Patient and Family Experience

By joining this council you can provide our kidney health team with advice and feedback to influence the future of the program.

- Voluntary Position
- Virtual Monthly Meetings (1-2 Hours)

Please contact Jennifer Hall at nephron@stjoes.ca or 905-522-1155 ext. 33413 for more information

Celebrating 1,000 Kidney Transplants Coordinated Through the Kidney Paired Donation Program

1,000 patients in Canada have received a kidney transplant thanks to Canada's Kidney Paired Donation (KPD) program led by the Canadian Blood Services, in collaboration with St. Joseph's Healthcare Hamilton Transplant Team, and other living donation and transplant programs across Canada. These transplants represent 1,000 people whose lives have been saved or forever changed by the gift of organ donation. The KPD program is fueled by the generosity of living donors who make the selfless decision to not only donate a kidney to a loved one but to donate a kidney to someone they don't know to support their own loved one or friend in receiving a kidney that is a match for them.

This milestone is made possible by the contributions and dedicated efforts of our St. Joseph's Healthcare Transplant Team. This multi-disciplinary team includes nurses, allied health providers (Pharmacist, Dietician, Diabetes Educator, Social Worker, Psychologist), Transplant Nephrologists, Transplant Fellows and Residents, other physicians, administrative support, Laboratory Technologists, Perfusionists, and Transplant Ambassador Volunteers.

The St. Joe's Transplant Team is responsible for coordinating 122 transplants so far this year and this number continues to grow!

About the Kidney Paired Donation Program

Imagine this...

A family member or a friend is in dire need of a kidney donation.

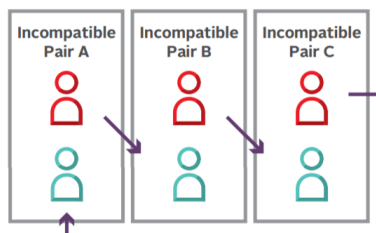
You want to donate one of your kidneys to this family member or a friend. However, medical tests show that you are not a good match for them. Another potential donor and their transplant candidate are in the same situation.

Turns out you are a match for the transplant candidate in the other pair, and the potential donor in that pair is a match for your friend or family member. Swapping donors in these two pairs makes two transplants possible.

Kidney Paired Donation Program makes the coordination of this situation possible.

What is kidney paired donation?

Kidney paired donation is a program that matches transplant candidates with suitable living donors. It gives people the chance to become a living kidney donor while ensuring that someone they want to help receives a needed kidney, even if they are not a direct match. Canada's Kidney Paired Donation program is run by Canadian Blood Services, working with the living kidney donation and kidney transplant programs across the country.



Credit: Canadian Blood Services



ANNOUNCEMENT

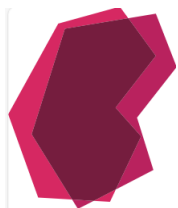
THE KIDNEY PAIRED DONATION PROGRAM

HAS REACHED
1,000
TRANSPLANTS!

For More Information

<https://www.blood.ca/en/organs-tissues/living-organ-donation/kidney-paired-donation>

<https://www.stjoes.ca/hospital-services/kidney-urinary-services/living-kidney-donor-program>



Kidney Foundation Updates

Hamilton Kidney Walk

On Sunday, September 24th, people of all ages joined together to participate in the Kidney Walk, to help improve the lives of Canadians living with kidney disease. Thank you to all those that laced up their shoes and hit the trails with us and rallied their friends, family members, and colleagues to support the work of The Kidney Foundation.

In Hamilton, almost \$64,000 was raised, and in Brantford, over \$42,000 was raised! Across the province Kidney Walks helped to raise almost \$820,000 collectively, to help support crucial patient support programs and programs, as well as investments in research that will lead to improved treatments and a cure for kidney disease.

When we join together as a kidney community, great things are possible! “Together We’re Stronger Than Kidney Disease!” Additional donations towards the Kidney Walk will be accepted until the end of the calendar year. Please visit kidneywalk.ca for more information.

Peer Support

Being diagnosed with a chronic illness is life-changing and can happen with little or no warning. We’re here to provide emotional support and resources to help people live well with kidney disease.

Peer support is one of our key services. Talk to others with similar life experiences about what to expect when learning to live with kidney disease. You and your family members will be paired with trained volunteers who have first-hand experience coping with kidney disease.

Peer Support volunteers do not offer medical advice, but they can tell you about their experience with kidney disease and how they balance family life, work and social activities. They'll be able to answer many of your questions, because they've been there too.

To make a request for peer support you can use our online form (see webpage link below) or call **1 866 390-PEER (7337)** to speak with a program coordinator.

More information on Peer Support can be found on the Kidney Foundation Website:

www.kidney.ca/Support



Point-of-Care Ultrasound Machines



Ta-da! New point-of-care ultrasound machines have arrived! Last November, our Foundation celebrated the 25th anniversary of the St. Joe's Gala. With thanks to generous donations made by our gala guests during the Capital Equipment Auction, our Hospital was able to purchase 11 new point-of-care ultrasound machines for our busy dialysis unit.

Using a point-of-care ultrasound unit at every dialysis visit has become a best practice in kidney care. And, thanks to our generous donors, we now have enough of these ultrasound machines to ensure every nurse and dialysis technician can have a dedicated unit to care for the patients

under their watch.

Plans are already in place for this year's gala on Saturday, November 4 at Liuna Station! We hope you can join us for Sail Away, a nautical-inspired night dedicated to raising funds for St. Joe's Mental Health & Addictions Program: www.stjoesfoundation.ca/gala

Nocturnal Dialysis Unit



"I am pleased to share with all of you that the Nocturnal Hemodialysis Unit will be opening on Monday, October 23rd, 2023.

The Nocturnal Hemodialysis Unit will be located in the Hemodialysis Center located on Level 1 of the Marian Wing (our main hemodialysis unit).

The team has worked hard to engage all the key stakeholders including frontline nursing and technology staff, patients, IPAC, portering, patient flow, environmental services, Nephrologists and others of the interdisciplinary health profession to ensure both patient and staff safety while re-opening the Nocturnal Hemodialysis Unit.

The nocturnal unit will open with a predominant focus on outpatients who meet specific criteria. Referrals may come from any of the 4 sites.

The unit will once again run Sunday – Friday, and a number of outpatients have already expressed an interest. Charlton Hemodialysis charge nurses will coordinate schedules for these patients.

Ongoing work is occurring with teams to make the space dialysis-ready in advance of October 23rd.
- Aleks Ljubinkovic, Clinical Manager, Hemodialysis & Dialysis Resource Team

Six Nations Dialysis Unit Expansion

We are excited to announce that our dialysis unit in Oshweken, located in the White Pines Wellness clinic in the Six nations community in-between Cal- edonia and Brantford, has expanded to provide ad- ditional dialysis times. This expansion was inspired by a care closer to home model and considered the number of patients on the wait list for a dialysis spot in the unit, as well as the growing population of kidney care patients who live in and around this region. This unit is a 12-station satellite unit that now provides dialysis in the morning/afternoon/evening Mon-Fri and morning/afternoon on Sat- Sun. There is free on-site parking located adjacent to the Wellness clinic.



For further information about dialysis in this unit, please contact:
 Sharon Kostiloff, Charge Nurse 905-522-1155 x 35359
 Yolanda Berghegen, Senior Manager 905-522-1155 x 34918

Mindful Moment

As the nights become longer and the weather be- comes colder many people notice, with the change in season that mood may be affected. Meditation can be of benefit to help with low mood and anxiety. Here is a simple meditation that you may like to try:

Unclench your jaw
Unknit your brow. Soften.
Lower your shoulders,
Breathe in deeply for four, hold...and out for 6.
Feel your body in contact with whatever is supporting you.
Stretch

Fall Challenge: Can you do this once a day for a month?



'Peritoneal Dialysis has brought my family closer together and I can go to the cottage anytime I want.'
 - Stephen Gray- PD patient

Why Home Dialysis?

Want a more flexible dialysis schedule?
 Want to spend more time at home and less time travelling to the hospital?

Opting for a home modality may be for you. Home modalities offer more freedom for patients willing to take a hands-on approach to their care

If you have any questions, please take the time to reach out to the Peritoneal Dialysis Program, and they will be able to help!

CONTACT US

 Jessica Gates, RN @ 905-522-1155, ext. 38282
 Monica Pop, RN @ 905-522-1155, ext. 38280

Accreditation 2023



St. Joseph's on-site survey is scheduled for November 26-30. Here are some FAQ to help you understand what Accreditation is and why it matters.

Q. What/Who is Accreditation Canada?

- National and independent Canadian organization.
- Responsible for assessing an organization's practices and processes relative to national and global standards of excellence in the delivery of health care services.

Q. Why does being accredited matter?

- Signals to our patients and community that we are committed to safety, quality and operational excellence
- Reinforces our collective efforts to bring more value to our patients

Q. What is the purpose of accreditation?

- Helps to identify excellence in our organization so that it can be amplified
- Provides insight so that we can augment areas where we can do better
- It's an opportunity to celebrate the good work we do every day and to share it with our peers

Q. What happens during accreditation?

Accreditation is a formal process with a set of required activities.

Key activities at SJHH:

- **Self Assessment**— completed in Fall of 2022; assessment of our practices and processes relative to national and global standards of excellence in health care by teams of SJHH staff and physicians; results inform action plans to address areas where improvement is needed.
- **Patient Safety Culture Survey**—completed in Fall 2022; allows all staff and physicians to share their perspectives about patient safety at SJHH; results inform an organizational action plan.
- **On-site Visit**—November 2023; surveyors will assess whether we are meeting the health standards and required organizational practices

Q. What is a standard?

- Developed by Health Services Organization (HSO) which is affiliated with Accreditation Canada.
- Standards are based on best available evidence and leading expertise from around the world.
- In the fall of 2022, teams of SJHH staff and physicians assessed our programs/services in relation to the standards.
- Action plans were developed to address areas that have been identified as needing improvement.

Q. What is a Required Organizational Practice (ROP)?

- ROPs are essential practice that must be in place to enhance patient safety and minimize risk.
- Examples of ROPs: patient safety incident disclosure; client identification; medication reconciliation at care transition; hand hygiene education and training; and workplace violence prevention.
- ROPs are embedded in the standards.

NATIONAL DAY FOR TRUTH AND RECONCILIATION

#OrangeShirtDay



Orange Hat Project

St. Joe's encouraged teams to take action and engage in learning opportunities in order to provide more culturally sensitive care to Indigenous patients and recognize the value of Indigenous healing practices.

One of our nurses from Charlton Hemodialysis along with knitters from the Orange Hat Project donated 10 hats to the Women's and Infants program.

What does Orange Shirt Day mean?

Chief Fred Robbins is one of the key figures for developing Orange Shirt Day. At one of his events in 2013, Phyllis (Jack) Webstad, a former residential school student, shared her

story. When she was first enrolled in the school, they took away all her clothes, including the orange shirt she wore that day. Every time she saw the colour, she was reminded of what she had gone through and that her feelings didn't matter.

And that's why, on September 30, Canadians observe Orange Shirt Day to honour Phyllis and other children who suffered at residential schools. The first-ever Orange Shirt Day was observed in 2021. The Canadian government introduced the Truth and Reconciliation Commission of Canada's Calls to Action to address the impact of residential schools on children, families, communities, and the indigenous culture.

What does Every Child Matters mean?

Over 150,000 children were forcefully taken away from their families between 1831 and 1966 by the residential school system. They were punished for conversing in their native language, and celebrating their culture and practices. These schools didn't offer any real education. They offered some part-time courses but mostly, students were forced to work at the school.

Thousands of children were killed. In May 2021, 182 human remains were found in an unmarked grave near a (now defunct) Catholic Church-run residential school near Cranbrook, British Columbia. Unfortunately, a few other unmarked graves were discovered as well.

Every Child Matters is a slogan and message used to honour the innocent lives lost. It symbolises that every child is important, including the ones who lose their lives and the adults who are still healing from their difficult time at residential schools.

How Can you help?

While we, as a country, have made great progress in supporting the Every Child Matters movement and indigenous communities, there's still work to be done. Here's how you continue showing your support:

- 1. Educate** yourself and those around you about the struggles faced by indigenous communities in the past and even today.
- 2. Wear orange** on Orange Shirt Day. Join events and activities to lift the community spirit.
- 3. Donate** To Any Of Canada's 86,000 Indigenous Charities Through CanadaHelps!

www.canadahelps.org

Beef Bourguignon

Recipe by Chef Kris Gaudet

INGREDIENTS

8 oz.	Beef, blade roast or chuck, cubed
1	Onions, Spanish, diced
1 227 g pkg	Mushrooms, cremini, cut in half
3 cups	Beef stock, no salt added
1	Carrots, medium diced
20 g	Parsley, roughly chopped
1 Tbsp	Garlic, fresh, minced
½ tsp	Black pepper
1 Tbsp	Olive oil
1 strip	Bacon
4 Tbsp	Flour, all purpose
3 cups	Water
3 sprigs	Thyme, fresh
1/3 cup	Red Wine, non-alcoholic



PREPARATION

1. Cook onions and bacon together, ahead of time.
2. Deglaze the pan with the wine, and reserve liquid.
3. Add oil to pot, or Dutch oven, toss pieces of beef in flour and add to pot. Sear meat until golden brown. Remove meat.
4. Add beef stock and water, turn to medium-high, stir until thickened. Reduce heat. Scrape the bottom when stirring to remove all the pieces on the bottom of the pot.
5. Add the beef, and all of the liquids. Cook until beef is tender and carrots are cooked. Approximately 45 minutes. Keep pot uncovered on a simmer.
6. Add the bacon mixture when there is 15 minutes remaining. Add mushrooms when there is 5 minutes remaining.
7. Garnish with Parsley.
8. Enjoy!

NUTRIENT ANALYSIS

Calories: 311.6 KCal
 Protein: 21.7 g
 Carbohydrates: 22.8 g
 Fibre: 4 g
 Total Fat: 13.6 g
 Sodium: 164.7 mg
 Phosphorus: 259.37 mg
 Potassium: 792.08 mg

Apple Cranberry Baked Brie

Recipe by Emily Campbell, MScFN RD CDE – a registered dietitian and certified diabetes educator.

INGREDIENTS

- 1 200g wheel of brie cheese
- ½ cup cranberry sauce
- 1 small apple, chopped
- 1 TBSP honey
- 2 tsp rosemary, dried
- 1 TBSP lemon juice
- 1 tsp black pepper

PREPARATION

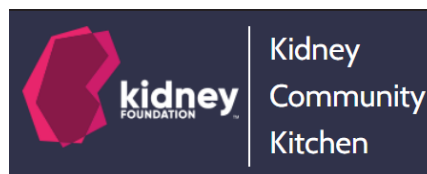
1. Preheat oven to 350 F. Place cheese in cast iron pan, and cook for 12 minutes.
2. In a pan, make fruit compote by combining cranberry sauce, apple, rosemary, lemon, black pepper on medium. Stir continuously for 10 minutes.
3. Remove brie, top with compote. Let cool for 10 minutes and enjoy with low sodium crackers.



NUTRIENT ANALYSIS

- Calories: 121.86 KCal
- Protein: 5.39 g
- Carbohydrates: 10.06 g
- Fibre: 0.39 g
- Sodium: 160.03 mg
- Phosphorus: 48.93 mg
- Potassium: 55.64 mg

This month's recipes brought to you by:



The Kidney Community Kitchen website was created as a result of a generous bequest from James MacOwen Andrews, who was affected by kidney disease, and who felt a dedicated site of renal-friendly recipes would be beneficial for those with the illness. If caught early, chronic kidney disease can be managed to delay or prevent kidney failure and reduce the risks of other complications. Diet is a considerable aspect of the management of this illness. The goal of the Kidney Community Kitchen is to empower its users through information and resources to take ownership of their condition and manage it to the best of their ability. Additionally, the site aims to make food and cooking as easy and fun as possible for a population that has been told many foods are off-limits.

The Kidney Foundation is committed to achieving excellent kidney health, optimal quality of life, and a cure for kidney disease.

The Kidney Community Kitchen can be found at www.kidneycommunitykitchen.ca

Games & Funnies



HALLOWEEN CROSSWORD

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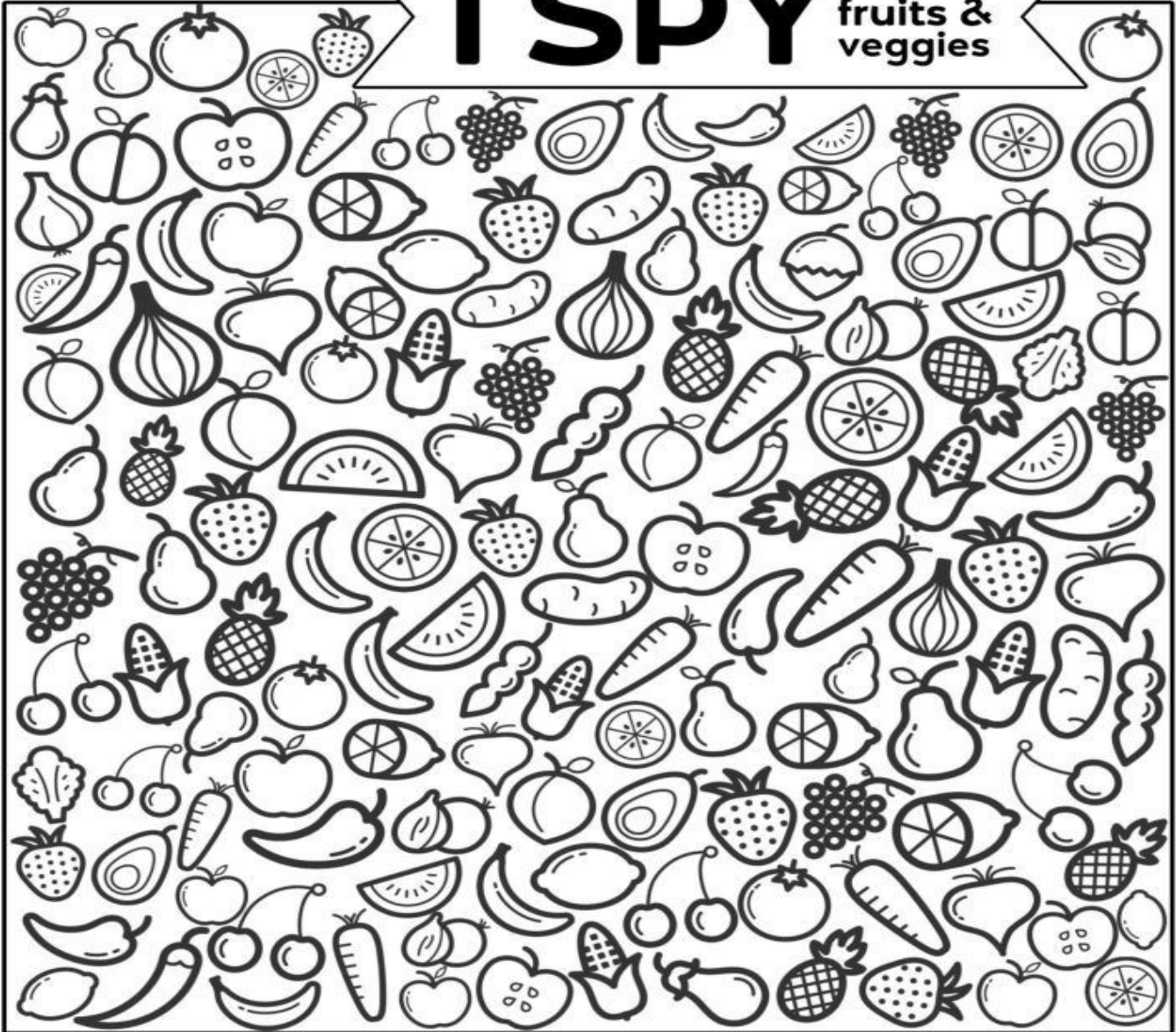
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7

I SPY fruits & veggies



- | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 2 | 4 | 4 | 5 | 4 | 5 | 7 | 4 | 6 | 5 |
| 1 | 6 | 7 | 1 | 3 | 6 | 7 | 4 | 7 | 5 |
| 3 | 3 | 4 | 6 | 2 | 7 | 5 | 9 | 6 | 3 |

papertraildeisgn.com

Let Us Know What You Think
 Do you have a suggestion for an article or would like to receive this newsletter by email? Let us know at nephron@stjoes.ca

St. Joseph's
 Healthcare  Hamilton