

Home Dialysis Update

A triannual newsletter published by The HOME Network
Edition 18 — JULY 2023



The HOME Network

Welcome to the eighteenth edition of *Home Dialysis Update*, our newsletter from The HOME Network

By Josephine Chow, Chairperson

Welcome to our July 2023 Edition of The HOME Network (THN) Newsletter.

On behalf of The HOME Network, we would like to congratulate the Renal Society of Australasia for a fantastic annual national conference in May 2023. I had opportunities to catch up “in person” with lots of old and new friends. Check out the highlights in this Newsletter.

You can also find out more about our new initiatives and some updates on current works. Please reach out to us if you would like more information, or would be happy to join as associate members and/or a project team.

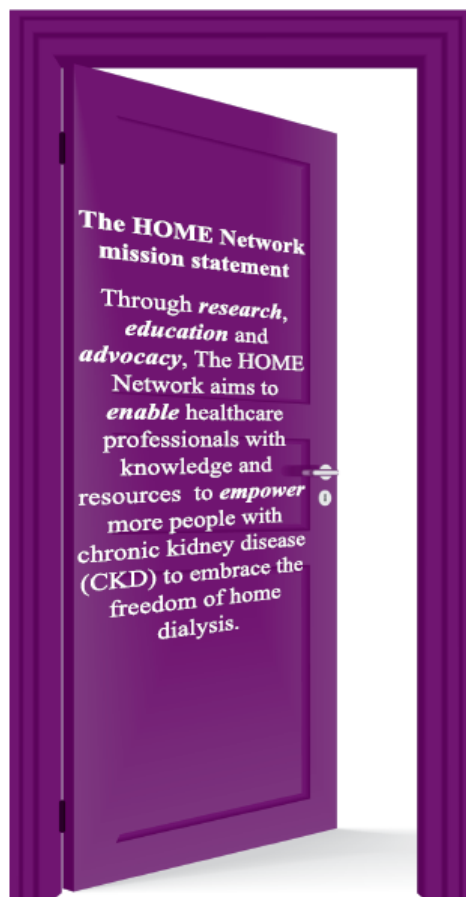
One of our strategic partners, My Chit Chat Time, has released their latest video on making renal-friendly corn flake biscuits and is available to view via the YouTube channel. We are planning further collaboration to enhance this community engagement. *Stay tuned!*

Finally, the change in season brings with it colder weather, less daylight and an imbalance in our general mood and wellbeing, so, just show yourself and your peers some love with a nourishing, hearty winter meal or treat.

Take care, and happy reading!

The HOME Network: Who are we?

By Josephine Chow, Chairperson



The HOME Network (THN) is a national initiative that brings together a solution-focused group of home dialysis healthcare professionals from across Australia & New Zealand (ANZ). The group draws upon all levels of evidence to provide insights and practical options for colleagues throughout ANZ to facilitate a positive change towards increased uptake of home dialysis.

Since its establishment in 2009, THN has had considerable successes in developing resources for patients and healthcare professionals in line with its objectives and making optimal use of members’ time available to commit to projects.

The vision and mission of THN is to identify solutions and strategies to promote and enhance home dialysis. Our members are committed to driving outcomes aligned with the group’s strategy and working towards achieving our overall mission statement, which is: “*Through research, education and advocacy, The HOME Network aims to enable healthcare professionals with knowledge and resources to empower more people with chronic kidney disease to embrace the freedom of home dialysis*”.

The HOME Network has been working within three focus areas:

- **Healthcare Professional Education:** Improved awareness, knowledge and training about home dialysis for healthcare professionals.
- **Patient Factors:** Targeted action that enables healthcare professionals to address factors impacting on the ability of Australians with CKD to embrace the freedom of home dialysis.
- **Allied Health Engagement:** A Fresh direction exploring how allied health approaches can strengthen home dialysis utilisation through developing a patient educational tool, awareness of medicines/safety advice and mental/psychosocial health.

As we strive to achieve world-class home dialysis care for our patients, we continually work on these three focus areas as part of our comprehensive campaign to drive increased uptake of home dialysis.

Our website highlights in this edition

- ☺ **Meet Our Team -- Get to Know Our Members:** Take a moment to get to know the amazing individuals who make up The HOME Network, and learn more about their unique skills and contributions. [Click here](#) to read more.
- ☺ **Facts on Home Dialysis:** [Download](#) the updated Myth-busting Fact Sheet!
- ☺ **My Chit Chat Time Recipes:** Begin cooking nutritious recipes today. We are working together to explore opportunities to create healthy meals for individuals with kidney disease.



MYTH BUSTING FACTSHEET
Get the latest information on home dialysis by reading our updated facts

[DOWNLOAD NOW](#)

Facts on Home Dialysis:

Download the updated Myth-busting Fact Sheet!

Our updated Myth-busting Fact Sheet addresses the various misconceptions regarding home dialysis.

It provides valuable information for patients who may have concerns, and for healthcare professionals who may need to advise them.

To access a copy, simply click on the [DOWNLOAD NOW](#) button.

Financial Factsheets:

Patients in each Australian state who manage their dialysis at home can benefit from financial concessions and subsidies which are detailed in the informative financial factsheets.

These resources are set to be updated during the current quarter.

Stay tuned for the latest versions!

**FINANCIAL FACTSHEETS
COMING SOON**

A new version of our financial factsheets will be available on our website during this quarter. Members of the network will work together to provide you with the most current information.

My Chit Chat Time



Exciting future project with My Chit Chat Time and Renal Dietitians.

Our partnership with My Chit Chat Time has enabled us to share nutritious recipes for individuals with kidney disease.

My Chit Chat Time and renal dietitians are collaborating on an exciting future project, working closely together to explore opportunities in creating recipes that promote kidney health.

Stay tuned for updates in our newsletter, and please visit our website for healthy recipes from My Chit Chat Time.

This edition's recipe: **Corn Flake Biscuits**

<https://youtu.be/Dd1hnkg1mj8>

Current accomplishments in the Allied Health Engagement Strategic Direction Focus

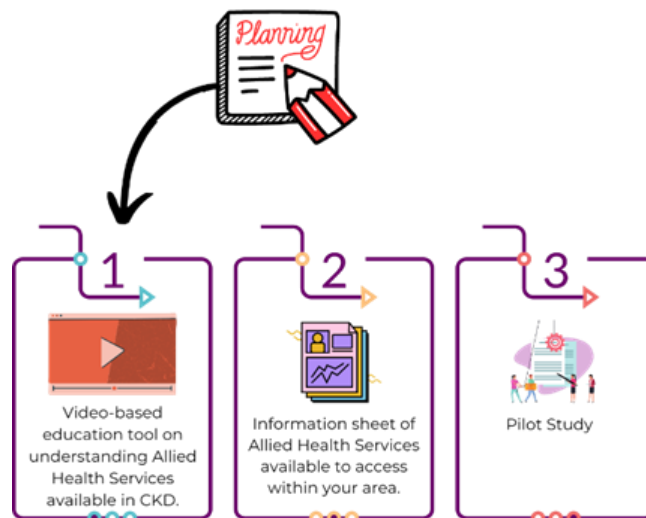
The HOME Network started off the year exploring our new strategic direction - **Allied Health Engagement**.

Since gathering to discuss the various aspects of this initiative, the Access to Allied Health focus group has been working in the background drafting the framework for the video-based educational tool, in preparation for the next steps of this project.

The framework includes project goals, a concise video planning tool and details on video marketing. It will equip the representative with essential information for their participation in the video.

In addition to the video tool, professionals, patients and caregivers will have easy access to an information sheet on Allied Health Services in their areas. This will provide convenient access to relevant information. The marketing and distribution of this information sheet template is currently being planned, and further updates will be provided at a later date.

We are excited to share more updates on this project. It has the potential to help people with CKD by improving their awareness of, and access to, important allied health services. *Stay tuned for more information!*



Our website updates

We constantly strive to expand our reach and offer valuable information to professionals, patients, and caregivers. Our website is regularly updated with fresh content and resources. *Make sure to visit our website to stay informed!*

WEBSITE USAGE STATISTICS

We are pleased to provide you with the latest website statistics for the past month.

We encourage you to continue sharing our website with your colleagues, patients and carers.

Let us continue to elevate our reach and impact!

UNIQUE VISITS
↑49%



The website has seen a steady increase in traffic over the past month. The number of unique visitors has increased by 49% compared to the previous month.

PAGE VIEWS
↑35%



There has been an increase in page views by 35% over the last month.

Renal/Nephrology Conferences in September 2023

It is time again to plan your professional development, networking and, of course, travel to near and far destinations.

Please refer to the renal/nephrology conferences scheduled for September 2023



58th ANZSN
Annual Scientific Meeting)
2-6 September 2023
— Christchurch, New Zealand



ISPD Asia Pacific
Chapter Meeting 2023
22-24 September 2023
— New Delhi, India



MEMBER PROFILE



Name: Kylie Pegg

Role: Nurse Unit Manager—PD

What is your current role and where are you from?

Nurse Unit Manager—Peritoneal Dialysis Unit, Princess Alexandra (PA) Hospital, Brisbane.

My current role is managing the Peritoneal Dialysis Unit at the PA Hospital. I graduated nursing in 2012 and, after a short time in the nursing pool at the PA, I took on a contract in the PD Unit and have been there ever since. I moved to a CN position within the unit and then took over the NUM role five years ago.



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How long have you been with The HOME Network?

I have been a member for three years.

What prompted you to join The HOME Network?

A fellow NUM was associated with The HOME Network, and encouraged me to look into it and join. I have benefitted from the knowledge shared and being involved with passionate nurses.

What projects have you been involved with?

I have been involved in the Teach PD Study, and we were one of the first units to roll this research out.

Future plans with The HOME Network?

I would like to become more involved now that things have settled following COVID. My goals are to seek further opportunities to insert myself to get a better outcome for my unit, and allow others to see what we are doing here in PA PDU.

RSA 2023 Conference (29-31 May 2023)

By Tanya Smolonogov, Pre-Dialysis Clinical Nurse Consultant—Western Renal Service

This year's RSA Conference was held in Sydney at the Sydney Masonic Centre. The conference had a big crowd of over 400 nursing and allied health professionals. The conference opened with quite a colourful and poignant welcome to country by Auntie Margaret (*first image*).

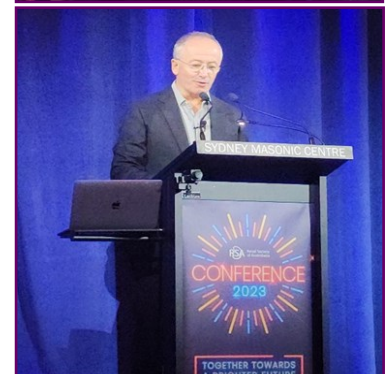
For the die-hard conference devotees, there were preconference workshops that covered: Renal Pharmacology, Vascular Access, and Anaemia Management.

The 'human lie detector', Steve van Aperen, is an expert of analysing human behaviour and enlightened the audience that 30-38% of us lie during a conversation, and that 7% of us lie to ourselves! (*I do not!!*). He showed us that it is hard to lie well and that is why criminals get caught out!

Professor Kevin Whelan, from Kings College in the UK, discussed the fascinating world of Gut Microbiomes. This was followed by a panel discussion and keynote presentation by writer and broadcaster, Andrew Denton (*third image*), about "The Emergence of Voluntary Assisted Dying in Kidney Care". Andrew spoke of his personal family journey, and the well selected panel discussed different aspects and experiences as carers and health professionals on this topic.

This year's conference was very interactive and had many breakout sessions and a new concept of 'Learning Labs'. Learning Labs were deep dive sessions with interactive, hands-on learning activities and specific takeaways for professional growth and development. The topics covered included: interpreting ECGs; Advanced Vascular Access in Dialysis; Intimacy and Sexuality; Disaster Preparedness; Renal Diet; Setting up; Changing Prescriptions Remotely; Difficult Conversations; Xray Interpretation; Podiatry and the CKD patient; Championing Business Cases for Change; Symptom Management; Demystifying Research Behaviour Change; Leading People, and, the SEED Program where we learnt about wellbeing in the workplace and that 'some journeys are best taken looking inward'.

Overall, the conference was well received, and we eagerly look forward to next year's conference in *BrisVegas!*



Targeted Education Approach to Improve Peritoneal Dialysis Outcomes—Cluster Randomised Controlled Trial (TEACH-PD CRCT)

ClinicalTrials.gov Registry: NCT03816111



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Co-Principal Investigator: Professor Josephine Chow & Professor Neil Boudville
Lead, THN Healthcare Professional Education Group: Melinda Tomlins

A pragmatic, multi-centre, multinational, registry-based, cluster-randomised trial (CRCT), randomising PD units to implementing TEACH-PD training modules targeted at PD trainers and incident PD patients versus standard existing practices.

Acknowledgements



Thank you to all the participating PD Units in Australia and New Zealand as we certainly could not have done it without you.

As of 30 June 2023, we have successfully recruited **97% (1,457)** of the study target! *This is an amazing achievement.* Thank you to the participants, the PD nurses, the nephrologists and the Global Trial Steering Committee and, of course, our lovely Project Manager and Clinical Research Associates.

The TEACH-PD training curriculum and material have been developed by a core group of renal nurses from the HOME Network (THN) in conjunction with senior medical clinicians from the Australasian Kidney Trials Network (AKTN), eLearning curriculum developers, consumer representatives and education experts, in line with the ISPD guidelines, utilising modern adult learning principles and best practice eLearning techniques.

An Invitation from the University of Sydney and the University of Queensland: To patients receiving peritoneal dialysis and their caregivers (participant group)

Research Study: GUT- PD WORKSHOP

PATIENTS' AND CAREGIVERS' PERSPECTIVES AND INVOLVEMENT IN GASTROINTESTINAL HEALTH OUTCOMES IN PERITONEAL DIALYSIS

We are looking for adult patients on peritoneal dialysis, or who have received it within the last five years, and their caregivers to participate in a 1.5-hour online workshop. The purpose of the workshop is to help us to understand and plan the design of future research about gut health for people on peritoneal dialysis. We are interested in hearing experiences and thoughts from patients and their caregivers on gut health outcomes (such as frequency of gut motion, nausea and medications) and which gut health outcomes they consider essential to be measured in research trials on PD.

The workshop participants will be organised into five breakout session groups of approximately 10 participants in each group. We will ask groups to share their views and experiences of gut health after starting peritoneal dialysis and then discuss and rank the gut health outcomes that they consider essential for collecting in future research studies. This workshop is organised by the University of Sydney and the University of Queensland.
The workshop will take place online (via Zoom) on Thursday 24 August 2023.

Please kindly register your interest by clicking onto the following link:

https://uqmedicine.syd1.qualtrics.com/jfe/form/SV_9v0PQ1XcFoM0ymG

Share your
big idea!



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At The HOME Network, we aim to increase HCP networking and to share some of the novel ways in which we, as healthcare professionals, are making a difference for our CKD patients. Often, there are fantastic projects underway locally that we believe deserve a national platform for sharing.

HELP us by sharing your ideas and ways in which you are supporting your CKD patients to choose the home dialysis option! Please email the editor at news@homenetwork.net.au to share your big idea.

We will publish a selection of great ideas in each newsletter. Please include your contact details so that colleagues may get in touch to learn more.

And... stay tuned for more news about how we plan to support the sharing of ideas in the future!

Join The HOME Network as an associate member!

We hope that you enjoyed reading this edition of The HOME Network newsletter; it certainly is an exciting time for The HOME Network and home dialysis!

If you are not already an associate member, now is your chance to join us. New associate membership continues to grow as a result of our newsletter's accessibility. Feedback has been very positive and has greatly influenced as to how the newsletters are produced. *If you know of any colleagues who may be interested in reading our newsletter, please forward a copy and let them know how they too can join as an associate member.*

As an associate member, you will receive our newsletters containing articles, information and advances in the field of home dialysis as well as information about upcoming events.

This is also the first venue where you will learn about the commencement of any new projects, and is also *your* chance to get involved in a project that you feel passionate about.

To join as an associate member, please use this link to enter your details:

<https://thehomenetwork.weebly.com/contact-us.html>

Please share this link with any healthcare professional who you think may also be interested to join us.

The HOME Network's website at www.homenetwork.net.au is where you will need to go to find out about our past and current projects in this exciting area, not to mention that we have also added some great new resources and publications to this website.

You can also email Josephine Chow (The HOME Network Chairperson) for more information regarding The HOME Network and the group's activities by clicking onto the "CONTACT US" tab.

If you have any news to share relevant to home dialysis, please email the editor at: news@homenetwork.net.au

Acknowledgements

The HOME Network would like to thank the following people for their time and input into the development of this edition of the *Home Dialysis Update* Newsletter: Dana Windebank, Jerome Pong, Josephine Chow, Vanessa Jelic, Kylie Pegg, Tanya Smolonogov, Joanna Stockings, Joanne Beer and Paula Woodward.

We would also like to acknowledge our ongoing partnership with Kidney Health Australia, the Renal Society of Australasia, the Australasian Kidney Trials Network and My Chit Chat Time.