

# Home Dialysis Update

A triannual newsletter published by The HOME Network  
Edition 17 — MARCH 2023



## The HOME Network

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

By Josephine Chow, Chairperson

Welcome to our March 2023 Edition of The HOME Network (THN) newsletter! I enjoy studying human behaviour by watching people around me over the past few months and, yes, we are still chasing the link to the next *ZOOM/MS Teams Meetings*.

**Return to Normal – Ready to Travel Again?** So many people are now returning on the road or taking national and international travel for work or leisure or just simply visiting their loved ones. Many are now attending meetings in-person: Check out the list of nephrology conferences in 2023 and maybe we will see you at one of them!

As in previous newsletters, we continue to introduce you to new members of THN via the *Member Profile*, and in this edition you will meet **Mary Scalzo** who joined THN just over twelve months ago.

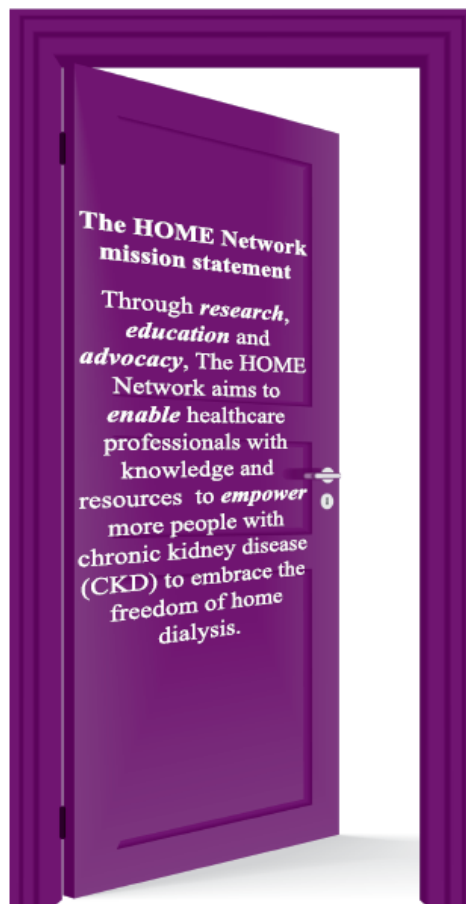
Also in this edition we celebrate the Churchill Fellowship awarded to our member, **Nadine Tinsley**, and her recent travel to investigate the education and training practices of PD units with First Nations people. We will also learn more about the great work of a number of consumers and nephrology communities in better understanding person-centred and culturally-safe care for Aboriginal people living with Chronic Kidney Disease.

*Trust you will find these articles (and more) of interest—enjoy!*

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## 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.

## Renal/Nephrology Conferences in 2023



It is time again to plan your professional development, networking and of course travel to near and far destinations. Please see below a list of the renal/nephrology conferences scheduled for 2023. Enjoy, and travel safe!



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### **43<sup>rd</sup> Annual Meeting of the Korean Society of Nephrology**

27–30 April 2023  
South Korea

### **Canadian Society of Nephrology Annual General Meeting**

10–12 May 2023  
Halifax, Nova Scotia, Canada

### **RSA 2023 Conference**

29–31 May 2023  
Sydney Masonic Centre, Sydney

### **60<sup>th</sup> ERA Congress**

15–18 June 2023  
Milan, Italy

### **The Transplantation Society of Australia & New Zealand**

17–20 June 2023  
Brisbane, Australia

### **58<sup>th</sup> ANZSN Annual Scientific Meeting**

2–6 September 2023  
Christchurch, New Zealand

### **ISPD Asia Pacific Chapter Meeting 2023**

22–24 September 2023  
New Delhi, India

We are pleased to announce that The HOME Network members will share several presentations at the Renal Society of Australasia National Conference 2023 (29–31 May 2023). Check this out, and see you at the Sydney Masonic Centre!

#### ***Defining (Non) Adherence in Renal Dialysis***

Josephine Chow, Louise Collingridge, Jacqueline Ramirez, Rosemary Simmonds, Glenda Rayment, Allyson Calvin, Nadine Tinsley, Janine Byrne.

#### ***Collaborations Between Local Health Districts (LHDs) to Improve Quality of Work and Dietitians' Experience***

Joanna Stockings, Julie McFarlane, Sally Noble, Kirrilee Blackwood.

#### ***Monitoring Outcomes of Tenckhoff Catheter Insertion***

Angela Folpp, Michael Garrett, Sarah Malcolm, Karen Yates.

#### ***Customer Engagement for My Chit Chat Time Channel***

Josephine Chow, Dana Windebank, Vanessa Jelic.



March is National Kidney Month, and **March 9** was World Kidney Day.

World Kidney Day is a global campaign to raise awareness of the importance of our kidneys to overall health, and to reduce the frequency and impact of kidney disease and associated health problems worldwide.

*The article below appears with sincere thanks to The Royal Prince Alfred Hospital.*

Today is World Kidney Day, time to say “thanks”.

It's been a little over two years since I started my dialysis journey, and as I sip my morning coffee I think about how far I've come. In the past two years I have fully transitioned to home dialysis, went back to work in a job that I love with a great team that gave me a chance. Added a new puppy to an already crazy household. Mourned the loss of family members. Bought and moved into my new home. And, most importantly, spending time with my adult kids and gorgeous grandson. I have a lot to be thankful for. None of this would have been possible without the constant care and support of my medical team.

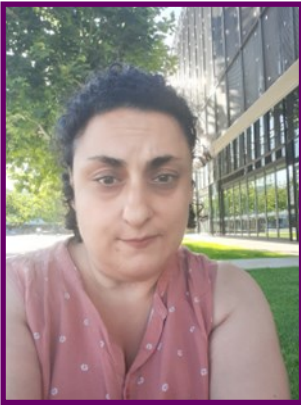
So on this day, World Kidney Day, I say thank you 🙏

**#worldkidneyday #thankyou #medical #rpah**

## MEMBER PROFILE



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**Name:** Mary Scalzo

**Role:** RN Home Therapies WA PD and Home HD.

**What is your current role and where are you from?**

RN Home Therapies WA (Spearwood clinic) PD and Home HD.

I am originally from Melbourne. I moved to Perth in September 2019 just before the pandemic. My area of responsibility is metropolitan and regional/rural, due to the fact that Western Australia operates from three key sites that cover both metropolitan and regional/rural patients.

**How long have you been with The HOME Network?**

I have been a member for approximately 12 months.

**What prompted you to join The HOME Network?**

The ability to work with others across Australia in the niche area of home dialysis therapies and to learn and enhance my knowledge and skills regarding home dialysis. I believe being part of such a group would facilitate this as well as provide networking opportunities within the renal nursing field. After moving from Victoria to Western Australia to continue my renal nursing journey, I have gained a skill set in peritoneal dialysis that is unique and niche. Being able to assist patients in their home dialysis is both challenging and rewarding. I think that some of these challenges can be overcome by joining The HOME Network and learning from experienced peers.

**What projects have you been involved with?**

Teach PD.

**Future plans with The HOME Network?**

I would like to be involved in a health literacy research capacity. I also value research and believe that I could partake in a study if the opportunity became available, particularly in relation to prevention of kidney disease as I have a degree in health promotion.

Hopefully one day I will attend an in-person event!

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In November 2020, The Home NETWORK enthusiastically welcomed two new members to the team from the ACT and the NT. Having received a Churchill Fellowship earlier that year, Darwin's Nadine Tinsley's plan was to visit both NZ and Canada to investigate education and training practices of PD units with First Nation patients to see if the Northern Territory could further improve its services post-COVID.



Two short years later, Nadine's hard work and dedication has been recognised with the publication of her brilliant report, *The Bob and June Prickett Churchill Fellowship to Investigate Pre-Dialysis Education, Peritoneal Dialysis Education & Training and Remote Monitoring of First Nation Patients*.

The HOME Network congratulates Nadine on this fine achievement, and highly recommends you follow the link below to access her full report. *Excellent work, Nadine, and well done!*

<https://www.churchilltrust.com.au/project/the-bob-and-june-prickett-churchill-fellowship-to-study-the-education-and-training-practices-of-peritoneal-dialysis-units-with-first-nation-patients/>

Share your  
big idea!

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](mailto: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!*





## The First Nations Australia Kidney Guidelines Launch

The *Caring for Australians and New Zealanders with Kidney Impairment (CARI) Guidelines* is the Australia and New Zealand guideline developer in nephrology, supported by the Australia and New Zealand Society of Nephrology and the peak consumer body, Kidney Health Australia. CARI develops guidelines focused on the clinical management of patients with chronic kidney disease.

In October 2022, the new CARI Clinical Guidelines for culturally-safe kidney care for First Nations Australians Guidelines were launched. It consists of the following documents:

- ~ 103 pages full document
- ~ 23 pages Executive Summary
- ~ 9 pages of Main Recommendations
- ~ 2 pages Consumer Summary

The full document summarises the recommendations for culturally-safe and clinical kidney care for First Nations Australians, and includes the historical context for the Guidelines and a set of Guidelines:

- (1) Culturally-safe and responsive kidney health care;
- (2) Screening, and referral of chronic kidney disease;
- (3) Public awareness, education, and self-management; and
- (4) Models of care.

The Flow & Thrive artwork within the documents represents the landscape of living with a kidney condition.

You can access the above full documents via:

<https://kidney.org.au/get-involved/advocacy/varning-kidney-consultations/cari-guidelines-recommendations-for-culturally-safe-kidney-care-for-first-nations-australians>

## My Chit Chat Time

The HOME Network has collaborated with My Chit Chat Time in sharing how easy, simple and enjoyable it can be to prepare and make healthy meals.

Watch any one of the videos for an easy-to-cook recipe for someone with kidney disease, as long as you eat the serving size recommended in the Kidney Health Australia's Cookbook menu.

<https://kidney.org.au/shop/books/dining-in-delicious-dialysis-recipes-and-meals>

This edition's recipe is **Savoury Corn Fritters**—*enjoy!*

Please discuss with your dietitian to show you how to incorporate this recipe into your dietary plan.



[https://www.youtube.com/watch?v=OqMurV\\_pKFo](https://www.youtube.com/watch?v=OqMurV_pKFo)

# What's happening in the Allied Health Engagement Strategic Direction Focus?

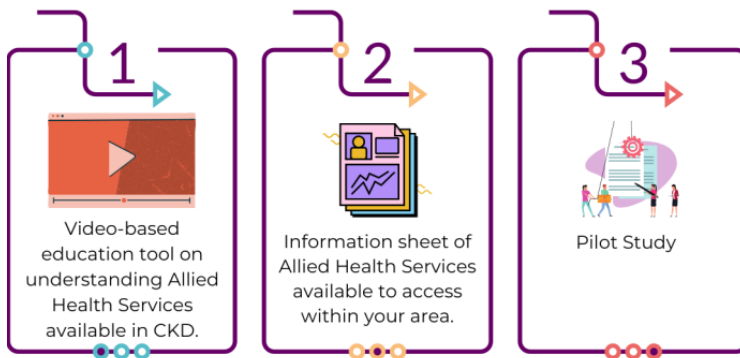
One of our new strategic directions this year focuses on “Allied Health Engagement”. A fresh direction where we will explore how allied health approaches can strengthen home dialysis utilisation.



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We started the year with a focus on our new and exciting direction - Access to Allied Health.

## Access to Allied Health



The THN Allied Health members met in February to explore the idea of developing a video-based education tool and information sheet, engagement, ways to distribute the education tool, how this will fit into the bigger plan for THN, and, discussing a pilot study to determine the efficacy of this intervention in driving improved uptake of allied health services and its potential to impact on utilisation of home dialysis therapies.

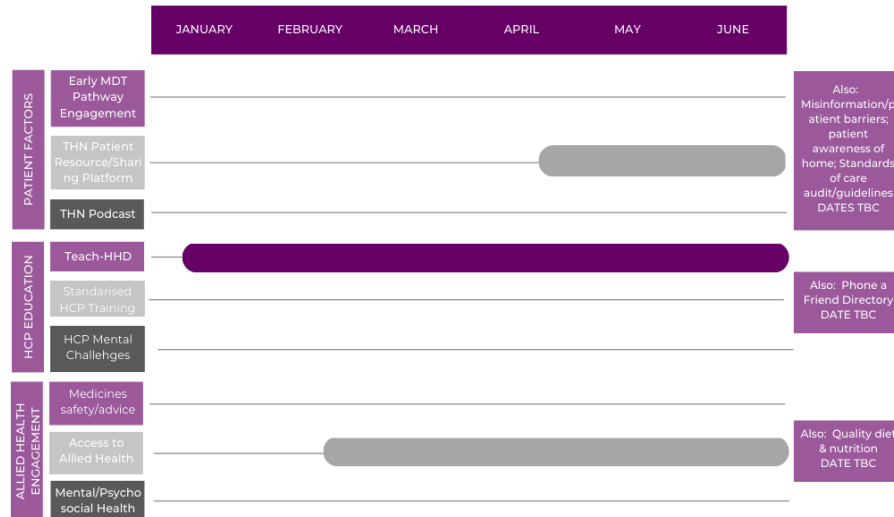
The group plans to develop a framework and reconvene in early May: *A new and exciting direction for THN!* As always, we welcome all health professionals who are interested in becoming part of this project group!

## Strategic Direction Update

The year has started off with some significant progress. Last year, members met virtually for the annual THN Workshop where they collaboratively discussed and shared their ideas in an open forum format.

WHERE WE'RE AT...

### THN STRATEGIC DIRECTION PLAN



As a result, they prioritised key theme focus areas and prioritisation for this year was formulated.

Members are actively engaged and working on some of these exciting priorities and are in the planning phase to reach these outcomes. As there are several priorities, we are working on each focus area, in stages.

Our first priorities are:

- Teaching Home Haemodialysis
- Access to Allied Health
- THN Patient Resource/Sharing Platform.

We eagerly look forward to sharing our progress with you over the coming months.



We at The HOME Network (sadly) bid farewell to two of our long-standing members for whom the yearning to seek a more peaceful lifestyle—or to take up grandparenting duties—was too great to ignore.

**Janine Byrne**, currently NUM at the Home Training Haemodialysis Unit at Metro South Health (QLD), will be retiring after Easter. Janine has been with The HOME Network since its inception in 2009 and played a great role in its evolution.

**Kim Grimley** served as Nurse Manager, State-wide Renal Service - Sydney Local Health District, for many years and retired at the end of last year. Kim was also a founding member of The HOME Network, and an active contributor to its success.

To both Janine and Kim, The HOME Network thanks you for your invaluable knowledge and expertise over the years, and wishes you all the very best in your happy retirement.

## 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.

Patients Recruited (as at 27/03/2023)	Patients to Meet Final Target
1394	106

### Acknowledgements



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.



**Thank you** to all the participating PD Units in Australia and New Zealand as we certainly could not have done it without you. **Thank you** to the participants, the PD nurses, the nephrologists and the Global Trial Steering Committee, and of course our amazing Project Manager and Clinical Research Associates.

## 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://themenetwork.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](http://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](mailto: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, Mary Scalzo, Nadine Tinsley 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.