

# Home Dialysis Update

A triannual newsletter published by The HOME Network  
Edition 20 — MARCH 2024



The  
**HOME**  
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## The HOME Network

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

By Josephine Chow, CF, Chairperson

Welcome to the March 2024 edition of The HOME Network (THN) e-newsletter.

Ten years ago, I thought 2024 was a long way off. Crazy how time flies, particularly now with the first quarter of 2024 having passed as well as the Easter long weekend.

The HOME Network e-newsletter has a fresh new design and some new features to enjoy as we continue to share our work. *Any feedback would be welcome!* Catch up on what's been happening with the rumour on the reduction of activity-based funding allocated for peritoneal dialysis, and download a copy of the latest report on "Chronic Kidney Disease: Australian Facts" by the Australian Institute of Health and Welfare (AIHW).

I have recently heard speeches from influential people, including King Charles, with his recently released pre-recorded message which emphasised kindness: "We need, and benefit greatly, from those who extend the hand of friendship to us, especially in a time of need". Always remember to show a little kindness to everyone, especially yourselves.

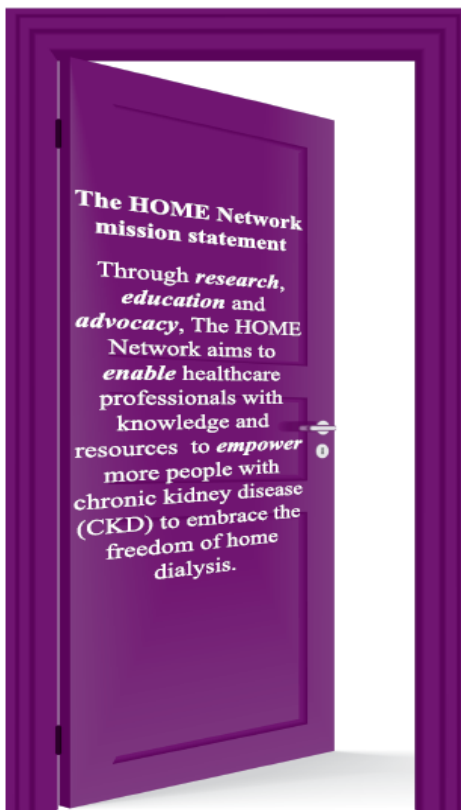
Finally, do try out our new The HOME Network/My Chit Chat Time-branded tasty recipes. Why not take a photo of your creation and then share your results?

In the meantime, please relax and enjoy reading this edition of The HOME Network e-newsletter.

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## The HOME Network: Who are we?

By Josephine Chow, CF, 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, as follows:

- 1) Improved awareness, knowledge and training about home dialysis for healthcare professionals;
- 2) Early and ongoing education for patients about home dialysis as part of a standard model of care; and,
- 3) Support for new initiatives and technologies that strengthen home dialysis utilisation.

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 highlights in this edition

☉ **BUY THE RUMOUR, SELL THE NEWS!**

*Reduction of activity-based funding allocated for peritoneal dialysis.*

☉ **MY CHIT CHAT TIME RECIPES**

*Begin cooking nutritious recipes today. We continue to work together to explore opportunities to create healthy meals for individuals with kidney disease.*

☉ **THE CHINESE UNIVERSITY of HONG KONG**—*An International Survey on Nursing Practice of Fatigue Management in Kidney Care.*

☉ **KIDNEY HEALTH AUSTRALIA** and the **RENAL SOCIETY OF AUSTRALASIA**—*Kidney Health Nurse Ambassador Program.*

☉ **INTERNATIONAL SOCIETY for PERITONEAL DIALYSIS**—*New Membership Categories*

☉ **The AUSTRALIAN INSTITUTE of HEALTH & WELFARE**—*latest report on Chronic Kidney Disease*

☉ **KIDNEY HEALTH AUSTRALIA**—*Your Kidney Connection*



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# BUY THE RUMOUR, SELL THE NEWS!

## ***Reduction of activity-based funding allocated for peritoneal dialysis.***

Disincentive the uptake of PD and Home HD will have a negative impact on the key strategy for relieving pressure on already overcrowded facility haemodialysis units, which are constantly experiencing unprecedented capacity pressures across Australia.

In June 2023, the Australian and New Zealand Society of Nephrology (ANZSN), the Renal Society of Australasia (RSA), The Australian and New Zealand Paediatric Nephrology Association (ANZPNA) and Kidney Health Australia (KHA) wrote to the Independent Hospital Pricing Authority (IHACPA) regarding their serious concerns on the reduction, by IHACPA, of the activity-based funding allocation.

The changes were believed representing a major drop (54%) in PD funding in 2023/24 that will create a significant financial disincentive for commencing patients on PD, despite the benefits to patients and cost savings for the healthcare system.

The proposed change of PD to a Tier 2 Non-Admitted activity requires adjustment and does not accurately reflect costs. Placing a severe financial disincentive on commencing patients on PD will greatly exacerbate these pressures thereby increasing the risks of serious clinical incidents and death. Concern has also been raised on any changes to Tier 2 Non-Admitted Services Classification that may adversely impact and undermine the benefit of Home HD.

*“IHACPA pricing is conducted as a technical exercise within specific terms of reference and not subject to opinion-based change”.* If there has been a reduction in pricing, this usually arises from reduced costings provided by hospitals across Australia. Correct identification of a hospital's costs is therefore critical and a major cost change in a different State (or a local health region within the state/territory) might influence the national price.

***It is therefore critical for the renal service managers and clinicians to engage with the periodic costing exercises for their services.*** It is this data which is provided to IHACPA for their determination, and this data which has resulted in the reduction in price.

**For more information, please access the correspondence via:**

**[https://www.ihacpa.gov.au/sites/default/files/2023-09/australian\\_and\\_nz\\_society\\_of\\_nephrology.pdf](https://www.ihacpa.gov.au/sites/default/files/2023-09/australian_and_nz_society_of_nephrology.pdf)**

## My Chit Chat Time



### New recipe

Watch the new recipe  
on our website  
[www.thehomenetwork.net.au](http://www.thehomenetwork.net.au)

**Watch now**



# The HOME Network™

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The HOME Network is thrilled with our ongoing and exciting partnership with **My Chit Chat Time**, which has opened possibilities for sharing nutritious recipes for individuals with kidney disease.

We continue to work together on a new project that explores even more recipes promoting kidney health. All recipes are being developed in consultation with THN renal dietitians. Check with either your renal dietitian or doctor to ensure that it is incorporated into your diet plan appropriately.

Meanwhile, stay tuned for updates in the **My Chit Chat Time** YouTube page, as well as our e-newsletter and website — <https://thehomenetwork.weebly.com/recipes.html>

This edition's recipe, *Grilled Lamb Chops with Herbs*: <https://www.youtube.com/watch?v=A6wcOOwUH0M>



香港中文大學  
The Chinese University of Hong Kong

## An International Survey on Nursing Practice of Fatigue Management in Kidney Care.

Fatigue is a common symptom in patients with kidney failure, and there is always room for improvement in terms of assessment and management of fatigue in routine kidney care.

Understanding how nephrology nurses assess and manage this distressing symptom may shed light on the development of clinical guidelines for improving fatigue management. The study aims to evaluate nursing practice on management of fatigue in patients with kidney failure across countries and clinical settings.

Participants are invited to give their informed consent through an online survey, after which they will be instructed to complete the online survey to collect background information and evaluate their clinical practice. It will take about ten minutes to complete the online survey.

Confidentiality will be protected by an anonymising data. No personal identifier will be used in the research records. All research records will be store in an encrypted computer.

Participation is on a voluntary basis, and you are free to withdraw from the study at any time.

Should you be interested to partake in this survey, please click on the link below:

[https://cuhk.qualtrics.com/jfe/form/SV\\_cvHOnIaOudxKs9U](https://cuhk.qualtrics.com/jfe/form/SV_cvHOnIaOudxKs9U)



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!***





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Kidney Health Australia, in collaboration with the Renal Society of Australasia, have initiated the Kidney Health Nurse Ambassador Program which, in essence, is a volunteer program for renal nurses to become Ambassadors for Kidney Health in their respective renal units.

The program was launched in June 2021, and aims to eventually have every renal unit in Australia connected to Kidney Health Australia's programs and resources.

For more information on this brilliant initiative, please click on the following link:

<https://kidney.org.au/uploads/resources/Nurse-Ambassador-Program.pdf>



**ISPD**

## NEW MEMBERSHIP CATEGORIES

Over the last few weeks, ISPD released new membership options aiming to offer better engagement options for nurses and AHP, and also a new discounted category for retired healthcare practitioners who want to participate in ISPD's activities.

- **Associate membership fee:** US\$15/year
- **Benefits:** Committee participation, access to information and education resources, travel grants, events/congresses discounts and fellowships
- **Excludes:** ISPD Council elections (candidacy & voting), PDI Journal access
- **ISPD's aim:** Expand ISPD's reach to include many more nurses and allied health professionals, which will benefit more kidney patients.

To find more information about the different modalities of joining the ISPD for nurses and AHPs, click [HERE](#)

### HAVE YOU EVER WONDERED:



- ☞ How many people are living with chronic kidney disease in Australia?
- ☞ What is the variation by age and sex?
- ☞ What are the stages of chronic kidney disease?
- ☞ The variation between population groups?
- ☞ Trends over time?

If these, and any other aspects of chronic kidney disease, are of interest to you then please click onto the link below (*with thanks to the Australian Institute of Health and Welfare*):

<https://www.aihw.gov.au/reports/chronic-kidney-disease/chronic-kidney-disease/contents/how-many-people-are-living-with-ckd>



### **YOUR KIDNEY CONNECTION**

Get the latest kidney news, tips to live your best life with kidney disease and more! The Kidney Connection e-newsletter is packed with kidney health information, inspirational stories and the latest from KHA and the kidney community.

With information on topics such as diet & nutrition, kidney-friendly recipes, the latest in research (including clinical trials), service & support information, plus so much more!

<https://kidney.org.au/contact-us/your-kidney-connection>

## MEMBER PROFILE



**Name:** Jo Beer

**Role:** Senior Renal Dietitian



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

I work at Sir Charles Gairdner Hospital in Perth WA as their senior (and only) renal dietitian.

**How long have you been with The HOME Network?** I have been with The HOME Network for a couple of years now. I was

encouraged to join THN by a previous WA member to add some more dietetic input to the team.

**What prompted you to join The HOME Network?** I am very keen to optimise quality of life and enjoyment of food with people needing maintenance dialysis and also learning not only from health professionals within the Network but also from those with lived experiences. That way I can improve the way I deliver advice and education and also help to improve the overall service we offer.

**What projects have you been involved with?** Currently I am finalising my PhD - I have been doing it part time for nearly 4 years now. I have been investigating the use of telehealth in delivering essential nutritional advice to those receiving dialysis - in particular we are looking at managing serum phosphate. I developed a 12 week education program that is delivered via a Smartphone App. We have 23 sites across Australia taking part and have recruited nearly two thirds of our target sample number (166). Aiming to have it finished by the end of the year to start to analyse the data next year ready for publication.

**Future plans with The HOME Network?** Once my PhD is completed, I would like to collaborate with the team and consumers to see how we can further improve quality of life and optimise diet, especially with the new emerging evidence in the role of plant-based foods in CKD, and see how technology and AI can be used to assist this. 😊

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## 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](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)**

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## Acknowledgements

The HOME Network sincerely thanks the following people for their time and input into the development of this edition of the *Home Dialysis Update* Newsletter: Dana Windebank, Josephine Chow, Vanessa Jelic, Jo Beer and all the member of THN.

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.