

Home Dialysis Update



The
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Educate, Enable, Empower

Established 2009

A triannual newsletter published by the HOME Network
Edition 2—March 2018

Welcome to the second edition of *Home Dialysis Update*, our newsletter from the HOME Network.

The start of every year brings the offer of new opportunities and ventures, and 2018 is shaping up to be a busy one for the Home Network team! Two of our members presented at the Biennial Australian and New Zealand Home Dialysis Conference in Auckland, NZ in late February/early March. Furthermore, our focus area groups are continuing to make progress on their current projects, with some exciting developments to come this year. And we have some exciting news to share about TEACH-PD!

We had a great response to our Quick Quiz questions posed in the last newsletter; we reveal the insightful responses as well as the answers in this edition. There is also a new Quick Poll to participate in, so please get involved!

We also introduce another founding member of the Home Network in our member profile segment, and well as announcing the latest member of the team to join THN!

Finally, we have had a very pleasing uptake of readers joining as associate members. However, we are always happy to share our news and activities with more people, so please pass on this newsletter, so no one misses out!



TEACH-PD goes to pilot!



Exciting news – the Targeted Education ApproaCH to improve Peritoneal Dialysis outcomes (TEACH-PD) pilot study is underway!

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

The TEACH-PD pilot study is an investigator-initiated, dual centre, non-randomised pilot study of a standardised education training program for PD trainers and their patients. The study has ethics approval and is currently being conducted across two Australian PD units in New South Wales. All eligible PD trainers in both units will be enrolled in the study, which will examine the introduction of the TEACH-PD training modules. Two streams of modules have been designed to work in parallel for PD trainers and patients. After obtaining informed consent, all participants will undertake the newly developed training modules and competency assessments. Logistics surrounding the implementation of the training program and satisfaction of both PD patients and trainers will be evaluated.

The first TEACH-PD PD trainer was successfully accredited on 3rd January 2018, and the first TEACH-PD patient commenced training the following week. Since then, eight trainers have completed their training. Even more excitingly, the first four PD patients have now been trained to manage their PD independently at home! At this rate, we may be able to complete the pilot study earlier than what we expected!

Feedback from trainers so far has been very positive and constructive. Insights arising from the study will be used to inform revisions to the training program and materials for both PD trainers and patients.

We are particularly grateful for the cooperation and support from the administration, medical nursing staff and of course the PD patients at the two pilot sites.

Stay tuned for outcomes from the pilot study, and more news about next steps for TEACH-PD!

A message from the Chairperson

The start of every year takes you a step closer to the attainment of your dreams. We hope this year is a breakthrough one for you and that your dreams become reality.

That's definitely our plan for The HOME Network (THN) in 2018. Our passionate team of experts in the area of home dialysis have been working hard on some amazing initiatives, which you can read more about in this edition.

We hope you will get inspired to share your ideas and suggestions with us (see the *Share your big idea!* section, below) and spread the word amongst your colleagues to do the same.

If you would like to be part of the team supporting one of our projects, we would love to hear from you! We are always looking for new project team members willing to share their expertise and give some time towards projects designed to increase uptake of home dialysis in Australia and improve health outcomes for our patients. Please contact me by email (contact@homenetwork.net.au) or phone ([02] 8738 3713) to find out more about how you get involved.

Our aim is to send out regular newsletters to inform you of new initiatives, report on previous events and advise you on our current and future projects. We strive to keep you engaged and we hope you, the readers, will engage with us and tell us what you want from our future newsletters. We look forward to hearing from you!

Josephine



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Extra Extra! The latest member of THN!

As reported in our previous newsletter, long term member of THN, Melinda Tomlins (Nurse Practitioner, NSW) was about to take maternity leave. We're pleased to let our readers know that Melinda and Josh's little lady, Emma, arrived in September 2017. We hear that big brother Jacob is loving having a little sister!

So Melinda, about Emma's first THN project... just kidding! Seriously, we all hope you're enjoying this special time with Emma and Jacob, and we're looking forward to having you back on board at THN later in the year.



The HOME Network: who are we?

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

Since its establishment in 2009, the HOME Network 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. Through a directed process of reflection and analysis of strengths, weaknesses and

opportunities, the HOME Network has refined its vision and mission to identify solutions and strategies to promote and enhance home dialysis. Today, members are committed to driving outcomes aligned with the group's renewed strategy and working towards achieving our overall mission statement "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 (CKD) to embrace the freedom of home dialysis".

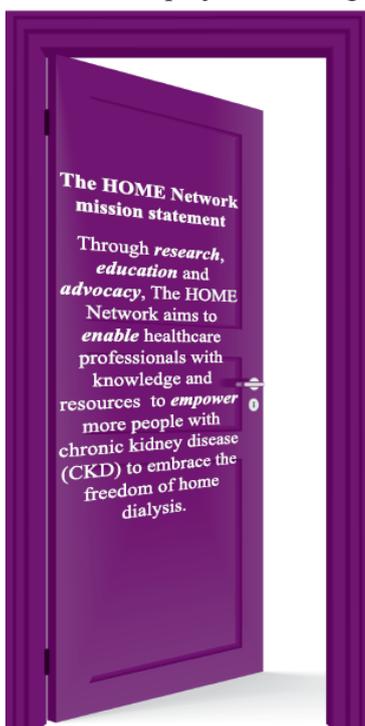
The HOME Network has been working within three focus areas:

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.

Technology and new initiatives: Support for new initiatives and technologies that strengthen home dialysis utilisation as part of establishing flexible and innovative models of care that strengthen support for people on home dialysis including their carers.

Working in these three focus areas is part of our continuing campaign to drive increased uptake of home dialysis across Australia. We hope you will lend your support as we work together to keep pushing for world class home dialysis care for our patients.



THN Member Profile



Name: Josephine Chow, NSW

Role: Long-standing member, Inaugural Chairperson

What is your role and where are you from?

My current role is the Director Strategy and Partnerships for the South Western Sydney Local Health District in Sydney South West, where we have a population of close to 1 million. My office is based at Liverpool Hospital (although some people would say it is in my car, where I seem to take a lot of teleconferences from!). I also hold honorary Professorial titles from the University of Sydney and the University of Tasmania, and I am very active in clinical trials, clinical research and innovation projects.



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How long have you been with The HOME Network? I have been with THN since it was commenced in 2009.

What prompted you to join The HOME Network? I was a passionate PD nurse. I'm just as passionate about home dialysis today. I actually helped start the HOME Network concept with support from Roche Products, who provided funding for workshops and activities in the early years. It all began in early 2009 when I had a "cup of tea" with a representative from the company, during which we came up with the idea to start a home dialysis interest group. Over the next year this group evolved to become THN. I often look back and think "that was some cup of tea!"

In 2012, I was fortunate to be awarded a Churchill Fellowship by the Winston Churchill Memorial Trust, and I had opportunity to travel overseas to explore strategies to improve the uptake of home dialysis. Today, THN continues to be an enabler through which I strive to work with others to make this happen. My involvement in the group helps keep my mission top of mind, and I continue to gain motivation from our group of passionate THN members, including home dialysis nurses and other allied healthcare professionals.

What projects have you been involved with? In short, THN is part of my and my family's life. As Chairperson, I participate in the majority of activities undertaken by THN, from a taking leadership role through to taking on the administrative/secretarial roles that help keep us moving forward. I support and, drive initiatives, lead or participate in steering committees and even get involved hands-on with writing and presenting about our work. My favourite task is "organise teleconferences" – really, because arranging 'yet another teleconference' means progress is being made!

Future plans with The HOME Network? I have a passion for home dialysis. As an ambassador for the *Churchill Fellows*, I am extremely excited about opportunities to 'make a difference'. I always remember the famous quote from Winston Churchill: "Never give up on something that you can't go a day without thinking about" – that's how I feel about home dialysis and the work of the HOME Network. Of course, then there is his inspirational quote, "Success is the ability to go from failure to failure without losing your enthusiasm." Sure, there have been challenges along the Network's journey – however, today we continue to grow stronger and as we approach 10 years we're still here working hard to make a difference. It's an exciting time to be part of THN!



The HOME Network organisational structure

The HOME Network is managed by its Steering Committee that includes the Chairperson and the focus area group leads. The Steering Committee meets six times per year (via teleconference or face-to-face) to provide leadership for the HOME Network, and to review project outcomes and next steps in line with the group's overarching vision and objectives. In addition, the full membership of the HOME Network meets face to face at workshops held each year to further drive its agenda and outcomes for the group's focus areas. At the Annual Workshop of The HOME Network in September 2016, a revised organisational structure was endorsed by the members. This new structure will enhance and strengthen the future development of the Network.

Governance structures and succession plans are in place to cycle leadership roles, and to identify and engage new members to replace those who step down from their involvement.

Focus area groups act independently of the Steering Committee to drive projects designed to develop solutions that drive increased utilisation of home dialysis in Australia. Importantly, focus area groups remain fluid and flexible, engaging the HOME Network members and other stakeholders based on their expertise and passion, and capitalising on the resources needed to maximise the impact and influence of the HOME Network.

The strategic plan will continue to be reviewed (and revised where necessary) on an annual basis to ensure the ongoing alignment of The HOME Network with up-to-date issues associated with home dialysis and its utilisation.

THN at the Home Therapies Conference, Auckland NZ!

Once again, THN was out and about sharing our experience in home dialysis, this time at the Home Therapies Conference held in Auckland 28 February to 2 March. More information about the conference is available from www.homedialysis2018.org. The following members presented during the conference program. We look forward to sharing more information about their presentations in our next newsletter.

Breakout 1: PD Updates
TEACH-PD in the context of PD Training and the role of home visits
Josephine Chow

Breakout 2: Increasing Uptake of Home Dialysis
The HOME Network success
Josephine Chow

AKTN breakfast session: Update on AKTN Nurse Led Research
Flushing Survey and Trial
Jo-Anne Moodie
Nurse Leadership in Pragmatic Trials

Breakout 13: Challenges and Alternatives in Home Dialysis
Regional Link Nurses
Jo-Anne Moodie

Journal Watch: New Publications

THN members have been working hard writing up publications. Please find the below list of publications in 2017 and feel free to access the full documents on the HOME Network website by clicking on the link: <http://www.homenetwork.net.au> (go to the Resources tab then Publications and newsletters).

Chow JSF, Equinox KL, Frasca S, Simmonds R, Tomlins M & Collingridge L (2017). A multi-centre observational study of how financial considerations influence dialysis treatment decisions. *Renal Society of Australasia Journal (RSAJ)*, 13(3), 16-22.

Collingridge L, Equinox KL, Frasca S, Simmonds R, Tomlins M & Chow J (2017). Uptake of home dialysis in younger adults: case studies that illustrate the multifaceted influence of home circumstances on dialysis decisions. *Clinical Case Report*, 5(12): 2051-2058.

Boudville N, Cho Y, Equinox KL, Figueiredo AE, Hawley CM, Howard K, Johnson DW, Jose M, Lee A, Maley M, Moodie J, Pascoe EM, Steiner GZ, Tomlins M, Voss D & Chow J (2017) Teaching Peritoneal Dialysis in Australia: An Opportunity for Improvement. *Nephrology* (Carlton), doi: 10.1111/nep.12992. [Epub ahead of print].

The New THN Poll!

For this edition, we have put together a short THN Home Dialysis Poll to gather your insights on becoming a home dialysis trainer – a timely topic given the recent launch of the TEACH-PD pilot study! We would love your input so please click on the link below to participate (all responses remain anonymous).

[Click here to complete the new THN Home Dialysis Poll!](https://www.surveymonkey.com/r/SLBBOT2) (<https://www.surveymonkey.com/r/SLBBOT2>)

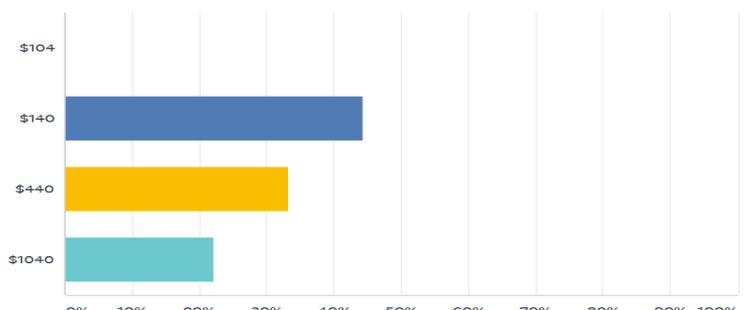
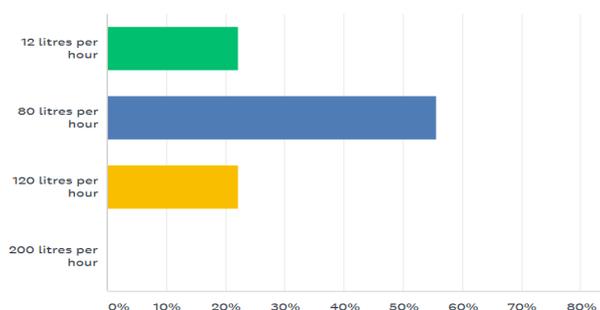
The results from the poll will be shared in our next THN newsletter, so please make sure you check back to see the how others responded.

Quick Quiz: results from the last newsletter

In the last newsletter, we challenged you to take the HOME Network Quick Quiz to test your knowledge about important issues that impact on our home dialysis population. Participants were asked to answer two general knowledge questions related to home dialysis. The response to the quiz was fantastic and we received quite a range of answers – check out the results below!

Question 1. How much water does a portable reverse osmosis unit use per hour?

Question 2. How much is the Commonwealth Government Essential Medical Equipment Payment per year?



The most correct answer to Question 1 was ~120 litres per hour (although there is likely some variation between units). The correct answer to Question 2 was \$140 (at the time of writing the last newsletter), with the payment applied for by patients through Centrelink. It was great to see the number of responders who answered these questions correctly; however, the range of responses did vary, giving us some insight into how much people know or don't know about home dialysis (even amongst those of us who are actively interested in the area!).

Don't forget – the answers to these and many other common questions about home dialysis that are asked by healthcare professionals and patients can be found on the HOME Network website, <http://www.homenetwork.net.au>.

Update on Focus Areas

HCP Education

The TEACH-PD modules have now gone to pilot! TEACH-PD is a comprehensive PD training curriculum for PD staff, presented in an interactive electronic format. It's been a long-term project for the HOME Network, and we've been pleased to partner with the Australasian Kidney Trials Network and the University of Western Sydney to help make it happen.

As promised in our last newsletter, trainers working in the area of home haemodialysis (HHD) haven't been forgotten. Adapting the TEACH-PD modules to support HHD trainers and units is still in its early phases of development, but with the results of the TEACH-PD pilot study coming soon, we are preparing to get busy on this project too!

We're making progress on our new HCP education project, to develop a series of useful presentations and resources to help address awareness and understanding about home dialysis amongst healthcare professional audiences. The series will be known as HomeEd (Healthcare professionals supporting Others with Medical Education). The first presentations and supporting resources are in development. You will soon see these being added to a new resource area on the HOME Network website, www.homenetwork.net.au. More information available in our next newsletter!



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News & Resources

New associate members came flooding in as a result of our first newsletter being sent out last year. Feedback about the newsletter was very positive and has influenced how we continue to put together our newsletters. 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 (see below for more information).

The **next annual THN workshop** is scheduled for mid-2018. Stay tuned for more information, updates and new projects arising from the workshop!

The **HOME Network's website** at www.homenetwork.net.au is a great place to go find out about our past and current projects underway in this exciting area. We have recently added some new resources and publications to the website. You can also email Josephine Chow (the HOME Network Chairperson) at contact@homenetwork.net.au for more information about the HOME Network and the group's activities.

**23 new
associate
members
have joined
since mid-
August 2017!**

Share your big idea!

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 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 contact to learn more.

Join the HOME Network as an associate member!

We hope you enjoyed reading this edition of the HOME Network newsletter, *Home Dialysis Update*. It's an exciting time for the HOME Network and home dialysis. If you're not already an Associate Member, now is your chance to join us!

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 place you will hear about our new projects starting – your chance to get involved in a project that you feel passionate about.

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

<https://www.surveymonkey.com/r/35DWRRV>

Acknowledgements

The HOME Network would like to thank the following members and supporters for their time and input into the development of the *Home Dialysis Update* newsletter: Caroline McNaught (editor), Paula Woodward, Jerome Pong, Josephine Chow, Melinda Tomlins, Anna Lee, Kim Grimley. We would also like to acknowledge our ongoing partnership with AKTN to develop and trial the TEACH-PD train-the-trainer modules.