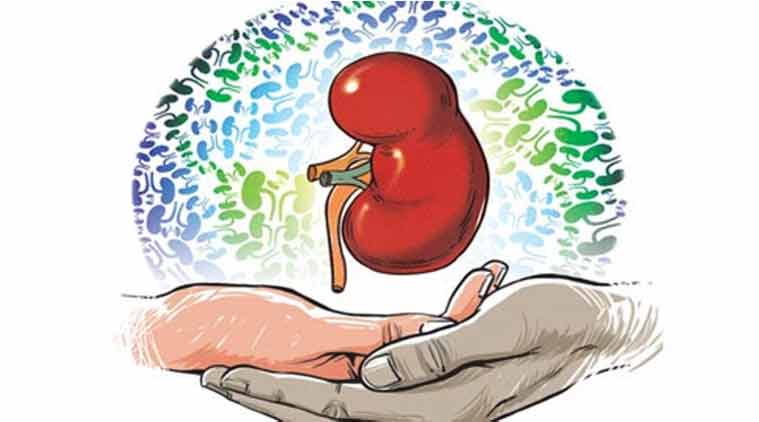
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| **The Renal Newsletter** |  | |  | | --- | | The Renal Unit Newsletter  AUGUST 2018 | | Issue Date | |
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| Working together for patients |  | In This Issue |

The Principal Investigator Dr Habib Akbani and Research nurses Jodi and Diane, would like to thank all the patients that took part in the PIVOTAL study, the largest clinical trial that has ever been conducted in renal units in the UK. Without the support of patients valuable clinical trials like this could not take place. Clearly, the results of the trial will have widespread impact, and will likely influence iron management in dialysis patients around the world.

[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwiSi_Gk04_dAhWwzIUKHfx_Cw0QjRx6BAgBEAU&url=https://northowram.calderdale.sch.uk/newsletter-19/thank-you-banner/&psig=AOvVaw1Ne4RudW-1XddYFciyykjc&ust=1535542377822489)

Thanks also needs to go to the nurses on the dialysis unit who administered the patients iron doses, without this support this study could not have taken place. The results of the study will be shared with all once available.

[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjo9InP1I_dAhWuzIUKHS64AwMQjRx6BAgBEAU&url=https://www.123rf.com/stock-photo/thank_you.html&psig=AOvVaw0cnNKi3Dzp7lQLztktz9g8&ust=1535542696128595)



# PIVOTAL – Renal Research

by The Renal Research Sisters

Kidney transplant forum

The transplant team held an excellent forum which was all about post-transplant advice and what dietary measures to take on holiday, find out more.

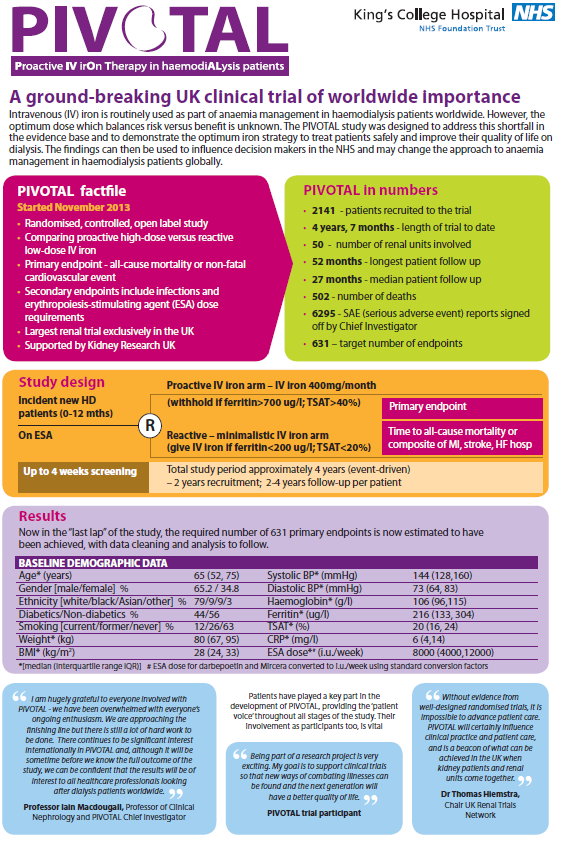
Page 2



Garrie Wilder

See what our transplant patient Garrie is doing to raise awareness of kidney disease and the need for organ donors.

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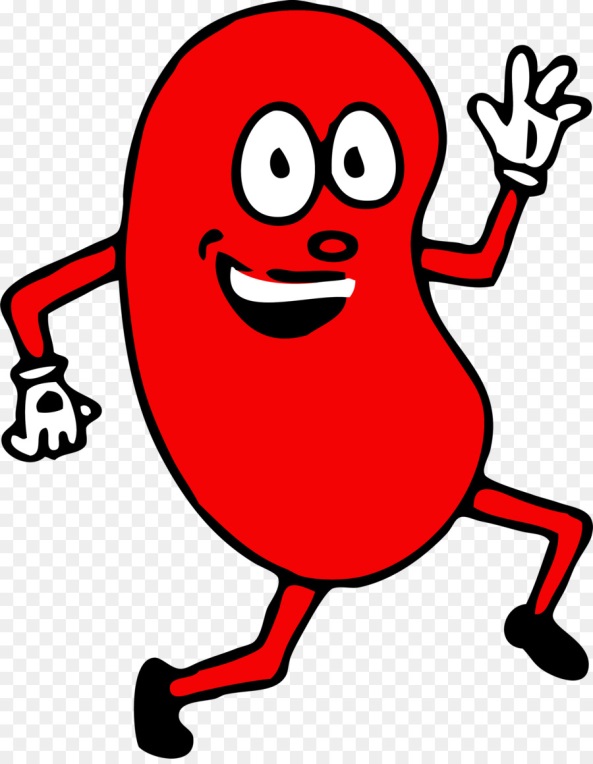


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Kidney Transplant Forum

by The transplant team



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I am delighted to report that a

forum set up recently to improve

the service we offer to renal

transplant patients in Bradford is

proving incredibly popular.

From the first gathering of the

Bradford Kidney Transplant

Patients’ Forum last December,

numbers at the third meeting which

took place earlier this month have

grown to nearly 30-strong … and

are continuing to rise thanks to

demand from our patients.

Transplant Nurse Vickie Lai helps

organise the forum at St Luke’s

Hospital.

She told me: “We look after more

than 400 transplant patients here

in Bradford and our numbers are

increasing, so we are always

looking at new ways of how we

can improve our service.

“Some of our patients are 20 years

post-transplant and advice about

lifestyle and medications have

changed in the intervening years.

So the forum is a great way to

update their knowledge and help

them keep fit and healthy for many

years to come.

“The engagement from our

patients is fantastic. They help

set up the meetings and drive

the topics discussed. It’s also a

great arena for them to forge new

friendships and, in turn, support

each other.”

At the latest forum, patients

asked for an update on diet related

post-transplant advice

and what dietary measures they

need to take when on holiday

abroad. Vickie added: “Transplant patients are immunosuppressed so they

need to be careful about what

they eat and drink in order to keep

themselves safe.”

Dr Stoves said: “I am very proud

that we are doing something

positive that evidently gives

patients and their families so much

satisfaction.”

It’s clear to see this patients’ forum

is providing new ways to cater for

our patients’ needs outside the

clinical setting.

It not only keeps our patients

well informed, but happy and

healthy too, as well as providing

opportunities for them to support

each other.

Our Senior Renal Dietitian,

Angela Knight, spent time going

through the latest dietary advice

and busted some myths.

Renal Consultant and Clinical

Lead Dr John Stoves, who was

involved in setting up the forum,

gave an interactive talk on antirejection

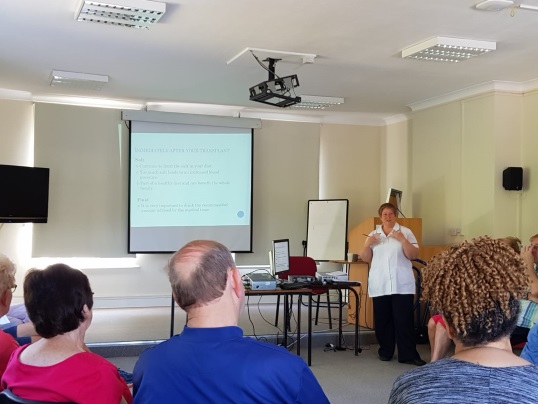
and other medications

which are commonly prescribed for

patients, before opening the floor

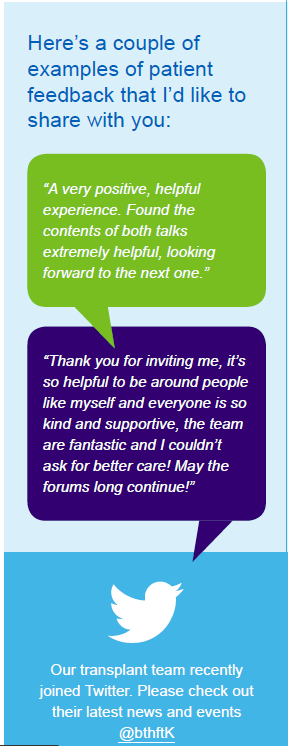
for questions.













# YABA – Young Adults Bradford and Airedale

by The Transplant Team

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwiXrIjKnZfdAhWqxYUKHUgWAj0QjRx6BAgBEAU&url=http://www.genesishealth.com/careers/genesis-pride/&psig=AOvVaw27ioM03hMfiSjp81bjeqlC&ust=1535802843776374)

YABA is our very own Young Adult Kidney Group. Creating opportunities to meet and have fun with other young people in the Bradford and Airedale area, with kidney problems. This group gives young adults <30 years old to meet and socialise with each other and meeting new people.

The YABA group have held many successful meetings doing various fun activities like bowling going out to Nandos and gives our young adults the chance to socialise and have fun

We have a Twitter page …..







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| For More Information |
| If anyone is interested in joining the next meeting or wants more information please see Karen Scroby |