

Sheffield Renal Dietitian's Newsletter. Issue 1 2024

DIETETICS

NEW YEAR. NEW TEAM. NEW PLANS.

We kickstart 2024 with a better staffed team!

MEET THE TEAM

- ◇ Specialist renal dietitians: Louise Jackson & Kate Latimer
- ◇ Senior renal dietitian: Alice Caudle, Kate Siddaway & Amy Nuttall-Allsop
- ◇ Dietetic assistants: Cathy Noble & Jean Taylor
- ◇ Dietetic admin assistant: Vicky Davies
- ◇ Deputy Manager: Nicola Moran



In this issue:

Meet the team

How you can talk to a dietitian

What are we working on

World Kidney Day 2024



How to speak with a dietitian:

- Ask your nurse at your dialysis unit to refer you to the dietitians giving a reason why you would like to chat to us
- Call us on **0114 2714162** and ask for the renal dietitians and explain why you would like an appointment



What are we working on?

More availability in clinics to speak with a dietitian. This could be about fluid, what foods are best to eat based on your blood test results, advice on how to take your phosphate binders, or help to keep your weight stable if you are struggling with low appetite.

Clinics have more **flexibility** - we can speak to you on the **telephone or face to face**.

You might see us on the units more! **Why?**

We are currently completing **nutritional screening** on ALL our dialysis units and we are measuring **handgrip strength** as another indicator of nutritional status. A way to tell us if you are eating the right foods for you.

Handgrip strength testing shows hand and muscle function which can reflect nutritional status which we can use as an indicator of malnutrition.

Reminder: please let the renal team know if you change your contact details or address so we can keep our systems up to date.



KIDNEY QUIZ TIME!

See if you can answer these questions. Answers at the bottom of the page.

- 1) The only purpose of the kidneys is to filter blood. True or False
- 2) Too much phosphate in the diet can cause itchy skin. True or False
- 3) If you have dialysis, you cannot eat red foods. True or False
- 4) A normal-size kidney is about the size of your fist. True or False
- 5) Everyone on dialysis has to avoid eating the same things True or False

Remember, not every patient with kidney disease needs the same dietary advice.

If you haven't seen a dietitian before and would like to do so, or if something has changed since you last spoke to us, then please contact us before making any big changes to your diet so we can give the right advice for you.

World Kidney Day - 14 March 2024

The theme of this year's World Kidney Day is: 'Kidney Health for All: Advancing equitable access to care and optimal medication practice'

The goal is to raise awareness about the importance of ensuring equitable access to appropriate treatment and care for people living with kidney disease, in order to improve their quality of life and delay the progression of the disease.



You can find out more by searching World Kidney Day online, or engaging with the hashtags **#ShowYourKidneys**, **#WorldKidneyDay** or **#KidneyHealthForAll**.

Also remember to look out for events within SAKA and STH!

HAVE YOU GOT THE PATIENT KNOWS BEST APP? (PKB)

This app is part of the NHS app and allows you to access your **blood results, health-care plans, medications** and **appointments** as well the rest of your NHS information. You can also add your own information to the app such as symptoms and measurements, which your doctors and nurses will be able to see if you wish.

The goal is to help you take some control over your health and participate more fully in shared care between yourself and your healthcare practitioners.

You will need to register for PBK if you haven't already so please ask one of your healthcare team.

