



## December 2018

Dear CANNT/ACITN Members,

This holiday season we wanted to highlight some of the many stories of giving we see in Nephrology as well as ways we can give back. As always, our newsletters will continue to spotlight information that may be of interest to our community. Feel free to share with us via twitter or through email content you may find worthwhile sharing with our members. This could include, new guidelines, studies, initiatives or relevant stories. Looking forward to hearing from you.

Thank you and happy holidays,

Ethan  
Director of Communications, CANNT/ACITN Board of Directors

### CANNT/ACITN News

#### Abstract Submission for 2019 is now open!

Abstracts are currently being accepted for ORAL and POSTER presentations for CANNT-ACITN 2019 - "Sharing Our Stories Down By The River". This annual national meeting of the Canadian Association of Nephrology Nurses and Technologists will be held October 24-26, 2018 in Edmonton.

Abstract submissions should incorporate the theme-sharing our knowledge and experience-appropriate for the novice through to the advanced practice professional. Topics of interest may include: clinical research, innovative projects and solutions, ethics, case presentations and clinical reviews. All abstract submissions must be evidence-based.

Consistent with our theme, all poster and oral presenters will be encouraged to make their presentation within a story-telling framework. All abstracts must be submitted online through the online submission form here: <http://www.canntconference.com/2019/>

#### Save the Date for CANNT/ACITN 2019 at the River Cree Resort and Casino!

#### Dates to Remember

**March 15, 2019**  
[Alberta Kidney Days](#)

**March 19-22, 2019**  
[NANT DTX19: Dialysis Tech Connexion](#)

**April 12-15, 2019**  
[ISN World Congress of Nephrology](#)

**April 14-17, 2019**  
[ANNA 2019 National Symposium](#)

**May 2-4, 2019**  
[Canadian Society of Nephrology 51st Annual General Meeting](#)

**May 6-12, 2019**  
[National Nurses Week](#)

**June 27-29, 2019**  
[Renal Society of Australasia Annual Conference](#)

**September 14-17, 2019**  
[48th EDTNA/ERCA International Conference](#)

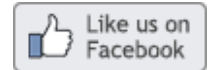
**October 3-4, 2019**  
[BC Kidney Days](#)

**October 24-26, 2019**  
[CANNT National Conference: Sharing our Stories Down by the River](#)





## Stay Connected



## Forward to a Colleague

Do you have colleagues that don't receive our monthly newsletters? Please forward this to them using the link below.

## Your Feedback is Valued!

[Megan Lyons](#)  
CANNT National Office

[Ethan Holtzer](#)  
Director of Communications

[Join our Mailing List](#)

## Stories of Giving

### Her Kidney Donation Now Could Save her Granddaughter's Life Later

When Meghann Adams learned that she was pregnant in early 2015, she was ecstatic. Starting a family with her husband, Chris, had not been easy, but she was carrying twins. They were to be named Delly and Aubrey.

The entire family delighted in preparing for their arrival. Adams' mom, Jamie McNeil, made plans to retire and moved across the country to help care for them.

"It was the best feeling ever," Adams, 35, told CNN Chief Medical Correspondent Dr. Sanjay Gupta in the family's home near Atlanta.

Read the full story online here:

<https://www.cnn.com/2018/11/14/health/kidney-voucher-grandmother-donation-eprise/index.html>

### Eileen Donated her Kidney to her Mom and Saved her Life





Read the full story online here: <https://www.independent.co.uk/life-style/mother-donates-two-organs-save-son-kidney-liver-transplant-sarah-lamont-ballymena-northern-ireland-a8167796.html>

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### **Selfless Mother Donates Two Organ's to Save her Son's Life**

A devoted mother has risked her own life to undergo a double organ donation for her four-year-old son

Sarah Lamont, from Ballymena, Northern Ireland, recently donated one of her kidneys to her little boy, Joe, and just months later surgeons also removed a section of her liver.

Diagnosed with two aggressive organ diseases before his first birthday - polycystic kidney disorder and congenital hypatic fibrosis, a form of liver disease - doctors were concerned that Joe might not survive as his kidneys were so enlarged they took up his whole abdomen and crushed his lungs.

Read the full story online here: <https://www.independent.co.uk/life-style/mother-donates-two-organs-save-son-kidney-liver-transplant-sarah-lamont-ballymena-northern-ireland-a8167796.html>

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### **Mentorship Program for Transplant Recipients**





Watch the full story online here: <https://northernontario.ctvnews.ca/video?clipId=1382003>

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## How We Can Give Back

### Be an Organ & Tissue Donor for Someone in Need

Today, in Ontario, there are over 1,500 people waiting for a lifesaving organ transplant. This is their only treatment option, and every 3 days someone will die because they did not get their transplant in time.

But you can help. When you register your consent for organ and tissue donation, you let those waiting know that you would help them if you could.

- One donor can save up to 8 lives through organ donation and enhance the lives of up to 75 more through the gift of tissue.
- Age alone does not disqualify someone from becoming a donor. The oldest organ donor was over 90 and the oldest tissue donor was over 100. There's always potential to be a donor; it shouldn't stop you from registering.
- Your current or past medical history does not prevent you from registering to be a donor. Individuals with serious illnesses can, sometimes, be organ and/or tissue donors. Each potential donor is evaluated on a case-by-case basis.
- All major religions support organ and tissue donation, or respect an individual's choice.
- Organ and tissue donation does not impact funeral plans. An open casket funeral is possible.

Learn more about organ and tissue donation online here: <https://beadonor.ca/>

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### Donate Now and Help The Kidney Foundation Make an Impact where it Matters Most to Kidney Patients!

The Kidney Foundation of Canada is committed to helping Canadians living with kidney failure who face significant financial challenges because of dialysis treatment. It's very difficult for people to adjust to the emotional, physical, and financial ways that being on dialysis affects their lives.

Thank you for giving hope to every Canadian whose life is affected by kidney disease!

Learn more and donate online

here: <https://kidney.akaraisin.com/Donation/Event/Home.aspx?seid=18268&mid=8>

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### While your Car Can't Drive anymore, it Can Still Drive Kidney Research

The Kidney Foundation's Kidney Car<sup>®</sup> program is a simple, quick and convenient way to dispose of your unwanted vehicle. You will receive a VALUABLE tax receipt for your car and we will tow it away for FREE.

Proceeds from donated vehicles help ensure that The Kidney Foundation can continue to provide hope and support to thousands of Canadians living with and at risk of developing kidney disease.

Click here for more details: <https://www.kidneycar.ca>



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## Lorsque vous faites don de votre véhicule à notre programme Auto-Rein... tout le monde en profite!

Le programme Auto-Rein de La Fondation canadienne du rein est une façon simple, rapide et pratique de vous débarrasser d'un véhicule encombrant. Vous recevrez un reçu d'impôt et nous remorquerons GRATUITEMENT votre automobile.

Les recettes provenant des véhicules donnés permettent à la Fondation d'offrir espoir et soutien aux milliers de Canadiennes et de Canadiens à risque ou vivant avec une maladie rénale.

cliquez ici : <https://www.kidneyca.ca/fr/retombees-dauto-rein/>

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**CANNT|ACITN**  
Canadian Association of Nephrology Nurses and Technologists  
l'Association canadienne des infirmières et infirmiers et des technologues de néphrologie

## Giving in the Holiday Spirit: Sponsor a Nurse in a Resource Low Country

Thanks to our collaboration with the International Society of Nephrology, you can help nurses in low-resource countries gain access to nephrology training and education and get involved first hand in global health.

Until December 31st, 2018, for every Canadian nurse who joins the ISN community, a nurse in a lower-middle-income country gets a free one-year ISN Academy membership. Both parties also get the opportunity to connect.

The ISN Academy is our official e-learning portal and gives users access to over 8,000 educational and interactive resources and more. Continuing Medical Education credits are available for a variety of enduring materials. Interested in more information, [click here](#).

Let your Canadian nursing colleagues know they have until December 31, 2018 to benefit from this great membership and sponsorship opportunity.

Simply forward this email to your Canadian nursing colleagues or direct them [here](#). Once they select 'Renal Health Professional - non MD' as their area of activity, they will see the membership and sponsorship options.

Any questions about membership? Email [kb Gallagher@theisn.org](mailto:kb Gallagher@theisn.org) Need more information on the partnership or process? Email [jdonner@theisn.org](mailto:jdonner@theisn.org).

Let's get more nurses involved first hand in global health!

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## Nephrology News

### Human Touch Awards Honour Ontario's Champions in Kidney Care





From left: Melodie Jansen, Adrienne Barrett, Patty Quinan, Susan McKenzie, Bonnie Field. Source: Ontario Renal Network

Chronic kidney disease (CKD) affects thousands of people across Ontario, and receiving treatment can be an overwhelming experience.

Dialysis can be demanding as it often occurs several times a week for many years, not to mention the tremendous stress that can accompany the life-changing event of receiving a kidney transplant.

This is why providing exceptional and compassionate person-centred care is so important to the work being done in Ontario's kidney care system.

Each year, we recognize the Ontario healthcare professionals and volunteers who go above and beyond in providing care to people with CKD with the [Human Touch Awards](#).

Read the full article online [here](#)

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## **Benefits of kidney transplantation for a national cohort of patients aged 70 years and older starting renal replacement therapy**

Read the full article online here: <https://onlinelibrary.wiley.com/doi/full/10.1111/ajt.15110>

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## **Low protein diets for non-diabetic adults with chronic kidney disease**

Chronic kidney disease (CKD) is defined as reduced function of the kidneys present for 3 months or longer with adverse implications for health and survival. For several decades low protein diets have been proposed for participants with CKD with the aim of slowing the progression to end-stage kidney disease (ESKD) and delaying the onset of renal replacement therapy. However the relative benefits and harms of dietary protein restriction for preventing progression of CKD have not been resolved. This is an update of a systematic review first published in 2000 and updated in 2006 and 2009.

Get access to the full article online here:

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD001892.pub4/full>

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## **Caffeine consumption and mortality in chronic kidney disease: a nationally representative analysis**

Caffeine is consumed in several types of beverages, mainly coffee, tea and soft drinks. It is estimated that ~89% of the adult USA population consumes caffeine daily [1]. Thus the detection of even a small health-promoting effect associated with caffeine consumption could have a substantial impact on public health.

Chronic kidney disease (CKD) is associated with increased health care costs and high morbidity and mortality. Approximately 14% of adults in the USA have CKD and the prevalence of CKD is expected to continue to increase worldwide

Read the full article online here: <https://academic.oup.com/ndt/advance-article/doi/10.1093/ndt/gfy234/5063554>

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## **Marijuana use has no effect on kidney transplant outcomes**

A new study in Clinical Kidney Journal indicates that the usage of marijuana by kidney donors has no measurable effect upon the outcomes of kidney transplants for donors or recipients. This study is the first to investigate the effect of marijuana use by live kidney donors.

The use of marijuana in the United States has been steadily increasing over the last 10 years. Marijuana use has more than doubled between 2001 and 2013, with 54.1% of adolescents claiming to have initiated marijuana use by the age of 21.

Read the full article online here: [https://www.eurekalert.org/pub\\_releases/2018-11/oupu-muh111418.php](https://www.eurekalert.org/pub_releases/2018-11/oupu-muh111418.php)

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## **Kidney Dialysis Treatment: A Study Based at St. Paul's Hospital Shows the More Patients are Involved in their Kidney Dialysis Treatment, the Better the Outcome**



Watch online here:

<https://globalnews.ca/video/745283/kidney-dialysis-treatment#>

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## **Kidney Check App Bringing Innovation to Point of Care**

The CanSOLVE CKD Kidney Check team is working on finalizing its completely redesigned application that will be a critical component in delivering community-based kidney disease screening.

The Kidney Check App helps ensure timely results and standardization during the process of point-of-care testing in communities. All Kidney Check teams across the country will be able to utilize the tool to deliver risk-based screening, education and referrals.

"Using innovative technology we are able to expedite screening results that are standardized and immediately available," explains Dr. Paul Komenda, project lead. "With these readily available test results we can move quickly to getting participants the follow up education and care they need to help prevent or delay progression of kidney disease or kidney failure."

The new app features built-in consent forms and signing ability, standardized data entry points, automatic eGFR calculation and automatic Kidney Failure Risk Equation results. Its accessible design with built in prompts enables screening teams to easily navigate the tool.

Read the full article online here:

<http://www.cansolveckd.com/news/kidney-check-app-bringing-innovation-to-point-of-care/>

