



March 2019



Dates to Remember

March 14, 2019
[World Kidney Day](#)

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](#)

April 24, 2019
[Nephrology Education Day](#)

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

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

May 19, 2019
[Certified Nurses Day](#)

May 24-25, 2019
Atlantic CANNT - registration coming soon!

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

Happy International Women's Day! This year's theme is #BalanceforBetter and CANNT is proud to be an Association full of inspiring and empowering women. We encourage you to share your stories today with #BalanceforBetter and #IWD2019.

March is also kidney health month in Canada, an active awareness campaign to help people understand the importance of kidney health. This month also coincides with World Kidney Day on March 14th. During this month, consider all the ways in which we can help to spread awareness about kidney disease. For more information, see the resources available from the [International Society of Nephrology \(ISN\)](#) or [The Kidney Foundation of Canada](#).

Enjoy this addition of the *CANNT Connection*!

Ethan Holtzer

Director of Communications, CANNT/ACITN Board of Directors

Save the Date! Atlantic CANNT May 24-25, 2019

Atlantic CANNT will take place at the [Alt Hotel St. John's](#) on May 24-25, 2019. The agenda and registration will be open next week! Stay tuned! Email cannt@cannt.ca if you have any questions in the meantime.

Book your CANNT Conference Accommodation Today!

Book and save! Want to PLAY, DINE, RELAX or be ENTERTAINED? River Cree Resort and Casino is the place to be. The Resort offers great dining, fun entertainment and exceptional hotel accommodation - just for you!

A block of guestrooms have been reserved at the River Cree Resort & Casino. Book online today at: <http://www.canntconference.com/2019/accommodations/>

CNA Certification - Application Window Extended to March 31!

[Click here to view the 2019 CNA Certification important dates!](#)

Reminder: CANNT Members can now receive a 20% discount to write the certification exam or renew your certification! Interested? Please contact us at cannt@cannt.ca to receive your voucher code*.

**The voucher code is not valid for nurses applying to rewrite the exam or applying for inactive status. The discount will be applied to the CNA member rate or the non-member rate.*

Nephrology News

Kidney Foundation Trying to Keep Patients Warm this Winter



Randy Spensley with the Kidney Foundation of Canada visits with Frank Hanna a dialysis patient receiving treatment Friday at Nanaimo Regional General Hospital. Spensley delivered socks sent from the foundation to help keep dialysis patients feet warm. Credit: CHRIS BUSH/The News Bulletin

Thousands of British Columbians are getting cold feet over dialysis treatments, but the Kidney Foundation of Canada B.C. and Yukon Branch is warming soles and souls through its Warm the

[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!

[Ethan Holtzer](#)
Director of Communications

[Megan Howes](#)
CANNT National Office

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Continuation of Canada's first dialysis branch is warning cores and coils through its warm the Sole campaign.

When kidney function fails, regular dialysis treatments to clear the blood of waste, excess salt and water are needed to keep the patient alive until the disease affecting their kidneys is cured or they receive a kidney transplant.

About 36 people a day, five days a week, plus about 24 more patients on weekends are hooked up to dialysis machines at Nanaimo Regional General Hospital's renal unit.

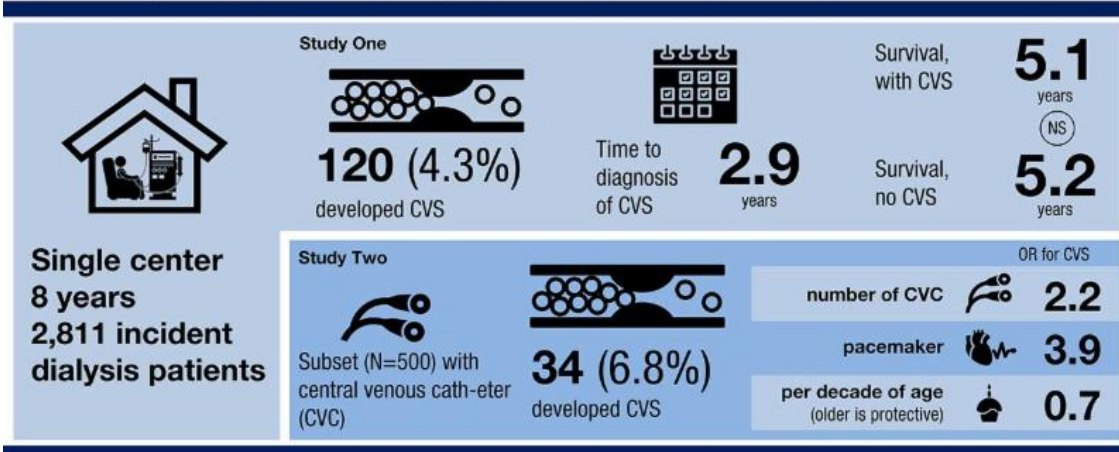
Read the full article online [here](#).

Central Venous Stenosis, Access Outcome and Survival in Patients undergoing Maintenance Hemodialysis

Central venous catheters have traditionally provided access for urgent hemodialysis, but are also sometimes advocated as an option for older or more comorbid patients. Adverse effects of this type of dialysis access include central venous stenosis, for which the risk factors and consequences are incompletely understood.

What is the likelihood of developing central venous stenosis (CVS). Two studies, one cohort.

CJASN
Clinical Journal of American Society of Nephrology



Conclusions The development of CVS was not associated with mortality. Among people with a CVC, CVS was associated with younger age, pacemaker insertion, and number of CVC insertions.

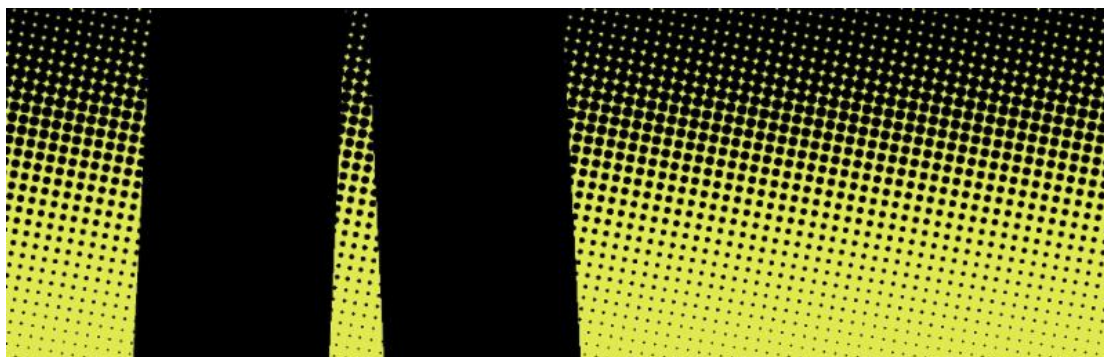
Anamika Advaney, Charlotte Lim, Sarah Blakey, Neill Duncan, and Damien Ashby.
Central Venous Stenosis, Access Outcome and Survival in Patients undergoing Maintenance Hemodialysis. CJASN doi: 10.2215/CJN.07010618.
Visual Abstract by Joel Topf, MD, FACP

Credit: Clinical Journal of American Society of Nephrology

Listen to the podcast [here](#).

Read the full abstract online [here](#).

Dialysis is a Way of Life for Many Older Patients. Maybe it Shouldn't Be.





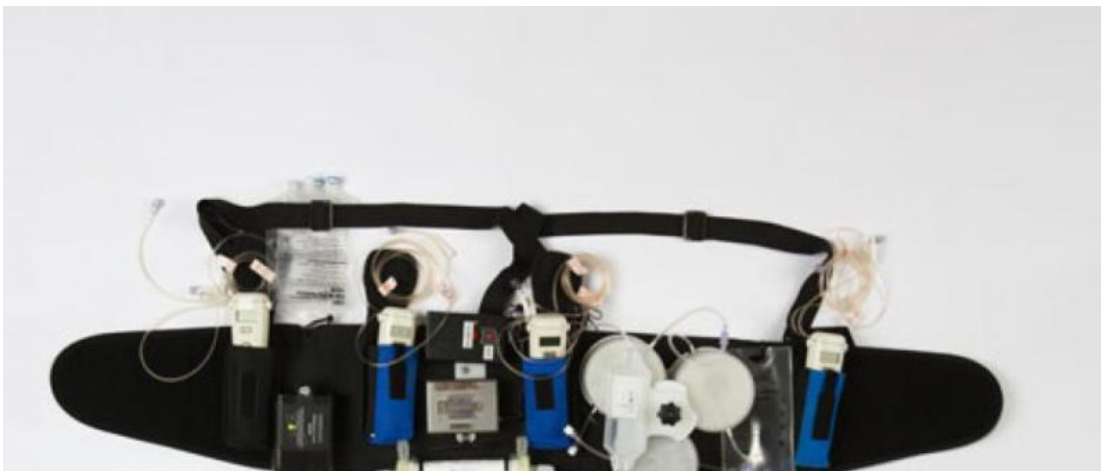
John Everdell had lived most of his life with kidney disease. As a young man awaiting a transplant, he had briefly undergone dialysis. That's how he knew, when the prospect of kidney failure loomed again in his late 60s, that he would refuse dialysis this round.


"He was a very independent man, with an idea of how he was going to live his life," said Trix Oakley, his partner of 22 years.

"He didn't want to be tied down to the routine, having to report to the dialysis clinic every other day. He didn't like the ups and downs - feeling good but washed-out, then feeling crummy. He didn't like being attached to the machine."

Read the full article online [here](#).

Behind the Invention: Wearable Artificial Kidney





If you've ever known someone who has had to be on dialysis, you know that the quality of life for dialysis patients is not great. First of all, there is a pill burden.

"My patients need to eat 20 to 30 pills a day," Victor Gura, MD, an internist, nephrologist, and inventor of the Wearable Artificial Kidney (WAK) told MD&M West attendees on Tuesday. "So one was making a joke. He said 'I could put them in a bowl with some dressing and have a salad'. The bottom line is it's a burden and it's also expensive."

Read the full article online [here](#).

Higher Vitamin D Levels Reduce the Likelihood of Kidney Cancer

Read the full article online [here](#).

World Kidney Day on March 14



Celebrated every year on the second Thursday of March, World Kidney Day (WKD) is the global campaign that aims at increasing awareness of the importance of our kidneys to our health and of reducing the impact of kidney disease and its associated problems worldwide.

Please send us WKD photos and events and show us how you are celebrating World Kidney Day so we can share your initiatives! Email us at cannt@cannt.ca.

Celebrate Certified Nurses Day on March 19

March 19 is Certified Nurses Day. It's an opportunity to recognize certified nurses' contributions to the profession and health care.

By seeking and achieving certification, you contribute tremendously to the nursing profession and to improved patient safety and outcomes. On March 19, be proud of your accomplishments. Wear your CNA certification pin to show your patients, clients, colleagues and employer that you Care to Be the Best in your specialty. If you're on social media, use the hashtag #CNAcertification to share your story about the value of your certification credential and use the "Proud to be CNA certified" Facebook frame available [here](#).
