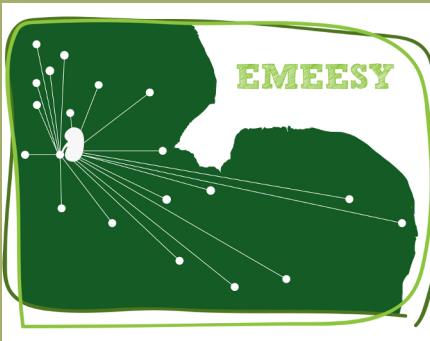




www.emeesykidney.nhs.uk
www.facebook.com/emeesynuh

EMEESY

Newsletter

NEW YEAR, NEW COMMUNICATION!

Is February too late to fulfill a new year's resolution? There has been a plan for a network newsletter for much longer than last December so hopefully late is better than not at all!

The idea of a 2 or 3 times yearly newsletter is to let everyone know what developments and plans they are so we can all be more engaged in shaping the network the way we want. Education day AGMs don't seem to be well-received so this might be a way of creating more space for education sessions.

I hope we can focus on one individual or one clinic each newsletter to share good practice and challenges - any volunteers for next edition are welcome!

The programme and booking form for the March Nephrourology Symposium is now available on the [EMEESY website](#). Please note the date is 22 March, a week earlier than we originally advertised.

Any other suggestions for newsletter articles are welcomed. Please email Kirsty. Happy new year (if it's not too late)!



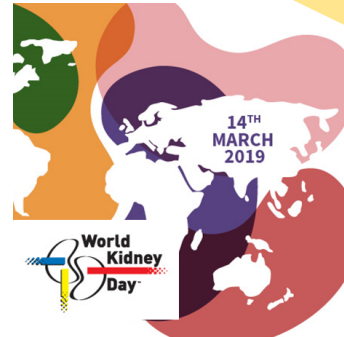
Martin Christian, EMEESY Network Lead

INTRODUCING KIRSTY

We thought Judith was irreplaceable but Kirsty Underwood, our new network administrator has more than risen to the task in her first year of the job. Her role includes co-ordinating local clinics, managing the website and organising education meetings. If you haven't already met her, please introduce yourself at the Nephrourology Symposium. Her normal working days are Tuesday to Thursday.

She can be contacted by email at kirsty.underwood@nuh.nhs.uk or by phone on 0115 970 9420 .





GUIDELINES

We are rebranding Nottingham Children's Hospital renal guidelines as EMEESY guidelines. More than just putting on our EMEESY logo, we need local paediatricians to be involved in writing and reviewing.

Guidelines up for renewal this year include Glomerulonephritis, Hypertension, HSP, Renal Biopsy and Anti-coagulation in CKD.

Can you help to revise 1 or 2? Please email Martin and I will send you out the relevant guideline(s) and a deadline.

GUIDANCE ON FLU

One guideline which is not listed on EMEESY is the 'flu treatment guideline for Nottingham Children's Hospital'. It can be accessed publicly from the [NUH website](#) and has useful information about when to consider oseltamivir in children with CKD and/or on immunosuppression.

We have also published a FAQ document about influenza vaccination which can be found on the [Patient information page of the EMEESY website](#).

SHARED-CARE RENAL CLINIC LETTERS



There is some variation in how renal shared-care clinic letters are laid out. Most now have the infoKID and Medicines for Children links embedded in the template. We would be very keen for all EMEESY shared-care clinic letters to contain as a minimum:

- Your local contact details
- EMEESY website
- Contact details for Network Administrator
- Ideally the EMEESY logo as well

Rachel Shute, a paediatrician from West Suffolk Hospital, has designed short-codes to give often repeated chunks of information on letters, such as sick-day advice for patients taking ACE inhibitors.

e.g. @lisinoprilboy would insert:

Advice to children and young people taking Lisinopril/Enalapril

If you become unwell with diarrhoea and vomiting where you might become dehydrated, your medication can affect your kidney function. On the days that you are unwell, you should NOT take your Lisinopril/Enalapril. You can restart this medication when you are well again. If you need to stop your medication for more than 2 days, you should contact your doctor for further advice.

More information on your medication(s) can be found at www.medicinesforchildren.org.uk

If you would like more information on how these can be embedded within your letters, please email Rachel on rachel.shute@wsh.nhs.uk.



FUTURE MEETINGS

This year's Annual Education Meeting will have a CKD theme. There is a lot that can be included into an education day on CKD so we have decided to use the theme for this year and next year's meetings.

This year would focus on the overall logistics of CKD management and next year would focus on the clinical management.

The programme for this year will include a session on the UK renal transplantation strategy for children, how the UK Renal Registry works and we will also use it to share a proposed CKD pathway for EMEESY.

Next year's meeting, which will include sessions for dietitians and nurses (something we now plan to

do every 2 years) will include early management of phosphate, use of vitamin D and trouble-shooting post-transplant problems.

This autumn's venue will return to the Olde Barn Hotel just off the A1 north of Grantham. Please mark the date in your diaries: Friday 27th September.

SINGLE KIDNEY?

Should children with a single kidney avoid contact and dangerous sport?

Advice from the **US National Kidney Foundation** is that if it is hydronephrotic, enlarged or cystic, then probably yes; if it is a transplant, the probably no and if it is a solitary normal kidney then unlikely to cause harm. Football and rugby are what we usually think of, but bike riding, sledding, downhill skiing, snowboarding and equestrian are associated with the highest risk of renal trauma.

WEBSITE UPDATES

[Help! My child has kidney disease](#)

is a new section written by our social worker Lyn Hopkinson that that is featured on the homepage for easy access into the website for new families.

Dietetic resources also have a permanent link from the homepage as one of the links attached to the main picture.

Do you know that all the talks from previous meetings are added to the website so that there is now a large archive of PDFs dating from 2013?

The video interview of a child with nephrotic syndrome and her mother can be found in the [Education meetings](#) section and we plan to add to them with each education meeting now.

[Charlie has a renal biopsy](#), the teenage, skateboarding sequel to **Sophie** is now available to help prepare any older children ahead of a biopsy.

Look out soon for lots of lovely new photos taken by MA Commercial Photography students Ema and Apoo.

RESEARCH UPDATE

PREDNOS 2 has finished recruiting after almost 6 years! 365 patients have been recruited (the target was 360). Hospitals within the EMEESY network contributed 64 recruits or 17.5% of the total which is a huge achievement. Particular mention should go to Angela Hall and the Leicester team who recruited 17 patients.

Martin Christian took over as Chief Investigator for the study last year following Nick Webb's departure. There are plans afoot for another PREDNOS study, looking at prednisolone dosing for a relapse - watch this space for more information.

Aliza Rafi, Burton
Received a life-saving
kidney transplant



**IF YOU COULD SAVE A LIFE
WOULD YOU?**

Last year over 1,600 people joined the
NHS Organ Donor Register in Burton.
You could join them to save and improve lives.
Sign up today.

