



Irish Kidney Association



Kidney & Spina Bifida Awareness Day

Saturday September 17th 2011

Presenter: Colin White



Irish Kidney Association

An overview of the IKA:

- Founded in 1978
- To meet the needs of kidney patients **and** their families
- Patient driven
- Holistic approach



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Facilities of the IKA:

- Head Office in Park West, Dublin 12
- Renal Support Centre in the grounds of Beaumont Hospital
- Holiday Home in Tralee
- Holiday dialysis Centre in Tramore



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Direct Services of the IKA



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Patient Support Officer:

- Social gain & Welfare issues
- Facilitating the patient through the social welfare system
- Patient Aid
- Facilitating independence



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Counselling Services:

- Professionally trained Counsellor
- Network of Counsellors countrywide
- Services for patients **and** family members
- Working with hospitals & Counsellors to improve understanding of the impact of kidney disease



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Rehabilitative Training Scheme:

- Based in Donor House (Head Office)
- Open to people on dialysis & transplant recipients
- Re-building self confidence
- An opportunity to re-enter the world of work



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Renal Support Centre:

- In the grounds of Beaumont Hospital
- Accommodation facility for renal patients & family members
- Open 365 days a year
- Kitchen and living area open to day patients



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Respite / Holiday Services:

- Holiday home in Tralee (access to dialysis)
- Holiday apartments in Tramore
- Co-ordination of haemodialysis abroad
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Sports Service:

- Open to people on dialysis & transplant recipients
- All ages & levels of ability welcome with a variety of physical & skill based sports offered
- Regular domestic programme
- Many international opportunities including European & World Games



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National Branch Network:

- 25 local Branches around the country
- Volunteer driven
- Regular meetings
- Practical support network
- Work with hospitals
- Strong network for fundraising



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Organ Donor Awareness:

- Irish Donor Network
- Organ Donor Card (Freetext Number & Organ Donor Ecard)
- Media Campaigns
- Organ Donor Awareness Week
- Annual Service of Remembrance





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Communication:

- Branch Network
- Quarterly magazine: 'Support'
- Website: www.ika.ie
- Facebook: '[Irish Kidney Association](https://www.facebook.com/IrishKidneyAssociation)'



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Other Services:

- Input into Renal Service Policy
- Advocacy on behalf of all renal patients
- Active in many international bodies
- Information & Education



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Quiz:

1. How many kidneys do people usually have?

- a) One
- b) Two
- c) More than two

2. Your kidneys are located just above the small of your back, how

large are your kidneys?

- a) The size of your fist
- b) The size of a ping-pong ball
- c) The size of a peanut



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Quiz:

3. Your kidneys perform many critical functions. What are they?

- a) Process/clean blood and filter out extra water and waste
- b) Release hormones
- c) Regulate water and chemicals in the blood like sodium and potassium
- d) Remove some drugs and toxins from the blood
- e) All of the above

4. Every day our kidneys perform an essential job of filtering how many litres of blood?

- a) 1
- b) 50
- c) 200



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Quiz:

5. The most common cause(s) of kidney disease in most parts of the

world are:

- a) Diabetes and high blood pressure (hypertension)
- b) Kidney stones
- c) Inherited diseases such as polycystic kidney disease

6. How many adults worldwide have some form of kidney damage?

- a) About 1 out of 10
- b) About 1 out of 1000
- c) About 1 out of 10 000



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Quiz:

7. Are there treatments for chronic kidney disease?

- a) Yes
- b) No

8. If you have chronic kidney disease and you do not get medical

care, is your health more likely to get worse?

- a) Yes, my health is likely to get worse
- b) No, my health is not more likely to get worse



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Thank you for listening!

