

SUPP I RT



IRISH KIDNEY
ASSOCIATION'S
**ORGAN
DONOR
AWARENESS
WEEK**

SPRING 2020



POSTPONED
DUE TO COVID-19 PANDEMIC

**28TH MARCH
– 4TH APRIL**

IRISH KIDNEY ASSOCIATION CLG

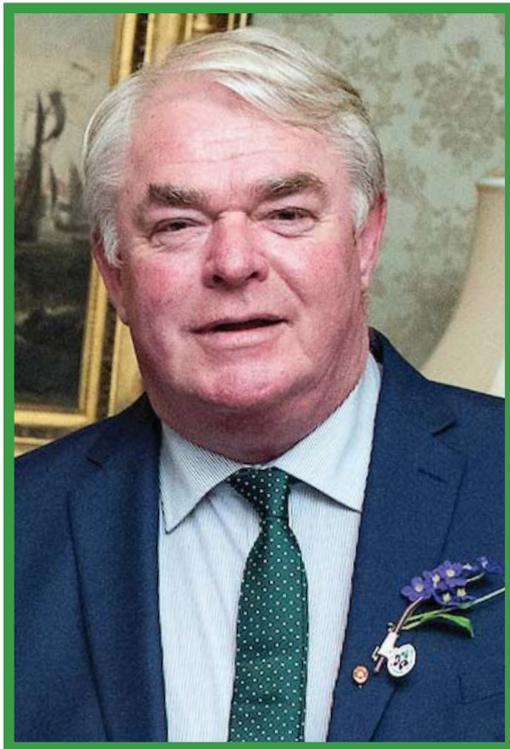
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FOR ORGAN DONOR CARDS FREE TEXT **DONOR** TO **50050**

CHARITY REGISTRATION NUMBER 20011260

Editorial...



We are in the middle of the third month of the year and, already, we know we are in a year that we will never forget. As I am writing this Editorial, I am concerned that events are running at a speed we have never witnessed before.

All transplanted and dialysis patients are in the higher risk of mortality from COVID-19 than the general public. If your nurses and doctors are required to isolate themselves away from work for two weeks, a possibility is that your regular treatments and appointments are likely to be changed.

New protocols for dialysis treatments will become apparent as priorities are altered by events. Your regular treatment times may be adjusted to suit the situation and staffing of your dialysis centres. These decisions may be personally difficult to accept. However, I believe you need to expect alterations and realise that changes are inevitable in these unforeseen times.

To be part of the solution to the difficulties that lie ahead rather than adding to the complexities of the situation I hope would be patients' priorities. The overall strategy is to keep you as safe and well as possible. Decisions about your transport may also occur for the same isolation reasons.

Notice to Branches re: COVID-19

Due to the COVID-19 pandemic the advice we are getting from the public health experts is not to gather unnecessarily. Therefore Branch meetings, AGM's and Church gate collections and indeed other fundraisers, of any description, that assemble people together, are off-limits. They should be cancelled for now and postponed until later, if possible.

You will notice that our National AGM is now tentatively set for September 5th – you do not have to think about your AGM's until July. Thankfully, this is not the year for elections or changes of Branch Officers.

You will be advised by Head Office, when it becomes safe to organise gatherings again.

Contents...



FRONT COVER

Many thanks to Ray D'Arcy for being our Ambassador for the second year. I'm sure he won't mind when our Organ Donor Awareness Week is hopefully rescheduled for the Autumn.

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On Thursday, March 12th, in the afternoon, I received a phone call from the Chief Operations Officer in Beaumont Hospital telling me they wanted our Renal Support Centre in Beaumont for use in the COVID-19 Contingency Plan. I'd only been at the Centre that morning at the filming of Dr. Colm Magee on COVID-19 advisory for patients. That interview is now up on our website and a transcript appears on page 32-33 of this SUPPORT. It was such a shock at the time but now on Saturday, March 14th, as I finish this Editorial, we have vacated the Centre (see page 5).

The HSE website is the best place to obtain the correct information for you to keep yourself safe.

The IKA will also be posting online (www.ika.ie) and on its social media platforms.

We have cancelled our annual Organ Donor Awareness Week. We do not want anybody putting themselves at risk and, right now, is simply the wrong time to ask the public to consider organ donation. We will put fundraising online and concentrate on showing the public the work of the IKA and provide advice on COVID-19 for kidney patients.

We have also cancelled the European Transplant and Dialysis Sports Championships scheduled for Dublin in August.

We have set the date for our Annual General Meeting for September 5th in Dublin, and the Service of Remembrance for October 3rd in Mullingar – both dates come with a health warning and they are provisional dates that could both be deferred depending on medical advice nearer the time.

Dialysis away from base – either for holidays or work reasons – has been halted. Many dialysis centres, across Europe, are cancelling visitors anyway. Transfers, within Ireland, are also stopped. Foreign dialysis visitors will not be permitted. No person can tell you for how long these



New BBraun Wellstone Midlands Renal Care Centre, Portlaoise

restrictions will be in place, but safety is the reason, as difficult as it may be to accept.

I was invited to see the new haemodialysis centre in Portlaoise, which opened last October, and this 60-patient facility has only ten patients. One wonders why the HSE contract new facilities and then do not populate them with patients? This is the strangest of situations but, ironically, it could provide the extra capacity that the HSE so desperately needs to cope with the expected demands of COVID-19. It is fair to say that BBraun Medical build the finest purpose-built dialysis centres of all the contracting treatment providers.

I am aware that I could easily be accused of frightening patients with my words on treatment alterations. This is not my intention but I would prefer people to be prepared for changes to their normal routines. It might well be that none of these changes will occur and patients' treatments and transport will remain exactly as they are. Indeed, I do hope this will be the case, but I believe it is important to have prepared you all for the possibility and to realise that your safety will be at the heart of any decisions made.

MARK MURPHY

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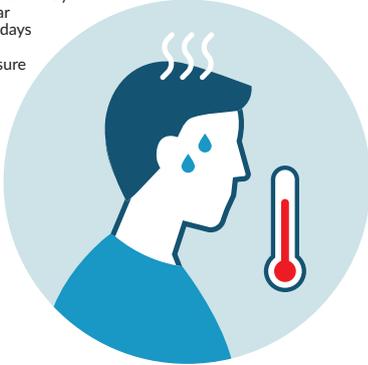
63 BRANCH SECRETARIES

COVID-19 ADVICE FOR KIDNEY PATIENTS



SYMPTOMS* COVID-19 is a new virus that can affect your lungs and airways

Symptoms may appear 2-14 days after exposure



FEVER



COUGH



SHORTNESS OF BREATH

PREVENTION



WASH HANDS WITH WATER AND SOAP/SANITISER FOR AT LEAST 20 SECONDS



SELF-DISTANCING OF 1-2M AVOID ANY UNNECESSARY CONTACT WITH PEOPLE



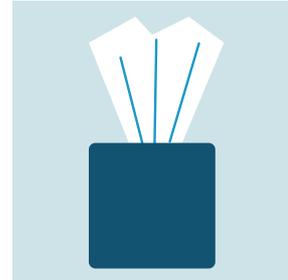
DON'T TOUCH EYES, NOSE OR MOUTH WITH UNWASHED HANDS



COVER YOUR COUGH WITH YOUR ELBOW

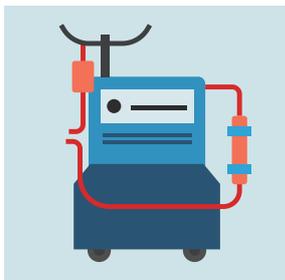


DON'T SHAKE HANDS WITH PEOPLE

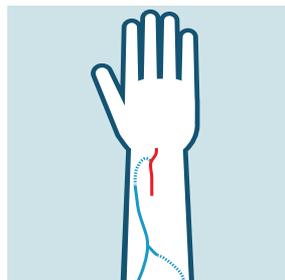


IF YOU USE A TISSUE DISCARD IT IMMEDIATELY

DIALYSIS



COVID-19 CANNOT PASS THROUGH A DIALYSIS MACHINE



COVID-19 IS NOT ABLE TO ENTER THE BODY FROM YOUR DIALYSIS ACCESS SITE



TAKE YOUR MEDICATION AS PRESCRIBED

Transplant and dialysis patients could take their temperature and keep a daily record because a significant spike in your temperature would be easier to notice. If you feel unwell do **NOT** enter a Dialysis Unit, Hospital or GP surgery – ring them instead.

SEQUESTERED

FOR BEAUMONT HOSPITAL'S
COVID-19 CONTINGENCY PLANS



Our **RENAL SUPPORT CENTRE** is **CLOSED** for our use for the foreseeable future of this pandemic

We know that this is going to be an inconvenience to many of you. You can appreciate that the availability of 13 ensuite rooms, on their campus, was obviously very tempting for the hospital and we fully understand why they needed to take possession of the building to add to the COVID-19 contingency plans.

The Renal Support Centre's landline number (01-8373952) is **NOW NOT IN USE** for bookings.

The Emergency Mobile Number



087-4169907

is **NOW** the way to make a booking in the hotel (which will be on the IKA account) through our Managers Patricia, Frank or Simon.

Bear in mind that visiting restrictions will be in place in Beaumont Hospital.



In the interim period, while the hospital needs our building, we have secured a deal with the Clayton Hotel Dublin Airport to provide bed, breakfast and carparking. The hotel is located between the M1 and M50 motorways (5km from Beaumont Hospital).



We **DON'T HAVE** priority bookings in the hotel, so you will appreciate the earlier the booking, the better. We are relying on the hotel to have capacity each night. It is an airport hotel and it can fill up because of weather, strikes and unforeseen circumstances, like airport closures etc.



National Kidney Transplant Service

Annual Report 2019

The National Kidney Transplant Service mission is fair and equitable access to transplantation for all suitable patients, a commitment to quality through continuous improvement of our standards, processes, and outcomes, and a lifelong duty of care to both kidney donor and recipient.

Foreword

For patients with end stage renal disease (ESRD), successful renal transplantation provides a significant survival benefit – doubling the life expectancy, as well as restoring quality of life and providing significant health benefits for the individual recipient. Over 2500 patients transplanted by the National Kidney Transplant Service (NKTS) now enjoy the benefits of a functioning transplant and with our excellent outcomes, this number continues to grow annually. Patients receiving a kidney from a living kidney donor are especially predicted to reap the benefits of planned kidney transplantation, which is why we encourage patients entering the transplant waiting list to explore this option with friends and family. This National Kidney Transplant Service Annual Report for 2019 details the trends of the renal transplant waiting list, data regarding the kidney transplants performed over the year are reviewed and the outcomes of patients who have been transplanted are presented.

Each kidney transplant performed, is only possible due to the extraordinary generosity of the deceased donor family who can reach out to a person in need, in the midst of their time of loss or to the bravery of a living kidney donor who literally give of themselves so that the recipient's life is restored. The entire transplant team at the NKTS recognise the incredible generosity of all kidney donors who present the gift of life and health to each recipient successfully transplanted.



By
Ms Dilly Little
 Surgical Director, NKTS

Prof Conall O'Seaghdha
 Medical Director, NKTS

Kidney transplantation is the best treatment for patients with kidney failure. Kidney transplant patients have better survival, overall health, and quality of life when compared to patients remaining on dialysis. The National Kidney Transplant Service (NKTS) annual report for 2019 details the trends of the kidney transplant waiting list, kidney transplants performed over the years, and the health outcomes of those who have received a transplant.

We performed 153 kidney transplants at the NKTS in 2019, consistent with a stable level of total transplant activity for the past 10 years. However, although the overall level of activity is similar, the profile of kidney transplantation in Ireland has changed significantly in that time. For example, 30% of transplants in 2019 were for previously untransplantable 'highly sensitised' recipients, thanks to an initiative begun in 2016, discussed below. Furthermore, an increasing number of transplants were following donations after cardiac death, a more complex and resource intensive donor group that has the potential to expand the deceased donor pool. Finally, over 15% of transplants were from living donors, a program that only formally began in 2009.

The number of patients alive with a functioning transplant continues to grow, primarily as a result of improved survival in transplant patients. This number reached 2,577 at the end of 2019, a 2.7% increase from the previous year. There was also a 4.3%



fall in the numbers on the waiting list, from 483 in 2018 to 462 in 2019. Nonetheless, the active waiting list at the end of 2019 remains two and half times larger than the supply of donor kidneys, with a shortage of suitable organs for transplant remains a perennial challenge. The median waiting time to transplant was 18 months, a slight improvement from 2018.

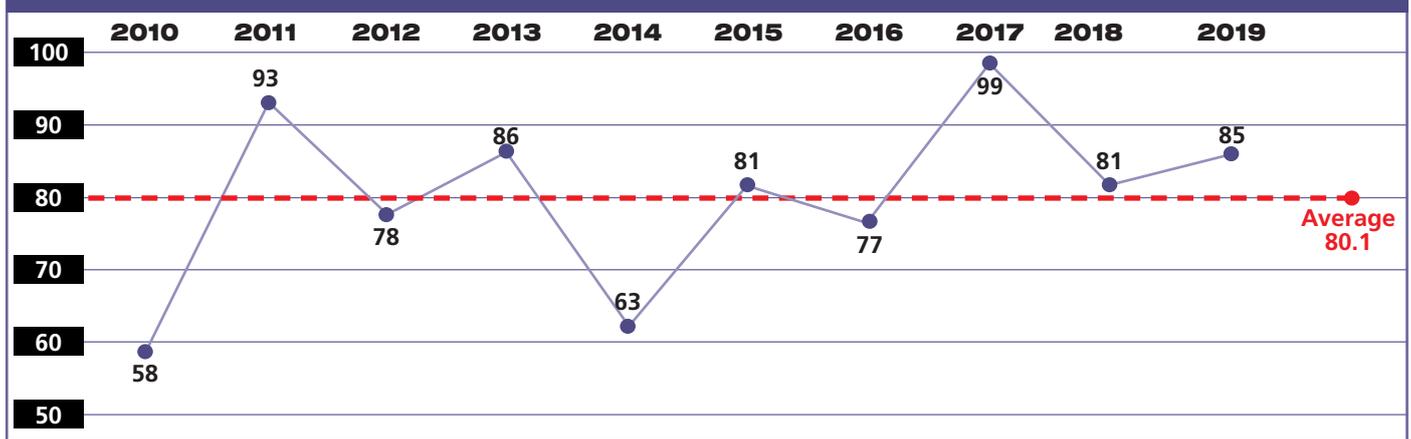
Irish kidney transplant outcomes continue to be excellent. The median survival (life expectancy) of allografts for deceased donor kidney transplants in the NKTS is 14.3 years, and we

have witnessed steady improvements in this figure since the 1980s. Based on most recent data, the 1-year allograft survival for deceased donors is 97.5% and patient survival is over 99%. We benchmark our outcome data against the European Collaborative Transplant Study and our outcomes exceed the CTS mean for all outcomes. This year, 8 recipients reached the 40th anniversary of their transplant, bringing to 15 the number of patients with a kidney transplant lasting over 40 years.

continued next page →

ORGAN DONATION AND TRANSPLANTATION													
		2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	10 year Total	10 year avg.
Deceased Donors		85	81	99	77	81	63	86	78	93	58	801	80.1
Transplantation from Deceased Donors	Kidneys	128	127	141	122	120	112	147	131	165	98	1291	129.1
	Liver	66	56	62	58	61	44	55	50	61	38	551	55.1
	Heart	15	18	16	15	16	18	11	10	6	3	128	12.8
	Lungs	38	28	36	35	36	31	32	14	8	4	262	26.2
	Pancreas	2	5	5	0	0	6	11	1	8	8	46	4.6
SUB-TOTAL		249	234	260	230	233	211	256	206	248	151	2278	227.8
Living kidney donors & transplants		25	40	51	50	33	40	38	32	27	23	359	35.9
All organ transplants TOTAL		274	274	311	280	266	251	294	238	275	174	2637	263.7
Living & deceased donor kidney Tx		153	167	192	172	153	152	185	163	192	121	1650	165.0

DECEASED ORGAN DONORS



continued...

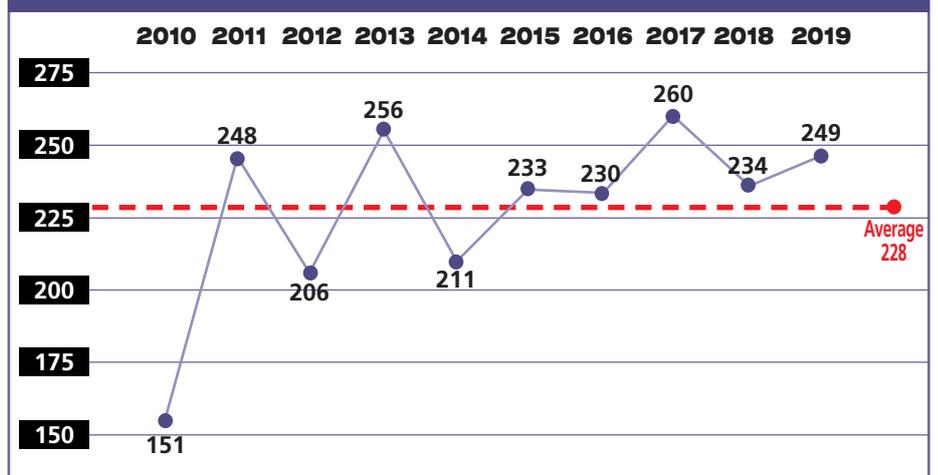
We performed 25 living donor kidney transplants in 2019. While outcomes for living donors are similar to that for deceased donor transplants in the first year (95% and 100% transplant and patient survival respectively), the benefits living donor transplant become apparent in subsequent years. At the 5-year time point, living donors kidneys had a 91% graft survival and 97% patient survival probability compared to 86% deceased donor kidney transplant survival and 90% patient survival. In addition, patients who received a living kidney donor spent considerably less time waiting for a transplant and spent less time on dialysis, with a significant number avoiding the need for dialysis entirely. These outcomes highlight the enormous advantages of living kidney donation and illustrate why living donation should be the first choice for the majority of Irish patients. It is for these reasons that our motto is 'Living Donor First'.

Despite these clear advantages, uptake of living donor transplantation in the Republic of Ireland is low. We performed fewer living donor transplants in 2019 than in 2018, and were below our target of 50 living donor transplants for the year. This was despite evaluating our highest ever number of potential kidney donors, 12% more than in 2018. Unfortunately the majority of those coming forward were medically unsuitable to proceed.

For those that are medically fit to proceed to donation, outcomes continue to be excellent. Complication rates are low, with new onset high blood pressure being the commonest finding, occurring in approximately 10% of younger donors and 20% of older donors. Kidney function post-donation tends to improve over time, and the average donor maintains 66% of their pre-donation level of kidney function 5 years later. In Ireland, the median age of a living donor is 44 years and they tend to be a sibling, spouse or parent of the recipient. There have been no deaths related to donation or cases of kidney failure in donors since the NKTS living donor program formally began in 2009.

Regrettably, despite excellent outcomes for both donor and recipient, most patients have no potential donors come forward. As such, there is a pressing need to specifically promote living donor transplantation as the treatment of choice for kidney failure and to encourage potential donors

DECEASED DONOR TRANSPLANTS



to come forward. We have been actively engaging with the Department of Health in 2019 with a view to a targeted public awareness campaign on this issue. We are encouraged by signs of an early increase in living donor activity for 2020.

The continued expansion of the 'highly sensitised' programme was our greatest success at NKTS in 2019. This programme aims to find suitable kidney transplants for otherwise untransplantable patients due to the presence of antibodies in their bloodstream. A total of 46 such highly sensitised patients were transplanted in 2019, almost a third of all activity, with one of whom having been on dialysis for over 19 years. The success of this program is due to the hard work and dedication of the entire transplant team, but particularly the staff at the H+I laboratory at Beaumont Hospital led by Dr. Mary Keogan.

We are continuously humbled by the generosity shown by all kidney donors and their families. Every deceased donor kidney transplant comes at a time of utmost tragedy for families, who look beyond their own loss and grief to save the life of another person. Living donors place themselves in harm's way to help a loved one, often without a second thought. As such, we have witnessed the best of human nature through working in this program and wish to thank all donors and their families for their generosity.

The Editor thanks both Ms Dilly Little and Prof. Conall O'Seaghda for permission to include this article in our magazine.

Transplant Octogenarian Grandad Thrives



Right:
*Brendan O'Connor with his wife Bernadette,
son Charles and grandchildren
Brendan, Ronan and Thomas*

Demonstrating the successful longevity of organ transplantation and enjoying his second chance at life is 84-year-old grandfather Brendan O'Connor from Maugheraboy Road in Sligo town. In March this year Brendan will celebrate the 28th anniversary of his kidney transplant which he received from a deceased donor when he was 56. While recovering in hospital after his transplant Brendan got to know the Monaghan recipient of the other kidney from the same deceased donor and they stayed in contact with one another for many years.

Brendan was working as a plumber at Sligo County Council when he was diagnosed with end stage kidney failure in his early 50s, after he experienced high blood pressure. He commenced haemodialysis at Sligo General Hospital which he had three times a week, for four hours at a time. This continued for two years until he was called for his life-saving transplant. He gave up his job around the time his dialysis treatment began as his energy levels were completely depleted. Also his work involved travelling throughout the county working outside and sometimes in very cold and unfavourable weather

conditions. Following his transplant he eased back into work helping neighbours and friends with their plumbing emergencies!

Married to Bernadette they have two children, now grown up, one of them now a parent himself, who at the time of Brendan's kidney failure were in primary and secondary school.

One of his sons, Charles, is an accomplished musician and organist and is a music and Irish teacher in Co. Sligo. He won a number of All-Ireland Fleadh titles on both accordion and piano and now adjudicates regularly for Comhaltas Ceoltóirí Éireann.

He also won the Senior Organ competition at the Dublin Feis Ceoil, as well as various scholarships at the Royal Irish Academy of Music.

Brendan's other son, Neil, is a talented singer who qualified as a nurse but decided to change career path and is now in his final year of studies in counselling and psychotherapy.

Eleven years ago Brendan underwent a heart bypass operation and there was concern that the major operation would cause his kidney to fail. Fortunately he pulled through and he is now enjoying good health and a happy life in his senior years with Bernadette. Together they enjoy

spending time with their three lively young grandchildren Brendan (8), Ronan (6) and Thomas (18 months) who all live nearby.

Brendan regularly thinks of his deceased kidney donor and is grateful for the 'gift of life' he received which allowed him to see his sons get through college and enjoy their accomplishments in music as well as being alive to see and enjoy his own grandchildren.

He is grateful that the transplant made it possible for him to travel, something he could not do while in kidney failure, and he enjoyed touring around Wales, Scotland, France on a few occasions as well as to the USA.

Brendan is very grateful for the care and support he received from his GP Dr. Michael Dorman, Dr. McClean (Jervis St.), Dr. Michael Carmody (Beaumont), Professor Peter Conlon (Beaumont) and Dr. Linnane (kidney specialist at University Hospital Sligo). Following the 'gift of life' he received, Brendan and Bernadette became active fundraisers for the Irish Kidney Association and raised a considerable amount for the building of the IKA's Renal Support Centre, located on the grounds of Beaumont Hospital, which provides free accommodation to kidney patients and their families.

The story of the girl behind the Yellow Dress

By KIRSTY DONNELLAN



Scarlett although my daughter, was also my best friend and, like a sister, mine and Scarlett's relationship, as mother and daughter goes, was like no other. Unique is how I would describe it, just like her!

When you mention Scarlett's name, most people remember her as the girl in the yellow dress, the dress that she wore to her Debs. Yellow soon

became her favourite colour, and a colour that she will always be remembered by. Yellow is the brightest colour of the visible spectrum, the colour of optimism, happiness and high energy.

Scarlett's bright and beautiful life of 17 years, came to a tragic and sudden end in the autumn of 2018. Last year in 2019, Scarlett would have turned 18 on March 31st. On March 1st I sat outside my back garden – it was around 6am. I watched the sunrise, I took a picture of this, and then it came to me. I put the picture up on social media, and said that I challenge myself to take a photo of the sunrise every morning for the month of March, and challenged others also. However, aware that not every morning the sun could be seen, I suggested that other pictures such as yellow butterflies and flowers or other things yellow be posted.

I called it 'Yellow March' in memory of my late daughter Scarlett and also to raise awareness for organ donation, not knowing at the time that there was a week in March for organ donation awareness, until I saw on social media about the launch of a postage stamp in post offices promoting organ donation.

On March 30th, 2019 Scarlett's six friends and I went to Galway, all dressed in yellow, each carrying a yellow balloon to mark her birthday. We visited the 'Circle of Life' Commemorative Garden for organ donors in Salthill and then released the balloons at the pier, in memory of her.

Once again in March this year I dedicated my social media to 'Yellow' again to honour Scarlett's memory and raise awareness for the 'gift of life'.



Scarlett was passionate about helping others, so much so she was planning to get involved in volunteering work. She wanted to volunteer for homeless charities whilst she was on her gap year after finishing her Leaving Cert exams.

She also had a huge interest in gender studies and women's issues. This was an area that she was thinking of studying.

About a month before she died, out of the blue, Scarlett raised the topic of organ donation with me. I will never forget that conversation. She had asked me where she could get an organ donor card, as she would like to be a donor. My response was, "I think I have seen them in the post office, next time I am in I will have a look and will pick one up."

Scarlett kept herself healthy, her body was her temple, she used to put me to shame! She was anti-drugs and anti-smoking, and could never understand why people would abuse their bodies in this way. She loved walking and loved nature, and would often walk with our pet dog. She had a fantastic singing voice and loved music. I will never forget the summer before, she spent 5 hours on the computer on a waiting list trying to purchase the tickets to see Ed Sheeran, and she never gave up. It was like she had won the lottery when she finally got them. That was her...she never gave up.

Scarlett saved 5 people's lives after her passing. Donating her heart, kidneys, liver, lungs and pancreas.

I was seven months pregnant at the time, when she died, with her baby brother Liam. She knew she was going to have a brother, as we had found out at my 20 week scan, and both her and her younger sister Freya,



who was 4 at the time, were both delighted to be having a brother. Her friends have since told me how excited Scarlett was. Scarlett was going to be her brother Liam's godmother, but this unfortunately was not to be the case. Instead now, she is his guardian angel and her best friend Lauren became Liam's godmother.

I have since received letters from some of Scarlett's recipients. The first letter I received from Scarlett's heart recipient at the time was on her 1st anniversary. This meant so much, as it was the person that received her heart and Scarlett had such a big heart.



On the day of Liam's first birthday, I received letters from both Scarlett's lung recipient and her liver recipient. It is something that I can tell her brother when he gets older. It made his first



birthday all the more special.

Her little sister Freya is crazy about super heroes and loves *The Avengers*. She would often dress up as Captain America or Iron Man! As both Freya and Liam get older we will have many stories to share with them about their big sister Scarlett. But the most special story of all, is the fact that Scarlett is a real life Super Hero, something that we can all take pride in, knowing that she saved the lives of five other people.

Although, we as a family, are deeply saddened that Scarlett can't be with us today, we are bursting with pride for Scarlett, and derive huge consolation and solace out of her profound and selfless act of donation and hope that it has impacted on so many.

I am so glad that Scarlett and I had the conversation about organ donation, as I was able to honour her wishes, and that in death she was able to fulfil her wish to help others who needed it most.

For you Scarlett x

MAP OF HAEMODIALYSIS UNITS USED BY PATIENTS FROM THE REPUBLIC OF IRELAND AND DIALYSIS PATIENT NUMBERS AS OF 31/12/19



CHRONIC DIALYSIS & TRANSPLANT PATIENTS - 31/12/19

Dialysis Facility ADULTS	HAEMO	HOME DIALYSIS		TOTAL DIALYSIS PATIENTS	TRANSPLANT AT CLINIC	TOTAL ESKD PATIENTS
	HD	HHD	PD			
Beaumont	163	18	48	229	798	1027
Mater	83		9	92	127	219
FMC Northern Cross	81			81		81
Beacon Drogheda	80			80		80
Cavan	72			72	19	91
St. Vincent's	86		9	95	167	262
Beacon Sandyford	98			98		98
Tallaght Hospital	110	5	44	159	341	500
Beacon Tallaght	87			87		87
Tullamore	101			101	59	160
FMC Portlaoise	10			10		10
Cork	163	15	29	207	395	602
Waterford	107	2	29	138	184	322
FMC Kilkenny	58			58		58
Wellstone Wexford	44			44		44
Tralee	58			58		58
Limerick	130	9	20	159	132	291
FMC Limerick	69			69		69
Galway	66	3	16	85	231	316
Wellstone Galway	67			67		67
Castlebar	66			66		66
Letterkenny	64			64	76	140
Sligo	56			56	37	93
Northern Ireland	6			6		6
ADULT TOTALS	1925	52	204	2181	2566	4747
CHILDREN Temple St, Crumlin	8		7	15	59	74
OVERALL TOTALS	1933	52	211	2196	2625	4821

IRISH DIALYSIS PATIENTS - 31/12/19

	Patients	%
Centre Haemodialysis	1933	88.0
Home Haemodialysis	52	2.4
Peritoneal Dialysis	211	9.6
Total Dialysis Patients:	2196	100

IRISH ESKD PATIENTS - 31/12/19

	Patients	%	PMP
Transplanted	2625	54.5	533
Haemodialysis	1933	40.1	393
Peritoneal Dialysis	211	4.4	43
Home Haemodialysis	52	1.0	11
Total ESKD Patients:	4821	100	980

PMP = Per Million of Population

Population 4,921,500

would like to thank, once again, the National Renal Office for sharing the Annual Census of Patients with the IKA.

The headline number of patients should cross the 5000 mark at some time this year. 4,821 is the amount of people in treatment by dialysis and kidney transplantation. The number represents 980 people per million of population and it should cross the 1000 per million or 1 in a thousand of the population this year. These are not numbers, of course, they are all people.

continued next page →

ESKD TREATMENT BY UNIT TYPE - 31/12/19

	HD	%	PD	Home HD	Transplanted	ESKD
HSE Hospital Renal Unit (11)	1145	59.3	204	52	2529	3930
HSE Hospital Satellite Unit (3)	180	9.3			37	217
Commercial Satellite Unit (9)	594	30.7				5924
Northern Ireland NHS (3)	6	0.3				6
HSE Paediatric Renal Unit (2)	8	0.4	7		59	74
TOTALS	1933	100	211	52	2625	4821

ONE-YEAR COMPARISONS

TREATMENT	2019	2018	% CHANGE	PATIENTS
HAEMODIALYSIS	1933	1873	+3.2%	+60
PERITONEAL DIALYSIS	211	196	+7.6%	+4
HOME HAEMODIALYSIS	52	55	-5.5%	-3
TRANSPLANT	2625	2528	+3.8%	+97
ESKD TOTAL	4821	4652	+3.6%	+158

continued..

Only 263 patients, or 12%, are on 'home therapies' across the country. I expect that more people will consider the options of peritoneal and home haemodialysis in the future, if they are deemed suitable, however the reality is that not everyone is.

Over half of all patients, 54.5% (2125) are transplanted. I cannot emphasise enough how few countries there are with this high level of transplant versus dialysis patients. It is the pride of our renal services and making the transplant figure even better is a goal everyone aspires to.

The one-year changes show 60 extra haemodialysis

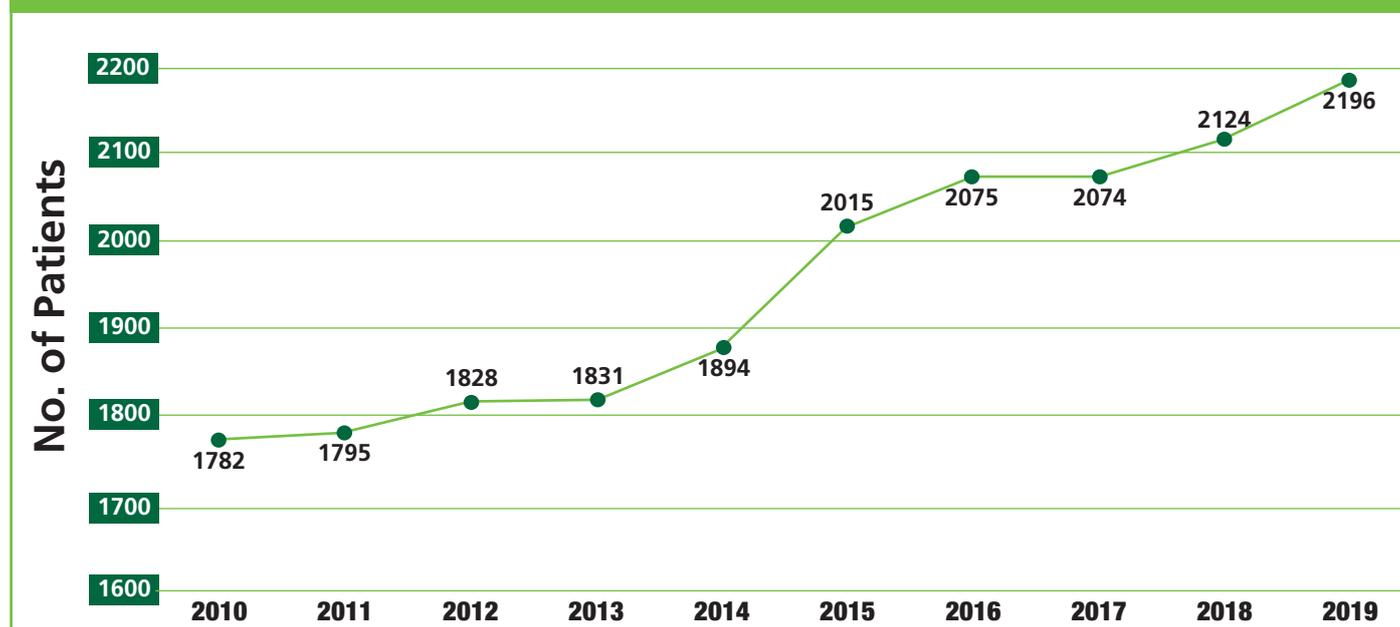
patients and 97 more transplant patients at clinic. The ten-year comparisons which highlight the growth in haemodialysis is absorbed mainly by the contracted satellite units which more than doubled in patients and, over the years, went from 5 to 9 new centres across the country. Home haemodialysis has hovered around 50 patients in recent years and peritoneal around 200 or so.

The overall growth of patients from 3505 to 4747 (35%) in the ten-years was expected and there is no reason to believe that the level of annual growth of 3.5% will not continue.

10 YEAR COMPARISON RENAL ADULT PATIENTS BY TREATMENT TYPE

	2019	2009	NO. OF CHANGES	% CHANGES
HSE Hospital Renal Unit (11)	1145	1050	+95	+9%
HSE Hospital Satellite Unit (3)	180	131	+49	+37%
Commercial Satellite Unit (9)	594	(5) 278	+316	+113%
Northern Ireland (3)	6	11	-5	N/A
Home Haemodialysis	52	2	+50	N/A
Peritoneal Dialysis	204	188	+16	+8%
All Dialysis	2181	1660	+521	+31%
Transplant	2566	1845	+721	+39%
TOTAL ESKD PATIENTS	4747	3505	+1242	+35%
Population in Ireland	4,921,500	4,459,300	+462,200	+10%

NO. OF PATIENTS ON DIALYSIS DECEMBER 2010-2019



Transplant Transforms Widower



The Connaughton family

Denis Connaughton (70) from Whitehall, Dublin 9, received a life-changing transplant in early January 2020, just under three years after his late wife Sheila, who had become his carer, passed away at the age of 63, following a short illness and multi-organ failure.

Denis's daughter Jillian, a Slimming World consultant, explained, "my mother's unexpected death went very hard on my father and the years of dialysis treatment, which he had been undergoing at Northern Cross since 2015, took its toll on his mental well-being. He had lost his zest for life. I don't think he ever believed that he would get a transplant.

On New Year's Day 2020, my father announced, at a family gathering, that he never thought he would be alive to see 2020 and was happy to be still around to enjoy being with his family and six grandchildren.

Remarkably, within just days of this, he received a call from Beaumont Hospital to come for his life-changing kidney transplant. Within weeks he could enjoy a dramatically positive difference to his quality of life.

He has made a great recovery since. He is no longer tied to dialysis treatment and a restricted diet. His outlook on life continues to improve. He is even starting to make plans for the future and has expressed a wish to join a Men's

Shed and become a member of the Transplant Team Ireland sports team.

He also has more energy when his lively grandkids, aged between 3 and 14 years of age, come to visit. Our whole family are immensely grateful to the family who made the selfless decision to donate a loved ones organs."

Denis said about his health experience, "I find it difficult to put it into words my appreciation for the second chance to life I have been given. I didn't enjoy going for dialysis three mornings a week, which took 5 hours at a time between travel and treatment, and neither did I enjoy the restrictions that my illness brought.

"Having lost my dear wife in 2017 I found it hard to stay positive. My transplant has given me a new lease of life and I'm grateful to my donor for this.

"I would like to acknowledge the huge support and care I received from nursing and medical staff in both Northern Cross, where I received my dialysis treatment, and at Beaumont Hospital where I underwent my transplant operation. I would encourage everyone to let their loved ones know their wishes about organ donation and it huge benefits it can give to people like me and our families."





Anglesea Street HQ firemen with in front centre, kidney patient Aido O'Brien and his older brother Robbie and their father Steven, second from left.

Firemen all **FIRED** up for life-saving cause

A Cork fireman's brother-in-law donated a kidney to his ailing son back in February 2017 and just over a month later a colleague firefighter, from Galway, working at the same Cork City fire station (Anglesea Street Headquarters) donated a kidney to his brother.

Second generation firefighter Steven O'Brien from Bottlehill in Cork will be forever grateful to his brother-in-law Tommy Barrett, a painter and decorator, for giving the 'gift of life' to his son Aido three years ago. The living donor kidney transplant operations took place on February 9th, 2017 with Aido undergoing his at Temple Street Hospital while Tommy's kidney was removed at Beaumont Hospital.

Fourth generation firefighter Ger Dolan from The Claddagh in Galway donated a kidney, to his adult brother Jimmy, in March 2017 and the successful operation was carried out at Beaumont Hospital. Prior to his transplant Jimmy, who works as a corporate travel agent in Cork, had been undergoing dialysis treatment

for over three years and had faced a few brushes with death.

Steven O'Brien outlined his son's health journey. "Aido, now 12 years old was diagnosed with a very rare kidney disease at just 4 years of age in 2012. The disease is known as FSGS

(Focal Segmental Glomerular Sclerosis) and attacks the filters of the kidneys, eventually causing total kidney failure in 2015. Aido had to endure over ten visits to the operating theatre and spent almost two years on home dialysis. Both Aido and his donor



Ger Dolan, Conor Rees, Andy Stoddart, Steven O'Brien and Brian McCormack at Anglesea Street Fire Station promoting the ladder climb for sick children.



Roy Keane and Aido O'Brien before he underwent his kidney transplant highlighting the Fire Service nationwide ladder climb for sick children.

uncle Tommy are doing well since the transplant and Aido is looking forward to starting secondary school this September. There are on-going complications with the disease but Aido is holding his own and the medical team are happy with him."

Steven and his wife Vicki were precluded from donating a kidney for medical reasons so various family members put themselves forward to be screened as potential living kidney donors for Aido.

Surprisingly, it was non-blood relation, Steven's brother-in-law Tommy, who was selected as the most suitable kidney donor.

At the time screening revealed that Steven had a possible genetic issue that may have been the source of Aido's kidney disease, but it has since turned out to be untrue. This is good news because Steven hopes to be considered as a potential donor to Aido when the time comes that he will need another transplant.

Steven has set up a blog about his son's health journey called 'Aido's Journey'.

Both firefighter's families, the O'Briens and Dolans, stayed at the IKA's Renal Support Centre in Beaumont Hospital, which provides free accommodation to kidney patients and their families from outside Dublin.

The two firemen and their families now wish to support the IKA in raising



The O'Brien family: Rob, Vicki, Steven, Kate and Aido with Tommy Barrett.

awareness about organ donation and encouraging the public to carry an organ donor card and let their wishes be known.

They are planning an organ donor awareness event involving the Fire Service later in the year.

In September 2016, Cork City Fire Brigade and Cork County Fire Service did a countywide ladder climb for sick children in aid of Cork City Hospital's Children's Club. They raised an amazing €150,000 to send as many sick children as possible on the trip of a lifetime to Euro Disney, Paris. In 2017 the O'Brien family were taken to Euro Disney, Paris, courtesy of Cork City Hospital's Children Club.

Steven said, "To this day, Aido still talks about his magical trip."

To this day, Aido still talks about his magical trip.

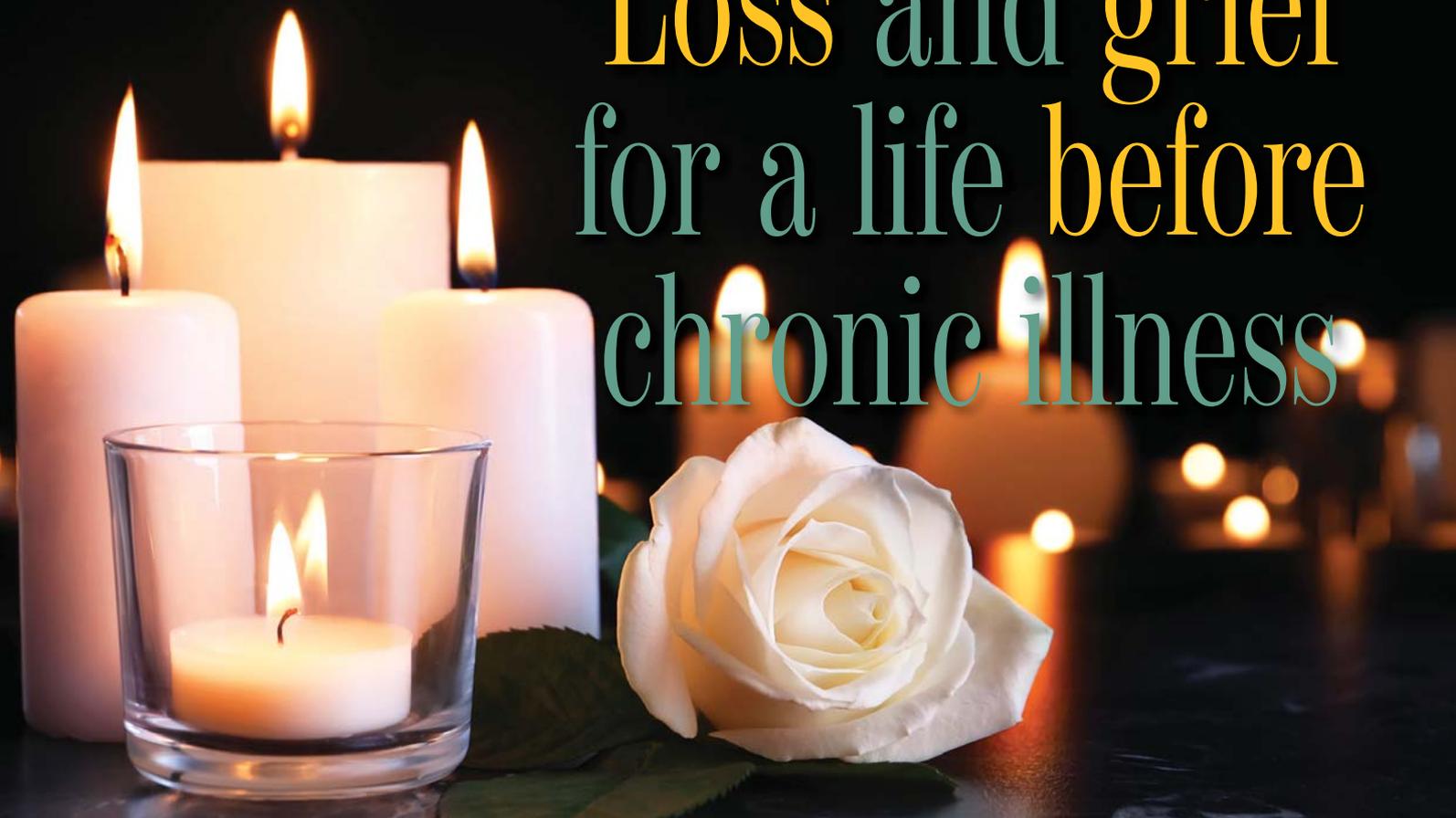


Aido O'Brien at the airport with his father Steven before they departed for Euro Disney Paris.



Aido O'Brien and his kidney donor uncle Tommy Barrett

Loss and grief for a life before chronic illness



By **AOIFE SMITH**

One of the most challenging aspects of living with a chronic illness is coming to terms with 'loss', and the accompanying feeling of grief. Grief is a natural response to loss. You may associate grieving with the death of a loved one, which is often the cause of the most intense type of grief. However, any loss can cause grief. Chronic illness can bring with it a series of losses, loss of independence, financial security, a future as it had been imagined, relationships, freedom, dignity, mobility, sense of worth. As grief is an intense and uncomfortable feeling, we can often try to find ways to avoid experiencing the immensity of the emotion.

In her book *'On Death and Dying'*, Swiss psychiatrist Elisabeth Kubler-Ross originally explained the psychological processes that one may

go through when experiencing loss as **'The Five Stages of Grief: Denial, Anger, Bargaining, Depression and Acceptance'**. These stages of grief were based on her work with terminally ill patients, but over time, many people have generalised them to other types of negative life changes and losses.

I thought it might be useful to explain these stages, as they can be part of a natural, normal healthy process that you may experience in coming to terms with your own diagnosis.

Denial: This initial stage can feel like 'shock' and 'disbelief', which then turns into 'denial'. Denial is your body's natural defence mechanism to pace an overwhelming feeling. Instead of becoming completely overwhelmed with grief, we try to deny it or not accept the reality of it.

Thoughts can turn to 'this is not

Aoife can be contacted

at **Donor House**

on **0818-543639**

or **01-6205306**

or by email: **aoife@ika.ie**

The Irish Kidney Association provides a **FREE** and confidential counselling service for those on treatment, their families and carers either through their counsellor based at Donor House or through a nationally registered locally based counsellor network.

If, as a person on treatment, family member or carer, you feel it would be of benefit to you to speak to a counsellor or if you would like a referral to a counsellor in your local area, please contact Aoife at Donor House.

happening to me', 'I can't be sick I was fine yesterday' or 'doctors must be wrong'. We try to change our 'actual' reality into a 'preferred' state of reality.

Getting stuck in this stage can be risky for patients because if they are in denial about their condition, they may not take the necessary steps to get themselves the treatment needed.

The diagnosis of kidney failure can come as a shock as it is often only when the kidneys have already failed that the diagnosis is given. However, once the shock and denial start to fade, the emotional healing process begins.

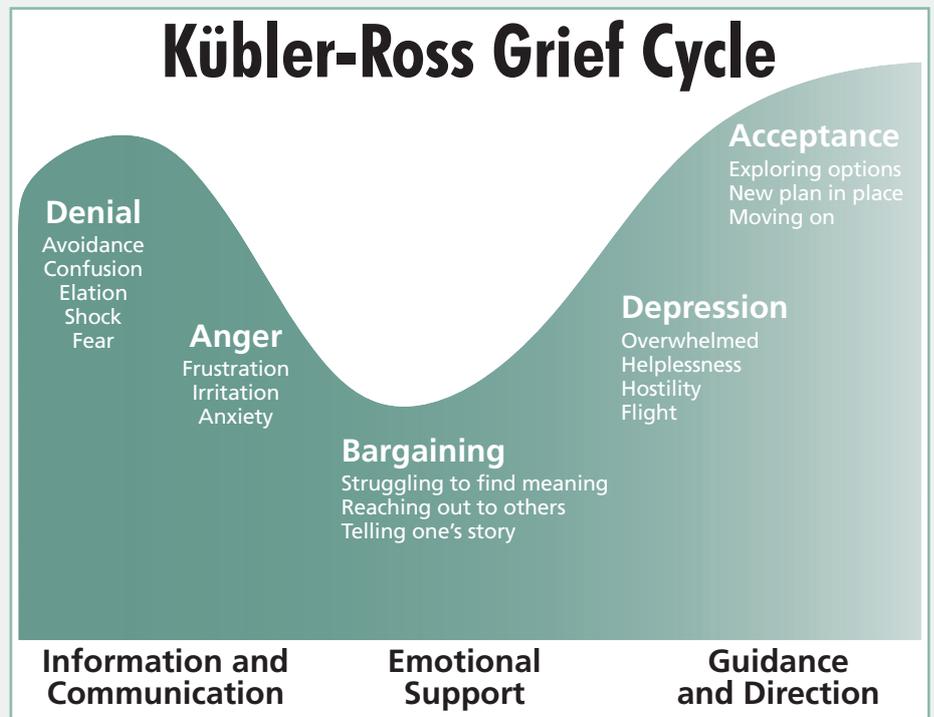
Anger: Is an emotion that is often viewed as being negative, but anger is normal and a common reaction to loss and to having your life changed unexpectedly. We often question 'why me?', or we can look for someone or something to blame, the illness, the lack of a cure or treatment options, the limitations it imposes on you, God, if you have a strong faith, the list goes on. Researchers and mental health professionals agree that this anger is a necessary stage of grief. It's important to allow yourself to feel and express these feelings.

Bargaining: During this stage you may look for ways to circumvent your illness by bargaining with yourself or a higher power. One bargains in order to keep life the way it was, not to have to make changes and to continue living as though nothing is wrong. Guilt is never too far from bargaining and the 'what if' questions may run through your mind. 'What if I did this to myself?' or 'what if I could have prevented this?' You might also start to wonder about your purpose in life or question your identity.

Depression: Unlike anger, depression is a commonly accepted form of grief. Feelings of isolation, sadness and hopelessness can take over thoughts, leading to potentially damaging behaviour, such as skipping medications, dialysis sessions or hospital appointments.

This stage can come and go with the repetitive cycle of worsening and improvement of symptoms. It's important to recognise that one is grieving the loss of a life once had, loss of abilities and wellness as well as experiencing anxiety about what the future holds.

Acceptance: At this stage your emotions begin to stabilise. You may start to integrate your illness into your



life and come to the realisation that while it may have to be a normal part of life, you can still grow and experience joy. This is not simply being 'ok' with being ill, but it is coming to terms with your illness without making it the 'driver' or the 'main character' in your life story. It's you finding ways to properly manage the illness and caring for both mind and body when needed, exploring ways to experience new things, experience happiness and surrounding yourself with people who understand your needs and who help you to achieve your goals.

Learning to live with an illness is a process that evolves over time. It's important to remember that these stages do not all come in order. You can move through different stages depending on what is happening throughout your illness or your life and you may not even experience all of these stages.

Going through them you can gain

insights and develop new coping skills, but everyone's grief is different and there is no one right way to grieve. Understanding the process and allowing yourself the time you need for this process can be of great help if you recognise yourself in these words.

Thank you to the North Dublin and Clare branches for the invitations to present at their recent branch meetings and to all those who attended. I look forward to attending more branch meetings over the coming months.

Thank you to all who called or emailed the counselling services provided here at the IKA. Please continue to email me with topics that might benefit you to read about. Your comments to me will be completely confidential, no names will be used, and no reference will be made to any person or any specific email. If there is a common theme in the requests, I will base the next article around that topic.

I look forward to hearing from you!





Gary, Loraine, Chloe and Lauren.

WEDDING JOY 5 months after DOUBLE TRANSPLANT

My name is Gary Kane. I live in Brukless, Co. Donegal with my two daughters Chloe (17) and Lauren (7) and their amazing mother Loraine, whom I wed in Spring 2018, just five months after receiving my kidney and pancreas transplant – thanks to a deceased stranger I will never meet.

Receiving a kidney and pancreas transplant in Winter 2017 was positively life-changing for me. I had been a diabetic from the time I was two years of age and when I reached my thirties my kidney function was also gradually grinding to a halt.

Taking daily insulin for my diabetes had become a lifetime norm for me, but with my kidney failure I was in a constant state of extreme fatigue. I took care of myself and managed my kidney condition through medication, lifestyle and dietary changes. In the few years leading up to the transplant it had reduced to 12% function and I had very little energy. The worst part for me was not being able to be the great dad I had wanted to be to my two daughters.

Panic started to set-in in early 2017 when, after a serious car accident, my body had taken a further blow. I was brought to hospital where soon afterwards it was revealed that my kidney function had dropped to 8%. I would soon be receiving hospital dialysis.

Following another setback with a bout of pneumonia, I commenced the three times weekly travel to Omagh for my haemodialysis treatment. My life revolving around dialysis took its toll and left me both physically and mentally exhausted.

Thankfully this burden of travel for treatment was short-lived when in the Winter of 2017 I received the call from St. Vincent's University Hospital in Dublin telling me to make my way there for a double transplant. Overnight I was no longer insulin dependent or in kidney failure. I was given a precious lifeline.

My life has been greatly improved since then. I feel so fortunate that my transplant has allowed me to make plans for the future, get married to my beautiful wife Loraine, return to the workforce, become an active dad, see my daughter go to her Debs and experience how good life can really be.

I have taken up fishing again which I really enjoy and it's great to be able



Day before transplant took place. The call came the night of our daughter's birthday.

to take my girls swimming and go for walks with them. But my biggest joy is being able to shed the feeling of guilt – guilt that I couldn't provide for my family as I would have liked to and that Loraine had to do the lion's share in caring for me and our girls, and guilt that I couldn't be more involved in family events and outings.

Lorraine says that the greatest thing for her since my transplant is the fact that she can now sleep at night without having to check on me that my blood sugar levels are correct. The first full night's sleep she got in four years was the night I returned home from hospital after my transplant.

A transplant doesn't just change the life of the recipient, it also greatly impacts on the people around them.



Gary, 5 months post-transplant on his wedding day.



A transplant doesn't just change the life of the recipient, it also greatly impacts on the people around them.

For the past two years we have sent a memorial card to the donor's family, as a mark of respect to this stranger that we never met that changed my life in so many ways. We can never express our deepest gratitude.

I am committed to looking after my

health and living life to the fullest.

That one selfless decision by the family of my organ donor changed my life and four others and our families' lives also.

We will celebrate the anniversary of my transplant and honour the memory of my donor for many more years to come. I will forever hold a special place for my donor and their family in my heart and each and every day we as a family thank them. May they rest in peace.

I would like to acknowledge the wonderful care and support I received from nursing, medical and transplant staff at St. Vincent's Hospital. Their knowledge, friendship and care throughout my health journey will always be appreciated by myself and my family.

By writing this I hope to inspire others to let their wishes be known to family and friends about organ donation.



Pictured with Ryan Tubridy on the set of the Late Late Show from left to right: Front: Deirdre Faul, Mark Kavanagh, Aoife Farrell, Karol Donnelly and Marie O'Connell Back: Lar Brennan, Simon Keegan, Andrew Gallagher, Stephen Smith and Christy McLoughlin.

LATE LATE SHOW

Celebrates organ donation

The New Year got off to a great start for the IKA in its promotion of organ donation when a group of ten transplant recipients, showing strength in numbers, were featured on the RTE *Late Late Show* on January 17th.

A powerful statement in support of organ donation was sent out to the huge national viewership and audience of the *Late Late Show* when the TV cameras turned to a full front row of audience seats. These seats were taken up by the ten transplant recipients while their family members sat close behind. Each of the transplant recipients introduced themselves outlining the organ transplant they received.

Aoife Farrell from Bray described how she was struck down with heart failure while in her Leaving Cert year at school. She has received two heart transplants since. She has been busy training to get her fitness back since her second transplant and has joined Transplant Team Ireland.

Christy McLoughlin from Longwood, Co Meath explained that he was the longest surviving transplant recipient in Ireland having undergone his kidney transplant 47 years ago (see article on Christy on page 26-27).

Sitting in the second row behind Andrew Gallagher was his living kidney donor mother-in-law Jacqueline Foster. When Ryan asked why she decided to donate a kidney she responded, "Well I had two and he had none." Ryan remarked, "You have already won the nation's hearts as best mother-in-law."

Stephen Smith from Cavan explained how he has seen organ donation from both sides. His aunt was a deceased organ donor. Following a brain haemorrhage three of her organs were donated resulting in three lives being saved. Stephen received eight false calls before being called for a lung





Jacqueline Foster



Ryan Tubridy

transplant at the Mater Hospital in 2013. His brother Kevin also received a lung transplant in 2019. After hearing Stephen's story, Ryan suggested it was appropriate for everyone to take a moment to stop and think of all those people who donated organs. This was met with a loud round of applause.

Ryan reminded people to have the important family conversation saying, "it is imperative to have the conversation" and when retreating to his seat Ryan held up an organ donor card suggesting that everyone should have one.

He also called out www.ika.ie as

the Irish Kidney Association's website should people wish to obtain further information.

Other transplant recipients who featured were: **Deirdre Faul**, a liver transplant recipient from Dalkey and champion transplant swimmer and member of Transplant Team Ireland. **Mark Kavanagh** from Kilkenny who underwent a living donor kidney transplant last year from his donor uncle. Mark plans to marry his fiancée Elaine Murphy this summer.

Karol Donnelly, a liver transplant recipient from Mayo wrote a book of her health experience called *Dying to Live – A Memoir*; **Marie O'Connell**, a

nurse from Galway underwent a kidney and pancreas transplant at St. Vincent's Hospital; newcomer to Transplant Team Ireland's new soccer team **Lar Brennan**, a double lung transplant recipient and native of Dublin and now living in Wexford; and another newcomer to Transplant Team Ireland, **Simon Keegan** underwent a heart transplant at the Mater Hospital.

There was very strong reaction and positive commentary on the IKA's social media channels in response to the feature on the *Late Late Show* and a significant surge in requests for organ donor cards.

PREMIUM RATE SERVICES LICENSING



An Coimisiún um Rialáil Cumarsáide
Commission for Communications Regulation

In July 2010, the Communications Regulation (Premium Rate Services and Electronic Communications Infrastructure) Act, 2010 ("the Act of 2010") came into force. This legislation requires ComReg to regulate the premium rate service ("PRS") industry in Ireland.

The Act of 2010 also requires that all parties who are involved in the provision of a PRS, and who receive a revenue share from each PRS interaction, must be licensed for every service that they are operating. This includes all network operators, aggregator providers and content providers.

NOBODY, other than Head Office, is permitted to use the 'Text KIDNEY to 50300 to donate €4.00' in ANY of their branch advertising. The size and text of the caveat underneath in small print is very tightly regulated. We must submit every piece of printed material, even press releases, to the regulator and there are heavy fines if this is not observed.

Please **SUPPORT** the work of the **Irish Kidney Association**

Text **KIDNEY** to **50300** to donate **€4.00**

Text costs €4. Irish Kidney Association will receive a minimum of €3.60. Service Provider: L&SCHARITY. Helpline: 076 6805278



IRISH KIDNEY ASSOCIATION CLG
DONOR HOUSE, BLOCK 43A, PARKWEST, DUBLIN, D12 P5V6.
TEL: 0818-543639 WWW.IKA.IE
CHARITY REGISTRATION NO. 20012260

“I feel like a NEW PERSON and it’s all thanks to MARTINA”



Martina and Jimmy, post-transplant

Just three days after twenty-year-old Jimmy Dunne Kennedy underwent a living donor kidney transplant (on Monday 9th March 2020), he hugged his kidney donor, Martina Quigley (age 37), before she was discharged from Beaumont Hospital and returned home to County Kilkenny to be reunited with her three children.

Martina is the long-time partner of Jimmy’s uncle Matthew, a former Navy officer. Jimmy said on the day after his transplant: “I feel like a new person and it’s all thanks to Martina. I don’t remember feeling so well in such a long time. I’m really looking forward to returning home and making plans for the future and securing full-time work.”

It was a case of second-time lucky for the non-blood related pair as seven weeks previously their operations were called off the night before they were due to take place.

The successful transplant has brought to an end Jimmy’s plight. For 15 months he had been travelling from his home in Ballinkilleen, Carlow (near the Kilkenny border) to

Waterford Regional Hospital for his three times weekly haemodialysis treatment.

Kidney donor Martina said, “I am delighted to have been able to help Jimmy and it was a huge relief that on this occasion the operation wasn’t called off. It’s such a comfort to see Jimmy looking and feeling so well so soon after his operation three days ago. I feel a little bit sore but am overjoyed that our operations went smoothly and to see Jimmy’s progress and that the transplant was a success.”

Jimmy’s mother Tara said, “I am so relieved for Jimmy that he can now start to live his life. He’s already making plans and it was only the day after his transplant he phoned one of his friends to ask him to recommend him for a job. Since leaving school, Jimmy had been working part-time at night in two different jobs which revolved around his dialysis treatment. Jimmy was determined not to allow his illness prevent him leading as normal a life as possible and I am proud of him that he has managed to hold down two jobs in Clonmel and

Kilkenny.

“Jimmy has come to terms with the fact that his dream of joining the Defence Forces, like two generations before him who served in the Army and Navy, will never be realised, because of his chronic illness. He seldom complained about the restrictions to his life that most other young people don’t have to experience, but now he can embrace this lifeline he has been given by Martina and plan ahead for the future. Our family can never thank Martina enough. She is our hero.

“We are also so grateful to the medical and nursing staff at Waterford General Hospital and Crumlin as well as the transplant, medical and other staff at Beaumont Hospital who took such good care of Jimmy and Martina.

The Irish Kidney Association has also been very supportive. Our family



Brian Barcoe (right)



Pat Delaney

availed of free accommodation at its Renal Support Centre which is beside Beaumont Hospital. We are sharing our story to help the IKA highlight the importance of organ donation for transplantation.”

In May 2015 Jimmy was diagnosed with Crohn’s Colitis, a chronic disease. Six months later he was diagnosed with Stage 3 renal failure, as a result of a previously undiagnosed condition, dysplastic kidneys, which he had since birth.

Jimmy was attending Crumlin Hospital until he turned 18 and then he became an adult dialysis patient at Waterford General Hospital. Tara had to give up her day job as a childminder a few years ago, to care for Jimmy and bring him to hospital appointments and for his dialysis treatment.

In early summer 2018, a conversation with Jimmy’s mother Tara, led Martina to realise that her blood type was likely to make her a potential living donor to Jimmy. Without hesitation Martina phoned Beaumont Hospital to ask for her living donor screening process to get underway. Martina felt fortunate that she could help Jimmy seeing how his illness was affecting the whole family and Tara’s frustration that she was not a compatible donor for her son.

Tara, a native of Graiguenamanagh, Kilkenny and her four sons moved from their home in Clonmel, Co. Tipperary three years ago and now live in Ballinkilleen, near Bagenalstown on the Carlow/Kilkenny border.

The family has strong connections with the Defence Forces in both Navy and Army. Tara’s brother Matthew served in the Navy, their cousin Brian Barcoe was also in the Navy before transferring to the Army in Kilkenny. Tara’s father was an army officer and served in the Curragh for 7 years until his wife became very ill after childbirth (with Tara) and Tara’s uncle John served at the Curragh also. Tara’s late uncle Jimmy Delaney was an electrician in the Navy and when he passed away, following a tragic accident in 2016, there was a huge turnout of Navy personnel at his funeral. The late Jimmy’s son Pat is now retired from the Navy where he was head diver and Pat’s wife Ashling Chapman also served in the Navy up until a year ago.



Tara at the Renal Support Centre, three days after the transplant, before she brought Martina home from hospital.

COVER YOUR COUGH AND SNEEZE THE RIGHT WAY



DO

Use a tissue and place it immediately in the bin. Wash your hands or use a hand sanitiser.



DO

Cough or sneeze into your upper sleeve. Germs won’t spread through your clothing.



DON'T

Cough or sneeze into your hands. You’ll end up spreading germs to everything you touch.



Building a Better Health Service

Seirbhís Sláinte Níos Fearr a Forbairt



Cavan General Hospital giving SOMEONE A LIFT!



Karl Cronin, Secretary, IKA Cavan/Monaghan Branch; Susan McKenna, Renal Nurse Specialist, Cavan General Hospital; David Lynch, General Manager of Cavan Monaghan General Hospitals and Neil Doherty, Mel's Signs, Cavan.

A joint initiative between the Cavan/Monaghan branch of the Irish Kidney Association and Cavan General Hospital (CGH) recently resulted in the unveiling of new advertising decals on the doors of two lifts on the ground floor of the hospital to promote organ donation. The innovative stick-on decals were designed by Neil Doherty and his team at Mel's Signs, Cavan, who also kindly sponsored them.

When you go inside the lifts, your gaze is drawn to the creative 'call to action' stickers, which tell you how to get your organ donor card.

The official unveiling of the project took place on March 2nd, 2020. David Lynch, General Manager of Cavan and Monaghan General Hospitals said

By KARL CRONIN

"this organ donation awareness initiative has been rolled out in hospitals in other parts of the world.

"It has never been done before in Ireland and CGH has created an Irish first by rolling out this poster campaign on two ground floor lifts. We are a hospital that actively endeavours to encourage transplantation where it is required.

"In my previous role I was involved in the Mater Heart and Lung Transplant programme. These murals on the doors of the two lifts have not been seen in any other hospital in the country as yet. It makes us stand out and we are actively encouraging

participation in this initiative nationally," said David.

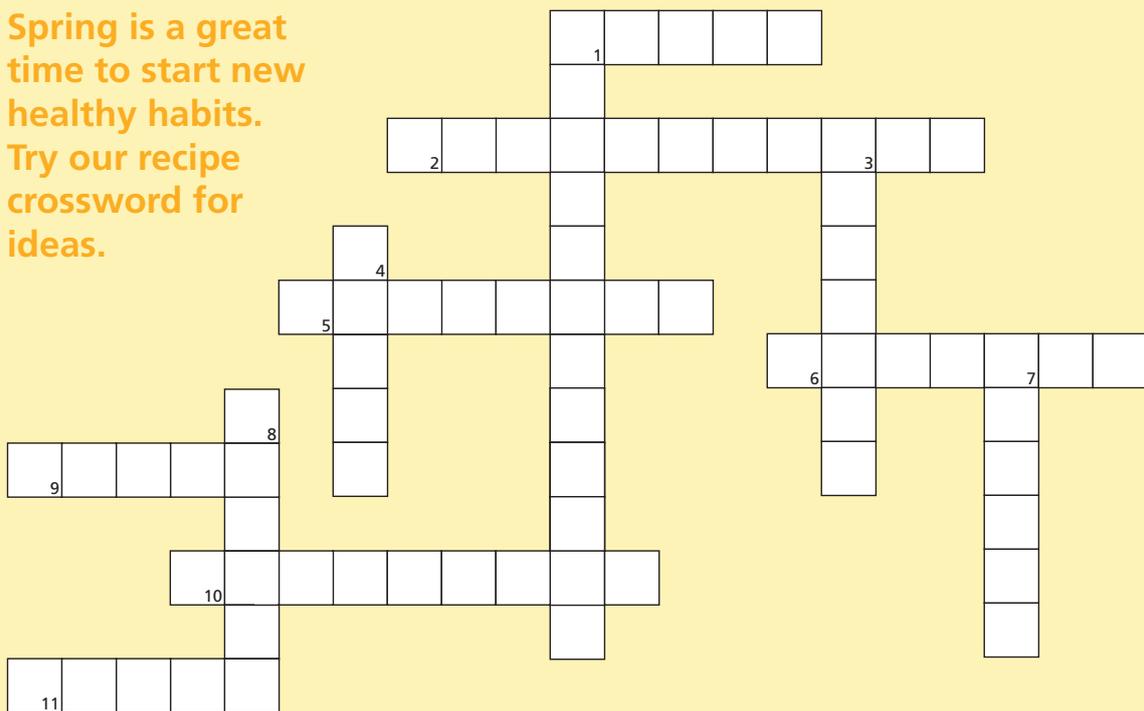
Susan McKenna, Clinical Nurse Specialist, said putting the organ donor advertising on the lifts is a wonderful way to heighten organ donor awareness.

"This is especially apt when CGH provides dialysis and also provides pre- and post-kidney transplant care. We have over 70 patients on dialysis here every week.

"I came up with the wording, 'Give Someone a Lift' and 'Become an Organ Donor', after doing some brainstorming with Karl Cronin, Secretary, IKA Cavan/Monaghan branch. I felt it struck the right note and gave a very positive message to the general public as they use the lifts.

HEALTHY Springtime HABITS YOU CAN START TODAY

Spring is a great time to start new healthy habits. Try our recipe crossword for ideas.



ACROSS

- Having enough sleep helps you keep on track with your diet and exercise goals. What is the least number of hours sleep you need every night? (5)
- Try to have several _____ days every week (7,4)
- When you know you will be busy, batch cooking and _____ could help you organise meals for the week (8)
- Eating without distractions and really focusing on your food can help you realise when you are full and reduce mindless eating. This is called _____ eating (7)
- _____ foods contain less salt and less additives than processed foods (5)
- Never miss this meal. It is called the most important meal of the day.(9)
- If you're trying to lose weight you need at least _____ minutes of moderate physical activity most days of the week. (5)

DOWN

- This could help you stay on track when grocery shopping? _____ (8,4)
- Having the same bedtime _____ every night helps you get a good night's sleep. (7)
- _____ and vegetables are packed with vitamins and fibre to prevent constipation. Ask your dietitian what your fruit and vegetable allowance is and try to reach it daily. (4)
- Our mental health is just as important as our physical health. Some ideas to look after it are: take a class, join a club, read a book, try some art or call or visit a _____ (6)
- How many minutes moderate physical activity should you aim for most days for general health? (6)



MIXED BERRY VANILLA PORRIDGE BREAKFAST BAKE

(SERVES 8)

This porridge bake is the perfect make-ahead breakfast for busy mornings. Bake it in advance and reheat as needed.

Ingredients

- 250g porridge oats
- 2 eggs lightly beaten
- 625ml low fat milk
- 125ml honey
- 2 teaspoons vanilla extract
- 45g unsalted butter or low fat spread melted
- 160g blackberries
- 160g raspberries
- 160g blueberries
- 60ml each low fat yogurt to serve

Instructions

1. Preheat oven to 180°C/350°F/Gas Mark 4. Grease a 2½ or 3 quart baking dish. Set aside.
2. Place half the oats in the baking dish, top with half the berries, and then top with the remaining oats.
3. Whisk the eggs, milk, honey, vanilla, and melted butter. Pour over the oats.
4. Top the oats with the remaining berries. Gently shake the baking dish back and forth from side to side to allow the wet mixture to get down into the oats.
5. Bake uncovered for about 25-40 minutes, until oats are tender, and the mixture is set.

Per portion, this dish provides:

1/2 portion fruit and 1 portion dairy from your allowance. Save your dairy allowance by using rice milk instead of cow's milk and yogurt.

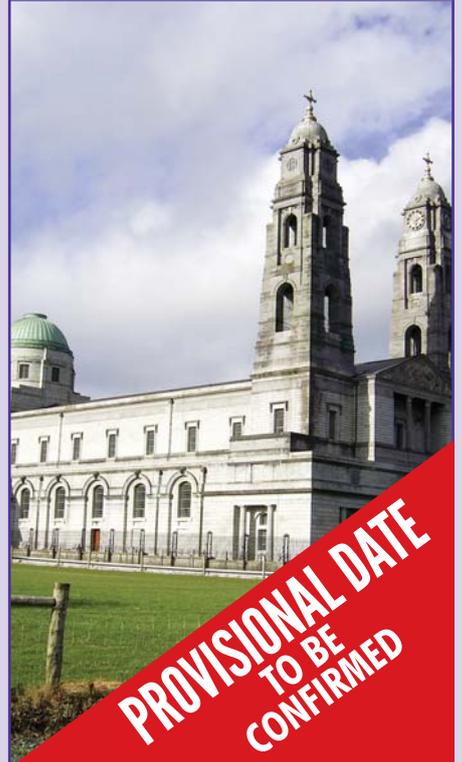


By
HANNAN MARFFY
BEACON RENAL
and
MARY HORAN
TALLAGHT UNIVERSITY HOSPITAL



ANSWERS:
Across: 1. Seven, 2. Alcohol free, 5. Freezing, 6. Mindful, 9. Fresh, 10. Breakfast, 11. Sixty.
Down: 1. Shopping List, 3. Routine, 4. Fruit, 7. Friend, 8. Thirty.

Annual Service of REMEMBRANCE & THANKSGIVING



WILL TAKE PLACE ON
SATURDAY
OCTOBER 3RD

at

12.00 NOON

in the

**CATHEDRAL OF
CHRIST THE KING
MULLINGAR**



Michelle Kavanagh



Kathleen, Maria, Nancy (Michelle's mother) and Alisha Kavanagh.

Looking at the 'gift of life' from both sides



Michelle Kavanagh

In January 2019, beautiful Michelle Kavanagh, a mother of two, passed away at the age of 37. Her mother Nancy Kavanagh, who had undergone a kidney transplant from a deceased donor sixteen years previously, honoured Michelle's wishes to be an organ donor.

Following a tragic incident at her Tullamore home in January 2019, Michelle Kavanagh passed away in hospital a few days later after her life support was switched off. Three people's lives were saved as Michelle's two kidneys and her liver were donated.

The decision to donate was not difficult as Michelle's donor card was on her bedside table when she died and nearly two decades before Michelle and her family members had collectively agreed to carry donor cards after seeing their

mother's plight with kidney failure.

Each January since 2003 when Nancy underwent a kidney transplant, her daughter Maria has marked the anniversary by presenting her with a kidney birthday celebration cake. However, this January, the anniversary was tinged with emotions of sadness and solace as they grieved Michelle's passing, whilst taking consolation in knowing that because they had honoured Michelle's wishes to be an organ donor, like Nancy, three other people were given the 'gift of life'.

As well as being grandmother Nancy is also now the legal guardian to Michelle's two children, Abbie and Demi.

The Kavanagh's were heartened when within a few months of Michelle's passing they received a hand made 'thank you' card from one of the organ recipient's families which was sent anonymously via the transplant coordinator.

Maria Kavanagh said of her beloved younger sister, "Donating her organs was Michelle's ultimate and profound final act of selflessness. Her family take heart in knowing that three other families still have a loved one with them today because of her gifts of life.

"Michelle was always very compassionate and socially aware thinking of ways to help others in need. She was involved in numerous fundraisers enlisting the support of the whole family including myself, her two younger sisters and older brother as well as friends.

"In 2014 we both took part in the New York Marathon and raised over



Daniel, Maria, Nancy, Michelle, Leanne and Karen.



Demi (Michelle's daughter), Maria Kavanagh (sister), Lisa Guing and Karen Kavanagh (sister)

€10,000 for Our Lady's Hospital for Sick Children in Crumlin. We skydived out of an airplane together for the IKA's Offaly branch raising just over €1000.

"Each October bank holiday weekend for the five years before Michelle passed away, we supported a fancy dress charity football event at our local Leah Victoria Park Club raising in excess of €1000 each time for different charities.

Maria also raised funds for different

charities when she took part in the Women's Mini Marathon three times."

Last October members of the Kavanagh family were among a congregation of almost 2000 who attended the IKA's Annual Service of Remembrance and Thanksgiving at Corpus Christi Church in Dublin 9.

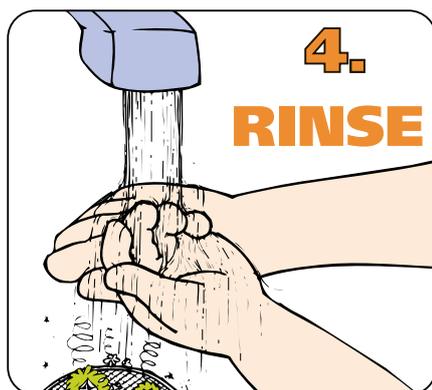
The Kavanagh's ran a benefit night recently which raised €2000 which they divided between two charities, Accessible Counselling Tullamore and Living Links.



Nancy Kavanagh (Michelle's mother), Phil Robinson and Demi.

Be A Germ-Buster

WASH YOUR HANDS



COVID-19



”

One of the main messages to get out to you today is that this is a very rapidly changing area, as most of you will know, and I would urge you to look at the HSE website daily for updates, both for healthcare providers and for patients and their families.

The truth is we don't have much specific information on kidney patients. We don't think they're at higher risk of acquiring the COVID-19 infection but obviously we would be concerned that they could develop significant complications from it. But most of the studies, as you know, coming from China suggest that the risks of severe infection are greater in those who are over 60 years of age and have significant other medical conditions.” – Dr. Colm Magee

MARK MURPHY, CEO, Irish Kidney Association invited DR. COLM MAGEE, Consultant Nephrologist and Kidney Transplant Physician, Beaumont Hospital, to address questions about COVID-19 Coronavirus and its impact on transplant and dialysis patients in Ireland.

MM: Are transplant and dialysis patients more susceptible to catching the virus than the general public?

CM: The data we have to date does not suggest that kidney patients are more susceptible to acquiring the virus.

MM: Will dialysis and transplant clinics be going ahead as normal?

CM: Dialysis will proceed as normal although patients and their families will be updated if there are changes with scheduling, transport etc. There may well be significant changes over the next few weeks.

MM: It is likely that there will be announcements from all the major hospitals about changes and cancellations of clinics.

CM: Of course we may well move to much more telephone consultations and long-distance management of patients.

So, expect announcements in this area over the next few weeks.

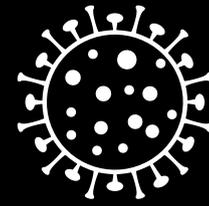
MM: Am I ok to continue with my renal medication if I am being treated for COVID-19?

CM: Yes. We would advise all patients to continue with their current dialysis schedule, their current kidney medications and all medications both now and if they do acquire the COVID-19 infection, unless they are told otherwise by their doctor.

MM: Are there any job categories where a transplant recipient, or a person on dialysis, should be particularly concerned?

CM: I think the main message here is that whatever your job you need to practice the recommendations which are on the HSE website – safe distancing of at least one metre, avoiding close personal contact, frequent hand washing, etc. That, we think, is more important than commenting on specific jobs.

Q&A



MM: What added precautions could dialysis patients take to avoid catching the virus, e.g. if we started to take our temperature every day and log the results – would it help if we notice a jump in our temperature – as an early warning? Would taking our blood pressure daily help in any way?

CM: We don't have specific recommendations there but one thing I really want to get across today is that if a patient becomes unwell and has symptoms suggestive of the infection such as fever, sore throat or cough, we really urge them to call ahead and not present to the hospital, or the GP or the Dialysis Unit. **We really want to emphasise that today – they should call ahead!** So, that means if they are a dialysis patient they can call the Dialysis Unit or their GP. If they are a transplant patient or a kidney patient they can call their local kidney clinic, or kidney day ward or their GP. But please, if you think you have been infected or closely exposed to the COVID-19 virus, do not present without calling first.

MM: Even a dialysis patient arriving by taxi?

CM: Absolutely, that dialysis patient arriving by taxi should call ahead and not come to the Dialysis Unit without going through a phone conversation with the Dialysis Unit. **That's very important to emphasise.**

MM: We know social distancing is recommended but how safe are dialysis patients when we have 3 or 4 other patients travelling in the same transport?

CM: That is an interesting question and I suspect there will be recommendations and developments in this area over the next few weeks. Plans are being drawn up to deal with transport of patients who may be infected, and we may well resort to some kind of cohorting of patients or special transport arrangements. That is being discussed at present.

MM: If a dialysis patient becomes positive for COVID-19 they can't be isolated at home so where will they go? Who should they ring?

CM: This is an evolving area. If they are sick they will be admitted to the hospital and treated in hospital. It may well be if they are not sick they will be recommended to go home and practice as much isolation as is possible. But for now patients are being admitted to hospital if they are diagnosed with the infection but that may well change.

MM: We are aware that COVID-19 is an airborne virus. Can it pass from person-to-person through a dialysis machine?

CM: No it cannot pass through a dialysis machine, to the best of my knowledge.

MM: Would a fistula site or catheter require extra protection or even a wound/cut?

CM: Not necessarily, but we would advise appropriate standard precautions, before and after needing a fistula. Standard precautions should take care of problems like that.

MM: It is becoming obvious that a lot of the dialysis patients might have to change their times for dialysis as things move or even change centres for their dialysis. Obviously we would like co-operation from the patients but they have to realise they might have to move from their current comfort zone to consider the greater good of all dialysis patients, rather than themselves?

CM: Plans about whether or not dialysis patients will be moved to different centres or time slots are being discussed. But we would urge patients and their families to be flexible. Of course we are mindful that we don't want to cause unnecessary disruption or worry. It could well be that, for example, a group of dialysis patients who are infected with the virus will all be treated on the same shift.

Thank you **Dr Magee** for being so frank and giving up your valuable time to do this interview.

THIRD TIME LUCKY FOR DONEGAL KIDNEY TRANSPLANT MAN



Vincent and Charlie

Grateful to the deceased organ donor that gave him a new lease of life during Christmas week in December 2017, Vincent Callaghan from Donegal town is sharing his health story in support of the Irish Kidney Association.

Although he successfully managed his declining kidney function for almost seven years, following his diagnosis, in the final year leading up to his transplant Vincent's energy levels were almost completely depleted. This failing health led to his decision to give up his work as a former Donegal County Council supervisor of a Road Service team.

He didn't tell anyone outside his immediate family about his kidney failure and was resolute in staying physically and emotionally well throughout his health journey.

The father of five adult children and grandfather of one child managed to stave off dialysis treatment through careful management of his diet, daily medication and exercise. He swam regularly and attended the gym to stay as well as he could, but complications arising from a fistula being fitted to prepare him for dialysis treatment prevented him from certain activity including lifting weights and swimming.

He gained weight which his consultant told him he had to lose in order to be a suitable candidate to undergo transplantation operation. That is when he decided to get what would be a much-loved companion, an Old English Sheepdog which he called Charlie, and after walking every day and night Vincent lost 3 stone in weight insuring that he remained on the transplant waiting list.

The year of his transplant was a



tumultuous one for the family as his wife Patricia was diagnosed with breast cancer in March 2017.

Vincent twice received a call from Beaumont Hospital in Dublin telling him to come for his transplant operation but on both occasions they didn't proceed as two other patients received the donor kidneys.

Around this time Patricia was recovering from her cancer treatment and she is now in remission.

By December 2017 Vincent was really struggling with his kidney failure and his function had reduced to just 8% forcing the decision that he would have to commence dialysis treatment at the beginning of the New Year (2018). However, it was a case of third time lucky for Vincent as during Christmas week 2017 he was called for his life-changing transplant

A avid GAA enthusiast, the joy of receiving this ultimate 'gift of life' was further boosted when on Christmas Day 2017 he got to meet members of the successful Dublin senior football panel including Pat Fenlon, Stephen Cluxton and 5 other members who brought along the Sam Maguire and spent a half an hour with Vincent and some members of his family while his son and daughter-in-law in Australia Facetimed.

Vincent made a brisk recovery and was back home to ring in the New Year with Patricia.

In describing his 'gift of life', Vincent said, "There is not a day that goes by that I don't think of my donor especially at Christmas. It's ever present in my mind that while I am now enjoying a new lease of life and can make plans for the future, some other family is grieving a deceased loved one who gave me this second chance to embrace life.

"I credit my dog Charlie for helping to save my life as she made me walk her and get myself back to a healthy



Vincent and Patricia holding the Sam Maguire Cup with members of the Dublin Senior football team

weight to be able to undergo my transplant operation.

"I would like to acknowledge the excellent care I received from nursing and medical staff at University Hospital Letterkenny and my consultant Dr. Ann Marie Moran and also from my transplant surgeon, medical and nursing staff at Beaumont Hospital.

"The Irish Kidney Association has been a support to me also and members of my family availed of free accommodation at the charity's Renal Support Centre on the grounds of Beaumont Hospital when I was having my operation and in recovery.

"I would encourage everyone to

have the conversation with their loved ones about organ donation and let their wishes be known. I've been given extended life thanks to someone else making a selfless decision to donate a loved one's organs."

Vincent's wife Patricia is a former Mayor of Donegal town and is now the Branch Secretary of the Irish Kidney Association's Donegal branch. Vincent and Patricia have 5 adult children, two living in Ireland in Limerick and Dublin and the others far away in Perth, as well as San Francisco and Texas where their only grandchild lives.



Vincent and Patricia in the hospital after Vincent's transplant with members of their family (l-r): Angela, Rory, granddaughter Anya, Dermot and Anna.

Christy McLoughlin is pictured with Claire Byrne at the Annual Service of Remembrance and Thanksgiving in Corpus Christi Church Dublin 9 in October 2018.



The longest surviving transplant recipient in Ireland, Christy McLoughlin (68) from Longwood, Co Meath, underwent his successful kidney transplant when he was 21 years old. He recently celebrated the 47th Anniversary of his transplant which he received from a deceased organ donor on 8th December 1972.

In January this year, Christy along with other transplant recipients, were interviewed by Ryan Tubridy on the RTÉ *Late Late Show* showcasing the success of organ donation.

Ireland's longest surviving transplant

Christy shares his story...

Hello everyone, my name is Christy McLoughlin from Castlerickard, Longwood, County Meath.

I started work on December 1st, 1969 boning meat in Leixlip, Co. Kildare. In July of that year I started getting awful cramps in my arms and legs. I had lost my appetite but was drinking lots of fluids. I went to my GP who told me I was playing too much sports. I probably was as I played football, did cross-country running including winter cross-country along with hurling. I was an all-round sports fanatic!

Things didn't improve so I went to see a private GP and he informed me that I had high blood pressure. I was 18 years old! I was then referred to Navan Hospital where I was admitted for two weeks. I was then moved to the Richmond where I spent one week

before being transferred to Jervis Street Hospital where it was confirmed my kidneys were failing.

I was put on peritoneal dialysis for three days and kept in hospital over Christmas. After St. Stephen's Day I was put back on peritoneal dialysis for a week. It was at this stage I was moved to the kidney unit in Jervis Street as it was now confirmed both of my kidneys had completely failed and I was now to start dialysis. This comprised of three sessions every week with each session lasting nine hours on the machine.

In April I got home after spending four months in hospital, so I had to continue the journey up to Dublin three days a week for the nine-hour sessions.

In August 1970 I started a new job in Dublin working as a machinist in Doray's clothing factory. I worked during the day

and went for my nine-hour dialysis sessions at night. I found this very tough, but it had to be done. At that time there was no support group for kidney patients, not like now where the Irish Kidney Association has fantastic support with a network of branches up and down the country.

This dialysis was to continue for the next two years until December 8th, 1972. I will never forget it!

It was a Thursday evening after work when I was going into hospital for my dialysis that the nurses were waiting for me saying; "we were trying to get you all day Christy, we have a kidney for you." There is no way to express how I felt as those words began to sink in. Could I really be free from all those nine hour sessions hooked up to a machine?

As I was now 21 years old, I could sign the consent forms myself. I was admitted and had my injection, so I was feeling drowsy. It was at this stage I was informed the donor kidney wasn't coming so I was brought back



downstairs to my ward. I was still feeling drowsy so the feeling of disappointment of what was happening to me didn't really sink in. It was just as well.

The situation changed, just like Cinderella. At 12 midnight I was brought back up to theatre as the donor kidney had arrived. The operation took eight hours and was performed by surgeon Mr McClean. He and his entire team were absolutely brilliant. They couldn't do enough for me I thank them and my precious donor and their family every day of my life.

The 'gift of life' is the most precious gift you can give to anybody.

'Thank you' donor family for mine!

I spent three months in Jervis Street after my successful transplant. I thank God I have never looked back since then. Yes there have been a few ups and downs but I have always bounced back.

On December 8th, 2019, I celebrated my 47th anniversary since my

kidney transplant and the 47 years thanking my donor family for not just giving me the 'gift of life' but for making it possible to lead a normal life with my wonderful family including my loving wife of 38 years, Teresa, our beautiful daughter Claire and of course our pride and joy, the two most wonderful amazing granddaughters, Anna Bella (5) and Jessica (2).

I hope that everyone that reads this story will talk with their family about the importance of not just carrying the organ donor card but also expressing their wishes to their family on organ donation and the precious gift that is the 'gift of life'.



EUROPEAN TRAN
SPORTS

CANCELLED
DUE TO COVID-19 PANDEMIC 2020

For further details go to the
Transplant Team Ireland website
etdsc2020.com



Karyn and Frances Moynihan.

Frances is the Secretary of the IKA Waterford Branch and an IKA Board Member

A TALE OF THREE KIDNEYS

By
KARYN MOYNIHAN

The doctor looked at the screen that charted all the various results of the blood tests I'd been getting for the last ten years and pointed to the most recent set of numbers. "So, you see here, your kidney function is at 15." Momentarily confused and ever the optimist, I asked: "and that's out of...?" "A hundred." "Oh!"

It was a Thursday in May 2018, one of my regular clinic appointments to track the ever-declining state of my kidneys, but the last time I'd been told my level of kidney function, it was 50%. Granted, that was a few years ago, at that stage, but I'd still vaguely clung to it as my kidney function level, despite the fact it was obviously going to decrease in the meantime. But no one had specifically brought it up in my many appointments since then, so I hadn't thought to ask about it. The day before, I'd received a call from a lovely renal nurse named Oonagh who explained that I was scheduled to see her after my appointment in the clinic. She made it all sound so normal and routine that I never suspected anything was up. Until the 15% bombshell, that is. As I was to discover, when you drop to such a percentage, it's time to start learning about dialysis and the options available.

All of this hit me like a sledgehammer. This was supposed to be a regular appointment! You know,

where my fellow renal patients and I would watch *Tipping Point* and *The Chase* in the waiting room, I'd get called in after an hour or two and tell the doctor I felt fine, because I always did. They'd have a squeeze of my ankles which, at best, were always at least a little bit swollen and I'd be sent on my way. See you in three months, lads!

Instead, I was in Oonagh's unfamiliar office and she was kindly trying to reassure me that this was all just to be prepared for when the time came, and nothing would have to happen for a while yet. Unfortunately, that didn't make it any easier to sit through a PowerPoint presentation about the merits of at-home vs hospital dialysis. And I wasn't the better for learning what a fistula was, let me tell you.

So, I cried a little bit on my way out of the hospital and in a moment of "actually, f*ck this," walked from the Mater to Burger King on O'Connell Street, sat alone and ate a bacon double cheeseburger meal with a large coke. I wasn't meant to eat

anything salty or drink coke at the time, so I enjoyed my little rebellion, surrounded by Rolling Stones fans grabbing dinner before the Croke Park gig that evening. Then I just packed all the dialysis-is-terrifying-this-stage-five-kidney-disease-thing-has-gotten-pretty-real thoughts away and decided I'd deal with it at my next appointment in June.

When that appointment came around my dad came with me. He had a kidney transplant ten years previously, so all of this wasn't totally unfamiliar territory, at least. His donor was his sister, my aunt Mary, a wonderful, generous little rocket of a woman. Polycystic kidneys are hereditary so not only did I get dad's nose and his fondness for Mel Brooks films, I also got his banjaxed kidneys.

I'd lost another two percent of kidney function in those six weeks and the way the trajectory of results was looking, it seemed like I'd have another year or so before I'd have to start considering dialysis. At which point, dad brought up live donation and the members of my family who



Frances and Karyn Moynihan the night before the transplant



Frances and Karyn Moynihan after the transplant

were willing to give me one of their kidneys, should they be a match.

My consultant then decided to recommend me for a pre-emptive transplant. In a matter of minutes, I went from sitting there thinking: "I'll just deal with this in a year's time!" to realising that wheels were being set in motion and this was happening. I felt like I'd been tricked into it. I wasn't ready! You can't just spring a transplant on someone, come on! Of course, it was the right thing to do and made total sense to aim for a transplant, while I still felt as well as I did, but try telling me that at the time.

The business of checking off all the required tests got underway and I had my abdominal ultrasound, an echogram, a chest x-ray, transplant bloods where you're checked for absolutely everything and get a mild fright when handed a row of barcoded stickers to give the phlebotomist with things like HIV and HEP B printed on them, a dental exam (who knew you needed to go to the dentist to get cleared for a transplant?) and a smear test. The results all came back quickly apart from the smear test, because due to terrible timing, it was right in the middle of the Cervical Check scandal and the huge backlog due to people getting re-tested, so four months went by before that result came through, but then we could finally move on to my being referred to Beaumont.

The most common thing that people would ask when they found out I was working towards getting a

kidney transplant was if we'd found a match yet, which was totally understandable as there's almost a gameshow feel to that part of the process. Spin the wheel! Who's a match? Is it my brother? (As it happens, no). What's behind door number one? Is it my mam? And if she's a match then does that mean that her identical twin sister also is? (She was, and yes.) And what even is my blood type anyway? (O+, in case you were wondering).

Unfortunately, in reality it was a lot less fun than a gameshow, as every result or test seemed to take at least a week or two longer than anticipated, mam's results came back inconclusive at first so we had to start all over again and every time we did get a result, it came with conditions and something else that would need to be looked into and would take a further three weeks or in one case, three months. A bit like *Deal or No Deal*, if the boxes were made of stress and each time one was opened you won yet another blood test and an extra fortnight of waiting.

While hitting what seemed like every possible delay along the way, the reality of the situation had worn off a little bit and it was easy to feel like it was all happening to someone else. Out of self-preservation, I didn't let myself get carried away or ever think of it as a done deal, even when we finally got the go-ahead of mam being a match and both of us being medically cleared for surgery, which made me seem weirdly unenthusiased whenever we got positive news that

would move us on to the next step.

Just before Christmas last year, we were back for further cross-checking bloods and the transplant co-ordinator mentioned that all going well this whole thing could be done and dusted before the end of January. By this point we'd gotten into the habit of mentally adding a week or two to any dates or result turnaround times we'd been given, so we'd both figured that maybe in February or March we might get a date.

So, when January rolled around and we were informed that yes, it was happening and what's more it was happening in two weeks' time, I couldn't help thinking: "Hey, woah, what's the rush, lads?!"

As it happens, it was just as well I only had two-weeks to get my act together as it was less time to get freaked out at the thought of major surgery and a week as an in-patient, considering I'd never spent as much as a night in a hospital before. Those two-weeks were spent frantically wrapping up work and figuring out what to pack for hospital, which overlapped a surprising amount with what I'd usually pack for a festival, minus the bag of cans.

Armed with my brand-new nighties and tiny bottles of shampoo and conditioner, my suitcase was packed, a nervous lunch was half-eaten, and we arrived at Beaumont at 3pm on a freezing cold Sunday. Mam's room was ready before mine, so the two of us, my dad and my boyfriend piled in and hung around between nurses coming in to check off different forms *contd...*

Continued...

and take blood pressure and heart rates. My nerves had my heart rate through the roof for the first few hours but as I got settled in, I was feeling a lot calmer by the time my brother arrived later that evening with a box from Krispy Kreme for an impromptu donut party, followed by that night's episode of Love Island.

The following morning was weirdly calm, we each took our showers with the unpleasant neon orange surgical wash and I changed into a hospital gown and wrestled on a pair of dark green compression socks as I hadn't yet learned the plastic bag trick when it comes to pulling them on.

Mam was taken down to surgery and I tried to distract myself by playing *MarioKart* on my phone and scrolling through Twitter until it was my turn.

When it was finally time to go, my heart was hammering all the way down the corridor, in the lift, while my boyfriend reassured me and made me laugh outside the theatre waiting room doors until the porter told us it was time. It ended up taking about half an hour or so of waiting before going into theatre once the nurses had checked me in so the nerves had subsided somewhat and I was occupied by looking at the nice coats Meghan Markle and Kate Middleton had worn a year previously in an old copy of *Hello!* magazine.

After being brought through another set of doors and a chat with the anaesthetic team it was suddenly five hours later, and I was being hoisted onto my hospital bed and wheeled back up to St. Damien's ward.

I suppose that's the thing about surgery, however nervous I was about it, it's the family and loved ones that have to wait around for the hours it takes and hope that everything has gone well, whereas for me, it was over in the sleepy blink of an eye.

My most pressing issue on Monday evening, in the hours after coming back to my room, was how desperately dry my mouth and throat were but I couldn't have any water until I was more alert. So while I'd drift in and out of the conversations that dad and my brother and my boyfriend were having around me, any time someone came in to check

on me, I put all my focus into being as awake and alert and switched on as I possibly could, straining to make myself seem bright and engaged, almost aggressively making eye contact to show them how perfectly fine I was now if I could just please, for the love of God, get even the tiniest sip of water.

I felt like I must have looked demented. In reality, I probably just looked dopey and sleepy. Eventually my work paid off and those sweet, sweet ice chips were all worth it.

As the week went by, both myself



Frances Moynihan's husband Joe received a kidney from his donor sister Mary, eleven years ago.

and mam improved little by little, managing to walk a bit further each day, stopping by each other's rooms and competing over step counts and seeing who'd be the first to get the third little plastic ball up in the lung exercisers that had become the banes of our existence. (For the record, I won, and not ten minutes later I received a video from dad of her managing to get it too!).

It turned out that the hardest part of the whole thing was getting over the general anaesthetic, rather than the surgery itself. Before going in, I had loaded up my Kindle with a heap of books to read and had a list of Netflix shows downloaded to my iPad, thinking I'd be tearing through books and might even run out of things to watch.

However it ended up taking me almost five days just to read an issue of *Stellar* magazine as I couldn't focus on anything for too long, screens or

otherwise and found it was much easier to have the room television on Comedy Central and just let episodes of *Friends* wash over me.

Bit by bit the various pieces of medical equipment on me were removed, canula, central line, catheter, each one a relief to be rid of, particularly the catheter as there's really no way to style out walking around the ward while carrying a bag of your own pee.

Eight days after surgery I was walking all the way out to the car and going home, which seemed amazing considering that I'd only just had a transplant the week before. But even while in hospital I could feel that I had more energy than before. I might have had a terrible night with very little sleep but would still be able to get through the day, whereas in the months before if I got up before ten o'clock in the morning I'd need to go to bed for at least two hours by the late afternoon and would be a groggy mess even on a good day. The chronic fatigue was gone, the fog had lifted, and I felt surprisingly well, once I kept on top of my paracetamol.

In the days right after the operation I kept having dreams about how this was only the first part of the surgery and I was going to have to go back for another one to finish the job. The fact that it was done, and I had a new kidney, after the months and months of waiting, took a while to sink in as everything moved so quickly at the end.

A friend had asked me in the week before going in whether a new kidney was like plug and play or whether it'd take a while to start working, and he was surprisingly on the button. The day of my transplant my creatinine was at 570 and in the following days it absolutely plummeted. The day I left it had dropped to 170 and at my most recent appointment in the renal day clinic it was down to 140 (even lower than dad's creatinine level, not that it's a competition...of course).

Even now it's a little hard to get my head around this amazing thing that my mam did for me. There's not much that can top the gift of a functioning kidney, I mean, what am I supposed to get her for her birthday this year?

Suggestions welcome!



IRISH KIDNEY ASSOCIATION CLG

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BLOCK CAPITAL LETTERS PLEASE:

Mr. Mrs. Ms. FIRST NAME: _____

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POSTCODE: TEL: _____ MOBILE: _____

EMAIL:

We record this information in line with the Constitution of the IKA. You must be 18 years of age to become a member of the Association.

Please indicate if any of the following apply to you:

PRE DIALYSIS, HAEMODIALYSIS, APD, CAPD or TRANSPLANTED

YES NO

Do not wish to disclose

Do you wish to receive our quarterly 'SUPPORT' magazine by
Please tick 'No' if your household is already receiving it

Post? YES NO

Or Email? YES NO

Can we correspond with you for notices of Annual General Meeting
of the Association and Annual Director's Report by

Email? YES NO

Would you like to receive information on activities from your local
IKA branch which entails us giving them the data from this form?

YES NO

Would you like to receive information on the IKA Transplant & Dialysis
Sports and Fitness which is based in Head Office?

YES NO

By signing this form you agree to become a member of the Association and you subscribe to the Constitution of the Association (copy available on request or on the IKA website – www.ika.ie)

I subscribe to (sign up and accept) the Constitution of the Irish Kidney Association CLG (Company Limited by Guarantee).

SIGNATURE: _____ DATE: _____

Please return the completed signed form to the
Irish Kidney Association CLG, (Freepost), Donor House, Block 43A, Park West, D12, P5V6.
There is no subscription charge.



COVID-19

Due to the COVID-19 pandemic the advice we are getting from the public health experts is not to gather unnecessarily. Therefore Branch meetings, AGM's and Church gate collections and indeed other fundraisers, of any description, that assemble people together, are off-limits. They should be cancelled for now and postponed until later, if possible.

You will notice that our **National AGM** is now tentatively set for September 5th – you do not have to think about your AGM's until July. Thankfully, this is not the year for elections or changes of Branch Officers.

You will be advised by Head Office, when it becomes safe to organise gatherings again.

GALWAY

BY PEADAR Ó HICI

Presentation of cheque to Eoin Madden



Just before Christmas the Galway branch received a letter from Kirby Electrical Company on the Monivea Road, Galway telling us, that we had been chosen, in conjunction with Cancer Care, to share in the proceeds of a fundraising venture organised by staff at Kirbys. Their project was a 'Triathlon' and they raised the magnificent sum of €16,000.

Our Chairperson, Eoin Madden, was the happy recipient of a cheque for €8,000 for IKA. The Branch wish to thank, most sincerely, all at Kirbys for selecting the Association as one of their main recipients for the funds raised.

We have had, from time to time,

generous donations from industries based in the industrial estate of the city and for that we are very grateful. It shows that lots of people are aware of the Association and the value to people's lives that organ donation brings.

March 8th was World Kidney Day and BBraun Medical, one of the firms associated with the dialysis unit run by Wellstone here in Galway, sponsored a 5km walk along the promenade in Salthill, Galway. The firm had refreshments available for all walkers in the Salthill Hotel afterwards. Organ donor cards and information on organ donation was also available in the hotel.



Denis and Martina Goggin, Eoin Madden (speaking at Angeline Cooke's Art Exhibition) and Angeline Cooke



Peter, Martina, Denis, Eoin, Angelina, Bernie



The annual Church gate collection will be around the last weekend of July. We wish to take this opportunity to ask readers to put themselves forward to help our two annual fundraisers. Volunteers are always welcome. For the public collections our Headquarters will be in the Western Hotel, Prospect Hill, so, if you can spare an hour or two call and collect an official collection box.

Each year, for a very long time, the proprietors of the Western Hotel allow us the use of one of their rooms, free of charge, so that we can set up our distribution centre. For this we thank them most sincerely.

Angeline Cooke presented €1,420 to Martina and Denis Goggin, proceeds from her recent Art Exhibition. This will be used towards the upkeep and maintenance of the 'Circle of Life' Memorial Garden in Salthill. The photograph (above right) was taken with the aid of a drone and it shows how magnificent the garden looked last summer. This area is a sea of tranquillity, well worth a visit by all who visit Galway and is dedicated to all organ donors and recipients. On your visit search for the stone from your county and marvel at the stone carving of sculptor Ray Flaherty on each and every county stone.

It was with great sorrow we record the passing of Sister Evelyn Mannion of the Sisters of Mercy Community in Galway. She was a great organiser for the Association for Church gate collections, helping out at the annual Memorial Mass and undertaking any other tasks for the Association.

May she rest in peace.



LONGFORD

By SUSAN MARTIN



Longford IKA Branch Committee members: Freda Fearon, Bernadette Wall and Michael Wall are featured with Alan Ganley (event organiser), second from right.

FUNDRAISING

We would like to sincerely thank Alan Ganley, along with his family and friends who ran their 6th Annual Autojumble & Classic Car Show.

Proceeds from the event were donated to the IKA Longford Branch. The event was held in Newtownforbes on March 1st.



CLARE

BY NORETTA CLIFFORD



Clare IKA members listen to Aoife's talk.



Nancy and Patsy Riordan chatting with Aoife Smith

INFORMATION EVENING

With adverse weather conditions hampering the original scheduled date, it was on the second attempt on February 25th that we had the pleasure of welcoming Aoife Smith, the new IKA Renal Counsellor, based in Donor House, to our wonderful Co. Clare. Needless to say, the weather wasn't too kind that night either but the Clare IKA Support and Information evening went ahead all the same.

Thanks to Aoife for travelling from Dublin to be with us and all the members and their carers and families



Clare IKA members enjoying a chat and a cuppa after Support and Information Evening with Aoife Smith.

who turned out for the event.

To kick off the Clare IKA 2020 activities, we were delighted to host Aoife, our special guest for the evening. Aoife has taken over from Mike Kelly, who was with Donor House for many years.

Aoife is a fully accredited

humanistic integrative psychotherapist, working in private practice since 2008. She was also a specialist care representative in the healthcare industry for 20 years, where she gained invaluable experience working in chronic illness. These combined careers have given her a wide range of knowledge both medically and therapeutically allowing her to fully support patients.

Our branch meeting took place initially following the usual format. Indeed, all members and their carers are encouraged to attend branch meetings. They are usually held on the second or third Tuesday of each month and are a place where you can get involved and contribute to the branch plans and activities. It is a place to meet others and where experiences can be shared over a cuppa.



Aoife Smith, Peggy Eustace

Following the meeting, Aoife introduced herself and gave a brilliantly informative and interesting presentation on 'Caring for Ourselves and Others with Chronic Illness'. She spoke about her focus as the new coordinator of counselling services, some topics of which are to build upon the services already in place, introduce the 'Living Well' programme countrywide, set up carer support groups and educate hospital staff on psychological impact on renal patients.

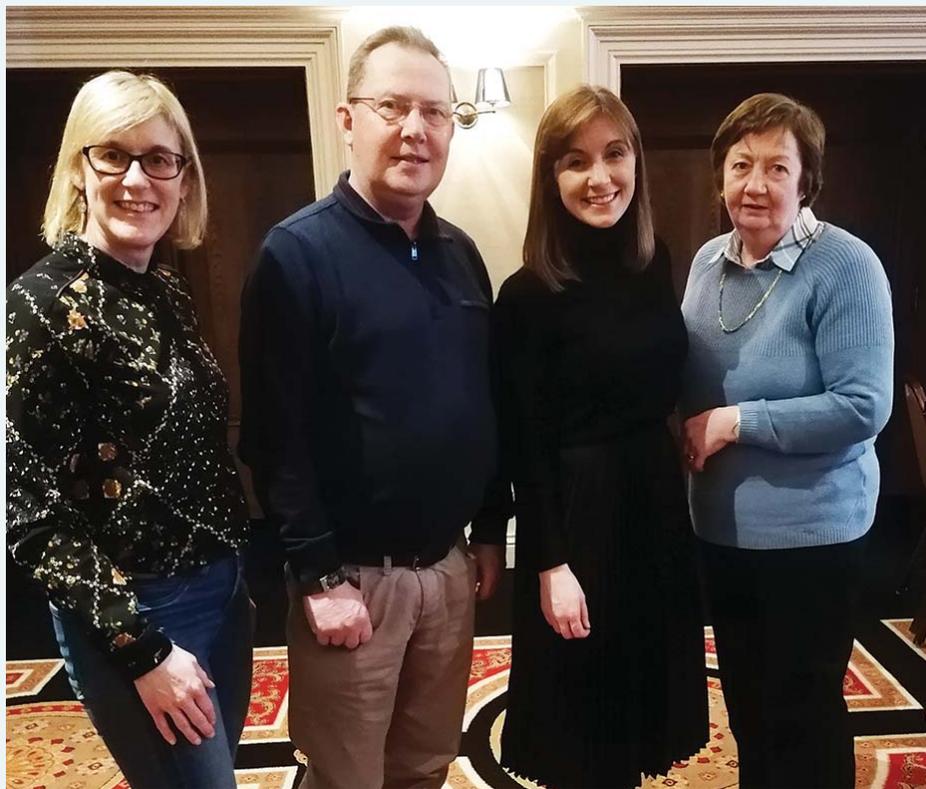
All Clare IKA members present were educated on the difference between illness and disease and factors that shape illness as well as causes and managing fatigue. She spoke about the carer's role and what the impact on the carer can be, both positive and sometimes not so positive, highlighting that 'the starting point of caring for another is care of yourself'.

Aoife provided some useful tips and hints on how to help combat depression and anxiety in which 1 in 4 patients with chronic kidney disease will suffer from. She encouraged the use of the IKA Counselling Services for the patient, carers and their families and reiterated that all one needs to do is pick up the phone to her and she will arrange the type of service requested at a suitable location.

Finally, Aoife, reminded us of the 'Living Well' programme that will be running throughout the year. This is a self-management programme for patients with kidney disease (previously known as 'Better Health, Better Living'). The Programme is intended to empower patients to allow them to actively self-manage their illness with the overall aim of improving the quality of life of the patient.

If you are interested in participating in one of these programmes (2 hours, 1 evening a week, for 6 weeks), please contact Noretta, 087-6243367 or Peggy, 087-9392148. Provided there is enough interest, the course can be arranged to take place in Clare or Limerick.

Clare IKA sincerely thanks Aoife for providing so generously of her knowledge and time, even allowing plenty of time for Questions and Answers. We also thank all those members and carers for attending and who, undoubtedly, received plenty of information and food for thought



IKA Clare branch committee...Noretta Clifford, Gerry Moran and Peggy Eustace with Aoife Smith

after the evening.

WEST CLARE WALK – DATE FOR YOUR DIARY

The annual IKA West Clare Walk will take place on the bank holiday weekend, Sunday May 3rd. It will be the 22nd year this fabulous walk will take place. The event is always very well supported from the locality and wider areas around Clare and beyond. **(Editor's health warning: This may be postponed due to COVID-19).**

The Walk follows one of the most scenic routes along the Wild Atlantic Way in West Co. Clare. It runs along the N67 Ferry/Moneypoint national road, through Cappagh with stunning views throughout for a total of 8km. Walkers will be treated to views of Shannon estuary, Scatterry and Hog Islands, Loop Head Peninsula and even Kerry. The route always echoes a positive response from both returning participants as well as first-time visitors to the area.

The Committee look forward to you joining them for what is always a great day out and afterwards at An Teach Ceoil for refreshments. Sponsorship cards are available from Vincent O'Halloran, 086-0854834 and Peggy Eustace on 087-9392148.

Proceeds from the Walk go towards many wonderful IKA projects for the benefit of all renal patients.

REMINDER BRANCH MEETINGS NOTIFICATIONS

In an effort to be environmentally
IKA SUPPORT SPRING 2020

conscious as well as a cost-saving initiative, we intend to send Clare IKA branch meeting information or activities via email or Ttext. If not already done so, please let us know if you would like to be included in these notifications by sending either a TEXT 087-6243367 or EMAIL: ikaclare@gmail.com, or MESSAGE us on Clare IKA facebook with your name and contact number/email address.

We will indeed continue to send mail every now and again throughout the year in relation to Clare branch IKA events.

SYMPATHY

We extend our sincere sympathy to our former Secretary, Mary Abbott and her daughter Ann Marie, on the recent sad loss of their loved one Martin Abbott, late of Shannon and Roscrea.

Martin regularly attended our branch meetings, helped to promote organ donation and volunteered with all our fundraising activities. He is fondly remembered by his fellow branch members.

We also extend our sincere sympathy to the families of the late Clare branch members Bridget Wickham, Shannon; Mary Connolly, Lisdoonvarna and Marta Kennedy, Clarecastle.

May their gentle souls rest in peace.



DUBLIN SOUTH

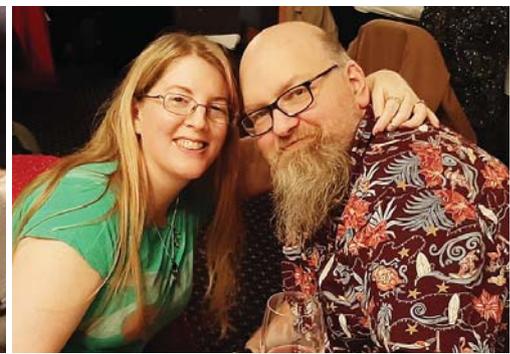
By JOHN SEMPLE



Lisa Fitzgerald with family and friends did a run in memory of her donor and to raise funds for the IKA.

There was a large turnout at our February meeting where Mary (dietitian in Tallaght Hospital) gave a very comprehensive talk about diet and nutrition. Lots of questions were answered and a very informative evening was enjoyed by the members.

Many thanks to Mary who took the time to come to the meeting.



DUBLIN SOUTH CHRISTMAS PARTY





It feels like time has flown by since the last *SUPPORT* and in Cork our monthly meetings are going from strength to strength. We have many members who have been coming for years but it is also lovely to see some new faces. Our meetings are a great place for people to discuss the current topics concerning organ awareness and donation and how we can help move things forward to benefit those people suffering from kidney disease and organ failure.

We also have many speakers that come to the group including skincare, fitness, food restrictions and many more which lead to very interesting chat over tea. The cup of tea after the meeting has become a great way for people to socialise, catch-up and also get to know each other better.

There is great excitement with the starting of the building of the much-needed Renal Support House.

RENAL SUPPORT HOUSE

We are blown away by the support we are still receiving for our Support House in Cork. So many incredible people are coming up with creative ways to fundraise for the house including coffee mornings, lip sync, Broadway shows, bingo nights, charity balls and so much more.

Refurbishment has not commenced yet as there are a few hoops to overcome first.

Cork City Council asked for more information to accompany the planning application and all the information sought has now been given to the Council. As soon as we have that construction will go to tender to choose a builder.

CORK

By SALLY NAGLE & MARY HURLEY



Exciting times ahead and we all can't wait for the grand opening. We will keep you updated on how everything is going.

Thanks again to everyone for the continued support.

MIDLETON BUSINESS ALLIANCE EXPO

Midleton Business Alliance organised the first-ever East Cork Business Expo at the Midleton Park Hotel on February 2nd. The IKA was among the 27 exhibitors on the day. It was an opportunity to promote organ

donor awareness with attendees.

Thanks to the IKA members and friends who manned the stand that afternoon. Denis Hyland is Chairman of the Midleton Business Alliance and is also a recent recipient of a kidney transplant.

LIP SYNC CHEQUE PRESENTATION

Following a hugely successful Lip Sync Battle, held last November, which was organised by the Ryan family and the community of Ballinascarty, we were invited to Ballinascarty Hall on

Friday, February 21st for the presentation of the proceeds. Due to huge demand, the event which was originally a one-night event, had to be held for a second night.

We were warmly welcomed to Ballynascarty Hall where the presentation of the cheque took place. We were presented with a cheque for a staggering €20,100. This is an amazing amount of money to raise and we would like to thank everyone who took part, helped out, supported and donated and helped in any way to make the event so successful.

There were lots of photos and refreshments. Then it was on to the local Peddlers Cross Bar where we were joined by members of the Lip Sync groups. We were entertained with great music, great company and more great food.

We would like to express our thanks and gratitude to



Middleton Business Alliance Expo

everyone for their warm welcome and of course their fantastic work which led to this huge donation.

Thanks to Damien McCarthy for capturing some great photos on the night.

TIPPERARY

BY ORLA HOGAN RYAN

We hope everyone in the county is doing well.

Ned Crowe's co-workers in Abbott Vascular put him forward for a 'Spirit of Clonmel' award. Ned has been employed by Abbott Vascular since 2001.

This was an internal award, within the Clonmel facility, to acknowledge employee's spirit and work ethic, and their contribution in rolling out new improved work practices in the warehouse.

Ned started dialysis whilst working in Abbott, received a living transplant from his wife Deirdre. He also had a cerebral aneurysm clipped, and was facilitated to return to work in



Abbott after each illness period.

Abbott presented a cheque to the Irish Kidney Association for €1000 at a reception

and is featured above with his close colleagues, his wife Deirdre and Colin White, Transplant Team Ireland.



**Photos by JOE EVANS
WATERFORD NEWS & STAR**

Welcome to the Spring edition of *SUPPORT*.

Our Facebook page is very popular with all our followers. This allows us to promote all events organised by our branch and to publish photos of those events. Please follow us on Facebook Waterford branch. If you would like us to communicate with you via email please let us have your email address.

FUNDRAISING

We had a very successful 'Christmas Jumper Night' at the Forge Inn, Portlawn, where we raised the sum of €1,000. 'Thank you' to Paddy and Eileen Long for organising this very successful night.

'Thank you' also to Seán and all his staff at the Forge Inn, for their help and support, everyone who supported this event and all who donated 'spot prizes'.

Congratulations to all who received a kidney transplant recently, we wish you a speedy recovery and continued good health.

We would love to see more patients, family members and friends at our branch meetings, all are very welcome. We are here to offer our help and support to you at any time.

Our next meeting, which was planned for Tuesday April 14th and would have been our Annual General Meeting has now been postponed, due to COVID-19 pandemic.

WATERFORD
By VERA FRISBY



Breda Ronan, DJ Jonny Whizz, Bridget Power, Michelle Murphy, Tom Murphy and Nora Delahunty.



Brenda Ronan, Ray Halligan and Vera Frisby.



Ann O'Brien and Vanessa Flynn



Divine Dance Company, Bollywood Dancers at Roanmore Centre

WATERFORD 'NIGHT OF ENTERTAINMENT' – Roanmore Centre



DJ Jonny Whizz



Christine Hoare, Carol Kenneally, Ann Hogan and Michelle O'Neill.



Maura Ryan, Cathleen Byrne, Breda Maloney and Peter Hanlon.



LOUTH/MEATH BY ANN MCGIVNEY



Christy McLoughlin (front, centre) is pictured with members of Louth/Meath branch at the Christmas dinner.

Our Christmas dinner took place on 9th December 2019 in the Newgrange Hotel, Navanto. At the dinner the branch made a presentation to Christy McLoughlin, to acknowledge the successful longevity of his deceased donor kidney transplant, which he underwent 47 years ago. A great night was had by all.

We extend our deepest sympathies to the family of the late Ann Duignan, Branch member, who died on January 25th in the Mater Hospital. Ann is survived by her daughters Lisa and Chloe and her partner Martin. Rest in peace Ann.



Ann Duignan



Hello to all from the Offaly Branch. I hope everyone has survived our stormy February weather!

FUNDRAISING

The Ballyboy friends of the IKA Offaly Branch recently presented the branch with a cheque for €993 as well as playing at our Christmas dinner at no cost. A big 'thank you' to Paddy and Michael Buckley and Paddy Sweeney for their continued support.

Staying in Ballyboy we would also like to thank the 'Nora Carroll Set Dancers' for their generous cheque of €825 after their recent event in Dan and Molly's.

A big thanks to all our volunteers who continue to collect at Church gate collections throughout the county.

OFFALY

By DERMOT GLYNN



DONATION

We would like to thank the family of Patricia (Patty) Lawlor who presented the branch with a cheque for €1,000 at the dialysis unit in Tullamore.

GET WELL WISHES

On behalf of all of our members I would like to wish our Chairman Jerome Burke get well wishes. Hopefully he will soon be back at the

helm of the Offaly branch.

CONDOLENCES

On behalf of the Offaly branch we would like to extend our sympathies to the family of our member Pearl Lawrence, on the passing of her mother-in-law Adice Lawrence, Rochfortbridge and the family of Patricia Lawlor, Boley, Shanahoe, who was a patient in the dialysis unit in Tullamore, RIP.



For Donor Cards Freetext
DONOR
 to **50050**



Declan presenting Patricia Mackenzie with the cheque

SKYDIVE

Late last year we received the exciting news that Fiona Lavin's husband Declan was planning a skydive in New Zealand to raise funds for the IKA. Declan said: "This personal challenge is a small challenge compared to the challenge faced by those living with chronic kidney disease and those patients on dialysis."

Fiona says, "Six years ago I was blessed to receive a life-saving kidney transplant in Beaumont Hospital from an anonymous donor. The donor family, in the middle of the most difficult and heartbreaking time of their lives, made the unselfish decision to give the 'gift of life' to me – a complete stranger. To my donor and their family I will always be eternally grateful and will continue to raise awareness of organ donation in their name."

Declan on his trip to Queensland paid for the jump himself so that all donations would go directly to the IKA. He said, "This cause is very close to our hearts as my wife Fiona received a kidney in 2013 and has actively helped the Association over the years and I would like to assist."

Declan raised €3250 in total. Our thanks to brave Declan.

DUBLIN NORTH

By PATRICIA MACKENZIE

LADIES DAY

Last December our dedicated fundraiser Ann Burke organised the Annual Ladies Day fundraiser in the White Sands Hotel, Portmarnock. A champagne reception, 4-course meal, fashion show and entertainment provided by Red Hurley and friends ensured a most enjoyable and profitable fundraising event.

SYMPATHIES

It is with great regret and sadness that we announce the passing of our valued branch member Stephen Fox. Stephen, when he was able to attend our meetings, never failed to contribute with his fascinating anecdotes and stories. Our sympathy goes to his wife Colette and daughter Sarah.

May he rest in peace.

KERRY'S SAD LOSS

In our last issue of *SUPPORT* we

mentioned the welcome we received on a visit to Killarney in November to attend the opening of the new Killarney Holiday Home and the warm welcome we received from branch chairman Con Brosnan. So it is with great sadness that we remember his great friendliness and warm welcome every time we visited Killarney. Our deepest sympathy to his family and all the Kerry branch.

IKA RENAL COUNSELLOR

On January 27th we welcomed, for the first time, our visiting speaker Aoife Smyth, IKA Renal Counsellor.

Aoife gave us a fascinating illustrated talk followed by a lively Q&A session. The meeting was very well attended and we look forward to Aoife's next visit to us.

Our good wishes to all our members in Dublin North and beyond in these challenging times.



STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



DUBLIN NORTH LADIES DAY OUT – 5th December







SLIGO

By BRIAN McHUGH

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SLIGO IKA BRANCH

The Irish Kidney Association – Sligo branch hosted their annual Christmas party / dinner on Sunday, December 15th, in the Sligo Park Hotel.

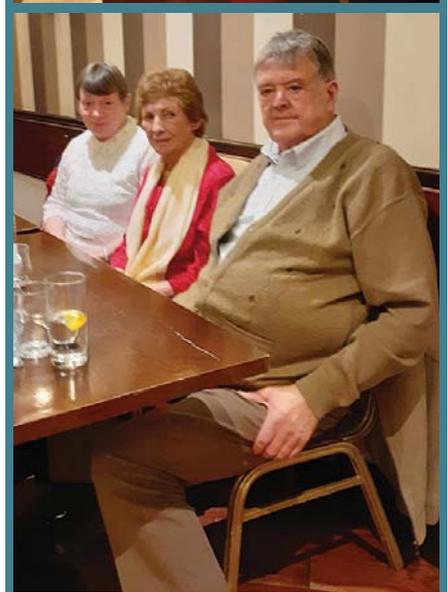
Patients, dialysis staff and committee members enjoyed the event. Thanks to all who sponsored spot prizes.



ROSCOMMON

By MAURA QUIGLEY

The Roscommon Branch held their Annual Christmas Lunch in Hesters Restaurant, Castlereagh, on Sunday December 12th. The lunch was well attended and members enjoyed a lovely meal and a chat.





KILKENNY

By ANN O'GRADY



Hello once again to all patients, their families and members of the IKA Kilkenny branch.

ANNUAL GENERAL MEETING

The IKA Kilkenny branch AGM which was to take place in April 2020 has now been postponed, due to the COVID-19 pandemic.

You will receive notification when it is rearranged. If you would like to receive notifications about it or any branch meetings/news please ensure you are registered to receive branch mail.

WINTER CELEBRATIONS

We are delighted to say our Christmas lunch for patients, carers and members, held in the Newpark Hotel, Kilkenny on Sunday December 15th, 2019 was a great success. It was lovely to see everybody. Johnny Lacey, Chairperson gave a short speech and we fondly remembered deceased patients and members who are no longer with us.

FUNDRAISING

Patients and members of the branch will continue to fundraise in 2020.

Finally, we are always truly grateful to everyone who has contributed to the Kilkenny branch by way of fundraising or donations.

Please contact:

John Lacey 085-1328255
Therese Hanrahan 087-7796428
Anne O'Grady 087-9232190 or
Bridie Lennon 085-7051076

or if you would like to help our Branch in anyway.



WEXFORD

By MARIE DONLON

Over 600 people took part in the Wexford Credit Union annual 5k night run on Thursday, February 6th, in aid of the IKA and Community Hub, Clonard, Wexford. It was a clear dry night, many ran while others walked. It was a great success and everyone was treated to well-deserved refreshments afterwards.

Our Chairman, Liam Buttle, along with 60 more people braved the elements and took part in the annual Christmas day swim at Ballinesker beach. Liam raised €396 on the day for the IKA.

A big 'thank you' to Bridget Cullen who organised a coffee morning in Blackwater and raised €1,130.

Martin Foley, Ballyhack celebrated his 70th birthday recently and instead of presents he asked for donations. He raised an outstanding €4,500 and divided it between three charities. Wexford branch IKA are very grateful to Martin for nominating us and presenting us with €1,500.

We fondly remember, with great sadness, those who passed away recently, Lil O'Connor, Michael Coleman and Jean Jordan. Our thoughts and prayers are with their families at this sad time.

To celebrate World Kidney Day 2020, Debbie McDonald and her team



Suzanne Foley, Dora Kent, Martin Foley and Pete Foley. Martin presented Wexford branch with cheque for €1,500, proceeds from his recent birthday party.



Liam Buttle braving the elements at the annual Christmas Day swim at Ballinesker beach.

from Bbraun Wellstone Wexford organised a 'Walk for World Kidney Day' in Johnstown Castle on Sunday 8th March. It was a very enjoyable day. The sun was shining and almost

80 people turned up to take part on the day. Everyone was treated to tea and sandwiches afterwards. Donations received on the day will be presented to Wexford branch IKA.





Find us on:
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Firstly, a huge thank you to everyone who travelled, sent messages, telephoned and sympathised with the branch, and the family of our late Chairman, Con Brosnan. Connie passed away untimely on Saturday March 8th. A separate tribute to this wonderful man appears on opposite page.

Our sympathy and condolences to Con's family.

We would also like to extend condolences to the families of the late Hugh Murhill, Terry Fitzgerald, Mary Flanagan, Martin Breen and Maureen Fitzgerald. RIP

Myles McMorrow, a dialysis patient from Templemore, who recently stayed in our new Killarney holiday/respice home, was so impressed with the facility that he organised a fundraiser for the project. We received a wonderful warm welcome in Templemore and Myles presented us with €1850 from his fundraising darts tournament, for which we are so grateful.



KERRY

By THERESA LOONEY



Cheque presentation of €2070 from Eleanor Wall, Sandy Feet Pet Farm



A good start to 2020!

On Sunday, January 26th, we organised a stand promoting Organ Donor Awareness at an event organised by the local Lions Club.

We distributed hundreds of donor cards and discussed organ donation with many people.

On Wednesday, February 5th, we were presented with a cheque by Eleanor Wall from the Sandy Feet Pet Farm in Camp, near Dingle. The farm organised a Santa's Grotto on December 7th and 8th with all profits to be given to the Irish Kidney Association, Kerry branch.

We were very grateful to receive a cheque for €2070.

A local group of supporters organised a Car Treasure Hunt on Sunday, February 23rd February, with proceeds going to the Kerry Branch.

We had a lovely social evening at the Killarney Country Club after the event and we took this opportunity to celebrate Joe Buckley's one year kidney transplant anniversary.

Following on from the Car Treasure Hunt, the group who organised this event visited the Killarney holiday/respice home to present us with a cheque. It was great for them to be able to see first-hand what their fundraising efforts were supporting. Once again, we were very grateful for their efforts.

We have had a continuous flow of guests to our holiday/respice homes in Kerry and we are delighted to be able to accommodate patients and their families. We look forward to welcoming many more to both Killarney and Tralee in the coming months.

We hope everybody will stay safe and look after themselves during this difficult time of the COVID-19 pandemic.



Protect yourself and others from getting sick

Wash your hands

- after coughing or sneezing
- when caring for the sick
- before and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after touching cuts, blisters or any open sores
- you can use alcohol hand rub, if hands are not visibly dirty

RESIST www.hse.ie/handhygiene

HE **hpsc**

Tribute to **Con Brosnan**

A man of tender heart and generous spirit'

For everyone who met our late Chairman, Con Brosnan, he enriched and brightened their lives.

Con was diagnosed with kidney failure in 2006 and just before he was due to go on dialysis he received a successful kidney transplant. When he recovered from surgery and got back on his feet, he visited me in the office one morning and simply said, "What can I do to help other kidney patients?"

He embraced his new 'gift of life' like no other and wanted to share this with his fellow patients. He was 110% devoted to the IKA.

Con loved meeting new people and when he was assigned the role of meeting and greeting our guests every week in the Tralee holiday/respice house, he excelled. The Tralee holiday/respice house became his second home and he looked after it lovingly. From painting it inside and out,

maintaining the garden and flower pots, checking the bins, no job was too big or too small.

Con touched the hearts of our numerous visitors and many of them became great friends with him, especially transplant patient John Keady from Galway.

In November last year, at Con's request, John and his wife travelled from Galway to attend the opening of the new Killarney holiday/respice house. John explained to all who attended, the importance of the holiday/respice home from a kidney patient's perspective.

This was the legacy of care and love that Con Brosnan has created in the Kerry Branch. As Chairman, Con took his duties very seriously, from numerous fundraising activities, visiting the dialysis unit in Tralee, visiting and listening to patients needs.

Con was great fun to be around



and on social outings was an excellent singer and dancer. He was a great leader on our many trips to Lourdes and took huge care of those who travelled with us.

Con was so proud to be part of Transplant Team Ireland to play golf at the European and World Transplant Games.

We have many, many fond memories of this lovely, caring and kindhearted man, who touched the lives of so many with a legacy of love, kindness and joy.

Our condolences to Con's family, his son Sean, daughter Jeannette and grandsons Ross and Harry. Sadly missed by son-in-law Brian, daughter-in-law Mary, sister Doreen, brothers Timmy, Sean and Ger, brothers-in-law, sisters-in-law, nieces and nephews, relatives, neighbours and many great friends. R.I.P.



DONEGAL

By SIOBHÁN BATES

Hello from a very wet and blowy Donegal. We hope you are all keeping well as we are here.

Thank you most sincerely to Teresa-Marie Keeney, Ardara who celebrated her 20th anniversary of her liver transplant. Teresa-Marie held a coffee morning and night of song and dance, raising nearly €14,000. She distributed this to three charities close to her heart. The Donegal branch was one and we received €3800. Thank you to Teresa-Marie and to all who helped and we wish her many more years of good health.

Thank you also to Neil Gillespie, Dunree, Bunrana for choosing our branch, on behalf of his extended family, especially his aunty Patsy Doherty and Biddy Quirke (RIP) who were transplant recipients. Neil held a New Year's day Swim - it was a nippy one - but they did amazingly well by raising €1105.99.

Thanks also to Roseanne McGonigle for a donation of €65, in lieu of cards, on behalf of the same family. Hillary Irwin, Donegal Town, made a donation to the branch, in memory of her beloved husband Roy, as a Christmas blessing and we thank her. Kathleen and Cathal McGee presented a donation of €50 from Daphne Houston.



IMPORTANT NOTE

It has been brought to our attention that our branch's membership is large resulting in much expense being incurred by costly postage. As a result it has been decided, that as and from our next meeting, we will be sending information only to those who are genuinely interested in our Association's services, people who attend meetings and outings, and who avail of our Support Centre in Beaumont.

May I respectfully highlight that those who wish to have their deceased family member's name removed, please contact Ashling at Donor House, 01-6205306 or ashling@ika.ie

Everyone will receive notification of the Branch AGM.

To all those renal families who are sad and heartbroken having lost a loved one recently, may they rest in God's arms.

May I say 'hello' to all our wonderful staff and patients in our dialysis units and clinics, and all at the Renal Support Centre and Donor House. God bless everyone and look after yourselves and all who are around you.





IKA DIRECTORY



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Tel: 0818-543639 (KIDNEY) or 01-6205306 | Email: info@ika.ie | www.ika.ie

Renal Support Centre, Beaumont Hospital, Dublin D09 Y5R3 - **SEQUESTERED**

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Please SUPPORT the work of the Irish Kidney Association

Text **KIDNEY** to **50300**
to donate **€4.00**

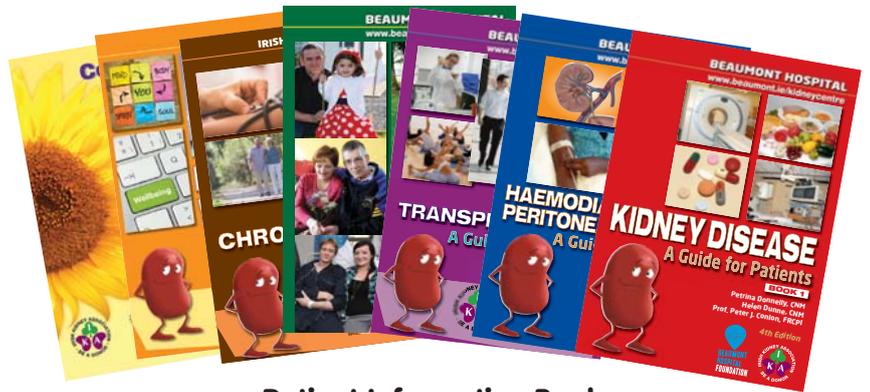
Text costs €4. Irish Kidney Association will receive a minimum of €3.60. Service Provider: LIKECHARITY. Helpline: 076 6805278.



Organ Donor Card Promotion and Distribution



Quarterly Support Magazine



Patient Information Books



Renal Support Centre
Beaumont, Dublin



Renal Support Centre
Cork



Dialysis Holiday Houses
Tralee - Tramore - Killarney



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