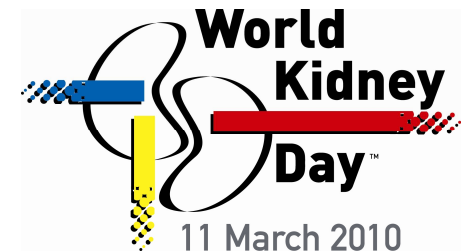


Report for  
Kidney Health New Zealand  
3 Nov 2009

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Medical Director  
Kidney Health New Zealand



**Better Kidney Health for all New Zealanders**

# Summary of report

- Overview of chronic kidney disease in NZ
- Work with Ministry
- Education – *GP Guide*
- Support for research
- Liaison with other groups
- World Kidney Day
- Advocacy

# Chronic kidney disease in NZ

Census report December 2007

- 2,064 people on dialysis
- 1,289 alive with a transplant
- 461 patients (41% diabetes) started dialysis
- Each year the total number of dialysis patients goes up by 4-6%

# Chronic kidney disease in NZ

Census report December 2007

- 123 kidney transplants (47 % living donor)
- About 1,000 with marginal kidney function
- 1 in 10 adults likely to have a critical sign of CKD e.g. high blood pressure, proteinuria
- 80 - 90% with CKD unaware they have it!

# CKD treatment in NZ

- Decline in home haemodialysis and peritoneal dialysis - increase in hospital & satellite dialysis
- Auckland DHB has a home training unit
- Waitemata DHB is planning kidney services for its 500,000 people

# CKD treatment in NZ

- Hawkes Bay is developing its own services under Dr Drew Henderson's guidance
- Waikato Hospital is under great pressure because of difficulties in attracting and retaining sufficient kidney specialists

# Kidney transplants

- Living donor transplants continue to increase in number
- New transplant technologies
  - paired kidney exchange
  - ABO incompatible transplants (only in Auckland)
- No major breakthrough in antirejection drugs

# Kidney transplants

- Health Select Committee recently addressed the need for an organ donor registry
- KHNZ's position is that establishing and maintaining such a register would be complicated, expensive, and unlikely to increase organ donor rates
- Margie Apa, Deputy Director-General, Sector Capability and Innovation, at the Ministry of Health supported this view in her submission

# CKD and diabetes

- Maori and Pacific people are more prone to Type 2 diabetes and kidney disease
- Aging population or ethnicity contributes *only 1/3* of growth in patients with kidney failure
- 50% of growth is due to diabetes

# Diabetes facts – Type 1

- 3-5% more new cases each year
- Diabetic kidney disease
  - Shouldn't get kidney disease nowadays
  - Finland – kidney disease now an uncommon cause of death in Type 1 diabetes
  - In New Zealand only 10-15 people with Type 1 diabetes starting dialysis each year

# Diabetes facts – Type 2

- New cases & total number of Type 2 diabetics increasing but living longer
- Up to 184,000 people affected in NZ
- Who doesn't know they have diabetes?
  - 1 of 3 Europeans
  - 1 of 4 Maori
  - 1 of 6 Pacific Islanders

# Diabetes facts – Type 2

- Number developing kidney damage and failure probably unchanged
- Kidney disease risk compared to European
  - Maori 10 -15 x more likely
  - Pacific Islander 7 – 11 x more likely
  - Asian 3 x more likely
- 50% of new dialysis patients with diabetic kidney disease are Maori

# Work with Ministry of Health

- Nick Polaschek Senior Project Manager has been working with the NRAB on the Renal Service Improvement Project which has five defined projects
- KHNZ involved with development of patient information resources

# Renal service improvement projects

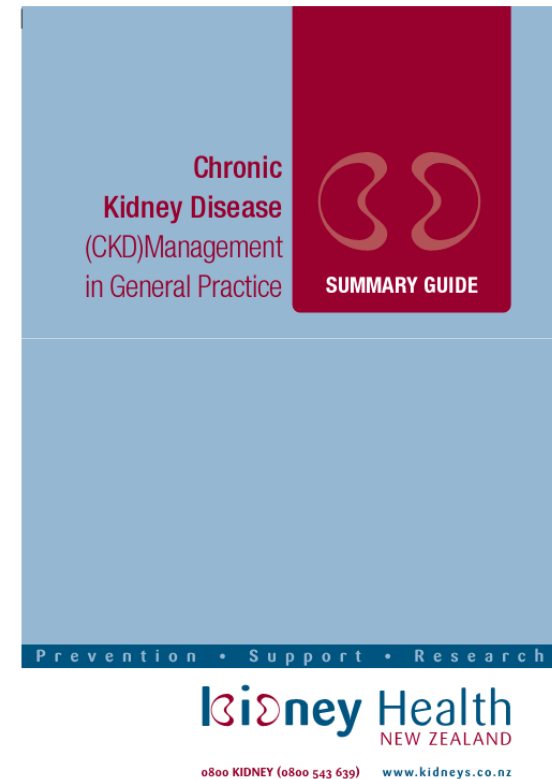
- Improving primary care CKD management
- Increasing rates of renal transplantation
- Regional coordination in planning to address demand and access
- National coordination in renal workforce development
- Improving information about and for renal patients (KHNZ)

# Work on patient resources

- Six draft documents prepared
- Review by selected experts
- National reference group meeting 13 Oct
- Seven documents to be developed taking into account feedback
- Deadline for completion 15 Dec 09
- Final drafts on MoH & KHNZ websites

# GP guide on CKD

- A simple guide for family practices on the management of CKD.
- Royal New Zealand College of General Practice, Ministry of Health & renal units support
- 3,800 GPs sent copy April 09



# Education

## *professional and community*

- Talks to doctors, nurses and other health professionals
- Talks to community groups
- Support for meetings e.g. renal nurses
- Role on National Renal Advisory Board
- Articles in journals and magazines
- Workplace kidney checks
- Media interviews

# Support Research

- Funding of research has been a key activity of KHNZ since its inception
- Strategic Plan identifies priorities for research funding
- In 2009, \$75,000 was budgeted for funding research
- Two projects have been funded

# Liaison with other support groups

- Newsletter for patient support groups.
- Enhancing Maori liaison
- Strong links with Diabetes New Zealand, and Christchurch & Auckland Societies
- World Kidney Day 2009 enabled KHNZ to stress the links between hypertension and CKD

# World Kidney Day 12 March 2009

- CKD and high blood pressure links
- CKD checks 204 staff at Lion Nathan at 4 sites
  - raised blood pressure was found in 3%
  - raised BP and proteinuria in 7%
  - proteinuria alone in 1%
  - 11% had some sign of chronic kidney disease
- Publicity for our activities on National Radio, CTV, Radio Waaeta and newspapers
- Over 300 schools registered for the National Just Water Week activities

# World Kidney Day 12 March 2009

- All MPs sent information packs on CKD & their own urine testing kit before our visit
- 102 politicians & staff checked at Beehive
  - raised BP was found in 14%
  - raised BP and proteinuria in 7%
  - proteinuria alone in 3%
  - 24% with a sign of CKD is concerning

# **World Kidney Day 12 March 2009**

- Visit to the Beehive each WKD
- These screenings were only possible because of the excellent support from nurses & doctors from the local renal units
- Some patient support groups also organised local activities to raise community awareness regarding CKD

# Issues raised with the Ministry of Health and the Minister of Health

- Increased financial compensation for live kidney donors
- Streamlining access to assessment and surgery for kidney donors and recipients
- Recognition and financial support for people on home dialysis
- Improved regional co-ordination and access to renal services;
- Continued support for the work of the NRAB

# Kidney Health NEW ZEALAND

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**Better Kidney Health for all New Zealanders**