Publication Date: Reprint May 2011

Disclaimer
Every effort has been made to ensure that the details of this directory are true and accurate at the time of printing. If any of the details are incorrect or have been changes, could you please notify the Renal Social Worker on 4253 4501.

Acknowledgements

The Wollongong Hospital Renal Service would like to thank the Carer Program Coordinator and Renal Social Worker for coordinating the production of this booklet and all the staff members of the Renal Service who contributed information to it. In addition thank you to the Carer Program for the funding of this booklet.

To receive a copy of this booklet please contact the Renal Social Worker on 4253 4501
Why This Booklet Was Developed

This booklet has been developed to help orientate patients and their families and carers to the Wollongong Hospital Renal Service and to provide information on services and supports which will assist in your care or in the role of caring. If you would like any further information, please discuss this with your renal physician, nursing staff, social worker or other allied health professional.

This information booklet has been developed jointly by The Wollongong Hospital Social Work Department, The Illawarra Shoalhaven Local Health District Carer Program and the Wollongong Hospital Renal Service.
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The Wollongong Hospital Renal Service

History of the Service

The Renal Service was opened at Wollongong Hospital in 1978 as a satellite service of Prince Henry Hospital in Sydney. It became an independent service and employed its first specialist Renal Physician in 1980. It initially had six dialysis machines.

Today the service covers the Illawarra Shoalhaven Local Health District from Coledale to Milton/Ulladulla Hospitals. The Service employs a wide range of health professionals including specialist renal physicians, specialist nursing staff, allied health staff and technical staff.
Wollongong Hospital

The Wollongong Hospital Renal Service caters for the needs of hospital inpatients (Ward B8 on Level 8) and outpatients (Renal Centre) who require renal related treatment. Patients and their families and carers are encouraged to become involved in the treatment planning and to share any problems or concerns with staff so that the relevant supports can be put in place.

The highly qualified staff assist people with kidney disease and their carers from their initial diagnosis through a personal disease assessment, individually tailored treatments, long term disease control or possibly a kidney transplant.

Many people today are not aware of the problems which people with kidney disease and their families face. The Renal Service at Wollongong Hospital aims to make the lives of their patients and their carers easier while offering the highest quality treatment available.

The Wollongong Renal Service understands the important role that carers play in assisting and supporting the renal patient at home. Carers are important partners in care and are welcome to make contact with staff of the service as needed.
Shellharbour Hospital

The Shellharbour Renal Service is a satellite service of the Wollongong centre. It has six dialysis machines and is suitable for more stable patients. The Shellharbour service is currently undergoing expansion which is anticipated to open in mid June 2011.

Shoalhaven District Memorial Hospital

The Shoalhaven Renal Service is a satellite service of the Wollongong centre. It has thirteen dialysis machines. If you will be receiving treatment at the Shoalhaven Service you will receive information specific to the Shoalhaven area.
About the Wollongong Hospital Renal Service

Accessing the Service

The Wollongong Hospital Renal Service is located in Dudley St, Wollongong opposite the Wollongong Hospital and next to the Wollongong Hospital multi-storey parking station.

Parking is available at The Wollongong Hospital parking station or on the surrounding streets. The Service has a drop off /pick up area accessible from Dudley St.

Opening Hours

Outpatient Clinic Services: Monday to Friday, 8.00am to 4.30pm. Closed public holidays.

Home Dialysis Service: same as above
Haemodialysis Service: Monday to Saturday, 2 shifts 7.00am through to 10.30pm.

How to contact the Renal Service

Phone: 02 4222 5443
Fax: 02 4227 6284
Waiting Room/Reception

There is a general waiting room with seating, reading material, refreshments machine and television. When you are waiting please look at the information on our carer specific and other notice boards.

Emergency Procedures

In the case of a medical emergency please present to a local emergency department or ring 000 for an ambulance. On arrival give the triage nurse the name of the Renal Doctor who oversees the management of your care.

Doctors Appointments

To make a new appointment to see a Renal Physician a referral letter from a GP is required. For follow up appointments consult with the clerical staff at reception to book an appointment. Often there are long timeframes between appointments. The clerical staff will advise patients if they need another referral letter from their GP for the next appointment.
Hospital Pharmacy and Renal Service Pharmacy

The Wollongong Hospital Pharmacy and recently established Wollongong Renal Service Pharmacy provide medication advice and counselling for patients and their family and carers. On discharge from hospital the pharmacy will provide a Medication List of all your current medications and some of the new medications you have not had before.

A range of medications commonly used by patients with kidney disease are supplied by the hospital. These are the medications not available on the Pharmaceutical Benefits Scheme (PBS) at retail pharmacies.

Medications can be collected from the main pharmacy on Level 4 of the hospital (9.00am - 4.30pm weekdays) or from the Renal Pharmacy in the Renal Service (limited hours). We encourage you to order your repeat prescriptions a day or two ahead of picking them up.

Pathology Service

The Wollongong Renal Service has a pathology service which is open limited hours for outpatient clinic patients.
Staff Roles & Responsibilities

Renal Service Director

The role of the Renal Service Director is to administer clinical services and have ultimate responsibility for the management of the Renal Services at Wollongong, Shellharbour, Shoalhaven and Milton hospitals.

Physicians

The Renal Physicians (senior doctors) have a number of roles; primarily their work is to manage outpatients coming to the Renal Service for treatment and to manage the care of patients who come into the hospital. Some extra responsibilities include teaching medical students, supervising junior doctors, and research into renal disease.

Nurse Unit Manager (NUM)

The Renal Services NUM is responsible for the service across Wollongong, Shellharbour, Shoalhaven and Milton Hospitals. This includes dialysis in the hospital and at home, and all outpatient renal services such as regular clinics.

Home Dialysis Team

The role of the Home Dialysis Team is to ensure a smooth transition for a patient and their carer to perform dialysis in their home. The role also includes monitoring and maintaining the home dialysis population.
Clinical Nurse Unit Manager (NUM) - Haemodialysis

The Haemodialysis NUM is responsible for the coordination of all patients’ haemodialysis sessions. This role involves scheduling of haemodialysis sessions in the Wollongong Renal Service, Shellharbour Renal Service, and dialysis on the renal ward in Wollongong Hospital. They are the contact person for any issues involving haemodialysis for patients and their families and carers.

Nurse Unit Manager (NUM) – B8 inpatient ward

The B8 inpatient ward NUM is responsible for all patients care and treatment whilst they are an inpatient at Wollongong Hospital. The NUM works closely with the NUM of the Haemodialysis Unit and the Renal Centre. They are the contact person for patients and families and carers whilst the patient is in Wollongong Hospital.

Pre-dialysis Coordinator/Vascular Access Nurse

The Pre-dialysis Co-ordinator’s role is to provide information and education to patients and their families and carers on treatment options for End Stage Renal Disease. The Pre-dialysis Coordinator provides important information on options for dialysis therapies, such as Peritoneal Dialysis and Haemodialysis either at home or at a Renal Service. The coordinator will also discuss the limitations and benefits of different types of dialysis therapy, along with the Renal Physician.

The Vascular Access Nurse’s role involves organising the referral to the surgeon for creation of a vascular access such as a fistula for haemodialysis, providing education to patients on the care of the vascular access, monitoring the function and organising any follow-up procedures required for the vascular access.
Dietician

The Renal Dietician provides advice to patients who are unwell and in hospital or who are outpatients. The Renal Dietician provides specific individualised advice about how people can slow down progression of their kidney disease; modify their risk factors for kidney disease; or manage the symptoms of their kidney disease. The Dietician can offer advice on food labelling, adapting recipes, eating out and food shopping for those with kidney disease. They also provide education to groups about renal specific diets.

Anaemia Nurse

The Anaemia Nurse supports patients and their families and carers to understand anaemia in relation to kidney disease. The Anaemia Nurse helps patients to become independent with Erthropotein injections: a drug designed to assist with and manage symptoms of anaemia, and provide advice to help the patient manage and improve energy levels and quality of life.

Social Worker

Being informed that you have kidney disease and may require a transplant or dialysis in the future can come as a shock and you are likely to experience a range of emotions. The role of the Renal Service Social Worker is to support patients, families and carers through the challenges of diagnosis, prognosis and future treatment. The support provided is different for everyone and dependent on the person’s needs, however the social work service can provide counselling, advocacy, information and referrals to other agencies for both patients and families and carers.

If you have any enquiries regarding the service please call the Wollongong Hospital Department of Social Work on 4253 4501 and ask for the Renal Social Worker.
Research Nurse

The Research Nurse coordinates the various research/clinical trials that the Renal Service is involved in. The Research Nurse selects patients who may be suitable to be enrolled in research studies. Some studies are observational (recording blood pressure, blood results etc) and others may be trialling different types of treatment or drugs. Participating in research may not only benefit the individual but also the wider community.

Clinic Registered Nurse

The Clinic Registered Nurse is a pivotal member of the team providing care to patients attending the outpatient clinic. The clinic nurse is responsible for assessing patients prior to their appointment with the Renal Physician (e.g. check blood pressure, checking results), coordinating the care plan set by your Renal Physician (tests, medication), communicating with the general practitioners and renal team members and finally, providing expert advice, guidance and support to renal clinic patients and their families and carers.
Kidney Disease today – a hidden problem

Kidney disease, according to current trends and statistics, is on the increase in the Illawarra and Shoalhaven area. Currently about 8,000 people are being seen by the Renal Service each year.

The most common causes of kidney failure are:
- Nephritis
- Diabetes
- High blood pressure
- Vascular disease
- Polycystic kidney disease
- Kidney stones
- Analgesic abuse

Once diagnosed, a patient with kidney disease is assessed and possible treatments will be recommended including control of the disease with drugs or through diet.

Should kidney disease result in kidney failure a further choice of treatments are available.
Pre-Dialysis

When patients with Chronic Kidney Disease (CKD) approach End Stage Renal Failure (ESRF) the Renal Physician will discuss a number of treatment options for managing a patient’s kidney disease. The Renal Physician may discuss both palliative or conservative treatment options or begin planning for dialysis. At this time patients can expect to be introduced to the pre-dialysis coordinator/vascular access nurse, social worker and the dietician. At this time we discuss the types of dialysis available, the impact dialysis will have on lifestyle and functioning and changes dialysis may make to diet.
Dialysis

Dialysis, or artificial kidney treatment, is available to patients either at Wollongong Hospital, Shellharbour Hospital, Shoalhaven District Memorial Hospital, or at home.

Haemodialysis

Patients in consultation with the Renal Physician are advised on the most appropriate location for haemodialysis, whether that is home dialysis or at the Service. Patients are trained to use their own haemodialysis machine in the Home Dialysis Unit. Such machines enable most people who depend on dialysis to continue their normal lifestyle yet be in regular contact with trained staff.

Patients who attend the Service for haemodialysis do so three times per week, usually either, Monday, Wednesday and Friday or Tuesday, Thursday and Saturday. Patients are normally allocated either a morning or afternoon shift; however this is always subject to alteration by the Nurse Unit Manager of the Haemodialysis Unit who has to consider the needs of all of the patients using the service. This may mean that shifts alter if someone is determined to have a greater clinical need for a specific shift.
Peritoneal Dialysis

This form of artificial kidney treatment can be continuous ambulatory peritoneal dialysis (CAPD) or automated peritoneal dialysis (APD). This type of dialysis is normally completed at home either through the day (CAPD) or overnight (APD). Patients attend the Home Dialysis Unit for training.

Kidney Transplants

Patients considered to be suitable recipients are placed on a waiting list for a kidney transplant. While the preparation for such an operation is handled at The Wollongong Hospital the actual transplant operation is carried out at Prince of Wales Hospital where the average stay is 7 - 10 days. After a transplant the patient is followed up at their local service.

Live donor transplantation is an option for people with suitable and willing donors. Please discuss this with your renal physician and the transplant coordinator. There is a very detailed and strict evaluation process for all transplantation.

There is an urgent need for kidney donors to give the gift of life to the 1200 Australians currently waiting for a suitable transplant.

Please note that at a time recommended by your Renal Physician detailed and specific information regarding the above treatment options will be discussed with you and your family by the appropriate Renal Service staff.
Services and supports

Interpreter Services

The Health Care Interpreter Service is available for patients and families and carers, who do not speak English as a first language or who are deaf, for all hospital visits and appointments with health staff. Appointments usually need to be booked in advance. In emergencies they can sometimes provide immediate face-to-face appointments or telephone interpretation, depending on what staff is available. If health interpreting services are unavailable staff can use the Translating and Interpreting Service (TIS) who provide interpreting over the phone.

Health staff is responsible for arranging interpreters for patients and carers. You can contact the health interpreting services directly, but it is best to ask your doctor or nurse or another health professional to book an interpreter because health staff will be given priority.

The Health Care Interpreter Service can be contacted on 4223 8540 8:30am to 5.00pm on weekdays. This service is also available after hours through health staff (staff can arrange a health care interpreter by referring to the after hours interpreters lists, which are located in all wards/departments).

Non-English speaking patients, families and carers who need to talk to English speaking staff can phone the Translation and Interpreter Service (TIS) on 131 450. When you phone, tell the operator the language you speak and ensure you have the name and phone number of the person you wish to contact. This free service is available 24 hours a day, seven days a week.
Travel and Accommodation

Alkira Lodge and Alkira Annex

Alkira Lodge and Annex provide low cost accommodation in a home environment for adult cancer and renal patients and their carers who are attending the Wollongong Hospital as outpatients. It is situated close to the hospital car park on the corner of Dudley and Sperry Streets. Some patients staying at the Lodge and Annex may qualify for financial assistance through IPTAAS or Veterans Affairs. For information and bookings contact the Lodge Coordinator, on 02 4222 5484 between 8.30am – 5.00pm Monday to Fridays (excluding public holidays).

Holidays/dialysis

There are various holidaying organisations that cater for the renal patients specific needs. Dialysis patients are encouraged to go on holidays or attend short trips. This is possible with assistance of the Haemodialysis holiday coordinator. There is a holiday notice board in the Renal Service. Check the board for the latest information on holidays or ask to speak to the holiday coordinator.
Organising Dialysis at another Centre

Dialysis centres throughout Australia are happy to accept patients for temporary dialysis for holidays or business if they have the space available.

A booklet is available in the unit for you to locate dialysis units around Australia. Once you have found a location you will then need to phone the unit and discuss your needs and make a booking.

Please inform the dialysis staff of your booking details and they will organise the tests, Physicians letters and other paper work required and send to the holiday destination unit.

It is recommended to make bookings as early as possible as blood tests, letters etc may take 2 to 3 weeks to organise and the holiday unit will require all details before attending their service.
Rent Assistance

People who are on a pension or low income and live in private rental accommodation may qualify for rent assistance. The amount of assistance is based on the rent you pay and your total income. Contact Centrelink Disability, Sickness and Carers Line on 132 717

Mobility Allowance

Mobility Allowance provides assistance to people with disabilities who are involved in qualifying activities such as job seeking or any combination of paid employment, voluntary work, vocational training and independent living/life skills training, and who cannot use public transport permanently or for an extended period without substantial assistance. Contact Centrelink Disability, Sickness and Carers Line on 132 717

The Isolated Patients’ Travel and Accommodation Assistance Scheme (IPTAAS)

Funded by the NSW Health Department IPTAAS provides financial help for people who need to travel more than 100 kilometres (one way) from their home to obtain specialist medical treatment or services. The scheme has recently changed so that patients who travel a cumulative distance of at least 200km per week to access renal dialysis services will also be eligible for IPTAAS travel subsidies. For further information contact the Renal Social Worker on 4253 4501 or the Health Transport Office on 4223 8146
Transport

Community Transport

Provides transport for hospital and doctors appointments for frail older people, people with disabilities and their carers. While this is a subsidised service there is a cost involved. (Does not provide transport home from hospital after treatment, including to and from dialysis). Taxi vouchers may also be available.

Wollongong and Southern Suburbs
Community Transport Wollongong Shellharbour
1300 987 422

Kiama
Kiama Council Transport
4232 0466

Shoalhaven
Shoalhaven Community Transport
4423 6044
Transport to and from Dialysis

Patients will need to arrange their own transport to and from dialysis at Wollongong and Shellharbour renal service. Transport may be available only in an emergency. Contact the Nurse Unit Manager on 4222 5480 for further information.

Hospital Shuttle Bus Transport

There is a free inter-hospital shuttle service that operates between Shellharbour, Port Kembla, Wollongong and Bulli Hospitals. The service operates Monday to Friday between 6.30am and 5.00pm. Further information including timetables can be obtained from the Health Transport office on 4223 8146.

Taxi Transport Subsidy Scheme

This scheme, administered by the Department of Transport, provides people with severe and permanent disabilities, who are unable to use public transport, with half rate concession on taxi fares. For further information contact the Renal Social Worker on 4253 4501 or phone 1800 623 724 (toll free). Information and forms are also available on the NSW Ministry of Transport website www.transport.nsw.gov.au

Mobility Parking Authority

A Mobility Parking Scheme Authority is available to a person who is unable to walk, or whose health becomes affected by walking 100 metres, or uses crutches, walking frame, callipers, scooter, wheelchair or other such aid. It is also available to a person who is permanently blind. For an application form contact the Renal Social Worker on 4253 4501 or your local Roads and Traffic Authority. Information is also available on the RTA website www.rta.nsw.gov.au
Services and Support for Carers

There are a range of supports and services available to assist carers in their caring role. These include help to have a break from the caring role, both planned and in emergency situations, programs to link carers with other carers and other support and counselling options. Further information on local services can be obtained from the Illawarra Respite and Carelink Centre on 1800 052 222. Emergency respite (in times of carer emergency) can also be accessed after hours on 1800 052 222.

The Carers NSW Carers Line provides information, referral and advice about carer support and services across NSW including government financial assistance available. It provides a free Carer Support Kit (available in community languages) and emotional support and counselling through the National Carer Counselling Service. The Carers Line can be contacted on 1800 242 636.

Assistance in accessing community and carer services can also be obtained by contacting the Renal Social Worker on 4253 4501.

Renal Education and Support Group

Throughout the year the group provides an opportunity for carers and patients to meet regularly and provide each other with support. It also has an educational component with regular guest speakers attending. Further information can be obtained from the Renal Social worker on 4253 4501 or the Carer Information Board located in the Renal Service.
Carer Information Board

Located in the Renal Service waiting room the Carer Information Board provides information on services, supports and upcoming events that may be of interest to carers. A Carer Information Pack is available in the renal unit. Ask staff for a copy.

The Carer Information Board and the Holiday Information Board are both located in the waiting room area.

Local Carer Counselling and Support Services

Counselling and support for carers is available in the Illawarra from the following services:

Your Time Carer Counselling Service
CatholicCare
4254 9330

Carer Program Carer Counsellor
Illawarra Shoalhaven Local Health District
4232 0153 or 0457 796 744

This can include referral to local support groups for carers.
Other Support Staff

Aboriginal Liaison Officers

The Aboriginal Liaison Officers are available to provide additional support and assistance to people who are Aboriginal or Torres Strait Islander. They are available at:

Illawarra 4223 8271
Shoalhaven/Ulladulla 4423 9709

Multicultural Health

The Multicultural Health Service can assist people from diverse cultural backgrounds to access services and supports. They may also be able to support you by liaising with your health care provider. The Multicultural health workers speak a number of languages, for example, Greek, Italian, Spanish, Macedonian, Arabic, Croatian, Serbian and Bosnian.

The Multicultural Health Service can be contacted on 4221 6770
Podiatry

The Podiatry Department provides a free service to Health Care Card holders at risk of foot/lower limb problems, especially people with diabetes, arthritis or vascular disease. Referrals can be made by individuals or professionals and assessments are based on need/urgency. For an appointment phone:

Port Kembla Hospital  4223 8033  
Kiama Hospital        4233 1033  
Shoalhaven Hospital  4423 9291

There is also a high risk (foot ulcers only) podiatry clinic at the diabetes centre in Wollongong. The phone number is 1300 308 969
Community Services

There are a range of community services available to older people, people with disabilities or chronic illness and their carers to assist them to live independently at home. This can include services such as household help, personal care, meal services, support groups, and nursing services. Further information on local services can be obtained from the Illawarra Commonwealth Respite and Carelink Centre on 1800 052 222. To access Illawarra Shoalhaven Local Health District Community Health Services contact the Access and Referral Centre on 1300 792 755.

Aged Care Assessment Team (ACAT)

The ACAT is a team of health workers who provide help to older people and their families/carers to remain independent as long as possible in the community. They can provide advice on equipment and home modifications, provide support and assistance to carers, liaise with your GP on health matters, organise community services and respite care, assess and give approval for entry to residential care and assist with placement into care facilities. Further information can be obtained from ACAT on 4283 0730.
Supplies and Plumbing

For patients on home haemodialysis, a dialysis machine is provided free of charge for the duration of treatment. Formerly the patient had to bear the cost of any plumbing requirements. However a specific amount of funding is now available to assist, if not meet, the plumbing and associated set up costs. The machines are regularly serviced and maintained by technicians from the Renal Service. Disposables for haemodialysis and peritoneal dialysis are also provided free of charge.

The Renal Service’s Biomedical technician assesses plumbing needs for all haemodialysis patients.
Public Utility Concessions for Home Haemodialysis Patients

Electricity Supply

Home Haemodialysis patients are eligible to receive a rebate. The rebate is 50% of the total amount or $40.24 per quarter (whichever is less). Application forms are available through your Renal Service or the Electricity Commission. Phone Integral Energy on 131 081.

Water

Home Haemodialysis patients may receive a supply of water above the water allowance at no extra charge. This amount may vary according to where you live. For exact charges contact your local Water provider. In the Illawarra and Shoalhaven the allowance is 400 kl above the usual water allowance per annum (haemodialysis). Your hospital should advise the water Board at the time of installation.

People who rely on tank water should speak to the Home Dialysis Nurse regarding extra water requirements you may have.
Waste Management

For information about the disposal of waste from home dialysis speak to the home dialysis nurse. If you are living in the Wollongong City Council area you receive an upgrade in bin size free of charge. However, for patients in the Shellharbour Council area upgrading of bins is to the patients cost. It is important that sharps (Syringes etc) are kept in a separate container and deposited at your nearest hospital facility.

If you have any questions regarding arrangements for waste management please contact the Renal Social Worker on 4253 4501
Pension and benefits

Sickness Allowance

For people who cannot do their job or study because of temporary illness or injury, have no paid sick leave and have a job or study to return to. Contact Centrelink Disability, Sickness and Carers Line on 132 717.

Disability Support Pension

For people who cannot work or be retrained for work, of at least 15 hours per week, within two (2) years because of your illness, injury or disability. You must have lived in Australia for ten (10) years or more unless the disability occurred while you were an Australian resident. Contact Centrelink Disability, Sickness and Carers Line on 132 717.

Youth Disability Supplement

For people with disabilities who are under 21 years of age receiving the Disability Support Pension or receiving Youth Allowance or ABSTUDY and have a illness, injury or disability which prevents them from working 30 or more hours per week and is expected to last for more than two years. Contact Centrelink Disability, Sickness and Carers Line on 132 717.

Carer Payment

The Carer Payment is an income support payment for people who are unable to support themselves through participation in the workforce while caring for an adult or a child with a disability, severe medical condition or who is frail aged. Contact Centrelink Disability, Sickness and Carers Line on 132 717.
Carer Allowance

Carer Allowance is a supplementary payment for carers who provide daily care and attention for adults or children with a disability, severe medical condition or who is frail aged at home. Carer Allowance may be paid on top of Carer Payment or other payments, such as Age Pension (not means tested). Contact Centrelink Disability, Sickness and Carers Line on 132 717

For more information on the above benefits please contact Centrelink or attend your local office. However if in doubt contact the Renal Services Social Worker on 4253 4501.

A Multilingual Call Line is run by Centrelink to answer questions about pensions and benefits. Call on 131 202.

The Pharmaceutical Benefits Scheme (PBS)

Pensioners and Concessional patients holding an approved Pensioner Health Benefits card, a Pharmaceutical Benefits Concession Card, a Health Care Card or a Veterans Affairs Card receive a Pharmaceutical Allowance to cover the cost of PBS medicines. Some self funded retirees are also eligible for a Health Care Card. Recipients pay up to a certain amount (please check with your local pharmacy) per calendar year and once this amount is reached you are entitled to receive free PBS medicines.

Patients not holding an approved concession card pay a higher amount per PBS item, up to a maximum amount in a calendar year. Once this level has been reached you are entitled to receive medicines at the concessional rate. When purchasing PBS medicine ask the pharmacist to fill in your prescription record card so that he/she knows when you have reached your safety net. Note that it is the cost of the lowest priced brand that is recorded on your prescription record. For further information contact the PBS Information Line on 1800 020 613.
Medicare Benefits Schedule (MBS) Primary Care Items

People with chronic or complex care needs may be eligible for a range of services under the Commonwealth Government MBS Primary Care Items. This may include dental services, GP and team management plans, and Allied Health services (including for example Dietician, Exercise Physiologist, Occupational Therapist, Podiatrist, and Psychologist). Contact your General Practitioner (GP) for further details and eligibility.
Patient Organisation

Illawarra Dialysis and Transplant Association

This is a local self help group whose members are available to assist each other with problems related to dialysis and/or adjusting to a transplant. The association has a substantial focus on fundraising. Members meet regularly in Wollongong. New members are always welcome.

Subscription: $5.00 per year

Further information and membership forms can be obtained from the Renal Service or the Renal Social Worker.
Information and Education

The Renal Resource Centre

• Provides information and educational material to all renal patients, and their families to assist them in managing the affects of renal disease on their lifestyle.
• Holds regular seminars on various topics, such as dialysis, transplantation, nutrition, exercise, travel, sexuality and relationships.
• Telephone counselling, information and referral
• Maintains a library of resource material, which can be accessed by post if personal attendance is not possible.

For further information contact:

The Renal Resource Centre
Royal North Shore Community Health Centre
Herbert Street
St Leonards NSW 2065
Telephone 02 9462 9400
Toll free 1800 257 189
Website www.renalresource.com
Kidney Health Australia

- Provides a range of awareness and education programs and resources on a wide range of kidney related conditions and treatments
- The provision of a network of education, care and support for patients, their families and carers
- Funds research into kidney disease
- Promotes public education on the need for organ donation and discussion on the associated issues

For further information contact:

Kidney Health Australia
GPO Box 9993
Sydney NSW 2001
Telephone 02 9299 4599
Toll free (Help Line) 1800 454 365
Website www.kidney.org.au
Sexual or Relationship Difficulties

These may have a physical or psychological cause. You are welcome to discuss this with your Renal Physician or Renal Social Worker or contact your local Sexual Health Clinic for an assessment.

Port Kembla  4276 2399
Nowra  4423 9353

There is also: The Australian Centre for Sexual Health
Suite 3 1a Berry Road Medical Centre
Berry Rd
St Leonards 2065
Phone: 02 9437 3906

A booklet “Maintaining a Healthy Sex Life. Information for people with chronic kidney disease” is available from the Renal Social Worker.
### Renal Centre Contact Numbers

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Wollongong Hospital</td>
<td>(02) 4222 5000</td>
</tr>
<tr>
<td>B8 Ward</td>
<td>(02) 4222 5317</td>
</tr>
<tr>
<td>The Renal Outpatient Reception (8.00am – 4.30pm Monday – Friday)</td>
<td>(02) 4222 5443</td>
</tr>
<tr>
<td>Renal Clinic Nurse</td>
<td>(02) 4222 5876</td>
</tr>
<tr>
<td>Home Dialysis Nurse (8:00am – 4.30pm Monday – Friday)</td>
<td>(02) 4222 5428</td>
</tr>
<tr>
<td>Nurse Unit Manager (NUM)</td>
<td>(02) 4222 5881</td>
</tr>
<tr>
<td>Clinical Nurse Unit Manager (Haemodialysis)</td>
<td>(02) 4222 5480</td>
</tr>
<tr>
<td>Nurse Unit Manager (NUM) B8 Inpatient ward</td>
<td>(02) 4222 5317</td>
</tr>
<tr>
<td>Shellharbour Hospital Renal Unit</td>
<td>(02) 4295 2435</td>
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<tr>
<td>Shoalhaven District Memorial Hospital Renal Service</td>
<td>(02) 4423 9722</td>
</tr>
<tr>
<td>Renal Social Worker (8.30am – 5.00pm Monday – Friday)</td>
<td>(02) 4253 4501</td>
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<tr>
<td>Dietician - Wollongong</td>
<td>(02) 4253 4500</td>
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<tr>
<td>Dietician - Shoalhaven</td>
<td>(02) 4421 3111</td>
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<tr>
<td>Pharmacist</td>
<td>(02) 4222 5449</td>
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<tr>
<td>Anaemia Nurse</td>
<td>(02) 4222 5872</td>
</tr>
<tr>
<td>Pre-Dialysis Coordinator/ Vascular Access Nurse</td>
<td>(02) 4222 5443</td>
</tr>
</tbody>
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