



Renal Society of Australasia

2019 RSA Annual Conference Funding – Recipients Report

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The calibre and diversity of the keynote speakers were my rationale for attending this year's RSA conference. Having keynote speakers who presented issues including drug and alcohol, fat stigma, community house HD in NZ provided challenging and stimulating conversations. Nigel Latta's 'Hard questions for stone aged brains' presentation was well-polished, clever and inclusive, enjoyed by all – with only a few slide changes this presentation would be well received by lawyers or Olympic cyclists!

My three top learnings were from keynote speakers:

1. **Rachael Walker:** who is so enthusiastic in promoting research, linking with AKTN and encouraging nurses to participate in breaking down the doctor/nurse barriers
2. **Curtis Walker:** whose presentation KHHA-CARI guidelines was outstanding, speaking with and from Maori perspective, collaborating and developing agreed pillars
3. **David Newcombe:** new learning drug and alcohol: Screening, Brief Intervention, Referral and Treatment (SBIRT); use of one page alcohol screening tool ASSIST <https://assistportal.com.au>

It is my intention to share/incorporate these learnings into my work environment by:

1. Catching up with Monica Schoch and advocating for a vascular access workshop in Canberra (Monica and I were in contact within a week of the conference and have already narrowed down the dates for the VA workshop) *This has already been actioned*
2. Gill Gorham, an extraordinary nurse and advocate for people in NT, sent me information about how to set up an external dialysis room when there's no space inside the house for home HD. *This has already been actioned*
3. Liaising with vendors to explore options for improved dialysis chair comfort. I've already forwarded the specifications to a colleague who's interested in accessing chairs for non-dialysis situations

The benefit to the renal community in relation to my attendance at this meeting was:

- On behalf of my team, I raised the awareness of challenges faced in promoting advance care planning and the strategies we were developing. This was a poster presentation.
- On behalf of Kidney Health Australia, I presented a poster with the latest updates on 'Managing CKD in primary care' booklet, which is currently in draft. CKDGo App was promoted. New information includes:
 - Updated BP targets
 - Links between CKD, CVD and diabetes
 - Sick Day Management of acute Kidney Injury
 - Kidney Disease Hotspots –are you in one?
 - Management of Oedema, Cognitive decline in CKD and Kidney Cysts
 - Advice on patient self-management strategies
 - New algorithms, flow charts and integrated resources
- Participation as a session chair and as adjudicator for presentations
- Participation in Nurse Practitioner workshop
- Participation in Anaemia Management workshop planning meeting

I would recommend attending the RSA annual conference due to the following benefits:

- Networking with colleagues across Australia and New Zealand
- Accessing trade to learn what's new, available and how it can improve the care for our patients, eg new dialysers, improved dialysis chairs (with exercise pedals)
- Listening to experts in a variety of fields, from psychologists to nephrologists to nurses to renal physiologists (NZ)
- Learning about new roles and how to rejig old roles
- Making sure we don't reinvent the wheel
- Linking with like-minded colleagues to develop special interest groups
- Sharing ideas and contacts, eg NT suggestions for home HD room

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