

# Renal supportive care clinic

Information for patients,  
their families and carers



Canberra Health  
Services

[health.act.gov.au](http://health.act.gov.au)

Renal supportive care clinic

## The renal supportive care team can:

- arrange family meetings and discussions
- link you with other services in your community
- organises your care
- give you emotional, psychological and spiritual support
- give you, your family and your carers grief support
- provide assistance with advance care planning.

We want to  
help you live  
the best life  
you can.

If you have any concerns or questions,  
please contact:

### RSC Nurse

Ph: (02) 5124 2413

Email: [renal.supportive.care@act.gov.au](mailto:renal.supportive.care@act.gov.au)

Canberra Health Services, Yamba Drive, Garran  
ACT, Australia 2605

### Acknowledgement of Country

Canberra Health Services acknowledges the  
Traditional Custodians of the land, the Ngunnawal  
people.

Canberra Health Services respect their continuing  
culture and connections to the land and the  
unique contributions they make to the life of this  
area.

Canberra Health Services also acknowledges and  
welcomes Aboriginal and Torres Strait Islander  
peoples who are part of the community we serve.

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You have been referred to the renal supportive care (RSC) clinic and this information is to help you understand what the RSC clinic involves.

## What is renal supportive care?

Renal supportive care (RSC) is personalised care that looks at your kidneys and addresses symptoms that could be affecting your quality of life.

We will work with you and your kidney doctor to help you manage your kidney disease.

The renal supportive care team helps you address any symptoms impacting you and plan for your future.

### Your care can involve

- **you, your family and your carer/s or anyone you would like involved in your care**
- **a kidney doctor** with a special interest in renal supportive care to help you address and manage difficult and complex symptoms

- **a renal supportive care nurse** to help you manage your symptoms. This nurse coordinates your care and is your point of contact if you have questions about your kidney disease, medicine, symptoms or care. They can also help you make an advance care plan, and talk with you about stopping dialysis
- **a palliative care specialist** who can help you manage your symptoms
- **a social worker** who can help you, your family and your carer/s deal with the emotional, practical and social changes that come with kidney disease and chronic illness.
- **a renal dietitian** who can help you maintain a healthy diet and give you strategies to help with symptoms such as; poor appetite, nausea, constipation, dry mouth and / or weight loss.
- **a spiritual care giver** can help you choose the right kind of care suitable for you by:
  - » linking medical information with your values and quality of life needs
  - » exploring meaning in illness
  - » providing faith support if you want it.This is a multi-faith and non-denominational service.

### Renal supportive care clinic

The clinic will be organised through the Renal Supportive Care Nurse.

Please bring your carer/s, family members, or anyone you would like involved with your care.

If you would like someone to be there, but they are unable to come to the clinic, we can phone them while we talk with you.

Please tell us if you will need an interpreter for your visit to the clinic.

If you would like an Aboriginal Liaison Officer to join you for your visit to the clinic, please tell us.

At the clinic we talk with you and the people you bring with you.

The clinic does not replace your appointments with your kidney doctor. It is important that you keep going to your regular appointments with your kidney doctor.

