

Renal supportive care information

A whole person approach for patients with chronic kidney disease and their families



Canberra Health Services

health.act.gov.au

Renal supportive care information

What are kidney disease symptoms that can affect your quality of life?

- pain
- anxiety
- depression
- family concerns
- breathing problems
- restless legs
- weakness
- lack of energy
- mobility problems
- itching
- problems sleeping/drowsiness
- changes in skin.

Based on your needs, we may refer you to a social worker, physiotherapist, dietitian, general practitioner (GP) or a community organisation.

For help with Advance Care Planning, talk with your dialysis nurse or contact the RSC nurse.

If you would like to know more about the services offered, please contact:

RSC Nurse

Ph: (02) 5124 2413

Email: 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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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.

RSC does this by looking at how you can address your symptoms and helps you plan for your future.

Renal supportive care can help you:

- adjust to changes in your health
- make an Advance Care Plan
- manage your symptoms.

Who does RSC involve?

RSC involves you and your family, carer or support person. It also involves your kidney doctor, dialysis nurses, allied health staff, the RSC nurse and may include the RSC kidney doctor.

What does the RSC nurse do?

The RSC nurse helps you, your family, your kidney doctor and nurses address your main concerns about your care and coordinate your care. This helps you achieve the best possible outcomes and improve your quality of life.

How do I tell you about symptoms that are causing problems for me?

You can talk with your nurses about any symptoms that may be affecting your quality of life.

Every six months, we will ask you to complete a questionnaire called the IPOS (International Palliative Care Outcome Score). This is a form which we use to work out what may be troubling you, or what you and your family are concerned about. We may also complete this form during a RSC clinic appointment.

Based on your answers, we will work with you to help you manage your symptoms. This may include referring you to other services, offering you strategies and working with your kidney doctor to support your needs.

We may offer you an earlier appointment with your kidney doctor for changes to your medicines or for further assessment. Your kidney doctor may also refer you to our RSC clinic to help you manage complex symptoms.

If you have had any changes to your care, we will repeat the IPOS questionnaire to make sure we have helped you. If not, we will keep trying until your symptoms have improved.

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

