

East London Community Kidney Service

Issue 5 – August 2019

Explaining the virtual clinic to patients

A few patients have attended the hospital for their 'virtual' clinic appointment recently, causing them great inconvenience as there is no-one here to see them.

To avoid this happening, when referring to the service on eRS you should:

- **BOOK an (virtual) appointment slot**
- **DO NOT print out the (virtual) appointment details and DO NOT give to the patient.**
- **Please make your admin team aware of this**

When you consent patients for virtual CKD please tell them not to attend the hospital for the virtual appointment.

We know it can be difficult to explain how the virtual clinic works so we have produced a leaflet for patients (a copy is at the end of this newsletter).

Please also remind your Admin Team that patients should not be given a C&B password to book their own virtual clinic.

Following the virtual review the Nephrologist may suggest that the patient attends a Nephrology clinic or a nurse education clinic. Patients will not be asked to book this themselves and the hospital will send them a letter with the details.

More guidance about when and how to refer to the virtual clinic can be found on the CEG website:
<https://www.qmul.ac.uk/blizard/ceg/renal-health-service/>

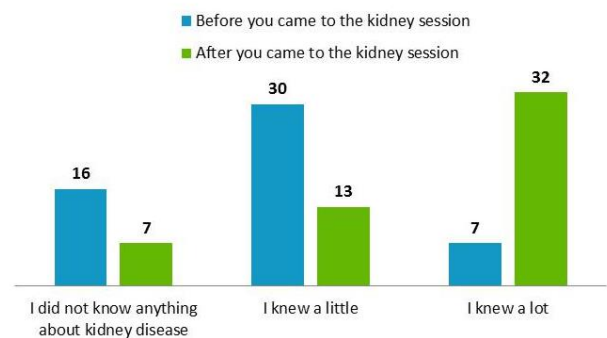
If you have any problems with virtual appointments please contact the vCKD admin team:
BHNT.communityrenalservice@nhs.net
020 3594 2658

Patient education evaluation

In July 2018 we surveyed patients who had attended an education session in 2017:

38% said their kidney problem hadn't been explained and 87% said they didn't know anything or knew a little about their kidney problem before the education session

How much did you know about your kidney problem?



62% said they knew a lot after the kidney session and 2/3 reported making changes to improve their health.

However some patients felt more anxious after the session and 43% said they hadn't discussed their kidney problem with their GP or PN since.

We know it can be difficult to explain kidney disease so we have developed some resources to help.

Thank you to everyone who completed our Practice Nurse survey. This highlighted a need for us to provide more education and support so let us know if you would like a CKD education session in your Practice.

Contact Helen Rainey, CNS (CKD) if you would like to know more about our patient resources or if you would like us to visit your Practice.
h.rainey@nhs.net

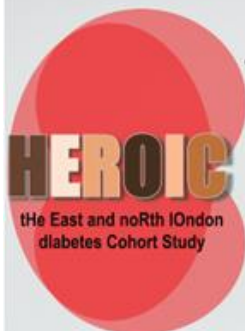


Falling eGFR trigger tool

We know many of you are finding the falling eGFR Trigger Tool useful but that black patients were sometimes incorrectly triggering. The Trigger Tool now automatically corrects eGFR for black ethnicity so no longer incorrectly identifies black patients when they have a normal (corrected) eGFR.

We suggest looking at the eGFR plot and reviewing the patients record before referral as you will often know why the eGFR has dropped (for example following an increase in diuretics). Please do not refer patients identified by the Trigger Tool to the vCKD clinic before you have reviewed their file and unless you have a specific question.

HEROIC – The East & North London Diabetes Cohort Study.
If you have patients with diabetes and kidney disease who would like to take part in Research, then please contact Dr Kieran McCafferty for more information
Kieran.mccafferty4@nhs.net



The East and North London Diabetes Cohort Study

- Have you been diagnosed with Diabetes?
- Have you been told that it may have affected your kidneys?
- If so you may be eligible to take part in the HEROIC study



This is a new study for people with diabetes in North and East London. The goal of the study is to better understand how and why people with diabetes develop complications such as kidney disease, so that we can better look after people with diabetes in the future. If you would like to find out more about this study please contact the research team at:
Tel: 0203 5940609 email: kieran.mccafferty4@nhs.net



The Barts Health Virtual Kidney Clinic

You have been referred to the virtual kidney clinic

Your GP has referred you to the “virtual Kidney clinic” at Barts Health NHS Trust. You may have had a recent blood or urine test which prompted the referral. Sometimes the request is advised by another hospital doctor such as a diabetes specialist.

What happens in the virtual kidney clinic?

The specialist kidney doctor (consultant nephrologist) will review your GP’s electronic medical record, including your blood test results, medications and any other medical conditions you may have. The kidney doctor will advise your GP about your medicines and may suggest that you have extra investigations to assess how your kidneys are working.

Your GP will be able to tell you what the kidney doctor has advised.

You need to give consent for the kidney doctors to review your GP record. If you do not give consent, your GP will not refer you to the virtual kidney clinic.

When does the clinic happen?

Most patients’ records will be reviewed within 7 days of a referral from their GP.

You DO NOT need to attend the hospital - as the kidney doctor will have direct access to your medical notes.

If you do receive an appointment for a Sunday Nephrology Clinic please contact the Barts Health Community Kidney Service Team on 020 3594 2665 for advice.

Further investigations

More tests may be needed to show how your kidneys are functioning. You may need extra blood tests or an ultrasound scan of your kidneys. If the kidney doctor thinks you should have more tests we may ask your GP to arrange them. Occasionally the kidney doctor may contact you directly to arrange tests more quickly.

What happens next?

Most people do not need to see the kidney doctor in the outpatient department and your GP or Practice Nurse will continue to monitor your kidney function.

Sometimes the kidney doctor thinks it would be helpful to see you face to face. In this case you will be sent an appointment by the hospital (you will not need to book this yourself).

You may also be given an appointment to see a kidney nurse. The kidney nurse will suggest ways in which you can look after your kidneys yourself, such as managing your blood pressure or your diet.

If you have any questions then please speak to your GP.

