



# Topic Talks

## Kidney Health: #nofilter

We do not think about them that much really, but these vital organs play a huge roll in maintaining homeostasis. This week, let's explore kidney health.

### Some facts:

- You can lose 90% of kidney function before symptoms appear
- 1 in 3 adult Australians are at risk of kidney disease
- Kidney Health Australia launched the #nofilter campaign in September 2020
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### • 6 things healthy kidneys do

- Regulate the body's fluid levels
- Filter wastes and toxins from the blood
- Release a hormone that regulates blood pressure
- Activate vitamin D to maintain healthy bones
- Release the hormone that directs production of red blood cells
- Keep blood minerals in balance (sodium, phosphorus, potassium)

### Let's talk

Suggested questions to ask yourself or your peers this week



#### **How would you rate your level of understanding of this topic?**

Watch a webinar, listen to a podcast, look at the websites. Learn something new.

#### **What is the prevalence of kidney disease in your community?**

Find out just how common this issue may be for patients you encounter.

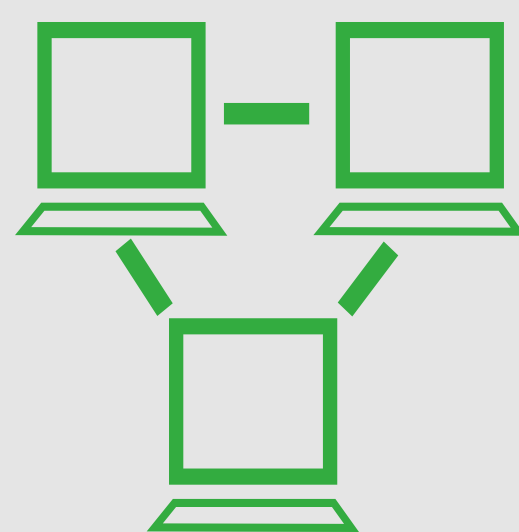
#### **What are the implications for care if a person has kidney disease?**

Explore your policies and procedures related to care of a patient with kidney disease

#### **What are 2 new pieces of information you have learned about the topic this week?**

Think about what you have learned. How can you use this learning going forward?

# Loddon Mallee Activities and Resources



## Tuesdays@2 Webinar Series

Tuesday 23rd March 1400: Join the webinar via the [Bendigo Health Website](#)

or via zoom <https://bendigohealth.zoom.us/j/93324155450?pwd=Nm9iSUZmSEI4enJHWFRheWRtaTdaUT09>

**Speaker:** Elizabeth Stevenson - Renal Nurse Practitioner

**Topic:** Chronic Kidney Disease and Renal Transplant

## What's on the Web?



### Webcasts:

World Kidney Day [11th March 2021]

[1:08:46] <https://kidney.org.au/health-professionals/webinars/world-kidney-day-webinar>

Managing complications in kidney disease patients, Feb 2021

[1:04:44] <https://kidney.org.au/health-professionals/webinars/managing-complications-in-kidney-disease-patients>

### Podcasts:

Renal Support Network: Kidneytalk 24/7 Podcast radio show <https://www.rsnhope.org/kidneytalk-podcast-show-kidney-disease/>

**Apps:** CKD-go App <https://kidney.org.au/health-professionals/ckd-management-handbook/ckd-go-app>

### Web Sites:

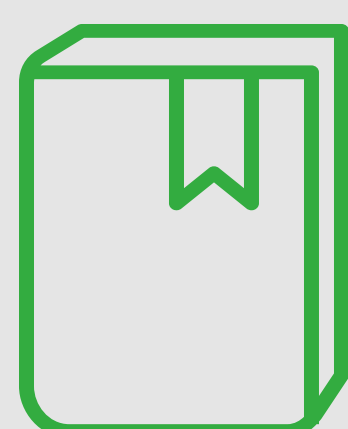
[Kidney Health Australia](#)

[Victorian Renal Health Clinical Network](#)

[Dialysis Australia](#)

[National Kidney Foundation \(US\)](#)

## References:



- Dialysis Australia (2021) Bringing Dialysis home <https://www.dialysisaustralia.com.au/index.html>
- Kidney Health Australia (2021) Kidney Health Week <https://kidney.org.au/get-involved/kidney-health-week>
- National Kidney Foundation (US) (2021) Kidney Health Month <https://www.kidney.org/atoz/content/sixstepshealthprimer>
- Safer Care Victoria (2021) Renal <https://www.bettersafecare.vic.gov.au/clinical-guidance/renal>
- Victorian State Government (2021) Renal Health Clinical Network <https://www2.health.vic.gov.au/hospitals-and-health-services/patient-care/rehabilitation-complex-care/renal-health/renal-health-clinical-network>