



# Renal News

ISSUE 10



**Dr Clara Day**  
Lead Consultant for Haemodialysis

## Welcome to Renal News

Welcome to the tenth edition of Renal News – our renal dialysis service bulletin.

In this edition we will be sharing further information about our new satellite centre opening later this year in Redditch.

We will also take a look back at the official opening of Smethwick Dialysis Centre and share some of our other important news.

We hope you find this information useful however, please do get in touch should you have any questions or concerns.

*Clara Day*

Dr Clara Day  
Lead Consultant for Haemodialysis

University Hospitals Birmingham  
NHS Foundation Trust

## New horizons for Matron Liz Simpson



**Liz Simpson**

**Matron Liz Simpson is hanging up her uniform after more than 35 years as an NHS nurse.**

Liz began her career in the north east in 1978, rising through the ranks to her current role as Matron for Established Renal Failure for University Hospitals Birmingham – home to the largest dialysis programme in the UK.

Some might say it was inevitable that she would go far. As a young woman Liz gained the Queen's Guide Award, which even today is the highest guiding honour.

In a career spanning more than 35 years, Liz's love of dialysis saw her cross international boundaries as she flew off to Saudi Arabia to spend eight years helping establish a dialysis service.

She returned to work at the old East Birmingham Hospital before moving to the renal department of Birmingham Children's Hospital, where she was put forward to meet the Queen.

Liz's next challenge saw her head out west to the Black Country where she spent six years running the Tipton dialysis unit before moving on to set up a pre-dialysis research project in Lincoln for Fresenius Medical Care.

She then returned to Birmingham; this time taking on the role of Deputy Matron at Heartlands Hospital where she developed the Runcorn Road satellite clinic, before moving on to run a dialysis service out in Worcestershire. She joined UHB as Matron in 2011.

But it's not just in her career where Liz has pushed herself to achieve. Her love of the outdoors has seen her cycle from Land's End to John O'Groats and swim the distance of the English Channel for charity.

She is also one of the few people we know who can actually walk up all the stairs from Level 0 to Level 7 in the hospital and still able to talk when she gets to the top!

However, Liz will not be far away. She's resisting the urge to put her feet up, instead she will be taking up a new position in the spring as Unit Manager for the new Diaverum centre opening in Redditch.

UHB's Chief Nurse, Philip Norman said: "We have had the pleasure of Liz's years of experience and her passion for dialysis care over the last few years and she has played a pivotal role in the opening of the new dialysis units and the setting up of Assure Dialysis Services."

"I'd like to thank her for all her hard work and commitment and I wish her all the best in the next chapter of her career."

# Patients praise Haemodialysis team for 'Outstanding Achievement'



The haemodialysis team collect the Outstanding Achievement Award

**It was an emotional haemodialysis team which took to the stage to collect the much deserved Outstanding Achievement Award at this year's the annual Best in Care Awards, held on Thursday 12 November.**

The award recognised the immense programme of change and, led by Dr Day, undertaken over the last 18 months.

Director of Operations (Div B) Lynn Willetts revealed their surprise through a surprise video message: "Over the last 18 months this team have commissioned five new dialysis units and seamlessly transferred over 500 patients. To put this into context this is equivalent to the Selly Oak to QEHB move. All of this was done without impacting on day-to-day activity.

"What the renal team have achieved is extraordinary; they have delicately managed relations with two private providers, the ambulance service and commercial companies to ensure that the

centres opened on time and throughout continued to provide safe, compassionate care to patients. Four of the centres opened on the same day which is something never done before in the UK.

"The team have also set up Assure Dialysis - an entirely separate company to deliver dialysis and provide care closer to home for patients living in Smethwick.



**They really deserve it. You know they are the best and they put in so much more than they have to do**

Shashi Patel, Dialysis patient

"The overall level and standard of work has been outstanding, they have achieved all of this over and above the day-to-day business of running the unit and have done so without compromising their standards; on the contrary they have used this opportunity to drive up clinical

standards and improve patient experience. This can be seen by the fact that the QEHB dialysis programme has for the second year, been ranked the highest performing in the UK.

"That in itself would be an achievement, but in context of a period of huge change, is very impressive and I am very proud to have worked with this team.

Dialysis patient Shashi Patel, 35, also spoke passionately about the impact that the team had made on her life having been a patient since the age of seven.

Shashi said: "They really deserve it. You know they are the best and they put in so much more than they have to do."

Nick Flint, chairman of the Queen Elizabeth Hospital Kidney Patients' Association also paid tribute to the team and thanked them on behalf of the dialysis patients for their ongoing efforts to improve patient care.

# Smethwick Dialysis Centre is officially opened

Almost six months after receiving its first patient, Smethwick Dialysis Centre was officially opened on Tuesday 24 November 2015 with a special ceremony for patients, relatives and colleagues.

The centre provides haemodialysis treatment for patients in the heart of the Smethwick community in a bespoke 40-station facility.

University Hospitals Birmingham's executive chief nurse, Philip Norman, led a short ceremony, where he commended the project team for their achievement before unveiling a commemorative plaque with UHB's clinical lead for haemodialysis, consultant nephrologist, Dr Clara Day.

Guests also heard from Dr Day herself, who described the new dialysis centre's complex journey from an idea through to its opening.

Dr Day also paid tribute to the many partners and colleagues involved in the development process and thanked patients for their



Executive chief nurse Philip Norman and Dr Day open new unit

understanding through the changes.

Dr Day said: "This has been a huge team effort with many contributors from both in and outside the Trust. The hard work involved has been rewarded by a fantastic 40 station dialysis unit; a purpose built home haemodialysis area and a fabulous suite of outpatient rooms.

"The centre has been built quite deliberately in an area where the demand for renal services is high and we therefore hope will contribute to making the medical demands of renal disease a bit easier for our patients."

“ This has been a huge team effort with many contributors from both in and outside the Trust. ”

Dr Day



(l-r) Dr Clara Day, Emma Cooper, Jane Roddick, Gabby Kelly, Lynn Willetts and Executive Chief Nurse, Philip Norman

Project manager, Emma Cooper, who co-ordinated the event said: "The Official Opening is an important milestone in the centre's timeline and has given everyone involved in the opening of Smethwick Dialysis Centre an opportunity to come together and mark this incredible achievement with the people at the heart of the project – our patients."

## Q&A - Unit Managers - In the hot seat

We have 11 satellite dialysis units across the wider West Midlands region. Over the next few months Renal News will be putting the unit managers 'in the hot seat' so you get to know more about them

### TIM WHARTON

Worcester Dialysis Unit  
Unit Manager for 18 months  
01905 721 940

**What has been your biggest achievement this year?** This year we have been able to develop a solid core of experienced dialysis nurses, with 3 internal promotions to senior positions.

**Why did you choose a career in dialysis care?** I have always been fascinated by kidneys and how vitally important they are for the healthy function of the human body. After a great final year placement during my training as a nursing student, I was determined to work in renal medicine and dialysis. As soon as I qualified I applied for a job on a renal ward at Southampton General Hospital and was successful! I've never looked back and have been a renal nurse ever since!

**What inspires you?** Star Wars



Tim loves to surf

**Describe yourself in 3 words...**

Driven, focused, compassionate.

**What makes you laugh?**

Silly things, the sillier the better! I'm a big kid at heart!

**Where's your favourite place?**

Pen-y-Fan, in the Brecon Beacons, Wales.

**If you could change just one thing – anything, what would it be?**

I would replace our universe with the Star Wars universe – as long as I could be a Jedi!

**And finally, a lot of people don't know this but** I'm...An avid rock climber and surfer.

### » NIA DAVIES

#### NIA DAVIES

Llandrindod Wells  
Unit Manager for 3 years  
01597827940  
nia.davies@fmc-ag.com

**What has been your biggest achievement this year?**

Returning to work after my maternity leave.

**Why did you choose a career in dialysis care?**

I visited the dialysis unit whilst a nursing student and thoroughly enjoyed it. A post was advertised a couple of months post qualifying so I when for it!

**What inspires you?**

My two daughters

**Describe yourself in 3 words...**

Motivated, committed and hardworking.

**What makes you laugh?**

My daughters.

**Where's your favourite place?**

Tregaron (my home town)

**If you could change just one thing – anything, what would it be?**

Move back closer to my family

**And finally, a lot of people don't know this but...** I have a class 2 HGV lorry licence.



Nia is a secret truck driver

» JULIE HUGHES

**JULIE HUGHES**

**Kidderminster Dialysis Unit  
Unit Manager for 16 months  
01562 826371**

**What has been your biggest achievement this year?**

Completing the renal course at Wolverhampton University.

**Why did you choose a career in dialysis care?** Originally I came to the unit on a temporary secondment, I liked the speciality and the people I was working with and decided to apply for the post permanently when the opportunity arose.

**What inspires you?** People's strength in the face of adversity.

**Describe yourself in 3 words...**  
Organised, friendly, supportive.



Julie's beloved St Davids in Wales

**What makes you laugh?** I love watching old comedy shows like 'Only Fools and Horses' 'One Foot in the Grave' and 'Laurel and Hardy' etc.

**Where's your favourite place?**  
St David's, west Wales.

**If you could change just one thing – anything, what would it be?** For people to be more thoughtful of others.

**And finally, a lot of people don't know this but I'm...** scared of heights.

» NERISSA VALLEJO

**NERISSA VALLEJO**

**Aston Kidney Treatment Centre  
Unit Manger for 5 years  
0121 359 8427  
astoncross.clinic@diaverum.com**

**What has been your biggest achievement this year?** Our team moved to a brand new unit - everything new from machines to policies and procedures. And with the team's hard work and dedication, we have achieved 2nd place out of all Diaverum clinics in the UK for clinical performance.

**Why did you choose a career in dialysis care?** In renal I get to know patients of different age groups. The ability to care for them on a long-term basis appeals to me. I get to develop that special bond with them, I don't just get to know about their illnesses but them as a person, their families and even their love stories. It's like being a part of a big extended family.

And also this is very close to my heart because my father and grandmother



Life's a beach for Nerissa

both suffered from renal failure.

**What inspires you?** Good news, good results and good outcomes. Also, hardworking, honest and compassionate people inspire me to become a better person..

**Describe yourself in 3 words...**  
Friendly, conscientious, competitive.

**What makes you laugh?** Simple pleasures like seeing cheerful faces, funny stories and the cheeky little things that my kids do.

**Where's your favourite place?**  
Anywhere with a beach!

If you could change just one thing – anything, what would it be? I wish I could change people's attitude towards their health, to take more responsibility and not take treatments for granted because somewhere, somehow people are fighting for theirs.

**And finally, a lot of people don't know this but I'm...**  
A chocoholic, who loves baking and sings in a musical.

# Redditch centre takes shape



Work in progress

Plans for the Redditch Kidney Treatment Centre are now in full swing with work underway to provide newly refurbished premises.

The satellite facility will be run by Diaverum and will initially provide haemodialysis to around 50 patients from the north Worcestershire area.

The unit has 20 stations, four of which will be in private side rooms, with the capacity to treat up to 100 patients in the future.

In addition the unit will boast four consulting rooms, patient TVs, ample

parking and WiFi access.

The building programme is running to schedule and it is anticipated that the centre will open in early April.

Patient will received letters regarding transferring their treatment to the new facility.

Dr Clara Day, who leads the haemodialysis programme in the West Midlands said: "We are looking forward to opening this new satellite unit as it will mean people in the Redditch and Bromsgrove area can be treated nearer to where they live."

## Spare Machines scoop league trophy

Congratulations to the mens renal football team have won the 2015 six-a-side football league.

The team, aptly named the "Spare Machines", were presented with the trophy after topping the league for the first time.

Amongst those on the team were QEHB's Jim Waterson, a nursing assistant who works on Ward 301 and renal ward stock controllers Ian West and Martin Sturdy.

Well done!



## » CONTACT US

If you have any questions or queries regarding dialysis services, please get in touch.

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**WE'RE ON FACEBOOK!**

You can also join Smethwick Dialysis Centre's Facebook page to receive regular messages and keep in touch with other patients. To be part of this online community, simply 'like' Assure Dialysis Services: [facebook.com/assuredialysis](https://www.facebook.com/assuredialysis)