

ANSA NEWS

Spring Edition 2014

Welcome to the Spring edition of your ANSA newsletter. I have just returned from our annual conference, this year held in London. I am delighted to say once again our exceptional speakers were well received. ANSA was complimented and congratulated as a well established Association, recognised internationally.

I would also like to say thank you to all who were able to attend, as your participation in the workshops was outstanding. Work will soon be underway to plan our conference for next year which will be held in April 2015.

During the AGM Sharon Benton stepped down as ANSA president. On behalf of ANSA members, the secretariat and the executive committee I would like to thank Sharon for her hard work and commitment taking the helm for the last two years. Sharon will remain on the committee as past president, and I am grateful for the support and encouragement she is already giving me.

Also at the AGM we announced the addition of two new members to the Executive committee and you will find their details further on in the Newsletter.



Vicki Hipkiss

I am very honoured, and feel very privileged to be elected as president for ANSA. My mission is to follow in the footsteps and continue the excellent innovative work of the previous six presidents. ANSA has succeeded as it has the ability to evolve and adapt with changing times. Many of you will have experienced part of our ongoing work with this, to name a few, our new interactive website, ANSA Academy and masterclasses. The OPTA initiative is our newest project, and we will be informing you in the near future how it can be accessed.

Another part of my mission is to attract ANSA nurses from other disciplines. Due to the origins of ANSA many of our members are from a nephrology background. However there is a large amount of anaemia management being taken care of by nurses in other areas such as oncology, haematology, gastroenterology, pre natal care, as well as the areas who often come into contact with renal units such as heart failure and diabetes. My request to you is if you are in contact with any of these areas please let them know about ANSA, and if you are reading this and you are from one of these areas please contact us. I would really like to know how ANSA as an organisation can help support you.

Do not forget - ANSA is an association for nurses run by nurses. If you have any experiences or practices that you would like to share with your peers, or if you are seeking advice or support regarding your working practice, please don't hesitate to contact us. This can be done via our secretariat at ansa@anaemianurse.org

None of this would be possible without our corporate sponsors whose generous sponsorship enables the association to be able to provide the level of support we do. A big thank you to them.

All the best and look forward to hearing from you.

Vicki Hipkiss
ANSA President

The 13th ANSA Conference held on April 4th, 2014 at the Cavendish Conference Centre, London

“SAFETY FIRST IN ANAEMIA MANAGEMENT”

This year ANSA welcomed over eighty five delegates at its Conference. The theme was very topical and helped to reiterate to delegates present the ongoing safety challenges in anaemia management. The speakers were all excellent at raising the delegates' awareness and responsibility at ensuring safety at all times in an anaemia world governed by rules, regulations and legislation. All talks generated very interesting questions.

Sharon Benton opened the proceedings by welcoming the delegates and acknowledged the 25 years celebration of the use of EPO (Erythropoietin)/ESA (Erythropoiesis Stimulating Agents) injections by sharing a short presentation put together by Sue Perrin who unfortunately could not attend the conference. It highlighted that the issues then and now have not changed much.

Dr Clare Crowley, Lead medicines Safety Pharmacist at Oxford University Hospitals emphasised the importance of medicine safety, the type of errors reported and the costs implications. She summarised the journey of the National Patient Safety Agency (NPSA) and stressed how NHS England and MHRA are working together to promote the patient safety culture. She showed us some quantitative data relating to incidents reporting of iron and EPO/ESA administration. It was very reassuring for delegates that most of the incidents reported carried no harm to the patients, but the simplicity of those incidents reported helped raise awareness in the audience of the fine line between no harm and harm. Maintaining safety at all times is not easy but we all have a professional responsibility to strive for it and try to make it easier. She concluded her talk by sharing the following quote from **Martin Bromley (2010): “Make it easy to do the right things”**

Dr Graham Lipkin, Consultant Nephrologist at UHB/QE Birmingham delivered a very thought provoking presentation. He explained the role of the MHRA and the NPSA in maintaining patients' safety. He touched on the Francis report following the mid-Staffordshire enquiry and its recommendations. He elaborated on the latest MHRA ruling regarding the administration of intravenous iron therapies and how it has changed practice. He reminded the delegates of how "phenomenal" the UK Renal Registry is as a resource to all health care professionals. He informed the delegates of a Patient safety Project which the Renal Association (RA) is currently involved with and encouraged the audience to refer to the Berwick report on Quality and safety. His talk generated very interesting queries from the delegates, with some of the questions being specifically related to their own working environment. Dr Lipkin encouraged those delegates to email him with specific information so that he can provide the appropriate support to them.



The Conference audience

The morning sessions ended with **Karen Jenkins** giving an overview on the Optimal Treatment of Renal Anaemia (OPTA) education programme. This was followed by two workshops relating to Assessing the risks and The root of the problem in anaemia management.



A Workshop Group concentrating

The afternoon sessions started with ANSA Annual general meeting (AGM) and followed with a talk from **Dr Richard Borrows**, Consultant Nephrologist, UHB/QE Birmingham. He guided the delegates on "How much information is enough?" in relation to getting consent before any renal anaemia treatment. He gave the audience an in depth insight into various studies namely DOPPS, DRIVE, CAST. He analysed very eloquently the statistical likelihood of any specific risks occurring and encouraged the audience to use their own experience at the time of pre-therapy assessment to decide on what information is more relevant to obtain consent. He left the audience with challenging thoughts when he reminded them of two legal cases The "Bolam" Test – Bolam v Friern Hospital 1957 and Rogers v Whitaker 2001.

Jackie Parr, Service Specialist, Specialised Commissioning, NHS England gave us an interesting insight into funds available to the NHS and got the audience to question why in spite of so much money available, it is still not enough to do what is needed for all the patients. **She spoke about the variations of service costs provision in various CCGs and encouraged the delegates to be inquisitive to that.** Jackie seeded more provoking thoughts and awareness when she reminded all Healthcare Professionals present of their individual responsibilities in helping to minimise wastage in the NHS and promoting a cost effective NHS service.

The day ended with the new ANSA President, Vicki Hipkiss summarising the day and vision of ANSA and reiterating the learning objectives of the conference.

The committee will be meeting soon to review the conference feedback and start planning for the April 2015 conference. If there is a subject you would like us to cover, please use our new website to register your interest.

Marie Chowrimootoo *Founder and Executive member*

UK Kidney Week 2014 is being held in Glasgow this year, and is jointly hosted by the British Renal Society and the Renal Association in co-operation with the Scottish Renal Association. The conference theme is 'Driving quality through research and team working'.

ANSA is proud to be hosting a session on Thursday 01 May 2014 at 10.30 am. This year's theme follows the annual ANSA conference focusing on 'patient safety'. The opening talk will be given by Jamie Coleman - Senior Clinical Lecturer in Clinical Pharmacology & Medical Education at the University of Birmingham. His presentation is entitled "Improving patient safety using Information Technology".

Six abstracts have been accepted for the oral presentations and are listed below.

- Major bleeding in Haemodialysis patients using Unfractionated or Low Molecular Weight Heparin: A single centre study
 - Erythropoietin Stimulating Agents Resistance and Survival in the UK Dialysis Population
 - Hydroxychloroquine levels define high rates of non adherence and predict worse renal outcomes in patients with lupus nephritis
 - Prescribing safety in patients with impaired renal function: results of audit and re-audit following focus interventions
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- Comparing outcomes for renal patients admitted to hospital at weekends and overnight versus normal working hours
- Optimal medical therapy in atherosclerotic renovascular disease

The abstracts can be found on the British Renal Society website. www.britishrenal.org

On Friday 02 May 2014, Professor Iain Macdougall will be moderating the 'Dialysis complications' poster session where there are three posters featuring anaemia.

Paul Wilson
Executive Member

E Learning Update

ANSA has two anaemia elearning modules which are now fully updated and relaunched with Nursing Times.

- Anaemia of Chronic Disease gives an insight into what anaemia is, the prevalence, guidance on how to diagnose, and how to distinguish between possible causes of anaemia, and then treatment choices.
- Management of Anaemia in Chronic Kidney Disease focuses down onto managing anaemia of chronic kidney disease as recommended by the most recent guidance published by NICE in 2011.

The modules can be accessed via ANSA's website www.anaemianurse.org, or Nursing Times website www.nursingtimes.net.

ANSA's vision is to provide leading edge training and professional development. ANSA is committed to providing a comprehensive education package to assist our members in practice and we are planning to provide further modules.

Work is well under way on our 3rd module which will concentrate on iron deficiency anaemia.

If you have an idea about a topic you would find useful to support or develop your practice, drop us a line or post a suggestion on our new noticeboard.

Vicki Hipkiss
President

Optimal Treatment of Renal Anaemia (OPTA) Initiative

ANSA in collaboration with Janssen have updated the Optimal Treatment of Renal Anaemia (OPTA) programme to support physicians and nurses with the management of anaemia of Chronic Kidney Disease. A survey carried out by ANSA identified that members identified a need for and would benefit from specialist education modules covering Renal Anaemia.

OPTA aims to transfer standards of care into daily practice, optimising efficacy and efficiency of available anaemia treatments, using a series of six educational slide presentations and accompanying booklets.. A preview of the booklets can be found on the ANSA website: www.anaemianurse.org

- OPTA Erythropoiesis and physiology of anaemia
- OPTA Improving efficacy and efficiency of renal anaemia therapy in haemodialysis and peritoneal dialysis patients
- OPTA Therapy with iron and erythropoiesis stimulating agents
- OPTA Influence of inflammation/infection on renal anaemia
- OPTA Anaemia in patients with chronic kidney disease
- OPTA Anaemia in Transplant patients

The programme is designed to educate staff in the workplace using a 'train the trainer' approach and is RCN accredited. It is a perfect way to update knowledge and skills. OPTA is free to ANSA members.

The ANSA executive (and Janssen personnel) are all able to deliver the programme and in response to the survey results aim to hold regional meetings and train the trainer events (depending on demand). If you are interested in attending a meeting and/or becoming a trainer please contact a member of the Executive Committee or ANSA secretariat.

Karen Jenkins
Founder and Executive Member

ANSA website

We are always looking to keep our website up to date and welcome any interesting contributions from our members that help to make our website vibrant.

We hope you find it easy to use and navigate round.

Please contact our Secretariat if you have any suggestions or contributions for the Web site
ANSA@mandmconsultants.co.uk

Erythropoietin stimulating agents (ESAs) have now been used for 25 years. Looking back, it is interesting to note that target haemoglobin levels set in 1989 were appropriate and are almost the same as those targets we now use. It is still the case that treatment with ESA therapy needs to be closely monitored however we actively encourage self administration. Thinking about concerns raised after one year, in pregnancy it is generally accepted that it is safe to give in the second and third trimester. ESAs are regarded as safe treatments and are given to patients with a previous history of seizures and for those with peripheral vascular disease. Iron therapy continues to be important in the treatment of renal anaemia.

So some things haven't changed.

In contrast the patient groups have changed in that when ESAs were first used they were exclusively given to patients receiving dialysis. Predialysis patients weren't given ESAs until some time later and later still for patients who had been transplanted. The threshold for starting ESA therapy has changed tremendously, our criteria in 1989 was that patients had to have a Hb of less than 80 g/L or blood transfusion dependent could have ESA therapy. We have certainly come a long way and made vast improvements in the treatment of anaemia but we still have a lot to learn. Bring on the next 25 years!

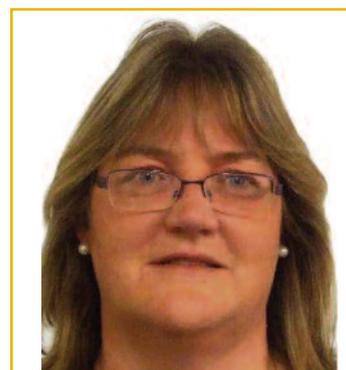
Ref: Witten E, (1990), EPO's first year, an overview. *Dialysis and Transplantation* Volume 19/number 6

Sue Perrin
Executive Member



Anne Davidson

New Executive Committee Members



Dianne McDaid

Anne Davidson is a Patient Blood Management Practitioner with NHS Blood and Transplant and is based at the Leeds Blood Centre.

Prior to her current role she has worked within nephrology for over 20 years.

Dianne is currently an advanced kidney care nurse at the Kent Kidney Centre, East Kent Hospitals University Foundation Trust, managing patients with anaemia not on dialysis.

She has worked in a variety of nephrology nursing positions since 1992 in the UK and recently spent six years as a renal nurse specialist in Ireland. She has been a member of ANSA since 2002 and joined the ANSA executive committee in 2014.

2014 Diary dates

Tuesday 28th – Friday 2nd May
UK Kidney Week, SECC, Glasgow

6th – 9th September
**EDTNA/ERCA International Conference
Riga, Latvia**

Friday 26th – Saturday 27th September
**Renal Pharmacy Group Conference
Manchester Conference Centre, Manchester**

Tuesday 11th – Sunday 16th November
ASN Kidney Week – Philadelphia, PA, USA

News!!

**Congratulations to ANSA Executive member
Cheryl Wood who recently gave birth
to a baby boy.**

**If you wish to become more involved in ANSA activities,
Write to Us**

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