

ANSA NEWS

Spring / Summer Edition 2012

Dear ANSA members

I can hardly believe my time as ANSA President is now over, I have had such a fabulous time with tremendous support of the ANSA executive and secretariat.

I leave you in the very capable hands of the sixth ANSA President. Sharon Benton from Truro began her presidency during another fabulous annual conference in London on 30th March. We are already planning another fantastic programme for 2013 and look forward to seeing many of you then.

I bid you all a fond farewell and thank you for giving me the opportunity to lead your wonderful organisation.

Warm wishes

Belinda Dring



Belinda Dring



Sharon Benton

Hello everybody,

Welcome to our Spring/Summer edition of the ANSA newsletter. Having just returned from our well attended and successful annual conference in London, work is already underway in planning our Conference for 2013. Belinda Dring has stepped down as ANSA president following this Conference and has left big shoes for me to fill. I would like to take this opportunity to thank Bel on behalf of the ANSA committee for her hard work and selfless commitment during her tenure. We also say goodbye and a big thank you to Kate Taylor who has now stepped down as Treasurer from the ANSA Executive.

We have seen three new members join the Executive recently. Our new committee members are Michelle Cooke and Vivienne Wint. Some of you may also recall Marie Chowrimootoo as she is a founder member of ANSA and she returns in this capacity. I am sure that our new members will only help to enhance the committee dynamics and bring plenty of new ideas and innovations to the table.

The ANSA Anaemia Academy modules have recently been updated and are due to be re-launched very soon, so watch this space. Finally, as always, we welcome your feedback and ideas so please do not hesitate in contacting ANSA if you need help or support in the future.

Best wishes

Sharon Benton ANSA President

Welcome to the new members of the ANSA Executive



Marie Chowrimootoo

*Clinical Nurse Specialist in Anaemia
and Pre-dialysis
St Georges Hospital NHS Trust, London
and ANSA Founder Member*



Vivienne Wint

*Lead Renal Anaemia Specialist
New Queen Elizabeth Hospital,
Birmingham*



Michelle Cooke

*Renal Anaemia Practitioner
Renal Unit, Hull and East Yorkshire
NHS Trust*

The 11th ANSA conference **Overcoming the hurdles in anaemia management** was held on the 30th March at the Hallam Conference Centre, London

Once again the ANSA conference was deemed a great success with positive feedback from the delegates present.

We were privileged to have a number of eminent speakers, with talks covering some of the challenges we face in anaemia management, including transplantation drugs and anaemia, the risk of parental iron preparations and oxidative stress and a very interesting session on the use of EPO in sport, which is particularly relevant in this Olympic year.

The morning session began with Tom Crocker sharing his results from work he had undertaken for his PhD looking at the variations in anaemia management across different Renal Units and what makes some units perform better than others.

Dr Ashraf Mikhail then presented on the risks of oxidative stress associated with parental iron preparations, and the question of how high we should push ferritin levels was discussed.

Dr Iain MacDougall told of the methods available to detect drug doping in sport, paying particular attention to the use of EPO and other blood enhancing products such as Hematide.

The morning session ended with a truly inspirational talk from Peter Murray, a medical student and kidney transplant recipient who told us how he had become involved at a young age in the Transplant games.

The ANSA AGM was held prior to lunch and Belinda Dring stepped down as ANSA President and handed over to Sharon Benton. Sharon gave an overview of forthcoming plans that the ANSA executive would be working on, including updating the ANSA website.

We also welcomed three new members to the ANSA exec and said farewell to Kate Taylor who has now stepped down from the ANSA exec and the role of Treasurer.

After lunch Renal Pharmacist Mark Lee discussed the immunosuppression drugs used in transplantation and how these can affect anaemia and ESA treatments.

Dr Ed Sharples then followed this further discussing transplantation and anaemia.

The question of EPO and whether it has other tissue protecting properties was discussed by Dr Declan de Freitas, who showed some of the studies that had been undertaken in the last few years.

The afternoon closed with Sharon Benton bravely stepping in to cover the topic of anaemia in pregnancy for Dr Susan Robinson, who unfortunately couldn't make it at the last minute.

All speakers have kindly said that their slides may be displayed on the ANSA website membership restricted area.



Dear ANSA members

Firstly I would like to take this opportunity to thank the ANSA Executive for their kind invitation to contribute to your newsletter. My name is Anne Davidson, I am a Transfusion Liaison Nurse within the NHS Blood and Transplant (NHSBT) Customer Services Better Blood Transfusion (BBT) team. Following my appointment in June 2011, I was nominated to be the 'BBT link' with the renal community as I have over 20 years clinical experience within nephrology.

NHSBT manages the national voluntary donation system for blood, tissues, organs and stem cells, turning these precious donations into products that can be used safely to the benefit of the patient. We supply around 2 million units of blood a year to hospitals in England and North Wales and last year received 3,500 organ and 4,000 tissue donations and banked 2,200 cord blood units from across the UK.

The primary role of the BBT team is to support the implementation of actions from the three Health Service Circulars (HSC): Better Blood Transfusion – Safe and Appropriate Use of Blood. The last HSC was issued in 2007 and through effective collaboration with hospitals the BBT team is leading on numerous regional and national initiatives aimed at promoting safe and appropriate transfusion practice.

A key focus for the BBT team is to promote alternatives to transfusion which includes anaemia management. The management of anaemia of chronic disease is an area in which renal services have led the way. For many years you have recognised the benefits of transfusion avoidance and the BBT team are keen to learn from your extensive experience.

The BBT team are collaborating with other national groups to improve patient and public awareness and involvement in transfusion. A variety of patient information leaflets and educational resources have been produced to raise awareness and promote safe practice. Copies of the patient information leaflets, and the relevant order forms can be found at;

http://hospital.blood.co.uk/library/patient_information_leaflets/leaflets/index.asp

The BBT team regularly run free regional educational events, and the timetables for events in your regions can be found at;

<http://www.transfusionsguidelines.org.uk/index.aspx?Publication=RTC&Section=28>

The National Comparative Audit (NCA) team forms part of the BBT team and collaborates with the Royal College of Physicians to develop a national programme of audits for blood transfusion. The NCA team generally conduct two national audits per year and the key recommendations are fed back to hospitals to help ensure a continuous cycle of improvement in care, safety and efficiency. In May 2012 the 'Audit of blood sample collection and labelling' will commence and run for 3 months.

I hope to further develop the links between the BBT team and the renal community and that in future I will be able to provide useful and interesting information e.g. new techniques and drug therapies which can help to eliminate or reduce the need for a blood transfusion.

With this in mind please forward any ideas, suggestions, or questions to:

anne.davidson@nhsbt.nhs.uk

Best wishes

Anne Davidson



Interesting Articles

Vansteenkiste J, Glaspy J, Henry D, et al:

Benefits and risks of using erythropoiesis-stimulating agents (ESAs) in lung cancer patients: Study-level and patient-level meta-analyses. *Lung Cancer.* 2012 Jan 23

[Epub ahead of print] [http://linkinghub.elsevier.com/retrieve/pii/S0169-5002\(11\)00679-9](http://linkinghub.elsevier.com/retrieve/pii/S0169-5002(11)00679-9)

Henry DH, Dahl NV, Auerbach MA **Thrombocytosis and venous thromboembolism in cancer patients with chemotherapy induced anemia may be related to ESA induced iron restricted erythropoiesis and reversed by administration of IV iron.** *Am J Hematol.* 2011 Nov 23.

[Epub ahead of print] <http://dx.doi.org/10.1002/ajh.22262>

Juan Jesús Carrero Peter Bárány et al **Testosterone deficiency is a cause of anaemia and reduced responsiveness to erythropoiesis-stimulating agents in men with chronic kidney disease** *Nephrology Dialysis Transplantation* Volume 27, issue 2 Pp 709 – 715

Robert E. Fleming, M.D., and Prem Ponka, M.D., Ph.D. **Iron Overload in Human Disease** 2012 Jan 26 *N Engl J Med* 2012; 366:348-359

AMGEN Porto Symposium: Improving Dialogue in Cardio - Renal Disease 03 to 04 February 2012

The focus of the symposium was to increase the dialogue between Cardiologists and Nephrologists in areas of mutual interest: Cardio- Renal Syndrome.

The Keynote lecture was unrelated to Cardio – Renal Disease but was a very interesting presentation on clinical nephrogenetics. The speaker, Professor Jean – Pierre Grünfeld, looked at other genetic syndromes that have a component of renal disease. This was a thought provoking lecture which will bear some further reading about the subject.

The main focus of the Symposium was introduced by a seamless and enjoyable “double act” presented by the Kalra Brothers. They maintained that Cardiac and Renal disease are indelibly linked and interdependent with causes such as dyslipidaemia, hypertension, diabetes, smoking and genetics. An accepted grading system for Cardio –Renal disease was outlined for the delegates, which allows physicians to realise the risks related to particular clinical situations.

One whole session examined developments in Mineral Bone Disease associated with Chronic Kidney Disease. Professor Ritz looked at the cardiovascular consequences of the condition. The need to detect vascular calcification was highlighted. A simple Abdominal Aorta calcification scoring system was introduced. This system required a lateral lumbar X – Ray to assess calcified deposits in the abdominal aorta. It appears to be a fast and simple method, which only requires low radiation from the X – Ray can be easily reproduced by other physicians.

Anaemia was discussed in relation to heart failure by Professor Stefan Anker. It was presented that iron deficiency and anaemia in heart failure is not one but two distinct problems. I enjoyed this presentation, not least for his suggestion that the outcome of the TREAT Study (Pfeffer et al, 2009) may have had a different result if all patients on both treatment and placebo arms of the trial had been treated with beta – blocker antihypertensive medication. Professor Anker suggested that anaemia in heart failure would benefit from treatment with intravenous iron therapy and Erythropoietin Stimulating Agents (ESAs) (van Veldhuisen, D. J. *et al* (2011)).

Current perspectives in the management of renal anaemia were discussed with Professor MacDougall examining blood transfusions and intravenous iron therapy. Professor Parfrey followed this by looking at ESA therapy alluding to but not discussing impending revisions to anaemia guidelines.

There then followed a lively panel discussion about anaemia management. It appeared to me that there is not universal agreement on the treatment necessary in renal anaemia.

This symposium allowed a very valuable opportunity to improve my knowledge of various topics in renal disease. It was enjoyable to meet and network with other professionals working in renal medicine and anaemia.

Iain Wittwer

References:

Dirk J. van Veldhuisen, Stefan D. Anker, Piotr Ponikowski and Iain C. MacDougall: Anemia and iron deficiency in heart failure: mechanisms and therapeutic approaches: *Nat. Rev. Cardiol.* 8, 485–493 (2011); published online 31 May 2011; doi:10.1038/nrcardio.2011.77

Pfeffer MA. Burdmann EA. Chen CY. Cooper ME. de Zeeuw D. Eckardt KU. et al for the TREAT Investigators. A trial of darbepoetin alfa in type 2 diabetes and chronic kidney disease. *New England Journal of Medicine.* Nov 2009; 361 (21): 2019-32.

Dates for Your Diary in 2012 - 2013

Tuesday 1st - Thursday 3rd May

BRS Conference, Manchester Central

Tuesday 12th -Thursday 14th June

**Renal Association Conference
The Sage, Gateshead**

Wednesday 4th -Thursday 5th July

**Supportive Care for the Renal Patient 2012
Hammersmith Hospital, London, W12 0HS**

Saturday 15th - Tuesday 18th September

**EDTNA/ERCA International Conference
Strasbourg, France**

Friday 28th - Saturday 29th September

**Renal Pharmacy Group Conference
ICC Manchester**

Thursday 4th - Friday 5th October

**5th Annual Conference Home Dialysis
The Lowry Hotel, Manchester**

Tuesday 30th October - Sunday 4th November

ASN, San Diego, USA

Monday 13th May - Thursday 16th May 2013

**BRS Conference
Manchester Central, Manchester**

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

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