

AN INTRODUCTION TO MANAGING KIDNEY HEALTH

ONE DAY WORKSHOP

BRITISH COLUMBIA
INSTITUTE OF
TECHNOLOGY

SCHOOL OF
HEALTH SCIENCES

www.bcit.ca/study/courses/nsnn0150



Kidney disease is on the rise in Canada and throughout the world. With “an estimated two million Canadians hav[ing] kidney disease, or at risk” (kidney.ca), there is an urgent and growing need for health practitioners to understand how kidney disease develops and how to delay its progression. The Specialty Nursing Nephrology Department at BCIT is proud to offer a unique and practical kidney workshop. This workshop will provide essential, foundational information to health-care providers on the management and understanding of kidney disease.

This workshop is designed for health-care providers who do not work in a renal area but who do work with renal patients. Participants will enjoy learning about the kidney and the impact of impaired kidney function in fun and stimulating ways. By the end of the day participants will have learned strategies to delay the progression of kidney disease, understand how it interacts with and complicates other conditions, know available renal replacement options, be able to interpret basic renal lab values and support clients who are living with kidney disease.

This workshop is designed for:

- > Non-renal registered nurses, licensed practical nurses, care aids, undergraduates registered nurses and allied health professionals working in acute, community and residential care facilities
- > Health-care providers unfamiliar with the complexities of renal disease and the effects of kidney disease on the body
- > Health-care providers who want to know how to support individuals living with kidney disease or who wish to learn how to delay the progression of renal disease.

LEARNING OUTCOMES

- > Explore healthy kidney function and the impact of impaired kidney function
- > Learn common and uncommon causes of kidney dysfunction
- > Investigate the connections and complications of co-morbidities such as diabetes or cardiac disease on renal disease
- > Follow the progression and associated signs and symptoms of kidney disease
- > Learn the basics of a renal specific assessment
- > Learn strategies to delay the development or progression of kidney disease
- > Explore renal replacement options
- > Discuss the creation and caring for dialysis accesses
- > Interpret basic renal lab values and understand renal pharmacology associated with maintaining kidney function
- > Review a renal diet as it relates to lab values and prolonging kidney function.



MORE INFORMATION

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Visit bcit.ca/study/courses/nsnn0150 to register today.

Workshop Details – NSNN0150

Cost: **Early registration, before September 1, 2010**
\$140
Regular registration, September 1- September 10, 2010
\$160

Date: September 17, 2010

Time: 7:30 am – 4:30 pm

Location: British Columbia Institute of Technology,
Burnaby Campus
3700 Willingdon Avenue,
Burnaby, BC V5G 3H2
SE2 - Town Square A/B

Please note –workshop tuition cannot be returned after registration closes. No substitutions please. Only those who have registered may attend.

Instructor Biographies

Anar Dossa, BScPharm, CDE

Anar is a pharmacist and certified diabetes educator. She works mainly at Vancouver General Hospital as the Staff Development Coordinator and at the outpatient diabetes and kidney clinic. She provides outreach presentations to groups such as the Osteoporosis Society, TOPS (Take Off Pounds Sensibly), and other support groups. Anar also lectures at the University of British Columbia to undergraduate and graduate level students.

Leigh White, RN, BSN

Leigh has been working in nephrology nursing for 20 years with experience in multiple renal areas including in-patient and out-patient hemodialysis, peritoneal dialysis, kidney function clinics and kidney transplantation. Additionally, Leigh has been a faculty educator with the BCIT Specialty Nursing Nephrology Department for over 12 years and is currently the Program Head of the department. More recently, Leigh developed the Renal Triage Nurse role at Vancouver General Hospital and worked in conjunction with the research division of UBC and a transplant Nephrologist on a pre-emptive renal transplant pilot project.



Kidney Fast Facts

- > An estimated two million Canadians have kidney disease, or are at risk.
- > Kidney disease is strongly associated with other chronic health conditions: up to 30 percent of people with diabetes and 35 percent of those with heart disease also suffer from some degree of kidney disease.
- > Of the 4,167 Canadians on the waiting list for a transplant as of December 31, 2009, 2,941 (71%) were waiting for a kidney.
- > In 2008, there were 36,638 Canadians on renal replacement therapy and this number is expected to double over the next 10 years.