You have been referred to the renal specialist nurse service

We are a team of nurses who work alongside your kidney doctor, dietitians, kidney patient advisors, your primary care team (GP surgery, practice/district nurses) and of course you and your family/carers, to help manage your kidney problems.

Most people are referred to us when their kidney function is working at less than 20% of normal. This means that your kidneys cannot do their usual jobs such as:

- removing water and waste products from your blood
- regulating your blood pressure
- keeping your bones strong
- helping you make red blood cells.

Some people will need dialysis or a kidney transplant to do the work of their kidneys.

The aims of the specialist nurse service

- To help you to understand your kidney problems so that you are able to make an informed decision about your future care.
- To monitor your kidney function and help to manage any associated symptoms.
- To provide support with your general health and wellbeing.
- To make sure the option of dialysis therapy is explored in good time and you are prepared for this treatment, if appropriate.
- We will support you and provide appropriate care if you choose not to have dialysis treatment for your kidney condition.
At your first visit we will provide you with ‘My Kidney Care Record’. This record contains some important and useful information about what is happening to you as well as a care planning section for you to keep notes about your kidney condition.

Please remember to bring these records to all appointments at the renal clinic. You will need to give it to the nurse/doctor that you are seeing, as well as taking it to your GP and any other hospital appointments that you may have. This will greatly improve the communication between us and any other teams who are involved in your care.

As a team we aim to deliver the highest possible standard of care to our patients. By working in partnership with you we hope that you will feel valued, fully informed and that you get the very best from the support that is available.

Please remember you can always contact us if you have any questions or want to share your concerns. Please telephone your local renal unit for advice.

**Milton Keynes Renal Unit**
Tel: 01908 243 283

**Swindon Renal Unit**
Tel: 01793 605 284

**High Wycombe Renal Unit**
Tel: 01494 426 472

**Oxford Renal Unit**
Tel: 01865 226 158

Alternatively, you can email the renal specialist nurses at:
predialysis@ouh.nhs.uk
If you need an interpreter or need a document in another language, large print, Braille or audio version, please call 01865 221473 or email PALSJR@ouh.nhs.uk