



Oxford University Hospitals  
NHS Foundation Trust

Oxford Kidney Unit

# Renal Specialist Nurse Team

Information for patients with chronic kidney disease



## Why have I been referred to a Renal Specialist Nurse?

We are a team of nurses who work alongside your Renal Team and your family/carers, to help manage your kidney problems.

You have been referred to us because your kidney function is working at less than 20% of normal (CKD Stage 5). 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.

You may need dialysis or a kidney transplant to do the work of your kidneys.

## What does the Renal Specialist Nurse Team do?

- They help you to understand your kidney problems, so that you are able to make an informed decision about your future care. This may include dialysis, kidney transplant or conservative care.
- They will monitor your kidney function and help to manage any associated symptoms.
- They provide support with your general health and wellbeing.

At your first visit they will give you a **'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 the 'My Kidney Care' record to all appointments** at the Renal Clinic. You will need to give it to the nurse/doctor that you are seeing. You may also wish to take it to show your GP and to any other hospital appointments that you may have.

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 996 489

### **Swindon Renal Unit**

Tel: 01793 605 284

### **High Wycombe Renal Unit**

Tel: 01494 426 347

### **Oxford Renal Unit**

Tel: 01865 226 158

01865 223 796

01865 225 359

Your Renal Specialist Nurse will provide you with an email address:

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## Further information

### **Oxford Kidney Unit**

This has useful information about the unit.

Website: [www.ouh.nhs.uk/oku/](http://www.ouh.nhs.uk/oku/)

### **PatientView**

This shows your latest blood results, letters and medicines.

Website: [www.patientview.org](http://www.patientview.org)

### **NHS Choices**

NHS Choices has a wide range of information about health related illness.

Website: [www.nhs.uk](http://www.nhs.uk)

### **National Kidney Federation – Kidney Patients UK (NKF)**

UK kidney patient charity with lots of information on all aspects of kidney treatments.

Website: [www.kidney.org.uk](http://www.kidney.org.uk)

### **Kidney Care UK**

Kidney patient charity providing advice, support and financial assistance.

Website: [www.kidneycareuk.org](http://www.kidneycareuk.org)

## 100,000 Genomes Project

World class research is carried out at Oxford University Hospitals. We are also a Genomics Medicine Centre and you may be eligible to take part in the 100,000 Genomes project. During your visit you may be approached about clinical research studies and the Genomes project. If you would like further information, please ask your healthcare professional or visit the website: [www.ouh.nhs.uk/research/projects/genomes.aspx](http://www.ouh.nhs.uk/research/projects/genomes.aspx)

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **[PALS@ouh.nhs.uk](mailto:PALS@ouh.nhs.uk)**

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[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)

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