



March 2020

If you would like to contact me I am based in the renal department at St George's hospital.

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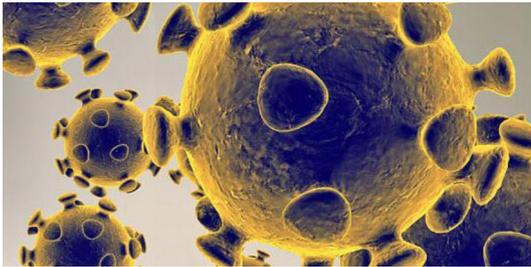
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If you would like to write a piece or if you have read an article which you think might be interesting for others to read next month please don't hesitate to contact me!



Coronavirus Update



Understandably coronavirus (COVID-19) is a topic which is on all of our minds currently. I know many of you have questions regarding specific advice about coronavirus and renal conditions. Dr Popoola has been working in collaboration with the St Georges Kidney Patients Association (SGKPA) and

they have published some very useful information and guidance on their website.

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General advice on how to protect yourself

Touching frequently handled objects, particularly in public places, as well as being in close proximity to people coughing and sneezing, are the main ways of spreading the virus.

On the whole the best way to protect yourself is:

- using and disposing of a tissue when coughing or sneezing.
- employing good hand hygiene, by washing hands regularly especially before eating.
- avoid touching the face especially eyes and mouth.

<https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

The virus can be inactivated by alcohol hand gels but also soap and water.

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Kind Independent Daring Nice Empowered Young Adults

Feeling overwhelmed or stressed?

If you feel either of the above.
You are not alone.

Recent research shows that the under 30s are feeling stressed and overwhelmed more than ever reported before. Scientists, Doctors, Psychologists and Sociologists around the world are trying to understand why.

If you are feeling overwhelmed and/or stressed don't feel you have to deal with it alone

Below are some useful contacts:

The Crisis Line on 0800 028 8000 this is the Trust's out-of-hours crisis and home treatment service

Or you can...

- **visit your local GP;**
- **ring NHS helpline: 111 (24 hours) telephone support and advice;**
- **or go to your local Accident & Emergency department**

In an emergency where you feel the individual may be a danger to themselves or another person, telephone the local police station for assistance

Samaritans 116 123 (24 hours)

Provides 24-hour confidential emotional support.

You can contact the Samaritans Free Phone Helpline 116 123

Shout Text Shout to 85258

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help

Rethink National Advice Service 020 8974 6814

Monday, Wednesday, Friday: 10am-3pm;
Tuesday and Thursday: 10am-1pm. Rethink offers some useful advice on how to get help for both users and Carer's

National Kidney Patients' Helpline: 0800 169 0936

The NKF runs the only UK Helpline dedicated to kidney patients with two fully trained, experienced advisers providing a 5 day per week service to kidney patients, carer's and healthcare professions and Renal Units.

The NKF Helpline is open from 9am until 5pm Monday to Friday

My Kidney <https://www.mykidney.org/home.aspx>

This website is all about kidney disease and how people live with it.

