

Sunshine WI Oct. 92

by Ruby Proudfoot

Theresa Ryan, hostess and program convenor for Sunshine WI, introduced her guest speaker, Reta (Ryan) Brownrigg of Greely, Ontario, at the October meeting. Mrs. Brownrigg, a registered nurse in the kidney dialysis division of an Ottawa hospital, trains nurses and staff in the dialysis procedure.

Chronic kidney disease is slow, progressive and irreversible. In their hospital they have about 90 patients, ages 18 to 85, who receive dialysis three times a week.

The speaker showed a video entitled "Options for living with kidney failure". Patients who have kidney failure become very tired and their legs are weak and numb. They are bothered by dizziness and blurred vision.

Haemodialysis is one option for the patient, when the blood is removed, cleaned and put back. This is done three times a week. This is an effective method and some patients can do it at home. With this method, patients have physical ups and downs, have some diet restrictions, and are sometimes bothered by nausea.

Another method of coping with the disease is by peritoneal dialysis when a catheter is put into the peritoneal cavity and the liquid is drained and replaced. This method takes half an hour and must be done four times a day.

A third method allows a patient to be hooked to a

dialysis machine while sleeping at night. This type of dialysis is more restrictive to a patient's ability to travel.

About half of kidney patients are candidates for a kidney transplant which involves major surgery. After a transplant, the patient has much more energy and fewer diet restrictions, however, to prevent rejection, strong drugs must be taken the rest of the patient's life, and these sometimes cause side effects.

The patient must be careful of infections and gains weight more easily.

A child on dialysis doesn't grow, so if possible, a child should have a transplant, Mrs. Brownrigg said.

Besides her work with the Dialysis Unit, Mrs. Brownrigg is president of the Canadian Association of Nephrology for nurses and technicians and has just finished a term as editor of the association's quarterly journal.

Mrs. Ryan thanked her guest and presented her with a gift.

Members planned the program and lunch for their annual birthday party at the Maxville Manor. A letter of thanks will be sent to Dan Beamish of Ottawa who donated tomatoes and cucumbers for the Riceville Fair meals.

A Centennial Book, a readable grass roots history of the Women's Institute which will include at least 150 photos, is being prepared, and members were invited to pre-order their copy.

Anne Nicholas reported on the district meeting held recently at the West Hawkesbury township hall. She noted that the 4-H Awards night is slated for Nov. 20 at the Caledonia Community Centre.

Many interesting answers were given to the Roll Call "A first aid remedy that worked for you". At this time of year when coughs

and colds are prevalent, one remedy was carefully noted: take 1/2 cup of honey, 1/4 cup of water, 1 tsp. ginger, a clove of garlic, and bring the mixture to a boil. Cool and refrigerate. Very good for coughs and colds. No mention was made if the user should keep some Clorets handy.

A social hour concluded a very interesting meeting.