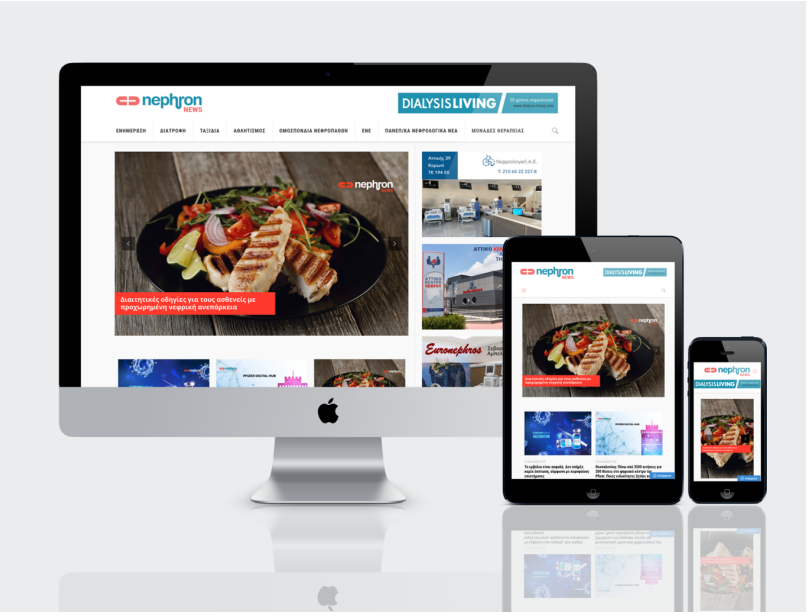
Good practices for the Professional integration of adults with Chronic Kidney Disease in Greece

1.

Name of the good practice	**Portal** **https://www.nephron.gr/**
A general description of the good practice	It's a web portal about health and renal disease, where users can find all the related information gathered in one place.
Details about the activity	● The idea of the creation of the web portal was based on the digital transformation. During the COVID19 pandemic our everyday tasks were customised to the digital world, making it the perfect time to insert the idea of the nephron. ● It is important to highlight that the website is daily updated with fresh content. ● The available information can be categorised to the following sessions: ○ Dialysis ○ Diet ○ Travel

	○ Sports ○ Kidney Patients' Federation ○ Hellenic Society of Nephrology ○ University Nephrology News ○ Treatment Units
Where was it implemented?	Greece
Who was involved?	Patients with CKD and their carers, doctors and healthcare professionals
A picture from the practice	
A statement from the person who is sharing the good practice, about what this	“I was in shock, I was depressed and sadness was my new mental state of mind. My future was full of obstacles and there was nothing to hope for” - **Antonis Hadjisavvas**

activity has done for their health	- Irene Kotsifakou: Married with Antonios, caregiver and co-founder of DIALYSIS LIVING renal journal, nephron.gr and SMART PD CASE - peritoneal dialysis suitcase / Bachelor Degree in Business Administration
Website, email, or social media pages of the good practice/organisation that implemented it	https://www.nephron.gr/ https://www.facebook.com/nephron.gr https://www.youtube.com/channel/UCjKUvaZhPRZUr1CA_gOYI4A https://www.dialysis-living.com/ 27 Lycourgou Street, Agioi Anargyroi, P.O. Box 13561, Greece Tel: +30 2108315948, +30 2108547286

2.

Name of the good practice	**Smart PD Case for Patients on peritoneal dialysis**
A general description of the good practice	A suitcase for kidney patients that functions as a small laboratory for the safe application of peritoneal dialysis,which contains everything and allows safe travels and work without having to return every six hours for the change.
Details about the activity	With this product patients could be able to continue going to their work and having a job since they could be away from home at least for 24 hours without the need to get back to it and do the replacement therapy. It helps the patient's psychology as well.Not all patients could afford the case, so it is provided free of charge to peritoneal who need it, through the National Health Care System (EOPYY). It is also approved by the National Organisation for Medicines (EOF) for CE marking, in accordance with EU legislation and it is manufactured according to ISO 9001:2015. ● It provides discretion and safety. With the SMART PD CASE the patient can travel or go to work with complete discretion. SMART PD CASE contains everything he needs for the safe application of the peritoneal change, organized in a high-quality aluminum case. ● It is easy to use

	● It contains: suspension hooks (to hang the bag anywhere),body scale, fluid scale (Digital scale to weigh the amount of the excreted body fluids, which remains active throughout the outflow procedure),blood pressure monitor, heating system (Specifically designed for the peritoneal dialysis with an advanced technology thermostat, in order for the heating levels to remain stable and to be automatically adjusted to the temperature levels that were originally chosen),change area (Area for the change, made by a strong, transparent material which can be sterilized before each use) ● It is compatible with all the existing PD systems. The portable peritoneal dialysis system SMART PD CASE is compatible with all the PD systems and the matching sacks, even with the Fresenius system by using the Stay safe (the suction cups base)
Where was it implemented?	Greece, Cyprus
Who was involved?	Patients on peritoneal dialysis, caregivers, professionals (2 month training for the device)

If possible: A picture from the practice	
If possible: A statement from the	Antonis Hadjisavvas

person who is sharing the good practice, about what this activity their work - life balance	
Website or social media pages of the good practice/organisation that implemented it	https://smartpdcase.com/ 27 Lykourgou street Agioi Anargyroi, 13561 Phone: +30 210-8315948 Email: info@smartpdcase.com Social Media

3.

Name of the good practice	**Saronic Nephrological Centre (Dialysis Unit in a Greek Island)**
A general description of the good practice(up to three sentences)	The Saronic Nephrological Centre is a pioneering movement funded by a private institution in the area of clinical nephrology with the objective to offer anthropocentric therapeutic services to outpatients with symptoms renal insufficiency or to patients who have end stage renal dysfunction and are required to have dialysis sessions.
Details about the activity (up to three paragraphs)	1. It started operating in November of 2009, with the potential to become a benchmark for Greek and foreign visitors. 2. They use all types of hemodialysis (hemodialysis and hemodiafiltration), and they have chosen to partner with leading multinational companies with expertise in the field of dialysis. The necessary infrastructure needed in order to achieve that, is customised to every patients individual needs and consists of: ten (10) B Braun DIALOG + dialysis places, with the corresponding ISO 9001:2000 certification for the disposables, staff 9 dialysis units in the main room, and one unit for Hepatitis + patients, and aided by three spares. 3. GOALS: ● Complete and certified medical treatment. ● Individualised intervention-therapy, tailored to each patient’s needs.

	• Decent presence and behaviour of staff associated with Saronic Nephrological Centre, with relevance to the good mood and positive atmosphere we wish for our patients to have. • Continuous improvement of our offers, through seeking the most effective methods of therapy.
Where was it implemented?	Aegina, Greece
Who was involved?	Professionals, Patients CKD, Caregivers

A picture from the practice	

A statement from the person who is sharing	“We chose to create the dialysis unit in Aegina, to serve the permanent dialysis patients of the island, but also for our

the good practice, about what this activity has done for their professional life?	own professional security through the creation of our own autonomous business." "With the start-up of the unit in 2009, we are ensuring the provision of dialysis services to the residents of Aegina and holidaymakers visiting the island for their holidays" “Having your own enterprise gives you more flexibility to work at your own pace” **Michalis Sekadakis**
Website or social media pages of the good practice/organization that implemented it	Website: https://www.dialsc.gr/ Facebook: https://m.facebook.com/profile.php?id=100063714747047&_rdr Twitter: https://twitter.com/UnitSnc Address: Vasileos Konstantinou 11 Kypseli, Aegina, 18010, Greece Email: **aegina@dialsc.gr**

4.

Name of the good practice	**Working as a teacher in a music education school for an adult with chronic kidney disease**
A general description of the good practice(up to three sentences)	Working as a teacher in a public music school in Heraklion, Crete.
Details about the activity (up to three paragraphs)	Despite the difficulties created by chronic dialysis (3 times a week) in a private health facility in Heraklion, Crete, Mr Marios Markopoulos continues to work as a teacher in a public music school in Heraklion. He started in 2015 as a substitute teacher and in 2022 he received a permanent position at this school. On his dialysis days he has flexible working hours. And he is entitled to an additional 6 days of leave per year. Marios' permanent employment at the music school in Crete was made possible thanks to the special law 2643/1998 which gives extra points to people with disabilities in the recruitment process.
Where was it implemented	Heraklion, Crete, Greece

Who was involved?	Patient CKD as a music Teacher in public secondary school
A picture from the practice	
A statement from the person who is sharing the good practice, about what this activity has done for their health	“Working in a music school is very creative, I am happy to work in an educational space like the music school of Heraklion, Crete” Marios Markopoulos

Website or social media pages of the good practice/organisation that implemented it	https://www.facebook.com/marios.markopoulos.3 http://gym-mous-irakl.ira.sch.gr/temp/ https://www.san.gr/