

AYLESBURY SURGERY HEALTH & ENGAGEMENT FORUM



ISSUE 31

March / April 2024

Organ Donation

TRIBUTE TO LIFE CONFERENCE DELHI— INDIA



Celebrating Diversity – A Commonwealth Tribute to Life conference took place on 22nd, 23rd and 24th March 2024, at the Hotel Courtyard Marriott in Gurugram, India.

A tribute to life project offers a unique opportunity to highlight the ongoing need to increase levels of organ and tissue donation and transplantation across the commonwealth countries.

Dr Satya Sharma MBE, Deputy Lord Lieutenant of the west Midlands chairs the Project “Commonwealth Tribute to life” He was joined by Countries and organisations from all over the world, even outside commonwealth countries.

Many representatives of organisations from all over the world joined hands to raise awareness of the need for organ and tissue donations.



Mr Rajash Mehta, Chairman of Aylesbury Surgery Health & Engagement forum -In his speech Mr Mehta emphasis supporting role plays to get organ Donation message across.



INSIDE THIS ISSUE

Tribute to Life conference	1-2
Organ Donations	3- 4
Ms Pallavi Kumar	5
Mohan foundation	6
Lacinda Barry AM.	7
Dr Job Kasweshi MD,	7
Processed foods	8
Community Pharmacies	9
Healthy Eating	10-11
New Staff	12
111 Approach	13
Organ Donation	4



Commonwealth Tribute to Life



Dr. Ali Abdul Kareem Al Obaidli (Left)

Dale Gardiner (Middle)

New clinical head of organ donation for NHSBT UK with

Dr Satya Shama MBE

Deputy Lieutenant for the West Midlands, UK also Chair Tribute to Life Board, NHSBT UK

Mr Rajash Mehta (Left)

chairman of Aylesbury Surgery Health & Engagement Forum

Dr. Ali Abdul Kareem Al Obaidli

Consultant Nephrologist and Transplant Physician at Sheikh Khalif Medical City (SKMC), The imperial College London Diabetes Centre and Chairman of UAE National Transplant Committee



Mr Rajash Mehta (Left)

chairman of Aylesbury Surgery Health & Engagement Forum

&

Dr Balaji Dandi

Nephrologist
BAHRAIN



Ground Breaking Achievement

Ground breaking international conference on Organ Donation and Transplantation took place in India in March 2024.

The aim of the conference was to raise awareness of the need for organ and tissue donation amongst the ethnic minority by bringing together individuals from the diverse Commonwealth community who share a common commitment to promoting ethical organ donation and transplantation. This prestigious event, hosting senior clinicians, practitioners, advocates and policy makers from Commonwealth nations, offers an unparalleled platform to align with senior, like minded leaders in this field.

Though, there is an increase in organ and tissue donation in the ethnic majority the numbers still fall way below the demand.

Campaign objectives

- Increase knowledge about living and deceased organ donation amongst people of Black and Asian heritage
- To get the best treatment, people need blood which is closely matched to their own. This is most likely to come from a blood donor of the same ethnicity. Yet only 2% of current blood donors are of minority ethnic heritage
- Lack of transplantation awareness; Religious beliefs and misperceptions;
- Distrust of the medical community;
- Fear of premature declaration of death after signing a donor card;

- Fear of racism (black donor preference for assurance of black receivership).

Organ Donations

If more people with these ethnic backgrounds donated their organs after death, or as a living donor, then transplant waiting times would reduce

You could even save someone's life.

Although organs are not matched by race and ethnicity, people of different races are more likely match one another, all individuals waiting for an organ transplant will have a better chance of receiving a transplant if there are large numbers of donors from their racial or ethnic background. This is because compatible blood types and tissue markers—critical qualities for donor and recipient matching—are more likely to be found among members of the same ethnicity. So, more diversity in the donor pool helps everyone.

How Are Organs Matched?

When a person passes away and becomes a donor, medical information such as blood type, body size and location of the hospital is entered into the National transplant database. The database then creates a list of individuals on the Waiting List who would best match the donor. Unique lists are created for each donor and each organ. Organs from every donor are matched with people on the

waiting list based on:

- blood type
- body size
- Organ size
- how sick they are
- donor distance
- tissue type
- and time on the waiting list

Again, although ethnicity, gender, religion and financial status are not part of the organ transplant matching system and people of different races frequently match one another. A greater diversity of donors may potentially increase access to transplantation for everyone.

Remember there are many types of organ and tissue donations you can help with including the following :

- [Blood Donation](#)
- [Platelet Donation](#)
- [Plasma Donation](#)
- [British Bone Marrow Registry](#)
- [Tissue Donation](#)
- [Cord Blood Bank](#)

The increased demand for some rare blood subtypes, such as Rh, that are more common in people of Black heritage means we need more Black people to become blood donors.

Donors from Black heritage communities provide better matched blood to those who need it.

Demand for these subtypes is growing as more people have regular transfusions to treat blood disorders such as sickle cell.

If you are interested in signing up or would like more information on organ, blood or tissue donation please visit the NHSBT site:

<https://www.organdonation.nhs.uk>

The organ donation process involves a specialist team who ensure that donors are treated with the greatest care and respect during the removal of organs and tissues for donation.

Only those organs and tissue specified by the donor and agreed with the family will be removed.

Your faith and beliefs will always be respected

Under the Human Tissue Act 2004 and the Human Tissue (Scotland) Act 2006, it is an offence to give or receive a reward for the supply of, or for an offer to supply, any organ or part organ.

It is also an offence to seek to find a person willing to supply any organ or part organ for reward. A reward could be any money, gift or other benefits with a financial value which influences the decision to donate an organ. As such, any offer of a reward in exchange for an organ is an offence in the UK.

All donors are asked to provide a signed declaration confirming there is no reward associated with the organ donation and transplantation. It is also an offence to receive a reward after the donation has taken place.



Ms Pallavi Kumar

***Co-Organising Secretary
Executive Director
MOHAN Foundation***

Ms Pallavi Kumar is the Executive Director of MOHAN Foundation, a National NGO that has been working for 25 years to promote deceased organ donation and transplantation in the country. She was instrumental in setting up the NCR office of MOHAN Foundation in 2011. She has subsequently provided support to start the Rajasthan and Manipur office of the Foundation.

Pallavi's skills lie in working closely with hospitals (both government and private) to help them put systems in place promote deceased organ donation. She has been closely and passionately involved in the unenviable task of speaking to families in their time of grief and loss, encouraging them to consider organ donation to save other lives. She is one of the main trainers of the Foundation and has been part of capacity building programs across the country.

Pallavi has scaled Everest Base Camp (17600 feet) in 2018 & Mount Kilimanjaro (19,341 feet) in 2019 as her tribute to organ donor and their families.

"In celebrating diversity, we recognize the beauty in our differences and the strength in our unity, for it is through our collective efforts that we can truly make a difference in the world".

The 'Celebrating Diversity – A Commonwealth Tribute to Life' conference, slated for March 22, 23 & 24, 2024, at the Hotel Courtyard Marriott in Gurugram, Delhi, marks a crucial milestone in our journey towards promoting ethical organ donation and transplantation within the Commonwealth community.

Throughout the conference, diverse activities such as panel discussions, interactive sessions, and networking opportunities reflected a shared commitment to advancing the field of organ donation and transplantation.

At its core, this conference aims to serve as a beacon of knowledge exchange, providing a platform for experts, practitioners, policymakers, and advocates to share insights and research findings, addressing challenges, and seizing opportunities to save and enhance lives through organ donation and transplantation amongst the commonwealth nations.

The gathering fosters collaboration and networking to forge partnerships, advance research, and develop innovative solutions for equitable access to organ transplantation, for all. Furthermore, it served as a platform for raising awareness and advocating for the importance of ethical organ donation and transplantation, in-

creasing donation rates, improve access to transplantation services, and ensuring fair distribution of organs.

The Policymakers were invited to discuss evidence-based policies and regulations, shaping the landscape of transplantation ethics, infrastructure, and support services. Capacity building initiatives empower healthcare professionals and stakeholders, enhancing quality of care and improving transplant outcomes.

In conclusion, the conference aimed to celebrate diversity, unite efforts and collaborate towards our shared goal of saving and enhancing lives through organ and tissue transplantation

MOHAN (Multi Organ Harvesting Aid Network) Foundation – Saving Lives for 27 years

A pioneering NGO with a unique mandate

of promoting deceased organ donation in the country, MOHAN Foundation was set up in 1997 in Chennai. It took up the cause of organ donation at a time when no one in the country was talking about it and the environment was hostile towards this highly taboo topic and in therefore has been a torch bearer in this space.

Its unique mission is to ensure that every Indian that is suffering from end stage organ failure, be provided with the gift of a new lease of quality life through a lifesaving organ.

Taking a 360 degree approach the Foundation has been relentlessly working to create awareness on organ donation amongst the public & healthcare workers, training medical & para medical professionals, working with hospitals to set systems to enable organ donation and working closely with State and Central Governments to create a strong ecosystem for organ donation.

Its strength lies in grief counselling and carrying out the unenviable task of speaking to families at the time of the death of a loved one and encouraging them to think about organ donation so that those who are suffering with organ failure can benefit from a lifesaving transplant.

Join in MOHAN Foundation's endeavour to ensure that 'No Indian dies for want of an organ'. Let us normalise the conversation around this difficult, yet important topic, that has the Power to Save many lives.



Dr Sunil Shroff
*Managing Director and
trustee MOHAN Fondation*



Organ Donation Lucinda Barry AM

Lucinda Barry AM

Lucinda is an engaging leader whose career has been purpose-led in making a real difference in the Australian community. She has held leadership positions in the Australian Government, the Australian Public Service and in healthcare.

Lucinda was honoured and humbled to have her significant service to health policy in executive roles recognised when

she was appointed a Member of the Order of Australia (AM) in the Australia Day Awards 2023.

Lucinda started her career as a Registered Nurse specialising in Emergency and Major Trauma before becoming a Director of Nursing. Her career moved into public policy which led to her becoming the Prime Minister's senior advisor in health and social policy for three years – a highlight of her career.

She has been the CEO of the Australian Organ and Tissue Donation and Transplantation Authority since 2017, leading the Australian Government's national program to increase organ and tissue donation for transplantation. Lucinda is actively involved in national and international collaboration across governments and provided national leadership throughout the pandemic. She is privileged to lead a program she is passionate about and is life-changing for people who need a transplant and their families.

Lucinda Barry AM

Chief Executive Officer, Australian Organ and Tissue Authority, Canberra Australia



*Dr Job Kasweshi MD, MPH, Assistant Clinical Care Specialist
Kidney Transplant Coordinator
Ministry of Health
Zambia.*

Dr. Job Kasweshi from Zambia writes:

I went through a painful journey not knowing that one day I would be a channel of hope to patients battling with kidney failure. When I was diagnosed with kidney failure I asked myself why me? Its always hard to accept such news, but I have learnt to be grateful for life no matter what I go through.

In 2018 I had my kidney transplant and I was fortunate enough to have a loving brother who was kind enough to share a kidney with me. I thank God for allowing me to go through what I went through for the sake of others because its through my struggles that I now understand what renal patients go through each day and this has been helpful to me as I work with these patients.

To those battling with kidney failure remember "No matter how dark it gets, light will always come with a new day." so never give up.

Follow me on;

Facebook Dr. Job Kasweshi

Instagram: @jkasweshi

Organ donation for commonwealth countries- A tribute to life

As we know organ donation is most humanitarian act of giving organs. During life, only one kidney or half of liver can be donated. Alternately, after death many organs can be donated such as heart, lungs, liver, two kidneys, pancreas and intestine. New on the list is uterus for both live and after death donation. Tissues such as heart valves, tendons, skin and eyes can be donated and new on the list is hand.

Organ failure is the main reason requiring new organs. The demand is far more than supply and no country has achieved self-sufficiency. Thus the waiting lists are long and getting longer since people are living longer and there are more people being put on the list requiring organs.

An amazing initiative was conceived in 2019. This was to have a memorandum of understanding (MoU) for all commonwealth countries. It was very appropriately named "Commonwealth -tribute to life". Through this all countries were to share guidelines and protocols. Arguably these are available on website but hardly anyone wishes to delve in these due to lack of connectivity. Additionally, the reasons for success are not available on the websites..

For these reasons this memorandum of understanding was created to cater for above mentioned factors. After three years of strenuous efforts despite pandemic it took our team in United Kingdom three years to make this happen. It was launched on commonwealth day in March 2022 and inaugurated in July a week before commonwealth games in Birmingham.

Currently 44 countries out of 56 (80%) are signed up reaching a population of over 98 percent, approximately 2.53 billion citizens of Commonwealth countries will benefit from this project.

India decided to celebrate two years of completion of this project as "celebrating diversity" in March this year by holding a three day conference 22-24 March 2024. Representatives from 11 countries participated in the conference and all 17 organisations signing the MoU including Inter-faith Telford were also invited. Mr Rajash Mehta representing Inter Faith Telford was one of the 125 attendees.

The conference was very successful and debated the ways of enhancing organ as well as tissue donation in each country by sharing best practice. We know that most delegates will take a lot of messages away to be put in practice where they live and work. Hopefully this will be followed by another conference elsewhere in the future. United Kingdom was applauded as the leader in arranging to bring all these countries together. As they say "if you wish to walk faster go alone but for going longer go in teams".

Satya Sharma MBE,DL
Chair CWTtL board NHSBT



Dr Satya Sharma MBE—Deputy Lieutenant for the West Midlands, UK also Chair Tribute to Life Board, NHSBT UK

COMMUNITY PHARMACY NOW PLAY A CRITICAL PART OF PRIMARY CARE

Community pharmacy is a critical part of primary care in England, but its role and relationship to the wider NHS is often poorly understood.

New framework put in place sets the direction for community pharmacy as one that is increasingly clinically focused, with less emphasis on dispensing and more on providing advice and other support for patients in the community setting.

Patients in England will be now be able to get treatment for seven common conditions at their pharmacy without needing to see a GP, as part of a major transformation in the way the NHS delivers care.

According to NHS England, the new scheme will save up to 10 million GP team appointments a year and help patients access quicker and more convenient care, including the supply of appropriate medicines for minor illness.

You don't need an appointment and anything you say to the pharmacist is treated with confidence.

Patients can simply turn up to their local participating pharmacy, where they can ask for a private consultation. Pharmacists will ask for your name, date of birth, address and GP practice to register for the service.

These are the seven conditions pharmacists will be able to issue prescriptions for:



1. Earache
2. Uncomplicated urinary tract infection
3. Sore throat
4. Sinusitis
5. Impetigo
6. Shingles
7. Infected insect bites



Patients will also no longer need to speak to a practice nurse or GP to access oral contraception before obtaining it from a pharmacy.

Where possible the patients will get an option to be signposted to self-care or other local services (eg community pharmacy or self-referral services).

If you fall within the 7 condition category your Surgery can now book an appointment with a participating pharmacy on your behalf and arrange an appointment for you with a pharmacist.

Eating Healthy Verses Processed foods

Processed foods are not just microwave meals and ready meals.

Living life at a fast phase, we look for quick fixes to save time and jump at buying ready meals or processed foods when we are pushed for time without thinking of the consequences. By consuming processed foods and following a sediment life we do not realise that we cause so much damage to our health until it is too late and start to suffer health problems. Perhaps, then, it's time to rethink our mentality about processed foods and direct more attention to so-called ultra-processed foods. After all, timely research suggests ultra-processed foods specifically can cause health problems, including increased risk of obesity and cancer.

By definition, a processed food is simply one that has been altered from its original form. Heating, pasteurizing, canning, and drying are all considered forms of processing. Some definitions even include refrigeration in the mix.

A processed food is any food that has been altered in some way during preparation.

Food processing can be as basic as:

- freezing
- canning
- cooking
- Drying

What counts as processed food?

Examples of common processed foods include:

- breakfast cereals
- cheese
- tinned vegetables
- bread
- savoury snacks, such as crisps, sausage
- rolls, pies and pasties
- meat products, such as bacon, sausage
- ham, salami and paté
- microwave meals or ready meals
- cakes and biscuits
- drinks, such as milk or soft drinks

Not all processed food is bad for you.

Some foods need processing to make them safe, such as milk, which needs to be pasteurised to remove harmful bacteria. High-fibre breakfast cereals, whole-

meal breads, and some lower-fat yoghurt can also form part of a healthy diet.

Other foods need processing to make them suitable for use, such as pressing seeds to make oil.

What makes some processed foods less healthy?

Ingredients such as salt, sugar and fat are sometimes added to processed foods to make their flavour more appealing and lead to people eating more than the recommended amounts of sugar, salt and fat as they may not be aware of how much has been added to the food they are buying and eating. These foods can also be higher in calories due to the high amounts of added sugar or fat in them.

How can I eat processed foods as part of a healthy diet?

Eating processed foods you have no control over the amount of salt, sugar and fat in processed foods.

Looking at [food labels](#) can help you choose between processed products and keep a check on fat, salt and sugar content.

Most pre-packed foods have the nutrition information on the front, back or side of the packaging.

If the processed food you want to buy has a nutrition label that uses colour-coding, you will often find a mixture of red, amber and green.

When you're choosing between similar products, try to go for more greens and ambers, and fewer reds, if you want to make a healthier choice.

There are guidelines to tell you if a food is high or low in fat, saturated fat, salt or sugar.

Home cooked or freshly made meals from scratch are always a more of a healthy option, as you can control how much sugar, salts or fats go into the meals. Also you benefit more nutritionally if the meals are prepared with fresh fruit and vegetables.



New Staff at Aylesbury Surgery

Welcome



KATRINA BROOM
RECEPTIONIST

Management and all staff members at Aylesbury Surgery would like to welcome our latest staff members that joined us within the last year.

Congratulations and a warm welcome to Katrina and Becky from everyone at the surgery.

We are thrilled and proud to have you as part of the team. You have already proved yourselves an asset to the company.

It is with great pleasure we welcome you both on board as part of the crew. As you may be aware throughout your training that we run a tight ship where everyone supports everyone else with great positivity and a can-do attitude.

You have already proved yourselves and become assets to the company. We can see that you will both continue to fit right in.

We look forward to your journey with us.



BECKY WRIGHT
RECEPTIONIST

How Reiki Can Combat Stress and Improve Your Well-being

Chronic stress is a modern-day epidemic with far-reaching consequences. From headaches and anxiety to weakened immune systems and increased risk of heart disease, the impact of stress on our physical and mental health is undeniable. In this article we discuss how a complementary therapy called Reiki can help you combat stress and live a healthier life.

Stress: A Silent Threat

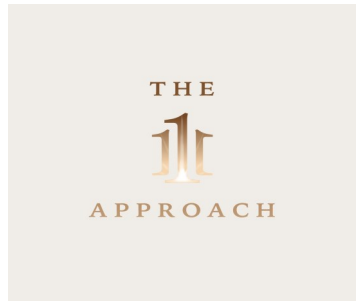
Stress hormones like cortisol can wreak havoc on our bodies. They can lead to high blood pressure, increased inflammation, and weakened immune function. Over time, chronic stress can contribute to a variety of health concerns, including:

- Heart disease
- Stroke
- Diabetes
- Depression and anxiety
- Sleep problems

Introducing Reiki: A Gentle Approach for Powerful Results

Reiki is a gentle, non-invasive energy healing technique that promotes relaxation and reduces stress. A Reiki practitioner places their hands lightly on or above specific points on the body, channelling energy believed to promote healing, with many studies having shown promising results so much so that it is being widely used in hospitals in the UK and worldwide.

Here's how Reiki can help combat stress and improve your overall well-being:



Promotes Relaxation: Reiki sessions can induce a deeply relaxing state, similar to meditation. This allows the body to slow down, lower stress hormones, and promote healing.

Reduces Anxiety: Studies have shown that Reiki can significantly decrease anxiety symptoms, leaving you feeling calmer and more centered.

Pain Management: Reiki may help alleviate pain, a common stress symptom, improving your quality of life.

Boosts the Immune System: Studies suggest that Reiki may strengthen the immune system, making you less susceptible to illness.

It's important to note that Reiki is not a replacement for traditional medical care. However, it can be a valuable complementary therapy that works alongside traditional approaches to promote healing and well-being.

If you're interested in learning more about Reiki and how it can help you and your loved ones combat stress and anxiety please reach out to Lakhmi from The 111 Approach – an award winning and certified Intuitive Reiki Master Teacher and Wellness Coach who has worked in the medical field and is a member of the UK Reiki Federation.

info@the111approach.com 07468 480 232 Follow @the111approach on Instagram for FREE daily 1 Minute Meditations



Lakhmi Bhambra

The 111 Approach

Web -
www.the111approach.com

Socials -
@the111approach

Email - in-
fo@the111approach.com

TEL: 07468 480 232

Aylesbury Surgery

**Health & Engagement
Forum**

.....

**Warren Farm Road
Kingstanding
Birmingham
B44 0DX
West Midlands**

Sign up for our newsletter

Tel:

0747479195

E-Mail:

ashiforum@outlook.com

Facebook:

**Aylesbury Surgery Health &
Engagement Forum**

Twitter: @rajashmehta

COMMONWEALTH TRIBUTE TO LIFE CONFERENCE EVENT

It was a truly enlightening and a profound experience to take part in the "Tribute to life conference. I would like express my gratitude at being able to take part of meaningful engagement at the conference. It was overwhelming to see such dedication in the medical field. So many kindred spirits taking time out to raise awareness for such an altruistic and honourable cause. The importance of Organ and tissue donation in the ethnic communities.

Words can't express what a pleasure it was to be invited to speak at this event to give my views on organ donation. I look forward to contributing my knowledge and insights, as well as learning from other experts in the field by sharing my experience with our readers at Aylesbury Surgery Health & Engagement Forum. I also look forward to potential collaborations and further engaging throughout the local community to share what I have gained through this conference.

I'm sure there are many like myself who would like to join me to thank Dr Satya Sharma MBE and his team for the hard work in organizing what promises to be an enlightening and engaging experience for everyone that attended.

To the organizers of the event, the success of the event, in no small part, goes to your professional staff. Your event coordination, crowd management and logistical support has made such a big event successful. Thank you for your gracious and kind hospitality and hard work.

Mr Rajash Mehta

Chairman of

Aylesbury Surgery

Health & Engagement Forum.