

# CIRC - Chronic Kidney Failure Center

CLINIQUES  
DE L'EUROPE

EUROPA  
ZIEKENHUIZEN

Information for patients

advanced care - personal touch

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## INTRODUCTION

Your nephrologist has just referred you to our Chronic Kidney Failure Centre (**C**entre de l'**I**nsuffisance **R**énale **C**hronique). Welcome!

This centre is the result of the **collaboration between various stakeholders** (doctors, nurses, social assistant, dietician) who come together to offer guidance to patients suffering from severe kidney failure.

Suffering from **kidney failure** means that your kidneys are not working as well as they should. **Severe kidney failure** is defined by one fewer renal function or by renal function deteriorating rapidly.

Being given a diagnosis of "severe kidney failure" can be the cause of some anxiety. It often entails numerous questions and doubts. The prescribed diet and medication can be complicated.

This is why the CIRC consultation was created. It is designed to **provide you with the best possible information and guidance**. We will endeavour to relieve some of your anguish and doubt, and answer any question you may have.



What is a CIRC consultation? It is designed to provide you and your relatives with information on:

### → **Kidney failure**

- What is kidney failure?
- The treatment: how does one slow down the degradation of your renal function?
- The appropriate diet
- Warning symptoms and points of attention

### → **The therapeutic options if renal function is not sufficient to purify the blood:**

- The different types of "dialysis"
- Kidney transplant
- Conservative care

As dialysis is looming, our team is there to help you (medically and psychologically) through this life changing moment.

### **However, this does not necessarily mean that you are about to start dialysis!**

On the contrary, our goal is to make every effort to slow down the degradation of your renal function. Good to know: studies have demonstrated that well-informed patients begin dialysis later.

You do not have to face this disease alone. We are there to help and support you.

This brochure will explain what you can expect from the consultation at our centre.

## OUR TEAM

### DOCTORS

The unit includes six nephrologists. They will attend your consultation. They are in charge of **organising your treatment and medical supervision**, in partnership with your attending physician.



Dr François REGINSTER



Dr Agnes DEJARDIN



Dr Ashley BROUGHTON



Dr Liesbeth SMETS



Dr Gaetan CLERBAUX



Dr An VAN AUDENHOVE

### SPECIALISED NURSES

Specialised nurses provide you with **information relating to kidney failure**. They will also inform you of the various possibilities open to you when your kidneys are no longer capable of purifying your blood. They schedule appointments with the social assistant and the dietician. They remind you to take your medication and encourage you to be proactive in the management of your disease.



### SOCIAL ASSISTANT

The social assistant is there to take you through all **financial and social questions**. She will give you the information you need about the cost and social aspects of kidney failure and dialysis. For example: will you be able to continue working? How to make your way to the consultation and dialysis sessions? Are you entitled to home help?

### DIETICIAN

The dietician provides you with further information relating to the **diet prescribed by your nephrologist**. This diet is designed to stabilise your renal function and delay the beginning of the dialysis. The dietician will give you documentation and brochures adapted to your diet. She will share methods to help you vary your diet while maintaining a good balance.

## THE CIRC CONSULTATION

Consultations at the CIRC take place on **Tuesday afternoons**. They include two separate consultations, but they can be extended or adapted to your wishes.

→ **Your nephrologist schedules your appointment.** He/she informs the nurse of your situation.

→ **The first consultation (approximately 1.5 hours)**

- You are introduced to the specialised nurse.
- She explains the treatment of kidney failure and answers any questions you may have.
- She explains the treatment possibilities that exist to replace your renal function when your kidneys no longer work as they should. You watch videos featuring testimonies of patients who have undergone dialysis.
- You are given brochures. She gives you your "CIRC folder".
- She schedules your next appointment, which will be adapted to your needs. She will give you a question form to fill in for the next consultation.

→ **The second consultation (approximately 2.5 hours)**

- She answers any new questions you may have.
- You are given more specific information and brochures.
- You will watch videos. The consultation also includes a guided visit of the unit
- A possible introduction to the social assistant and dietician is also possible, according to your needs.

→ **If you so wish, follow-up consultations can be scheduled.**

Your family and relatives are also welcome to attend the consultation, if you would like them to.

These consultations are free, with the exception of the consultation with the dietician, which is partially refunded if you are part of the "Chronic Kidney Insufficiency" care pathway.

## THESE CONSULTATIONS ARE CONDUCTED EITHER:

→ **At the St-Elisabeth site (avenue de Fré, 206, 1180 Uccle)**

- You do not have to register at the reception.
- You follow route 500 ("dialyse, consultation néphrologie" direction - first floor).
- This will take you to the Nephrology and dialysis secretaries' office.
- The secretary informs the specialised nurse of your arrival, and she comes to welcome you.

→ **At the St-Michel site (rue de Linthout, 150, 1040 Etterbeek)**

- You do not have to register at the reception.
- Follow the white line (letter H, at the entrance of the hospital to the right), on the stairway to the right.
- You arrive at the waiting room of the nephrology and dialysis consultation centre.
- The specialised nurse will come to meet you.

→ **The first consultation takes place at the site where you are being followed by your nephrologist** (St-Elisabeth site, St-Michel site).

→ **The second consultation always takes place at the St-Elisabeth site**, to provide you with more specific information and to receive the assistance of the dietician and social assistant.



## CONTACT INFORMATION

### AVAILABILITY

Monday, Wednesday, Friday: from 7am to 7pm

Tuesday, Thursday: from 7am to 5pm

Saturday: from 7am to 1pm

### CIRC NURSE

→ ☎ **02 614 21 80** [homedia@euhos.be](mailto:homedia@euhos.be)

### NEPHROLOGIST

available through the secretaries' office:

St-Elisabeth site - Uccle:

→ ☎ **02 614 27 10** (nephrology)

of

→ ☎ **02 614 21 70** (dialysis)

St-Michel site - Etterbeek:

→ ☎ **02 614 37 10**

Bella Vita Medical Center - Waterloo:

→ ☎ **02 614 42 00**

### SOCIAL ASSISTANT

Mona Habchi

→ ☎ **02 614 22 32**

### DIETICIANS

Stéphanie Olave

→ ☎ **02 614 20 73**

Hilde Debremaeker

→ ☎ **02 614 26 79** (secretaries' office)

### DIALYSIS

St-Elisabeth site - Uccle:

→ ☎ **02 614 21 71**

St-Michel site - Etterbeek:

→ ☎ **02 614 35 70**

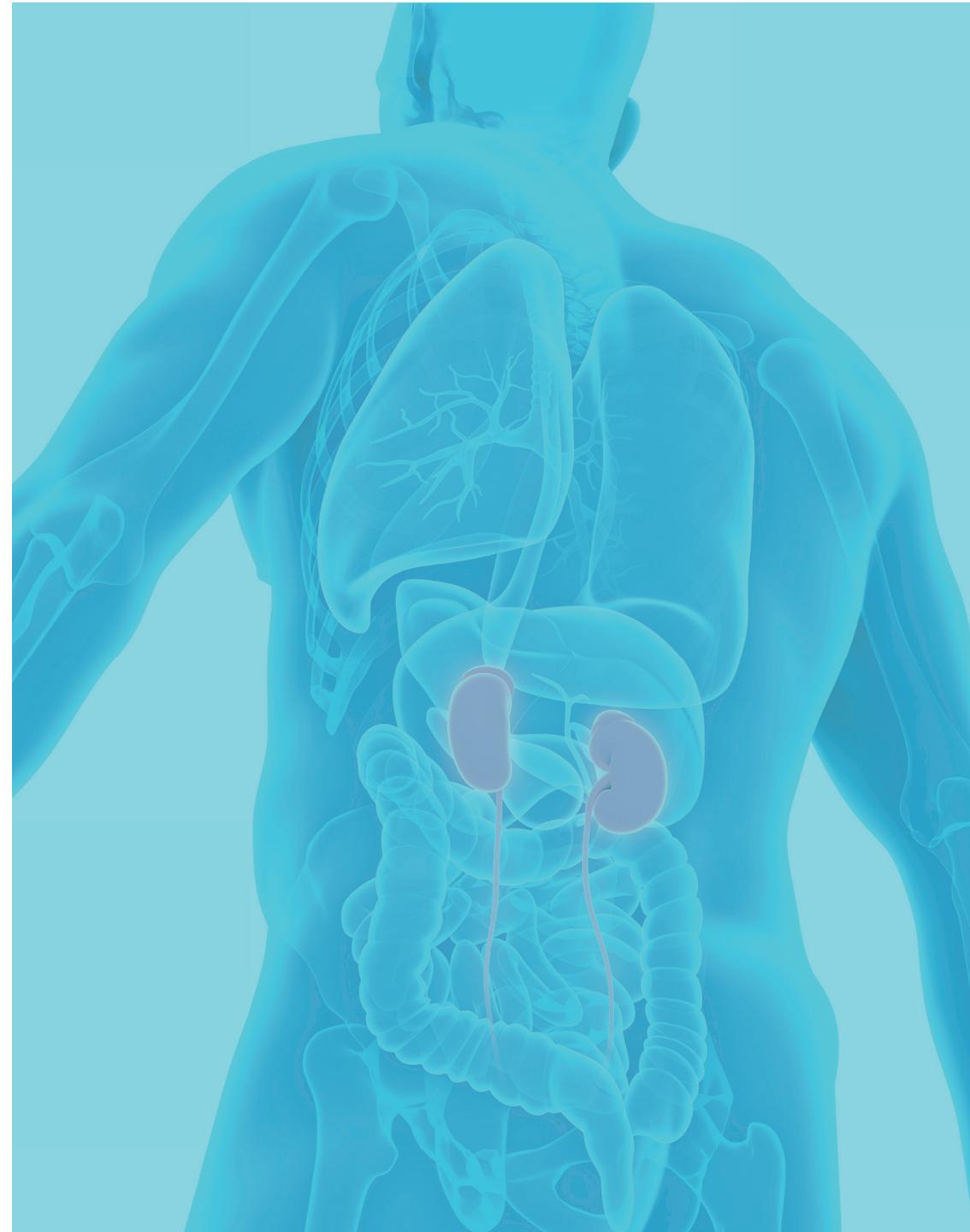
Bella Vita Medical Center - Waterloo:

→ ☎ **02 614 42 22**

### IN THE CASE OF AN EMERGENCY

St-Elisabeth site emergencies (Uccle): → ☎ **02 614 29 01**

St-Michel site emergencies (Etterbeek): → ☎ **02 614 39 01**



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PERSONAL APPROACH  
RESPECT  
EXPERTISE  
EFFICIENCY  
CUTTING-EDGE MEDICINE

The Europe Hospitals are a leading hospital group serving the city of Brussels and its surrounding areas. As a multilingual general hospital, we offer comprehensive care at our four sites: St-Elisabeth in Uccle, St-Michel in Etterbeek/European Quarter, the Bella Vita Medical Center in Waterloo and the External Consultation in Halle.

Calling on the expertise of over 300 specialist physicians and 1,800 members of staff, we pride ourselves on providing highly personalised care to around 2,500 patients every day. From accurate diagnoses to the most advanced forms of treatment, we combine state-of-the-art medical technology with contemporary infrastructure to deliver high-quality dedicated care with highest safety standards and excellent comfort. For each and every patient. Every day.

[www.europehospitals.be](http://www.europehospitals.be)

#### St-Elisabeth site

Avenue de Frélaan 206 - 1180 Brussels

 02 614 20 00

#### St-Michel site

Rue de Linthoutstraat 150 - 1040 Brussels

 02 614 30 00

#### Bella Vita Medical Center

Allée André Delvaux 16 - 1410 Waterloo

 02 614 42 00

#### External Consultation Halle

Bergensesteenweg 67 - 1500 Halle

 02 614 95 00