



# LIFE RENAL DIALYSIS

## Allied Health Professional Directory

# ALLIED HEALTH PROFESSIONALS

## Who are allied health professionals?

Renal dialysis patients are often supported through their journey with chronic kidney disease (CKD) by making use of various allied health professional services.

Allied health professionals are the segment of the workforce that delivers services involving the identification, evaluation and prevention of diseases and disorders; dietary and nutrition services; and rehabilitation and health systems management.



Allied health professionals include dental hygienists, diagnostic medical sonographers, dietitians, medical technologists, occupational therapists, physical therapists, radiographers, podiatrists, respiratory therapists, and speech language pathologists.

Below are some of the allied services that could make your journey more comfortable and provide you with the help and care you need.

**Please inform your doctor if you have any symptoms or may need the service of an allied health care provider. It is critical that your overseeing nephrologist (kidney specialist) is aware of your needs and conditions to be able to manage your condition holistically.**

## Dietitian

Working with a dietitian is critical in managing your chronic kidney disease (CKD). A renal dietitian is a dietitian that specialises in the nutritional needs of people with chronic kidney disease. Because the kidney diet is highly specialised, renal dietitians have more training in how diet affects kidney function, bones and the heart.

They will also create a guideline of the amount of calories you should be eating, the levels of protein, fat and carbohydrates you can eat and the amounts of potassium, sodium, phosphorus and fluid that will be allowed. Your dietitian will provide meal plans, recipes, food lists and other tools to help you meet your nutrition goals.



## Social worker

A social worker is a support person for patients both before and after they start dialysis. Social workers are highly educated and trained to help patients and their families by providing support in all areas of their lives including: emotional, financial, career, lifestyle adjustment and more.

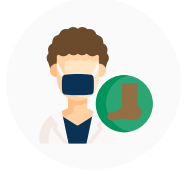
Social workers practicing in the renal space are familiar with challenges and difficulties renal patients face. It is worthwhile to feel free to speak to social worker and to find the desired support you or your family may need.



# ALLIED HEALTH PROFESSIONALS

## Podiatrist

Podiatrists are healthcare professionals who have been trained to diagnose and treat abnormal conditions of the feet and lower limbs. They also prevent and correct deformity, keep people mobile and active, relieve pain and treat infections. Diabetic patients on dialysis have an even higher risk of foot ulcers and amputation than those without renal disease. Concurrently with the growing epidemics of obesity and diabetes around the world, diabetic foot complications occur more frequently now than ever before.



## Mental health care

Psychiatric rehabilitation, also known as psych social rehabilitation, and sometimes simplified to psych rehab by providers, is the process of restoration of community functioning and well-being of an individual diagnosed in mental health or emotional disorder and who may be considered to have a psychiatric disability.



*It is critical that your overseeing nephrologist (kidney specialist) is aware of your needs and conditions to be able to manage your condition holistically.*

***Please inform your doctor if you have any symptoms or the need for any allied health care provider.***

**Note: This is not an exhaustive list of allied health professionals and there are a number of other professionals that you may need to consult based on the referrals from your care team, i.e: physiotherapists, biokineticists, occupational therapists.**

## References:

- <https://www.davita.com › diet-nutrition › articles › basics>
- <https://www.asahp.org/what-is>
- <https://www.davita.com/diet-nutrition/articles/basics/working-with-a-dietitian>
- <https://www.davita.com/treatment-services/dialysis/in-center-hemodialysis/social-workers-helping-patients-at-the-dialysis-center>
- <https://lermagazine.com/article/dialysis-treatment-takes-toll-on-diabetic-foot-care>
- <https://www.google.com/search?q=waht+does+a+podiatrist+do&oq=waht+does+a+podiatrist+do&aqs=chrome..69j57j0l5.7927j0j8&sourceid=chrome&ie=UTF-8>

## National spread of chronic renal units and mobile renal units

### Contact details

#### **EASTERN CAPE**

##### **LIFE EAST LONDON PRIVATE HOSPITAL**

32 Albany Street, East London, 5201  
Telephone number: 043 722 3128  
Fax number: 043 722 3575

##### **LIFE MERCANTILE HOSPITAL**

Cnr Kempston & Durban Roads,  
Korsten, Port Elizabeth, 6020  
Telephone number: 041 404 0400  
Fax number: 041 404 0551

#### **FREE STATE**

##### **LIFE ROSEPARK HOSPITAL**

57 Gustav Crescent, Fichardt Park,  
Bloemfontein, 9301  
Telephone number: 051 505 5111  
Fax number: 051 522 6769 or 0977

#### **GAUTENG**

##### **LIFE BEDFORD GARDENS HOSPITAL**

7 Leicester Road, Bedford Gardens,  
Bedfordview, 2008  
Telephone number: 011 677 8500  
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##### **LIFE BRENTHURST HOSPITAL**

4 Park Lane, Parktown,  
Johannesburg, 2193  
Telephone number: 011 647 9000  
Fax number: 011 647 9009

##### **LIFE CARSTENHOF HOSPITAL**

21 Dane Road, Glen Austin, Midrand  
1685  
Telephone number: 011 655 5500  
Fax number: 011 310 2318

##### **LIFE FOURWAYS HOSPITAL**

Cnr Cedar Road & Cedar Avenue  
West, Fourways, 2055  
Telephone number: 011 875 1000  
Fax number: 011 875 1001

##### **LIFE GROENKLOOF HOSPITAL**

50 George Storrar Drive, Groenkloof,  
Pretoria 0181  
Telephone number: 012 424 3600  
Fax number: 012 346 0562

##### **LIFE ROBINSON PRIVATE HOSPITAL**

Hospital Road, Randfontein, 1759  
Telephone number: 011 278 8700  
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#### **LIFE SPRINGS PARKLAND HOSPITAL**

Springs West Road, Pollak Park,  
Springs, 1559  
Telephone number: 011 812 4000  
Fax number: 011 812 4100

##### **LIFE THE GLYNNWOOD**

33-35 Harrison Street,  
Benoni, 1501  
Telephone number: 011 741 5000  
Fax number: 011 421 1242

##### **LIFE WILGEHEUWEL HOSPITAL**

Amplifier Road, Radiokop Ext 13,  
Roodepoort, 1724  
Telephone number: 011 796 6500  
Fax number: 086 500 9213

#### **KWAZULU-NATAL**

##### **LIFE CHATSMED GARDEN HOSPITAL**

80 Woodhurst Drive,  
Woodhurst, Chatsworth, 4092  
Telephone number: 031 459 8000  
Fax number: 031 403 5388

##### **LIFE EMPANGENI PRIVATE HOSPITAL**

Cnr Biyela & Ukula Streets,  
Empangeni, 3880  
Telephone number: 035 902 8000  
Fax number: 035 772 2038

##### **LIFE ENTABENI HOSPITAL**

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Road, Berea, Durban, 4001  
Telephone number: 031 204 1300  
Fax number: 031 261 6435

##### **LIFE HILTON PRIVATE HOSPITAL**

Cnr Hilton Avenue &  
Monzali Drive, Hilton  
Telephone number: 033 329 5600  
Fax number: 033 329 5601

##### **LIFE MOUNT EDGECOMBE HOSPITAL**

163 - 179 Redberry Road, Rockford,  
Phoenix, 4068  
Telephone number: 031 537 4000  
Fax number: 031 502 1207

##### **LIFE WESTVILLE HOSPITAL**

7 Spine Road, Westville, 3630  
Telephone number: 031 251 6911  
Fax number: 031 265 0952

#### **MPUMALANGA**

##### **LIFE COSMOS HOSPITAL**

Cnr OR Tambo & Beatty Avenue,  
eMalahleni, Mpumalanga, 1035  
Telephone number: 013 653 8000  
Fax number: 013 653 8005

##### **LIFE MIDMED HOSPITAL**

16 Van Rynefeld Street,  
Middelburg, Mpumalanga, 1055  
Telephone number: 013 283 8700  
Fax number: 013 282 6126

#### **NORTH WEST**

##### **LIFE ANNCRON HOSPITAL:**

Klerksdorp  
16 Van Rynefeld Street, Willkoppies,  
Klerksdorp, 2571  
Telephone number: 018 464 1337

##### Viljoenskroon

20 Engelbrecht Street, Viljoenskroon,  
9520

##### Hartswater

4 Eric Louw Street, Hartswater, 8570

##### Lichtenburg

Shop no 2 Spar Komplex, Beyers  
Naudé Street, Burgersdorp, 2740

##### **LIFE PEGLERAE HOSPITAL**

Cnr Heysteck and Church Street  
Telephone number: 014 594 9517  
Fax number: 014 594 9518

#### **WESTERN CAPE**

##### **LIFE KNYSNA PRIVATE HOSPITAL**

Hunters Estate Drive,  
Hunters Home, Knysna, 6570  
Telephone number: 044 384 1083  
Fax number: 086 678 9178

##### **LIFE VINCENT PALLOTTI HOSPITAL**

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Cape Town, 7405  
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Fax number: 021 531 0116

#### **BOTSWANA**

##### **LIFE GABORONE PRIVATE HOSPITAL**

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