Kidney Health for all.
Optimal care for people with kidney disease.

IFKF-WKA Connect
4 January 2022
Official Newsletter of IFKF-WKA
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Welcome to the first issue of the IFKF-WKA newsletter for 2022. I wish everyone a better year ahead, as many countries are now coping with Omicron in different ways, with a somewhat different outcome.

The AGM was held on 17 December 2021. We welcome Randall Lou-Meda (Fundación para el Niño Enfermo Renal, Guatemala) and Dina Abd El-Latif (NKF-ESNT, Egypt) to join the Council.

We look forward to the World Kidney Day 2022 and the interesting and important programs which will being launched by IFKF-WKA during 2022.
- World Kidney survey (Access to healthcare information by renal patients)
- World Kidney research
- World Kidney Online (webinars)
- World Kidney Recipes (international recipes for kidney patients).

SF Lui 20 Feb 2022
Council members 2021-2022

1. **President:** Siu-Fai Lui BBS MH JP (Hong Kong Kidney Foundation)
2. **Past-President:** Kam Kalantar-Zadeh MD (US)
3. **President-Elect:** Latha Kumaraswami (Tanker Foundation, India)
4. Alessandro Balducci (Italy Kidney Foundation)
5. Carlos Castro (Mexico Asociacion ALE, IAP/FEMETRE)
6. Zaki Morad (Malaysia Kidney Foundation)
7. Esther Obeng, (Ghana Kidney Foundation)
8. Ayşe Onat (Turkey Kidney Foundation)
9. Tashi Namgay (Bhutan Kidney Foundation)
10. Ágnes Haris (Hungarian Kidney Foundation)
11. Harun Ur Rashid (Bangladesh Kidney Foundation)
12. **Randall Lou-Meda** (Fundación para el Niño Enfermo Renal, Guatemala)
13. **Dina Abd El-Latif** (NKF-ESNT, Egypt)
“HYPERTENSION
The Silent Killer”

An Informative Panel Discussion With Leading Nephrologists and Hypertension Specialist from India & Manchester UK.

Recording  https://youtu.be/VS-jcQpPl1Q
Recent events

Living Well with Kidney Disease

CONSENSUS MEETING

DECEMBER 2, 2021

7:00 AM to 1:00 PM HT
12:00 noon to 6:00 PM ET | 8:00 to 24:00 CET

Hilton Hawaiian Village Hotel

Sea Pearl Room
2005 Kalia Road, Honolulu, HI 96815

All attendees must present vaccination card and ID upon entry.

Core Discussions:
- Effective Symptom Management to Improve Quality of Life
- Treating Proteinuria, Fatigue, Pain, Sleep, and Mental Health
- Expanding Preserving Management and Home Therapies
- Empowering Patients and Care-Partners

Structural Overview of the Conference:
- 6 sessions, over 6 hours
- 21 presentations, each 8-10 minutes (9 in-person and 15 virtual presenters, all presentations will be live and interactive - no pre-recording)
- 6 Panel Discussions (20 minutes each)
- 2 breaks (10 minutes each)

Click here to Register.

Supported by an unrestricted grant from Vifor Pharma Switzerland.
2 December 2021
A 6-hour-long hybrid Consensus Conference (in-person/ZOOM)
“Living Well with Kidney Disease - Effective Symptom Management”,
Consensus Conference, Hilton Hawaiian Village, in Waikiki Beach, Honolulu, HI,

The consensus conference was organized by Kam Kalanta for
the International Federation of Kidney Foundations – World Kidney Alliance
in collaboration with the National Kidney Foundation of Hawaii

Healthcare professionals, healthcare providers, Kidney patients and other
stakeholders joined the conference.
The topics of the presentations are related to the following broad themes:

- Living Well with Kidney Disease
- Effective Symptom Management to Improve Quality of Life
- Treating Pruritis, Fatigue, Pain, Sleep and Mental Health
- Expanding Preservative Management and Home Dialysis Therapies
- Empowering Patients and Care-Partners
- Kidney Patients Speak: Why Managing Unpleasant Symptoms Matters to Kidney Patients
- Health Care Providers and Experts for Symptom Management in Kidney Disease: Pruritus and Related Unpleasant Symptoms
- Kidney Patients Speak: Kidney Patients’ Expectations from Management of their Unpleasant Symptoms
- Health Care Providers and Experts for Symptom Management in Kidney Disease: Symptom Clusters, Patient-Centered Outcomes, and Quality of Life in Chronic Kidney Disease
- Matters Relevant to Kidney Care, Anxiety and Stigmas of Kidney Disease and the Words “End-Stage” and “Failure”

Recent events
1. **The community**

Obstacles to better kidney health understanding include the complex nature of kidney disease information, low baseline awareness, **limited health literacy,** **limited availability of CKD information,** and lack of readiness to learn.

2. **The public health policy makers**

CKD is a global, public health threat but is typically low on government health agendas with political commitments on non-communicable disease programs concentrating predominantly on four main diseases – cardiovascular disease, cancer, diabetes and chronic respiratory disease.

3. **The healthcare worker**

A barrier to overcome in order to ensure greater awareness is a **more focused education of physicians,** as they are in charge of the patients’ medical condition.
Forthcoming events

ISN & IFKF-WKA Webinar: World Kidney Day 2022: Bridge the knowledge gap to better kidney care - Bringing Together the Community for Kidney Health

March 10
2 sessions: 11 a.m. CET | 10 p.m. CET

Welcome remarks from President IFKF-WKA (SF Lui) and ISN (Agnes Fogo)

Patients’ Experience
Manvir Victor, Malaysia
IFKF member and Chair of the ISN Patient Liaison Advisory Group.

Verónica Martínez, Mexico
Member of the ISN’s Patient Liaison Advisory Group

Health Literacy
Anne Bonner, Australia

To Connect, Be Connected
SF Lui, IFKF-WKA

Engaging Healthcare Professionals
Beatrice Titilola Segun-Agboola, Nephrology Nurse Educator, Nigeria.

Advocating for Better Kidney Health
Paul Laffin, Northern Ireland.

Moderated Q&A with available speakers (live)
COMPETITIONS 2022

Monthly Sunday Seminars with Forlam Foundation (Zoom)
Perspectives on Patient Care:
The Provider & The Patient (February 6, 2022)

Regular presentations to Schools
Kidney Care & Disease Prevention
Dialysis Patients/
Health Care Providers
COMPETITIONS 2022

Primary Schools
Children will be asked to come up with names for the 2 Kidney Mascots.

Primary & Secondary Schools
Students will compete for prizes by writing Essays and/or creating brochures/media content on topics concerning kidney care and disease prevention.
Ethiopian kidney care is a non-profit organization Established on 2020. It works on kidney health and disease. It has 6 board members.

**Objectives**


**Social medias**

Telegram 1000 +
Facebook 500 +
Instagram 50+
Linkedin
A book originally written by Dr. Sanjay Pandey translated to Amharic and medically reviewed by Dr. Esete Getachew to educate the community on kidney disease and health and a step forward in making kidney information accessible and free.
Ethiopian kidney care team giving kidney health and disease awareness creation education for free medical service recipients prepared by Giv Ethiopia at Hizbawi Serawit Primary school.
COVID-19 vaccination for our patients

Activities from October to December 2021
Fistula Placing Medical Mission
Participation of ALANEPE Medical Conference

Activity to promote hand washing
Medical Mission
For Kidney Donors

Dr Randall Lou participated as an exponent in the III Conference of Chronic Renal Disease of no Traditional Causes
Participation In Medicine Conference

Graduation of Dr. Sindy Méndez of Dale Carnegie “Leadership Course”
Participation of Dr Randall Lou in sessions of the “Consejo Iberoamericano de Donación y Trasplante” (RCDIT)

Diploma for Dr. Nancy Rivera for having concluded her participation in the International Program Of Donation & Organ Transplant. She was also Awarded a scholarship to be used in a hospital in Spain.
Delivery of medicine books to different departments of Roosevelt Hospital

Rotary South Club donation of Equipment for outpatient Clinics
Christmas Gifts and Food To Patients

Christmas Party at FUNDINAIR’S
Senior Academy The importance of learning in advanced age
Prof Dr László Rosivall MD, PHD, DSc, FERA, FAPS
President of the Hungarian Kidney Foundation

Learning – At all times
– In advanced age
- The beneficial effect of intellectual activity/learning is irrespective of age
- Learning is advantageous even in chronic diseases

„Teachers open the door but you must walk through it yourself.”  Chinese Proverb
Doctors, medicine have social significance
Health care system influences the economy

- Direct and indirect interactions
  (sick society ↔ sick economy ↔ sick population e.g. COVID)
- Lengthen the expected lifespan by 1 year → GDP 4% ↑
- An extra year without disability → GDP 11% ↑

Development and expansion of health care is a key issue of economy!

Doctors are the key players of the economic development!
Healthcare is a pulling sector
These social media posts reached 9,366 people.
Vlog on Diet and Nutrition for dialysis patients
Dec, 2021

Vlog Part 4 was uploaded on diet and nutrition for dialysis patients. The video link below tells about the importance of fats and cholesterol in diet. It also gives quick tips for dialysis patients. Link - https://www.youtube.com/watch?v=_670P2iiXmE
Webinar on Urinary Tract Infections and Kidney diseases was conducted on October 2021 under Care For Your Kidney Series

Webinar Conducted on 6th October 2021
The total views were 70 on youtube, 6248 reach on social media Likes, comments and shares (23 Instagram, 8 on twitter and 88 on Facebook)
Kidney Transplant' Patient education workshop for dialysis patients and caregivers in Marathi

On November 23, 2010, Ms Jaya Jairam conducted a virtual workshop in Marathi, for dialysis patients, caregivers and dialysis technicians at NephroPlus Dialysis Centers in Maharashtra. The purpose of this workshop was to educate and motivate the dialysis patients and their family members to consider a kidney transplant, as it is the only option that helps the patient to regain a good quality of life. This workshop had 757 views on Facebook and Youtube put together, and 25 persons attended the workshop.
Patient sensitization through social media posts - Care For Your Kidneys

Nov-21

These social media posts reached 6,191 people
Patient Education – Awareness through social media posts
– Care For Your Kidneys Project
Dec, 2021

These social media posts reached 8,653 people
Antibiotics are medicines used to kill bacteria that cause infections. These drugs affect your kidneys in various ways. For example, some can make crystals that don't break down and can block your urine flow. Others have substances that can damage certain kidney cells when they try to filter them out. Some people also have allergic reactions to antibiotics that can affect their kidneys. All these things are more likely to happen if you take antibiotics for a long time or your dose is very high.

Acute Kidney Injury & Antibiotics
Acute kidney injury, which used to be called acute renal failure, is the sudden decrease in kidney function. When acute kidney injury occurs, the kidneys have trouble removing waste products and excess fluids, which then build up in the body and upset the body's normal chemical balance.

The antibiotics that can cause acute kidney injury include aminoglycosides, cephalosporins, amphotericin B, bacitracin, and vancomycin. For more information link is provided below

Virtual Community Outreach Amidst COVID-19 Pandemic

10,000 Steps Challenge
From September- December 2021, NKF Malaysia organized a virtual 10,000 steps challenge in 5 universities and colleges in Malaysia.
We created a telegram group for each institution to run this challenge among the participants.
This activity was to encourage the younger generation to be more active physically and to create awareness that exercising can be easy.

PROGRAM APA KHABAR
NKF Malaysia set up a community group using the ‘Whatsapp’ group to reach out to people who are inactive in other social media platforms. This group consisted of key community leaders of their respective communities.
We posted educational infographics, animation and videos to create more health awareness among these groups. The leaders forwarded the educational content to their community groups.
Virtual forums, quizzes and contests were organized to create more interest and excitement in learning about maintaining their health. Through this programme, we strived to improve health literacy and awareness of the communities.
Virtual Community Outreach Amidst COVID-19 Pandemic

CODE: Life
Community Organ Donation Drive (CODE): Life - A Forum on Living Renal Transplantation” is an experience-sharing platform created for dialysis patients and caregivers to take care of their wellbeing, as well as educate them on living renal transplantation.

Since the first launch in November 2018, NKF Malaysia has conducted sessions to promote the cause and identify barriers in organ donation. Using a survey, we helped to compile and refer patients to Nephrologist for the next course of action on kidney transplants.

4 Virtual sessions in 2021
8 Patients gone through kidney transplant since 2018
268 Patients and carers showed interest since 2018
Turkish Kidney Foundation (TKF) has a survey conducted to observe community’s essential kidney health knowledge level. The purpose of this survey is related to World Kidney Day 2022 main theme “bridge the knowledge gap to better kidney care”. First of all we needed to observe community’s level regarding kidney health.

The survey has conducted by a corporate firm that is specialized on field research and studies. Participants are asked several questions on demogragraphic data, as well as the knowledge on water, salt and sugar intake, exercise, symptoms of CKD, what dialysis is, over-the-counter drug use especially painkillers and antibiotics, publicity reach of TKF an

- 41% of the attendants are obese
- More than %50 of attendants know the recommended daily amounts for water, salt and sugar intake
  - 57,8% has answered a “6 grams” for daily salt intake for an adult
  - 66,2% has replied “50 grams” for daily sugar intake for an adult
  - 60% has replied “2-2,5 liters of water” per day
- 41% of attendants do not exercise ever
- 67% of attendants use painkillers without prescription and/or physician advice
- 72% of attendants never applied to a GP, internalist or nephrologist for annual routine kidney health check. Therefore, while this survey presents us a valuable data on population’s point of view on kidney health, it also gives us numerous clues and ideas on how to plan our 2022 WKD campaign.
TANKER Awards & Achievements

1. Clinical Establishment Certificate for Vellore Unit in November’2021

2. Clinical Establishment Certificate for Madurai Unit in November’2021

3. NABH granted Accreditation to our Ambattur Dialysis Unit in December 2021

4. PMJAY Bronze Quality Certificate for Madurai Unit in December'2021

4. Clinical Establishment Certificate for Thiruverkadu Unit in January’2022
Dialysis Machine Inaguration @ Ambattur Unit

The 33rd machine in the Rekha Renny Ambattur Rotary TANKER Foundation Dialysis Center donated by The Disha Charitable Trust was inaugurated by Mr. Venkat Ramanathan, Trustee and members of The Disha Charitable Trust at the Ambattur Rotary Hospital on Wednesday, December 15, 2021.

Mr. Venkat Ramanathan said that the Disha Charitable Trust was an initiative of the employees of the Franklin Templeton Group and was contributing to TANKER Foundation regularly for dialysis for over 8 years. They had earlier also donated a dialysis machine to the Valluvar Kottam dialysis unit. They were deeply appreciative of the work done by TANKER and would continue to help in the years to come.
Dialysis Machine Inaguration @ Perungudi Unit

The 12th machine in the Perungudi unit was inaugurated by ADGP Dr. K. Jayanth Murali IPS. Pledging support for NGO TANKER Foundation’s efforts, Dr K Jayanth Murali, IPS, hoped there would be a dialysis unit in every district of Tamil Nadu. Dr. Jayanth Murali inaugurated the dialysis machine he donated along with other well-wishers, at the TANKER Foundation Dialysis Centre functioning at the Urban Community Health Centre (UCHC) at Perungudi, Monday, November 1, 2021.

Being a fitness enthusiast and a marathoner, he expressed concern over people running marathons and not taking care of their kidneys. During the pandemic, the ADGP wanted to do something useful and started the site Let’s Fight Corona and helped people out in various ways. Dr Jayanth Murali, who heads the Armed Police, then turned his eyes towards TANKER and raised donations to fund the dialysis machine.