



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

IFKF-WKA Connect
4 January 2022
Official Newsletter of IFKF-WKA

IFKF-WKA Connect 4 January 2022

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Editorial Board

Dina Abd El-Latif

L Kumaraswami

A Onat

E Obeng

Randall Lou-Meda

Tashi Namgay

SF Lui

PRESIDENT'S MESSAGE

Dr. Siu-Fai Lui, BBS MH JP.

President, IFKF-WKA



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.

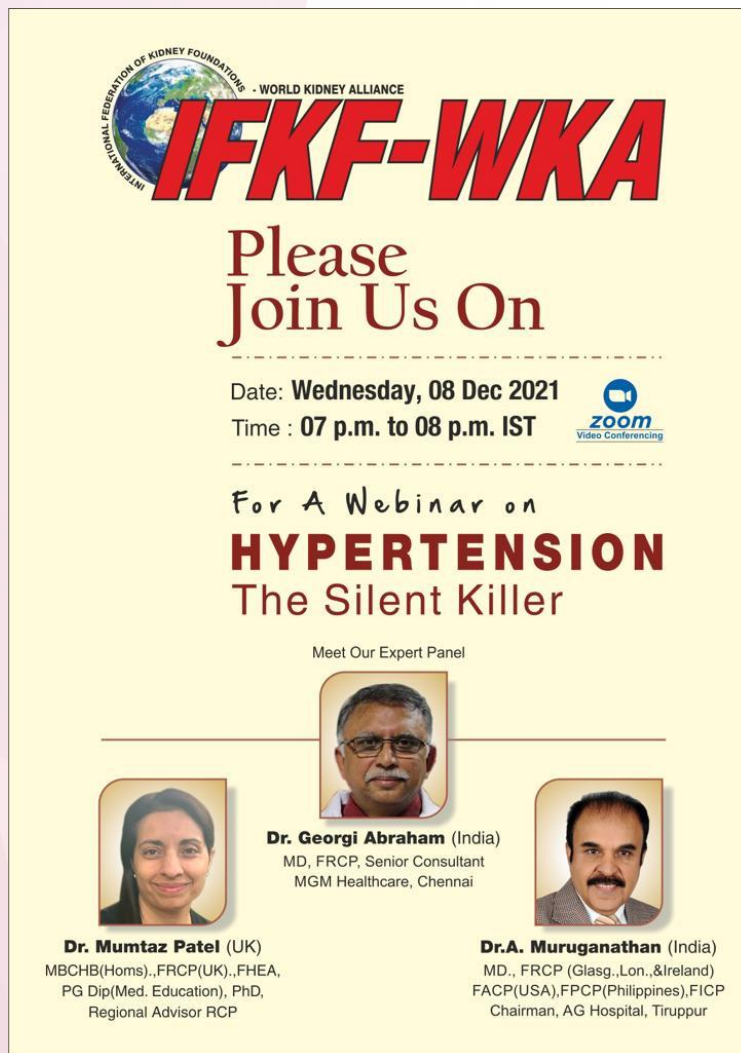
We look forward to the World Kidney Day 2022 and the interesting and important programs which will be launched by IFKF-WKA during 2022.

- 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)




IFKF-WKA

Please
Join Us On


Date: **Wednesday, 08 Dec 2021**
Time : **07 p.m. to 08 p.m. IST**

For A Webinar on
HYPERTENSION
The Silent Killer

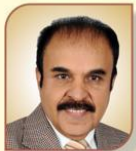
Meet Our Expert Panel



Dr. Muntaz Patel (UK)
MBCHB(Hons), FRCP(UK), FHEA,
PG Dip(Med. Education), PhD,
Regional Advisor RCP



Dr. Georgi Abraham (India)
MD, FRCP, Senior Consultant
MGM Healthcare, Chennai



Dr.A. Muruganathan (India)
MD., FRCP (Glasg., Lon., & Ireland)
FACP(USA), FPCP(Philippines), FICP
Chairman, AG Hospital, Tiruppur


“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 | 18:00 to 24:00 MET

HILTON HAWAIIAN VILLAGE HOTEL

Sea Pearl Room

2005 Kalia Road, Honolulu, HI 96815

All attendees must present vaccination card and IDs upon entry.

Core Discussions:


- Effective Symptom Management to Improve Quality of Life
- Treating Pruritis, Fatigue, Pain, Sleep and Mental Health
- Expanding Preservative 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 break times (10 minutes each)

Click [here](#) to Register.

Supported by an unrestricted grant from Vifor Pharma Switzerland.





Living Well with Kidney Disease CONSENSUS MEETING

December 2, 2021 - Day Agenda

SECTION A (120 min)			
Introduction: Living Well with Kidney Disease, Effective Management of Unpleasant Symptoms			
7:00am - 7:10am	in-person	Kam Kalantar-Zadeh	IFKF-WKA, Orange, CA, USA
	virtual	Latha Kumaraswami	Tanker Foundation, Chennai, India
	virtual	Siu-Fai Lui	Hong Kong Kidney Foundation, Hong Kong, China
Session 1: Kidney Patients Speak			
Part 1: Why Managing Unpleasant Symptoms Matters to Kidney Patients			
7:15am - 8:00am	in-person	Nietje Gedney	Home Dialyzers United (HDU), Washington, DC, USA
	virtual	Richard Knight	American Association of Kidney Patients (AAKP), Washington, DC, USA
	virtual	Lori Hartwell	Renal Support Network (RSN Hope), Los Angeles, CA, USA
		Panel Discussion (20 min)	
Session 2: Health Care Providers and Experts for Symptom Management in Kidney Disease			
Part 1: Pruritus and Related Unpleasant Symptoms			
8:00am - 9:00am	in-person	Jacek Szepletowski	Department of Dermatology, Venereology & Allergology, Wrocław Medical University, Wrocław, Poland
	virtual	Steven Fishbane	Northwell Health, Great Neck, NY, USA
	in-person	Rebecca S Ahdoot	University of California Irvine, Orange, CA, USA
	virtual	James O Burton	Renal Medicine, University of Leicester, Leicester, UK
		Panel Discussion (20 min)	
9:00am - 9:10am	Break 1		
SECTION B (110 min)			
Session 3: Kidney Patients Speak			
Part 2: Kidney Patients' Expectations from Management of their Unpleasant Symptoms			
9:10am - 10:00am	in-person	Dawn Edwards	Kidney Patients Advisory Council (KPAC) of the National Forum of ESRD Networks, New York, NY, USA
	virtual	Daniel Gallego	European Kidney Patients' Federation (EKPF), Spain
	virtual	Paul Conway	American Association of Kidney Patients (AAKP), Washington, DC, USA
		Panel Discussion (20 min)	
Session 4: Health Care Providers and Experts for Symptom Management in Kidney Disease			
Part 2: Symptom Clusters, Patient-Centered Outcomes, and Quality of Life in Chronic Kidney Disease			
10:00am - 11:00am	in-person	Connie M Rhee	Division of Nephrology, Long Beach Veterans Affairs Medical Center, Long Beach, CA, USA
	virtual	Mark B Lockwood	Department of Biobehavioral Nursing Science, University of Illinois at Chicago, Chicago, IL, USA
	virtual	Maurizio Gallieni	Nephrology and Dialysis Unit ASST Fatebenefratelli Sacco, University of Milano, Italy
	virtual	J. Emilio Sanchez	University Hospital of Cabuenes, Asturias, Spain.
		Panel Discussion (20 min)	
11:00am - 11:10am	Break 2		
SECTION C (110 min)			
Session 5: Kidney Foundation and Kidney Platforms Speak: How to Make Kidney Platform More Patient-Centered			
11:10am - 12:00pm	in-person	Carlos Castro	ALE Association, Mexico City, Mexico
	virtual	Suzanne Allison	Nature Reviews Nephrology, London, UK
	in-person	Glen Hayashida	National Kidney Foundation of Hawaii, Honolulu, HI, USA
		Panel Discussion (20 min)	
Session 6: Matters Relevant to Kidney Care, Anxiety and Stigmas of Kidney Disease and the Words "End-Stage" and "Failure"			
12:00pm - 1:00pm	in-person	Merle Kataoka-Yahiro	University of Hawaii Nursing Sciences, Honolulu, HI, USA
	virtual	Julie Ingelfinger	Harvard Medical School, Boston, MA, USA
	virtual	Joel D Kopple	Harbor-UCLA Medical Center, Torrance, CA, USA
	virtual	Mariana Murea	Wake Forest Medical School, Winston Salem, NC, USA
		Panel Discussion (20 min)	
1:00pm	Meeting adjourn		

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***

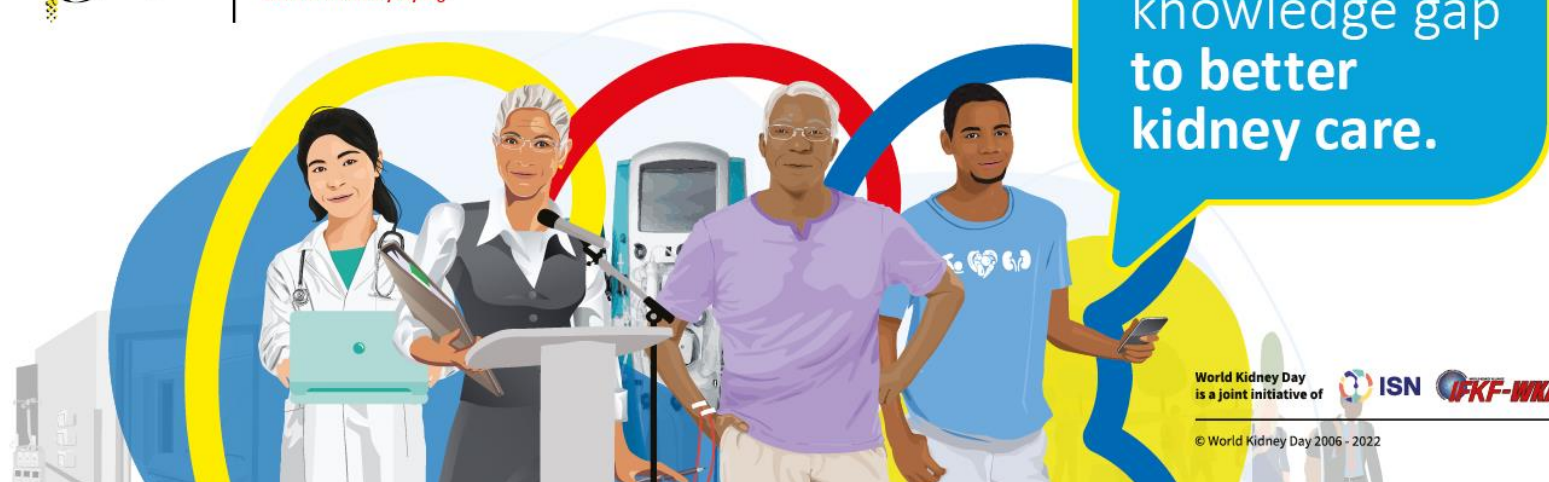
Healthcare professionals, healthcare providers, Kidney patients and other stakeholders joined the conference.



Recent events

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
- Kidney Foundation and Kidney Platforms Speak: How to Make Kidney Platform More Patient-Centered
- Matters Relevant to Kidney Care, Anxiety and Stigmas of Kidney Disease and the Words "End-Stage" and "Failure"



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



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



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

Robyn Langham - Session 1
WKD Steering Committee co-chair,
University of Melbourne,
Melbourne, Victoria, Australia



Kam Kalantar Zadeh - Session 2
WKD Steering Committee co-chair,
The International Federation of Kidney
Foundation - World Kidney Alliance (IFKF-WKA),
Division of Nephrology and Hypertension and
Kidney Transplantation,
University of California Irvine, Orange, California,
USA



SF Lui
President,
The International Federation of Kidney
Foundation - World Kidney Alliance (IFKF-WKA),
Hong Kong



Agnes Fogo TBC
President,
The International society of Nephrology,
USA



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



Manvir Victor
IFKF member and Chair of the ISN's Patient
Liaison Advisory Group,
Malaysia



Ann Bonner
School of Nursing and Midwifery,
Griffith University, Southport, Queensland,
Australia



Beatrice Titilola Segun-Agboola
Nephrology Nurse Educator,
School of Postbasic Nursing,
University of Ilorin Teaching Hospital, Ilorin,
Nigeria



Paul Laffin
Advocacy Director,
The International Society of Nephrology,
France

© World Kidney Day 2006 - 2022

Webinar 1
11 a.m. CET
for Europe/Africa
/Asia

Webinar 2
10 p.m. CET
for North/South
America/Australia

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.

Patients' Experience
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

FORLAM
Foundation



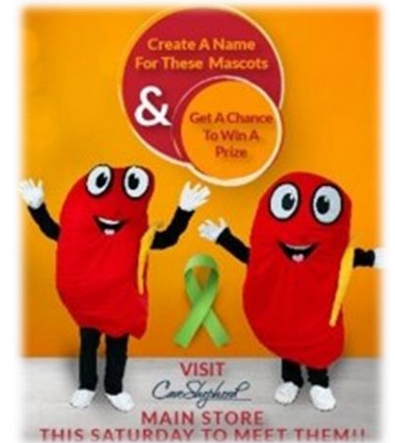
COMPETITIONS 2022

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



Ethiopian kidney care is a non-profit organization Established on 2020.
It works on kidney health and disease.
It has 6 board members.

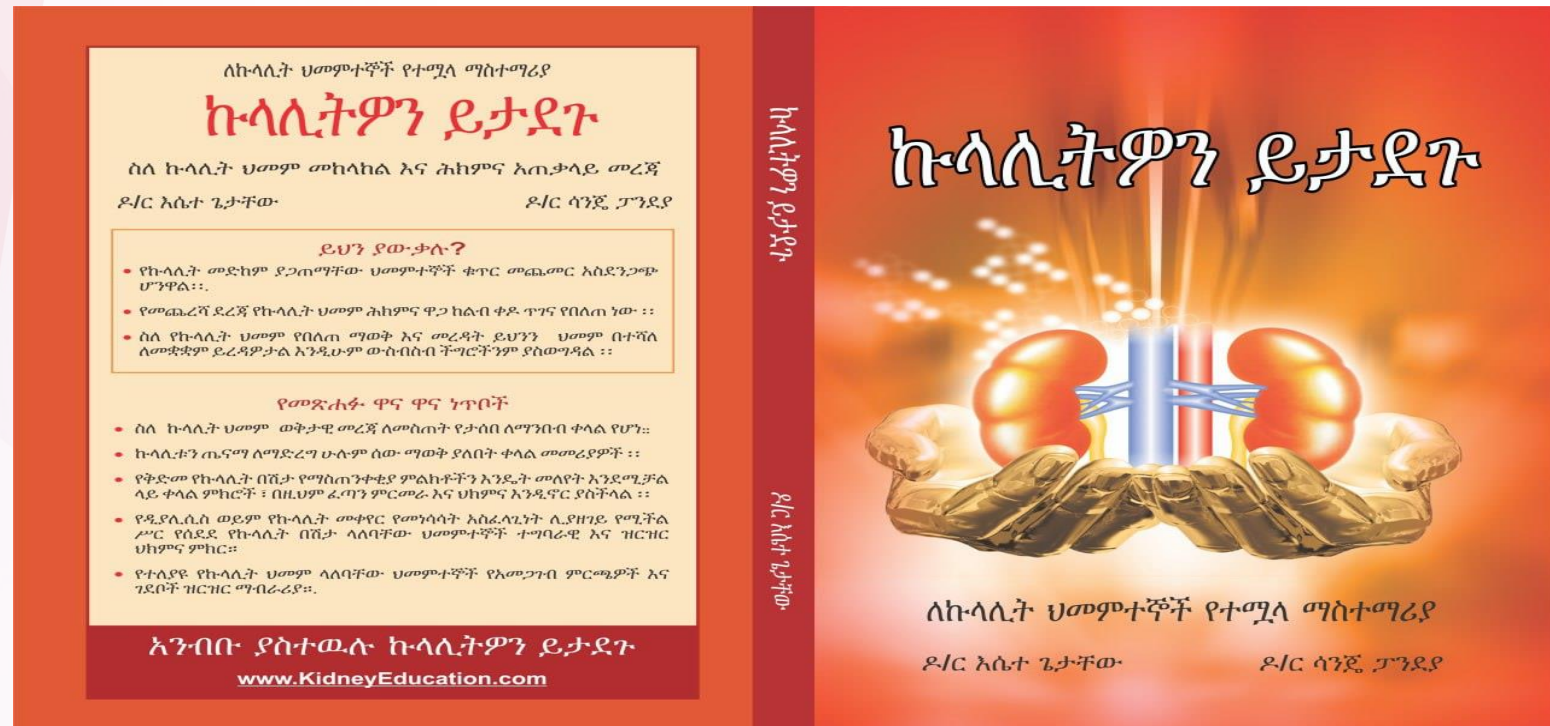
Objectives

Education and awareness creation
about kidney health and disease.
Research on kidney disease
Kidney patient support

Social medias

Telegram 1000 +
Facebook 500 +
Instagram 50+
Linkedin

A book originally written by Dr. Sanjay Pandeya 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.





Activities from October to December 2021

COVID 19 vaccination for our patients





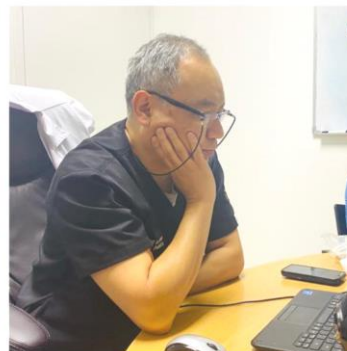
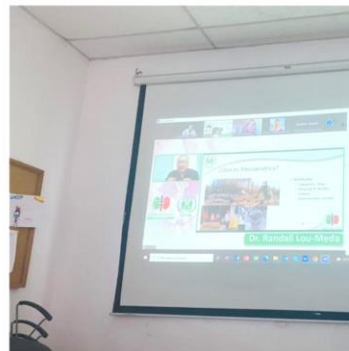
Fundanier
Guatemala



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

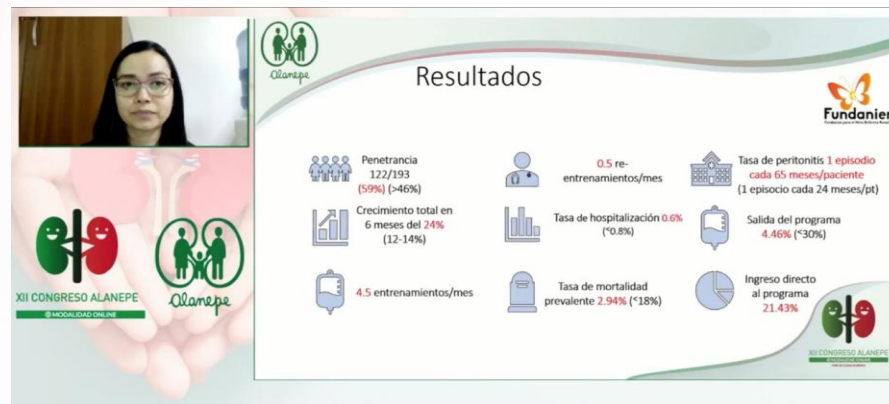
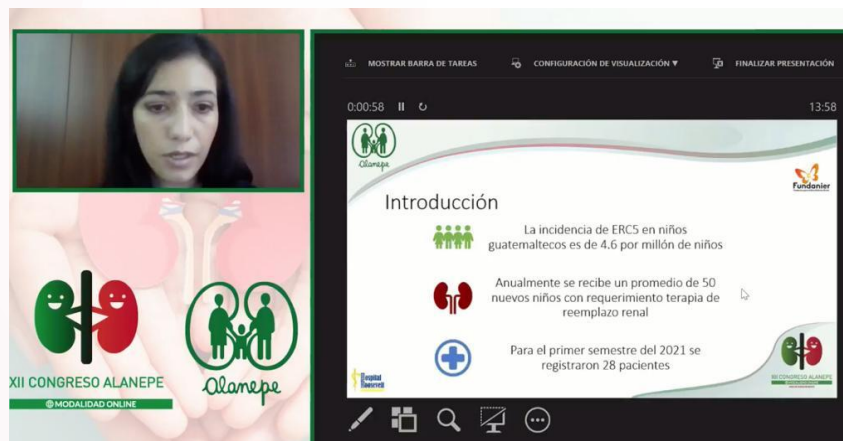


Access, availability and affordability of medications for children with Advanced Chronic Kidney Disease in Guatemala

Alejandra Rivera-Alvarez^{1,2}, Jennifer Us-Rojas², Brooke M. Ramay³, André Chocó², Alejandro Cerón⁴, Melvin Bonilla², Randall Lou-Meda²

	Days' wages to pay for treatment				Days' wages to pay for treatment (with donations from clinic)			
	Private		Public		Private		Public	
	Generic	Brand name	Generic	Brand name	Generic	Brand name	Generic	Brand name
Average	34	41	20	25	11	17	5	8
Maximum	49	63	29	41	20	34	17	25
Minimum	19	26	10	14	1	1	1	1

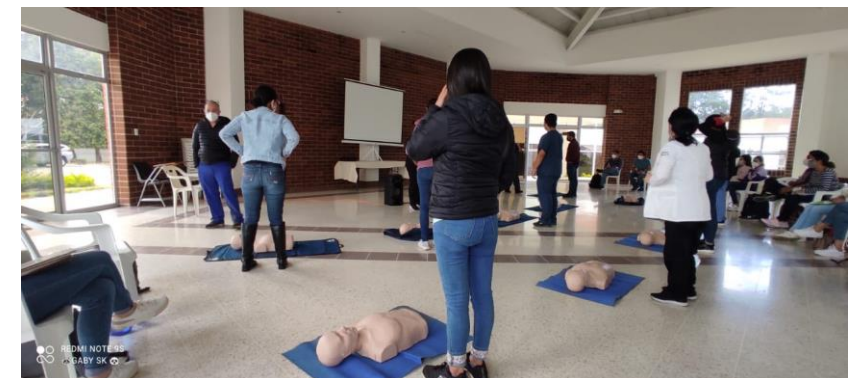
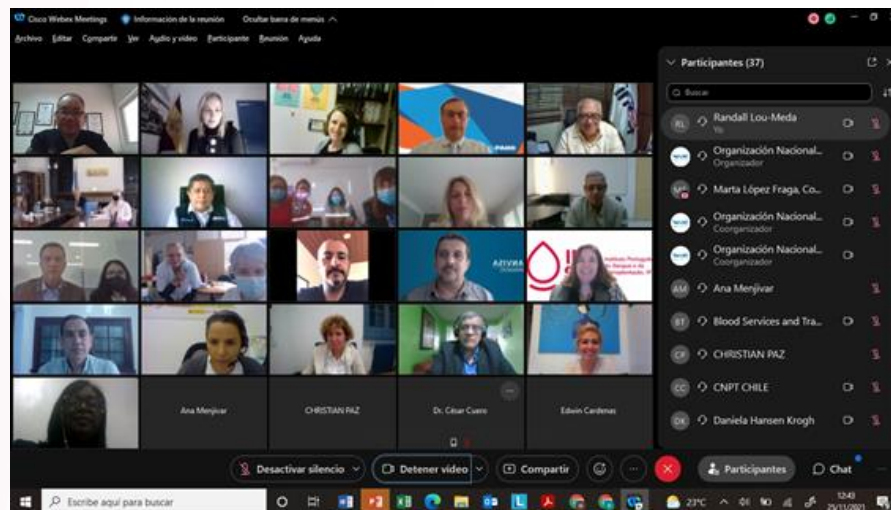
Participation In Medicine Conference



Graduation of Dr. Sindy Méndez
of Dale Carnegie
“ Leadership Course”

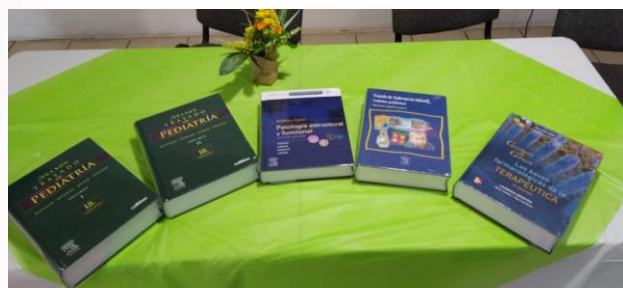


Participation of Dr Randall Lou in sessions of the “Consejo Iberoamericano de Donación y Trasplante”(RCDIT)



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



Participa

Rotary South Club donation
of Equipment
for outpatient Clinics

Christmas Gifts and Food To Patients



Christmas Party at FUNDINAIR'S

Hungarian Kidney Foundation

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*

Staying healthy serves the well-being of Ourselves, the Family and the Society
Learning through the whole life is a value and interest of the whole Society!

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

Patient sensitization through social media posts- Care For Your Kidneys

Oct- 2021

CARE FOR YOUR KIDNEYS SERIES

PREVENT KIDNEY DISEASE - DIET, WATER AND SALT CONSIDERATIONS

"HEALTH IS MUCH MORE DEPENDENT
ON YOUR HABITS AND NUTRITION
THAN ON MEDICINE"

- JOHN LUBBOCK

60% of human body is water, muscles
and kidneys are 79% water.

Water is the main ingredient when it
comes to blood pressure and kidney care.

Men need
3.7 litres of fluids a day

Women need
2.7 litres of fluids a day

BROUGHT TO
YOU BY :



MOHAN IN
PARTNERSHIP
FOUNDATION WITH



CARE FOR YOUR KIDNEYS SERIES

PREVENT KIDNEY DISEASE - DIET, WATER AND SALT CONSIDERATIONS

SWAP SALT TO PREVENT KIDNEY DISEASE

Normal salt
consumption

Black salt, rock/pink salt
or herbs like oregano

Salted snacks

Roasted makhane
with crushed black peppers

Sodium high items

Replace with fresh food
and vegetables

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CARE FOR YOUR KIDNEYS SERIES

PROTEIN INTAKE AND KIDNEY DISEASES

FACT#2

Protein types influence
the health of kidneys

TIP

High protein foods like meat, milk and
eggs can be high in fat and cholesterol.
May affect heart health too.
Fish, chicken breast, low fat
soy products and low fat dairy
products are healthier alternatives



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CARE FOR YOUR KIDNEYS SERIES

PROTEIN INTAKE AND KIDNEY DISEASES

FACT#1

Protein intake is dependent on the stage
of your kidney disease, level of nutrition
and muscle mass amongst other factors

TIP

Consult your dietician - inform them
about your kidney health and follow
the diet plan accordingly.
The dietician will help plan and monitor
a low-protein or high-protein diet.

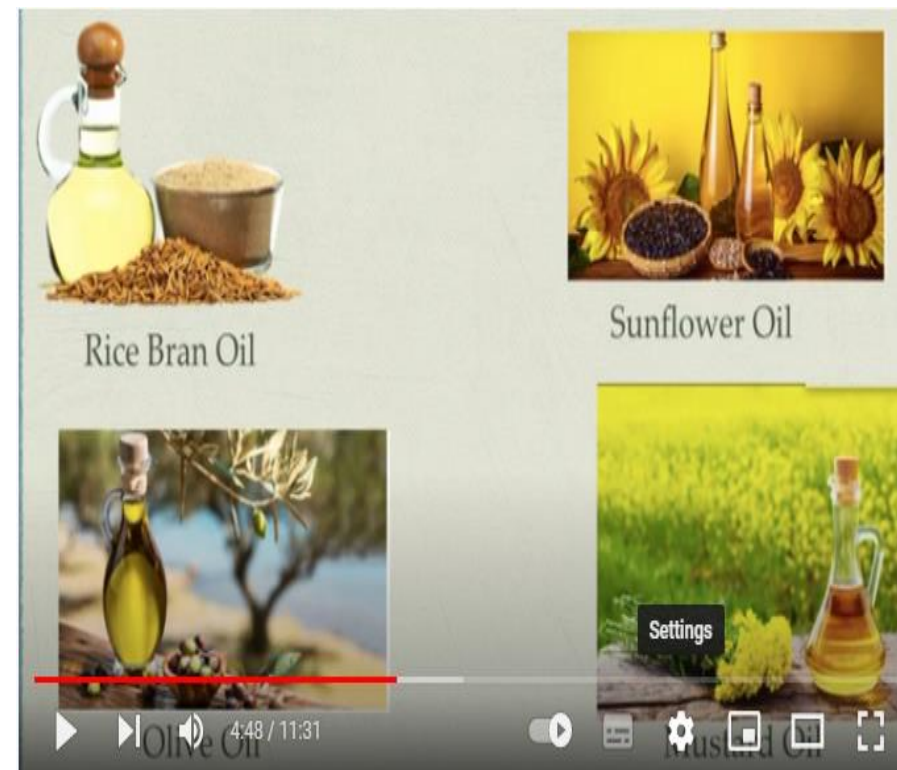
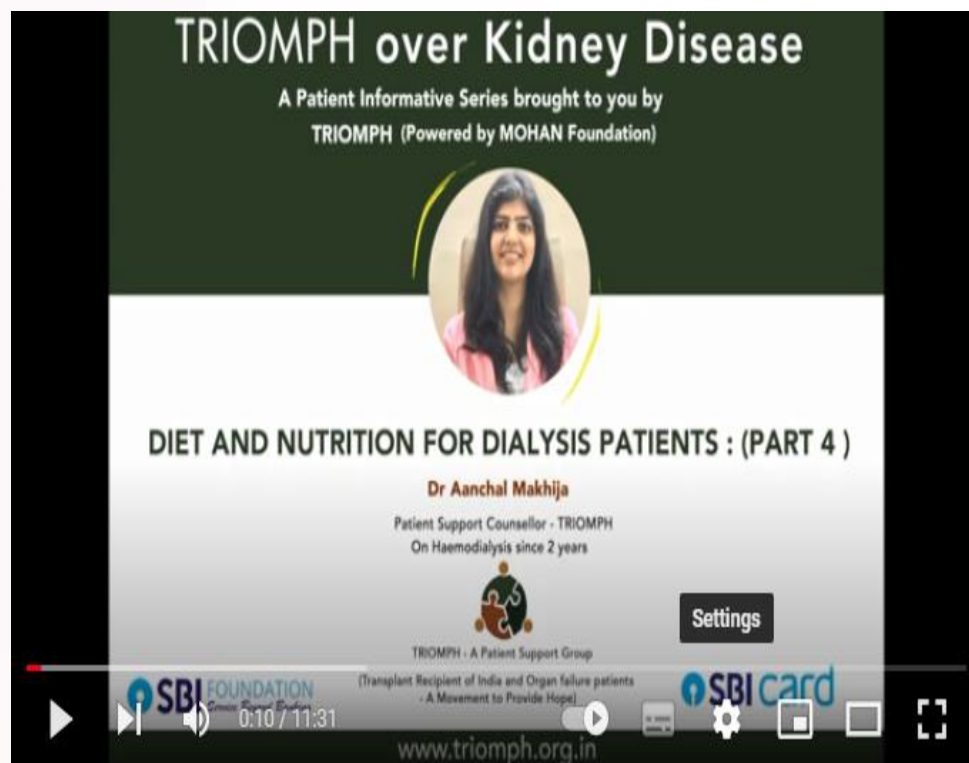


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FOUNDATION WITH



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=_670P2ilXmE

Webinar on Urinary Tract Infections and Kidney diseases was conducted on October 2021 under Care For Your Kidney Series



Care For Your Kidneys Series

URINARY TRACT INFECTIONS (UTI) AND KIDNEY DISEASES

An informative webinar by



DR G.S.KARTHIK

Senior Consultant Nephrologist
Olive Hospital, Nanal Nagar, Mehdipatnam.



OCTOBER 08, 2021
6:00 PM IST

A joint initiative of

**MOHAN Foundation &
Care For Your Kidney Foundation**

Join us live [f @MOHANFoundationIndia](#), [YouTube @mohanfoundation](#)

Webinar Conducted on 6th October 2021

The total views were 70 on youtube, 6248 reach on social media
Likes, comments and shares (23 Instagram, 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

CARE FOR YOUR KIDNEYS SERIES

PROTEIN INTAKE AND KIDNEY DISEASES

FACT#2

As kidney disease progresses, phosphorus starts building up in the body

TIP

Avoid phosphorus rich food products like milk, yogurt, cheese, dried beans, nuts etc.
Opt for chicken, salmon, tofu, whole grains, green peas, lentils etc.

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CARE FOR YOUR KIDNEYS SERIES

PROTEIN INTAKE AND KIDNEY DISEASES

FACT#3

People who are on dialysis don't need low protein diet

TIP

Dialysis removes the protein wastes as well as some essential amino acids from the body. To compensate this, a high protein diet is required.



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CARE FOR YOUR KIDNEYS SERIES

PROTEIN INTAKE AND KIDNEY DISEASES

FACT#4

Canned and processed foods can deteriorate your kidney health

TIP

As these foods contain protein as well as sodium, they can cause an extra load on the kidney and increase blood pressure. Sodium content must be kept a watch on.



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CARE FOR YOUR KIDNEYS SERIES

ALCOHOL AND KIDNEY DISEASES

DID YOU KNOW?

- Drinking alcohol can affect many parts of your body, including your kidneys.
- Drinking excessively can worsen existing kidney disease
- Too much alcohol can affect your blood pressure, a common cause of kidney disease



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These social media posts reached 6,191 people

Patient Education – Awareness through social media posts

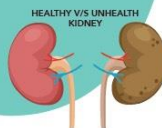
– Care For Your Kidneys Project

Dec, 2021

CARE FOR YOUR KIDNEYS SERIES ALCOHOL AND KIDNEY DISEASES

DID YOU KNOW?

- Kidney disease has many causes that are not related to alcohol, but alcoholism is an undeniable factor in the development of kidney disease.
- Acute kidney failure due to alcoholism can be fatal. Full recovery is possible, but includes risk causing the kidneys to be damaged beyond normal functioning.
- **Albuminuria** – is a sign of kidney disease and means that you have too much **albumin** in your urine, a protein found in the blood. Moderate to heavy alcohol consumption is a cause for albuminuria.



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CARE FOR YOUR KIDNEYS SERIES ALCOHOL AND KIDNEY DISEASES

HOW TO PREVENT ALCOHOLISM

- Avoid storing alcohol in your house
- Set a drinking goal
- Protect yourself from peer pressure
- Prioritize wellness
- Keep yourself meaningfully busy
- Reach out for support

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CARE FOR YOUR KIDNEYS SERIES SMOKING AND KIDNEY DISEASES

DID YOU KNOW?



People who don't have kidney disease, are at an increased risk for end stage renal disease if they are smokers.

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FOUNDATION WITH



CARE FOR YOUR KIDNEYS SERIES ALCOHOL AND KIDNEY DISEASES

DID YOU KNOW?

- Your kidneys filter harmful substances from your blood. One of these substances is alcohol.
- Alcohol can cause changes in the function of the kidneys and make them less able to filter your blood.
- Alcohol affects the ability of your kidneys to keep the right amount of water in your body.
- When alcohol dehydrates the body, the drying effect can affect the normal function of cells and organs, including the kidneys.



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FOUNDATION WITH



CARE FOR YOUR KIDNEYS SERIES SMOKING AND KIDNEY DISEASES

DID YOU KNOW?

- Diabetes and high blood pressure are the two leading causes of chronic kidney disease.
- People with high blood pressure who smoke add to the risk of getting chronic kidney disease.
- Smoking increases the chances of getting renal disease.



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These social media posts reached 8,653 people

Article on Antibiotics and Kidney Disease

Dec, 2021



Antibiotics

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

<https://www.mohanfoundation.org/organ-donation-transplant-resources/Antibiotics-and-Kidney-Disease.asp>



National
Kidney
Foundation
Malaysia

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.



5

Universities
and colleges

453

Students

186

Students achieved
>5,000 steps

71

Students achieved
>10,000 steps

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

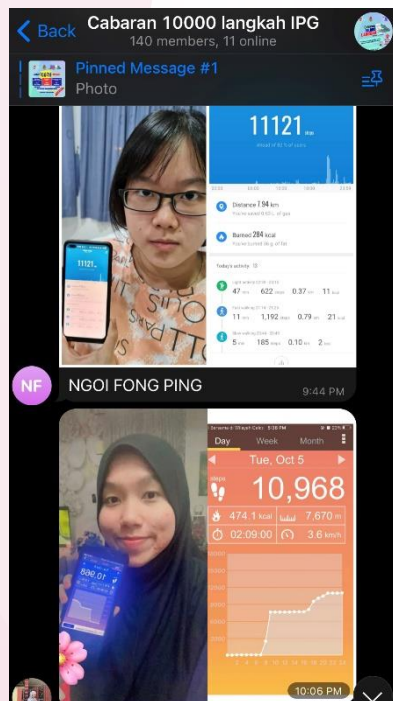
Patients gone through kidney transplant since 2018


268

Patients and carers showed interest since 2018



National
Kidney
Foundation
Malaysia






NATIONAL KIDNEY FOUNDATION MALAYSIA

CODE:Life


Community Organ Donation Drive



LIVE
NKF Malaysia

LIVING KIDNEY TRANSPLANT

SATURDAY 21st AUGUST 2021
10.00am – 12.00pm



SCAN ME



KEKALKAN KESERONOKAN



Melakukan senaman yang memerlukan peralatan sukan seperti badminton.



Kari Udang Yogurt

Kandungan Nutrisi :
1 hidangan (6 ekor udang)

- Kalori | 237 kcal
- Karbohidrat | 16.3g
- Protein | 11.0g
- Lemak | 14.8g
- Sodium | 178.3mg
- Serat | 7.5g

Bahan-bahan :

- 2 biji bawang besar
- 4 ulas bawang putih
- 2 inci halia
- 3 biji cili padi
- 12 ekor udang sederhana
- 4 sekawan (kayu manis, bunga cengkih, bunga lawang, buah pelaga)
- 1 sudu kecil halba campur
- 2 tangkai daun kari
- 3 sudu besar minyak biji bunga matahari
- 3 sudu besar yogurt rendah lemak
- 1/2 biji kentang
- 3 sudu besar air asam jawa
- 3 sudu besar serbuk cili
- 4 sudu besar serbuk kari
- Sedikit garam

Cara Penyediaan :

- Panaskan minyak. Tumis rempah ratus, halba campur dan daun kari. Masukkan bahan kisar setelah naik bau.
- Masukkan buncuhan serbuk cili dan serbuk kari. Masak sehingga pecah minyak.
- Tambahkan sedikit air. Masukkan kentang dan labak merah. Biarkan sehingga empuk.
- Masukkan air asam jawa dan yogurt rendah lemak. Kacau sehingga sebati.
- Akhir sekali, masukkan udang dan biarkan seketika sehingga masak. Tutup api dan tambah garam secukup rasa.

CARI PERKATAAN WORD SEARCH



B	I	J	I	R	I	N	I	K	M
L	O	M	A	T	I	O	G	E	A
G	L	U	K	O	S	A	G	G	T
N	C	K	E	B	N	G	A	A	I
I	G	O	B	G	T	A	N	T	P
L	D	A	R	A	B	H	G	A	U
U	P	E	K	U	C	A	E	L	C
S	N	T	J	L	O	D	N	A	U
N	K	E	B	A	S	R	B	N	K
I	G	L	A	U	K	O	M	A	R

PETUNJUK

B_JIR_N D_HAG_ GA_GREN
GLUK_SA KEB_S IN_ULI_
M_TI_P__UK GL_UK_MA K_G__ALAN



Turkish Kidney
Foundation

TURKISH KIDNEY FOUNDATION

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 demographic 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
 - o 57,8% has answered a "6 grams" for daily salt intake for an adult
 - o 66,2% has replied "50 grams" for daily sugar intake for an adult
 - o 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 & Acheivements

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

Tamilnad Kidney Research Foundation



Dialysis Machine Inauguration @ 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.



Tamilnad Kidney Research Foundation



Dialysis Machine Inauguration @ 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.

