

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

> IFKF-WKA Connect 1 April 2022

Official Newsletter of IFKF-WKA



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Editorial Board Latha Kumaraswami Dina Abd El-Latif Ágnes Haris Randall Lou-Meda Tashi Namgay Esther Obeng Ayşe Onat Harun Rashid SF Lui

IFKF-WKA Connect 1 April 2022

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President's message

PRESIDENT'S MESSAGE Dr. Siu-Fai Lui, BBS MH JP. President, IFKF-WKA



A warm greetings to everyone around the world. I trust we are co-living with COVID and allowing us to refocus on "Better kidney care for everyone" and "Better care of patients with kidney disease". This issue of IFKF-WKA Connect focuses on our communication channel and the flagship programs of IFKF-WKA.

We are sharing the **World Kidney Day** events by our members. We draw your attention to the importance of enhancing Health Literacy for the general public and patients with kidney disease, in particular, the role of Organization Health Literacy to provide health care information for the users, in a way that they can get, understand and use.

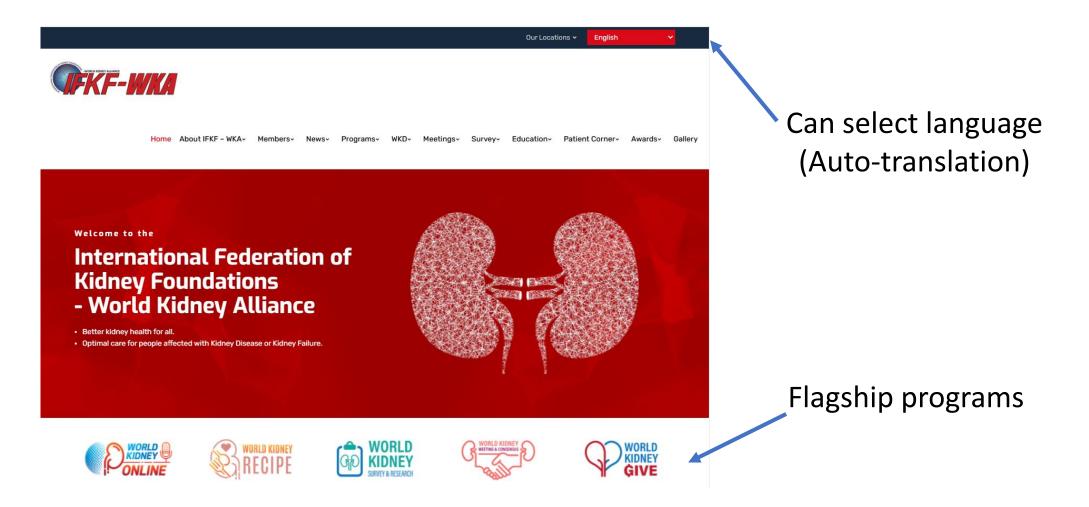
We are very excited to launch **IFKF-WKA flagship programs** - World Kidney Online, World kidney Survey & Research, World Kidney Meetings & Consensus.

World Kidney Recipes will be launched on 16th June 2022 at the 20th Congress of International Society of Renal Nutrition and Metabolism. We will be promoting "Eat Smart, Eat well" for patients with kidney disease, to bring the joy back in their eating which is an important element of living well with kidney disease.

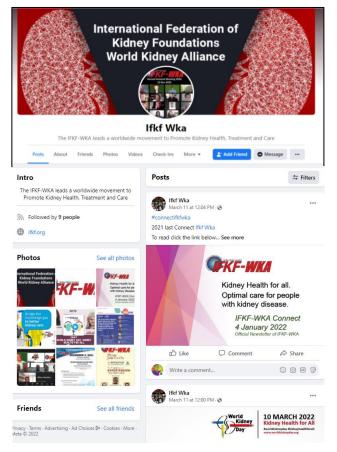
Communication – Website

IFKF-WKA website is updated with new information

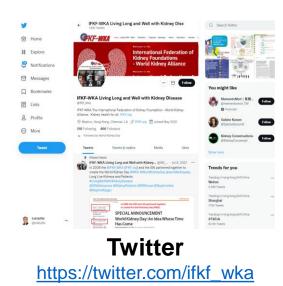
- Flagship programs, IFKF-WKA Connect, patient's voice and story



Communication – Social Media



Facebook https://www.facebook.com/ifkf.wka







Instagram https://www.instagram.com/ifkfwka/



YouTube channel https://www.youtube.com/channel/ UCCa22RxGzQLUpbaO20ZMqDw

https://www.linkedin.com/company/ifkfwka/posts/?feedView=all

World Kidney Day 2022



Kidney health for all: bridging the gap in kidney health education and literacy

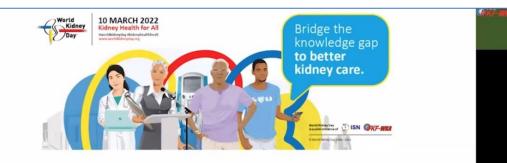
Robyn G. Langham¹, Kamyar Kalantar-Zadeh², Ann Bonner³, Alessandro Balducci⁴, Li-Li Hsiao⁵, Latha A. Kumaraswami⁶, Paul Laffin⁷, Vassilios Liakopoulos⁸, Gamal Saadi⁹, Ekamol Tantisattamo², Ifeoma Ulasi¹⁰ and Siu-Fai Lui¹¹ for the World Kidney Day Joint Steering Committee¹²

The high burden of kidney disease, global disparities in kidney care, and poor outcomes of kidney failure bring a concomitant growing burden to persons affected, their families, and carers, and the community at large. Health literacy is the degree to which persons and organizations have or equitably enable individuals to have the ability to find, understand, and use information and services to make informed health-related decisions and actions for themselves and others. Rather than viewing health literacy as a patient deficit. improving health literacy largely rests with health care providers communicating and educating effectively in codesigned partnership with those with kidney disease. For kidney policy makers, health literacy provides the imperative to shift organizations to a culture that places the person at the center of health care. The growing capability of and access to technology provides new opportunities to enhance education and awareness of kidney disease for all stakeholders. Advances in telecommunication, including social media platforms, can be leveraged to enhance persons' and providers' education; The World Kidney Day declares 2022 as the year of "Kidney Health for All" to promote global teamwork in advancing strategies in bridging the gap in kidney health education and literacy. Kidney organizations should work toward shifting the patient-deficit health literacy narrative to that of being the responsibility of health care providers and health policy makers. By engaging in and supporting kidney health-centered policy making, community health planning, and health literacy approaches for all, the kidney communities strive to prevent kidney diseases and enable living well with kidney disease.

https://www.dropbox.com/s/b0m5r92ecqk7sws/WKD_Editorial%202022%20Kidn ey%20health%20for%20all%20bridging%20the%20gap%20in%20kidney%20hea lth%20education%20and%20literacy.pdf?dl=0

March 10 2 sessions: 11 a.m. CET 10 p.m. CET	Webinar 1 11 a.m. CET for Europe/Africa /Asia	Webinar 2 10 p.m. CET for North/South America/Australia	ISN & IFKF-WKA Webinar World Kidney Day 2022 Bridge the knowledge gap to better kidney care 10 March 2022 Session 1: 11 am CET			
SF Lui President, The International Federation of Kidney Foundation - World Kidney Alliance (IFKF-WKA).	Welcome remarks from President IFKF-WKA (SF Lui) and ISN (Agnes Fogo)					
ISN & IFKF-WKA Webinar: World Kidney Day 2022: Bridge the knowledge gap to better kidney care -	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				
Bringing Together the Community for Kidney	Health Literacy Anne Bonner, Australia		ISN & IFKF-WKA Webinar World Kidney Day 2022 Bridge the knowledge gap to better kidney care 10 March 2022 Session 2: 10 pm CET			
Health	To Connect, Be Connected SF Lui, IFKF-WKA					
Robyn Langham - Session 1 WKD Steering Committee co-chair, University of Melbourne, Melbourne, Victoria, Australia	Engaging Healthcare Professionals Beatrice Titilola Segun-Agboola, Nephrology Nurse Educator, Nigeria.					
Kam Kalantar Zadeh - Session 2 WKD Steering Committee co-chair, The International Federation of Kidney Foundation – World Kidney Alliance (IFKF-WKA), Division of Hephrology and Hypertension and Kidney Transplantation,	Advocating for Better Kidney Health Paul Laffin, Northern Ireland.					
University of California Invine, Orange, California, France USA In World Kidney Day 2005–2022.	Moderated Q&A (live)		En Escere			
Link to the recording of the Webinar:						

https://academy.theisn.org/isn/2021/Webinars/351406/faculty.presenter28s29.world.kidney.day.2022.bridge.te.knowledge.gap.to.better.html?f=menu%3D32*browseby%3D8*sortby%3D2*media%3D30*label%3D24297



To connect, Be connected.

Siu-Fai Lui BBS MH JP

President, International Federation of Kidney Foundations- World Kidney Alliance.
Co-Program Director, World Kidney Day Steering Committee
Chairman, Hong Kong Kidney Foundation.

https://www.dropbox.com/s/z4odim0sqq7qsfn/WKD22_Webinar%20IF KFWKA%20ISN_Lui%20SF%20v220308.pdf?dl=0



Bridging the Knowledge Gap to Better Kidney Care

Importance of Health Literacy

Prof Ann Bonner School of Nursing & Midwifery, Griffith University, Australia

https://www.dropbox.com/s/z4z9bmtcd69hd2i/WKD22_Webinar_A nn%20Bonner%20Health%20Literacy.pdf?dl=0

Mrs. Deborah Griffith, a member of the Barbados Kidney Association presenting a token of appreciation to another member Anthony Sobers Anthony Sobers, Kelvin Alleyne and Allan Haynes developed a presentation which was shared at several churches across the island on the Sunday before World Kidney Day 2022.



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Some of the attendees at the service or Sunday, March 6, 2022 in the beautiful Botanical Gardens in Barbados





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People from all walks of life was present, notably, ex Chief Election Commissioner and current British High Commissioner.

nurses and technicians provided free

World Kidney Day

and free consultation.

Free Medical Camp by Kidney Foundation



KIDNEY WARRIORS

Italy FIR









prevention measures for kidney health and the role of the nephrologist

(1) Live webinar about dissemination of Italian Society of Nephrology (SIN) and Italian Kidney Foundation (FIR)'s activities and results of the 'Bridge the knowledge gap', a survey conducted for SIN by AstraRicerche on a representative sample of the Italian population for kidney health, about

(2) L'esperto risponde: Live Facebook event with Professor Piergiorgio Messa (SIN President) and Professor Massimo Morosetti (FIR President),

(3) Chiedi al Nefrologo: mail service dedicated to receiving specific questions which have been answered by an expert Nephrologist.

Free screening tests: free screening tests for the general population, especially for those belonging to groups with little access to coded diagnostic-therapeutic paths in order to bring out the undeclared diagnosis for timely therapies that significantly improve the quality of life of patients with CKD. The event has been supported by Amgen, Astrazeneca, Baxter and Fresenius

(4) Let's shed some light on CKD: Italian regions have been invited to participate in the campaign to illuminate some significant monuments in Italian cities and to project the World Kidney Day logo, in line with this year's campaign goal of promoting awareness of kidney disease 'for a better kidney care' (Brescia - Palazzo della Loggia, Camaiore - Collegiata, Livorno - Palazzo Comunale, Massarosa - Comune, Padova - Torre dell'Orologio, Torino - Mole Antonelliana)



The Social social media posts uploaded in Feb and Mar 2022 reached

'RAKAM & MENANG' SOCIAL MEDIA CONTEST

14TH FEBRUARY - 28TH FEBRUARY 2022

RAKAM & MENANG' IS A CONTEST JOINTLY ORGANIZED BY NKF AND THE MALAYSIAN SOCIETY OF NEPHROLOGY (MSN) FOR THE PUBLIC TO CREATE AWARENESS ON KIDNEY AND HEALTH IN CONJUNCTION WITH WKD 2022. 30 EARLY BIRD ENTRIES OF CREATIVE SLOGAN WON RM30.00 EACH AND 10 MOST CREATIVE SLOGAN VIDEOS WON AN ADDITIONAL RM70.00 ADDING IT TO RM100.00 IN TOTAL

State Hannon Sees

"RAKAM & MENANG" -----RM1,600













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Renal Nurs



er?newsId=469497&refer=Share





病的機會·而在日常飲食上又有甚 麼需要留意,

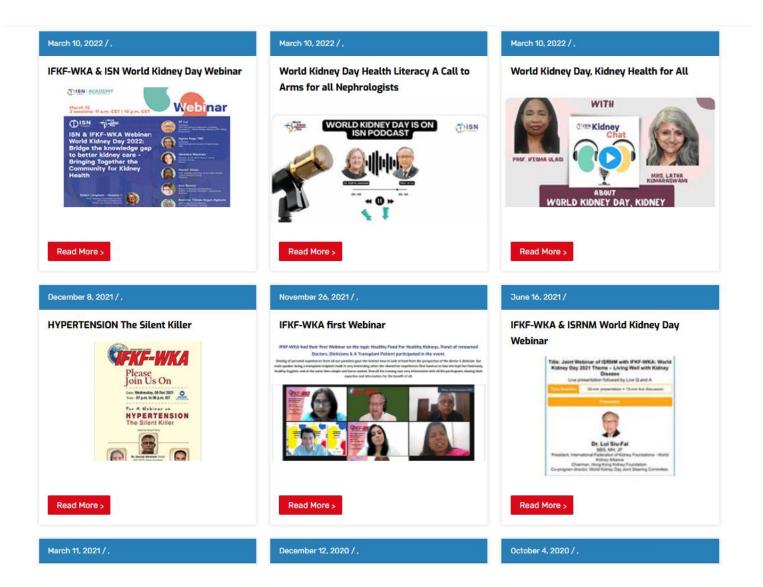




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World Kidney Online





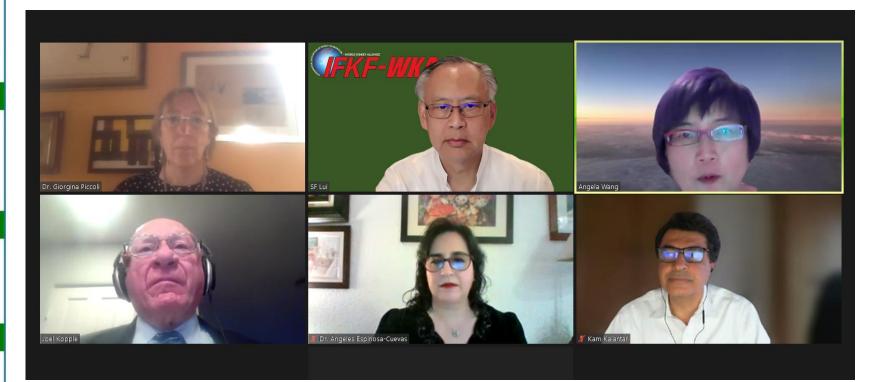
Webinars conducted by IFKF-WKA or in conjunction with other organizations are post on IFKF-WKA website (World Kidney Online) for open access. Inaugural Joint Webinar of ISRNM and International Federation of Kidney Foundation-World Kidney Alliance (IFKF-WKA)

Title: Pros and cons of plant based diet chronic kidney disease (Live debate)

Date: 4 May 2022 (3PM CEST)

Duration Up to 60 minutes					
Opening remarks (5 mins)					
Dr. Angela Yee Moon War MD, PhD President, ISRNM Hong Kong SAR	P g, Dr Lui Siu Fai President, IFKF-WKA Hong Kong SAR				
Moderators					
Angeles Espinoza Dietitian Mexico	Kam Kalantar-Zadeh Nephrologist USA				
Speakers					
Giorgina Piccoli Italy Pros side	Joel Kopple USA Cons side				
Click here for REGISTRATION					
LIVE EVENT WITH Q and A Session					

Pros and Cons of Plant based diet for Chronic Kidney Disease



(Link to the webinar – will be available soon)

The 2nd **TANKER & IFKF-WKA** CME



TAMILNAD KIDNEY RESEARCH FOUNDATION



Date: Saturday 23rd April 2022

Time: 6:30 pm IST

Dr.N.GOPALAKRISHNAN ORGANIZED BY:

"Kidney Transplant"



Dr. ARPANA IYENGAR



"Kidney Transplant in Children"

TANKER Foundation & International Federation of Kidney Foundations - World Kidney Alliance (IFKF-WKA)







https://youtu.be/57p4Cr9 4tU

Proposal - To improve health literacy Set up "Kidney Online"

- Member organization to seek partnership with local societies (nephrologist, renal nurses) to conduct webinars for patients and general public.
- Our WKD survey clearly indicated patient prefer to have the information from healthcare professionals.
- A need to facilitate a platform for patient/citizen to FIND the information, in a way that they can UNDERSTAND, if so, more likely to USE (adopt)



Kidneys Talk" for Everyone



	Fortnightly 8:00-8:45 pm	Торіс	Title of the talk	Guest speakers	Hosts
1	5 October 2021	Kidney and you	Kidney and Kidney disease	Dr. SL Lui Dr. Vincent Chow	Ms. Maggie Ng Dr. KF Chau
2	19 October 2021	Kidney disease and you	Your kidneys are not well, you need to know!	Dr. Sunny Wong Dr. William Lee	Ms. Candy Chea Dr. Samuel Fung
3	2 November 2021	Kidney failure and you	At the crossroad of kidney replacement therapy.	Dr. SF Lui Dr. YL Cheng	Dr. KF Chau Ms. Windy Lee
4	14 November 2021	Kidney Replacement therapy 1: Peritoneal dialysis	The myth of peritoneal dialysis	Dr. CK Chan Ms. Sandy Hui _(nurse)	Ms. Maggie Ng Ms. Windy Lee
5	30 November 2021	Kidney Replacement therapy 2. Haemodialysis	The concerns on haemodialysis	Dr. Maggie Mok Ms. Janet Li (nurse)	Dr. Samuel Fung Ms. Maggie Lee
6	14 December 2021	Kidney Replacement therapy 3. Kidney Transplantation	Kidney Transplant – a new beginning	Dr. Maggie Ma Dr. Winston Fung	Ms. Candy Chea Prof Sydney Tang
7	28 December 2021	Rehabilitation 1	Barrier free renal replacement therapy	Dr. Lorraine Kwan Dr. Jack Ng	Dr. KF Chau Dr. YL Cheng
8	11 January 2022	Rehabilitation 2	Living well with kidney disease	Ms. Sabrina Mok (Dietitian) Ms. Maki Mak (MSW)	Dr. Samuel Fung Ms. Maggie Lee
9	24 January 2022	Rehabilitation 3	Walk with you (support)	Dr. John Chan Ms. Dora Leung _(nurse)	Dr. KF Chau Dr. CY Yung



Push and Pull approach

Push – live webinar Pull – can be viewed and time, anywhere

Live webinar (45 minutes) fortnightly on Zoom, broadcast via Facebook, YouTube Channel. Host by Hong Kong Kidney Foundation, Hong Kong Society of Nephrology, Hong Kong Association of Renal Nurses Viewed 8,400 on FB, 16,000 on YouTube, 8 million time via secondly posting on Newspaper website English version of the PowerPoint is available online. <u>https://hkkf.org.hk/kidneystalke/</u>

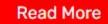
World Kidney Survey & Research



World Kidney Survey



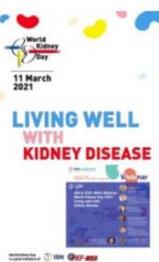
A pilot survey by IFKF-WKA Access to healthcare information by the kidney patients Jan-Feb 2022



<mark>See appendix 2</mark> for full report

https://ifkf.org/wpcontent/uploads/2022/04/IFKF WKA Survey-Access-to-healthcare-informatoin-220310.pdf

World Kidney Survey



ISN & IFKF-WKA Webinar World Kidney Day 2021 Uving well with kidney disease 11 March 2021, 11 am and 10 pm CET

Patient engagement: What matters to patients

Siu-Fai Lui BBS MH JP

 President, International Federation of Kidney Foundations-World Kidney Alliance.
Co-Program Director, World Kidney Day Steering Committee
Chairman, Hong Kong Kidney Foundation.



Read More

And in case of the local division of the loc

https://ifkf.org/wpcontent/uploads/2022/04/WKD21_Webinar_Lui-SFv210308.pdf

World Kidney Survey & Research



Setting up an International Panel To initiate and coordinate Worldwide survey & research

20 Jan 2022, 23 Mar 2022 Graeme Smith, Ann Bonner, Kam Kalanta, SF Lui



Survey: WKD survey on Access to healthcare information

<u>Research</u>: International research projects on Health Literacy

World Kidney Recipes



World Kidney Recipes







Long live kidneys and patient



World Kidney Recipes will be launch on 16 June 2022

at the Special session during the 20th Congress of International Society of Renal Nutrition and Metabolism

World Kidney Publications



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World Kidney Publications

www.kidney-international.org

editorial: special report

¹ St. Vincent's Hospital, Department of Medicine, University of Melbourne,	Kidney health for all: bridging the gap in kidney health education and literacy				
Melbeurne, Victoria, Australia; ² Division of Nephrology, Hypertension and Kidney Transplantation, Department of Medicine, University of California, USA; ³ School of Nursing and Midwifery, Griffth	Robyn G. Langham ¹ , Kamyar Kalantar-Zadeh ² , Ann Bonne ² , Alessandro Balducci ⁴ , Li-Li Hsiao ⁵ , Latha A. Kumaraswami ⁷ , Paul Laffin ⁷ , Vasillos Liakopoulos ⁷ , Gamal Sadd ² , Elamol Tantisattamo ⁷ , ffeorma Ulasi ¹⁰ and Siu-Fai Lui ¹¹ for the Wold Kidney Day Joint Steering Committee ¹²				
University, Scattport, Ourmeindr, Assensity, Theiner, Scattport, Reinghorn and Vieners's Heighton Real Division, Heighton Real Division, Entry, Scattport, Scattport, Scattport, Heighton, Real Division, Status, Massachuran, USA Tamiland Mahry Research Tamiland Mahry Research Tamiland Mahry Research Tamiland Mahry Research Warthoff, Scattport, Scattport, Belgiany, "Devision of Hypertension, Hepertmision, "Description and Hypertension, "Description, Scattport, Scattport, Scattport, Scattport, Scattport, "Second Mypertension, "Description, Theory of Hypertension, "Belgiany, "Devision of Hypertension, "Description, Theory of Hypertension, "Belgian, Scattport, Scattport, "Second Use, Department of Internal Medicine, Tocolay of Megine," "Real Use, Department of Medican, Data, Hugan, Medican, Decolay Medican, Charlow, Medican, Decolar Medican, Charlow, Medican, Decolar Medican, Charlow, Defense, and Medican, Charlow, Decolar, Medican, Decolar Medican, Charlow, Decolar Medic	The high burden of kidney disease, global disparities in kidney care, and poor outcomes of kidney failure bring a concomitant growing burden to persons affect, their families, and caress, and the community at large. Health literacy is the degree to which persons and organizations have or equitable penalbe individuals to have the ability to find, understand, and use information and services to make informed health-related decisions and actions for themselves and others. Rather than viewing health literacy as a patient deficit, improving health literacy provides the imperative to shift organizations to a culture that places the person at the centre of health care. The growing capability of and access to technology provides new opportunities to enhance education and awareness of kidney disease for all tashholders. Advances in telecommunication, induling social media kidney buy declares 2022 as the year of <i>Kidney</i> Health <i>Karey</i> and the duration and literacy. Kidney organizations should work toward shifting the patient-deficit health literacy, kidney organizations thould work toward shifting the patient-deficit health policy makers, by engaging in and supporting kidney health -centered policy making, communities strive to that of being the tesponsibility of health care providers and health policy makers. By engaging in and supporting kidney health-centered policy making, communities strive to prevent kidney diseases and enable living well with kidney disease. <i>Relate transformation</i> , and tesponorting kidney health : centered policy making. Community health planning, and health literacy parcends for all, the kidney teartered to planey and bealth literacy parcends for all the kidney disease. <i>Relate transformation</i> state teartered policy making. Community health planning, and health literacy parcends for all the kidney teartered policy a . e . teartered (states) teartered policy information stechnology. <i>Rules</i> (states) teartered (states) teartered (states) teartered (states) te				
Addie/Analocy, Tako Addye Maddie/Analocy, Tako Addye Mingo Addie Addye Kong, Chine University of Hong Kong, Hong Kong, Chine This article is being published in <i>Kaftray</i> , International and replicted concurrently in <i>Kaftray</i> . International and replicited of specific and specific detail. And length of manu- typics and specific down specific detail. And length of manu- typics and specific down specific detail. And length of manu- typical and length of manu- typical specific down specific detail. And length of manu- typical specific down specific detail. And length of manu- dies article. Note that all authors contribu- tion proparation, and editing the analog.	G iven the high burden of kidney disease and global disparities related to kidney care, in carrying forward our mission of lenging sixee of bridging the well-discuttified app in the global understanding of kidney disease and its health iteracy is the theme for World Kidney Day (WKD) 2022. Health literacy is defined as the degree to which persons and or ganizations have—or equilably enable individ- uals to hard—which eability to find, understand, and use information and services to inform health-related devisions and actions for theme schematic others. Not oral tabare is gooving in determining outcome for persons allow for the by kidney disease and the community in	general, but there is an emergent imperative for policy makers worldwide to be informed and cognizant of opportunities and real measurable outcomes that can be achieved hrough kilony-pacific presentative strategies. The global community of people with kidney disease Most people are not aware of what kidneys are for or even where their kidneys are. For those afflicted by disease and the subsequent effects on overall health, an effective health care provider communication is required to sam- port individuals to be able to understand what Health Herary involves more than functional addities of an individual, it is able to enguittee			
Kidney International (2022) 🛢, 🔳 - 🖩		1			

ARTICLE IN PRESS

Check for updates

PERSPECTIVES

equivalent; 'patient-centredness' refers to

Patient-centred approaches for the management of unpleasant symptoms in kidney disease

Kamyar Kalantar-Zadeho, Mark B. Lockwoodb, Comie M. Rhee, Ehamol Tantisattamo, Sharan Andreoli, Alessandro Balducci, Paul Laffin, Tess Harriso, Richard Knight, Latha Kumaraswami, Vassilios Liakopouloso, Siu-Fai Lui, Sajag Kumar, Maggie Ng, Camal Saadi, Ifeoma Ulasi, Alison Tong and Philip Kam Too Lo

Abstract | Patients with chronic kidney disease (CKD) frequently experience unpleasant symptoms. These can be gastrointestinal (constipation, nausea, the multitude of technical and biomedical vomiting and diarrhoea), psychological (anxiety and sadness), neurological aspects of CKD pharmacotherapies. (lightheadedness, headache and numbness), cardiopulmonary (shortness of breath and oedema), dermatological (pruritus and dry skin), painful (muscle cramps, chest pain and abdominal pain) or involve sexual dysfunction, sleep disorders and such as kidney replacement therapy, fatigue. These symptoms often occur in clusters, with one of them as the lead improve symptoms sufficiently to negate symptom and others as secondary symptoms. Uraemic toxins (also called uremic the need for additional interventions to toxins) are often considered to be the main cause of CKD-associated symptom alleviate symptoms. In addition, many burden, but treatment of uraemia by dialysis often fails to resolve them and can engender additional symptoms. Indeed, symptoms can be exacerbated by symptom management has long been a key comorbid conditions, pharmacotherapies, lifestyle and dietary regimens, kidney component in the management of other replacement therapy and ageing. Patients with kidney disease, including those chronic diseases, particularly in the fields who depend on dialysis or transplantation, should feel actively supported in their of oncology and palliative medicine, it is symptom management through the identification and targeting of unpleasant symptom management unough the approach. Such an approach may help affect the quality of life of patients with minimize the hurden and consequences of kidney disease, and lead to improved patient outcomes including health-related quality of life and better life with regimented management approaches participation.

on patients' perception of the unpleasant

adequate pharmacotherapy and/or dialysis

treatment, and that affect well-being and

health-related quality of life'. Despite the

management using a symptom science

approach is not widely implemented in

the care of patients with CKD, including

those receiving dialysis, because of majo

assessment and appraisal of symptoms;

and a lack of optimal interventions with

which to alleviate unpleasant symptoms.

knowledge gaps regarding the patterns of

symptom burden and severity of unpleasant symptoms; a lack of practical tools for the

importance of symptoms to quality of life

and overall well-being, effective symptom

symptoms that cause suffering despite

The critical role of patient contractonss in the management of all disease states, including dramic kidner disease (RSD), has gained increased recognition in the past decade²². This turning point has led to heightened interest in symptom science, and in the field of nephrology, a detailabiled discipling point of the investion of dialysis therapy over five decades ago metalibiled discipling point of the investion of dialysis therapy over five decades ago metalibiled discipling of the investion of dialysis therapy over five decades ago to the management of discuss associated symptoms, symptom science is langely to the management of discuss associated symptoms, symptom science is langely

NATURE REVIEWS | NEPHROLOGY

and symptom clusters in this population. We note that the term 'symptom science' is often used interchangeably with "patient-centreduces but these terms are not

the prioritization of patients' preferences. which almost invariably includes effective management of unpleasant symptoms whereas 'symptom science' refers to the understanding of holistic mechanisms y which symptoms are experienced and includes integrated management strategies for unpleasant symptoms (discussed below) Our fundamental understanding and prioritization of symptom manage in nephrology has been overshadowed by dialysis treatment approaches and kidney transplantation, as well as the erroneous assumption that interventions for uraemia not necessarily a focus of nephrologists However, symptom burden can adversely kidney disease, particularly when combined including dietary and fluid restrictions, high pill burden and strict dialysis schedules" Hence, a major unmet need exists for effective symptom management in CKD. as a means of alleviating patient suffering, improving quality of life and ensuring the overarching goal of living well with kidney disease'. In this Perspective, we examine he concept and scope of symptom burden in CKD; theoretical frameworks and constructs for symptom science; biological mechanisms underlying some of the unpleasant symptoms associated with CKD; validated tools for symptom appraisal and assessment; and strategies for symptom management, including palliative care approaches for patients with CKD under onservative management or receiving kidney replacement therapy.

ARTICLE

EDITORIAL

The World Kidney Recipes: Teaming up to Empower Patients, Care-Partners, Dietitians, and Chefs With Culinary Creativity and Multicultural Diversity in Renal Nutrition and Dietetics

TN A PARADIGM-SHIFTING effort to empower renal nutrition communities with infinite kidney advocacy possibilities across cultures and boundaries throughout the world, the International Federation of Kidney Foundation-World Kidney Alliance (IFKF-WKA) and the International Society of Renal Nutrition and Metabolism (ISR.NM) have teamed up and embarked on the World Kidney Recipes project. The main goal is to galvanize patients and their care partners to work with gastronomic experts and dietetic professionals, including chefs and dietitians, to inspire creativity in culinary medicine and medical nutrition therapy in kidney care. Additionally, advancing the concept of the World Kidney Recipes is expected to enforce multicultural diversity in renal nutrition and kidney dietetics so that these efforts can evolve into appealing experiences for all persons and providers engaged in care for patients with chronic kidney disease (CKD) in any stage and severity.

Activities under the World Kidney Recipes can entail three separate but interconnected components: (1) Engage kidney healthcare professionals and kidney advocacy organizations, including kidney foundations and nephrology societies in the art and science of culinary medicine, so that barriers and gaps along with opportunities for partnership and collaboration can be identified, in an effort to become better familiarized with and appreciate the field of applied renal nutrition in support for patients with kidney disease under real-world scenarios. (2) Encourage kidney patients and their family members to overcome the constraints of the often imposed dietary restrictions by embracing diversity in multicultural recipes and joy in cooking and choice of food, aligned with the 2021 World Kidney Day's theme of "living well with kidney disease,"6 and (3) Enforce patients and care partners' education, engagement and empower-

Financial Dividence: The authors declare that they have no relevant financial intenses. Address surrespondense to Kamyar Kalantar-Zaldeh, MD, MPH, PhD, University of California Invine, Dange, CA. E-math. Mcc.@unit.edu 0.2021 by the National KAmy Foundation, fine. All rights wareved. 1051-2276/436-00 https://div.org/10.1053/ij.pin.2021.08.007

Journal of Renal Nutrition, Vol E. No E (E), 2021: pp 1-5

ment in adhering to and embracing healthy diet and lifestyle modification as an important component of kidney preserving therapy.⁷

The healthcare professionals to be engaged in the World Kidney Recipes include nephrologists, non-nephrology physicians, nurses, dietitians, and other allied health professionals, as well as professional organizations, patient groups, renal support networks, and kidney foundation all throughout the world. Gastronomy affiliates and food industry experts along with chefs and other culinary enthusiasts are encouraged to take part. The goal is to be engaged in not only the conceptual theory of the potentia ole of diet and nutrition in kidney health, but also in day to-day practice of culinary medicine "Food as medicine" as an important nonpharmacologic intervention to preserve kidney function and to prolong life.⁸ This is consistent with secondary and tertiary prevention of kidney disease, 9,10 including by means of low salt, low protein (0.6 to <0.8 g/kg/day), and plant dominant (>50% of the source of protein from plant sources) diets such as the PLADO diet,^{11,15} including for patients with diabetic kidney disease and also promoting high fiber intake. Similarly important is modifying primordial risk factors such as hypertension, diabetes, obesity, and hyperlipidemia that may modify the risk of developing incident CKD in the context of primary prevention Additionally, in people with kidney failure who receive dialysis therapy, the World Kidney Recipes can offer a host of eniovable diets consistent with higher proteir (1-1.2 g/kg/day) and low phosphorus (<800 mg/day) diets.¹⁵ Kidney transplant recipients, too, are expected to benefit immensely from the World Kidney Recipes with more appealing meal plans so that their transplanted kidneys can function longer by means of supportive dietary interventions if possible.¹⁶⁻²⁰ A collection of vetted and classified recipes and meal plans for different stages o CKD and from around the world will be identified and reconstructed. The recipes should be not only in support of kidney and patient longevity but also appetizing, tasty, appealing, interesting, simple and easy to prepare, suitable for home cooking and a family meal. This will

bring the joy back in eating for a patient with kidney

https://ifkf.org/world-kidney-publications/



Forthcoming event



Special Session IFKF-WKA Worfld Kidney Recipes Thursday 16 June 2022 20:00-21:15 pm

Registration: https://isrnm2022.sciconf.cn/