



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

IFKF-WKA Connect
October 2022
Official Newsletter of IFKF-WKA

IFKF-WKA Connect October 2022

Content

President's message

Sharing by members

1. Fundanier – Guatemala (slide 9-12)
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4. Mohan Foundation, India (Slide 23-25)
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6. India Renal Foundation (slide 30-34)

Editorial Board

Ms. L Kumaraswami

Ms. A Onat

Ms. E Obeng

Mr. Tashi Namgay

Dr. SF Lui

PRESIDENT'S MESSAGE

Dr. Siu-Fai Lui, BBS MH JP.

President, IFKF-WKA



The key event for the past three months is the official launch of the IFKF-WKA flagship program – **World Kidney Recipes, at the Joint Webinar of IFKF-WKA and International Society of Renal Nutrition and Metabolism.**

<https://ifkf.org/news/joint-webinar-of-the-international-society-of-renal-nutrition-and-metabolism-and-international-federation-of-kidney-foundations-world-kidney-alliance/>

We shared how we developed the World Kidney Recipes. We launched the World Kidney Recipes 53 recipes from 10 countries.

Eat Smart, Eat well, bring joy back in eating for our patients.

Please visit our website <https://ifkf.org/world-kidney-recipes/>

SF Lui

International
Society of
Renal
Nutrition
and Metabolism



ISRNM.ORG



- WORLD KIDNEY ALLIANCE

IFKF-WKA

A joint webinar of IFKF-WKA and ISRNM

**Title: Eat Smart, Eat Well - World Kidney Recipes Why,
What, How**

Date: Wednesday, 12th October 2022 (3pm CEST)

Speakers



Dr Lui Siu Fai

President, IFKF-WKA
Hong Kong SAR



Kelly Lambert, RD, PhD

Academic Program Director,
Nutrition and Dietetics

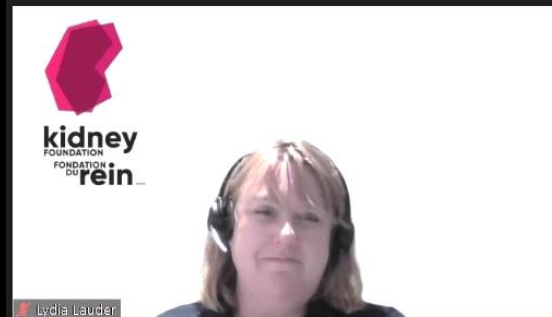
University of Wollongong, Australia



Lydia Lauder

National Director of Programs and Public Policy
Kidney Foundation

Canada



Lydia Lauder



Dr. Lui Siu Fai



Dr. Angela Wang



Dr. Kelly Lambert

Living well with Kidney Disease **Eat smart, Eat Well** **World Kidney Recipes** Why, What, How



Dr. SF Lui, BBS, MH, JP.
President, IFKF-WKA



https://ifkf.org/wp-content/uploads/2022/10/ISRNM_221012-Webinar-Lui-SF.pdf

Developing kidney friendly recipes: an Australian perspective

Dr Kelly Lambert, Adv APD, University of Wollongong, Australia



UNIVERSITY
OF WOLLONGONG
AUSTRALIA

https://ifkf.org/wp-content/uploads/2022/10/ISRNM_221012_Webinar-Lambert-K.pdf



Kidney Community Kitchen

Lydia Lauder
National Director of Programs and Public Policy

https://ifkf.org/wp-content/uploads/2022/10/ISRNM_221012-Webinar-Lydia-Lauder.pdf

From diet restriction

→ Positive eating

To eat smart, eat well

Bring joy back into eating

Enjoy recipes from around from world.

World Kidney Recipes



WORLD KIDNEY RECIPES

Eat Smart  Eat well



LONG LIVE KIDNEYS AND PATIENT





Activities July to September



JULY- Start of construction of third floor



AUGUST- Advances in Third Floor Construction



Agreement with “Habitat for Humanity” and “Bridge of Life” to support construction areas for peritoneal dialysis in rural areas.



Course to update procedures on parenteral nutrition.



September:
Construction of areas for peritoneal dialysis.



Conference on Pediatric Nephrology in Coatepeque.



XXLL Meeting of “Red Consejo Iberoamericana de Donación y Trasplante”



XII National Conference of Nephrology.



Fistula Mission and classes to update our service personnel and Pediatric team.



**Publication of Second Edition
“Nephrology in Guatemala”**



Hong Kong Kidney Foundation



**To bridge the knowledge gap in health information
and for better kidney care**

- The Hong Kong Kidney Foundation (the host organiser)
- Hong Kong Society of Nephrology
- Hong Kong Association of Renal Nurses
- Alliance of Renal Patient Mutual Help Association

produced two series of 9 online webinars
– **Kidneys Talk**
broadcasted online
on alternative Tuesday evenings
via Zoom, YouTube and Facebook.



Hong Kong Kidney Foundation

你講 我講 與腎同行
網上 LIVE 講座

專業醫護人員
與你關注腎臟健康每一步

• 醫護專題講解 • 腎臟健康貼士 • 腎友同路人分享

2021年10月5日起
每隔一周
星期二晚上八點播出

9 伴你同行 25.1.2022
8 精靈飲食 輕鬆生活 11.1.2022
7 洗腎無障礙 28.12.2021
6 腎臟移植 新的開始 14.12.2021
5 「洗血」的疑惑 30.11.2021
4 洗肚：真相與誤解！ 16.11.2021
3 洗腎的十字路口 何去何從 2.11.2021
2 腎病了 你需知 19.10.2021
1 點解腎會病？ 5.10.2021

想知更多 腎臟資訊

講座詳情及網上重溫
https://hk.kidney.org.hk

直播連結
https://hk.kidney.org.hk

主辦機構：
HKKF

協辦機構：
PRESENIUM YAO
Karing Tai City
YOWDA KIRIN
Otsuka
Amgen Asia Holding Limited
Pfizer Hong Kong
Roche Hong Kong Ltd.

贊助機構：
AstraZeneca 阿斯利康
Baxter



Online series 1 “Kidneys Talk” for Everyone



| Fortnightly 8:00-8:45 pm | Topic | 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 |



你講 我講 與腎同行
網上講座重溫

專業醫護人員 與你關注腎臟健康每一步
• 醫護專題講解 • 腎臟健康貼士 • 腎友同路人分享

9 伴你同行
8 精靈飲食 輕鬆生活
7 洗腎 無障礙
4 洗肚：真相與誤解！
5 「洗血」的疑惑
6 腎臟移植 新的開始
3 洗腎的 十字路口 何去何從
2 腎病了 你需知
1 點解腎 會病？

想知更多 腎臟資訊
香港腎臟基金會網址
hkkf.org.hk

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Baxter
系列監製：
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贊助商：
FREEMANUS KABI
FREEMANUS MEDICAL CARE
Boehringer Ingelheim
Otsuka
NOVARTIS
Pfizer
Amgen Asia Holding Limited
Roche Hong Kong Ltd.

The webinars can be viewed
anytime, anywhere
from
Hong Kong Kidney Foundation
Website
<https://hkkf.org.hk/kidneystalke/>

The webinars were promoted
by various online health websites.

Over 12 million hits
on the first series of 9 episodes



你講 我講 與腎同行
網上LIVE講座

Online webinar
Healthcare professionals and You together to focus on Kidney health

Talk by healthcare experts
Sharing by patients

1 World Kidney Day
9.7.2022

2 Eat Smart Eat Well (2) - Recipes
19.7.2022

3 Eat Smart Eat Well (1) - Tips
2.8.2022

4 Better symptoms management
16.8.2022

5 Better dialysis management
30.8.2022

6 Medication and you
19.9.2022

7 Traditional Chinese Medicine & Alternative medicine
27.9.2022

8 Common urological problems (To see surgeon or medical doctor)
11.10.2022

9 Mutual self help & support
25.10.2022

Online webinar on alternative Tuesday night 8 pm from 19 July 2022

Know more about your kidney
The better are your kidneys
知多啲 腎好

Know more about kidney health
Program and revisit recordings
Link to live broadcast
HKKidneyFoundation
<https://bit.ly/3ycGBEN>

Organiser (host)
HKKF

Co-organisers
AstraZeneca 阿斯利康
Baxter

Series Sponsor
Mrs Carol Louey

Platinum Sponsors
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Amgen Asia Holding Limited
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Second series of 9 webinars

Fortnightly on Tuesday night
9 July – 25 Oct 2022

| | Date | Title | Host | Speaker |
|---|------------|---|---|---|
| 1 | 2022/7/9 | World Kidney Day (Health Literacy) | Dr. Lui Siu Fai (HKKF) Dr. Chow Kai Ming (HKSJ) Ms. Maggie Lee (HKARN), | Dr. Lui Siu Fai (HKKF) Dr. Cheng Yuk Lun (HKSJ) Dr. Jack Ng (HKSJ) Dr. Chow Kai Ming (HKSJ) Dr. Desmond Yap (HKSJ) Ms. Maggie Lee (HKARN), Ms. Windy Lee (HKARN) Ms MK Lam (HKARN) |
| 2 | 2022/7/19 | Eat Smart, Eat Well – Tips | Dr. Sunny Wong Ms. Sabrina Mok | Dr. Achilles Lee (HKSJ) Ms. Cherry Law (HKDA) |
| 3 | 2022/8/2 | Eat Smart, Eat Well - Recipes | Dr. Lui Siu Fai Ms. Danica Yau | Ms. Sylvia Lam (HKDA) Ms. Zoe Vy (HKDA) |
| 4 | 2022/8/16 | Live well - Symptom management | Dr. Cheng Yuk Lun Ms. Frances Chiu | Dr. Hau Kai Ching Dr. Wong Ping Nam |
| 5 | 2022/8/30 | Live well - Optimise dialysis treatment | Dr. Terence Yip Ms. Leung Dora | Dr. Clara Poon Ms. Frances Chiu |
| 6 | 2022/9/13 | My pills - what, why, when? | Dr. Chow Kai Ming | Dr. Jack Ng Ms. Windy Lee Dr. So Wai Yin Simon |
| 7 | 2022/9/27 | Traditional Chinese Medicine | Dr. Cheung Wai Lun Dr. Chow Kai Ming | Dr. Lui Sing Leung Ms. Zhu Dan |
| 8 | 2022/10/11 | Common Urological problems | Dr. Samuel Fung | Dr. Lam Kin Man Dr. Chan Chun Ki Dr. Chan Ka Lok |
| 9 | 2022/10/25 | Mutual Support, Self-help | Ms. Maggie Ng | Ms. Maggie Lee Ms. Yu Ling Kuen Mr. To King Yui |

LIVE 21 台數製作：HKIKF 腎智台 KIDNEYS TALK 知多D 腎

可以服用中藥嗎？

- 患有慢性腎病的病人，原則上都可以服用中藥。
- 但由於這些病人的腎功能較差，而且他們大多正服用西藥，可能較易出現高血鉀或中西藥物相互影響的情況，因此有些地方是要特別留意的。

你講 我聽 與腎同行

嘉賓 雷發亮 醫生
朱丹 中醫師
主持 張偉麟 醫生
周啟明 醫生

SL > KM





Hong Kong
Kidney
Foundation

Kidney Talks Sponsors

Title sponsor

Mrs. Carol Louey

Platinum sponsor 白金贊助



Gold sponsor



Silver sponsor



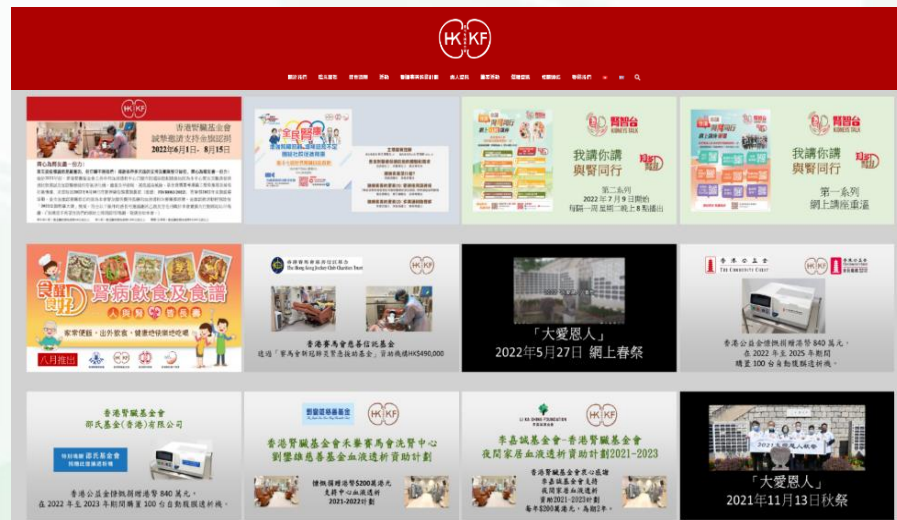
Bronze sponsor



Host Organiser

Hong Kong Kidney Foundation

<https://hkkf.org.hk/>



Co-organisers:

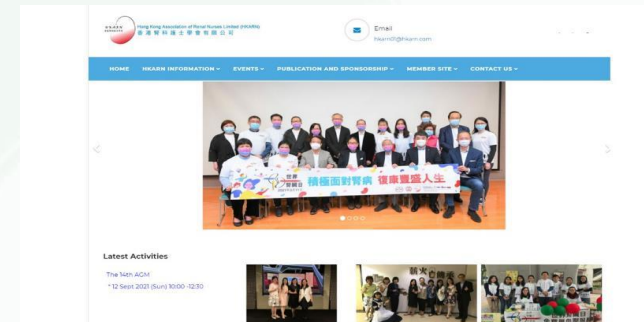
Hong Kong Society of Nephrology

<https://www.hksn.org/>



Hong Kong Association of Renal Nurses

<https://www.hkarn.com>



Partners

Hong Kong Society of Dietitians

<https://www.hkda.com.hk>



Alliance for Renal Patients mutual Help Association

<http://www.arpmha.org.hk/>



Hong Kong Urological Association

<https://www.hkua.org/>



Kidney Warriors Foundation

Post COVID ground level work!

In Bangalore, Mumbai, Patiala, Warangal and Delhi



invites all CKD, Stages 1-5, Dialysis and Kidney Recipients
for a half-day Conference

KNOWLEDGE WORKSHOP

24th September 2022 | 8:45 AM - 1:00 PM

SLOW PROGRESSION

| | |
|---|-----------------|
| How to Manage Creatinine | 8:45 - 9:00 am |
| Need For Biopsies and Genetic Tests | 9:00 - 9:15 am |
| Ideal Time to Start Planning a Treatments | 9:15 - 9:25 am |
| Diet Tips for Portion Control | 9:25 - 9:35 am |
| Q & A | 9:35 - 10:00 am |





DIALYSIS

| | |
|---|------------------|
| How to manage fistula and other access | 10:30 - 10:40 am |
| Dialysis Weight Management | 10:40 - 10:50 am |
| Ideal Time to Start Planning a Treatments | 10:50 - 11:00 am |
| Diet Tips for Portion Control | 11:00 - 11:10 am |
| Managing Sugar levels on dialysis | 11:10 - 11:20 am |
| Q & A | 11:10 - 11:40 am |

TRANSPLANT

| | |
|---|------------------|
| Living Well Post Transplant - What to watch out | 11:40 - 11:50 am |
| SWAP Transplants | 11:50 - 12:00 pm |
| ABO incompatible | 12:00 - 12:10 pm |
| Q & A | 12:10 - 12:40 pm |
| Closing remarks | 12:40 - 1:00 pm |



81082 82100

<https://www.facebook.com/kidneydiseaseadvocacy>
www.kidneywarriorsfoundation.org

Workshop organised
to delay start of treatments.

So,

- Slow Progression
- Initiate Dialysis
- Kidney transplant.

Bangalore: Knowledge Workshop - 4th September Lectures, book launch and awards



Bangalore: Knowledge Workshop

attended by over 200 people





**Vasundhara
Raghavan, CEO**



**Maryann Manasseh,
Director, Communications**



**Dr. S Vishwanath
Manipal Hospitals**



**Dr Garima Aggarwal
Manipal Hospitals**



Dietician Swathi Sreekanta



**Dr Arvind Canchi
The Bangalore Hospitals**



**Dr Anilkumar
Narayana Hospitals**



**Dr Mythri Shankar
Institute of Nephro Uro Hospital**



**Dr Anil BT
Glengales Global Hospital**



**Panel from
Manipal Hospitals**

**Dr Sudhakar,
Dr Garima
Dr Deepak**



**Dr Pooja Prabhu
Rammaiah Hospital**



Dr Rajmohan, NU Hospitals



**Dr Prashant
Dheerendra
Dharma
Kidneycare**

Bangalore: Knowledge Workshop - 4th September Lectures, book launch and awards

Everything you need to know about Kidney Transplants – A Patient Education Initiative

An interactive face-to-face workshop on “Everything you need to know about Kidney Transplants” was conducted in Accord Hospital, Faridabad. Almost 30 dialysis patients and caregivers, entire dialysis team, nephrologist and transplant team attended this Face-to-Face interaction. In addition to this, the entire workshop was live on the Facebook page of Accord hospital which has around 403 views, 3 shares and comments and 20 likes as of on 18th July, 2022. At the end one couple pledged their organs on our website and 2 families were motivated to get a kidney transplant.

A full recording of the video is available at <https://fb.watch/emzhnAjr2N/>

Photographs of the event



Counseling of Dialysis Patients in Chennai

TRIOMPH's Chennai Chapter Lead, Mrs. Usha Balu is counselling the dialysis patients at TANKER Foundation's Valasarawakkam Dialysis Centre and PADI Unit This month, she has counseled 87 patients from July 2022 till September 2022 and explained them the importance of exercise, mental health and diet. Below are the photographs of Mrs. Usha Balu with dialysis patients.



“Diabetes Management Post-Transplant” – A Patient Education Initiative

Panel discussion on “Diabetes Management post-transplant” has been conducted on 31st July. SBI cards and SBI foundation supported this webinar and 10 participants attend it on Zoom session and 5 live participants on Facebook and Youtube each. As of Aug 1st 2022, the total views are 63 and 4 shares on facebook, on youtube total views are 17. Link : <https://youtu.be/PcNpiJ7E91U>



Creative

Besides medication, what other factors increase my risk for diabetes?

Many things can put you at risk for diabetes. Some factors are things you cannot change, like your age or ethnic background. But others are things you can change, like being overweight or not getting enough exercise. Some common factors that are associated with diabetes are:

- Being overweight
- Lack of exercise
- Unhealthy eating
- Being African-American/Black, American Indian, Alaskan Native, Hispanic, Pacific Islander or Asian
- Being age 45 or older
- Having a family history of diabetes
- Having had diabetes during pregnancy
- Having high blood pressure or abnormal blood fats (cholesterol or triglycerides)
- Having had an hepatitis C virus infection



Dr. Pooja explaining about the factors increasing the risk of diabetes

Tamilnad Kidney Research Foundation



TANKER Foundation is super proud that its Founder-Trustee, Dr. Georgi Abraham, won the Best Doctors Performance Award for the Central and State government insurance schemes, presented by the Government of Tamil Nadu, for 2021-2022.

The Rekha Memorial Renny Abraham Ambattur Rotary TANKER Foundation Dialysis Unit received an award for best performance under the Chief Minister's Comprehensive Health Insurance Scheme and the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana. The certificate and shield were received by Mr. Gunganathan, Senior Manager, Ambattur unit, from Tiruvallur Collector, Dr. Alby John Varghese.

The Ambattur dialysis unit picked up the Best Performer Award among private organisations that performed well in State insurance schemes in Tiruvallur district. Tiruvallur Collector, Dr. Alby John Varghese, presented the award to TANKER Awareness and Prevention Program Head. Mrs. Raialakshmi Ravi.



Tamilnad Kidney Research Foundation



Oration:

TANKER Foundation Founder-Trustee, Dr Georgi Abraham, presented late Prof Ramdas Pisharody oration in Kerala and inaugurated the conference of the Nephrology Association of Kerala.

Two major projects:

TANKER began donating electronic blood pressure machines to the Tamil Nadu state police to ensure that the frontline workers take care of their BP, ignoring which is a major cause for kidney disease. The apparatus was donated at the Tamil Nadu DGP office and Chennai Police Commissioner office.

A meeting with Rajan Eye Care in Chennai July led to the ophthalmic hospital providing privilege cards in September to TANKER employees and patients, enabling them to have free consultations and treatment at the hospital.



Tamilnad Kidney Research Foundation



Enablers and donors visit office:

- Enablers and donors who provide the oil for the smooth running of the TANKER Foundation machine made a beeline to the Chennai office of the NGO to reiterate their support for the service being rendered by TANKER. The most beautiful thing is that patients are also counted among the donors!

Showing we care:

- The TANKER Awareness and Prevention Program teams in Madurai and Chennai have had a busy quarter by holding awareness programmes and screening camps in and around Madurai and in various parts of Chennai.
- The participants included school students, housewives, nursing students, truck drivers and general public.



Tamilnad Kidney Research Foundation



Singing away the blues:

- TANKER Foundation Advisory Member, Mrs. Sudha Lakshmi Rao, a trained singer, visited the Tiruppur and Vellore units and sang melodiously to soothe the patients undergoing dialysis there. Her sweet gesture was appreciated by the staff and the patients of both units.



Prevention of Kidney Disease Awareness Programs

We have reached out to more than 2000 people along with 100 Awareness Programs across the State of Gujarat



An Awareness Program
at Vadnagar Village,
Dist. Mehsana



An Awareness Program
at National Fire
Academy, Vadodara



Mehsana chapter had
organized an open
program at Umta village,
Ta. Visnagar, Dist.
Mehsana.

BP & Sugar Check up Camp

BP & Diabetes screening Camp
Sonipur Village, dt. Gandhinagar.



Detection Camp at Dr. Hedgewar
Public Garden, Vadodara.



BP & Sugar Checkup Camp at Krunal
Residency, Mehsana



We also screened 1500 individuals for
early detection of Renal diseases in our
45 checkup camps (Blood pressure,
Sugar & Serum – creatinine)

We have organized internal villages of
the state of Gujarat.

India Renal foundation Surat chapter organized Organ Donation Awareness programme at Government Nursing college (Majuragate).



Promotion of Cadaveric Organ Donation: As a part of the celebration of World Organ Donation Day on 13 August 2022, six hoardings were put up at a prime location of Vadodara city in Local & English Languages.

On the occasion of World Organ Donation Day-2022, a seminar was organized by our organization in Gujarat Vidhyapith, Ahmedabad, on Cadaveric Organ Donation for postgraduate students.



Organ Donation Awareness walk was organized by IRF Bhavnagar and Indian Redcross Society, at Alang port, Bhavnagar district, on the occasion of World Organ Donation Day



As a part of the celebration of World Organ Donation Day 2022, one hoarding was put up front side of Rotary Club, Mehsana.



Prerana is an association of the kidney failure patients. We are putting efforts to provide mental, social as well as physical rehabilitation to them by conducting different activities. We also invite Nephrologists to provide information to the patients.



Surat chapter organized a one-day trip for kidney patients at Padmadungari Eco camo site on 25/10/2022. All Prerana member had enjoyed a lot.

SAVE A LIFE: Through this program, we try to help kidney failure patients, financially, for their treatment. This program solely runs from donations. We receive from the public at large. July to September we utilized Rs. 1, 50,000/- for supporting 40 needy dialysis patients and 5 kidney transplant patients by way of providing dialysis kits, medicines, and support for the surgery expenses of making AV Fistula.

Foundation has set up its **first dialysis center** at Himmatnagar in Sabarkantha district with an objective to provide free dialysis to needy patients.

