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10th Patient Forum 2013 In Ipoh



Message From Chief Editor

Greetings from the National Kidney Foundation of Malaysia.

For the third quarter issue, we are pleased to announce that our 10th Patient Forum held in Ipoh on 16 June 2013 went on successfully. The success of the Forum reflected the assistance and harmony in the working relationship amongst all parties, including Government agencies, climaxing in Y.B. Dato' Dr. Mah Hang Soon, the State Assemblyman for Chendriang, representing the Menteri Besar of Perak, to officially declare open the event.

Further enlightening news is the demand for our Post Basic Haemodialysis Course is increasing, and our Training Department had inevitably to start an additional intake to the current four for this year to cater to the demand.

To jive with the air of positivity we have even an interesting article detailing the action plan for behavioural change for the better, which is complemented by a talk dealing with fasting and balanced diet.

There is nothing more emotive than a first-hand account of transplantation involving a little boy and his mother. The mother in desiring that the son undergo a normal life rather than dialysis, donated one kidney to him albeit knowing that he would have to be on medication and would have to abstain from certain foods for life.

Furthermore, with the fundamental principle of extending the foundation's service to more diverse areas, we have witnessed the relocation of Pusat Dialisis NKF - Yayasan Dialisis Pertubuhan Pendidikan Akhlak, Taiping and the opening of two new centres, Pusat Dialisis NKF - Sandakan Kidney Society, Sandakan in Sabah and Pusat Dialisis NKF - Yayasan Sultanah Bahiyah (Kulim) in Kedah. These centres have been designated our 25th, 26th and 27th respectively.

Nevertheless, it is not all work in situ for the foundation. The invitation by the Papua New Guinea Kidney Foundation Incorporated to our Chief Executive Officer (CEO), Mr. Chua Hong Wee, to their fundraising dinner, in Port Moresby, which he attended, shows NKF's relationship with other like-minded organizations outside the national boundaries.

Over and above, we are truly appreciative of the generous donations from other foundations, large and small corporations, social and religious organizations and even groups of selfless young and old individuals, who with their enthusiastic gestures and sincerity have in a very significant way maintained the road to the foundation's well-being. You surely make our day.

Thank you from the bottom of our hearts and happy reading.

Dr. Prasad Menon
Chief Editor

Who's Who @NKF

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10th Patient Forum 2013 In Ipoh

In line with holding the Patient Forum as a regular event of the National Kidney Foundation (NKF) since 2003, the Welfare Department of the Foundation successfully spearheaded the organisation of the 10th Patient Forum, which was held at the Impiana Hotel in Ipoh. The Forum with the theme, "Improving the Quality of Your Life", was officially declared open by Y. B. Dato' Dr. Mah Hang Soon, the State Assemblyman for Chendriang, who represented the Menteri Besar of Perak.



A resounding number of 365 individuals ranging from patients, their families and care-givers to medical and para-medical personnel and officers from various Government agencies participated in the Forum, which was a full day affair starting from 8.30 am to 4.45 pm. Many of them came from as far as Perlis, Kedah and Penang.

At the Forum, information on coping with stress, financial assistance and services available for

kidney patients was presented by speakers who were experts in their field. To bolster the spirit of the audience, two motivational speakers, one of whom was visually challenged, were engaged to demonstrate that life was still worth living in the face of daily hardships and misfortunes in coping with renal failure.

Speakers from Government agencies such as the Social Welfare Department, National Welfare Foundation and SOCSO disclosed the types of financial assistance provided by the government, and how and where to apply for them.

Even the nutrition needs of people with kidney diseases were made available by a nutritionist from the Selayang Hospital. She cautioned that patients need to consult their doctors about their food intake.

In addition, booths on rehabilitative services and supplements were set up at the front of the Forum premises to provide amongst others first aid, where necessary, and information on physiotherapy and eye checks.

At the same time, a NKF Life Check Unit provided free health checks and counseling from 9.00 a.m. to 4.00 p.m. on that day for residents from around Ipoh with its bus positioned in front of the hotel.



Letter to the Editor of The Star on 14 August 2013

Employ more kidney patients

THE National Kidney Foundation of Malaysia (NKF) was pleased to read about an employer who employs patients on haemodialysis (*The Star*, Aug 10).

We commend Wan Zaidon Wan Hassan for his efforts to help patients on dialysis treatment.

We appreciate the efforts by Socso in encouraging employers to return kidney failure patients to gainful employment.

We at NKF have been advocating and promoting this for years. We ourselves have employed some of the patients dialysing at our centres.

There are now over 28,000 patients on dialysis and 49% of them are in the employable age group of 25-54.

Even among those above the age of 55, who incidentally form the fastest growing dialysis population in the country in recent years, many are keen and suitable for part-time work.

There is a perception among most employers that those with end stage kidney failure can no longer

work because of their ill-health.

Some sympathise with their employees and feel that continuing to employ them will worsen their health.

In many other situations, employers find that supporting an employee on dialysis is costly and thus terminate his employment.

Dialysis performs many of the vital functions of the kidney and returns the individual with kidney failure to a fairly normal physiological state which enables him to live reasonably well enough to undertake the activities of daily living, including working.

There are some caveats to this: he has no other organ complications such as heart failure, he dialyses religiously as prescribed by his doctor, follows a strict dietary regime and takes his medications regularly.

Dialysis treatment schedules may impact his work, but with some planning, this can be minimised.

Individuals on haemodialysis have their treatment three times a

week on either Monday-Wednesday-Friday or a Tuesday-Thursday-Saturday schedule.

About 15% of dialysis patients are on Peritoneal Dialysis, a form of dialysis which is home-based, self-care treatment and this modality of dialysis has less impact on their working hours.

While getting a job will improve the financial status of the individual and his family, we, at NKF view employment as part of the overall care and rehabilitation of the individual.

Those who look after these individuals often sense despair, despondency and low self-esteem in them.

Soon after being diagnosed of a major organ failure, they find themselves out of a job. They become dependent on their families for financial support, when once they were the breadwinners.

A number of studies done overseas and here has documented a high prevalence of depression amongst dialysis patients. Getting a

job will restore their self-confidence and self-esteem and motivate them to look after their health better.

The NKF hopes that there will be more people like Wan Zaidon who will employ dialysis patients who are keen to work.

NKF will be more than happy to assist employers who have reservations about employing kidney patients.

For the past 10 years NKF has been conducting annual forums for patients on how to get assistance for dialysis treatment from various agencies such as Socso, Pusat Zakat and Baitulmal.

The main objective of these initiatives is to help kidney patients return to work and lessen the financial burden on them and their families.

They just need the opportunity to work and be financially independent.

DATUK DR ZAKI MORAD MOHD ZAHER, Chairman, National Kidney Foundation of Malaysia

Thank you to all our donors who have contributed from April - July, 2013

No	Particulars	Amount (RM)
1	Donation Boxes "Spare A Change, Save A Life Campaign"	
	Parkson Corporation Sdn Bhd	2,048.00
	Alpha Pharmacy	1,844.00
	Caring Pharmacy	1,723.15
	Mercato Hypermarket	1,111.00
	Wan Seng Acupuncture	740.00
	Health Lane Pharmacy Sdn Bhd	675.00
	Pasaraya F & G (USJ) Sdn Bhd	473.00
	Alpro Pharmacy (Jaya 33)	290.25
	Mosat Management-Caltex Station	155.00
	Hot n Roll @ e-Curve	140.00
	Vinson Aquarium, Kajang	65.00
	Total	9,264.40
2	Environmental Project - "Recycle Paper Into Lives"	
	Soka Gakkai Malaysia (SGM)	1,223.60
	PJ Fibre Recovery-NKF	259.00
Total	1,482.60	
3	Projects	
	DNMC - Care to Give	11,220.00
	MBF Cards (M) Sdn Bhd-Gaia Credit Card	4,371.43
	Monash University-Business Club	3,500.00
	Berjaya University College of Hospitality-Students' Club	467.60
	Investmatic Management	450.00
	Simply Giving	220.00
Total	20,229.03	
4	Company CSR / Associations / Individuals	
	Anga Plastic & Cosmetic Surgery Sdn Bhd	10,000.00
	Ecomold Technology Sdn Bhd	5,000.00
	Selangor Turf Club	5,000.00
	AIA Berhad	1,900.20
	NCB Tech Vision	1,000.00
Total	22,900.20	

Post Basic Haemodialysis Nursing Course



Dialysis Assistant Course students in one of their tutorial classes

In 2012, the number of intake for the Post Basic Haemodialysis Nursing Course was increased to 4 from two in the previous years. Arising from the increased demand for the said course, Training Department added another intake in May 2013. On 6 May, 40 students from 36 private dialysis centres and other NGOs, plus 4 from the National Kidney Foundation of Malaysia (NKF) registered for the course in the Training Centre at 3 Two Square.

On the same day, 27 students also registered for the Dialysis Assistant Course, a 3-month programme that is conducted from May to July every year. NKF sent 3 of its staff from Pusat Dialisis NKF-Che Luan Khor (Kluang), Pusat Rawatan Dialisis MUIS-NKF (Kota Kinabalu) and Pusat Dialisis NKF - Dato' Dr. G.A Sreenevasan (Petaling Jaya) to the course.

Post-Basic courses started with lectures that ran concurrently at Unit C22-03 and C23-03, 3 Two Square. Dialysis Assistants were then sent for clinical attachment at the various designated NKF dialysis centres in the last week of May, while the Post Basic students started to go for clinical attachment at NKF designated dialysis centres at the end June after 2 weeks' attachment at government hospitals.



Post Basic Haemodialysis Nursing Course Group 18 students' educational visit to water treatment plant in Batang Berjuntai, Selangor.

UPCOMING!

11th NKF ANNUAL DIALYSIS MEETING

Date : 30th November - 1st December 2013

Venue : Hilton Kuala Lumpur

Theme : "Improving Survival,
There is Life After Dialysis"

Contents :

3 Plenary Lectures:

- Improving Survival in Dialysis :
What the Future Holds - Malaysia and
Global Trends
- Rehabilitation in Dialysis Patients :
Towards Productivity
- Quotidian Haemodialysis

7 Symposiums:

- Preparation for Haemodialysis
- Dialysis Patients Rehabilitation
- Dialysis : A Bridge to Transplantation
- Access Issues in Dialysis Patients
- Dialysis Related Complications
- Dialysis in Critically ill Patients
- Social Issues in Dialysis Patients

**To register your interest, please download
the pre-registration form from our website at
www.nkf.org.my and return the completed
form to us.**

**For more information, kindly contact us at
Tel 03 79602301/02, Fax : 03 79602359 or
email to training@nkf.org.my**

Patients: Are you ready to make the change?

Change is defined as to become different for the better or worse. Behaviour is the way that a person behaves or functions in a particular situation. Everyone wishes to change behaviour for the better and I believe you do so. But, are you ready for the change? There are three steps in behaviour change and you are the master in making it happen.



STEP 1: GOAL SETTING

Goal setting is a logical step for you to make a behaviour change. It helps to break down the complex behaviour changes into small achievable steps. You are the best judge of what will work for you. We can start with using an options tool to help in the decision process. Draw a number of circles on the paper and brainstorm ideas of what you could focus on and write them down. For example: phosphate binder, vegetable, fruits. Now you pick an idea that you think you can change and set it as a specific goal which is concrete, measurable and observable. It must also answer the questions of when, where and how often. Goal must be positively stated, realistic and under your control. Let us take phosphate binder as an example. A specific goal would be: "Everyday, I will take my phosphate binder each time with main meals either at home or outside." It is positively stated, measurable (phosphate binder), when (with main meals), where (home or outside) and how often (everyday). After a goal is set, we shall move on to how to implement it.



STEP 2: DESIGN A PLAN OF ACTIONS

First, you have to investigate the physical environment that could help or may hinder achievement of the goal. Eg: Is it possible for you to bring the phosphate binders to work? Do you think you need any reminders, like a note on your fridge or bathroom?

Second, you will examine the social support to see whether anyone in your environment can help or hinder the achievement of goal. Eg: Talking about your goal to your family members or co-workers sounds like a great idea. Support from them is crucial for you to start and maintain the change.

Third, you review the cognitive environment regarding the planned goal. Eg: Does it still seem achievable? What will you say to yourself if you miss a day?

Fourth, explain to yourself a positive coping thought. If you express negative judgments about yourself, replace them with

positive coping thoughts. Explain to yourself that a problem is not a failure but simply a part of the change process. Eg: I might not remember to take the phosphate binders. However, my health is important to me; I will try my best to remember to take the phosphate binders.

Fifth, you can modify the goal or completely put it aside if it is too ambitious or necessary. However, do not give up easily and try to stick to your goal as hard as possible.

Sixth, once actions are set, it is time to select a tracking technique to keep track of the goal. Eg: journal, chart on the refrigerator, daily pill box.

Last but not least, verbalize and write the goal down. Verbalize your goal loudly to yourself or family members and write it down on an index card and place it somewhere noticeable to remind and motivate you to reach your goal.

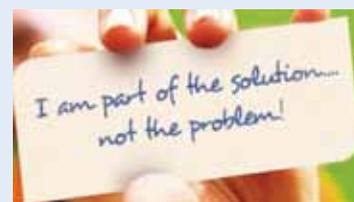
STEP 3: KEEP TRACK OF PROGRESS

Since you have set your mind in achieving your goal, keeping track of the progress is important to ensure a fruitful result. Without a self monitoring method, it becomes difficult to evaluate the attainment of good behaviour goal.



A good way to keep track is to keep a journal or diary. It is effective in altering behaviour in general and food habits in particular. Recording behaviour works well as a self-management tool empowers you to have control of your life, increases awareness and provides a "time-out" for making a decision. Research has found that successful diet changes with as few as two days of records per week. However, more frequent record keeping is associated with even greater food behaviour change.

Behaviour change is not as difficult as it seems. With the specific goals and areas of change, I believe you can be your own boss to decide what to change. Take charge of your life and never let anything or anyone stop you from making that change. Believe in yourself and the success is yours. A quote by Conrad Hilton, "Success seems to be connected with action. Successful people keep moving. They make mistakes, but they don't quit."



Health Talk On “Puasa vs Makan”

On 30 June 2013, the National Kidney Foundation (NKF) in collaboration with Universiti Kebangsaan Malaysia (UKM) organized a talk on diet. With the view of the month of Ramadan, the objective of the talk was to educate dialysis patients on how to fast and to maintain a balanced diet, bearing in mind the dietary recommendations for such patients.

The talk was presented by Ms. Kher Pui Ling, NKF’s dietician. At the same time, Ms. Zubaida Din Mustafa Kamal Basah a student of UKM shared her knowledge on fasting guidelines for the sick based on the Koran. For practical purposes, there was a demonstration by UKM students, Ms. Fong Shu Li and Ms. Nursyakira Binte Mahazir, to show the patients on how to estimate the portions of food by means of the hand.

To enhance the talk, there were fun and games, amongst which were Healthy Plate Contest, Master Chef Contest and Singing. The Healthy Plate Contest involved all the participants. For each category of food, they had to choose the right combination on the basis of the healthy plate concept.

The UKM students composed a song entitled “Mudahkan Caranya” with lyrics on the concept of

a healthy plate. The objective of the song was to help the participants to remember easily and apply the knowledge that they had gained about the food categories and food choices.

The Master Chef Contest provided more excitement to the organized activities. Under the contest, the participants were divided into three groups with each required to prepare 3 servings of kidney friendly sandwiches. The contest became more challenging with the participants having to compete for food ingredients and cooking utensils to make creative, delicious and kidney friendly sandwiches within the time-frame of 30 minutes. The Contest was judged by Ms. Kher Pui Ling, Ms. Jannah Binti Ramlee and Ms. Nur Fadilah Binti Ahmad Nasram, the later two from NKF Public Education Department.

Overall, the talk was attended by 19 Malay, Chinese and Indian kidney patients and 15 staff nurses from different centres, and was rated a successful event with positive comments from the participants who truly enjoyed themselves in all the fun activities. NKF felt that more of such an event need to be held to bring about better relationships between the Foundation and the dialysis patients.



A New Lease of Life



Ahmad Syarifudin's appearance as an active and chubby boy of 13 contradicts the host of health challenges he had been experiencing since birth. Born in 1999 to a family of four children - three girls with him being the 3rd child and only boy, he led a pretty normal life after he had his blocked urethra cleared by surgery when he was 14 months old. A check of his kidneys then disclosed both his kidneys were not functioning normally. At 5 - 6 years old, he underwent another operation to re-attach his pelvic joint to its socket.

In November 2011 he had continuous bouts of fever for one week and a private clinic referred him to the Pediatric Division of the General Hospital in Kota Kinabalu. Doctors there conducted tests, and after discovering that both his kidneys had totally failed, advised that he needed dialysis or kidney transplant. Both his father and mother underwent numerous tests to determine who could be a suitable donor. The father was found not suitable as he has diabetes mellitus. His 41 year old mother's kidneys were found to be compatible. The mother was initially scared, but following numerous counseling sessions with psychiatrists and specialists, she was ready to donate one of her kidneys to save her son's life.

The transplantation was performed on 19 April 2013 at the Kuala Lumpur General Hospital. For 2 months before the date of transplantation, the boy was given Continuous Ambulatory Peritoneal Dialysis (CAPD) 4 times a day. The transplant began with the mother first to undergo surgery to have her left kidney removed - a procedure of about 5 hours. In the mean-time the son was being surgically prepared to receive the donated kidney. Following its removal, the donor kidney was immediately implanted below the boy's failed right kidney, with the painstaking process of connecting it to the boy's own blood vessels and urinary bladder taking about 6 hours. No complications arose. The boy currently has 3 kidneys - a functioning donor kidney plus his own two failed organs left as they are.

After the transplantation, the mother rested on the first day, and on the second day, she could move around. By the third day she was discharged from the hospital, and shortly left for her home in Kota Kinabalu, Sabah. She had to continue her

post-transplant medication for two months. Unfortunately, we did not have the opportunity to interview her.

As for the son, he felt drowsy on the first day and rested. On the second day, he was eating and drinking, but has to avoid star-fruits and grapefruits for life. In addition, he had to be in the Kuala Lumpur for continued treatment and observation by the kidney specialists until the end of August after which he would be returning to the care of kidney specialists in Kota Kinabalu. Above all, he has to be on medication for life to suppress his body immune system from rejecting the donor kidney.

Ahmad is a student of Sekolah Menengah La Salle in his home town of Kota Kinabalu. In the mean time, while he was under observation following his transplant, he was receiving one to one coaching by a teacher on each subject at the "Sekolah Dalam Hospital" in Hospital Kuala Lumpur.

The boy was very active, playing football and participating in bowling as well as "silat" before the transplantation. Following the operation he had been advised by doctors that he could continue with bowling, but not vigorous games involving physical body contact where he could be injured by his opponents. "Silat" was thus among the games he had to give up. He too has an ambition - to be a doctor. The National Kidney Foundation of Malaysia (NKF) wishes him all the best in his endeavours towards achieving his goal.



With regard to the transplant, the father said, "There is a lack of understanding and awareness among the public that an individual can survive and live normally with only one functioning kidney".

NKF thanks both Ahmad Syarifudin and his father, Mejar Ahmad Rosdin Bin Ahmad for agreeing to be exclusively interviewed for this newsletter.

The National Kidney Foundation of Malaysia continues to promote and support organ donation and organ transplant.

For more information on how you can become an organ donor, please contact the National Transplant Resource Centre at:

Hospital Kuala Lumpur
Jalan Pahang
50586 Kuala Lumpur

Toll free number : 1-800-88-9080

Papua New Guinea Kidney Foundation



In the early part of 2013, the Chief Executive Officer of the National Kidney Foundation of Malaysia, Mr. Chua Hong Wee, was invited by the Papua New Guinea Kidney Foundation Inc (PNGKF) to its official launch at Port Moresby. PNGKF is a recently established Non-

Government Organization in Papua New Guinea.

On 21 March 2013, it was officially launched by the Patron, HE Grand Chief Sir Michael Ogio, the Governor-General of Papua New Guinea. It was set up because of the increasing number of Papua New Guineans being afflicted with kidney diseases having to seek expensive medical treatment overseas, and the increasing number of deaths caused by the diseases.

NKF's role is only to provide technical assistance to PNGKF to set up the country's first non-profit dialysis centre.

Mr. Michael Malabag, the Minister for Health, Mr. Don Polye, the Minister for the Treasury, Mr. Mark Maipakai, the Minister for Labour and the Malaysian High Commissioner to Papua New Guinea H. E. Datin Seri Blanche Olbery were also at the launch.



Additional Income from Handicraft Work

To help ease the financial burden of NKF patients and their caregivers who are all from the lower income group, NKF has since 2011 been



organizing activities to engage them in handicraft work as a group. In so doing, these individuals have a common place to gather, thereby enabling them to exchange information, ideas, challenges and experiences they have encountered in tackling the kidney disease. They, thus, have a peer group that not only helps to support, but also sustains one another spiritually.

Handicraft work is done at the NKF Resource Centre involving 2 groups - the Tuesday Group and Wednesday Group of each week. Those of the Tuesday Group will be doing handicraft on Tuesday, Thursday & Saturday, while the Wednesday Group will be carrying theirs on Monday, Wednesday & Friday. The crafting activities are from 10 am - 2 pm and from 2 - 4 pm on the days concerned. Once the handicraft products have been completed, they are sold by the Resource Centre. The proceeds from the sales are then passed to the patients to help them ease the financial burden for dialysis treatment.



Opening of NKF Dialysis Centres



Pusat Dialisis NKF - Yayasan Dialisis Pertubuhan Pendidikan Ahlak, Taiping.

The Moral Uplifting Society Taiping and National Kidney Foundation of Malaysia established a joint - venture dialysis centre in at Jalan Berhala, Taiping. The centre started its operations on 16 September 2000 with 14 dialysis machines.

After more than 10 years of providing dialysis service, the centre saw a tremendous increase in dialysis patients and was running at full capacity with many patients on the waiting list.

In 2011, the Society bought a 3 storey building with 3 shop-lots at Kampung Boyan within the Taiping township to relocate the dialysis centre in order to cater to the growing number of end stage renal failure patients.

Renovation work on 2 shop-lots to accommodate 22 dialysis machines started in February 2012 with the 3rd shop-lot maintained for future expansion.

The Operating Licence from the Ministry of Health was approved on 26 July 2012 and “Pusat Dialisis NKF – Yayasan Dialisis Pertubuhan Pendidikan Akhlak Taiping” became the 25th NKF Dialysis Centre to be licensed.

Pusat Dialisis NKF - Sandakan Kidney Society, Sabah.

Sandakan Kidney Society (SKS) was started by a shipping tycoon in 1999 and has now been taken over by his son, Mr Vincent Chang Yuk Hong (Chairman), together with 7 other committee members.

SKS started a dialysis centre initially known as Pusat Rawatan Dialisis Sandakan Kidney Society which is located at JKR 2037, Jalan Bukit Batu 1.5, Off Jalan Labuk, 90000 Sandakan, Sabah.

Through a joint-partnership agreement signed on 10 March 2011, NKF was subsequently invited to run the dialysis centre which is now known as Pusat Dialisis NKF - Sandakan Kidney Society, Sabah.

The Operating Licence was approved on 18 October 2012 as NKF's 26th licensed Dialysis Centre with 12 dialysis machines which can serve a maximum of 72 patients.



Pusat Dialisis NKF – Yayasan Sultanah Bahiyah, Kulim.

Yayasan Sultanah Bahiyah (YSB) was founded in 1997 under the patronage of the Sultan and Sultanah of Kedah. The Haemodialysis Services of the Foundation is headed by YTM Tunku Panglima Besar, Dato' Seri Tunku Puteri Intan Safinaz and Dr Cheng Joo An is the co-ordinator for the dialysis health services.

NKF was invited to partner with YSB to set up a new dialysis centre in Kulim.

Commencing operations on 2 February 2013, the "Pusat Dialisis NKF - Yayasan Sultanah Bahiyah" became the 27th NKF centre to be licensed.

The centre is located at Lot 112 - 113, Taman Kulim Avenue, Kulim Hi Tech Park, 09000 Kulim, with the Kulim Hospital about ¼ km away.



10 Dialyser Re-processors from Berjaya Cares Foundation (BCF)



On 30 May 2013, NKF was presented with 10 dialyser re-processors worth RM320,000 by BCF. At the presentation ceremony which was held at NKF's head office in Petaling Jaya, Ms. Nerrine Tan, the Executive Director of Berjaya Group Bhd. presented the machines to Mr. Goh Seng Chuan, the Vice-President of the NKF Board of Directors and Mr. Chua Hong Wee, the Foundation's Chief Executive Officer (CEO).

NKF's relationship with the Berjaya Group began approximately 17 years ago with the opening of the dialysis centre in Petaling Jaya. In the last 3 years, the Group and BCF have contributed considerably to the tune of more than RM1 million to NKF in lightening the hardship of the poor end-stage kidney patients who are unable to shoulder the high cost of dialysis. The 10 dialysers would be placed at the NKF dialysis centres in Taiping, Klang, Kluang, Kuching, Johor Bahru, Kuala Trengganu and other centres in the Klang Valley. Each dialyser is used to cleanse, test and disinfect the used dialyser (artificial kidney) so that the dialyser is safe for re-use on the same patient.

Guardian Charity Bonanza

Guardian has been carrying on with its annual Anniversary Charity Bonanza to raise monies with the objective of providing and promoting the care, development and well-being of the



needy and underprivileged. For 2013, the Bonanza was held throughout June, wherein customers of the retail pharmacy chain were encouraged to donate RM2 for charitable causes and in return, they were given exclusive charity cards to enjoy 20% discounts on popular health and beauty products. Arising from the campaign, our member of the Board of Directors, Dato' Shamsuddin Mohd Dubi represented NKF to receive the RM 60,000. NKF humbly thanks Guardian for its third year running in helping in the education of our patients' children.

IJM Corporation Bhd (IJM) Presented RM50,000 to the National Kidney Foundation of Malaysia (NKF)



At the Annual Dinner to commemorate 30 years of Distinction & Pride, IJM presented monetary donations to a number of organizations, including NKF, as part of its Corporate Social Responsibility in assisting organizations to mitigate the financial, emotional and physical hardship experienced by the hard core poor of society. NKF received a cheque for RM50,000. Present at the ceremony to receive the mock cheque on behalf of the Foundation was Mr. Chua Hong Wee, the Chief Executive Officer. NKF would like to express its thanks to IJM for the support in the Foundation's mission to save lives.

RM51,000 for NKF by Malene Insurance Brokers Sdn. Bhd.



On 23 May 2013, Malene Insurance Brokers Sdn. Bhd. (Malene Insurance) organised a charity golf tournament at the Kota Permai Golf Club. The organisers had on the onset decided that proceeds from the tournament would be donated to the National Kidney Foundation of Malaysia.

RM45,000 was raised from the tournament for the purchase of a haemodialysis machine for NKF to be placed in Pusat Dialisis NKF - Yayasan Pembangunan Keluarga Darul Ta'zim (Johor Bahru). When there were no winners for the 2 hole-in-one prizes, amounting to RM6,000, the organisers further agreed that the monies would also be donated to NKF. A windfall indeed!

At the ceremony presenting the mock cheque, Mr. Chua Yoong Seng, the Chairman of the NKF Fundraising Committee received the donation on behalf of NKF from Datuk Haron Salleh, a director of Malene Insurance with Mr. Chua Hong Wee, the NKF CEO and Y.M. Tunku Abang Faisal Amir, the Chief Operating Officer of the company witnessing the event.

NKF truly appreciates the kind and generous efforts of Malene Insurance for making the donation possible.

Rezzuan, Yeoh & Ong (RYO)

RYO is a regular corporate donor to the National Kidney Foundation of Malaysia.

On 16 April 2013, the interior design company presented a cheque for RM45,000 for the purchase of a dialysis machine to be placed at Pusat Dialisis NKF - Kota Bahru.



In appreciation of their generous and kind-hearted deed, Mr. Chua Hong Wee, the CEO paid a social visit to RYO's office in Kuala Lumpur, where a plaque was presented to the partners En. Rezzuan Bin Tajudin, Mr. Eric Ong and Ms. Yeoh Tze Shyun.

Donation By Sri Garden International School (Sri Garden) to NKF for a Dialysis Machine

6 July 2013 saw Mr. Chua Hong Wee, the CEO of NKF on behalf of the Foundation receiving a mock cheque for RM45,000 from the Principal, Mr. Peter Wells, of Sri Garden International School, Cheras. The money was for the purchase of a dialysis machine and was part of the proceeds raised by students during the school's 2013 food and fund charity fair - the second they had been holding. The students with their booths had the initiative on the choice of food and drinks to sell as well as the games they intended to hold.

In the words of Mr. Wells, the main focus of the fair was to inculcate the spirit of community service and entrepreneurship in students.



Butterfly Lovers - The Musical Is In Town!

Love between two individuals is sentimentally projected in songs and novels. In reality and often in many instances a couple in love will come face to face with the blast of harsh realities when they intend to seal their matrimony as husband and wife.



With these in mind, the National Kidney Foundation of Malaysia (NKF) is selling the tickets for the musical "Butterfly Lovers" by Dama Orchestra.

The show will be at 3 pm on 19 October 2013 in the Kuala Lumpur Performing Arts Centre (KLPAAC). Sponsorship for the matinee is by Loh & Loh Corporation Bhd.

Come and watch how Liang Shanbo and Zhu Yingtai went through the motion of falling for each other during the era of the Eastern Jin Dynasty (265 - 420 A.D.) and having to deal with the heart wrenching emotions experienced in facing the barricades of social and hierarchical prejudices during the time to be finally united as husband and wife.

Hurry! Tickets are limited. To avoid disappointment get your tickets now from:

Ms. Kellie Ong
Fundraising Department
National Kidney Foundation of Malaysia (NKF)
70 Jalan 14/29, 46100 Petaling Jaya, Selangor
Tel : +603-7954 9048 ext 238 Fax: +603-7954 0535
E-mail : fundraising@nkf.org.my
Website : www.nkf.org.my

Ariffin Buranudeen and 16 Friends to the Rescue Again!

Ariffin and friends plunged again to donate funds towards the purchase of a dialyser re-processor machine for the National Kidney Foundation of Malaysia.

Within the short duration of a month, he and 16 friends, raised RM32,000 to purchase the re-processor. The dialyser re-processor machine is used to cleanse, test and disinfect the used dialyser (artificial kidney) so that the dialyser is safe to be reused on the same patient.

The biggest amount of contribution was RM15,000 by Velosi Group Malaysia, a company providing Asset Integrity, Health Safety and Environment (HSE), Quality Assurance, Quality Control & Engineering Services.

On 5 July 2013, Ariffin, Mohd Hashim Ismail, a director of Velosi and Selvasingam T. Kandiah represented the 17 donors to donate the re-processor to the National Kidney Foundation for the benefit of the poor kidney failure patients. In 2008, Ariffin and another group of friends raised RM40,000 towards the purchase of a dialysis machine for the National Kidney Foundation of Malaysia.

When asked as to what drove him towards this charity drive, Ariffin said that William Penn (1644-1718), summed it up best - "I expect to pass through life but once. If, therefore, there be any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not defer or neglect it, as I shall not pass this way again".

NKF CEO, Mr. Chua Hong Wee graciously thanked everyone for their generosity and looked forward to their continuing support.



National Kidney Foundation of Malaysia (NKF) : A Beneficiary of the Subang Jaya Assembly of God

Mr. Chua Hong Wee, the CEO of NKF, represented the Foundation to receive a mock cheque for RM15,000 from representatives of the Subang Jaya Assembly of God on 15 June 2013 at the LifePoint, Subang Jaya. The money was part of the proceeds raised by the church in organizing the "Hari Sihat Charity Carnival" on 4 May 2013 with the objective of raising funds for NKF and the National Cancer Society of Malaysia. NKF provided a Life Check Team for the event to carry out health checks and counseling leading to 79 individuals being screened.



Presentation Ceremony : Handover of Dialysis Machine to NKF

On 17 June 2013, Ms. Aileen Chong, the General Manager of Kumpulan Farmasi Vitacare Sdn. Bhd. (Vitacare) presented a dialysis machine, worth RM40,000 to Mr. Chua Yoong Saeng, the Chairman of the NKF Fundraising Committee under the "Touch A Life Charity Campaign 2012" at the NKF-Berjaya Resource Centre in the NKF Head Office. This is the ninth machine that Vitacare gave us for 2013.



NKF is greatly appreciative of their continual annual support since 2003. Indeed, Vitacare is truly a strong supporter of NKF.

Prior to the presentation, Mr. Chua Hong Wee, the NKF CEO thanked Vitacare for its kind and generous donation of the machine, which would be placed at the Pusat Dialisis NKF - Tun Abdul Razak in Kuantan.

Donation of a Kidney Dialysis Machine by the Venerable Dr. K Sri Dhammananda Charitable Trust Fund

13 June 2013 was a fruitful day for NKF. It was the day that the Venerable Dr. K Sri Dhammananda Charitable Trust graciously presented a dialysis machine as a donation to the Foundation.

The presentation was made by Ven. Datuk Kirinde Dhammaratan Thero, the Chief Incumbent of the Buddhist Maha Vihara, Brickfields, Kuala Lumpur, and Datin Paduka Chew Mei Fun to Mr. Chua Hong Wee, NKF CEO.

The ceremony was witnessed by members of the Committee from the Maha Vihara Temple, volunteers and Committee Members of Pusat Rawatan Dialisis Ping Rong - NKF (Seri Setia, Sg Way, Petaling Jaya).



Chow Kit Road! Chow Kit Road! - a Musical

As part of its fundraising efforts, NKF was offered 102 tickets for the musical Chow Kit Road! Chow Kit Road! by Masakini Theatre Company Sdn. Bhd. (Masakini) at a discount. The musical was shown on 18 May 2013 at the Istana Budaya in Kuala Lumpur.

The Fundraising Department of NKF successfully sold all the tickets resulting in a revenue of RM10,200 - another milestone towards filling the coffers of the foundation towards subsidising the dialysis expenses of the poor and financially disadvantaged kidney patients.



The play written by Amri Rohayat & Saw Teong Hin saw some of the smashing performances by both the main actor and actress with good back-up by a repertoire of supporting actors and actresses. Such exuberance of showmanship was dependent on the direction of the director, Saw and that of the musical director, Jamie Wilson.

NKF truly appreciates the kind gesture by all in purchasing the tickets for a noble and worthy cause towards partially making it at least a little bearable in the long, lonely and arduous journey for the poverty stricken kidney patients to sustain themselves from day-to-day. The Foundation is also thankful to Masakini for kick-starting the process in raising funds for the benefit of NKF and is greatly touched by the efforts of its staff in realizing the flow of revenue to the Foundation

Donation From Leo Club of Metro Methodist College Kuala Lumpur

On 17 May 2013 Leo Teh Chun Yang representing the Leo Club, Metro Methodist College Kuala Lumpur presented a cheque for RM800 in favour of the National Kidney Foundation of Malaysia. Mr. Chua Hong Wee, the CEO, received the cheque on behalf of the Foundation in the presence of some of the fellow club members and Lion Kenneth Yeoh. The money was raised by the College Leo Club when they organized the "International Relationship Night" on 16 March 2013 which revolved around a play involving a girl named "Alice".



UCSI 12th Public Health Campaign

NKF was a beneficiary of the UCSI 12th Public Health Campaign that was held in 2013 under the able leadership of Ms. Choong Yin Leng, the Organising Chairman and covered 3 days of activities:-

- i) 12 January : Annual Public Health Campaign at Muar High School, Muar in Johore;
- ii) 27 January : Active & Burning Calories Day; and
- iii) 29-30 June : Annual Public Health Campaign at Mydin Mall, Meru Raya, Ipoh

RM4,902.60 was raised for NKF. A cheque for the money raised was presented to Mr Chua Hong Wee, the CEO and representative of NKF by the UCSI Deputy Vice-Chancellor Student Affairs and Alumni Associate Professor Dr. Sylvester Lim Chee Keat and Associate Professor Dr. Yeong Siew Wei at the campus of UCSI University in Cheras, Kuala Lumpur.



University Utara Malaysia (UUM) - You and I : We Care

On 13 May 2013, the Institute of Public Relations Malaysia Students' Association (IPRMSA) of University Utara Malaysia organised a project, "YOU AND I - WE CARE". The sole purpose of the project was to raise monies in aid of Pusat Dialisis NKF-Superkids Trinity in Kedah via the main activity of holding a car wash simultaneous with the sales of food and drinks. These activities were carried out at the "Bangunan SMMTC, COLGIS, University Utara Malaysia" from the early morning to the evening of that day.

At the end of the activities, the students' association raised RM812 to be donated to NKF. A ceremony to hand over the donation was held. Cik Nor Hayati binti Mohd Jalil, the Adviser to the IPRMSA-UUM presented the amount to Staff Nurse Hong Siw Hoon, who received it on behalf of NKF. NKF expressed its sincere gratitude to the students of IPRMSA-UUM for their benevolent efforts in making it possible for the Foundation to cast its web of assistance over a wider group of needy and financially disadvantaged patients.



Direct Debit Donor Programme (DDDP) Date : May - June 2013

Our sincere gratitude to all DDDP donors who supported us through this programme. Your contribution gives hope and provides our patients a second chance to live.

We would also like to extend our appreciation to the following organizations for supporting us by providing complimentary booth space for our road shows from the months of May and June 2013.

Aeon Seberang Prai, Penang	Jabatan Imigresen Seberang Jaya, Penang
Amanjaya Mall, Kedah	Jusco Melaka Ayer Keroh, Melaka
CIMB Greentown, Penang	Kluang Mall, Johor
CMC Shopping Centre, KL	KPJ Hospital, Penang
EG Groups Holding Sdn Bhd, KL	Kulim Technology Park Corporation Bhd, Kedah
Emerald Capital Group, Penang	LHDN Bukit Mertajam, Penang
Hong Leong Bank Greentown, Penang	Low Yat Plaza, KL
Hospital Ampang, Selangor	Majlis Perbandaran Kajang, Selangor
Hospital Fatimah Ipoh, Perak	Majlis Perbandaran Subang Jaya, Selangor
Hospital Kluang, Johor	Maybank Greentown, Penang
Hospital Kulim, Kedah	Maybank Ipoh, Perak
Hospital Melaka, Melaka	EG Groups Holding Sdn. Bhd., KL
Hospital Port Dickson, Negeri Sembilan	Northam Tower Pulau Pinang, Penang
Hospital Putrajaya, Wilayah Persekutuan	Onexpo (M) Sdn Bhd, Selangor
Hospital Sultan Haji Ahmad Shah, Pahang	Pantai Hospital Ampang, KL
Hospital Sultanah Aminah, Johor	Pejabat Imigresen Georgetown, Penang
Hospital Sultanah Bahiyah, Perak	Prima Properties, Selangor
Hospital Sultanah Nora Ismail, Johor	RHB Bank Ipoh, Perak
Hospital Tengku Ampuan Afzan, Pahang	SACC Mall, Selangor
Hospital Tengku Ampuan Rahimah, Selangor	Sunway Medical Centre, Selangor
Hospital Tuanku Ampuan Najihah, Negeri Sembilan	Sunway Pyramid Shopping Mall, Selangor
Hospital Tuanku Fauziah, Perlis	Tawakal Hospital, KL
Hospital Tuanku Jaafar, Negeri Sembilan	Wawasan Open University, Penang
HSBC Ipoh, Perak	Shell Malaysia, Wilayah Persekutuan

NKF'S Top 5 Fundraisers

Cheers to our top 5 fundraisers. We are proud to present to you



**Amirul Bin
Alauddin**



Faizal Bin Yaakub



Low Yoon Seng



Ngu Haeu Kee



**Nur Syamimi Bt
Othman**

NKF is pleased to announce our Top 5 fundraisers for the 2nd Quarter of 2013. This appreciation recognizes the hard work and outstanding performance of our fundraisers to raise funds for NKF. We salute them for the effort they have taken in helping our dialysis patients.



**YAYASAN BUAH PINGGANG KEBANGSAAN MALAYSIA
NATIONAL KIDNEY FOUNDATION OF MALAYSIA** Regd. No. 659 (Sel)

马来西亚肾脏基金会 மலேசிய தேசிய சிறுநீரக அறநிறுவனம்

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