

EARLY DETECTION & PREVENTION SAVES LIVES

SHARE

ISSUE 2 2020 | PP9314/08/2012 (030426)



**Our Tribute & Heartfelt Appreciation To All
Our Donors Who Supported Our Frontliners
During the COVID-19 Pandemic**

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Message From Chief Editor

Firstly, we hope that all of you have been staying home and staying safe during the recent Covid-19 pandemic. At NKF, it has been a challenging time for us. We have been coordinating donations in kind and cash from all our regular donors. We managed to raise RM 109,979.00 as at 9 June 2020 and medical supplies worth RM 332,500.89 as at 9 June 2020. All our 27 dialysis centres nationwide are now fully equipped with Personal Protective Equipment (PPE) and medical supplies required for our frontliners and patients to cope with Covid-19. I take this opportunity to thank all our donors who came forward to help us during this crisis. We are also happy to share a story on organ transplantation. Please enjoy

the article and we hope it will inspire more people to come forward to pledge as organ donors. World Kidney Day 2020 was scaled down due to the Covid-19 pandemic and the nationwide lockdown. However, two of our centres managed to carry out some events before the 18th March 2020. We are pleased to share these events in this issue. Once again, thank you everyone for your continuous support towards The National Kidney Foundation of Malaysia.

All the best!

Dr. Prasad Menon

Chief Editor

NKF DIALYSIS CENTRES

	TEL NO
1. Pusat Rawatan Dialisis Tuanku Syed Putra - NKF (Kangar)	04-977 7411
2. Pusat Dialisis NKF - Superkids Trinity (Alor Setar)	04-734 0215
3. Pusat Dialisis NKF - Kelab Lions Alor Star (Alor Setar)	04-735 2190
4. Pusat Dialisis Amal FO YI - NKF (Unit I) (Penang)	013-917 0722
5. Pusat Dialisis NKF - FO YI (Unit II) (Penang)	04-282 8701
6. Pusat Dialisis NKF - Yayasan Dialisis Pertubuhan Pendidikan Akhlak, Taiping	05-804 1633
7. Pusat Dialisis NKF - Yayasan Dialisis Pendidikan Akhlak Perak (Ipo)	05-321 5921
8. Pusat Dialisis NKF - Dato' Dr. G.A.Sreenevasan (Petaling Jaya)	03-7954 2359
9. Pusat Dialisis NKF - Rotary Damansara (Batu Caves, Selangor)	03-6137 1884
10. Pusat Dialisis NKF - Fungates Superflow (Kepong, Kuala Lumpur)	03-6251 9850
11. Pusat Dialisis NKF - Kelab Apex (Klang)	03-3341 7009
12. Pusat Dialisis NKF - Nanyang (Setapak, Kuala Lumpur)	03-4021 7704
13. Pusat Dialisis NKF - Bakti (Klang)	03-3323 9424
14. Pusat Dialisis NKF - Charis (Cheras)	03-9132 8193
15. Pusat Dialisis NKF - Good Health (Kampung Pandan, Kuala Lumpur)	03-9281 3451
16. Pusat Dialisis NKF - Che Luan Khor (Kluang)	07-776 5313
17. Pusat Dialisis NKF - Yayasan Pembangunan Keluarga Darul Ta'zim (Johor Bahru)	07-386 6164
18. Pusat Dialisis NKF - Bonuslink (Kota Bharu)	09-747 5834
19. Pusat Dialisis NKF - Kuala Terengganu	09-624 9423
20. Pusat Dialisis NKF - Tun Abdul Razak (Kuantan)	09-514 1566
21. Pusat Dialisis NKF - Kidney Association of Sarawak/Rotary (Kuching)	082-240 927
22. Pusat Rawatan Dialisis MUIS - NKF (Kota Kinabalu)	088-538 532
23. Pusat Dialisis NKF - Yayasan Buah Pinggang Kemaman	09-858 3392
24. Pusat Dialisis NKF - Yayasan Sultanah Bahiyah (Kulim)	04-408 0669
25. Pusat Dialisis NKF - Sang Riang (Triang)	09-250 5709
26. Pusat Dialisis NKF - Calvary	03-9133 9452
27. Pusat Dialisis NKF - Chempaka	03-7865 0971
28. Pusat Dialisis NKF - Sarikei, Sarawak (Pending CKAPS Licence for official opening)	084-642 627



The National Kidney Foundation of Malaysia is a non-profit organization, dedicated, to promote issues related to kidney diseases. Programmes include treatment of patients with End Stage Renal Disease, Training of Dialysis Personnel and Providing Public Education.

Dear Dialysis Managers,

Do you need assistance in training your dialysis assistants and new nurses?



Calling for dialysis assistants & staff nurses who just joined the dialysis industry!!!

GOOD NEWS FOR DIALYSIS MANAGERS!

Aims of the course

This course will develop the skills, knowledge and attitude of the trainees which will make them a part of a safe, effective and caring dialysis team.

HAEMODIALYSIS INDUCTION COURSE

a three-month course | one intake yearly

Certification

A Certificate of Competency will be awarded to those trainees who have successfully completed the course and pass the examinations.

Course Subjects

- Basic Medical Science
- Technical Aspects in Haemodialysis
- Care of Patient in Haemodialysis



Selection Criteria and Procedure

Candidates are recruited on the basis of their relevant merits and abilities as evaluated by the training team.

Course Fee

RM2,500.00 payable to **National Kidney Foundation of Malaysia.**
*The course fee does not cover accommodation / transport / food during the training period.

Entry Requirements

Dialysis Assistants	Staff Nurses	General Requirements (for all candidates)
<ul style="list-style-type: none"> • Sijil Pelajaran Malaysia (SPM) • Had a minimum of one (1) year working experience in a haemodialysis unit. 	<ul style="list-style-type: none"> • Diploma in Nursing • Registered with the Malaysian Nursing Board (MNB) • Possess a current Annual Practising Certificate (APC) for nurses 	<ul style="list-style-type: none"> • The candidate must be certified medically fit by a registered medical practitioner within ONE (1) month from commencement of the programme. • The candidate with any of the following medical conditions cannot be admitted into the programme such as: HIV/AIDS, Hepatitis B, Hepatitis C, mental health disorders, epilepsy and colour blindness. • The sponsored candidate must have full secondment and a form of endorsement from their employer, which must be attached with the application. • Self sponsored candidates are also welcomed to apply.

Lectures are given by senior dialysis tutors. Tutorials will be conducted regularly.

Clinical Practice

Clinical experience will be gained primarily in the NKFM haemodialysis centres in Kuala Lumpur and Petaling Jaya.

Library

A comprehensive selection of text books and journals covering the aspects of haemodialysis is available in the training centre.

Course Evaluation

Evaluation is based on formative (continuous) and summative (final exam) assessment of theory and practice.

Training Programme

The course will be conducted on a full-time basis at the NKF Training Centre, Petaling Jaya. A visit to a Water Treatment Plant will be organised to get an in-depth view of water treatment.

For further information please contact:

NKF Training Centre
C23-03, Block C, 3-Two Square,
Jalan 19/1, 46300 Petaling Jaya, Selangor.

Tel : 03-79602301/2 | Fax : 03-79602359
Email : training@nkf.org.my
Website : www.nkf.org.my

SAFE FOOD SHOPPING GUIDE

BEFORE YOU GO TO THE STORE



Plan ahead your shopping list



Standby a cooler bag or box to store the perishable items



Bring hand sanitizer and use it before sampling food at the store

DRY & CANNED FOODS



USED BY
30 APR 2020



Make sure it's not damp or wet and is free from insects or foreign objects.

Avoid buying cans that are deeply dented, bulging or rusting.

Always check the expiry dates.

Free from mold.

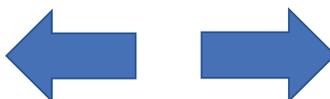
FRUIT & VEGETABLES



Pick produce that is free of major bruises and damages.



When buying pre-cut, fresh produce, make sure it is refrigerated or set in ice.



Keep fruits and vegetables separate from raw meat, poultry and seafood products in your cart.

NOTE: Buy these perishable items toward the end of your shopping trip:

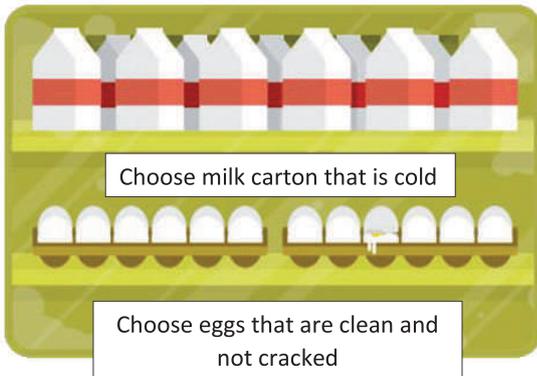
MEAT, POULTRY & FISH



Put them in plastics bags before placing them in your cart to keep them from leaking onto other food.

Make sure food packages are free from holes, tears or openings.

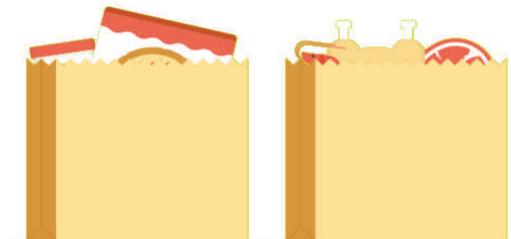
DAIRY & EGGS



FROZEN FOODS



CHECKOUT



When checking out, bag frozen foods together to keep them cold.

Bag raw meats, poultry and seafood separate from other foods to keep juices from leaking.

HEADING HOME



Go home immediately after grocery shopping because perishable food must be refrigerated within 2 hours

Wash reusable grocery bags regularly

Ref:

- 2020 eatright.org. "Safe Food Shopping Guide". *Academy of Nutrition and Dietetics*. Accessed 30 March 2020. <https://www.eatright.org/-/media/feature/eatright/coronavirus/infographics/homefoodsafetyshoppingguide.pdf>
- Food Safety and Quality Division. "Tips Mudah Beli Bahan Makanan Secara Selamat". Ministry of Health Malaysia. Accessed 30 March 2020. <http://fsq.moh.gov.my/v6/xs/page.php?s=infografik>

MY 22 YEARS OF LONG CRUSADING SEARCH



On the second day of my success in a deceased organ donor (cadaveric) kidney transplant operation at Hospital Kuala Lumpur on 27 July 1996, I was wheeled out from the ICU ward to the general ward for isolation purpose. The nephrologist prescribed me a heavy dosage of immunosuppressive drugs to mitigate the rejection risks of the transplanted graft.

While in the isolation ward, I charted what I planned to do since I was fated for a lease of a second chance at life. Firstly, to pursue the intellectually enriching and rewarding experience of an MBA which I eventually graduated from by attending two years of evening classes with Malaysian Graduate School of Management of Universiti Putra Malaysia in 1999, and to set up my own company. Secondly, to actively involve myself in

the organ donation awareness campaign which I am still actively involved in. I was one of the pioneering few cases of cadaveric transplant operations in the country. Thirdly, with a fervent sense of gratitude, I set out on a long crusade to discover and to get to know my benefactor's family.

My first inkling of my unsung hero was through my Transplant Coordinator who notified me on the availability of a cadaveric kidney transplant from a male American expatriate who passed away here. She requested me to immediately report to the Nephrology Department of Hospital Kuala Lumpur to undergo medical tests and examination.

A medical staff from a private hospital sounded me the name of the donor was

a Mister CH Bender while another staff remembered reading his obituary in the local newspaper. Upon recovery, I drove to the National Library to flip through the newspapers and combed through microfilms to determine the details, but to no avail.

During a cheque presentation of the annual contribution by ExxonMobil of RM 25,000 to Green Ribbon Support Association (GRSA) at Institut Jantung Negara on 12 June 2002, I met some of the company's staff. It was through this interaction that I came to know that ExxonMobil was my late organ donor's employer. Unfortunately, I could not solicit further information from them as those who had worked with him had already left the company.

GRSA is an NGO established by medical staff, members of the Rotary Club, the organ donor's family and recipients, and the general public who subscribe to organ donation awareness. I was the founding Honorary Secretary since its inception in 2000 until I stepped down in 2012.

I visited an ex-colleague who was then working in an offshore oil platform of ExxonMobil in 2006. He handed me a copy of his company's newsletter, myXOMnews, depicting an article, The Gift of Life, 10 years on. The contents of the article gave me a clue and rekindled my desire in my arduous journey to search for my saviour's background information. I spent many hours in front of my computer, by punching his name in search engines, but was unsuccessful.

Based on the information provided in the newsletter, I subsequently went to Menara ExxonMobil to meet with its Public Affairs Department. I relayed my desire to search for the contact address of the family of my late donor. They subsequently conveyed my request to their counterparts in the States. A dismay reply stated that they were unable to assist me as the office there no longer had any of his records as he had left ExxonMobil more than 10 years ago.

The last ray of hope was to write to the American Embassy if all else failed. Deep in my heart, I believed I stood a chance, however small the probability was, as long as I did not give up and persist in my pursuit.

One night, my sixth sense told me I could strike the right chord by changing my strategy. I punched the name of my benefactor, 'C.H. Bender' instead of 'CH Bender Offshore Petroleum Exploration' on the keyboard. The name of the late Carl H Bender was vividly screening across

the computer. I was thrilled and continued to scroll down the article on the screen. I discovered that he co-authored a paper on the Applications of Wave -Equation Analysis to Offshore Pile Foundations with two other engineers. One of the co-authors was an Engineering Professor with Texas A&M University. From the email address of his website, I emailed him of my intention. Through him and the other author, a reply followed stating he had contacted Mrs Bender and given her my email address. The communication with the donor's family had been initially established while I patiently waited for her reply!

It was nothing more satisfying than receiving a maiden email from Mrs Bender on the morning of 29 May 2009. I was in my hotel room in Sibu, Sarawak as I was on an outstation assignment. In her reply, she and her family were very glad to see how healthy Azizi Mohd Husain, the other beneficiary of Carl Bender's kidneys, and how I looked! She thanked me for keeping her up to date on our progress and on all the work I had done on transplant issues. She was so happy for us as her husband's kidneys had served us so well.

After a happy event, we continued to exchange several emails and updated each other. In one of my emails, I had explicitly expressed my intention to fly over to Houston, Texas to visit her and her family for altruistically giving me a second chance of living on a borrowed life!

She did not give me a positive reply to my request. However, it did not deter me from my quest to move forward. I registered with a search engine which gathers personal information through public records. From it, I was able to gain an insight into the late Carl Bender's background information inclusive of the cemetery and grave details. I sent

an email to the administrative office of the cemetery which I obtained from the website and requested for a picture of his burial ground for which they did.

Two years ago, in 2018, a good friend of mine arranged for me to meet with his former neighbour and schoolmate, who coincidentally used to work as an engineer in the same company as Carl Bender did. Through our conversations, I was given to understand that my organ donor was a fatherly figure to his staff, an unassuming and a caring superior, who mingled well with his subordinates. Carl died of haemorrhage as he was under work stress at that time. A copy of his picture was also extended to me.

At last, I have accomplished my twenty-two years of a long crusade to search for the final piece of a jigsaw puzzle by obtaining Mr Bender's picture.

God willing, should I get a chance to secure a sponsorship to participate in the 23rd World Transplant Games in Houston, Texas in June 2021, I will fulfil my gratitude visit at his burial ground in Albuquerque, New Mexico, USA.

Mr Carl H Bender, Rest in Peace!

This article is contributed by Mr. Lee Chen Hoe

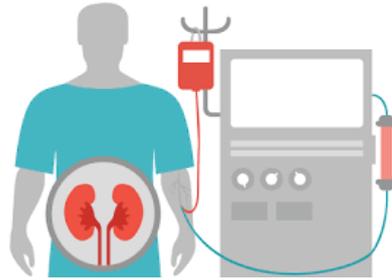
WE WOULD LIKE TO THANK A HELPED US DURING THE



ALL OUR DONORS WHO HAVE RECENT COVID-19 CRISIS



ADVICE FOR HAEMODIALYSIS PATIENTS COVID-19



Contact the haemodialysis unit if you have fever, runny nose and cough before you come



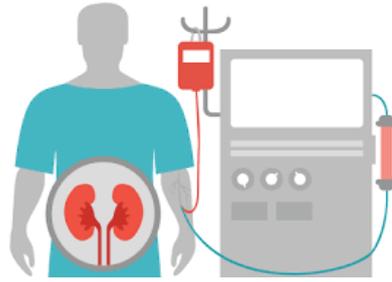
Do not enter the dialysis unit before you are called to your dialysis chair. Proceed directly to your chair

Avoid visiting sick people admitted to ward



Use a mask if you absolutely have to visit someone in the ward

PANDUAN COVID-19 UNTUK PESAKIT DIALISIS



Hubungi Unit Hemodialisis anda sekiranya demam atau batuk sebelum datang



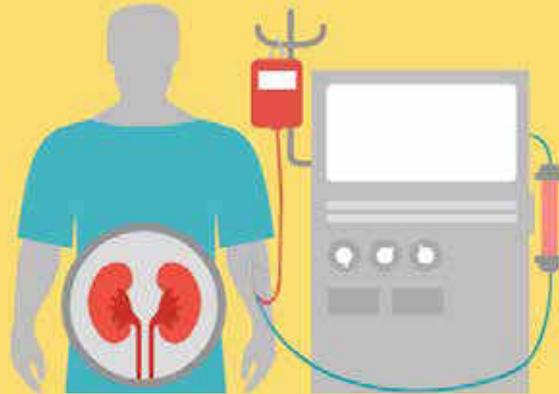
Jangan berlegar dalam Pusat Dialisis sebelum anda dipanggil masuk. Apabila dipanggil terus pergi ke kerusi dialisis

Elakkan melawat orang sakit dalam wad hospital



Gunakan topeng muka kalau terpaksa melawat orang sakit dalam wad

ADVICE FOR HAEMODIALYSIS PATIENTS COVID-19



Press elevator button with elbows



Use a sanitizer if you touch any surface



Avoid crowded events



Avoid shaking hands or hugging



Do not touch your face with unwashed hands

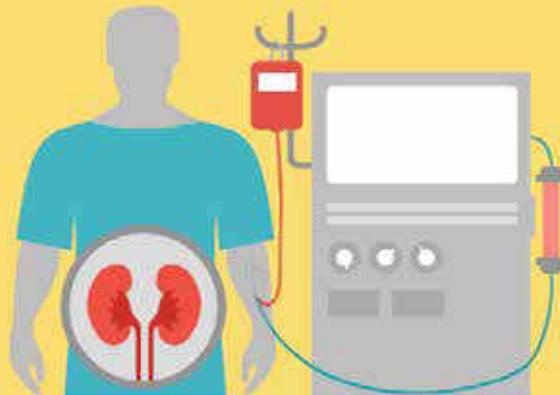


Do not kiss or hug kids with fever or runny noses



Use a mask in crowded public spaces

PANDUAN COVID-19 UNTUK PESAKIT DIALISIS



Sentuh butang lif dengan siku



Gunakan sanitizer selepas sentuh apa-apa permukaan dengan tangan



Elakkan majlis keramaian



Jangan berjabat tangan atau berpeluk



Jangan sentuh muka dengan tangan yang belum dicuci



Jangan cium atau peluk kanak-kanak yang demam atau selesema



Gunakan topeng muka di tempat awam yang sesak

WORLD KIDNEY DAY CELEBRATION AT ALOR SETAR MALL



On 7th March, the Lions Club of Alor Setar organised the World Kidney Day (WKD) celebrations with Pusat Dialisis NKF – Kelab Lions Alor Star, Kedah at Alor Star Mall, Kedah.

This event was launched by YB Simon Ooi Tze Min, Environment and Green

Resources Committee Chairman, aimed to promote public awareness on chronic kidney disease.

The day began with a fun filled Zumba dance. These includes free health screening by NKF – Public Education Department (PED) team, health talk,

exhibition booths, lucky draw, blood donation and children's drawing contest themed 'Eat Right, Be Heathy.'

All the participants received goody bags at the end of the event. It was indeed a memorable and successful event.

'ANG POW' FROM LIONS CLUB OF ALOR STAR



On 16 February 2020, Lions Club of Alor Star and Pertubuhan Kebajikan dan Amal Muhibah Alor Setar visited the dialysis patients at Pusat Dialisis NKF – Kelab Lions Alor Star (Alor Setar).

Each patient received an 'ang pow' with the amount of RM500 from Leo Club Local Committee Chairman, Lion Ng Ah Kheng. He hoped the annual donation would be able to help the hardcore poor kidney patients to defray a portion of their

dialysis bills.

NKF greatly appreciates the generosity and kind efforts from Lions Club of Alor Star and Pertubuhan Kebajikan dan Amal Muhibah Alor Setar in helping our poor patients.

SIMPLE STEPS TO GOOD HEALTH



World Kidney Day was celebrated at Pusat Dialisis NKF – Foyi (Unit II) with a two-day hand hygiene programme on 12 and 13 March 2020 organized for their patients and care givers in view of the recent COVID-19 outbreak.

A total of 100 people participated in the programme including staff members. The nurses taught the patients and caregivers on how to perform proper handwashing and apply hand sanitizers.

Besides, there was quiz session on hand hygiene topic. Goodie bags containing mask and hand sanitizer were given to those who answered correctly.

We hope that our patients had gained valuable guidelines and information from this event.

Direct Debit Donor Programme (DDDP) Date : January – March 2020

Our sincere gratitude to all DDDP donors who have 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 January to March 2020.

Hospital Seberang Jaya, Penang
Hospital Bukit Mertajam, Penang
Hospital Selayang, Selangor
Hospital Pulau Pinang, Penang
Hospital Sultanah Nur Zahirah, Terengganu
Hospital Sultanah Aminah, Johor
Hospital Segamat, Johor
Hospital Sultanah Fatimah, Johor

NKF'S TOP 5 FUNDRAISERS

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



NOOR AZIRA BINTI
MAT LAZIM



NUR FARIHA ROSLI



CHEAH TATT LIP



GOH HUI LING



HO XIN YU

NKF is pleased to announce our Top 5 fundraisers for the 1st Quarter of 2020. This appreciation recognizes the hard work and outstanding performance of our fundraisers to raise funds for NKF. We salute them for the efforts they have taken in helping our dialysis patients.