

EARLY DETECTION & PREVENTION SAVES LIVES

SHARE

ISSUE 1 2021 | PP9314/08/2012 (030426)



**LAUNCH OF ONE-STOP ONLINE
INFORMATION CENTRE FOR CHRONIC
KIDNEY PATIENTS
(27 DECEMBER 2020)**

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Message From Chief Editor

As we enter the 2021, although the pandemic is yet to be over, there is hope for optimism-the vaccination programme is now in place and being administered by stages. Having said that, we should still continue to play our part by wearing our masks, washing and sanitising our hands regularly and keeping our social distance at all times.

Although physical public events and gatherings are pretty much still restricted, our Training Centre continues to provide skill training via e-learning. Check out our monthly e-learning courses in the next page.

Ever wondered how long you could keep your cooked food without it getting spoiled? Interested to find out more about cholesterol lowering food, kidney transplant, anemia and risk factors for cardiovascular disease? You will get all your answers in this issue!

Another true story awaits readers as we hear from the beloved wife of a kind-hearted cadaveric organ donor.

Public can also log on to MYBuahPinggang.com to find out more information and updates about kidney disease, treatment and transplantation.

Let's continue to stay calm and stay safe.

Dr. Sunita Bavanandan
Chief Editor

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TRAINING INITIATIVES CONTINUE FOR STAFF DURING THE PANDEMIC

When a new challenge like the COVID pandemic appears, organisations need to rethink their approach towards training. The pandemic has sharpened the need for a well defined and strategic training plan for our staff which involves e-learning solutions.

Healthcare workers working in the dialysis centres need timely and specialized training to apply emerging

best practices and new knowledge. Thus, National Kidney Foundation Training Centre has embarked on creating a modern learning environment by developing e-learning courses to be included in its 2021 Training Calendar for its staff.

The new normal resulting from the COVID-19 pandemic is forcing a transformation in how organizations

approach training and NKF is setting the foundation for the future of training.

Some of the e-learning courses scheduled for the year are as follows:

Month	Course Name
February	<ul style="list-style-type: none"> Diet Modification for Diabetic ESRD Patients (e-learning)
March	<ul style="list-style-type: none"> Professional Writing Skills in Healthcare (e-learning) Kidney Transplant Awareness : Nurse Roles in Educating HD Patients (e-learning)
April	<ul style="list-style-type: none"> Common Medications in HD Patients (e-learning) Intradialytic Complications (e-learning)
May	<ul style="list-style-type: none"> Emails, Memos & Minutes in Healthcare (e-learning)
June	<ul style="list-style-type: none"> Anxiety & Depression: How to Identify and Seek for Help (e-learning) Long Term Complications in HD (e-learning)
July	<ul style="list-style-type: none"> The Importance of Dry Weight (e-learning)
August	<ul style="list-style-type: none"> Emotional Intelligence at Work (e-learning) Microsoft Excel – Intermediate (e-learning)
September	<ul style="list-style-type: none"> Malnutrition in HD Patients (e-learning)
October	<ul style="list-style-type: none"> Blood Test Results & Basic Interpretation (e-learning) HD Emergencies: Treatment & Preventions (e-learning)
November	<ul style="list-style-type: none"> Natural Disasters/Emergencies: Patients' Planning (e-learning)
December	<ul style="list-style-type: none"> Hepatitis Viruses: An Overview (e-learning)

* CPD points will be awarded for all the Continuing Nursing Education (CNE) topics

NKF Training Centre is also exploring the potential of providing skills training that involve our patients and their

caregivers. We would like to receive suggestions on the courses that we could conduct for them.

To provide feedback, kindly contact us at training@nkf.org.my or at 03-7960 2301/2302.

FOOD SAFETY 2 HOUR / 4 HOUR RULE

Generally, you can consume cooked foods within 4 hours from the time the food is cooked or ready-to-eat. The 2-hour/4-hour rule is a good way to make sure potentially hazardous food is safe when held out of temperature control (between 5°C and 60°C) for short periods of time without significantly increasing the risk of food poisoning.

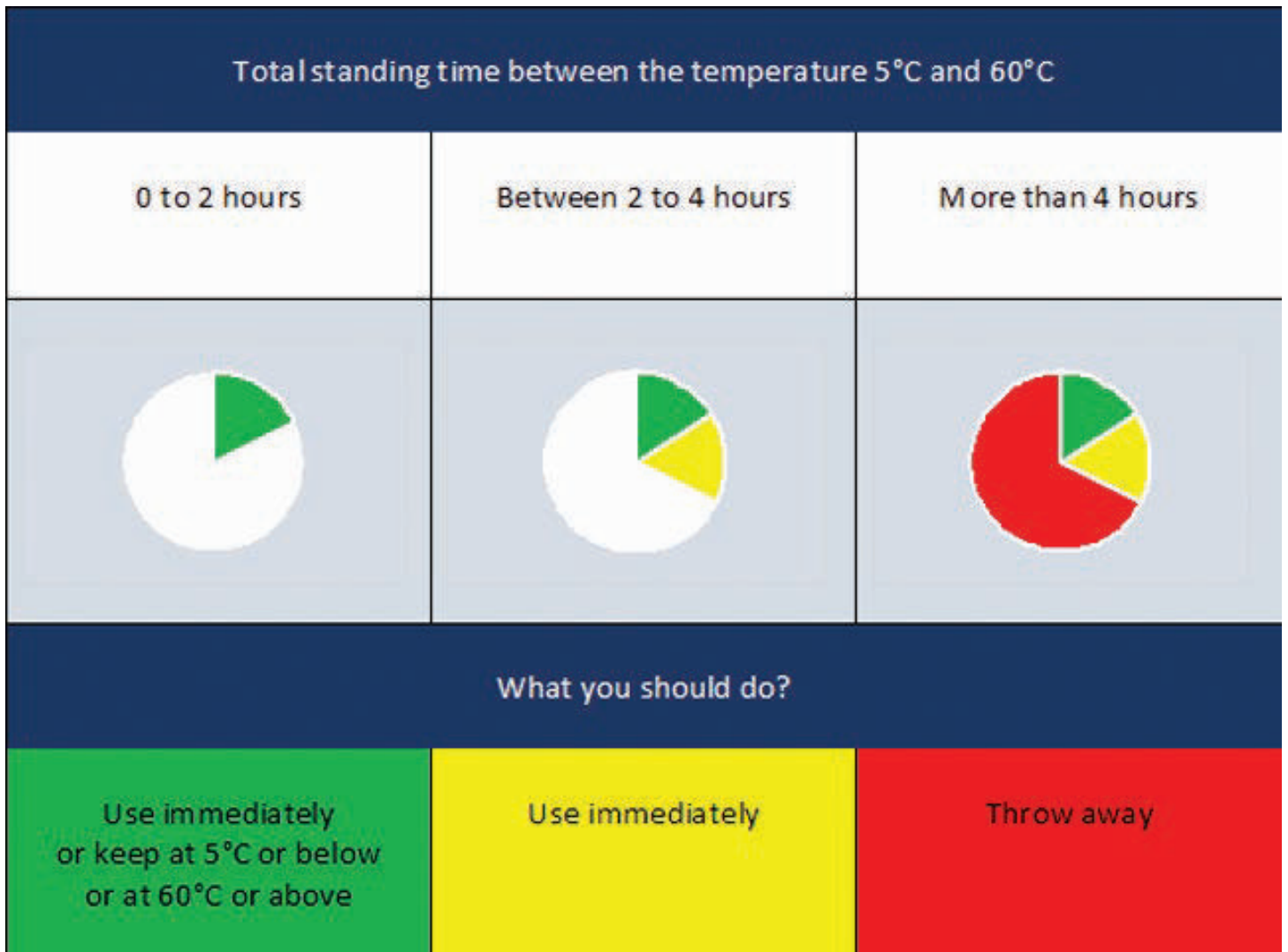
What are the potentially hazardous foods?

1. Raw and cooked meats
2. Dairy products

3. Processed or cut fruits/vegetables (eg: salads)
4. Fish and seafood
5. Eggs, beans or other protein-rich foods
6. Cooked rice or noodles
7. Food that contains any of the above

It takes time for food poisoning bacteria to grow to unsafe levels. Follow the time limit below to ensure that cooked food is safe to eat:

- Cooked food should not be kept at room temperature for any longer than 2 hours.
- Store food in the refrigerator if the food is not consumed within the next 2 hours.
- Cooked food which is kept between 5°C and 60°C for more than 4 hours should be thrown away.



The total time includes all the time the food has been at room temperature, for example during preparation and delivery.

References:

1. NSW (Australia) Food Authority. (2011). Food safety guidelines on applying the 4-hour/2-hour rule for temperature control.
2. Food Safety Fact Sheet: 2 hour / 4 hour Rule Explained [Infographic], SA Health (Australia).

IF WE CAN HELP, WE HELP



'If we can help, we help' – this was Yeoh Mun Pin's favourite quote. He was a loving and caring husband to his beloved wife, Jeanne Lew.

Both Jeanne and Mun Pin did not know much about organ donation although Jeanne signed up as an organ donor many years back. One day, Mun Pin fainted and was admitted into hospital. He was diagnosed with brain cancer. Prior to that he had been experiencing bout of headaches due to high blood pressure and work stress.

In mid-2015, he fainted again, slipped into a coma and was soon declared 'brain dead'. The doctor gently asked if she would consider donating his organs. Without hesitation, she agreed to do so; he managed to donate one kidney, a pair of corneas and all the leg bones. She knew that he has intended to be an organ donor but missed the opportunity to register himself then.

Now, Jeanne takes every opportunity to share about organ donation with her family and friends. Her mother was so inspired by her decision that she decided to donate her late father's organs when he passed away. Unfortunately, due to his age and prior health conditions, the hospital team was unable to proceed with the donation.



In Malaysia, all information on transplantation is treated in strict confidence. Hence, details of the recipients are not revealed to the donor or donor's family members.

However, she was informed that recipients are healthy and doing well in life. "I am so thankful that I made the decision to donate his organs to those in need", Jeanne said. She has been keeping them in her prayers knowing that part of her late husband is still living a new life in these lucky recipients.

Jeanne strongly urges everyone to register as an organ donor. "We do not know what will happen to us but we can always be a blessing to others. Sharing is indeed caring", she added.

Just as late Mun Pin used to say, "If we can help, we help".

Interview with Madam Jeanne Lew
(Wife of Cadaveric Donor, Yeoh Mun Pin)

4 FACTS ABOUT KIDNEY TRANSPLANT



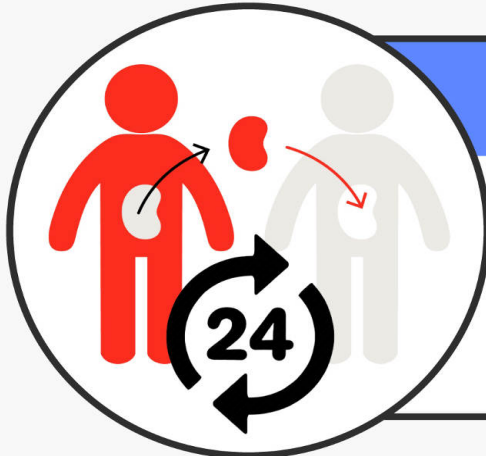
ELIGIBLE AGE & WEIGHT TO DONATE

Age : 2 years and above.
Weight : 10 kg and above.



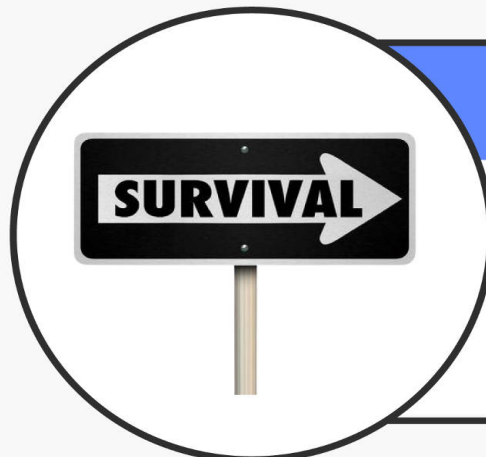
CONTRAINDICATION

Potential donors with active infection and widespread cancer.



ORGAN VITALITY

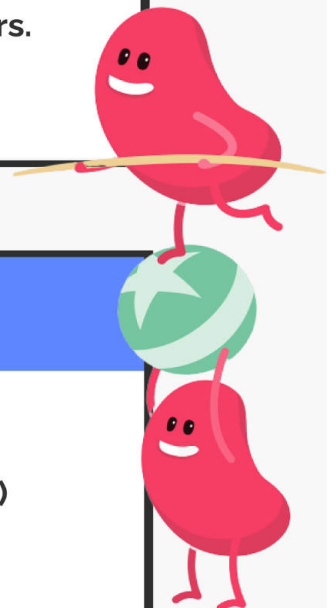
Donated kidneys must be transplanted within 24 hours.



SUCCESS RATE

Survival rate of 5 years:

- Cadaveric source (77%)
- Living related (93%).



TOP 8 FOODS TO LOWER YOUR CHOLESTEROL

- Soluble fibre can help to lower cholesterol level.
- The Academy of Nutrition and Dietetics recommends an intake of 25g to 30g of fibre per day with emphasis on soluble fibre (7g to 13g) for cardio-protective effect.

OATS



One cup of oats contain as much as 2.3g of soluble fibre. Oats also provide antioxidants and minerals.

BARLEY



Barley, which is another choice of grains, is a great source of soluble fibre too. Half cup of cooked barley provides 0.8 g of soluble fibre.

CHICKPEAS



Half cup of chick peas provides 1.9 g of soluble fibre. It is also high in insoluble fibre and contains a great amount of protein and antioxidants.

KIDNEY BEAN



Half cup of cooked kidney beans provides 2.0 g of soluble fibre. Kidney beans are also rich in iron, which is an integral component of haemoglobin.

SWEET POTATO



One medium sweet potato contains about 1.5 g of soluble fibre. It is also rich in vitamin A, vitamin C and antioxidants.

PEAR



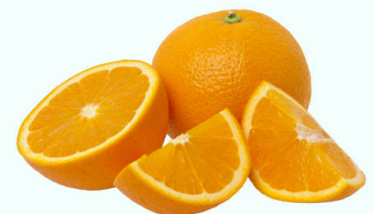
One medium pear contains 1.15 g of soluble fibre. It is also a good source of vitamin C, vitamin K and phytonutrients, which are good antioxidants.

MANGO



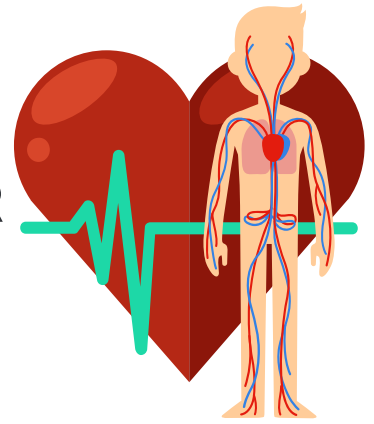
Half of mango contain 1.7g of soluble fibre. It is also rich in vitamin C and vitamin A.

ORANGE



Orange is not only high in vitamin C and antioxidants, but also contains a lot of soluble fibre.

POTENTIALLY **FATAL** RISK FACTORS FOR CARDIOVASCULAR DISEASES



Overweight or obesity

The risk of heart failure is **34%** higher for overweight and **104%** higher for obese people.



Smoking

Smoking **damages the lining of the arteries**, which leads to a **build-up of plaque**. It can also **thicken and form clots** inside your arteries.



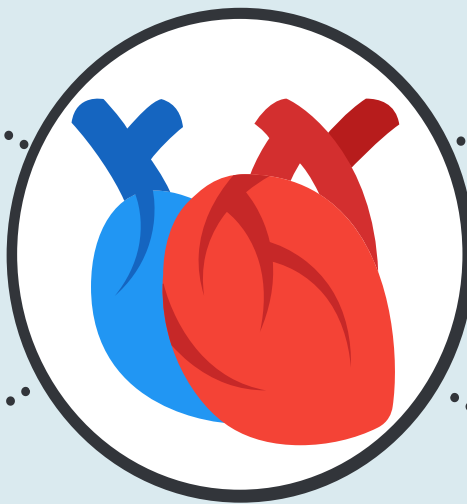
High blood pressure

The **workload of the heart** and **blood vessels increases** as blood pressure rises. Over time, it **damages the artery walls**.



High blood glucose

Adults with diabetes are **2 to 4 times** more likely to die from heart disease than those without.



High blood cholesterol

LDL cholesterol is the main source of artery-clogging plaque. **Excess triglyceride** also contributes to increase the risk of heart disease.



ANEMIA



Anemia ialah satu keadaan di mana badan kekurangan sel darah merah. Kekurangan zat besi mengakibatkan badan tidak boleh menghasilkan hemoglobin (Hb) iaitu protein penting dalam sel darah merah yang mencukupi untuk membawa oksigen ke seluruh badan.

Anemia boleh dicegah dengan mengambil zat besi tambahan dan makanan yang kaya dengan zat besi.

Dalam golongan pesakit buah pinggang kronik, hormon eritropoietin juga merupakan salah satu faktor yang penting.



Sumber Zat Besi

Tanda-tanda kekurangan darah akan menyebabkan anda:

- Merasa cepat letih lebih dari biasa.
- Pening kepala.
- Kurang daya tumpuan.
- Kulit menjadi pucat.



Brokoli



Coklat Gelap



Ayam



Bayam



Daging



Ikan



Soya

Adaptasi dari sumber: <http://www.myhealth.gov.my/anemia-kekurangan-zat-besi/>

MYBUAHPINGGANG WEBSITE LAUNCH

Empowering kidney failure patients and caregivers nationwide to make well-informed decisions

A 2018 study revealed Chronic Kidney Disease (CKD) affects 15.48% Malaysian, with around 50,000 patients undergoing dialysis treatment nationwide. With a significant number of patients from the B40 and rural population, access to practical medical information that is understood by layman is crucial for all kidney patients.

Patients battling kidney failure and their caregivers nationwide can look forward to easy access to comprehensive and accurate information, thanks to the launch of MYBuahPinggang.com website.

This educational portal will empower kidney patients and their care-givers to improve daily care and quality of life. It features practical content on kidney diseases, treatment, dialysis, transplant and relevant issues such as Covid-19, anaemia as well as other developments which affect patients here in Malaysia.

The Medical Tweet Association #MedTweetMY developed the website with the support from the team of Nephrologists from the Ministry of Health and Universiti Putra Malaysia. National Kidney Foundation of Malaysia (NKF) and



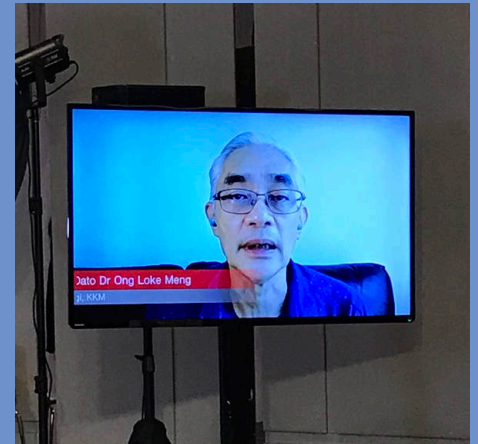
AstraZeneca Malaysia jointly hosted the hybrid launch event at Sheraton Petaling Jaya Hotel on 27 December 2020, which was officiated by YBhg. Tan Sri Dato' Seri Dr. Noor Hisham bin Abdullah – Director-General of Health. Speaking at the official launch, NKF Malaysia Chairman Dato' Dr Zaki Morad Mohd Zaher described the introduction of the website as “very timely as patients can now stay safe at home and access all the information they need about their kidney health via the website.”

On that note, Dato' Dr Zaki said, “Congratulations to “Association of MedTweetMy Malaysia” for developing this website with the support from the team of Nephrologists from the Ministry of Health and University Putra Malaysia. They have worked tirelessly on this website and made this project a reality.” In the growing age of misinformation, a credible website is crucial for patients to receive accurate information towards making well-informed decisions.



He added that NKF will continue to support and work with the Malaysian Society of Nephrology and MOH, particularly to provide quality dialysis care to poor patients, jointly promote organ donation campaigns and carry out public education and awareness programmes to promote good care of kidneys.

In his speech, MOH's Head of Nephrology services, Dato' Dr Ong Loke Meng expressed hope that the website will be a one-stop online information centre that members of the public will find useful to learn more about kidney health.



“We will continue to provide accurate facts and information to facilitate patients and their families in selecting the best possible treatment,” he said.

Also present at the website launch were MedTweetMY Founder and Chairman Dr Khairul Hafidz Alkhair; Malaysian Society of Nephrology President, Prof Dr Abdul Halim Abdul Ghafor and AstraZeneca Malaysia's Country President, Dr Sanjeev Panchal.

NKF's CODE: Life book "Masih Ada Yang Sayang", a publication to promote organ donation and transplant in Malaysia was launched soon after the CODE:Life Webinar in November centred on the theme "Living Kidney Transplant".

More information on MYBuahPinggang is available at www.MYBuahPinggang.com and www.facebook.com/MYBuahPinggang

refer to page 13) or to donate towards NKF's efforts, please visit www.nkf.org.my or call 03-7954 9048.

For further information on the CODE: Life book "Masih Ada Yang Sayang" (please



JOINT STATEMENT ON THE COVID-19 VACCINATION OF PATIENTS WITH CHRONIC KIDNEY DISEASE IN MALAYSIA



The financial impact to a patient and his family, the staff and to the HD centre's management once a Covid -19 infection occurs is huge. There are tests for the virus to be done, PPEs to be donned, and the affected centre has to be sanitized. The emotional strain on patients and staff once a centre has an infected patient is unmeasurable. We thank the Ministry of Health's nephrologists and their HD units for accepting most infected HD patients from the private and NGO centres.

Patients on HD and the staff looking after them are particularly vulnerable. They stay in a confined space for long hours and any undetected infection amongst them can have disastrous consequences. Presently all HD centres follow stringent guidelines set by national and international bodies to prevent cross-infection. Haemodialysis staff are specialized nurses and if infected, they have to be quarantined, reducing the centre's capability to look after the patients, as they are not readily replaceable.

We now know that the government will start vaccination against the virus soon. We hope the Ministry of Health will give special priority to the patients with CKD. This will reduce the overcrowding in the Ministry of Health's HD centres and help return to some normalcy in the HD centres in the private and the NGO programs.

We urge priority be given to the following groups:

1. Patients on Haemodialysis and Peritoneal Dialysis
2. Patients with functioning kidney transplants

3. Healthcare workers directly attending to Haemodialysis and Peritoneal Dialysis patients
4. Family members of Haemodialysis/ Peritoneal Dialysis/Kidney transplant patients and patients with CKD stage 3-4 (pre-dialysis)

We are happy to assist the Ministry of Health in the vaccination program. The National Renal Registry of the Malaysian Society of Nephrology and the National Kidney Foundation of Malaysia can assist in disseminating information as well assist the Ministry in scheduling vaccinations.

Joint Press Statement by:

Dato' Dr Zaki Morad
Chairman
National Kidney Foundation of Malaysia

Prof Dr. Abdul Halim bin Abdul Gafor
President
Malaysian Society of Nephrology

Dr Rosnawati Yahya
President
Malaysian Society of Transplantation



We view with great concern the rising prevalence of Covid-19 in the country over past few weeks. We are particularly concerned on the impact of Covid-19 infection in patients with chronic kidney disease (CKD) especially those with CKD stage 5 who are receiving treatment with dialysis or kidney transplantation. Experience worldwide have shown this group of patients are very vulnerable to serious complications of Covid-19 infection and there is a significant mortality amongst those infected. Similarly, there is increased risk of healthcare workers (HCW) attending to these patients acquiring this infection due to frequent encounters.

There are now about 50,000 patients living on dialysis or have a functioning kidney transplant in the country, the vast majority of whom are on haemodialysis (HD). These patients have impaired immunity either inherently from their illness or induced by medications, making them eminently vulnerable to complications should they be infected with SARS Cov-2 virus.

ANTOLOGI CERPEN - MASIH ADA YANG SAYANG

'MASIH ADA YANG SAYANG' merupakan sebuah antologi cerpen yang mengumpulkan kisah benar dari pesakit, penderma, ahli keluarga dan juga doktor serta jururawat. Ketahui bagaimana

pesakit berpegang kepada harapan dalam mengharungi penyakit ini demi meneruskan kehidupan. Buku ini juga bertujuan untuk meningkatkan kesedaran terhadap penyakit buah pinggang kronik.

Dapatkan naskah ini dengan segera di <https://shopee.com.my/Antologi-Cerpen-MASIH-ADA-YANG-SAYANG-i.280470963.3473658393>



'MASIH ADA YANG SAYANG' adalah himpunan coretan yang sangat bermakna; gabungan pakar-pakar perubatan dan pesakit-pesakit kronik buah pinggang. Saya amat berharap ianya dapat dimiliki, dibaca dan dihayati oleh semua golongan masyarakat.

Nukilan mereka ini memberi gambaran terperinci tentang perjalanan menghadapi ujian penyakit kronik ini; yang boleh menyerang sesiapa tanpa mengenal usia. Penceritaan pengalaman yang meruapkan kisah benar ini bakal memberi kesan yang amat mendalam kepada para pembaca dan mengajarnya sebuah kehidupan.

Dr Rafidah Abdullah
Pakar Perunding Buah Pinggang / Nefrologi

Air mata berasa asin itu karena
air mata adalah garam kehidupan

— HAMKA

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CHINESE NEW YEAR IN NKF ALOR STAR

Pusat Dialisis NKF-Alor Star has always been one of the main beneficiaries of The Lions Club of Alor Star (Host). On 8 February 2021, in conjunction with Chinese New

Year, Director Lion Ng Ah Kheng and President Lion Jesmond Tan presented a total of 57 ang paos and 60 packets of 'Julie' biscuits to Centre Manager, Sister

Ang Bee Moy. These generous Chinese New Year gifts were then distributed among the patients in the dialysis centre.



GRABREWARDS CAMPAIGN IS BACK

Grab users in Malaysia can extend a helping hand by donating their GrabRewards points to The National Kidney Foundation of Malaysia starting

1 April 2021 to 31 March 2022. You can do so by following the simple guide below.
 Step 1: Click on "Points"
 Step 2: Select "Services"

Step 3: Choose "National Kidney Foundation of Malaysia"
 Step 4: Click "Redeem"

NKF and Grab Combine Forces To Support Dialysis Patients!



MAKE USE OF YOUR GRABREWARDS POINTS BY DONATING TO NKF MALAYSIA

STEPS TO MAKE YOUR DONATION



STEP 01 Click on **"POINTS"**



STEP 02 Select **"SERVICES"**



STEP 03 Choose **"NATIONAL KIDNEY FOUNDATION OF MALAYSIA"**



STEP 04 Click **"REDEEM"**



To purchase a dialysis machine for our poor kidney failure patients and give them a better quality of life.



For further information, please email fundraising@nkf.org.my

National Kidney Foundation of Malaysia [PPM-002-10-12021969]
 70, Jalan 14/29, 46100 Petaling Jaya, Selangor Darul Ehsan, Malaysia
 Tel: 03-7954 9048 / 03-7954 9049 Fax: 03-7954 0535



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CAR SIGNAGE



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RM5.00

CAR STICKER



BUTTON BADGE

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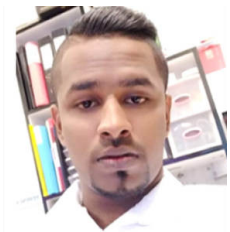
www.nkf.org.my

603-7954 9048

Email : fundraising@nkf.org.my

DIRECT DEBIT DONOR PROGRAMME (DDDP) NKF'S TOP 10 FUNDRAISERS

Cheers to our top 10 fundraisers. We are proud to present to you



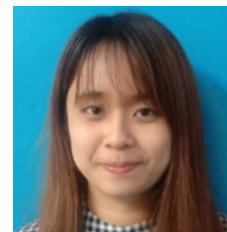
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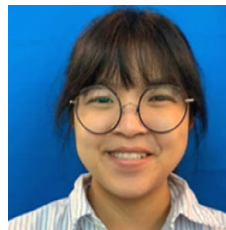
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LETCHUMI THEVI
NAGESVAROO



WAN JOO RUBY
YEO



JIA MAN SHARON
ANG



HOI VIN CHEOR



LIM KAH HOCK

NKF is pleased to announce our Top 10 fundraisers for the 4th Quarter 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.



YAYASAN BUAH PINGGANG KEBANGSAAN MALAYSIA
NATIONAL KIDNEY FOUNDATION OF MALAYSIA PPM-002-10-12021969

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

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🌐 www.nkf.org.my