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**ANNUAL DIALYSIS  
CONFERENCE 2022**

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# Message From Chief Editor

As we are transitioning into the endemic phase, wearing a mask outdoors is now optional while it is still compulsory indoors. Businesses are also gradually back to their usual operating hours and prayer activities are allowed without physical distancing. It is a delight to know that almost 950,000 children in Malaysia are now vaccinated against Covid-19. Having said that, let's continue to be vigilant to prevent the spread of the virus.

After so long being cooped up at home and with plenty of public holidays coming up, many are looking forward to traveling again. Learn more on how one can practice a healthy daily diet, especially for those traveling with dialysis patients.

With the aim of improving kidney care for Malaysians, the Duta Ginjal (DuGin) and Pre-Dialysis Education Programme (PDEP) was designed to provide comprehensive knowledge transfer through kidney ambassadors and an enjoyable learning experience for kidney disease patients and their

caregivers. Find out more on page 5-7.

After 'a long break' due to the beginning of the pandemic, The Annual Dialysis Conference is back; attracting over 400 delegates from the healthcare industry. Read more on page 8.

In conjunction with World Kidney Day, we organized a National Event involving various universities and colleges with interesting programme highlights: Mini CODE Life, exhibition, Online Kahoot Quiz, 100 Organ Pledgers in 5-Hour and Jump Rope Challenges. More stories on page 10-12.

Last but not least, in order to provide person-centred care, it is important for us to hear patient voices. In this issue, a patient has shared his take on the challenges of living with end stage kidney failure and how he did not let dialysis affect his independence. See pages 14-15.

Happy reading.

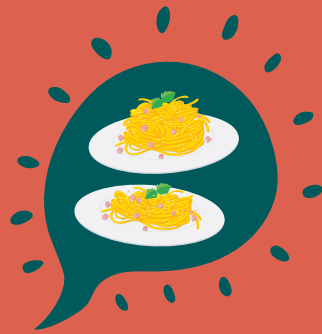
Dr. Sunita Bavanandan  
Chief Editor

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# HEALTHY HOLIDAY EATING TIPS FOR PEOPLE ON DIALYSIS

## Eat in Moderation



- Food portion control is essential for a person on dialysis. It is okay to eat everything in moderation, but this depends on your dietary needs and your recent blood test results.
- For example, if you have a high phosphate level, avoid big portion of high phosphate foods, such as 'kuah kacang', chocolate cakes, bandung syrup. Instead, you should have smaller portions of these foods.

## Watch out your Salt Intake



- Controlling your sodium intake can help in your thirst, which in turn manages your fluid intake to be within the recommendation made by your doctor.
- Avoid preserved or processed foods such as fruit pickles, salted fish/egg, nuggets and sausages. Instead go for fresh home-cooked dishes.
- Avoid eating a large amount of sauces and pouring gravies onto your rice/staple. These are common sources of sodium. Again, take them in moderation.

- It is okay to speak up when your friends and relative offer you "seconds". Do not force yourself to consume more than you would like to.
- Be polite, but do not feel guilty. You should put your health goals first.

Learn how to say that "I've had enough, thank you."

I'VE HAD ENOUGH

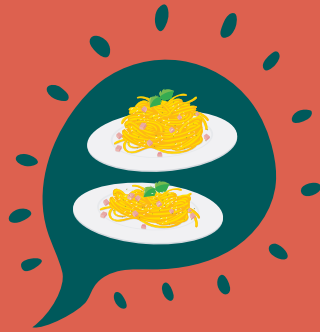
Bring your medication (phosphate binder) along at Open Houses!



- You know that you will be offered a variety of dishes, snacks and desserts many of which are high in phosphate.
- Bringing along your medicine such as phosphate binders is a smart move.
- Phosphate binders are medications that help to reduce the amount of phosphate being absorbed into your blood from what you have eaten.

# PANDUAN MAKAN SECARA SIHAT UNTUK PESAKIT DIALISIS KETIKA BERPUTRI

## Makan secara sederhana



- Kawalan saiz hidangan amat penting bagi pesakit dialisis. Tak salah untuk menikmati semua jenis makanan dengan kuantiti yang sedikit tetapi perlulah merujuk kepada keperluan individu serta keputusan darah yang diperolehi.
- Sebagai contoh, sekiranya bacaan fosfat anda tinggi, elakkan dari mengambil makanan yang tinggi dengan fosfat dalam kuantiti yang banyak contohnya seperti kuah kacang, kek coklat, dan air sirap bandung. Ambillah makanan tersebut dalam kuantiti yang sedikit.

## Awas dengan pengambilan garam yang berlebihan!



- Mengawal pengambilan garam dapat mengurangkan rasa dahaga. Hasilnya, pengambilan cecair juga dapat dikawal mengikut saranan yang telah ditetapkan oleh pakar perubatan anda.
- Elakkan pengambilan makanan yang diawet dan diproses seperti jeruk buah, ikan/telur masin, nugget dan sosej. Sebaliknya pilih makanan yang segar dan dimasak di rumah.
- Elakkan daripada menikmati pencecah/sos dan kuah ('kuah banjir') dalam kuantiti yang banyak. Ambil secara bersederhana.

- Jangan malu untuk menolak sekiranya kawan atau saudara anda mempelawa untuk menambah makanan. Elakkan daripada memaksa diri anda untuk makan secara berlebihan.
- Lakukan dengan bersopan dan jangan rasa bersalah. Jangan malu untuk menetapkan pendirian anda!

## Belajar untuk berkata, "Sudah cukup untuk saya, Terima Kasih"

**SUDAH CUKUP**

## Bawa bersama Ubat (pengikat fosfat) anda sewaktu menghadiri Rumah Terbuka!



- Pastinya terdapat pelbagai hidangan, makanan ringan dan pencuci mulut yang akan disajikan di rumah terbuka tersebut.
- Bawa bersama ubat (contohnya: pengikat fosfat) kerana anda tidak dapat meramalkan kuantiti fosfat daripada makanan yang diambil sewaktu berada di rumah terbuka tersebut.
- Ketika anda menikmati makanan, ubat pengikat fosfat berfungsi dengan mengurangkan kadar penyerapan fosfat ke dalam darah.

# WORLD KIDNEY DAY 2022



Chronic Kidney Disease (CKD) is a growing public health concern. The Global Burden of Disease 2015 study estimated that, in 2015, about 1.2 million people died from kidney failure, an increase of 32% since 2005. In Malaysia, the prevalence of CKD has increased from 9.1% in the 2011 Malaysian National Health and Morbidity Survey to 15.5% in 2018. The number of patients with CKD is expected to significantly rise in the future largely due to the increasing prevalence of diabetes, hypertension, and the ageing population in Malaysia.

With the aim of improving kidney care of Malaysians, the Medical Tweet Association Malaysia (MedTweetMY) and the National Kidney Foundation of Malaysia (NKF), together with the Ministry of Health Malaysia

(MOH) and launched the Duta Ginjal (DuGin) and Pre-Dialysis Education Programme (PDEP) at the Putrajaya Marriott Hotel. The programme, officiated by the Minister of Health, YB Tuan Khairy Jamaluddin Abu Bakar on 26 March 2022 was designed to provide comprehensive knowledge transfer through kidney ambassadors and an enjoyable learning experience to kidney disease patients and their caregivers – assisting them with making informed decisions and adjusting to life with the disease.

Speaking during the event, the Minister of Health, YB Tuan Khairy Jamaluddin Abu Bakar mentioned, “In our fight against the COVID-19 pandemic that has hit our country and the world over the past two years, MOH remains committed to the management of treatment for all patients, including CKD patients. Today, through the Mybuahpinggang platform, a group of physicians has developed a special module,

especially for stage 4 and 5 CKD patients to obtain important information – helping them with the treatment they receive, allowing them to survive their battle against this disease.”

“This module, better known as the “Pre-Dialysis Education Programme” was developed with the support of Baxter Healthcare Malaysia and is a collaboration between the Nephrology Services of the Ministry of Health Malaysia and the Ministry of Higher Educations led by Universiti Putra Malaysia, the Malaysian Society of Nephrology, the National Kidney Foundation and Astra Zeneca. With this Pre-Dialysis Education Programme as well as the MYBuahPinggang website and Facebook, it is hoped that the level of understanding for patients and their family members can be improved and it will encourage them to make earlier decisions about treatment options for CKD. I would also like to thank you for appointing me as the first Kidney Ambassador (Duta Ginjal); a special programme by NKF Malaysia which aims to promote widespread awareness of kidney disease and the importance of measures to prevent kidney disease such as practising a healthy lifestyle, controlling existing chronic diseases (such as diabetes and high blood pressure), weight control, not smoking, and having a balanced diet,” he added.

CKD is common and harmful: 1 out of 10 adults worldwide have it, and if left untreated it can be deadly. Early detection allows for disease care and management to help prevent morbidity and mortality.



However, cost-effectiveness and kidney disease-related mortality continues to increase yearly and is projected to be the 5th leading cause of death by 2040. A persistent and ongoing CKD knowledge gap exists, one that is demonstrable at all levels of healthcare.



The Vice-Chairman of the MedTweetMY and Co-Chairman of MyBuahPinggang, Dr. Rafidah Dato' Abdullah quoted a publication in the Medical Journal of Malaysia that in Sabah, 74.3% of end-stage renal failure patients start their dialysis treatment without preparation. The risk of complications and death was higher when compared with patients who had been prepared before starting their dialysis treatment."

"Our study that was published by the international journal, BMC Complementary Medicine and Therapies, showed many dialysis patients (72.3%) took supplements without referring to the doctor who was treating them. These actions can endanger their condition and some have had to be admitted to

intensive care units. Things like this need to be emphasised in the education of our patients so that their health continues to be preserved. I believe this module will provide adequate information for patients and their family members to make appropriate treatment decisions and be able to weather the challenges of End-Stage Chronic Kidney (ESKD) failure," she added.

The launch also included a stakeholder dialogue session and also a heart-warming sharing session by Mohammad Syahmi Azman – who gave the audience an inside scoop into his life as a kidney disease patient.

For over 30 years, NKF has safeguarded the welfare of kidney patients by providing subsidised dialysis treatment, psychological support, financial assistance, and job placements. The non-profit also uses its funds to provide specialised dialysis training for healthcare workers and carries out outreach and awareness-raising programmes on kidney disease.



In conjunction with World Kidney Day (WKD) which is celebrated worldwide in March every year to bridge the persistent and ongoing CKD knowledge gap, NKF Malaysia in partnership with MOH, the Ministry of Higher Education Malaysia (MOHE) and the Malaysian Society of Nephrology (MSN) also organised this year's national-level WKD 2022

celebration. Themed "Kidney Health for All", the event was launched virtually by the Minister of Health.



In addition, NKF Malaysia also hosted its 16th Annual Dialysis Conference 2022 at Sheraton Petaling Jaya Hotel. The conference, part of NKF's Annual Dialysis Meeting series, was held earlier this month and officiated by the Minister of Health under the theme of "Holistic Care in Dialysis" – attracting over 400 delegates from the healthcare industry. For the first time, the conference focused on palliative care in dialysis among other informative discussions to highlight the latest scientific developments in kidney treatment research and the industry to deal with ESKD and leading to improved outcomes and quality of life for patients and their caregivers. Through this conference, NKF has also raised awareness on interesting topics such as Expanded Haemodialysis Or HDX, Pregnancy in Dialysis, and Psychosexual Issues in Dialysis Patients. All of these were led by notable experts.



# BRIDGING THE GAP IN KIDNEY HEALTH

**National Kidney Foundation's 16th Annual Dialysis Conference focuses on palliative care in dialysis for the first time ever!**



The NKF's Annual Dialysis Meeting made a comeback with a big bang and a new name! The 16th Annual Dialysis Conference (ADC) was back after a three-year absence. The 16th of its series was held on 5 and 6 March 2022 at the Sheraton Petaling Jaya Hotel, Petaling Jaya, Selangor. To add pomp to the event, it was graced and launched by the Minister of Health, YB Khairy Jamaluddin.

Since Malaysia was still in the pandemic stage when the event was held, NKF was fully committed to creating a pleasant and safe experience for all delegates, exhibitors, speakers, and guests. Therefore, we needed to ensure that everyone involved strictly followed the Standard Operating Procedures (SOPs) during the event.

The conference's theme "Holistic Care in Dialysis" attracted about 400 delegates. New topics such as Palliative Care, Mental Issues in Haemodialysis, and Sexual Dysfunction in dialysis were introduced. The delegates were people from the medical and para-medical fields comprising nephrologists, doctors, medical assistants, and nurses whose primary concern was providing haemodialysis treatment to patients suffering from End-Stage Renal Disease (ESRD).

With the ADC attaining a national standard, the doctors collected 12 Continuing Professional Development (CPD) points while the nurses collected 15 points. To complement the ADC atmosphere of talks, 14 pharmaceutical companies set up

booths to display their products and demonstrate the usage of these products. This was the most numbers of booths that ADC has ever hosted. The National Transplant Resource Centre (NTRC) was given a complimentary booth to promote organ donation and encourage delegates to pledge their organs. NKF's Fundraising Department and Public Education Department also had booths to conduct fundraising activities and activities to promote the early detection and prevention of kidney disease.



## INTER-UNIVERSITIES & COLLEGES WORLD KIDNEY DAY 2022 CELEBRATION

In conjunction with WKD 2022, NKF organised Inter-Universities & Colleges WKD 2022 Celebration in collaboration with the Malaysian Society of Nephrology, Ministry of Health, and Ministry of Higher Education.

This 3-week event was held from 5<sup>th</sup> March 2022 to 26<sup>th</sup> March 2022 involving 16 universities and colleges.

NO.	INSTITUTION	DATE
1.	Asia Metropolitan College, Johor Bahru	5 March 2022
2.	Management and Science University, Shah Alam	7 March 2022
3.	Sunway College, Johor Bahru	9 March 2022
4.	Institut Pendidikan Guru Kampus Darul Aman	9 March 2022
5.	KPJ Healthcare University College, Nilai	11 March 2022
6.	Sunway University-Sunway	11 March 2022
7.	MAHSA University	11 March 2022
8.	Community Pantai Pulau Kundur-University of Science Malaysia	12 March 2022
9.	University of Putra Malaysia	12 March 2022
10.	Universiti Teknologi MARA	12 March 2022
11.	University of Science Malaysia	12 March 2022
12.	International Islamic University Malaysia	12 March 2022
13.	University of Malaya, KL	12 March 2022
14.	National University of Malaysia	12 March 2022
15.	Kolej Poly-Tech MARA, Kota Bahru	13 March 2022
16.	Universiti Utara Malaysia	26 March 2022

Event highlights include Kidney Exhibition, 100 Organ Pledgers in 5 Hours Challenge, Jump Rope Challenge, and Online Kahoot Quiz. To our delight, a total of 500 people registered as organ donors in a span of the stipulated 5-hour duration. As for the Jump Rope Challenge, a whopping 1,278 students participated while 125 students joined the Online Kahoot Quiz.



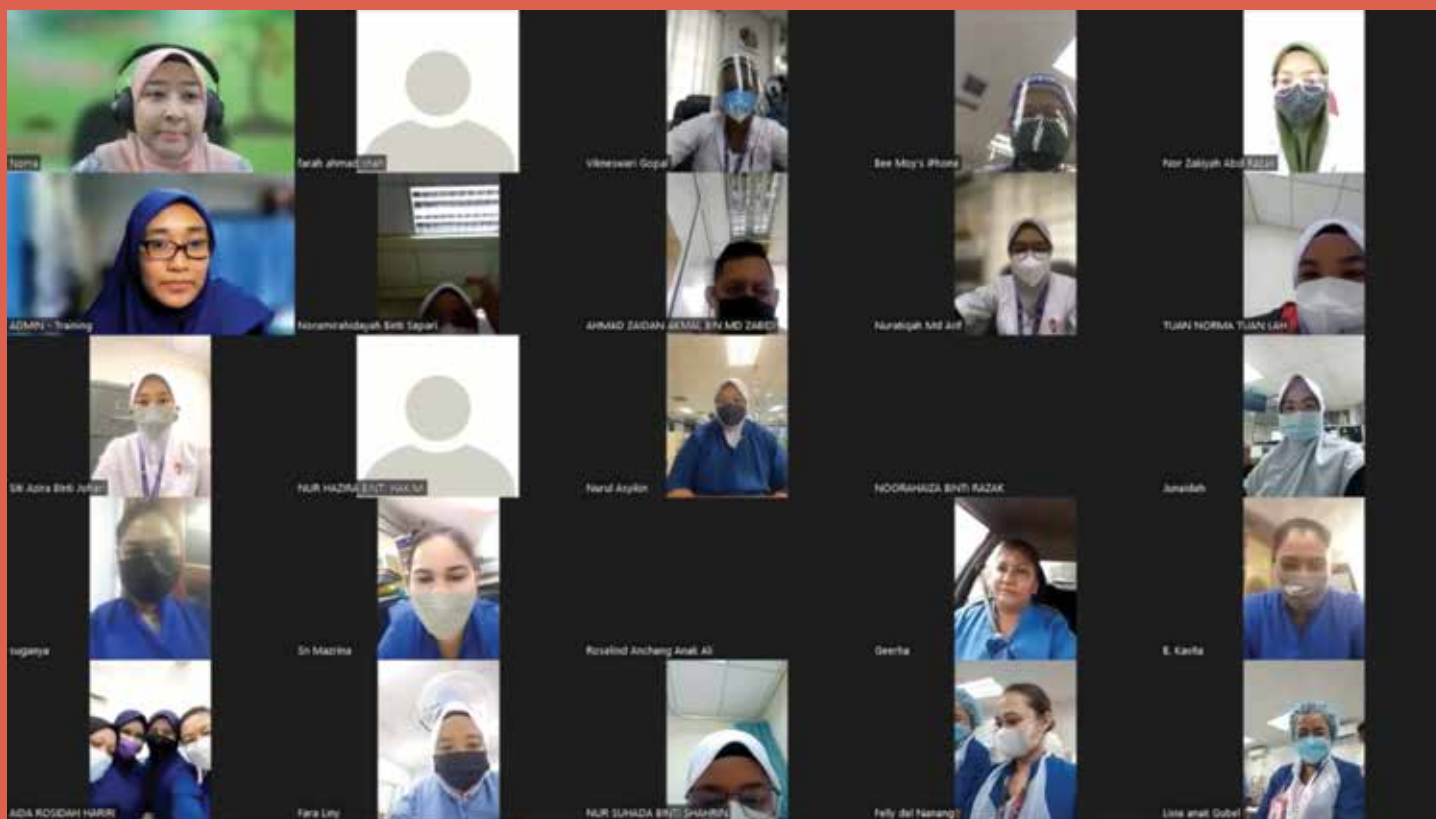
This National event was officiated by the Minister of Health, YB Tuan Khairy Jamaluddin Abu Bakar





A virtual forum on Living Transplants: Code: Life-A Big Give – Organ Donation was held in conjunction with WKD 2022 launching. The panelists were Tengku Intan binti Tengku Abdul Hamid a kidney donor, Hazmi bin Salihudin, a kidney patient and kidney recipient, and Imam Muda Asyraf a religious leader, who all shared their perspective on living kidney transplant Dr. Yusuf Abu Shamsi, nephrologist from University Kebangsaan Malaysia, moderated this forum.

# INTRADIALYTIC HYPOTENSION



On 21st April 2022, an online Continuing Nursing Education (CNE) webinar entitled “Intradialytic Hypotension” was held virtually via Zoom. The CNE was delivered by Pn. Norra’biatul ‘Adawiyah binti Mohammad Din (NKF’s Tutor) from 9.00 am–10.00 am. It was attended by 56 NKF medical staff from the dialysis centres in Peninsular and East Malaysia.

The topic was significant as intradialytic hypotension is one of the most common intradialytic complications that occur among haemodialysis patients. It is also known to be associated with higher mortality and morbidity, increased healthcare costs, and decreased quality of life. Besides that, it can also impair organ perfusion and can compromise adequacy, contributing to the loss of residual kidney function, and predisposing patients to cerebral and/or coronary ischemia.

The CNE aimed to emphasise on the nurses’ skills and knowledge of identifying the signs and symptoms of intradialytic hypotension, the causes, the management, and preventive measures. It also aimed to update them on the latest practices.

## INDEPENDENT DESPITE DIALYSIS



“Doctor said that I needed to be on dialysis for life”, he lamented. 74-year-old Govindasamy Kunchupillai is married with 2 children and 3 grandchildren. Both he and his wife are unemployed and solely dependant on his youngest son, who works as a cleaner at Subang Airport. His eldest daughter tries as best as she can to contribute financially but is limited as she is a housewife and she is unable to work due to a health condition.

He only completed his primary education in a Tamil estate school due to poverty and started taking up numerous odd jobs from the age of 13 just to make ends meet for his humble little family of four.

He worked for 45 years as a general worker in a tea estate at Bukit Tinggi, Pahang before he left his job and worked as an assistant lorry driver.

One day, he experienced swelling and numbness on his legs while walking. He decided to go to Hospital Tengku

Ampuan Rahimah in Klang (HTAR) for a check up. After a series of tests were performed, the doctor told him that both his kidneys had failed due to his high blood pressure and he needed to undergo dialysis. It came as a complete shock to him as he was always under the impression that his high blood pressure was under control. Thus, it should not have led to kidney failure.

Having to go on dialysis and losing his job left him with no income. “Who would give me a job when I have to go through 4 hours of dialysis, 3 times a week?” he shared with a sigh. Even daily living would mean a big struggle for him. He was depressed. His family was equally devastated.

He used to be strong and fast like being able to pull basket loads of heavy things with ease before being stricken with chronic kidney disease. Now, he cannot even complete the simplest of chores like sweeping the floor. Even getting up onto the seat of the lorry requires immense effort.

Thankfully, after 6 months of dialysis in HTAR, the National Kidney Foundation of Malaysia (NKF) learned of his plight and he was accepted into Pusat Dialisis NKF – Bakti (Klang) where he receives subsidized dialysis treatments. This financial assistance has certainly lifted a great burden from his family.

Nonetheless, being an independent person, every alternate day, Mr. Govindasamy would walk from his house to the main road before

flagging a passerby to give him a lift to the nearby bus stop to enable him to board the bus to the dialysis centre. The residents in his neighbourhood are aware of his dialysis schedule and gladly offer him a lift.

“After dialysis, I will be resting at home as I would be exhausted from the traveling. Sometimes, I will read the newspaper or watch some programmes on the television”, he shared. However, his eyes brightened up when he shared about his 11-year-old grandson and how he enjoys spending time with him.

Despite his illness, he shared that he is well aware of the challenges as a dialysis patient. He is doing his best to take care of his health better now. “For all the young people out there, do make sure you have enough rest besides controlling your daily diet and remember to have regular exercise too”, he advised with a smile.

He is thankful to be able to undergo his dialysis at Pusat Dialisis NKF-Bakti, Klang. “The nurses are professional and take good care of all the patients here. They are also very caring towards the patients. We have become friends now”, Mr. Govindasamy added.

Members of the public who are interested in contributing to the cause of helping Mr. Govindasamy or other patients with kidney failure can find out more through NKF’s website at [nkf.org.my/](http://nkf.org.my/) or call 03-7954 9048.

# YOU CAN SUPPORT US VIA



- ➔
- 1 Open "Shopee" App
  - 2 Click 'Tickets, Top Up & Bills'
  - 3 Click 'Donation'
  - 4 Key in 'Amount'
  - 5 Choose 'National Kidney Foundation of Malaysia'
  - 6 Select 'Payment Option' and click 'Pay Now'



- ➔
- 1 Save this image (or take a screenshot)
  - 2 Open "Touch 'nGo" App
  - 3 Tap on the "Scan"
  - 4 Tap on "Scan from Gallery"
  - 5 Select the QR code
  - 6 Key in the amount you wish to donate



- ➔
- 1 Open "Boost" App
  - 2 Tap in "Donation"
  - 3 Select NKF Malaysia
  - 4 Key in the amount

# NKF's TOP 5 FUNDRAISERS

NKF is pleased to announce our Top 5 fundraisers for the 1st Quarter of 2022.



**EVENNIE WENCIE  
WENCESLAUS**



**GUOXI CHAN**



**VIVIAN FELIX  
AUGUSTINE**



**TAN HUI LII**



**HOWARD WEI  
CHONG**

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

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🌐 [www.nkf.org.my](http://www.nkf.org.my)