

SHARE

EARLY DETECTION & PREVENTION SAVES LIVES

ISSUE 4 2022 | PP9314/08/2012 (030426)



**NKF MALAYSIA LAUNCHES
CKD EDUCATION CENTRE**

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Message From Chief Editor

With life returning to normalcy, the NKF CODE Life programme has resumed with physical events across all regions in West Malaysia. These events serve as a platform for kidney disease patients, caregivers and the community to learn and understand more about Living Kidney Transplant. Find out more on pages 6-9.

The annual rise in cases of Chronic Kidney Disease (CKD) in Malaysia has sparked NKF to initiate CKD Education Centres. These aim to be information hubs for kidney replacement therapy options as well as providing both dietary and lifestyle changes support to kidney disease patients and their caregivers. Ipoh's CKD Education Centre launch is featured on the front cover of the issue of the SHARE newsletter, you can read more about this on page 14.

In keeping with our patient-centric mission, find out the secret of keeping a positive mind from one of our kidney warriors of 25 years. The story awaits in page 3.

Educational activities have not been overlooked. Fresenius and NKF partnered in a recent "edutainment" initiative, where education is combined with entertainment. Check out page 12 for information on The Kidney Kid, a fun method for kids to learn about their kidneys and raise health awareness.

Brains were teased, answers were challenged but teamwork brought everyone to the final clue. It was at Sunway Medical Centre Velocity Treasure Quest, a charity treasure hunt in aid of NKF Malaysia. A fun and challenging way to raise funds while 'hunting' with teammates. More information can be found on pages 13.

Happy reading.

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 (Ipoh)	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 (Kemping, Kuala Lumpur)	03-6251 9850
11. Pusat Dialisis NKF - Kelab Apex (Klang)	03-3341 7009
12. Pusat Dialisis NKF - Nanyang (Setapak, Kuala Lumpur)	012-643 4227
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
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26. Pusat Dialisis NKF - Calvary	03-9133 9452
27. Pusat Dialisis NKF - Chempaka	03-7865 0971
28. Pusat Dialisis NKF - Bonuslink (Sarikei), Sarawak	084-642 627
29. Pusat Dialisis NKF - Kidney Association of Sarawak/Rotary (Kota Samarahan)	082-362 621

A KIDNEY WARRIOR OF 25 YEARS KEEPS ON LEARNING

Growing up as the eldest of five siblings and now caring for her aged mother, Ngee Watt Eng is accustomed to independence. The Kidney Warrior of 25 years has never let her situation as a kidney failure patient stop her from being cheerful and positive.

Prior to her retirement, she was a kindergarten teacher and she enjoyed teaching Mandarin, Music and Mathematics to children. Prior to the pandemic and MCO, she was also actively involved in social work.

Watt Eng has been going to NKF Apex in Klang for life-saving hemodialysis treatment three times a week for four hours each since 1998. Every other day, her younger sister drives her to the dialysis centre. She will use an e-hailing service to get home after her dialysis sessions.

In 2016, Watt Eng went through the most difficult period of her life. She overcame a thyroid procedure as well as surgery to remove an abscess. As a result, she was hospitalised for two months and required seven blood transfusions. Her nephrologist also advised her against organ transplant because her body may not be able to handle any additional stress.

She, like many others, was affected by the COVID pandemic, and nowadays she rarely leaves the house except for dialysis treatments. During the pandemic, she lost a significant amount of weight, but she is relieved that her weight has since stabilised.



However additional trouble was in store as Watt Eng and her family were unfortunately not spared from the December 2021 floods. After the flood waters receded, family members and friends came to help clean up the house and remove damaged items, including electrical and other essentials items.

On non-dialysis days, Watt Eng helps out with cleaning and laundry chores at home. She spends her leisure time watching TV dramas.

Watt Eng is always grateful for the financial assistance rendered to her and other dialysis patients by NKF. She complimented the Centre Manager and her staff, who consistently ensures the patients are comfortable and well cared for during the dialysis sessions. The patients were also seen to look out and take care of each other.

She is also thankful to her mother, family members and her circle of friends who always step up to help. Watt Eng shared her wishes for her family and friends regarding their health and overall wellbeing. She prays for their health and that she will remain motivated, positive and share good things.

For other patients, Watt Eng expresses her hope that other younger patients will have the opportunity for kidney transplant.

Watt Eng will continue to focus on the good and positive things in her life. "I will not allow any 'roadblocks' to stop me from sharing and caring for my family, friends and anyone I meet", she shared with a smile.

When asked what is the secret to remaining positive in life, she leaned forward and answered with the wisest smile "做到老, 学到老 (no matter how old you become, never stop learning), that is how you can keep a positive mind".

Members of the public who are interested in contributing to the cause of helping other patients with kidney failure can find out more through NKF's website at nkf.org.my/ or call 03-7954 9048.

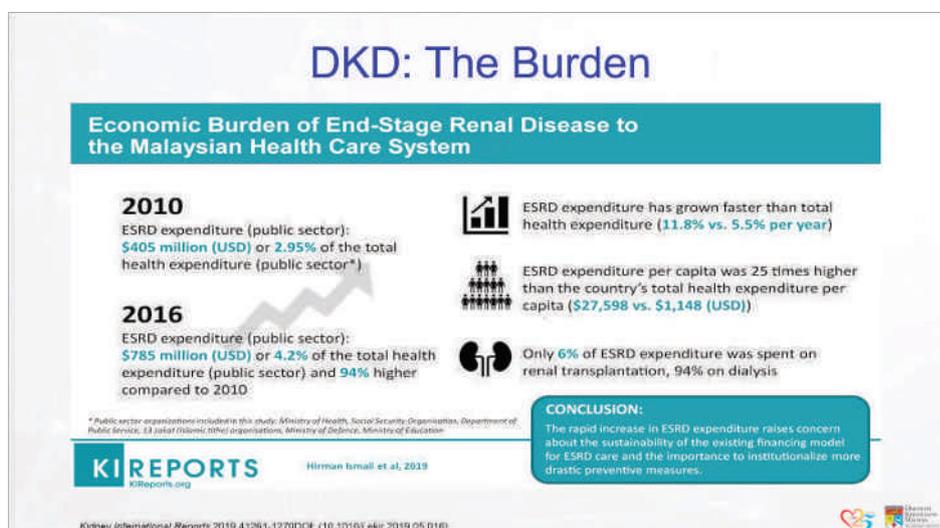
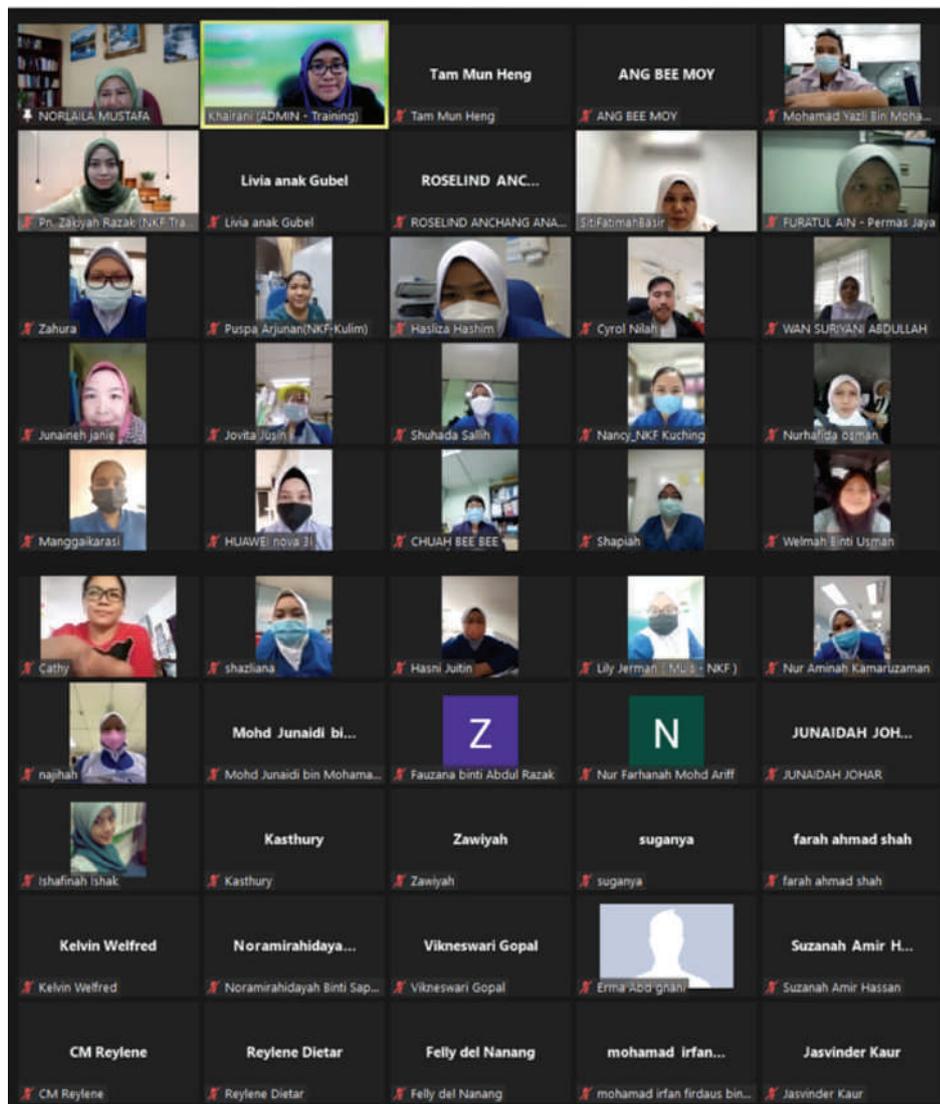
CONTINUOUS NURSING EDUCATION 1 - DIABETES MANAGEMENT FOR DIALYSIS PATIENTS

The Training Department of NKF invited Prof. Dr. Norlaila Mustafa, a Senior Consultant Physician and Endocrinologist from Hospital Canselor Tuanku Muhriz, Universiti Kebangsaan Malaysia (HCTM UKM) to conduct the “Diabetes Management for Dialysis Patients” webinar on 21 September, 2022. Prof. Dr. Norlaila’s specialty is in Diabetes, Obesity, and Endocrinology. She is also a member of the National Diabetes Institute (NADI) Board of Trustees and a visiting Consultant Endocrinologist at the National Heart Institute (IJN).

The one-and-a-half-hour online course was delivered via Zoom. Some of the topics covered in this webinar were:

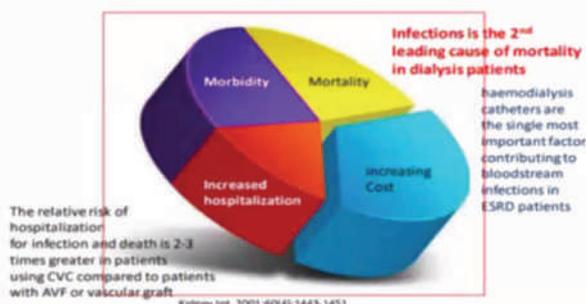
- Diabetic Kidney Disease in Malaysia
- Glucose homeostasis in ESRD and Dialysis
- Glycaemic control in dialysis patients
- Target for control
- Anti-diabetic agents used in dialysis patients

A total of 85 NKF medical staff from the dialysis centres all over Malaysia participated in the webinar. The webinar was successful and received positive feedback from the participants.

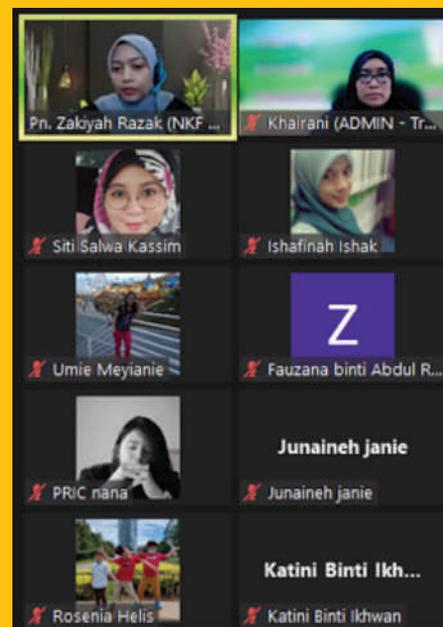


CONTINUOUS NURSING EDUCATION 2 - VASCULAR ACCESS FOR HAEMODIALYSIS

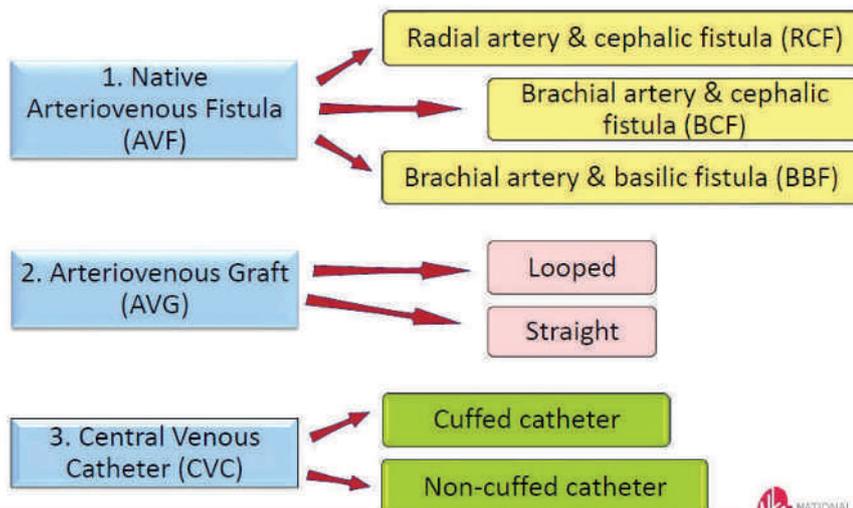
Central Venous Catheter (CVC) The dreadful implications of CRBSI



Hemodialysis CVCs, when compared with AV access, are associated with a **2- to 3-fold higher risk of infection** related hospitalization and associated costs due to catheter-related blood stream infections (CRBSI).



Types of Vascular Access



The learning outcomes of the webinar for the participants was to enable them to:

- Distinguish between non-tunneled and tunneled CVC
- Recognize the specific criteria of a mature AVF
- Describe the three techniques for cannulation of vascular access
- Recall the important step of the pre-cannulation procedure as per NKF's standard operating procedure (SOP)
- Discuss the potential problems and complications with vascular access

On September 28, 2022, a second online Continuous Nursing Education (CNE) webinar titled "Vascular Access for Haemodialysis" was held via Zoom.

The CNE was delivered by Ms. Nor Zakiyah Abd Razak (NKF's Clinical Instructor) from 1.00 pm to 2.00pm. It was attended by 78 NKF medical staff from the dialysis centres throughout Peninsular and East Malaysia.

These webinars are part of NKF's ongoing training programme for medical staff in order to maintain the quality of patient treatment at all of the organization's dialysis centres throughout Malaysia.

LIVING KIDNEY DONATION



These donations are limited to immediate family members and spouse.



Better quality of life for patients & family members

- ✗ Dialysis
- ✗ Waiting for kidney from deceased donor



What should I do if I wish to donate my kidney



Inform your family members of your intention to be an organ donor



Discuss your decision with the Consulting Nephrologist and your family members



Once consent is obtained, an evaluation test will be conducted:

- ✓ Blood test
- ✓ Urine test
- ✓ X-ray
- ✓ Electrocardiogram (ECG)
- ✓ Ultrasound & CT Scan



After a successful evaluation test, a date for the transplantation will be set

CODE LIFE

Community Organ Donation Drive

Follow us on:



Note:

Do check out the usual time required for off-work and hospitalisation with your Consulting Nephrologist

NKF CODE LIFE 2022: SHINING A LIGHT ON LIVING RENAL TRANSPLANTATION

The CODE Life forum—physical sessions returned in 2022. Johor Bahru was the first stop, followed by Kuala Terengganu, Kota Bharu, Penang, and the final stop will be in Klang Valley.

A total of 439 people attended these four sessions, including patients, caregivers, and nephrologists. At the conclusion of the sessions, 156 patients and carers expressed a desire to undergo living transplantation.

CODE Life serves as a platform for dialysis patients, their caregivers and communities, to learn and understand more about living kidney transplantation. The forum attendees were also moved by the heart-warming sharing session with kidney transplant recipients as well as the inspiring stories of their generous donors. Sharing their struggles of living with ESKD, donor-recipients highlighted the many ways their lives

improved after a kidney transplant; from being able to enjoy an active lifestyle to being free from constant dialysis treatments.

The sessions were moderated by nephrologists, allowing individuals to make informed decisions about kidney transplantation.

Apa itu Program Code Life?

Code Life adalah program inisiatif anjuran NKF (National Kidney Foundation) Malaysia dengan kerjasama Pakar-Pakar Nefrologi untuk memberi kesedaran kepada para pesakit dan orang ramai tentang kepentingan pendermaan organ sebagai “Penyambung Kehidupan”.

Ramai yang takut untuk menderma, tidak kurang juga ada yang takut untuk menerima. Kebanyakan masyarakat di Malaysia mempunyai persepsi yang agak negatif tentang pendermaan organ.

Manfaat program Code Life

Program ini dianjurkan secara PERCUMA dan ORANG RAMAI dijemput hadir. Dalam program ini, anda boleh bertanya kepada Pakar-Pakar Nefrologi pelbagai soalan mengenai pendermaan buah pinggang dan transplantasi.

CODE LIFE
Community Organ Donation Drive

Antara Yang Menarik Dalam Program Code Life

Mengetahui secara terperinci tentang Transplant atau pendermaan organ

Menolak mitos negatif tentang pendermaan organ

Mengenali perderma dan penerima organ

Mengambil iktibar dari pengalaman penderma dan penerima organ

Dapat menjawab persoalan tentang segala kemusykilan tentang pendermaan buah pinggang

ORGAN DONATION

11 June 2022

Pulai Spring Resort, Johor Bahru



Left: Nur Asyikin Bt Mohamad Nadzri (donor) shared: “I want to see my husband leading a healthy life. As a Muslim, I believe whatever I have is loaned to me. I see it as my destiny to donate my kidney to my husband. Our life is better. Now, we can travel together. Trust in your doctor’s suggestion, otherwise, the transplant process may be slowed down.”

Mohamad Rafi bin Mohd Isa (recipient) happily shared: “Now, I have a social life and am able to travel with our families. Also, I am more productive in my work life.”

16 July 2022

Grand Puteri Hotel, Kuala Terengganu

A pair of husband and wife, siblings and a father shared their experiences as donors and recipients.



» Amri & Sumaiyah
(Husband-recipient)
(Wife-donor)



» Hafis
(Brother-donor)



» Suhardiman
(Father-donor)



» Norhamira
(Sister-recipient)

23 July 2022
Crown Garden Hotel, Kota Bharu



Left: Mohd Hairy and Siti Fairuz turned out to be not only a perfect match as husband and wife but a 'kidney match' as well. Hairy (donor) shared that he did not feel any difference health-wise after he donated one of his kidneys to his wife.



3 September 2022
Pearl View Hotel, Penang

Two mother and daughter duos shared experiences and advice on transplant.

Nur Fareeha Syamim (recipient) shares this: "I still have to take care after kidney transplant. I have to make sure I take medicines on time, eat moderately and be careful with portion size."

Koay Seow Hong (recipient) shares these tips: "First, do not skip the (immunosuppressant) medication. Second, never give up. Third, look for mental, emotional and physical support throughout the process. Finally, do apply for financial support."



2022 PATIENTS' FAMILY DAY: PUSAT DIALISIS – KELAB LIONS ALOR SETAR

After a 2 years hiatus, Pusat Dialisis NKF-Kelab Lions Alor Setar held the Patients' Family Day at Star City Hotel, Alor Setar on 26 August 2022.

It was attended by 39 patients along with their family members and NKF staff.

The event opened with a welcome address from Sister Ang Bee Moy, Centre Manager. It was not just sharing a meal together, it was also a bonding session among NKF staff and the patients along with their family members.

Each patient was greeted with a pleasant surprise in the form of a food hamper sponsored by NKF.

Patients were grateful for the continuous medical care, dialysis treatments and welfare provided by NKF. All these were made possible with the continuous support from our generous donors-individuals, corporates and organizations.



2022 PATIENTS' FAMILY DAY: PUSAT DIALISIS NKF – KUALA TERENGGANU



The NKF Patients' Family Day event was held at the Dialysis Center on Friday, 23 September 2022 from 8am-12noon.

Staff members were on hand to greet 62 patients and their families with a welcome gift upon registration. Staff and patients alike sported the NKF-sponsored and custom-designed T-shirts with pride.

The event opened with a welcome speech from Dr. Zaiha binti Harun, Consultant Nephrologist and Person-In-Charge of NKF-Kuala Terengganu. In appreciation of her voluntary medical expertise and dedicated patient care, Sister Chee Gaik Tee, Centre Manager represented the dialysis centre staff and patients to present a hamper to her.

The morning continued with a fun-filled Zumba session where patients, their family members and staff joined in to exercise and limber up at the multipurpose area.



Everyone enjoyed a scrumptious buffet-style catered meal. Some of the patients happily contributed dessert and "kueh" for the occasion. During their brunch, they were serenaded by some patients who enthusiastically lined up for Karaoke sing-a-long session.

To top it up, each patient received a pleasant surprise in the form of a food hamper sponsored by NKF during the event.

It was not only an enjoyable event, patients and their family members expressed their gratitude for the continuous medical care, dialysis treatments and welfare provided by NKF.



NKF AND FRESENIUS MEDICAL CARE MALAYSIA MAKE KIDNEY HEALTH ENTERTAINING FOR CHILDREN



On 7 September, 2022 National Kidney Foundation of Malaysia (NKF) inked a partnership with Fresenius Medical Care Malaysia at a memorandum of understanding (MoU) signing ceremony at Axis Technology Centre. Both organizations will collaborate to use a Fresenius Medical Care International Corporate Social Responsibility (CSR) initiative - The Kidney Kid to educate and entertain children about kidney health.



NKF and Fresenius Medical Care Malaysia will engage in a variety of activities, including partnership with schools and institutions to activate The Kidney Kid programme, with the ultimate goal of avoiding Chronic Kidney Disease (CKD).

The partnership comes as a result of the growing number of kidney failure cases and the urgent need to educate Malaysians from an early age. The exciting activities begin on 7 December at Sri Bestari, a private school with on-the-ground events.



In addition to the activities that NKF and Fresenius Medical Care Malaysia will undertake, the educational materials will be easily accessible for teachers and caregivers through The Kidney Kid website <http://www.thekidneykid.org> to continue the kidney health learning experience for children in their care.

Source: <https://www.healthmatters.com.my/nkf-and-fresenius-medical-care-malaysia-make-kidney-health-entertaining-for-children/>

SMCV HOSTED CHARITY TREASURE HUNT IN CONJUNCTION WITH ITS THIRD ANNIVERSARY TO RAISE FUNDS FOR NKF

As part of its third year anniversary campaign, on 25 September, 2022, Sunway Medical Centre Velocity (SMCV) hosted a charity treasure hunt for the community to raise funds for the National Kidney Foundation of Malaysia (NKF).

A total of 50 teams of four participated in the event, entitled “SMCV Treasure Quest 2022”, which saw participants hunting for clues and treasures along the Sunway Velocity township.

The event was open to members of the public and each team submitted a participation fee. SMCV donated the entirety of the sum collected- RM12,000- to NKF, which will help its mission to provide better quality of life to patients while raising awareness on kidney health.

“We are encouraged by the public’s willingness to contribute to helping others and look forward to having more of such events with the community,” says SMVC chief executive officer, Derrick Chan.

NKF’s chief executive officer, Khor Xin Yun says, “Currently, there are approximately 1,700 dialysis patients receiving subsidized treatments in 29 NKF dialysis centers nationwide with numbers growing annually. The funds we received will help patients in their dialysis treatment.”



NKF MALAYSIA LAUNCHES CKD EDUCATION CENTRE IN IPOH

On 5 November 2022, the National Kidney Foundation (NKF) of Malaysia launched the Chronic Kidney Disease (CKD) Education Centre in Ipoh. In conjunction with the launch, the H.T.C Motorcycle Group (HTC) embarked on a convoy from Kuala Lumpur to Ipoh to attend the launch, being the main sponsor for the setup and renovation of the centre alongside Yayasan Dialisis Pendidikan Akhlak Perak.

HTC is a motorcycling club comprising over 150 Harley Davidson owners that gives back to the community as passionately as they are about biking. HTC has been supporting NKF Malaysia since 2017.

The centre aims to provide resources and information on best practices and choices on dietary and lifestyle changes as well as kidney replacement therapy specifically for underprivileged kidney disease patients. The services provided also include loan of devices such as Glucometer and Blood Pressure sets that allows them to monitor their health conditions at home.

“NKF has increased its resources significantly to promote the early detection and prevention of kidney and kidney-associated diseases. With the setting up of our regional units in Alor Setar (Kedah), Batu Pahat (Johor) Kota Bharu (Kelantan) and Kota Samarahan (Sarawak), we now can proceed with our health screening, outreach activities and intervention programmes in the suburban and rural areas. Today, marks another achievement for us by opening this CKD Education Centre in Ipoh,” said Ms. Khor Xin Yun, Chief Executive Officer of NKF.



NKF – CARE FOR KIDNEY (CKd) MOBILE APPLICATION



“Care for Kidney (CKd)” is a free kidney health mobile application initiated by National Kidney Foundation (NKF) Malaysia. It is designed to promote kidney health and provide education on chronic kidney disease. The goal of this application is to encourage self-management and lifestyle changes. Patients are encouraged to undertake self-monitoring at home and keep a record.

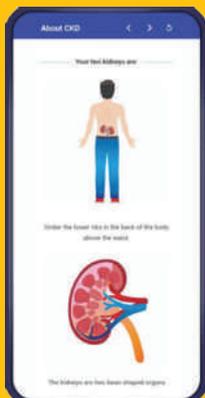
Home blood glucose and blood pressure monitoring can give patients and professionals vital information in the management of diabetes and hypertension.



Monitors blood pressure, sugar, etc



Medication reminders



Share health data with healthcare providers



Lifestyle Modifications and promote healthy eating



Google Play



App Store



Website

This application can be downloaded from Google Play & Apple App Store.

For more information, kindly visit <https://careforkidney.org> or scan the QR code.

NKF's TOP 5 FUNDRAISERS

NKF is pleased to announce our Top 5 fundraisers for the 4th Quarter of 2022.



**HOWARD
WEI CHONG**



**ADAM
OOI CHIA CHUN**



**MINNEISWAR
JAYA JOTHI**



TAN HUI LII



GUOXI CHAN

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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70, JALAN 14/29, 46100, PETALING JAYA, SELANGOR DARUL EHSAN, MALAYSIA.

☎ 1300-88-3110

☎ 03-7954 9048/49

☎ 03-7954 0535

🌐 www.nkf.org.my