

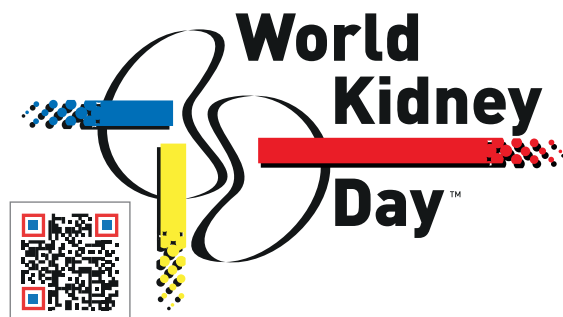
EARLY DETECTION & PREVENTION SAVES LIVES

# SHARE

ISSUE 1 2023 | PP9314/08/2012 (030426)

## KIDNEY HEALTH FOR ALL

PREPARING FOR THE UNEXPECTED,  
SUPPORTING THE VULNERABLE!



#WorldKidneyDay  
#KidneyHealthforAll  
[www.worldkidneyday.org](http://www.worldkidneyday.org)

# HAPPY WORLD KIDNEY DAY 2023

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# Message From Chief Editor

The 1st quarter of 2023 has started with celebrations and physical gatherings all over Malaysia, with Lunar New Year, Chap Goh Mei and Thaipusam in January and February to be followed by the first day of Ramadhan in March.

In February, NKF proudly announced the newly launched Kidney Transplant Subsidy. For more details, do turn to page 13.

This year, World Kidney Day (WKD) will be celebrated internationally on 9 March, 2023. In Malaysia, WKD will start with a FUN RUN on 11 March at Dataran Nilai. More will be featured in the next Quarterly Share newsletter.

Another event, the Annual Dialysis Conference is organized for healthcare professionals in August, 2023 (details on page 15).

In keeping with the focus on Kidney Health Awareness, NKF shares the benefits of keeping a Food diary on page 3.

NKF utilizes two community programs to reach out to different age groups and communities to educate and encourage all to choose healthier lifestyles. Details are found on pages 6, 7.

In addition, the inspiring story of the longest known record of a patient on dialysis in Malaysia is featured on pages 4,5. To help NKF's kidney failure patients, we share the Wishlist 2023 on pages 8,9 with organizations, donors, readers and members of the public.

NKF highlights the advice from Nephrologists who are alarmed with the increasing numbers of kidney failure patients since 2018. Do read the article "The Experts project 106,000 kidney failure patients by 2040" on pages 10-12.

Happy Reading.

## NKF DIALYSIS CENTRES

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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
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 - Bonuslink (Sarikei), Sarawak	084-642 627
29. Pusat Dialisis NKF - Kidney Association of Sarawak/Rotary (Kota Samarahan)	082-362 621

# THE BENEFIT OF KEEPING A FOOD DIARY

**The Benefit of Keeping a Food Diary**  
It is easier to keep track of your nutrition if you know where you are. A food diary is a great way to get an accurate picture of what you are eating, and it can help with so many things beyond just ensuring that you are getting enough fibre or protein. There are many different ways to track what you eat, including keeping an actual paper food journal or using an app on your phone. Here are five benefits that come from owning a food diary:

## Stay on Track with Your Nutrition Goals

Staying on track with your nutrition goals is integral to any healthy lifestyle. A food diary can help you meet your nutrition goals by allowing you to make better choices and identifying problem areas in your diet. For example, if you are trying to lose weight but find that certain foods always trigger overeating or cravings, keeping track of these foods will help guide future decisions about what and when to eat.

## Keep Yourself Accountable

Keep yourself accountable by writing down your meals, snacks and exercise. This will help you stay on track with your goals and see where you can improve. For example, if you notice that on certain day of the week you always overeat, then it is time to look at why this happens and what steps can be taken to avoid it the next time.

## Improve Your Mindfulness

Keeping a food diary is an effective way of developing mindfulness. Mindfulness is a way of being that can be applied to any part of your life, including eating. It involves being aware of what you are doing, feeling and thinking in the present moment without judgment. Being mindful helps us be more focused on the task at hand so that we do not get distracted by other things around us or inside our heads.

It also helps us become more aware of our feelings and emotions and how they impact our ability to make good food choices throughout the day.



## Pinpoint Food Triggers for Allergies or Diseases

A food diary can help you pinpoint food triggers for allergies or diseases. The journal can also be used to track your current diet and progress so that you can make changes as necessary. A food diary can be a helpful tool for anyone who wants to lose weight or improve their health. It can also be used by people with chronic illnesses like diabetes or coeliac disease and those with allergies or sensitivities to certain foods.

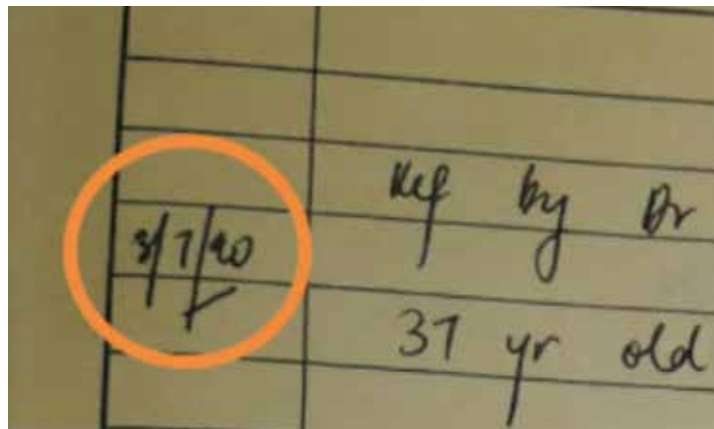
## A food diary is a great tool for meeting your nutrition and health goals

It can help you to:

- Keep yourself accountable by tracking what, how much and when you eat.
- Identify food triggers that contributes to negative behaviours like overeating or emotional eating.
- Set realistic goals based on your current diet and lifestyle habits rather than an idealized version of them (which is often unattainable). Then, break these goals into small steps, so they are easier to achieve!

The benefits of keeping a food diary are many, and anyone at any fitness level can enjoy them. If you are starting your journey towards better health and wellness, it can help keep you motivated and accountable.

# LONGEST KNOWN RECORD OF A PATIENT ON KIDNEY REPLACEMENT THERAPY IN MALAYSIA



With permission from Hazwan Abdullah, son of Allahyarham Abdullah bin Hussain, NKF shares his father's inspiring story.

Since his retirement, Abdullah Hussain would spend his mornings tending to his garden after breakfast as well as helping his wife with household chores. He stuck to this routine almost every day and remained in fine fettle despite being on renal replacement therapy for more than three decades.

Renal replacement therapy typically refers to treatment that replaces the function of the kidneys which is to filter blood. The therapy can be haemodialysis, peritoneal dialysis, hemofiltration, hemodiafiltration or transplantation.

In a facebook post in 2020, Dr Eason Chang extensively praised Abdullah's self-discipline and controlled management of his treatment over the past 30 years, as he had managed to remain in good health. Abdullah has been under the care of Dr Chang for over 10 years, even before he became a nephrologist.

“Pak Lah is the longest ever-patient on dialysis at Sultan Abdul Halim Hospital. 2020 marks the start of the fourth decade that he is on dialysis. Abdullah's medical file was the thickest in the entire hospital, with 30 years' worth of notes written in it “ wrote Dr Chang.

“Life on dialysis is difficult and challenging but he is proof that with self-discipline and proper care, a

long quality of life while on kidney replacement therapy is possible. He has lived to see his six children grow up and even have their own kids, so he serves as a motivation and example to other patients in the unit to follow in his footsteps.”

Abdullah, or “Pak Lah” as he is commonly referred to, has been on kidney replacement therapy since 1990 when he was 37 years old as he suffered from glomerulonephritis, which is the inflammation of tiny filters in the kidneys called glomeruli.

Despite living with the condition for multiple decades, he had a good quality of life and lived to see all of his eight grandchildren—which might not have been achievable if he did not take charge of his own health.

In 1990, he initially received peritoneal dialysis treatment for his condition through the Penang General Hospital in George Town. Later, he was on haemodialysis for seven years at the Hospital Sultanah Bahiyah, Alor Setar and then at the Sultan Abdul Halim hospital, Sungai Petani.

In a past interview with Malay Mail, Abdullah revealed that he used to drive (at least for an hour) for his scheduled treatments, all the way to Penang or Alor Setar from his home in Tikam Batu, Kedah. Sometimes, he would take the bus or hitch a ride from his friends if they were going there.

Abdullah used to work as a technician for the Malaysian Public Works Department (JKR) for 35 years, from 1972 to 2007 and was based in both Penang and Sungai Petani. Despite not earning an extravagant income, Abdullah said that living life on dialysis can be managed as long as you “stick to the rules”, which would help to avoid any other additional complications.

“My advice to other dialysis patients is nothing special but simply be always compliant with your dialysis schedule and never miss your sessions. You have to take proper care with your food and fluid intake as well, just know when it is enough” said Abdullah.

He also stressed that paying attention to the recommendations and guidance of doctors and medical practitioners earnestly, as those “little things” often made big differences, but he may still bend the rules every now and then.

“Our doctors always say to avoid salty foods and food high in phosphorus, so I always paid attention to that,” said Abdullah.

“As for my fluid intake, I didn't really stick to the usual 500 ml's cap for haemodialysis patients. I am conscious of not drinking too much, so there will not have problems when I go for treatment to clean my blood the next day.”

However, even with his discipline and consistency in “sticking to the rules”, unexpected problems can arise out of blue, as Abdullah described his previous struggles with his arteriovenous fistula.

The arteriovenous fistula is created when a person's vein is surgically connected to the vein (usually in the arm) in order for the patient to undergo haemodialysis.

“I struggled a lot back when my arteriovenous fistula used for dialysis failed. It caused me many problems and I felt I could have taken better care of it,” said Abdullah.

“You have to make sure that it is always clean before dialysis and not to put any extra pressure on the area. So, I would like to advise all dialysis patients to take care of your fistula—which is our lifeline for dialysis.”

He added that he also would not have lived healthily for this long without the support of his family and the medical staff that have treated him over the years, as he thanked them for standing by his side through it all. “My family, my wife and children especially have been very supportive

of me and my condition throughout the years, they have always helped me with whatever I needed,” said Abdullah.

“The doctors, nurses, medical assistants who have helped me for so many years, like Dr Chang, I've known him for more than 10 years even before he became a nephrologist—I'm eternally grateful for everything they have done for me.”

Sadly, Allahyarham Abdullah bin Hussain passed away on 30, November 2022 on his way home from the dialysis center due to acute coronary syndrome.

He had undergone dialysis for 33 years. To date, this is the longest known record for a patient on Kidney Replacement Therapy in Malaysia.

Source Link: <https://www.malaymail.com/news/life/2020/01/15/inspiring-kedah-man-with-kidney-failure-lives-on-despite-entering-fourth-de/1828171>

## COMMUNITY PROGRAM: 2-MIN JUMP ROPE CHALLENGE

### Institut Kemahiran Tinggi Belia Negara (IKTBN) Pagoh

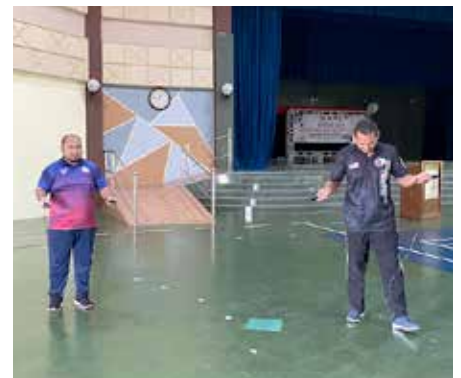
The 2-Minutes Jump Rope Challenge is an initiative by National Kidney Foundation (NKF) to encourage everyone to adopt an active lifestyle. It is a fun and easy way for all ages to exercise and stay fit. The challenge involves continuously jumping rope for two minutes, with the aim to complete as many jumps as possible in the allocated time frame. This challenge encourages participants to push their own limits and strive for personal best, thus giving them a sense of accomplishment upon completion. Furthermore, it serves as a great way to bring people together and have fun while staying active! This program will boost their confidence and inspire them to include physical activity as part of their daily routine.



On 7th December 2022, Public Education Department (PED) organized a 2-minute Jump Rope Challenge at Institute Kemahiran Tinggi Belia Negara (IKTBN) Pagoh. This institute is known as one of the best for specializing in sports. This challenge was aimed at encouraging physical activity among students and allowing them to have fun while participating.

A total of 40 students took part in this challenge. The participants reported feeling 'ecstatic' when they completed the challenge. Jump ropes were given to all participants while prizes were given to those who completed more than 200 jumps.

In a post survey, 80% of the responders felt that the program is exciting, 10% found it enjoyable while 10% were neutral.



## COMMUNITY PROGRAM: Advocating Healthy Living Through Educational Programs at PKD Parit Sapran

On 17th October 2022, National Kidney Foundation (NKF) organized a cooking demonstration event at Pusat Komuniti Desa (PKD) Parit Sapran from 10.00 am to 3.00 pm. The event was open to members of the community. The event started with a healthy cooking demonstration by PED's team members followed by Health Screenings.

This event was an opportunity for members of the community to come together and learn about healthy cooking habits. Through this program, they were able to understand how they can make healthier food choices and lead healthy lifestyle. The menu for the cooking demonstration included a variety of dishes such as Burger Ayam Special and Puding Roti Tinggi Serat.


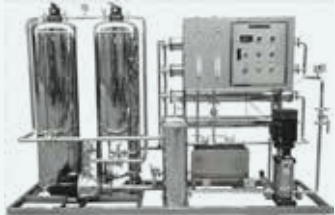




This program demonstrated how to modify existing recipes and create healthier dishes. The objective of this program is not only to demonstrate healthy ways of cooking but also to provide tips and strategies that can be used in everyday life. It was an opportunity to learn about nutritious food options that are easy to prepare and affordable. The participants were given tips on how to make healthier choices when shopping for groceries. Additionally, this program also provided an opportunity for them to interact and share their experiences while cooking together. At the end of the event, everyone had a chance to sample the dishes prepared during the demonstration.

## NKF'S WISH LIST 2023

The National Kidney Foundation of Malaysia (NKF) relies on public donations and corporate sponsorship. Every RM donated goes directly to medical treatment for patients and bring relief and assurance. Donations can be used to purchase or replace medical equipment, to provide welfare and educational support for patients' families.

For more information on how you can assist us, contact the fundraising department at +603 7954 9048 or email to us at [fundraising@nkf.org.my](mailto:fundraising@nkf.org.my)

Medical Equipment		Area of coverage	
<p><b>a. Mobile Health Screening Van</b></p> <p>Efforts to reach out to the suburban and rural communities are constantly made to ensure that the message of early detection and prevention is spread pervasively.</p> <p><b>Estimated Cost:</b> RM103,000.00</p> 	2 units	<p>i. Kota Samarahan (Sarawak)</p> <p>ii. Menggatal (Sabah)</p>	
<p><b>b. Reverse Osmosis (R.O.) Water Treatment System</b></p> <p>Dialysis machines need ultra pure water to prevent patients from getting infections from micro-organisms in the water</p> <p><b>Estimated Cost:</b> RM98,000.00 per unit</p> 	3 units	<p>i. Pusat Dialisis NKF–Rotary Damansara</p> <p>ii. Pusat Dialisis NKF–Good Health</p> <p>iii. Pusat Dialisis NKF–Tun Abdul Razak</p>	
<p><b>c. Body Composition Analyzer</b></p> <p>This device measures fluid status in patients undergoing dialysis and gives a more accurate assesment of the patients dry weight and nutrition.</p> <p>In addition, the Body Composition Analyser distinguishes muscle mass from pathological fluid overload thereby allowing the detection of malnutrition in patients with kidney failure.</p> <p><b>Estimated Cost:</b> RM50,000.00 per unit</p> 	3 units	<p>i. Pusat Dialisis NKF–Yayasan Sultanah Bahiyah</p> <p>ii. Pusat Dialisis NKF Charis</p> <p>iii. Pusat Dialisis NKF–Che Luan Khor</p>	
<p><b>d. Dialysis Machines</b></p> <p>Dialysis machines are artificial kidneys that perform most, but not all kidney functions for patients who have permanent or temporary kidney failure.</p> <p>The machines use hemodialysis to cleanse the blood and balance its constituents.</p> <p><b>Estimated Cost:</b> RM40,000.00 per unit</p> 	34 Units	Need 34 units to replace the old machines in NKF's centers	

<p><b>e.</b></p>	<p><b>Wireless Handheld Ultrasound Imaging System</b></p> <p>Ultrasound is routinely used in dialysis treatments and it will assist our medical team to assess patients for problems. An Ultrasound machine offers the advantage of imaging without the risks of radiation exposure to patients.</p> <p><b>Estimated Cost:</b> RM30,000.00 per unit</p>	<p>13 units</p>	<p>Need 13 units to place in each center</p>
<p><b>f.</b></p>	<p><b>Infrared Therapy Machine</b></p> <p>This device is to prevent vascular dysfunction, promote arteriovenous fistula maturation and increase AV-access blood flow.</p> <p><b>Estimated Cost:</b> RM22,000.00 per unit</p>	<p>21 Units</p>	<p>Need 21 units to place in each center</p>



## Education

<p><b>g.</b></p>	<p><b>Patient's school-going children subsidy</b></p> <p>Donate or sponsor to NKF so that our Welfare Department can provide the educational expenses of patient's school-going children.</p> <p><b>Primary</b> : RM120.00 per student <b>Secondary</b> : RM150.00 per student</p>	<p>350 children</p>	<p>Across all NKF dialysis centers</p>
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## Family Support

<p><b>h.</b></p>	<p><b>Food Subsidy</b></p> <p>NKF cares for many other poor patients who face financial difficulties. Below are ways that you can assist our patients;</p> <p>The cash vouchers can be used to purchase food rations from hypermarkets (e.g. Giant and Mydin) for poor dialysis patients who have been assessed by the NKF Social Welfare department first.</p> <p>RM300 per month per patient (minimum)</p> <p>Donation of daily food essentials per patient;</p> <p><b>Cost for 1 month</b> : RM300.00 <b>Cost for 3 months</b> : RM900.00 <b>Cost for 6 months</b> : RM1,800.00 <b>Cost for 9 months</b> : RM2,700.00 <b>Cost for 12 months</b> : RM3,600.00</p>	<p>200 patients</p>	<p>Across all NKF dialysis centers</p>
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\* Pictures for illustration purpose only

# NKF SURVEY



Please take some time to complete the survey. This allows you to inform us about our strengths and areas that we can improve on.

Thank you SO MUCH for the continued support to NKF.

It is the supporters like you that help us continue our mission. While we appreciate your ongoing support, we also value your feedback.

We want to hear your views and opinion about our efforts. Are we doing okay? Are we doing badly? How can we improve?

Scan the QR code or, alternatively you can email to us at [info@nkf.org.my](mailto:info@nkf.org.my)

## EXPERTS PROJECT 106,000 KIDNEY FAILURE PATIENTS IN MALAYSIA BY 2040

The staggering estimate comes amid just a few dozen deceased donor transplants performed annually in the country, while thousands of ESRD patients on dialysis die every year.

“We will be looking at difficulties sustaining the treatment of patients with end-stage kidney disease,” Dr Sunita Bavanandan, head of the nephrology department at Kuala Lumpur Hospital (HKL), told BFM in a recent interview in September, 2022.

BFM producer Tee Shiao Eek had asked Dr Sunita, during a joint podcast session with HKL consultant Urologist, Dr Vijayan Manogran and Galen Centre for Health and Social Policy chief executive Azrul Mohd Khalib on organ donation, about potential scenarios within the next few decades if nothing is done to increase organ donation and transplant rates.

“Unless and until we increase organ donation rates, then every year patients on dialysis will be accumulating, and we see that from our registry,” Dr Sunita responded.



“In 2020, we already have 49,000 plus patients. A previous study to model this has shown that by the year 2040, we will have 106,000 patients, unless we take concrete steps right now to do something to change that trend.”

### **Fact: Fewer Than Two Per 1,000 ESRD Patients on Waiting List Get Transplants**

According to a 2020 report by the Malaysian Dialysis and Transplant Registry (MDTR), the prevalence of ESRD patients in Malaysia has continued rising over the years, with 43,804 on dialysis by December

31, 2018. Of these, 27,078 patients were eligible and awaiting a kidney transplant.

In Malaysia, the number of patients with ESRD continues to grow and the number of deceased-donor organs is extremely low. It is impossible to manage more than 20,000 patients on the waiting list for an average of 30 to 40 kidneys per year.

This means that less than 0.15 to 0.2 per cent of kidney failure patients awaiting transplantation receive organs from deceased donors, or fewer than two per 1,000 people.



Within just a decade, according to MDTR's report, the total number of dialysis patients in Malaysia aged below 61 years, who are eligible and waiting for kidney transplants, doubled from 13,151 patients in 2008 to 27,078 in 2018.

Yet, the number of deceased-donor transplants performed annually has remained stagnant in the double digits, from 43 in 2022 to just 10 in 2018.

According to MDTR's 2018 report, the number of dialysis patients receiving kidney transplants remained extremely low in that period, from 110 in 2008 to 80 in 2018. This shows that the minority of kidney transplants in Malaysia are from deceased donors, at about 22 per cent in 2008 and 13 per cent in 2018. The number of new dialysis patients in Malaysia has been increasing every year, rising 83 per cent from 4,606 in 2008 to 8,431 in 2018.

### **Fact: Patients Die on Kidney Transplant Waiting List Stretching 10 To 15 Years**

"If you go to other countries, most patients have their transplants done within a year or two of being on dialysis," Dr Vijayan told BFM.

"But in Malaysia, we have been doing transplants on patients on dialysis after 10 to 15 years. Of course, the outcomes are not as great. Some patients die waiting on the list."

Dr Sunita described chronic kidney disease as an "under-recognised" public health problem in Malaysia, noting that prevalence of the illness among adults increased from 9.7 per cent in 2011 to 15.5 per cent in 2017/18.

"This means one in seven adults has chronic kidney disease," she said. "Without proper care and management, many of these patients will progress to end-stage kidney disease."

She stressed that kidney transplant is the best choice of therapy for the majority of patients when they reach end-stage kidney failure, as kidney transplant can improve survival compared to staying on dialysis. "In some instances, transplants can be lifesaving."

Dr Sunita added that kidney transplants also improve patients' quality of life, as being free of a dialysis routine makes them feel stronger and more energetic, with fewer dietary restrictions needed.

"From a health care payer's perspective, kidney transplant is by far the best choice compared to long-term dialysis," she said.

"We have studies from many countries, including Malaysia, showing that transplant is either more cost effective or offers a more favorable cost utility than dialysis, particularly from the second year post-transplant when transplant care goes down."

"So, if you look at the long run, with the numbers of patients with end-stage kidney disease rising, it is not going to be sustainable to dialyse everyone. Kidney transplant should be there as the first choice for those who are suitable."

"More emphasis should also be given to early detection and management of chronic kidney disease to prevent patients from progressing to end stage kidney failure."

### **Fact: Kidney Transplants Cost Less in MOH, but Faster in Private Hospitals**

Dr Sunita explained that Malaysia has a single cadaveric kidney transplant



# ADVICE FROM A NEPHROLOGIST AND UROLOGIST

waiting list, under the Malaysian Kidney Allocation System (MyKAS) operated by the Malaysian Society of Nephrology and supported by MOH, which is used across public, private, and non-governmental health care sectors.

“That allows us to ensure everything is done in a very fair, transparent and equitable manner, so any deceased organ that comes in will be shared among the hospitals,” she told BFM. Dr Vijayan said deceased-donor renal transplants are mainly performed in MOH hospitals, as well as University Malaya Medical Centre (UMMC), while private health care facilities currently do not provide deceased-donor organ transplantation.

Azrul noted that organ transplants are heavily subsidised in MOH hospitals that charges patients less than RM1,000 for the entire procedure, who then will get free immunosuppressive medications. Organ donors do not have to pay anything at all and receive free medical care at MOH hospitals for life.

University hospitals under the Higher Education Ministry, charge around RM50,000 to RM60,000 for a transplant procedure, while it is even more in the private sector.



Dr Vijayan said that although it is much cheaper to get an organ transplant in MOH hospitals, the transplant “workup”, which refers to a full evaluation for both the living donor and recipient to ensure suitability of transplantation, is much faster in private hospitals.

He explained that even when an organ donor-recipient pair can be quickly identified, the transplant workup “does take time” in government hospitals, pointing out that currently, only two MOH hospitals perform renal transplants—HKL and Selayang Hospital—both of which are located in the Klang Valley.

“If you want all the workup to be done in either of these two hospitals, the waiting list will just be forever,” the HKL Urologist said.

“What we have done is to ask the other hospitals, whichever state they are from, to do the workup. Some get their workup done early, some get it done late. Some of the workups cannot be done. There are a lot of logistical issues there. So, this is the problem—there is the waiting time.”

A transplant workup involves various scans and tests, including an echocardiography and cardiac assessments, to ensure the donor’s safety and recipient’s fitness for surgery.

“So, if you have a donor, good, but there is a process to it. If you get it done in private, it is much, much faster because everything is done immediately. You just have to pay the money,” Dr Vijayan said.

“But on the government side, there is a waiting list. You just cannot get in, getting an echocardiogram, ‘I want it now’, it does not work like that.” Hence, patients pay to get faster transplant workup done in private facilities, not to get in front of the waiting list for organs, Dr Vijayan clarified.

Source Link: <https://codeblue.galencentre.org/2022/09/23/expert-projects-106000-kidney-failure-patients-in-malaysia-by-2040/>


Podcast Link: <https://www.bfm.my/podcast/bigger-picture/health-and-living/public-health-will-you-use-mysejahtera-to-pledge-your-organs>

# Kidney Transplant Subsidy



- Dialysis helps to **remove waste products and excess fluid from the bloodstream** in patients with kidney failure.
- Kidney transplant is the **best choice compared with long-term dialysis**.

Therefore, **kidney transplantation should be the first choice for those who are suitable.**



- Life-saving treatment for people with end-stage kidney disease
- Improve their quality of life

### Welfare for dialysis patients



- The amount of subsidy given to patients will depend on the financial situation as assessed by the NKF Welfare Department.
- It is **targeted to the poor and low-income individuals who are deserving of financial assistance.**

The financial assistance which can benefit them in the kidney transplant process:



- pre-transplant screening and workup
- the transplant period
- post-kidney transplant care (support for surgery and medications are from the government hospital).

### Kidney Transplant subsidy : Pre-Kidney Transplant Phase

- Blood tests
- Travelling expenses for 'out of town' patients
- Lodging expenses for 'out-of-town' patients
- Income loss replacement for donor's workup
- Other pre-kidney transplant work-ups,
- Other areas (when kidney transplant screening is not readily available at the government hospital).\*



### Kidney Transplant subsidy : Transplant Phase

- Travelling expenses
- Lodging expenses for the patient, donor, and carer
- Subsistence for the poor, from pre to post-kidney transplant, as needed
- Income loss for the donor during the recuperating stage



### Kidney Transplant subsidy : Post-Kidney Transplant Phase

- Travelling expenses for follow-up
- Lodging
- Subsistence
- Income loss



### Workflow for NKF Kidney Transplant Subsidy

- 1) The **Consultant Nephrologist** submits a **medical summary (Form A)** and the required use of the subsidy upon quotation.
- 2) The **patient** to complete the **NKF Kidney Transplant Subsidy application form (Form B)** and submit with required medical documents.



### Workflow for NKF Kidney Transplant Subsidy

- 3) The **NKF Welfare Department** will **acknowledge receipt** of the application form, interview and assess the eligibility
- 4) The **Welfare Officer** will **inform the applicant of the outcome of the application** and issue a letter of guarantee to the service provider of the approved purpose and sum



\* Medical evaluation for up to RM 3,000/- at a private medical centre as decided by the referring government hospital's Nephrologist without the NKF means test.

Application forms can be downloaded from the NKF website: [www.nkf.org.my](http://www.nkf.org.my) under 'Patient Welfare'

**For further information, please contact NKF Welfare Department**

Block C-23-3A, Three-2 Square, No. 2, Jalan 19/1, 46300 Petaling Jaya, Selangor

T +603 7954 0052/ +603 7954 0119 E [welfare@nkf.org.my](mailto:welfare@nkf.org.my)

## ROLE OF ICE BREAKERS IN RENAL EDUCATION



On 16 January 2023, the Training Centre started their Post Basic Haemodialysis Programme with Ice Breaking activities. When promoting renal health education either in classroom teaching or training, typically, more thought is given to the design and objectives of classroom teaching. How intervention sessions are started may need to be better thought out.

When an adult learner starts a new class, it can be a daunting experience for some students who may struggle to make friends. This can impact their confidence, motivation, enjoyment of the course and may even prevent them from fully participating in the lessons.

To create engagement, “Ice breakers” can be an effective method. Usually, Ice breakers are helpful to encourage participants to bond, form a new team, get to know people from different backgrounds, and become

involved in learning about renal health subject matters.

Utilising Ice breakers, the educator or instructor becomes familiar with the participants and interpersonal group interactions. The observational data on the group’s dynamics can determine if any adjustments need to be made to the lesson delivery plan.

When designing a renal education classroom, adult learners need help to guide the effective transmission of health knowledge. Two educational models—adult learning and popular education—contribute to the use and style of icebreakers. There are a few theories that support the need to create learner engagement.

Adult learning theory states that adults attend supplemental seminars because of inner motivation. Adult learners are more interested in specific topics of narrower relevance, as compared to learning material

with a general and broad range. Therefore, renal education as post-basic trainings for nurses working in renal facilities or intending to work in renal facilities reflects inner motivation.

Moreover, popular educator theories identify the learner as a co-creator of the knowledge to be learned and emphasise that participation is action-oriented and incorporates various learner-centred activities.

Together, these theories provide credence to the inclusion of opportunities for social interaction and support between class members.



FIRST ANNOUNCEMENT

# 17TH ANNUAL DIALYSIS CONFERENCE

*FROM PATIENT-CENTRED TO PERSON-CENTRED CARE IN DIALYSIS*



*Organised by*



## Key Highlights

- Person-Centred Care in Dialysis
- Funding for Dialysis
- Initiation of Dialysis
- Impact of Technology on Patient Outcome
- Haemodialysis Access
- Long Term Management for Patients on Dialysis

**5 & 6 AUGUST 2023**

THE VERTICAL,  
CONNEXION CONFERENCE &  
EVENT CENTRE (CCEC),  
KUALA LUMPUR.

## CONFERENCE FEE

EARLY BIRD (before 31 May 2023)

**RM 530.00**

STANDARD (after 31 May 2023)

**RM 580.00**

If you have further inquiry and need clarification regarding this event, please do not hesitate to post your questions directly to:

Pn. Khairani / Pn. Farah  
Tel: 603-7960 2301/2 | Fax: 603-7960 2359  
Email : [training@nkf.org.my](mailto:training@nkf.org.my)

# NKF's TOP 5 FUNDRAISERS

NKF is pleased to announce our Top 5 fundraisers for the 1st Quarter of 2023.



**STEPHENY TAN  
SIN YEE**



**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

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

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☎ 1300-88-3110

☎ 03-7954 9048/49

☎ 03-7954 0535

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