

EARLY DETECTION & PREVENTION SAVES LIVES

SHARE

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**NKF LAUNCHES MALAYSIA'S 1st
PERITONEAL DIALYSIS TRAINING
AND CHRONIC KIDNEY DISEASE
EDUCATION CENTRE**

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Message From Chief Editor

On 26 July, the first peritoneal dialysis (PD) training and chronic kidney disease (CKD) education center in Malaysia was launched at NKF-Rotary Damansara in Selangor. The ceremony was graced by Dr. Lily Mushahar, President of MSN, Dr. Sunita Bavanandan, National Head of Nephrology Services, Ministry of Health, the nephrologist fraternity, Khor Xin Yun, Chief Executive Officer of NKF and NKF teams. Please turn to page 8 for details.

In the 2nd Quarter of 2023, NKF in collaboration with nephrologists from the Malaysian Society of Nephrology (MSN), Government and University Hospitals organized Code Life forums at Alor Setar and Taiping. The objective is to create awareness and engage with kidney patients, caregivers and healthcare professionals to consider the best treatment option for end stage kidney disease, namely kidney transplant. Do turn to pages 10-11 for more details.

The RoadTo50 NKF-Sunway Mobile Health Screening programme started in the Northern region with NKF's Alor Setar team reaching out and creating health awareness among Orang Asli underprivileged communities. Find out more on page 12.

NKF continues to focus on kidney patients and their stories. Read the story about a patient who is determined to make the best for himself and his family. Learn how patients' families express their gratitude for the medical care and support rendered to their loved ones. The care and support were possible because of donations and contributions from both Corporates and Individuals. Turn to pages 3-5 to read more.

At the same time, NKF's training department continues to provide Learning and Development courses and webinars to staff and healthcare professional from NKF as well as private dialysis centers. Find out details on pages 6-7.

NKF shares a reprint from The Star - "A Dire need for organ donation" on page 13 to highlight the current statistics on organ donation and transplant in the country. Also, read NKF's policy article on "Enhancing Haemodialysis Treatment for Kidney Patients in Malaysia: A Proposal for Value-Based Measurement Implementation". Find out the details on page 14.

Happy Reading!

Dr. Sunita Bavanandan
Chief Editor

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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
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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
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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
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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

PATIENTS' FAMILY DAY 2023 AT PUSAT DIALISIS NKF – KUALA TERENGGANU

The Patients' Family Day 2023, held on May 5th, was a highly anticipated event that aimed to bring together patients, caregivers, family members, and staff members of the Pusat Dialisis NKF - Kuala Terengganu (KT). The primary goal of the event was to raise awareness about kidney disease and promote the overall well-being of patients.

The event provided an opportunity for patients and their families to acknowledge and appreciate the contributions and care provided by the NKF staff members to their loved ones. It was a day dedicated to express gratitude and show support for the tireless efforts of the healthcare professionals.

The program commenced at 9:00 am with the arrival of patients and their family members. The attendees were warmly greeted and welcomed by the NKF staff members.

To kick off the event, Dato' Dr. Zaiha Binti Harun (Consultant Nephrologist and PIC Pusat Dialisis NKF - KT) gave a welcome speech.



During the Patients' Family Day 2023, the event was graced by the presence of the late Poh Beng Choo's daughter, who attended to express her gratitude for the care and support her late mother received. As a token of appreciation, she presented a hamper to Dato' Dr. Zaiha. This gesture served as a heartfelt way to acknowledge the efforts and dedication of Dato' Dr. Zaiha and demonstrate the family's appreciation for her assistance.

Additionally, the family of Allahyarham Azmi bin Abd Rahman, (former patient) made a generous contribution to the NKF centre during the event. They donated a wheelchair, intended for the use of other patients at the center.

These examples highlighted the meaningful ways in which patients' families actively participated in Patients' Family Day 2023. By presenting a token of thanks and making a significant contribution, they demonstrated their appreciation for the care provided by the NKF staff and their commitment to supporting the well-being of other patients within the community.

Everyone enjoyed the scrumptious food and made full use of the opportunity to connect with each other. The event ended at 12.00 noon with every patient taking home a practical household item.

A KIDNEY DISEASE PATIENT WHO EXERCISES MORE THAN BEFORE HIS DIAGNOSIS



Wong Teng Soon was diagnosed with kidney failure 9 years ago. In the first year of diagnosis, he had his hemodialysis treatments at Pantai Hospital Cheras, but there came a time when his insurance limit was reached and he could no longer afford the treatments at a private facility.

Hemodialysis is an essential but expensive treatment for managing kidney failure. When insurance limits were exceeded, it created significant difficulties for Teng Soon and his family. His wife had heard about National Kidney Foundation (NKF) of

Malaysia and urged him to apply to NKF's Patient Welfare programme.

On 3 August, 2015, Teng Soon began his first dialysis treatment at Pusat Dialisis NKF - Charis. The assistance provided by the NKF Patient Welfare programme is likely to have played a significant role in making his journey with kidney failure more manageable.

NKF continues to assist him with his application for Kementerian Kesihatan Malaysia (KKM) subsidy every two years. The NKF Patient Welfare programme and the KKM

subsidy (for eligible individuals) both play crucial roles in terms of reducing the financial burden of dialysis treatment for patients with kidney failure. These initiatives help ensure that patients can continue receiving life-saving medical care, and support their well-being throughout their journey with kidney disease.

Teng Soon had a difficult childhood. His parents were rubber tappers who worked hard to provide for their family.

Teng Soon learned a trade that could support him financially despite having only a primary Chinese school education and worked as a welder. Unfortunately, his life was thrown a curveball when he was diagnosed with kidney failure. This resulted in significant changes in his life and financial situation due to the costs associated with medical treatments.

It was truly inspiring to hear during the interview that despite his setbacks he considers himself normal and capable of doing other things.

He accepts his condition and is not limited by it. As part of his daily routine, he wakes up early every day and goes to a nearby market to buy food for his wife and son.

Teng Soon's simple acts of love and responsibility show his commitment to maintaining a sense of normalcy and contributing to his family's well-being, even amidst his health challenges.



On dialysis days, he goes back to his flat at Taman Shamelin and prepares to go for his dialysis treatments at NKF Charis.

Teng Soon maintains a regular exercise schedule on days off from dialysis. He started off with short walks, but has since increased his level of physical activity to include a short run before cooling down with a half hour stroll. It keeps him lean and fit with the additional benefit of removing excess fluids via sweating. Before and after each exercise session, he monitors his weight closely.

Monitoring his weight before and after each exercise session is a responsible practice. Sudden weight fluctuations can indicate fluid imbalances, which is particularly relevant for patients with kidney failure who may need to manage their fluid intake carefully.

Being cautious about injuries is crucial, since patients with kidney failure may have compromised clotting mechanisms, making them more prone to bruising or bleeding. Teng Soon is mindful of this and take necessary precautions to avoid injury during exercise.

Teng Soon's dedication to his health and exercise routine has yielded remarkable results. He said with pride that after receiving the go-ahead from NKF Charis Nephrologist, he no longer need to take medicine for high blood pressure and cholesterol because both conditions have returned to normal.

It is an important milestone when blood pressure and cholesterol readings return to normal, especially for someone with kidney failure.

It's essential to remember that individual responses to lifestyle changes can vary, and not everyone may experience the same results. Teng Soon's instance, however, demonstrates how leading a healthy lifestyle and engaging in regular exercise may significantly improve one's health and wellbeing.

During the pandemic, Teng Soon was infected and tested positive for COVID. Fortunately, he experienced only mild symptoms, cough and cold. He recovered with rest, medication and vitamins.

Teng Soon wishes he could travel and visit his mother more frequently. Unfortunately, he can only see her on non-dialysis days for the time being. He is also concerned about his family and friends and recommends that they perform regular medical checkups, monitor their health, lose excess weight, and exercise regularly.

This kind of advice can be invaluable in promoting early detection of potential health issues, which can lead to more effective treatments and better outcomes.

Footnote:

Caution is advised to patients to check with your doctor before commencing an exercise programme as exercise capacities and presence of other diseases will vary between individuals.

Therefore, it is advisable to consult with your doctor before starting on an exercise programme and to always start with gentle exercise at first.

LEARNING AND DEVELOPMENT PROGRAMME

QUALITY IMPROVEMENT PROGRAM (QIP) INFECTION CONTROL: WEBINAR SERIES

The NKF Training Centre has recently organized a series of webinars focused on infection control as part of its quality improvement program. Notably, each webinars drew in about 100 participants (for each webinar), including those from NKF dialysis centres and external participants from private centres.

The first webinar, held on 22 June 2023 (Thursday), centred on Hand Hygiene and Personal Protective Equipment (PPE), while the second webinar, held on 6 July 2023 (Thursday), focused on General Principles and the use of the Aseptic Technique. The third webinar, which took place on 13 July 2023 (Thursday), delved into Environmental Hygiene and Blood Spill for the Dialysis Unit. Finally, the fourth webinar, held on 20 July 2023 (Thursday), tackled Waste and Sharp Management.

Each webinar had a comprehensive presentation that included the best practices, QIP initiatives, tools, hands-on observation, and documentation. Participants were encouraged to report concerns or issues related to infection control practices to enhance patient safety. The idea of developing a patient safety culture that promotes a learning environment and ongoing improvement through regular audits was also introduced.

NUTRITIONAL ASSESSMENT FOR DIALYSIS PATIENTS WEBINAR

A webinar was held on July 11, 2023 (Tuesday) regarding nutritional assessment. Dr. Sharmela Sahathevan, a PhD and Master's degree holder in Dietetics from Universiti Kebangsaan Malaysia (UKM), was invited by the training center to speak to 100 participants from NKF and other private dialysis centers. She earned her Bachelor's degree in Dietetics from UPM in 2010. The focus of the webinar was on understanding and identifying factors that contribute to nutritional assessment issues among dialysis patients, identifying nutritional assessment tools specifically for dialysis patients, and understanding how to implement these tools in dialysis settings.

Organised by, **NKF NATIONAL KIDNEY FOUNDATION**
NKF TRAINING CENTRE

zoom

QUALITY IMPROVEMENT PROGRAMME (QIP) INFECTION CONTROL: WEBINAR SERIES

If you're interested in enhancing the quality of your dialysis centre, our webinar series on quality improvement programs can provide valuable insights. In this webinar, we will share best practices and strategies to improve patient care, reduce errors, and increase efficiency. Our webinars will cover data-driven quality improvement, patient safety, infection control, and other important topics. This is an excellent opportunity to learn from industry leaders and take your dialysis unit to new heights. Don't miss out on this chance to sign up for our webinar series today!

SCAN TO REGISTER

Each workshop will present the following:

- Best practices
- QIP initiatives
- Tools
- Hands-on observation and documentation
- Reporting

TARGET AUDIENCE
Nurses, Quality Champions, Dialysis Assistants

- **WEBINAR 1: HAND HYGIENE AND PPE**
• DATE & TIME: 22 JUNE 2023 AT 2PM-4PM
- **WEBINAR 2: GENERAL PRINCIPLES AND USE OF ASEPTIC TECHNIQUE**
• DATE & TIME: 6 JULY 2023 AT 2PM-4PM
- **WEBINAR 3: ENVIRONMENTAL HYGIENE AND BLOOD SPILL FOR THE DIALYSIS UNIT**
• DATE & TIME: 13 JULY 2023 AT 2PM-4PM
- **WEBINAR 4: WASTE AND SHARP MANAGEMENT**
• DATE & TIME: 20 JULY 2023 AT 2PM-4PM

COURSE FEE: PRICE

Each webinar	RM20.00
All 4 webinar	RM70.00

Speaker Profile: Dr. Perjit K.C. Singh
27 years of experience in healthcare industry from nursing roles to management and higher leadership roles in 3 different countries, Malaysia, Saudi Arabia and South Africa. Dr. Perjit holds a Doctorates in Business Administration (USM) with Masters in Nursing. She was instructor and committee member of Medication Safety committees in various organisations in private hospitals and prestigious tertiary medical facilities in National Guard health Affairs in Saudi Arabia. She was actively involved in hospital quality improvement activities including reviewing infection control manuals. She also held responsibilities in monitoring, measuring and improvements projects in hospital settings. She is qualified as Healthcare Accreditation Certified Professional (HACP) and ISO 9001:2015 Lead Auditor. She has experience in Joint Commission International Accreditation (LCIA).

Contact person:
Pn. Khairani / Pn. Forch
training@nkf.org.my
03-79602201

ONLY FOR 4 HOURS AND ABOVE

Nutritional Assessment for Dialysis Patients Webinar

LEARNING OUTCOMES:

- Understanding and identifying factors that contribute to the common issues in nutritional assessment among dialysis patients.
- Identify specific nutritional assessment tools for dialysis patients.
- Understanding how the identified nutritional assessment tools can be implemented in dialysis settings.

SPEAKER
Dr. Sharmela Sahathevan (PhD)
Lecturer (Dietetics),
International Medical University (IMU)

Organised by, **NKF NATIONAL KIDNEY FOUNDATION**

11 July 2023 (Tuesday)
2.00pm - 4.00pm
Online via ZOOM
Fee (non-NKF): RM20

SCAN TO REGISTER

POSITIVE WORKPLACE CULTURE WEBINAR SERIES: HOW TO PREVENT WORKPLACE GOSSIP, 13TH JUNE

Recently, the NKF training center hosted a 2-hour webinar on preventing workplace gossip. Over 100 participants from NKF centers and the public attended the webinar, which was conducted in Malay. Maintaining a positive and productive work environment, particularly in administrative staff and dialysis centers, is crucial for safe practices and proper patient care. One way to achieve this is to encourage open and transparent communication channels, where employees can directly address concerns with their colleagues or supervisors. This approach minimizes the spread of rumors and misinformation. Additionally,

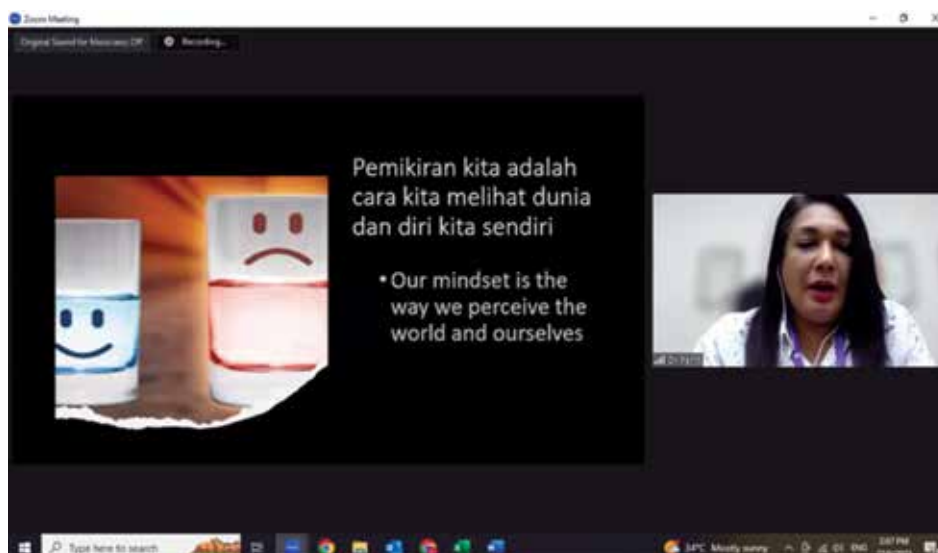


promoting a culture of respect, professionalism, and confidentiality fosters trust among staff members and reduces the likelihood of gossip. Clear policies and guidelines outlining appropriate behavior, and consequences for engaging in gossip, can further discourage such behavior.

By prioritizing a respectful and inclusive workplace environment, administrative staff and dialysis centers can ensure the highest level of patient care and maintain a harmonious working atmosphere.

POSITIVE WORKPLACE CULTURE WEBINAR SERIES: THINK RIGHT ALWAYS, 27TH JUNE

NKF recently hosted a 2-hour webinar on cultivating a growth mindset, which drew over 100 staff and nurses from other dialysis centres. When it comes to creating a positive work culture among employees, the importance of thinking positively and developing a growth mindset cannot be overstated. A growth mindset promotes the idea that intelligence and abilities can be enhanced through dedication, hard work, and continuous learning. When staff members adopt this mindset, they are more likely to embrace challenges, persist in the face of setbacks, and view failures as opportunities for



growth. This mindset encourages a culture of constant improvement and innovation, where individuals learn from their mistakes and welcome new challenges. Promoting a growth mindset among staff members helps organizations to

create an environment that values learning, collaboration, and personal development, ultimately leading to increased employee engagement, productivity, and a positive work culture overall.

NKF – SELAYANG PD & CKD EDUCATION CENTRE LAUNCH, 26 JULY

NKF Launched Malaysia's First Peritoneal Dialysis Training and Chronic Kidney Disease Education Centre.

NKF officially opened Malaysia's first Peritoneal Dialysis Training and Chronic Kidney Disease Education Centre in Selayang on July 26, 2023.

The centre, the first of its kind in Malaysia, aims to provide peritoneal dialysis training and support services as well as chronic kidney disease education services for free to the community. These include information and support regarding dietary and lifestyle changes and to assist patients in choosing the right kidney replacement therapy be it kidney transplant, peritoneal dialysis, haemodialysis, or palliative care.

“With this newly launched centre, the National Kidney Foundation hopes to help the Nephrologists in patient care with quality Peritoneal Dialysis support services including training, retraining, transfer of patient's set change, dressing of the exit site and home visits. My sincere appreciation to the Nephrologist fraternity, the Ministry of Health Malaysia, industry partners and community partners like Rotary Club for constantly helping Malaysians and NGOs like NKF and serving and engaging with the community at large,” said Khor Xin Yun, Chief Executive Officer of NKF Malaysia.

The Chronic Kidney Disease services cover a range of services to patients



with different stages of kidney failure. Those with Stage 2 and 3 kidney failure will be provided with advice on dietary and lifestyle adjustments. For more advanced cases (Stages 4 & 5), patients will be guided to dietary changes and to choose suitable kidney replacement therapy. Additionally, the centre will lend Glucometer and/or Blood Pressure monitoring sets to patients (CKD Stages 2-5) for home monitoring, facilitating better health condition tracking.

“The Malaysian government is very committed to combating the rise of Non-Communicable Diseases (NCDs) and has focused on preventing chronic kidney disease, in particular end stage kidney failure, in the National



Health Agenda. Today's event can further strengthen the government's commitment towards managing chronic kidney disease. I take this opportunity to call on all Malaysians to adopt a healthy lifestyle together and conduct regular check-ups to ensure optimal health," said Dr. Lily Mushahar, President of the Malaysian Society of Nephrology.

For more information about the Peritoneal Dialysis Training and Chronic Kidney Disease Education Centre, visit www.nkf.org.my or call 03-7954 9048 ext. 245.

COMMUNITY ORGAN DONATION DRIVE (CODE): LIFE FORUMS AT ALOR SETAR AND TAIPING

Since 2018, Community Organ Donation Drive (CODE): Life programme has continuously received support and participation from CKD patients and caregivers, medical personnel and members of the public. In 2023, NKF organised 2 CODE Life programmes; the first forum was in Alor Setar, Kedah and another in Taiping, Perak. The programme aims to educate and create awareness about kidney transplant as the first option for end-stage kidney disease (ESKD) patients, as it allows patients to have improved survival and a better quality of life when compared to long-term dialysis treatment. It is designed especially for newly diagnosed ESKD patients and their caregivers as well as the various communities and medical personnel to understand and increase awareness of kidney transplants. The ultimate objective is to increase the number of organ donation pledgers in Malaysia, and encourage relatives of patients with ESKD to consider becoming living kidney donors.

The first CODE Life forum in Alor Setar was held at RAIH Hotel and Convention Center, Alor Setar, Kedah from 9.00 am until 12.00 pm on 24th June, 2023.

The forum attracted about 131 participants, with a mix of dialysis patients, caregivers and medical personnel.

The agenda started with kidney donors' and recipients' sharing session. Syahirah Binti Mohd Ariffin (Recipient), Muhamad Farizal Bin Sidik (Donor), Nur Qhalida Binti Samsudin (Recipient), Rothiyah Ayuob (Donor) willingly shared their experience and tips with the audience.

It was followed by the experts' sharing sessions from Dr. Wan Zul Haikal Hafiz, Interventional Nephrologist, Hospital Sultan Abdul Aziz Shah, Universiti Putra Malaysia, Dr. Mohammad Faisal Bin Asmee, Nephrologist, Hospital Sultanah Bahiyah and Dr. Wan Syamir Zharif Bin Wan Ahmad Kamal, Nephrologist, Hospital Tunku Fauziah.





The second CODE Life forum was held at Hotel Taiping Perdana, Taiping, Perak on the 23rd July, 2023. About 134 participants attended the forum.

The kidney donors' and recipients' sharing sessions by Ahmad Zamri Bin Hamid (Recipient), Rohayati Binti Adnan (Donor), Aishah Binti Ismail (Recipient) and Ahmad Faizal Bin Mohammad (Donor). All shared their experiences with the audience.

The experts' sharing session by Dr. Anim Md. Shah, Consultant Nephrologist, Faculty of Medicine and Health Sciences, University Putra Malaysia, and Prof. Madya Dr. Nor Fadhlina Binti Zakaria, Consultant Nephrologist, Department of Medicine, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia was well received with some participants asking questions.

The following Code Life forum was held for the first time in Melaka, on 23rd September, 2023.

Follow @nkfmy for more information.

ROADTO50 NKF – SUNWAY MOBILE HEALTH SCREENING COMMUNITY PROGRAM

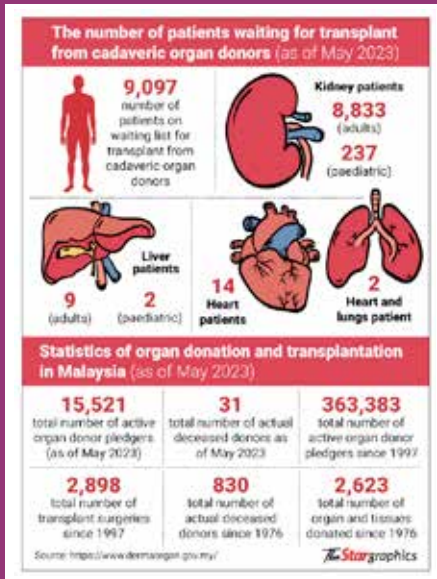
On 20th June 2023, NKF - Alor Setar organized Roadto50 NKF-Sunway Mobile Health Screening Community Program at Perkampungan Orang Asli Kampung Keda Ulu Legong, Baling, Kedah. The programme was held from 10.00am until 3.30pm to create Kidney Health Awareness with Health screenings and activities for the underprivileged community.

A total of 72 participants were screened during the event. Food baskets and goodies were also presented to the families of the Orang Asli community.

The Orang Asli community in Lubuk Ulu Legong is an ethnic Kensiu Orang Asli, is 12km from 'Pekan Baling'. The programme consists of free health screenings, urine test to check for protein and BMI, blood pressure, glucose test, cholesterol test, and counselling. Out of 72 participants in health screenings, only 10 required referral for further check-ups at clinic.



A DIRE NEED FOR ORGAN DONATION



There are 9,097 patients who are waiting for an organ transplant, according to the National Transplant Resource Centre (NTRC).

As of May this year, only 31 people had organ transplants—and that includes liver, heart and other transplants. This highlights the acute need for organ donors in the country.

According to the NTRC, kidney patients make up the highest percentage of those needing organ transplants. They make up 9,070 of the 9,097 on the waiting list.

Of that number, 8,833 patients are adults needing kidneys and 237 are paediatric kidney patients. The remaining patients waiting for organ transplants include 11 liver patients (nine adults and two children), 14 heart patients and two heart and lung patients.

NTRC deputy director Dr. Hasdy Haron said it is essential to identify individuals who have committed to donating their organs. Some fall

through the cracks, as it is not known that they pledged their organs.

“Based on a previous study by the NTRC, we missed out on almost 3,000 potential donors because we were not able to detect them earlier,” he told The Star in a recent interview.

“We have reminded hospital staff and our team to ask relatives if their family members who were declared cardiac or brain dead had pledged their organ donors, so we will not miss an opportunity to save lives,” he said.

He said there are also plans to develop an information system where public hospitals can track the donor status of an individual. However, he acknowledged that the mechanism must address the confidentiality of the donors.

“The trend of cadaveric organ donation over the last five years is not enough. The annual trend for organ donation is only around 30 to 40. We are receiving a steady number of pledges, reaching up to thousands every month.”

As at May, the center had received 15,521 active pledges for cadaveric organ donation for this year. It is understood that kidney patients can wait up to 10 years for transplants, unlike other organ transplant patients, thanks to dialysis.

Another setback on organ donation, Dr. Hasdy said, is the refusal by family members to consent to organ donation because they had not been informed earlier.

According to the National Transplant Procurement Management (NTPM), refusal to consent is the second highest reason for failed organ donation since 2001 through May 24 this year.

“It is best for individuals to discuss with family members after pledging as organ donors. While there is no consent needed to pledge as a donor for those above 18, we have reminded those who pledged to discuss the matter with their families,” he said.

Dr. Hasdy said there are programmes by the NTRC such as Jom Ikrar, Jom Bincang and Let’s Talk through which pledgers can inform and discuss with their families.

MySejahtera’s new feature for the public to register as organ donors last year also allows for the next of kin to be informed of a person’s decision to become a donor.

“This is important for both those who pledged and their families, as it is still a sensitive topic. On the other hand, there are also families who donate the organs of relatives who had passed on without pledging to be donors.”

“In fact, less than 20% of our actual cadaveric donors are registered as pledgers,” said Dr. Hasdy.

Source: <https://www.thestar.com.my/news/nation/2023/06/22/a-dire-need-for-organ-donation>

**by Teh Athira Yusof
published by thestar.com.my
on Thursday, 22 Jun 2023**

ENHANCING HAEMODIALYSIS TREATMENT FOR KIDNEY PATIENTS IN MALAYSIA: A PROPOSAL FOR VALUE-BASED MEASUREMENT IMPLEMENTATION



Kidney disease continues to pose a significant burden on Malaysia's healthcare system, with a rising number of end-stage renal failure (ESRF) patients requiring dialysis treatment. It is projected that there will be about 106,000 Malaysians with ESRD by 2040. In recent forecasts, the total treatment cost by 2040 extrapolated, it will be RM4 billion. Echoing the call for reform in the recently presented Health White Paper, the National Kidney Foundation of Malaysia (NKF) proposes a comprehensive approach to improve the provision of haemodialysis treatment, standardize funding mechanisms, and enhance patient outcomes through the implementation of value-based measurement. This is in line with the key principles in the Health White Paper—Pillar 1: Transforming health service delivery, where the government strives to achieve more effective utilization of capacities and

capabilities across the public and private sectors. While this paper focuses on the issues of funding for haemodialysis treatment, NKF is fully cognizant that the long-term approach to kidney failure is early detection and prevention.

Based on National Renal Registry, the government funds almost fifty percent of dialysis treatment (48.1%) followed by SOCSO (23.2%), Zakat/Baitulmal (12.2%), and others (out of pocket, NGO, insurance, employer-subsidized). The availability of funding agencies and the public-private partnership scheme have been instrumental in ensuring patients receive the life-saving dialysis treatment they require, thereby alleviating their suffering and improving their quality of life. The government's commitment to addressing the needs of kidney patients and its proactive approach to leveraging private resources

for the patients' benefit is truly commendable. NKF is grateful for this invaluable partnership, which has undoubtedly made a significant impact on the lives of countless individuals affected by kidney disease.

Nonetheless, the existing funding sources and mechanisms for haemodialysis treatment in Malaysia exhibit fragmentation, resulting in disparities in service bundles and subsidy values among different funding agencies. This lack of consistency and incomplete care leads to complications, higher costs, reduced productivity, and a diminished quality of life for patients.

To address these challenges and ensure high-quality treatment for kidney patients, the NKF proposes the following recommendations:

Standardize Treatment Bundle

To ensure comprehensive and consistent care, all funding agencies should provide subsidies for the complete range of treatments and services required by dialysis patients. This includes dialysis services, vascular access for haemodialysis treatment, erythropoietin stimulating agents (ESAs) and parenteral iron, laboratory tests, basic medicine, and specialist consultations. By standardizing subsidy rates for a bundled package, patients will receive the necessary treatments without financial barriers, leading to improved outcomes and a higher rate of patients returning to the workforce.

Implement Value-Based Measurement

To measure the quality of care provided by private haemodialysis centres, a comprehensive framework for value-based measurement should be developed. This approach involves continuous monitoring of dialysis centres key performance parameters, such as dialysis adequacy, target haemoglobin levels, bone metabolism status, and water quality. In

addition, by using metrics based on continuous quality improvement (CQI) metrics, namely the patient’s haemoglobin level, albumin level, dialysis adequacy, phosphate level, and transferrin saturation, the government and funding agencies can closely monitor the patient outcomes. Thus, ensuring that all subsidies can be allocated based on achieved values and patient outcomes. This ensures transparency, inclusivity, and improved cost-effectiveness.

Establish a Digital Monitoring Process

To optimize the use of resources and ensure the highest standards of care, an electronic performance monitoring (EPM) system should be implemented. Once the electronic medical records (EMR) or electronic lifetime health records (ELHR) are implemented per the Health White Paper, the monitoring system can leverage the EMR and ELHR to standardize treatment and patient care. It will enable comprehensive data collection, analysis, and reporting of treatment standards and patient outcomes across all haemodialysis centers. Furthermore, it will facilitate continuous monitoring of patient adherence and compliance

with treatment and care standards, allowing for effective and efficient cost management and control.

Conclusion

The proposed measures seek to address the challenges faced in the provision of haemodialysis treatment for kidney patients in Malaysia. By standardizing treatment bundles, implementing value-based measurement, and establishing a digital monitoring process, the quality of care can be improved, funding efficiency can be enhanced, and better patient outcomes can be achieved.

The National Kidney Foundation urges the support and collaboration of the Ministry of Health and relevant stakeholders in implementing these recommendations. Together, we can ensure high-quality treatment for dialysis patients and alleviate the burden of kidney disease on both the healthcare system and the economy. By adopting a value-based approach, Malaysia can lead the way in providing equitable and efficient dialysis treatment, setting a benchmark for quality care, and improving patient outcomes in the region.

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.

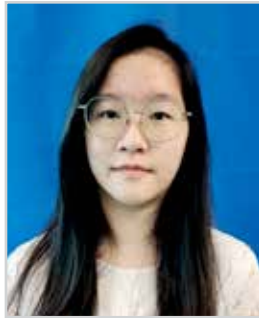
Thank you SO MUCH for the continued support to NKF. It is the supporters like you that help us continue our mission. While we appreciate your ongoing support, we also value your feedback.

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

NKF's TOP 5 FUNDRAISERS

NKF is pleased to announce our Top 5 fundraisers for the 3rd Quarter of 2023.



GG LAW WAI YAN



**MINNEISWAR
JAYA JOTHI**



NILYSA MEI KEE LO



**NUR AFIQAH BINTI
ABDUL JALIL**



**STEPHENY TAN
SIN YEE**

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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