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**ANNUAL DIALYSIS
CONFERENCE 2023**

Message From Chief Editor

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In the third Quarter of 2023, the National Kidney Foundation of Malaysia (NKF) held its 17th Annual Dialysis Conference (ADC) on 5-6 August in Kuala Lumpur. The conference aimed to provide a platform for nephrologists, dialysis healthcare professional and experts from diverse backgrounds to share their expertise and insights on patient-centred care. Do turn to pages 8-9 for highlights of the conference.

On 30 September, the NKF's 29th dialysis centre, 'Pusat Dialisis NKF – Kidney Association Sarawak (KAS)/ Rotary Club of Kuching (Kota Samarahan)' was officially launched by YB Dato' Sri Professor Dr. Sim Kui Hian, Deputy Premier of Sarawak and Minister for Public Health, Housing and Local Government. Learn more about the event on page 5.

NKF held another event on 1 Oct, the 16th Patient Forum in Kuching in conjunction with the launch of VOKAL (Voice-Out Kidney Alliance) platform, which is featured on pages 6-7, 15. Recognising the need for support among kidney patients, the forum provides a convenient platform for patients to access essential information and advice.

Turn to page 3 to read a patient's story on how he cares for his young family despite his illness. Learn more about Patients' Family Day celebration by NKF's dialysis centre patients and staff on page 4.

NKF continues to organize public health screening and community education on kidney failure prevention through NKF's LifeCheck Mobile Health Screening. The third CODE: Life 2023 forum to increase awareness on transplantation as the first option for kidney failure, was held in Melaka (for the first time). Turn to pages 10-11 to learn more.

Learning and Development programmes are not forgotten. Read about the chronic kidney disease education programme (CKDEP) for patients and career development training for healthcare professionals on pages 12-14.

Happy Reading!

Dr. Sunita Bavanandan

Chief Editor

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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
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9. Pusat Dialisis NKF - Rotary Damansara (Batu Caves, Selangor)	03-6137 1884
10. Pusat Dialisis NKF - Fungates Superflow (Kepong, Kuala Lumpur)	03-6251 9850
11. Pusat Dialisis NKF - Kelab Apex (Klang)	03-3341 7009
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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

ZAMRI'S STRUGGLE AND RESILIENCE: A TALE OF HOPE AMIDST ADVERSITY

Five years ago, Zamri bin Ab. Rahman, a devoted father of three, started experiencing unsettling symptoms, such as swollen ankles and troubling issues with breathing and sleeping. With a health background marked by over two decades of hypertension and diabetes, the subsequent diagnosis of chronic kidney disease was a heart-wrenching blow.

In his darkest hours, a glimmer of hope emerged when his former employer stepped up to extend practical help in 2019. Their benevolence was not limited to guiding him through the maze of his SOSCO application for financial aid, but extended to granting him three months of paid medical leave. The gesture was invaluable, giving his family time and space needed to come to terms with and adjust to their new reality.

Life after the diagnosis brought about significant changes. Zamri, who was once a pillar of strength, and used to juggle a six-day work week as a paint warehouse supervisor, had to take a step back. It meant his wife had to shoulder the responsibility of being the primary breadwinner. Fast forward, Zamri's weekly routine is now punctuated with thrice-weekly, 4-hour dialysis sessions. Yet, amidst these challenges, his spirit remains undeterred.

On regular schooldays, he takes on the role of the doting dad, driving his second son to school before heading to his lifeline, the NKF



Dialysis Centre-Kelab Apex in Klang. The dialysis sessions offer him moments of reflection and rest. Afterwards, he immerses himself in the rhythm of domestic life—preparing meals, managing school logistics for his children, and taking pride in the fact that his eldest daughter, embodying resilience like her father, independently navigates the home-school journey using public transport.

Treatment days are tough, but how about the days between? They resonate with Zamri's undying spirit. From household chores to nurturing his garden, every action reaffirms his commitment and love for his family.

He frequently shares words of appreciation for the Centre Manager and the staff, whose compassionate

care turns his dialysis sessions into experiences marked by comfort rather than mere medical procedures. Zamri's journey as a kidney failure patient was not just a personal story. He talks to his family and friends about the importance of kidney health, early detection, regular health check-ups and adequate hydration.

His optimism remains undimmed. He earnestly hopes for the NKF to extend its care, to set up more dialysis centers to serve others like him. Always looking ahead, Zamri is disciplined in following the lifestyle and medication as advised by his medical care team. With patience and hope, he awaits his turn, holding onto the promise of transplant that could offer a brighter and healthier future in the form of a compatible donor.

PATIENTS' FAMILY DAY 2023



Pusat Dialisis NKF – Kelab Lions Alor Setar held its Patients' Family Day 2023 on 18 August with an outing to Jerai Hill Resort. For the 30 patients, their families, and NKF's staff, this serene highland retreat was a delightful escape from the regularity of their thrice-weekly dialysis treatments.

The day started at 9.30 am with excited patients, family members and NKF staff gathered at the dialysis centre. The first part of the trip was by bus until the foothills of Jerai, then followed by a 20-minute ride by van up to the hill resort. Set amidst towering limestone outcrops and flourishing greenery, the resort is a sprawling 5-acre haven located 1,200 meters atop Kedah's highest peak, Mount Jerai.

Upon arrival, Ms. Ang Bee Moy, NKF's Centre Manager, and Miss Amiera from the Jerai Hill Resort warmly greeted the patients, their families, and NKF staff.

The program for the fun-filled day consisted of a variety of activities

such as a strawberry farm visit, Archery and Paintball target shooting. After the activities, all enjoyed a delicious buffet luncheon, which allowed everyone to choose their favourite foods from a wide variety of dishes. The final activity was a karaoke session in the afternoon before departure.

The emphasis on physical activities aimed to motivate patients to prioritize their physical health and fitness.

A significant part of this outing was the enriched bonding between patients, caregivers, and NKF staff. Such interactions can provide emotional support, create a sense of community, and help everyone to feel more connected and supported throughout the patients' healthcare journey.

Several patients shared that the break from their usual routine allowed them to connect with their caregivers, who are also family members. The relaxing outing diverted everyone's focus from illness-related concerns

to simply having a great time with fellow patients and family members.

Similarly, family members were happy with the positive outcome of the outing. They were all having fun. They expressed appreciation for insights on supporting their ailing family member more effectively, prompting suggestions for future sessions with NKF staff on similar topics.

Overall, the improved communications and connections fostered between patients, family members and NKF staff were beneficial and enhanced understanding among the kidney failure patients' community.

On their return trip to Alor Setar, when asked if the Patients' Family Day 2023 met its objectives, the unanimous answer was a resounding "YES!"

The day ended with every patient taking home an 'Essential Food' Hamper.

THE OFFICIAL LAUNCH OF THE NKF'S 29TH DIALYSIS CENTRE

The official opening of the Pusat Dialisis NKF – Kidney Association Sarawak (KAS)/ Rotary Club of Kuching (Kota Samarahan) was held on 30 September. The event was officiated by YB Dato' Sri Professor Dr. Sim Kui Hian, Deputy Premier of Sarawak and Minister for Public Health, Housing and Local Government. He applauded KAS/ Rotary and NKF for setting up another dialysis centre (unit 2) at Kota Samarahan, which provides support to dialysis patients from surrounding areas.

“Ten years ago, we had 1,300 dialysis patients in Sarawak. Today, we have about 4,000 patients because of the increase of more than 700 kidney failure patients every year,” he said.

The Pusat Dialisis NKF – KAS/ Rotary (Kota Samarahan) is the third NKF's dialysis centre in Sarawak, where 55 patients currently receive dialysis treatment at the centre. “The centre has ten dialysis machines, four nurses, three dialysis assistants, and an administrative assistant to support the treatment process for patients from around Kuching areas,” he said.



» (From Left) Dato' Peter Minos, Chairman of the Kota Samarahan Municipal Council; Datuk Patinggi Tan Sri George Chan Hong Nam, Former Deputy Premier of Sarawak; Mr. Simon Wong, Vice President of KAS; Dato' Sri J.C. Fong, President of KAS; YB Dato' Dr. Zaki Morad Mohd Zaher, Chairman of the Board of Directors, NKF; YB Dato' Sri Professor Dr. Sim Kui Hian, Deputy Premier of Sarawak and Minister for Public Health, Housing and Local Government; Dr. Clare Tan, State Nephrologist; Ms. Khor Xin Yun, CEO NKF and Dr. Azim Hazizuddin, Head of Medical, NKF

Meanwhile, Dato' Dr. Zaki Morad Mohd Zaher, Chairman of NKF said that the centre was initiated to decant the high numbers of kidney failure patients from the NKF Kuching centre at Hock Hui Commercial Centre in Jalan Rock. The dialysis centre (unit 1) is equipped with 18 machine points and is one of the bigger centres in NKF, currently treating 100 dialysis patients.

“Having a second centre located in Kota Samarahan shows NKF's

commitment towards providing quality dialysis care for patients in underserved areas, especially those with transportation problems. KAS and Rotary Kuching have helped to raise the necessary funds to establish the new centre for NKF and poor kidney failure patients in Kuching and its surrounding area. With continuous support from our partners, we hope to reach out to the larger community and continue our vision to save lives,” he said.

NKF MALAYSIA LAUNCHES VOKAL AT THE 16TH ANNUAL PATIENT FORUM



“NKF has been championing the fight against kidney-associated diseases through improving kidney care and preventive education. Recognising the need for support among kidney patients, this forum provides a convenient platform for patients to access essential information and advice,” said Dato’ Dr. Zaki Morad Mohd Zaher, Chairman of NKF Malaysia.

In conjunction with Patient Forum 2023, NKF also launched VOKAL (Voice-out Kidney Alliance), a nationwide kidney support group. VOKAL serves as an official platform for patients, caregivers, donors, service providers, and healthcare professionals to express their thoughts and concerns regarding kidney-related matters.

The primary purpose of VOKAL is to operate as an advocacy and advisory body, amplifying voices through support, advocacy campaigns, and activities that result in substantial contributions to kidney care in Malaysia. Its goal is to serve the community by providing a venue for formal recommendations to government and policymakers. These proposals address critical issues such as improving affordability and expanding access to quality treatments for kidney disease; protecting living donor rights and removing barriers to organ donation; championing patient’s rights and empowerment; as well as supporting policy changes that can reduce the risks of kidney diseases.

On 1st October 2023 Sunday, the National Kidney Foundation of Malaysia (NKF) held its 16th Annual Patient Forum 2023 in Kuching, Sarawak. Since 2003, the forum has been dedicated to serving kidney patients, their caregivers, and healthcare professionals from government, private, and NGO dialysis centres.

“I would like to express my gratitude to the NKF for their efforts in choosing Kuching as the location for their 16th forum. Their decision to subsidise registration costs is commendable, as it paves the way for greater public participation, allowing a wider audience to partake in this valuable event,” said YB Dato’ Sri Professor Dr. Sim Kui Hian, Deputy Premier, of Sarawak and Minister For Public Health, Housing and Local Government.



» (From Left) Dr. Azim Hazizuddin, Head of Medical of the National Kidney Foundation of Malaysia (NKF); Dr. Clare Tan, State Nephrologist and Committee Member of Kidney Association of Sarawak; Ms. Khor Xin Yun, Chief Executive Officer of NKF; Dato’ Dr. Zaki Morad Mohd Zaher, Chairman of NKF; YB Dato’ Sri Professor Dr. Sim Kui Hian, Deputy Premier of Sarawak and Minister For Public Health, Housing and Local Government; Mr. Simon Wong, Vice President, Kidney Association of Sarawak; Mr. Henry Chan, Secretary, Kidney Association of Sarawak

During the event, patients, caregivers and dialysis centres staff benefited from the opportunity to learn from experts. The event started with medical-related topics for dialysis patients from Dr. Clare Tan Hui Hong, Consultant Nephrologist, HUS and Associate Prof. Dr. Nor Fadhlina Zakaria, Consultant Nephrologist, University Putra Malaysia (UPM).



En. Khairul Shazwali (Recipient) & En. Padli Saed (Donor) shared their experiences and other transplant patients' testimonies on the kidney transplant process to increase awareness on living-donor transplant. The session after lunch break, was on Nutritional Advice for Dialysis patients presented by Cik Siti Hajar, NKF's Dietician.



The event continued with the much-anticipated forum on 'Pembiayaan Rawatan Dialisis' (Funding for Dialysis Treatments) which was moderated by Ms. Khor Xin Yun, Chief Executive Officer of NKF. The panel of speakers were from PERKESO, Kementerian Kesihatan Malaysia (KKM), Jabatan Premier Sarawak (JPS), Jabatan Kebajikan Masyarakat Negeri (JKMN) Sarawak and NKF.

» (From Left) Ms. Khor Xin Yun, Chief Executive Officer of NKF; Dr. Edrin Nazrin bin Abdul Rasib, Ketua Jabatan Kesihatan Sosial, PERKESO; Datin Sri Faizah Fazlina binti Dato' Rosli, Ketua Penolong Setiausaha Kanan, KKM; En. Rody Anak Bunsu, Jabatan Premier Sarawak (JPS); Puan Rohana binti Isnawi, Ketua Penolong Pengarah, JKMN Sarawak; En. Loo Leong Heng, Pengurus Kebajikan, NKF

NKF Malaysia invites all patients and interested parties to join VOKAL today and be the driver of change for our kidney community needs. Your voice matters in shaping policies for better kidney care in Malaysia. Raise your voice at <https://vokal.nkf.org.my/>

17TH ANNUAL DIALYSIS CONFERENCE (ADC) 2023

The month of August in Kuala Lumpur was marked by an event of utmost importance in the Malaysian nephrology scene—the National Kidney Foundation’s (NKF) ADC 2023 which was held at the Connexion Conference & Event Centre (CCEC) in Bangsar South City.

The conference, which was held on 5-6 August 2023, centered around the theme of patient care. It aimed to provide a platform for dialysis healthcare professionals from diverse backgrounds to share their expertise and insights on patient-centered care. The conference was well attended, with 493 participants from various specialties and regions. Overall, it was a successful event that fostered collaboration and knowledge-sharing among healthcare professionals.

HIGHLIGHTS FROM THE 17TH ADC 2023

“The well-being of kidney patients cannot be taken lightly. The assistance provided by NKF will help meet the needs of kidney patients especially since this is a growing issue around the world, including Malaysia. I applaud the initiatives by NKF Malaysia. It aligns with the Ministry of Health’s call for a more effective partnership between industry, NGOs and the public sector. I look forward to seeing more of this kind of initiative to help low-income patients and reduce the burden of the disease.” said Dr. Nor Hayati binti Ibrahim, Senior Deputy Director of the Medical Development Division, Ministry of Health Malaysia during the opening ceremony.



» (From Left) Dr. Azim Hazizuddin, Head of Medical, NKF; Ms. Khor Xin Yun, CEO, NKF; Dr. T. Thiruvethiran, Organising Chairperson, ADC 2023 & Vice Chairman, Board of Directors, NKF; YB Dr. Nor Hayati binti Ibrahim, Senior Deputy Director, Medical Development Division, Ministry of Health; YB Dato’ Dr. Zaki Morad Mohd Zaher, Chairman of the Board of Directors, NKF; Dr. Sunita Bavanandan, National Head of Nephrology Services, Ministry of Health and Dr. Mohamad Zaimi Abdul Wahab, Chairman of the Scientific Committee for ADC 2023

“We operate 29 Haemodialysis Centres nationwide treating more than 1,700 patients who are either fully or partially subsidised. We also support other forms of treatment for kidney failure such as Peritoneal Dialysis and Kidney Transplantation. We spend close to RM50 million a year on all our activities. Thanks to the Malaysian public’s generosity, we have grown and expanded our activities year after year,” said Dato’ Dr. Zaki Morad Mohd Zaher, Chairman of the Board of Directors, NKF.



SHIFTING THE FOCUS: “FROM PATIENT- CENTRED TO PERSON- CENTRED CARE IN DIALYSIS”

This compelling topic was systematically dissected across six symposiums and four plenaries. In its depth and breadth, the event covered an array of subjects from the intricate nuances of person-centred care in dialysis, funding dynamics for dialysis treatments, the pivotal moments that mark the initiation of dialysis, the transformative impact of technology on patient outcomes, to critical considerations for haemodialysis access and the long-term management of patients on dialysis.

GATHERING MINDS, MELDING EXPERTISE

The event's turnout was both commendable and promising with inclusion of Nephrologists, Medical Doctors, Medical Assistants, Nurses, and Centre Managers, among others. This diverse group of professionals exchanged invaluable insights, reinforcing the essence of patient-centered care and setting new benchmarks in the domain of dialysis.

“Patients on dialysis are in complete reliance on a machine, a procedure and a group of qualified medical professionals for the rest of their lives. A multidisciplinary team effort is often needed in the management of such patients. Continuous learning through a conference like this ADC is important to ensure that medical professionals are equipped with up-to-date skills and knowledge,” said Dr. Thiruventhiran, Organising Chairperson ADC 2023 and Vice Chairman, Board of Directors, NKF.

The scientific committee, under the leadership of Dr. Mohamad Zaimi, brought experts in the field of nephrology and its allied fields to update attendees on the latest practices in managing dialysis patients.



ACKNOWLEDGMENTS

Such an event is not brought to life without the concerted effort of numerous individuals and organizations. Ms. Khor Xin Yun, Chief Executive Officer of NKF extended heartfelt gratitude to the sponsors and media, who played an instrumental role in the conference's success and also to the attendees whose participation and engagement enriched the discourse and paved the way for future collaborations.

In summary, the 17th ADC 2023 stands as a testament to NKF's relentless pursuit of excellence in patient care. NKF looks forward to the next ADC and remains committed to fostering a culture of learning, growth, and exchange of knowledge in the realm of nephrology and dialysis patient care.



COMMUNITY ORGAN DONATION DRIVE (CODE): LIFE, MELAKA

On 23 September, NKF hosted its third CODE: Life programme of the year in Melaka, at the Bayview Hotel Melaka from 9:00 am to 12:00 noon. This initiative was designed to raise awareness and educate the public about the advantages of kidney transplants as the primary treatment option for end-stage kidney disease (ESKD) patients. Compared to long-term dialysis, kidney transplants offer patients a significantly improved quality of life. The programme is tailored for newly diagnosed ESKD patients, their caregivers, the general community, and medical personnel to bolster understanding and awareness of kidney transplants. An added goal is to increase the number of organ donor pledgers in Malaysia.



The event saw participation from approximately 100 attendees, including dialysis patients, caregivers, and medical professionals.

The programme started with talks by several kidney donors and recipients by Zulkanain bin Abdul Majid (Recipient), Norita binti Muharam (Donor), Nur Syamimi binti Rozman (Recipient) and Muhammad Hidir bin (Donor). In this session, they shared their transplant journeys and experiences.



The programme included a sharing session by Dr. Rafidah Abdullah, Nephrologist and Internal Medicine, Hospital Putrajaya and Dr. Lydia Kamaruzaman, Senior Lecturer and Consultant Nephrologist, Faculty of Medicine, Universiti Kebangsaan Malaysia (UKM). The experts shared their transplant-related advice to questions from the participants.



» Zulkanain bin Abdul Majid
61 Years (Recipient)
Norita binti Muharam
58 Years (Donor)



» Nur Syamimi binti Rozman
29 Years (Recipient)
Muhammad Hidir bin
31 Years (Donor)

Over 300 participants joined the 3 CODE Life, 2023 programmes in Alor Setar (24 June), Taiping (23 June) and Melaka (23 September). Post-survey results showed that 76% of the participants indicated they were ready to consider transplant as the first treatment option after attending CODE: Life programmes.

JOM CHECK! HARI KESIHATAN KOMUNITI!

The Community Programme in collaboration with Masjid At-Taqwa Mukim Pulau, was held at Kubang Kerian, Kelantan on 26 August (Saturday). The event included various activities and a health talk on Kidney Care.

The event began with an insightful health talk by Siti Asyraf, Public Education Executive, NKF Kota Bharu, who enlightened the audience on the importance of kidney care. Her engaging style of delivery resulted in more informed and inspired participants to take better care of their kidney health.



» Imagination met creativity as 56 young participants unleashed their artistic creativity during the colouring contest. Other activities were 'sukaneka' activities such as, Hula Hoop and Jump Rope



» A total of 75 participants registered for the free health screening to better understand their current health status



» The excitement peaked during the lucky draw, where participants had the chance to win exciting prizes

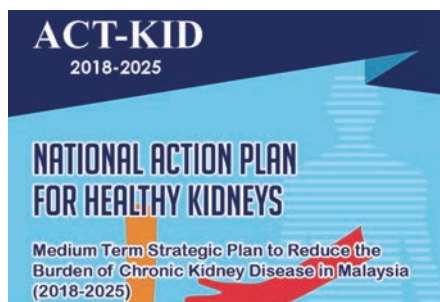
BATTLING CHRONIC KIDNEY DISEASE IN MALAYSIA: THE CKD EDUCATION PROGRAM

Chronic Kidney Disease (CKD) is a mounting global public health concern, with Malaysia bearing its own share of the burden. The prevalence of CKD in Malaysia has notably risen from 9.1% in 2011 to 15.5% in 2018. Given the increasing impact of this disease, innovative solutions are in demand. One such response is the National Kidney Foundation (NKF) of Malaysia's Chronic Kidney Disease Education Program (CKDEP), inaugurated in 2021 as an integral part of the National Action Plan for Healthy Kidneys (ACT-KID 2018-2025).

CKDEP is a community-focused education initiative, steered by renal nurses and dietitians. It offers comprehensive and cost-free clinical care services for CKD patients. The program's establishment emerged from the acute need for sustainable multidisciplinary collaborations and a community health strategy to cater to the needs of CKD patients in Malaysia.

To gauge CKDEP's effectiveness, NKF Malaysia showcased an abstract during the 37th Annual Congress of the Malaysian Society of Nephrology, titled "THE NKF CHRONIC KIDNEY DISEASE EDUCATION PROGRAM (CKDEP): PROGRAM DESIGN AND PRELIMINARY RESULTS." This presentation encompassed not only the clinical attributes of CKDEP participants but also explored how an interdisciplinary care model might enhance patients' health outcomes.

The pilot study of CKDEP was rolled out in the cities of Ipoh and Selayang, accumulating patient



data from hospitals, primary care clinics, and dialysis centres. Knowledge enhancement and service effectiveness were gauged through pre- and post-counselling evaluations. The results, framed through simple descriptive statistics, were depicted as percentages and frequencies.

From June 2021 to December 2022, CKDEP registered 68 new cases. The average age of participants was 60±15, with males comprising 63%. A majority, 61.7%, were of Chinese descent. Significantly, most patients were in the advanced CKD stages 4-5 (57.4%). Hypertension was present in 85% of the patients, and 57% were diabetic.

Diverse referral reasons were noted, with 70.5% seeking dietary guidance, 53% inquiring about kidney replacement therapy, 33.8% looking for education on self-management, and 1.5% needing medication advice. A post-counselling evaluation revealed impressive results: 76.5% of participants noted a 20-30% uptick in their knowledge, while 14.7% reported a 40% improvement.

In essence, community based CKDEP interventions in Malaysia appear to be practical and have the potential to significantly refine CKD care.

Yet, this journey toward optimal CKD management remains ongoing. Persistent monitoring is essential to gauge clinical outcomes and pinpoint the most beneficial interventions.

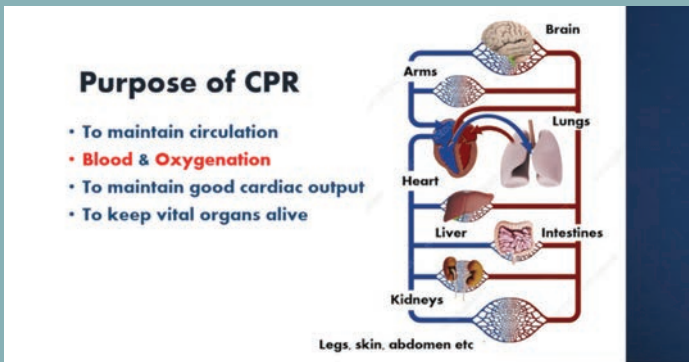
The significance of CKD education and counselling is paramount, especially in bustling healthcare environments such as Klinik Kesihatan or private clinics. One healthcare professional insightfully observed, "In places like Klinik Kesihatan or private clinics, where patient volume is high or urgent cases arise, proper CKD counselling might not always be prioritized." Given Malaysia's challenges with health literacy and the widespread prevalence of diabetes and hypertension, it is evident that CKD counselling is pivotal to halt the growth of end-stage renal failure.

An age-old adage states, "Prevention is better than cure," and this axiom rings true for CKD. The CKDEP's journey in Malaysia stands as a beacon, emphasizing prevention via education and interdisciplinary care. As the nation grapples with the rising incidence of CKD, endeavours like CKDEP are a positive step, charting a path towards a healthier future. NKF of Malaysia remains committed to broadening the program's reach across the nation, aiming to spread the message of prevention and care comprehensively.

Reference:

JCTN (2023) Volume 2, S1-S167 'Proceeding of the 37th Annual Congress of Malaysian Society of Nephrology (MSN 2023), Penang, Malaysia, 7th-9th July 2023'

LEARNING AND DEVELOPMENT



BASIC LIFE SUPPORT AND CARDIOPULMONARY RESUSCITATION CLASSES

The NKF training center has recently introduced new and exclusive classes in Basic Life Support (BLS) and Cardiopulmonary Resuscitation (CPR). These classes incorporate practice mega codes that are based on haemodialysis scenarios. The BLS classes cater to registered haemodialysis nurses and cover a range of topics, including patient care, AED usage, basic ECG interpretation, and drug components.

CPR classes are designed for dialysis assistants and administrative staff without any prior medical background. The classes focus on first aid methods, rescue breaths, and compressions that can be used to save lives in emergency situations.

Nine mega codes sessions were conducted, which included a multiple-choice examination to evaluate the participants. Each session had a maximum of 15 participants to ensure quality supervision. To-date, four separate courses were held on 10 September and 1 October with 31 NKF staff members certified.

WEBINAR: PSYCHOSOCIAL ASPECTS OF HAEMODIALYSIS IN CHRONIC RENAL FAILURE: THE SILENT BURDEN

On 17 October 2023, the NKF’s Training Department hosted an online webinar titled “Psychosocial Aspects of Haemodialysis in Chronic Renal Failure: The Silent Burden” via Microsoft Teams. Drawing an audience of nearly 200 dialysis healthcare professionals from both NKF-affiliated and independent dialysis centres across Malaysia, the session lasted an hour.

Chronic Kidney Disease (CKD), a progressive and irreversible condition, leads to a notable decline in the patients' Quality of Life (QoL). Haemodialysis, a frequent Kidney Replacement Therapy, is typically prescribed for those with advanced CKD. The concomitant decline in QoL and the challenges posed by the treatment can cause considerable psychosocial distress to patients. Recognizing and understanding these stressors are crucial, as they enable healthcare professionals to engage in empathetic dialogues with patients, ultimately strengthening the therapeutic relationship between the patients and the nephrology and dialysis care teams.

Dr. Nurzuriana Md. Zaki, a consultant-liaison psychiatrist presently associated with Hospital Kuala Lumpur, spearheaded the webinar. Her previous affiliations include Hospital Canselor Tuanku Muhriz, Hospital Putrajaya, and Westmead Hospital in Sydney. She earned her Bachelor of Medicine and Bachelor of Surgery (MBChB) from the University of Auckland, New Zealand, and later acquired a Doctorate in Psychiatry from the National University of Malaysia (Universiti Kebangsaan Malaysia).

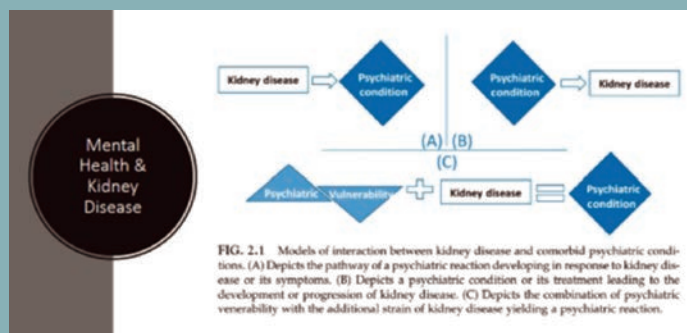


FIG. 2.1 Models of interaction between kidney disease and comorbid psychiatric conditions. (A) Depicts the pathway of a psychiatric reaction developing in response to kidney disease or its symptoms. (B) Depicts a psychiatric condition or its treatment leading to the development or progression of kidney disease. (C) Depicts the combination of psychiatric vulnerability with the additional strain of kidney disease yielding a psychiatric reaction.



Proudly presents,

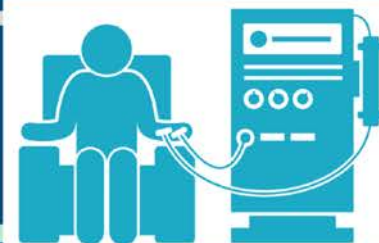
POST BASIC HAEMODIALYSIS NURSING PROGRAMME

(ACCREDITED BY MQA - MQA/FA8770)

NEW INTAKE!!!

JANUARY 2024

six-month course | full-time



AIMS

This course will develop the skills, knowledge, and attitude of the registered staff nurses, which will make them a part of a safe, effective, and caring dialysis team.

CERTIFICATION

A Post Basic Haemodialysis Nursing Certificate will be awarded to those staff nurses who have successfully completed the course and passed the examinations.

COURSE FEE

RM6,500.00

(Excluding accommodation / transport / food)

HOSPITAL ATTACHMENT FEE

RM1,000.00

ENTRY REQUIREMENTS

- Possess **Diploma/Bachelor in Nursing** from a recognised institution by Malaysian Nursing Board (MNB).
- **Registered with the MNB.**
- Possess **current Annual Practicing Certificate (APC)** for nurses from MNB.
- Minimum **two (2) years clinical working experience** (not necessarily in dialysis).
- The candidate must be certified **medically fit** by a registered medical practitioner within one (1) month from commencement of the programme.
- A person with any of the following shall be disqualified from entry into a nursing programme:
 - i) Serious physical or mental illness, and/or
 - ii) Serious communicable disease
- The candidate must not have any physical disabilities or impaired senses that hinder nursing dexterity.
- Pregnancy is not allowed throughout the course.

Lectures are given by nephrologists and dialysis tutor. Tutorials will be conducted regularly.

CLINICAL PRACTICE

Clinical experience will be gained at the government hospital and NKF's haemodialysis centres in Klang Valley.

LIBRARY

A comprehensive selection of books and journals covering aspects of haemodialysis is available in the training centre.

COURSE EVALUATION

Evaluation is based on formative (continuous) and summative (final exam) assessments of theory and practice.

TRAINING PROGRAMME

The course will be conducted on a full-time basis at the NKF Training Centre in Petaling Jaya. A visit to a Water Treatment Plant will be organised to get an in-depth view of water treatment.

For more information please contact:

NKF Training Centre
C23-03, Block C, 3-Two Square,
Jalan 19/1, 46300 Petaling Jaya,
Selangor.

Tel : 03-79602301
Fax : 03-79602359
Email : training@nkf.org.my
Website : www.nkf.org.my



APA ITU?



- ▶▶ Kumpulan sokongan buah pinggang untuk seluruh negara.
- ▶▶ Platform rasmi untuk pesakit, penjaga, penderma, penyedia perkhidmatan, dan pakar penjagaan kesihatan untuk menyuarakan soalan dan pendapat mereka berkaitan isu-isu buah pinggang.

..... PENDEKATAN



Sokongan pesakit buah pinggang



Dasar kesihatan buah pinggang



Mendidik orang ramai tentang penyakit buah pinggang, pencegahan dan rawatan terkini



Biarkan **SUARA ANDA** didengari agar dapat mengubah dasar yang membawa manfaat kepada semua pesakit buah pinggang

..... AGENDA



Meningkatkan kesedaran dan pencegahan penyakit buah pinggang



Melindungi hak penderma hidup dan menghapuskan halangan terhadap pendermaan organ



Meningkatkan akses Dialisis Peritoneal sebagai rawatan dialisis pilihan pertama



Menambah baik strategi pembiayaan untuk hemodialisis



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LAWATI LAMAN SESAWANG



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NKF's TOP 5 FUNDRAISERS

NKF is pleased to announce our Top 5 fundraisers for the 4rd Quarter of 2023.



XIE YU JIE (JERLENE)



YI WEN POH



KHOR KIT WIN



**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

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

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