

EARLY DETECTION & PREVENTION SAVES LIVES

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## Kidney Health For All:

**Advancing equitable  
access to care and  
optimal medication  
practice**

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memantapkan akses perawatan yang  
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# WORLD KIDNEY DAY 2024

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# Message From Chief Editor

As we enter the first quarter of the year, I wanted to reflect on the significance of World Kidney Day – an essential global celebration dedicated to raising awareness about kidney health and the critical need for early detection and prevention of kidney diseases. This month holds great significance for us as we strive to raise awareness about kidney health and address the growing challenges faced by those affected by kidney diseases. Together with the Malaysian Society Nephrology, NKF organized an event on the 9th of March at Taman Tasik Titawangsa to raise much-needed awareness. More details about this event will be shared in the 2nd edition of our newsletter.

It is with a mix of happiness concern that I share the news of the opening of three new haemodialysis centres in response to the rising demand for haemodialysis services. This expansion reflects the harsh reality of the increasing prevalence of kidney diseases within our community and underscores the urgent need for enhanced access to essential kidney care. Access to dialysis is crucial, and our efforts to expand services directly contribute to improving accessibility and ensuring that more patients receive the life-saving treatment they require (see page 3 and 4).

In this edition, we present an inspiring patient story on pages 5-6. These stories serve as reminders of the resilience and courage within our community, offering hope to those facing similar challenges.

We also extend an appeal for fundraising donations. Your contributions play a vital role

in enabling us to provide essential equipment and support to those in need. Details of the equipment required can be found on pages 7 and 8.

During Ramadan, it's crucial to ensure the safe management of diabetes. Turn to pages 9-10 for valuable tips on managing diabetes effectively during this period.

In our commitment to improving the lives of CKD patients, we are pleased to announce the NKF December Gift of Protection initiative. This month, we provided pneumococcal vaccines to patients. Learn more about this on page 10.

Additionally, don't miss out on the NKF Sunway Lifecheck Health Screening Program, detailed on pages 12-13. This program plays a vital role in raising awareness about kidney health and promoting early detection.

Lastly, our NKF Training Centers are conducting dialysis assistant training, as detailed on page 14. Alongside this, find information on symptoms in Hemodialysis, Workshops on Basic Life Support and CPR First Aid, and the Palliative Care Nephrology Workshop on page 15. These initiatives are integral to our mission of empowering individuals and communities through education and support.

Thank you for your continued support and dedication to our cause. Together, we can make a difference in the lives of those affected by kidney disease.

Happy New Year.

Dr. Sunita Bavanandan  
Chief Editor

## NKF DIALYSIS CENTRES

	TEL. NO.
1. Pusat Rawatan Dialisis Tuanku Syed Putra - NKF (Kangar)	04-977 7411
2. Pusat Dialisis NKF - Superkids Trinity (Alor Setar)	04-734 0215
3. Pusat Dialisis NKF - Kelab Lions Alor Star (Alor Setar)	04-735 2190
4. Pusat Dialisis Amal FO YI - NKF (Unit I) (Penang)	013-917 0722
5. Pusat Dialisis NKF - FO YI (Unit II) (Penang)	04-282 8701
6. Pusat Dialisis NKF - Yayasan Dialisis Pertubuhan Pendidikan Akhlak, Taiping	05-804 1633
7. Pusat Dialisis NKF - Yayasan Dialisis Pendidikan Akhlak Perak (Ipoh)	05-321 5921
8. Pusat Dialisis NKF - Dato' Dr. G.A.Sreenevasan (Petaling Jaya)	03-7954 2359
9. Pusat Dialisis NKF - Rotary Damansara (Batu Caves, Selangor)	03-6137 1884
10. Pusat Dialisis NKF - Fungates Superflow (Kepong, 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
30. Pusat Dialisis NKF - Rotary Club Nilai Sentral (New)	06-632 0218
31. Pusat Dialisis MUIS - NKF (Menggalat) (New)	088-473 726
32. Pusat Dialisis NKF - OSK Foundation, Sungai Petani (New)	04-424 8005

# NKF MALAYSIA RINGS IN THE NEW YEAR WITH THREE NEW HAEMODIALYSIS CENTERS: A BEACON OF HOPE FOR UNDERPRIVILEGED PATIENTS

The National Kidney Foundation (NKF) Malaysia has announced a remarkable initiative aimed at bringing hope and relief to patients battling end-stage kidney failure. In response to the escalating demand for haemodialysis treatment, NKF proudly unveils plans to inaugurate three new dialysis centers in 2024.

This announcement follows the release of the 30th Report of the Malaysian Dialysis and Transplant Registry 2022, which revealed a staggering 9,500 new haemodialysis patients and a total of 45,045 individuals receiving haemodialysis treatment as of December 31, 2022. In response to this growing crisis, NKF, one of the largest non-governmental organizations dedicated to kidney disease, is stepping up to the challenge.

The first of the three new centers, Pusat Dialisis NKF – Rotary Club Nilai Sentral, located in Seremban, Negeri Sembilan, marks the organization's entry into this region. Partnering with Rotary Club for the third time, this center, undergoing the final stages of inspection and licensing, boasts 12 machines and can serve up to 72 patients.



**Pusat Dialisis NKF – Rotary Club Nilai Sentral**  
SN In Charge: Maizura bt. Mohamad Zain

No. 36&37, Tingkat Bawah, Jalan Rasah Prima 3, Pusat Komersial Rasah Prima, 70300 Jalan Rasah, Seremban, Negeri Sembilan

T: +606-632 0218 | E: [dc.seremban@nkf.org.my](mailto:dc.seremban@nkf.org.my)



## NEW DIALYSIS CENTRES

In Sabah, the second center, Pusat Dialisis MUIS – NKF, strategically located in Menggatal, is a response to the region's dire need for expanded haemodialysis services. With a high occupancy rate at the existing Kota Kinabalu center, NKF aims to address the rising demand and, according to the Malaysian Dialysis and Transplant Registry 2022, the lowest dialysis acceptance rate in Sabah over the past decade. Pending MOH inspection, this center, like its Seremban counterpart, features 12 machines, offering hope to 72 more patients.



### Pusat Dialisis MUIS – NKF, Menggatal

SN In Charge:

Lily anak Jerman

Lot 3A&5, Taman Fuliwa KM18,  
Kampong Tebobon, Jalan Tuaran,  
Menggatal, 88450 Kota Kinabalu,  
Sabah

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The third center, Pusat Dialisis NKF – OSK Foundation, situated in Sungei Petani, Kedah, marks the fourth NKF haemodialysis center in Kedah and the first collaboration with the OSK Foundation. Currently waiting for the final regulatory approvals, this center stands ready with 12 machines to cater to 72 patients.

NKF remains steadfast in its commitment to preventive measures and expanding access to care. By opening new dialysis centers, NKF not only represents a beacon of hope for underprivileged patients but also signifies a significant step forward in the fight against kidney disease in Malaysia, echoing the global World Kidney Day (WKD) mission of kidney health for all. With increased capacity and accessibility to haemodialysis services, NKF is dedicated to improving the quality of life for patients and families affected by kidney failure across the nation.



*With these new additions, NKF is poised to extend its support to a total of 1,916 underprivileged patients across the nation*



### Pusat Dialisis NKF – OSK Foundation, Sungai Petani

SN In Charge: Nur Liyana Syamimi bt. Zulkfli Hanafi

No. 13&13A, Tingkat Bawah, Jalan Puteri Heights 1/2, Bandar Puteri Jaya, 08000 Sungei Petani, Kedah

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All three centers are presently accepting patients, and detailed terms and conditions can be found on the official NKF website ([www.nkf.org.my](http://www.nkf.org.my))

## EMBRACING LIFE'S JOURNEY: MELINI'S INSPIRING DIALYSIS STORY

Melini bt Ismail, a vibrant 67-year-old woman with a loving husband and three children, has navigated a challenging chapter in her life with grace and resilience. Having spent most of her career in the finance sector, Melini understood the importance of annual health check-ups, a routine she diligently followed twice a year.

However, one routine blood test result sent shockwaves through her world when it revealed elevated creatinine levels, indicating she was already in stage 4 kidney disease. The news was unexpected, but Melini wasted no time seeking guidance from a nephrologist. Despite the initial shock, she found comfort in her nephrologist's positive outlook and encouragement to embark on the journey of dialysis.

Initially resistant to the idea of dialysis, Melini feared it would disrupt her active lifestyle, especially her love for traveling. However, with the unwavering support of her family and the motivation provided by her nephrologist, Melini decided to embrace the necessary treatment.

Melini's journey with kidney failure has not only been a testament to her resilience but also highlights the financial strain that haemodialysis, an essential treatment, can place on individuals over time.

When Melini discovered the dialysis treatment available at the Pusat Dialisis NKF – Dato Dr. G.A. Sreenevasan PJ Centre, she recognized the potential for support. Determined to continue her treatment without facing excessive financial

burdens, she promptly applied to become a patient at NKF.

For the last 14 years, Melini has been receiving dialysis at the PJ Centre, finding solace in the assistance provided by the dedicated team of nurses. Melini expressed her satisfaction with the high level of competency displayed by the nurses at NKF, emphasizing the crucial role they play in her ongoing treatment. Having been an avid traveller in the past, Melini admitted considering dialysis in other locations during her journeys. However, her apprehension stemmed from the fear that the level of care provided in other countries might not match the standards she has come to rely on at NKF.

Daily life after starting dialysis introduced a range of challenges for Melini by Ismail. The 40-minute journey to and from Rawang for her dialysis sessions became a poignant symbol of sacrifice, a ritual made possible only through the unwavering and loving assistance of her devoted daughter. The sacrifices required to maintain this routine weigh heavily on Melini's shoulders. Each journey becomes a poignant reminder of the relentless impact of kidney failure on her life and the lives of those closest to her. The toll on her physical well-being and the strain on her family's resources serve as a sombre backdrop to the resilience in her mind.

Despite these setbacks, Melini's remarkably positive outlook on life shines through, even in the face of sacrifice. In an inspiring interview, she generously shared how she navigates life's challenges with





## PATIENT'S STORY



NKF, recognizing the importance of such stories, reaffirms its commitment to supporting individuals like Melini in every possible way. The organization remains dedicated to providing quality care and assistance to those in need, ensuring that the journey with kidney failure is met with compassion, understanding, and unwavering support.

grace and gratitude. In the midst of Melini's story is a testament to the sacrifices individuals enduring kidney failure and their families must make to access life-sustaining treatments. It serves as a reminder of the silent struggles and emotional burdens that often accompany chronic illness, casting a poignant light on the daily sacrifices that go unnoticed but are essential for survival.

Through this journey, Melini discovered the importance of moderation in her diet, a key aspect of managing her kidney health. Melini learned to navigate the delicate balance of nutrient intake, recognizing that a well-regulated diet plays a pivotal role in alleviating the strain on her kidneys. Moreover, her experience underscored the necessity of being extra cautious about injuries. Understanding that patients with kidney failure often have compromised blood clotting mechanisms, Melini has adopted a heightened awareness to minimize the risk of injuries.

These lessons serve as guiding principles, shaping her daily choices and fostering a proactive mindset. Her story offers a poignant reminder that managing kidney failure is not just a medical endeavor but a comprehensive lifestyle adjustment, requiring mindfulness and a commitment to overall well-being.

Melini bt Ismail's story stands as a beacon of hope, underscoring the strength discovered in confronting adversity with resilience and maintaining a positive perspective. Her journey serves as an inspiration to others facing similar challenges, showcasing her ability to confront adversity with resilience, accept change with grace, and approach life with unwavering positivity. As Melini continues her dialysis journey, she extends encouragement to others, urging them to embrace life's uncertainties, value the support of loved ones, and find joy in every moment.

## NKF'S WISH LIST 2024

The NKF relies on the generosity of individuals through public donations and corporate sponsorships. Your contributions play a crucial role in supporting patients undergoing medical treatment, offering them relief and assurance, particularly in these challenging times.

Every Ringgit (RM) you donate directly contributes to enhancing patient care. Your donations are utilized to acquire or replace essential medical equipment, ensuring our dialysis centers are well-equipped to provide optimal services. Additionally, funds can be channeled towards welfare assistance programs that support patients and their families, reinforcing our commitment to holistic care.

For more information, contact the fundraising department at +603-7954 9048 or email [fundraising@nkf.org.my](mailto:fundraising@nkf.org.my)

No.	Item	Units Req	Location Needed
Medical Equipment			
a.	<b>Mobile Health Screening Vehicle</b> Continuous efforts are being made to reach out to suburban and rural communities, ensuring that the message of early detection and prevention is widely disseminated.  <b>Estimated Cost:</b> RM150,000.00 per unit	1 unit  2 units	4x4 Pickup truck for Rural areas of Menggatal, Sabah  10 Seater Van: 1. Menggatal, Sabah 2. Petaling Jaya (HQ)
b.	<b>Reverse Osmosis (R.O.) Water Treatment System</b> This system ensures the provision of safe and clean water for patients undergoing haemodialysis.  <b>Estimated Cost:</b> RM98,000.00 per unit	6 units	NKF dialysis centers in Kulim, Penang, Selayang*, Kampung Pandan, Kemaman, Kuantan
c.	<b>Body Composition Analyzer</b> This device measures fluid status in patients undergoing dialysis, providing an accurate assessment of the patients' dry weight and nutritional status.  Additionally, it aids in the identification of malnutrition in kidney failure patients  <b>Estimated Cost:</b> RM50,000.00 per unit	2 units	1. Pusat Dialisis NKF – Charis (Cheras)  2. Pusat Dialisis NKF – Che Luan Khor (Kluang)
d.	<b>Dialysis Machines</b> Dialysis machines are artificial kidneys that replicate most, though not all, kidney functions for patients who have kidney failure. These machines employ hemodialysis to purify the blood and maintain its balance.  <b>Estimated Cost:</b> RM41,000.00 per unit*	36 Units	Across all NKF dialysis centers
e.	<b>Wireless Handheld Ultrasound Imaging System</b> Ultrasound plays a crucial role in dialysis treatments, aiding our medical team in evaluating patients for potential issues. The Ultrasound machine provides imaging benefits without subjecting patients to the risks of radiation exposure.  <b>Estimated Cost:</b> RM30,000.00 per unit	8 units	Across several NKF dialysis centers

No.	Item	Units Req	Location Needed
f.	<b>Far infrared Therapy Machine</b> This device is to prevent vascular dysfunction, promote arteriovenous fistula maturation and increase AV-access blood flow.  <b>Estimated Cost:</b> RM22,000.00 per unit	12 Units	Across several NKF dialysis centers
g.	<b>Vital Signs Monitor with ECG &amp; SPO2 monitoring</b> Vital signs monitoring during dialysis allows healthcare professionals to promptly identify and address any adverse reactions or complications that may arise during the procedure.  It helps in maintaining the patient's overall stability and ensures a safe and effective dialysis session.  <b>Estimated Cost:</b> RM6,000.00 per unit	29 Units	Across all NKF dialysis centers

## Welfare

a.	<b>Welfare – Single Mothers Relief Assistance Program</b> Provide financial assistance to support single mothers undergoing treatment, enabling our Welfare Department to alleviate the expenses of single mothers, many of whom have school-going children.  A list of names is available upon request, and all information is redacted and kept confidential to ensure privacy.  <b>Sponsor for each Patient:</b> RM1,000.00* per patient <i>(Amount is customizable and subject to negotiation at the discretion of the sponsor)</i>	17 Patients	Across all NKF dialysis centers
b.	<b>Welfare – Patient's school-going children subsidy</b> Support us through donations or sponsorship to help our Welfare Department alleviate educational expenses for school-going children with parents undergoing treatment.  <b>Primary:</b> RM120.00 per student <b>Secondary:</b> RM150.00 per student	100 Families	Across all NKF dialysis centers
c.	<b>Welfare – Food Subsidy</b> Cash vouchers can be used to buy food rations from hypermarkets (such as Giant and Mydin) for poor dialysis patients who have been assessed by the NKF Social Welfare Department  <b>Donation of daily food essentials per patient:</b> Cost for 6 months: RM1,800.00 Cost for 9 months: RM2,700.00 Cost for 12 months: RM3,600.00	200 Patients	Across all NKF dialysis centers
d.	<b>Welfare – Kidney Transplant Subsidy</b> This subsidy aims to expedite the pre-kidney transplant workup, ensuring that the kidney transplant surgery date, scheduled earlier, is not missed:  <b>Medical screening:</b> RM3,000.00 <b>Cadaveric kidney transplant subsistence:</b> RM1,000.00	Upon application	Across all NKF dialysis centers

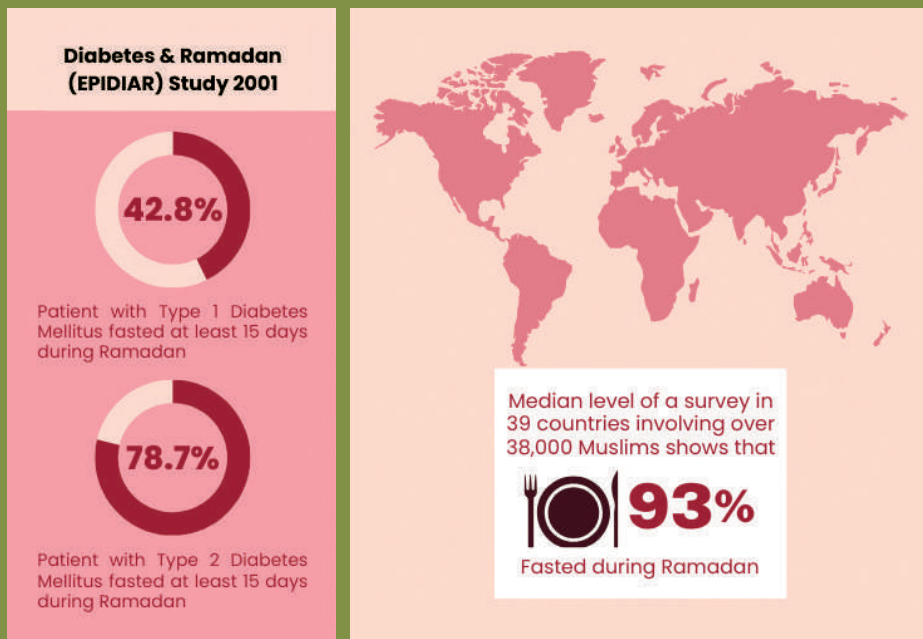


# MANAGING DIABETES SAFELY DURING RAMADAN

As the holy month of Ramadan approached, the National Kidney Foundation (NKF) emphasized the significance of safe diabetes management during fasting. Ramadan was a sacred time for millions around the world, marked by fasting from dawn to sunset. However, for individuals with diabetes, fasting brought potential risks that demanded careful consideration and proactive planning.

## What is Fasting during Ramadan?

Fasting during Ramadan involved abstaining from food and drink during daylight hours, a practice observed by millions of Muslims worldwide as an expression of spiritual devotion. While fasting held cultural and religious importance, it posed specific challenges for those with diabetes.



## Potential Risks to People with Diabetes during Ramadan:

Prolonged fasting may introduce potential risks for individuals with diabetes, including the risk of hypo- and hyperglycaemia episodes, dehydration, electrolyte imbalance and possibly acute kidney failure for those who are vulnerable to extreme dehydration.

Recognizing these risks, it becomes crucial for individuals with diabetes to prepare adequately, ideally 6 to 8 weeks before Ramadan begins.

## Tips to Minimize the Potential Risks during Ramadan for People with Diabetes:

### 1. Assessment by Healthcare Professionals (HCP):

Individuals intending to fast underwent a thorough assessment by Healthcare Professionals. This evaluation considered factors such as diabetes type, current medications, social and work circumstances, as well as the risks of hypoglycemia, hyperglycemia, and the presence of complications or comorbidities.

### 2. Self-monitoring of Blood Glucose (SMBG):

Regular self-monitoring of blood glucose through finger-pricking was a crucial self-management practice especially during Ramadan. SMBG helped identify and prevent hypo- and hyperglycemia episodes, ensuring a safer fasting experience.

### 3. Hydration and Dietary Modification:

- Good Hydration:** Opt for plain water to stay adequately hydrated.
- Iftar&Suhoor:** Avoid large, carbohydrate-heavy meals and sugary drinks. Instead, they opted for balanced meals with plenty of fiber.
- Moreh/Snacks:** If necessary, individuals consumed snacks, ensuring they aligned with dietary recommendations.

## 4. Avoiding Rigorous Exercise:

Steered clear of rigorous exercise during fasting periods to minimize the risk of hypoglycemia and dehydration.

## 5. Medication Adjustments:

Individuals with diabetes were advised to consult with Healthcare Practitioner to discuss necessary adjustments to drug dosage or timing, ensuring proper preparation for the fasting period.

## 6. Knowing When to Break the Fast:

If symptoms of hypoglycemia, hyperglycemia, dehydration, or acute illness arose, individuals were prepared to break the fast based on individualized care recommendations from their Healthcare Practitioner.

Engaging in a pre-Ramadan assessment and discussion with healthcare professionals was paramount for individuals with diabetes. With a comprehensive understanding of risks and proper management strategies, individuals could potentially observe fasting during Ramadan safely, minimizing the likelihood of complications. As NKF have emphasized, proactive preparation was the key to a healthy and spiritually fulfilling fasting experience.



## Footnote:

\*A hadith from Ibnu 'Abbas RA who narrated:

"The Prophet SAW cupped when he was fasting" (Sahih al-Bukhari; 1938).

This is the evidence stating that people who are fasting can have their blood removed either by donating it or having their blood tested.

The Department of Islamic Development Malaysia (JAKIM) also stated that the matters that do not invalidate fasting are donation, blood transfusion or blood sampling for laboratory tests.

## Glossary:

1. **Iftar:** The daily meal consumed during Ramadan before sunset

2. **Sahoor:** The daily meal consumed during Ramadan before dawn

3. **Moreh:** A feast at a mosque/surau during the month of fasting, usually after Taraweeh prayers

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1. F., G., Most Muslims say they fast during Ramadan. 2013.

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## NKF'S DECEMBER GIFT OF PROTECTION: A BEACON OF HOPE FOR CKD PATIENTS

In the spirit of December, the month of giving, we are thrilled to share a heartwarming story that embodies the essence of compassion and care. At the NKF, our commitment to improving the lives of chronic kidney disease (CKD) patients goes beyond treatment – it extends to safeguarding their health and well-being.

CKD patients face unique challenges, including heightened vulnerability to infections due to immune dysregulation. Research has shown a significant increase in pneumonia-related mortality rates, particularly among those undergoing haemodialysis. Recognizing the gravity of this situation, NKF has embarked on a mission to provide a potentially life-saving shield to our patients.

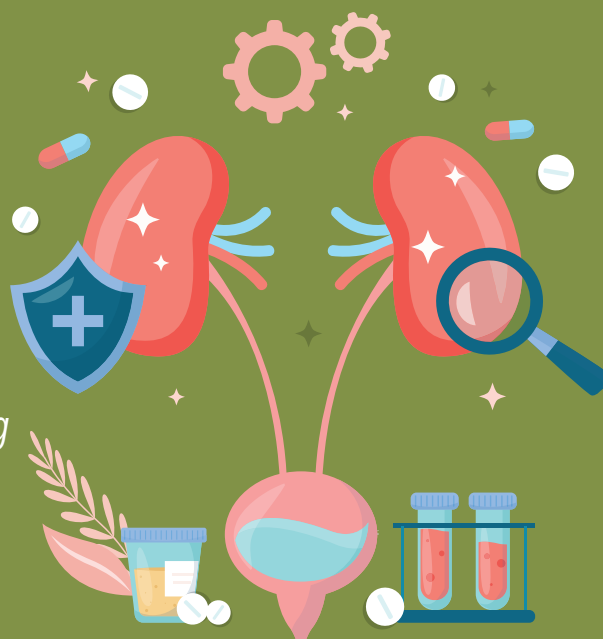
In a groundbreaking initiative, NKF decided to offer the 13-valent pneumococcal conjugate vaccine (PCV13) free of charge to all our CKD patients. Pneumonia, a potentially life-threatening condition, is not only a direct threat to our patients but is also intricately linked to cardiovascular disease and mortality. Vaccination, especially with pneumococcal vaccines, has been proven to substantially reduce mortality risks.

We are overjoyed to announce that 1,387 of our patients wholeheartedly embraced this initiative, recognizing the importance of preventive care in their lives. Understanding the specific needs of CKD patients, NKF adheres to the 2012 KDIGO clinical guidelines and other studies, recommending the administration of PCV13 followed by pneumococcal polysaccharide vaccine (PPSV23) eight weeks later. This second phase, scheduled for March 2024, will provide an additional layer of protection for our patients.

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*This initiative underscores the commitment of NKF to not only manage kidney-related concerns but also to fortify the overall health and well-being of its patients*

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Considering that a single jab of either PCV13 or PPSV23 can cost between RM300-RM450, this initiative has brought immense relief to our patients. Beyond the financial aspect, the benefits are multifaceted – reduced hospitalizations, lower healthcare costs, and, most importantly, an improved quality of life for our cherished CKD community.

The enthusiasm and gratitude from our patients are palpable. Their smiles speak volumes, reflecting not just relief from the fear of infections but a profound sense of security and care. As we witness their joy, we are reminded of the profound impact that collective efforts can have on individual lives.

In closing, we want to extend our deepest appreciation to all our donors and supporters who make initiatives like these possible. Your generosity enables us to go beyond conventional care, touching the lives of CKD patients in ways that truly matter.

At NKF, our commitment to our patients goes beyond medical treatments – it is a commitment to care, compassion, and community. Together, we create a future where every CKD patient can live life to the fullest, free from the fear of preventable illnesses.

Wishing you all a heartwarming holiday season filled with love, joy, and the spirit of giving.



# NKF – SUNWAY LIFE CHECK HEALTH SCREENING COMMUNITY PROGRAM: EMPOWERING COMMUNITIES FOR KIDNEY HEALTH (#ROADTO50 #SUNWAYFORGOOD)

As a celebration of Sunway's 50th anniversary and as a testament to its commitment to national development and community well-being, Sunway has forged a transformative partnership with the National Kidney Foundation (NKF).

Commencing in 2022 and set to conclude in 2024, this collaboration underscores a profound dedication to fostering health awareness among marginalized communities, including the B40 group, Orang Asli communities, and rural populations.

At the core of this collaboration is the ambitious goal of executing 50 Health community programs, each meticulously designed to elevate awareness about Kidney Health. Recognizing the urgency for proactive healthcare initiatives, Sunway addresses this imperative through its sponsorship of complementary health screenings. By specifically targeting economically challenged populations in underprivileged areas, the program seeks to empower individuals with knowledge and resources to effectively manage their kidney health.

The 50 health community programs, a joint effort by Sunway and NKF, embody a holistic approach to community well-being. From June 2023 to December 2023, a total of 1,575 participants from Orang Asli and B40 communities have undergone health screenings, signifying a significant impact in the ongoing endeavor to promote kidney health awareness.

Beyond the act of screenings, Sunway's commitment to these health community programs reflects a dedication to building a healthier, more informed society. This collaborative initiative not only exemplifies Sunway's corporate social responsibility but also underscores its vision of making a positive impact on the lives of those often overlooked in the realm of healthcare.

As the #Roadto50 unfolds, Sunway's unwavering support for Kidney Health Awareness emerges as a beacon of hope for communities in need, exemplifying the transformative power of partnerships striving for the greater good. #SunwayforGood continues to illuminate the path toward healthier, more resilient communities.

No.	Date	Venue	No. of People Screened
1.	20/6/2023	Perkampungan Orang Asli Ulu Legong	72
2.	16/8/2023	Perkampungan Orang Asli Kampung Air Banun	67
3.	17/8/2023	Perkampungan Orang Asli Jalan Kampung Ulu Gerik	50
4.	14/10/2023	PPR Hiliran Ampang	81
5.	28/10/2023	Kampung Orang Asli Manok, Sungai Rual, Jeli	85
6.	10/11/2023	Kampung Orang Asli Taman Sri Galas, RPS Kuala Betis, Gua Musang	125
7.	15/11/2023	Kampung Orang Asli Desa Sri Banang, Batu Pahat	71
8.	16/11/2023	Kampung Orang Asli Sri Pantai, Batu Pahat	67
9.	18/11/2023	PPR Kota Bharu	62
10.	25/11/2023	Kampung Orang Asli Sungai Gabai, Hulu Langat	34
11.	27/11/2023	Sunway Group – MPKK Taman Tun Sardon	50
12.	28/11/2023	Sunway Group – MPKK Jalan Tengah	58
13.	29/11/2023	Sunway Group – KRT Blok 'L' Jalan Tenggiri	52

No.	Date	Venue	No. of People Screened
14.	2/12/2023	Kampung Orang Asli Serigala, Hulu Bernam	45
15.	4/12/2023	Rh. Dara Ramias@Mias, Ulu Luau Awik, 95300, Saratok, Sarawak	51
16.	5/12/2023	Masjid Cahaya Islam, Kampung Kaba, 95300, Saratok, Sarawak	74
17.	6/12/2023	Rh. Dius Kedoh, Ulu Roban, 95300, Saratok, Sarawak	56
18.	6/12/2023	Kampung Orang Asli Sejagong, Batu Pahat, Johor	63
19.	8/12/2023	Masjid Al Ehsan, Kampung Baru Nelayan	83
20.	9/12/2023	Masjid Al Ehsan, Kampung Baru Nelayan	63
21.	9/12/2023	KRT Kampung Nelayan Telok Gong	61
22.	12/12/2023	Felda Maokil 1, Segamat, Johor	93
23.	13/12/2023	Felda Kahang Timur, Kluang, Johor	62
24.	23/12/2023	Kampung Orang Asli Gurney, Ulu Yam	50
Total Participants			1575



**Health Exhibition:** Providing informative displays and exhibits to educate communities about the significance of kidney health, preventive measures, and the impact of healthy lifestyle choices.

Fulfilling immediate needs through the distribution of food baskets to Orang Asli communities, enhanced with a thrilling lucky draw element to spark excitement and encourage active participation in our events.



**Early Detection, Empowering Lives:** Providing complimentary health screenings to identify and address potential kidney-related issues within our target populations.

**Kids Activities:** Engaging children with interactive and educational activities to instil the importance of health from a young age.



## COMPLETION OF DIALYSIS ASSISTANT TRAINING

Training for dialysis assistants is crucial to ensure that patients receive high-quality care. These professionals play an integral role in maintaining the health and well-being of individuals undergoing dialysis. Comprehensive training covers patient safety, infection control practices, patient monitoring, technical aspects of operating dialysis equipment, the principles of dialysis therapy, patient communication and support, as well as professional and ethical standards in healthcare. With thorough training, dialysis assistants can mitigate risks, safeguard patients, and contribute to creating a positive and supportive care environment. They also play a key role in ensuring coordinated and comprehensive care for patients by collaborating effectively with other healthcare professionals. NKF training centers successfully trained 12 Dialysis Assistants from NKF and other private centers on December 1st, 2023.

### Graduation Ceremony 2023

A humble function was organized to celebrate the graduation of 12 Dialysis Assistants and the Post Basic Haemodialysis Nursing Group 36/2023. Due to the primary commitment of serving dialysis patients, only six post-basic graduates were able to attend this ceremony along with their family members. We arranged a small ceremony to celebrate their success.



### Commencement of Post Basic Hemodialysis Nursing Group 37

We have initiated the Post Basic program once again this year with a new tutor, Ms. Revathy Gobi, leading the program alongside Clinical Instructor Noramira Fairuza Abdul Latif. This intensive six-month program has been designed with the assistance of other specialists to equip hemodialysis nurses with the expertise needed to serve dialysis patients.



### Patient Safety Culture Webinar

On December 7, 2023, a webinar was held that attracted over 83 attendees from all NKF Hemodialysis staff across Malaysia. The speaker emphasized the importance of fostering a robust patient safety culture within hemodialysis centers to prevent errors and promote better healthcare outcomes.

### Creating a Culture of Patient Safety Introductory Webinar

**NKF NATIONAL KIDNEY FOUNDATION MALAYSIA**

The nurse safety culture webinar sets the foundation for promoting safety in healthcare environments. Through insightful discussions and practical insights, nurses will be empowered to prioritize patient safety, mitigate risks, and advocate for optimal care standards. The introduction webinar sets the stage for a series of webinars on patient safety culture, igniting a commitment to patient safety and excellence in nursing practice.

**Staff Culture of Safety = Patient Safety**

**Speaker:**

**Dr. Perjit K.C. Singh**  
Head of Training, NKF

- PhD - Business Administration, USM
- Masters in Nursing, OUM
- Certificate in Medical Education, University of Dundee, UK
- Bachelor in Nursing, Edith Cowan University, Australia

**7 December 2023 (Thursday)**  
9.00am - 10.00am  
Online via ZOOM/TEAMS



### Training Needs Analysis Webinar

Training Needs Analysis (TNA) is a crucial process for hemodialysis centers as it helps tailor training programs to staff members' specific needs, ensures compliance and quality of care, optimizes resource allocation, enhances patient safety and satisfaction, supports staff development and engagement, and adapts to evolving practices and technologies. Conducting a TNA in all hemodialysis centers is essential for delivering high-quality care and ensuring the ongoing professional development of the workforce. A webinar was conducted with leaders from all NKF hemodialysis centers to identify gaps in practices, behaviors, and other learning needs. The outcome was a comprehensive training list for 2024.

### Symptoms in Hemodialysis: Pruritus, Restless Leg Syndrome, and Insomnia Webinar

This webinar attracted over 90 participants from both NKF and non-NKF organizations. Nurses need to be well-versed in symptoms specific to haemodialysis patients for early detection and intervention, monitoring patient well-being, managing dialysis-related symptoms, assessing treatment efficacy, educating and empowering patients, and collaborating with the healthcare team. Dr. Ng was invited to share his expertise in this field. This knowledge enables nurses to recognize warning signs of complications, provide supportive care, assess the effectiveness of haemodialysis treatment, educate patients about self-management, and facilitate collaborative, multidisciplinary care to ensure the best possible outcomes for individuals undergoing haemodialysis.

### Workshops on Basic Life Support and CPR First Aid

The NKF organized several workshops to enhance the management and care of deteriorating patients undergoing hemodialysis treatment. These workshops aimed to equip staff with the skills and knowledge to address common problems such as severe bleeding, hypovolemic shock, sudden heart attacks, asthma, epilepsy, severe allergies, choking, and trauma.



The Basic Life Support (BLS) workshop provided participants with mock scenarios to practice working together as a team to handle emergency situations until medical help arrives. Nurses in Klang Valley and Kuching had the opportunity to participate in these interactive workshops. Additionally, non-nursing staff members also took part in CPR classes to learn how to respond to emergencies. In total, 70 people were trained this year.

### Palliative Care Nephrology Workshop – 21st January 2024

The “Palliative Care in Nephrology” workshop served as a vital resource for healthcare professionals involved in the care of patients with end-stage kidney disease, offering practical insights and strategies to optimize patient outcomes and ensure compassionate care. By addressing decision-making complexities and fostering a supportive approach to symptom management, the workshop empowered participants to enhance the quality of life for patients with advanced kidney disease and their families.

This well-designed workshop aimed to empower participants with the essential knowledge and skills required to provide empathetic, patient-centric palliative care to those suffering from end-stage kidney disease. Dr. Rafidah Abdullah, Dr. Nor Fadhlin Zakaria, and Dr. Azrini Aziz engaged 32 participants from nursing and medical fields in this interactive workshop.

# NKF's TOP 5 FUNDRAISERS

NKF is pleased to announce our Top 5 fundraisers for the 1st Quarter of 2024.



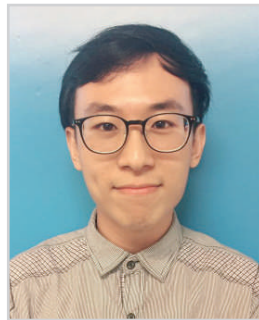
**MEGAN  
BERNADETTE WONG**



**FARASUHANA BINTI  
ABDULLAH**



**MINNEISWAR JAYA  
JOTHI**



**GUOXI CHAN**



**XIE YU JIE**

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.