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WORLD KIDNEY DAY 2024

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Greetings,

In this edition, we delve into significant events and stories surrounding kidney health, particularly in observance of World Kidney Day in March. Our coverage spans from page 5 to 9, offering insights into various events held across several states in the nation, shedding light on initiatives, challenges, and triumphs in kidney health awareness and advocacy.

On pages 3 and 4, we feature a compelling patient story, highlighting Mr. Tham's journey as he navigates dialysis treatment, particularly focusing on his experience with a disability. This narrative provides valuable insight into the resilience of patients within our community.

Turning to the medical department's contributions, pages 10 and 11 are dedicated to exploring the intricate journey of kidney transplantation.

Through intimate narratives, we share a story that illustrates the remarkable resilience, hope, and humanity underlying every step of this transformative journey towards renewed health and vitality.

Additionally, on pages 13, 14, and 15, we present insights into ongoing training efforts aimed at enhancing knowledge, skills, and practices within the realm of kidney health. These initiatives play a crucial role in empowering healthcare professionals and improving patient outcomes.

We hope this issue serves as a platform for education, inspiration, and advocacy, fostering greater awareness and understanding of kidney health and its impact on individuals and communities worldwide.

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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THE INSPIRING JOURNEY OF MR. THAM

In the heart of Ipoh, Perak, resides Mr. Tham Chee Beng, a 60-year-old man whose journey through life has been marked by both triumphs and challenges. Despite being single, his life has been rich with experiences and encounters that have shaped him into the resilient individual he is today.

Mr. Tham led a life filled with purpose as he dedicated himself to serving others for a decade at the Lovely Disabled Home, a non-profit organization committed to caring for physically and mentally challenged individuals. His compassion knew no bounds as he immersed himself in various initiatives aimed at making a tangible difference in the lives of those in need. Mr. Tham's industrious nature and his love for physical activity were evident as he actively participated particularly in the recycling campaign run by the home, often seen running and walking with an enthusiasm for life that inspired those around him. His tireless efforts contributed to the betterment of the environment and fostered a sense of community and inclusion among the home's beneficiaries. Through his unwavering dedication to service and his passion for making a positive impact, Mr. Tham left an indelible mark on the hearts of all who had the privilege of knowing him.

The trajectory of Mr. Tham's life took a dramatic turn in 1983 when fate intervened in the form of a motorcycle accident, leaving him paralyzed and confined to a wheelchair. The sudden event shattered the tranquility of his existence, plunging him into a state of physical hardship. In the



aftermath of the accident, what was once a familiar routine for Mr. Tham transformed into a series of daunting challenges, each task presenting a new hurdle to overcome.

The simple pleasure of taking a shower transformed into a Herculean feat. The bathroom, once a sanctuary of relaxation, now seemed like an obstacle course. Mr. Tham grappled with the precariousness of maneuvering himself into the shower stall, his movements restricted by the constraints of his wheelchair. Cooking, once a simple task, became a laborious endeavor fraught with challenges. The kitchen posed many hazards. Simple actions such as chopping vegetables or reaching for ingredients became perilous endeavors, as he navigated the limitations of his physical condition.

Adding another layer to his challenges, Mr. Tham's journey through adversity began long before the motorcycle accident. It was marred by the development of chronic kidney disease (CKD) and complications with his bowel. Since 1996, he diligently monitored his condition, faithfully attending regular check-ups, and adhering to treatment plans to maintain his health.

However, despite his unwavering efforts, complications persisted, necessitating a surgical intervention at Pusat Perubatan University Malaya (PPUM). This surgery, known as small bowel resection, involved the removal of a portion of his small intestine. It was a necessary step when part of the small bowel becomes blocked or diseased, adding another layer of complexity to Mr. Tham's already challenging health journey.

PATIENT STORY

Unfortunately, even with the surgical intervention, Mr. Tham's health continued to decline. He received the devastating diagnosis of end-stage kidney disease (ESKD), marking the advanced stage of his kidney disease and the urgent need for more haemodialysis treatment.

With dialysis becoming the only viable option for managing his condition and prolonging his life, Mr. Tham faced the daunting reality of regular dialysis sessions at Pusat Dialisis NKF-Dato Dr. G.A.Sreenevasan center.

Mr. Tham's journey to seek dialysis treatment is not just a physical commute; being wheelchair-bound adds layers of complexity to his already challenging routine.

As he reflects on his journey, Mr. Tham acknowledges the challenges he has faced but chooses to focus on the strength he has discovered within himself. Every obstacle has been met with resilience, every setback with determination. In Mr. Tham's story, there lies a powerful lesson in resilience and the unwavering human spirit. It is a testament to the strength that resides within each of us, waiting to be discovered in the face of adversity. And though his journey may be fraught with challenges, Mr. Tham continues to persevere, proving that even in the darkest of times, there is always hope.

As Mr. Tham's journey moves us, let us reflect on his resilience and support him and others facing similar challenges. Consider extending a helping hand by contributing



Every 3 days a week, rain or shine, Mr. Tham embarks on his journey from his home to the dialysis center, a journey that involves navigating the intricacies of public transportation, particularly the from the LRT at Taman Bahagia to NKF's dialysis center at PJ



financially to Mr. Tham's ongoing medical expenses and supporting the National Kidney Foundation (NKF) Malaysia in their mission to provide vital care and assistance to individuals battling kidney disease. Your support can make a significant difference in their lives, offering hope and relief in times of adversity.

Donate to NKF:



Support Mr. Tham:



Dah Derma



Simply Giving

ADVANCING KIDNEY HEALTH: RECAP OF WORLD KIDNEY DAY 2024



Date: 09 March 2024

Time: 07.00am

Venue: Taman Tasik

Titiwangsa, Kuala Lumpur

JOINT effort between the National Kidney Foundation of Malaysia (NKF), Malaysian Society of Nephrology (MSN), Ministry of Health Malaysia (MOH) supported by Malaysian Pharmacists Society (MPS)

This year's World Kidney Day National (WKD) event was a resounding success, with a focus on "Advancing Equitable Access to Care and Optimal Medication Practice." Spearheaded by esteemed figures including Dato' Lukanisman Awang Sauni, Deputy Minister of Health, Malaysia, the event brought together key stakeholders dedicated to improving kidney health accessibility and medication practices in Malaysia.

Accompanied by Dato' Lily Mushahar, President of MSN, and Prof. Dr. Abdul Halim Abdul Gafor, Member of the Board of Directors of NKF, the event marked a significant collaboration among leaders in the field.

One of the main objectives was to raise awareness about the importance of early kidney screening. The initiative, "Buah Pinggang Anda Sihat? Jom Check!" offered free health screenings to the public, emphasizing early detection and continuous monitoring. By providing

urine tests for protein, BMI measurements, blood pressure checks, glucose tests, and comprehensive health counseling by NKF's Public Education Department team, the initiative aimed to detect kidney diseases early, thus reducing healthcare costs and improving patient outcomes.

A pivotal moment of the event was the Health Forum titled "Memantapkan Akses Perawatan yang Optima dan Saksama: Sejauh manakah Malaysia bersedia?" which featured esteemed panelists such as Khairy Jamaluddin, Dr. Rafidah Abdullah, Dr. Norkasih Ibrahim, and was moderated by Dr. Fadhlina Zakaria. The forum delved into crucial topics including the integration of kidney care into primary healthcare systems, addressing cultural and socioeconomic barriers to kidney health, policy formulation for comprehensive kidney care, and leveraging community-based programs and social media for awareness and early detection initiatives. The discussions aimed to foster greater awareness, promote early detection, and enhance the quality of kidney care nationwide.

The event also featured a range of engaging activities including the WKD 2024 Explorace competitions, health exhibitions, kids' coloring contests, game booths, and lucky draws. With 195 participants in the Explorace, 19 exhibitors showcasing their contributions, and 160 individuals benefiting from the health screenings, the impact of the event was tangible. Notably, 31 individuals were referred to Klinik Kesihatan for further evaluation, highlighting the importance of proactive screening initiatives.

Overall, WKD 2024 served as a platform for collaboration, education, and action towards advancing kidney health in Malaysia. Through collective efforts and ongoing initiatives, NKF strives to create a future where equitable access to quality kidney care is a reality for all Malaysians.



From Left to Right: Prof. Dr. Abdul Halim Abdul Gafor (Member of the Board of Directors of NKF), Datuk Dr. Norhayati Rusli (Deputy Director General of Health (Public Health)), Dato' Lukanisman Awang Sauni (Deputy Minister of Health, Malaysia) Dr. Lily Mushahar (President of MSN) and Dr. Sunita Bavanandan (National Head of Nephrology Services, MOH Malaysia)

WORLD KIDNEY DAY



Date: 08 March 2024

Time: 07.00am–03.30pm

Venue : Al-Bukhary and Dialysis Centre, Alor Setar, Kedah

On March 8, 2024, the Northern Region NKF team hosted a vibrant celebration of WKD 2024 at the Al-Bukhary Masjid and Dialysis Centre in Alor Setar, Kedah. The event was a remarkable success, attracting significant attention and active participation from the community.

The primary aim of this meticulously planned event was to bolster public awareness regarding kidney health, with a keen focus on the early detection of kidney-related issues and the promotion of preventive measures. To engage attendees effectively, a diverse array of activities was offered, including health screenings, captivating cooking demonstrations, an informative exhibition, and health talks. Adding an element of excitement, a lucky draw event was held concurrently with the educational sessions, enhancing participants' overall experience.



A noteworthy aspect of the event was the active involvement of the attendees. Fifty-one participants availed themselves of health screenings, facilitating the early identification of potential kidney concerns. Additionally, seven exhibitors contributed to the exhibition, providing valuable information and resources pertaining to kidney health.

The event was vividly evident in the positive response from the participants. They enthusiastically engaged in most of the activities, interacted with exhibitors, and expressed gratitude for the enlightening sessions. This enthusiastic participation underscores the significance of community-based initiatives in fostering public awareness of health issues.



Date: 02 March 2024
Time: 06.00am
Venue: Sunway Big Box,
 Johor Bahru

In a collaborative effort between the Southern Region NKF team and Hospital Sultanah Aminah (HSA), a remarkable celebration of WKD 2024 unfolded at Sunway Big Box in Johor Bahru. This event marked a pivotal initiative aimed at prioritizing kidney health and fostering a community-wide commitment to well-being.

The proceedings commenced with the official inauguration by YBrs. Dr. Hj Mohtar bin Pungut@Hj Ahmad, Director of Health for the State of Johor. Esteemed guests, including medical professionals and officials, graced the event with their presence, further highlighting the importance attached to kidney health.

Throughout the event, attendees were treated to a plethora of engaging activities designed to promote kidney health awareness.



Puzzles, challenges, and quizzes were organized to educate and inspire participants to take proactive steps towards kidney health. To encourage active participation and engagement across NKF's social media platforms, a vibrant photobooth was also set up, adding a touch of fun and creativity to the proceedings.

A pivotal highlight of the event was the provision of free health screenings by the NKF. This initiative garnered significant interest from the community, with 117 participants availing themselves of the screenings. The overwhelming response underscores the growing awareness and concern for kidney health within the Johor Bahru community.

Feedback surveys conducted following the event revealed overwhelmingly positive responses, with all respondents expressing satisfaction with the event's organization and impact. This underscores the effectiveness of the event in raising awareness and inspiring action towards better kidney health in Johor Bahru.



Date: 09 March 2024
Time: 10.00am–03.30pm
Venue: AEON MALL,
Kota Bharu, Kelantan



On March 9, 2024, the Public Education Department's Eastern Region NKF team organized a memorable celebration of WKD 2024 at AEON MALL Kota Bharu, Kelantan. This event was a resounding success, capturing the attention and active participation of the local community.

A variety of engaging events awaited participants, including health screenings, exhibitions, a kids coloring contest, and exciting challenges. These activities were meticulously curated to educate and entertain attendees while emphasizing the importance of kidney health.

A highlight of the event was the provision of health screenings, with 82 individuals availing themselves

of this crucial service. This initiative enabled the timely identification of potential kidney issues, reaffirming the event's commitment to proactive healthcare. Moreover, the inclusion of exciting lucky draws alongside educational activities enhanced participants' overall experience, infusing each moment with anticipation and joy as prizes were awarded to lucky winners.

The event also featured health exhibitions offered by 7 exhibitors, attracting 54 eager participants keen on gaining valuable insights into kidney health. Additionally, 20 children showcased their artistic talents in a coloring contest, further fostering a sense of community and inclusivity across all age groups.



Date: 9 March 2024
Time: 10.00am–2.00pm
Venue: The Spring Mall,
Kuching, Sarawak

In commemoration of WKD 2024, the collaborative efforts of the NKF's Public Education Department Regional Unit Kota Samarahan (PEDKS), Malaysian Red Crescent Stampin, and Blood Bank Sarawak General Hospital (HUS) culminated in a vibrant celebration in the heart of Kuching, Sarawak. This event, held on March 9, 2024, at The Spring Mall, aimed to foster community engagement in discussions and activities centered around kidney health, with a specific emphasis on early detection and disease management.

The inauguration of the event was led by Dr. Nur Izaidah bt Ishak, medical officer from Klinik Astana and COR Holder PED Kota Samarahan, alongside Dr. Adilah bt Ahmad Zafri, medical officer of Blood Bank Sarawak General Hospital. The heightened interest and active participation of visitors, estimated to be at least double the usual turnout, underscored the community's keen engagement with the event programs.



A key highlight of the event was the provision of health screenings, with 66 participants availing themselves of this invaluable service. Additionally, a successful blood donation campaign, facilitated by the Blood Bank Sarawak General Hospital, further exemplified the community's commitment to proactive healthcare participation.

The event boasted a diverse array of activities, including health exhibitions, informative health talks, a healthy snack competition, invigorating aerobics sessions, and exciting lucky draws. Notably, nine students from Yahos School of Skill showcased their creativity and culinary skills in the healthy snack competition, while 85 individuals actively engaged with the exhibition and fun games.



Date: 09 March 2024

Time: 10.00am–03.30pm

Venue: Taman Ujang Rimba Tropika, Sabah

On March 9, 2024, Kota Kinabalu witnessed a significant milestone in kidney health awareness as the WKD 2024 celebration unfolded, a testament to the collaborative efforts of NKF's Public Education Department Regional Unit Menggatal (PEDMG) and the Nephrology Department of Queen Elizabeth Hospital I (QEH I).

The planned festivities attracted individuals of all ages, fostering a sense of unity and camaraderie in pursuit of healthier living. From invigorating aerobics exercises to enlightening health exhibitions and delightful coloring contests, attendees were immersed in various of engaging activities aimed at promoting kidney health awareness. The inclusion of captivating quizzes and enticing lucky draws further heightened the excitement, encouraging active participation and involvement from all quarters.



A standout feature of the event was the provision of health screenings, with approximately 100 individuals participated. Additionally 20 children participated in a healthy diet-themed coloring contest.

NEW BEGINNINGS: TOMMY'S JOURNEY THROUGH KIDNEY TRANSPLANTATION

In the early months of 2002, Mr. Tong Peng Hoong's life took an unexpected turn. At the youthful age of 26, affectionately known as Tommy by those closest to him, he was confronted with a daunting diagnosis: kidney failure, a consequence of persistent hypertension. This revelation sent shockwaves through Tommy's world, disrupting the rhythm of his life.

At the time, Tommy was pursuing his career in Singapore, immersed in the bustling energy of urban life. However, the sudden onset of kidney failure demanded a

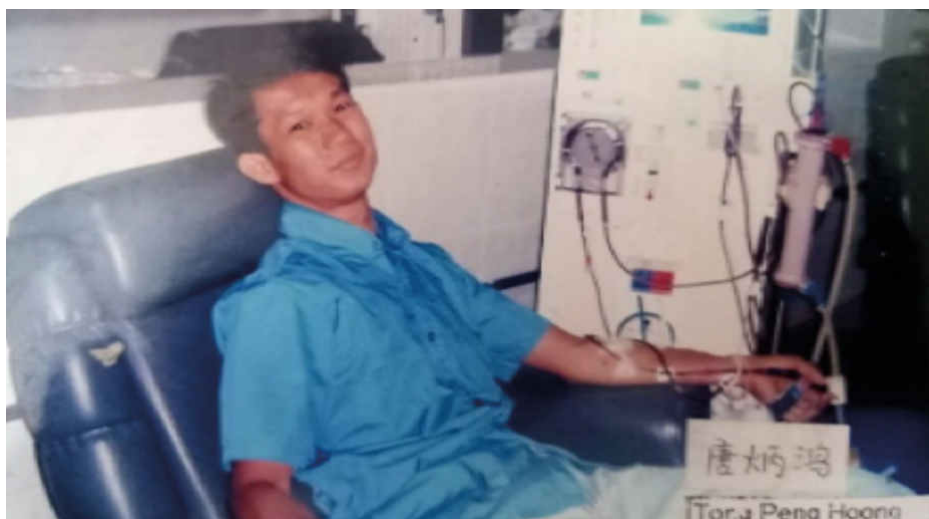
profound shift in his priorities. With unwavering determination, he made the difficult decision to return to his hometown, setting aside his professional aspirations to confront the formidable challenge that lay ahead.

Upon his return, Tommy's journey led him to Pusat Dialisis NKF – Yayasan Dialisis Pendidikan Akhlak Perak, Ipoh, where he embarked on a regimen of dialysis to sustain his life. This marked the beginning of a new chapter characterized by resilience and fortitude in the face of adversity.

For nearly 16 years, Tommy steadfastly persevered, undergoing regular dialysis sessions to maintain his health. Remarkably, amidst the challenges posed by his condition, he found employment as a dialysis assistant at the NKF centre. By day, he served as an integral member of the nursing team, providing compassionate care to fellow patients. And at day's end, he transitioned seamlessly into his own dialysis treatment, a routine that highlights his unwavering courage and determination.

In the year 2018, a pivotal moment arrived in Tommy's journey when Dr. Lee Yee Yan, a nephrologist at NKF, broached the topic of kidney transplantation. With compassion and expertise, Dr. Lee explained the potential benefits of transplantation, emphasizing the prospect of a better quality of life and an extended life expectancy compared to continued reliance on dialysis. Tommy listened intently as Dr. Lee explained how a newly transplanted kidney could effectively assume the vital functions of his failing organ, offering renewed hope and vitality.

Empowered by this newfound understanding, Tommy made the courageous decision to pursue transplantation, embarking on a rigorous process of medical evaluations and consultations at Hospital Raja Permaisuri Bainun, Ipoh. Enduring a battery of tests, investigations, and doctor's appointments, he navigated each step with unwavering determination, propelled by the promise of a brighter future.



Long Service Award as NKF staff.

Following the transplant surgery, Tommy faced a period of recuperation, during which he remained under close medical supervision. Enduring months of examinations and blood tests, he awaited the assurance of a clean bill of health before being discharged from Hospital Kuala Lumpur and referred back to Hospital Raja Permaisuri Bainun, Ipoh, for ongoing care and follow-up.

Even amidst the whirlwind of his transformative journey, Tommy remained steadfast in his gratitude towards Pusat Dialisis NKF – Ipoh, the place that had been a sanctuary during his years of dialysis. With a heart full of appreciation, he returned to the center, eager to share his progress and well-being with the staff who had become like family to him. Expressing his heartfelt gratitude, Tommy conveyed his appreciation to the NKF staff who had walked alongside him every step of the way, offering unwavering support and guidance through the trials and triumphs of his medical odyssey. For the staff, witnessing Tommy's return, brimming with newfound vitality and joy, was nothing short of heartwarming—a testament to the transformative power of resilience and the gift of a second chance in life.



Fast forward to the present day, five years since the momentous transplant surgery, and Tommy's life has undergone a remarkable transformation. With diligent adherence to proper care, diet, and regular screenings at Hospital Raja Permaisuri Bainun every three months, Tommy has embraced a newfound sense of well-being and vitality. Far from allowing his past challenges to define him, Tommy has immersed himself in life's simple pleasures, relishing in activities such as playing badminton with friends, tending to his garden, and embarking on brisk walks and exercise routines. Indeed, with each passing day, Tommy savors the gift of his renewed lease on life, cherishing every moment with gratitude and optimism for the boundless possibilities that lie ahead.

One day, in a heartwarming turn of events, Tommy shared joyous news with the NKF staff—he was getting married! He wished to extend invitations to those who had been an integral part of his journey. The NKF staff were delighted and filled, with overwhelming happiness for Tommy as he embarked on this new chapter of his life. Learning that his bride-to-be was a teacher only added to the joyous occasion, as the staff wished the newlyweds good health and a lifetime of happiness together.

Tommy's wedding celebration was a testament to the bonds he had forged with his fellow patients at the dialysis center. In January 2024, he spread joy throughout the center by generously gifting KFC vouchers to all, a gesture of gratitude



and camaraderie that touched the hearts of all who received them. His thoughtfulness served as a poignant reminder that, despite the challenges they had faced, Tommy had not forgotten his friends at the dialysis center.

Witnessing Tommy's journey from illness to newfound joy was truly a memorable and satisfying experience for all involved—a testament to the profound impact of second chances in life.

NKF ACKNOWLEDGES WONG SIONG CHEE TRUST'S GENEROUS DONATION FOR DIALYSIS MACHINES

NKF expresses heartfelt gratitude to the Wong Siong Chee Trust for their previous generous donation of RM164,000, designated for the purchase of four dialysis machines. We sincerely thank you for attending the modest handover ceremony, where two dialysis machines were presented to the Pusat Dialisis NKF – Good Health Centre, and the remaining pair to the Pusat Dialisis NKF – Charis Centre. This significant contribution, made on 27 November 2023, will greatly enhance the capabilities of our centers, ensuring better care and treatment for our



patients. Your support is invaluable to our mission and will make a lasting impact on the lives of those we serve.

FULL MOON, FULL HAPPINESS

"Mid-Autumn Festival Treats for a Charitable Cause"

Once again, NKF is teaming up with Oversea for our annual mooncake charity project. All proceeds will directly support for patient treatment

Payment Details for Internet Banking

Name: National Kidney Foundation of Malaysia

Account Number: 014011450041

*Set A:
(RM88.00 per box)*

- Lotus Paste with Single Yolk
- Assorted Fruits & Nuts
- Red Bean
- Shanghai with single Yolk

*Set B:
(RM88.00 per box)*

- Green Tea with Red Bean
- White Lotus
- Royal Fairy (Lotus Paste & Mung Bean)
- Golden Starlight with single Yolk (Pandan Lotus Paste & Mung Bean)



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or call: +603 7954 9048

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LEADERSHIP WORKSHOP SERIES

The Leadership Workshop Series, conducted throughout February and March 2024, emerged as a comprehensive initiative aimed at equipping our team with the tools and insights necessary to thrive in leadership roles. Each workshop within the series was thoughtfully curated to address specific facets of leadership excellence, fostering growth and development at every turn.

Topics Covered:

- **Leadership Styles and Application:**
Understanding the diverse approaches to leadership and their practical implications in various contexts.
- **EQ in Management:**
Explored the critical role of emotional intelligence in effective leadership and team dynamics.
- **Effective Communication in Management:**
Mastered the art of clear, concise, and impactful communication to inspire and motivate teams.
- **Planning and Goal Setting:**
Developed strategic planning skills and set SMART goals to drive organizational success.
- **Conflict Resolution:**
Equipped leaders with strategies to navigate and resolve conflicts constructively, fostering collaboration and harmony.



- **Financial Coaching:**
Enhanced financial literacy and managerial acumen to make informed decisions and drive sustainable growth.

Each workshop session provided attendees with valuable insights and practical techniques that could be immediately applied to their professional roles and personal lives. Conducted every Friday from 9.00 am to 12.30 pm, these interactive sessions served as dynamic platforms for learning, growth, and collaboration.

TRAINING

WEBINAR MASTERING CARBOHYDRATES: EMPOWERING DIABETICS WITH SMART CHOICES

On 28 February 2024, an online webinar titled “Mastering Carbohydrates: Empowering Diabetics with Smart Choices” was conducted via Microsoft Teams.

This webinar was delivered by NKF’s very own dietitian, Ms. Nur Adilah Shuhada Abdul Aziz. Over 42 attendees from NKF Dialysis Centres all over Malaysia participated in this webinar. Ms. Adilah started the webinar by sharing the latest statistics on diabetes and dialysis



LIVE WEBINAR

MASTERING CARBOHYDRATES: Empowering Diabetics with Smart Choices

Exclusive for NKF staff

Content:

- Types of carbohydrates
- Carbohydrate exchanges
- Carbohydrate distribution
- Fiber intake

Speaker:
Ms. Nur Adilah Shuhada Abd Aziz
Dietitian, NKF

- Master in Health Sciences (Dietetics), Universiti Teknologi MARA (UiTM)
- Bachelor of Science (Dietetics), Universiti Putra Malaysia (UPM)

**28 February 2024 (Wednesday)
9.30am - 10.30am
Online via TEAMS**

Organised by,
NKF NATIONAL KIDNEY FOUNDATION MALAYSIA

in Malaysia, before explaining the pathophysiology of the Type II Diabetes Mellitus and what are the factors affecting the blood glucose level. She then discussed the types of carbohydrates, carbohydrate exchanges and distribution, as well as the fiber intake.

WEBINAR FASTING WITH DIABETES & DIALYSIS: PRACTICAL MANAGEMENT STRATEGIES DURING RAMADAN

In preparation for the holy month of Ramadan, the NKF’s Training Department organized an online webinar entitled “Fasting with Diabetes & Dialysis: Practical Management Strategies during Ramadan” for the clinical staff of NKF. Understanding the importance of delivering accurate information to dialysis patients with diabetes, the session aimed to provide guidance on meal planning, hydration, and monitoring blood sugar levels to ensure the safety and well-being of patients while respecting religious fasting practices.

Led by NKF’s dietitian, Ms. Siti Hajar Mukhtar, the educational session delved into practical management

strategies for individuals with diabetes and undergoing dialysis during Ramadan fasting, with a specific focus on nutrition. Discussions centered around optimizing dietary choices to ensure patients' safety and well-being while honoring their religious fasting practices.

By equipping our clinical staff with the necessary tools and knowledge, NKF aimed to foster a supportive healthcare environment during this sacred time. Through collaborative efforts and specialized education, the organization's goal was to empower patients to navigate Ramadan with confidence and maintain their health and vitality throughout the fasting period.



LIVE WEBINAR

FASTING WITH DIABETES & DIALYSIS: Practical Management Strategies during Ramadan

Exclusive for NKF staff

This webinar will discuss practical management strategies for individuals with diabetes who are undergoing dialysis during Ramadan fasting. This educational session, which will be led by a dietitian, will focus specifically on nutrition. The session aims to provide guidance on meal planning, hydration, and monitoring blood sugar levels to ensure the safety and well-being of patients while respecting religious fasting practices.

Speaker:
Ms. Siti Hajar Mukhtar
Dietitian, NKF

Bachelor of Nutrition & Dietetics,
Universiti Teknologi MARA (UiTM)

**25 March 2024 (Monday)
9.30am - 10.30am
Online via TEAMS**

Organised by,
NKF NATIONAL KIDNEY FOUNDATION MALAYSIA



BASIC LIFE SUPPORT (BLS) WITH HAEMODIALYSIS CARE OF DETERIORATING PATIENT WORKSHOP

On 3rd March 2024, NKF's Training Department conducted the Basic Life Support (BLS) with Haemodialysis Care of Deteriorating Patient Workshop. Aimed at fortifying the skills and knowledge of NKF's clinical staff, this workshop served as a crucial platform for equipping participants to effectively manage life-threatening emergencies within haemodialysis settings.

The comprehensive workshop delved into fundamental cardiopulmonary resuscitation (CPR) techniques, including chest compressions, rescue breathing, and the utilization of automated external defibrillators (AEDs). Attendees also received in-depth training on handling a spectrum of medical emergencies such as heart attacks, strokes, allergic reactions, asthma exacerbations,

hypotension, massive bleeding, and trauma scenarios. Essential airway management strategies, encompassing the use of oral airways and various oxygen therapy methods, were thoroughly covered.

Through immersive mock scenarios, participants were afforded invaluable opportunities to hone their teamwork and decision-making skills in responding to emergency situations. Upon completion of the workshop, attendees emerged equipped with the confidence and proficiency needed to navigate critical incidents within haemodialysis environments, thereby delivering potentially life-saving interventions to patients in need.

22 of NKF's clinical staff from the Klang Valley region actively participated in this engaging and interactive workshop. Feedback from attendees was overwhelmingly positive, with the workshop receiving top marks for its comprehensive content and practical applicability.



The success of the Basic Life Support (BLS) with Haemodialysis Care of Deteriorating Patient Workshop underscores NKF's unwavering commitment to ensuring the highest standards of patient care and safety across its facilities. As NKF continues to prioritize staff training and development, such initiatives play a pivotal role in empowering healthcare professionals to deliver exceptional care and support to kidney patients nationwide.

NKF's TOP 5 FUNDRAISERS

NKF is pleased to announce our Top 5 fundraisers for the 2nd Quarter of 2024.



XIE YU JIE (JERLENE)



**VARATHA RAJ A/L
KRISHNASAMY**



**JING RU JAYNE
WONG**



**NURUL KAMILAH
KAMARUL HATTA**



**FARASUHANA BINTI
ABDULLAH**

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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