

EARLY DETECTION & PREVENTION SAVES LIVES

SHARE

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WORLD PATIENT SAFETY DAY 2024

Message From Chief Editor

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Dear Readers,

We're excited to present the final edition for 2024, filled with inspiring updates from NKF.

In this issue, we highlight Puan Norfiza's remarkable journey at our Selayang dialysis center, featured on pages 3 and 4, in Bahasa Malaysia.

NKF has launched the LifeCheck: Healthy Teen Program to address obesity among teenagers—read more on pages 5 and 6. On page 7, learn about the Ayuh Turun Berat! (ATB) program, which focuses on weight management for individuals.

We also spotlight World Patient Safety Day, reaffirming our commitment to patient well-being—see pages 8 and 9. On page 10, read a heartfelt testimonial from a patient at Penang Foyi 2.

NKF extends sincere gratitude to Axis Real Estate Investment Trust for

their generous support, detailed on page 11. We were honored to attend the Yayasan Sultanah Bahiyah Charity Dinner, where the Mobile Health Screening Bus was launched—more on page 12.

The Road to Give initiative continues to support NKF's mission—details on page 13. We're also committed to ongoing team training, with highlights from the MSQH Training, Catheter-Related Blood Stream Infection, and Caregiver Series CKD-Train the Educator Workshop on pages 14-15.

As we close this year, we thank all our supporters, staff, and volunteers. Your dedication and generosity are the heart of our success.

Wishing you all a wonderful 2025!

Happy Reading,

Dr. Sunita Bavanandan
Chief Editor

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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
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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
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32. Pusat Dialisis NKF - OSK Foundation, Sungai Petani (New)	04-424 8005

SEMANGAT JUANG SEORANG IBU: INSPIRASI DARI PUAN NORFIZA

Puan Norfiza Harun, seorang wanita berumur 50 tahun yang berasal dari Klang, Selangor, telah melalui pelbagai liku-liku kehidupan yang penuh cabaran. Sejak menetap di Selayang Baru pada tahun 2019, beliau mengharungi hidup dengan penuh ketabahan. Sebelum menjalani kehidupan yang sukar ini, Puan Norfiza bekerja selama lebih 20 tahun di sebuah syarikat perkapalan membina kerjaya yang stabil dan memberikan kehidupan yang baik untuk keluarganya.

Puan Norfiza menghidap penyakit kencing manis sejak berumur 30 tahun, yang memerlukan suntikan insulin setiap hari. Penyakit ini telah memberi kesan kepada penglihatan beliau, dan beliau juga menjalani rawatan laser untuk mata akibat komplikasi kencing manis.

Kehidupan Puan Norfiza yang sudah sedia mencabar berubah semakin drastik apabila beliau mula mengalami simptom seperti sesak nafas dan kaki bengkak. Pada mulanya disangka akibat jangkitan Covid-19. Keadaan menjadi lebih teruk apabila, di pertengahan Perintah Kawalan Pergerakan (PKP) tahun 2020, beliau disahkan menghidap Penyakit Buah Pinggang Tahap Akhir (ESKD). Akibatnya, beliau terpaksa memulakan rawatan dialisis secara berkala untuk menggantikan fungsi buah pinggangnya yang telah gagal. Ini merupakan satu perubahan besar yang memerlukan penyesuaian dari segi fizikal, emosi, dan kewangan.

Beliau merasakan bahawa setiap cabaran yang dihadapi adalah ujian yang perlu dilalui dengan tabah. Namun, ujian tidak berhenti di situ. Pada akhir tahun 2021, ketika beliau sedang berjuang dengan rawatan dialisis, berita mengejutkan datang lagi apabila beliau didiagnos dengan kanser payudara tahap 3. Ketumbuhan yang dikesan di dada kiri memerlukan tindakan segera. Beliau diberi pilihan untuk menjalani pembedahan, tetapi Puan Norfiza memilih untuk memulakan kemoterapi terlebih dahulu untuk mengecutkan ketulan tersebut.



Ketika menjalani proses rawatan, beliau dikesan menghidap dua lagi ketumbuhan di bahagian peranakan dan hati. Ketiga-tiga diagnosis ini membawa tekanan emosi yang besar bagi beliau dan keluarganya.

Suaminya yang menghidap sakit jantung tidak dapat selalu membantunya, dan anak-anak mereka memerlukan perhatian khusus. Anak sulung berumur 18 tahun terpaksa menanggung pendidikan tinggi untuk menjaga adik yang menghidap Palsi Serebrum. Sementara itu, anak kedua dan ketiga juga memerlukan penjagaan rapi, menjadikan situasi mereka semakin mencabar.



Walaupun hidup dalam kesempitan, Puan Norfiza dan keluarganya tidak pernah putus harapan. Mereka menerima sokongan daripada Yayasan, Jabatan Kebajikan Masyarakat (JKM), serta sumbangan daripada komuniti. Dalam kehidupan yang penuh cabaran ini, Puan Norfiza selalu percaya bahawa rezeki hadir dalam pelbagai bentuk. “Kita perlu bersyukur atas apa yang ada,” katanya, menegaskan pentingnya sikap positif di saat-saat sukar.

Pada bulan Julai 2024, Puan Norfiza berpindah ke Pusat Dialisis NKF – Rotary Damansara, di mana beliau mengalami komplikasi selepas pemasangan fistula. Keadaan kesihatannya memaksa beliau menjalani prosedur angioplasti, dan kos perubatan yang tinggi menjadi beban tambahan.

Di sebalik segala kesulitan yang dihadapi, Puan Norfiza terus berjuang dengan semangat yang tidak pernah luntur. Beliau sering berpesan kepada keluarganya, “Jika kita terus merenung tentang penyakit atau kesukaran, ia hanya akan melemahkan semangat. Namun, apabila kita memikirkan anak-anak, merekalah yang memberi kita kekuatan untuk terus bertahan”. Dengan penuh keyakinan, Puan Norfiza berharap agar keluarganya dapat hidup tenang dan tidak terus memikirkan ujian yang mendatang.

Kisah Puan Norfiza adalah contoh ketahanan dan semangat juang yang tidak mengenal erti putus asa. Dalam setiap cabaran yang datang, beliau berusaha melihat sisi positif dan mengajak keluarganya untuk berpegang pada keyakinan bahawa setiap kesukaran pasti akan membawa kepada kemudahan.

Di NKF, ramai pesakit yang menghadapi pelbagai kesukaran hidup, termasuk cabaran kewangan dan kesihatan. Dengan menyumbang kepada NKF, anda membantu menyokong ramai pesakit di sini dan membolehkan kami mengembangkan usaha kami.

LIFE:CHECK: HEALTHY TEEN PROGRAM EMPOWERING YOUTH FOR A HEALTHIER FUTURE

The NKF introduced the LifeCheck: Healthy Teen Program to address the growing concern of overweight and obesity among teenagers. The initiative reached secondary school students in Kuala Lumpur, Kelantan, Johor, Kedah, and Sarawak. Its goal was to instill healthier habits in adolescents through a fun and engaging approach focused on nutrition education and physical activity.



The program was conducted over three days and included health screenings for 394 students, with 204 continuing to participate in intervention activities. The program targeted students aged 13 to 17 years old, offering a range of interactive activities and hands-on learning to provide them with valuable knowledge for healthier living.

The journey began with a health screening to assess the students' BMI and overall health. Findings from the screening showed that 235 students (59.6%) had a normal or underweight BMI, while 159 students (40.4%) were classified as overweight or obese. A health talk followed, providing insights into healthy living and ways to improve well-being. Pre-questionnaires were distributed to gauge the students' knowledge on topics such as nutrition and exercise, allowing for a baseline assessment.

On the second day, the focus shifted to nutrition education. In

an interactive setting, students learned about balanced meals, the disadvantages of excessive sugar consumption, and recommended sugar intake for their age group. The Malaysian Healthy Plate concept was introduced to help students understand portion control and structure a nutritious diet. They worked in small groups, sharing their newly acquired knowledge, which encouraged both learning and teamwork.

The final day brought excitement as students participated in engaging activities from the "JomSihat Kit," including "Masterchef" and "Makan Apa?". These activities allowed them to apply their knowledge by planning healthy meals and making informed food choices. The games reinforced the nutritional lessons while providing practical experience in meal planning, making the learning process both enjoyable and memorable. Post-questionnaires were distributed to measure any changes in their knowledge after completing the program.



All participants enjoyed the program, with significant improvements in their knowledge. Pre and Post questionnaires were taken, and over 50% of participants showed enhanced understanding of healthy eating, physical activity, and portion control. Concepts such as the Malaysian Healthy Plate helped students understand how to maintain a balanced diet. Through the interactive games, they gained valuable skills in meal planning and making healthier food choices.

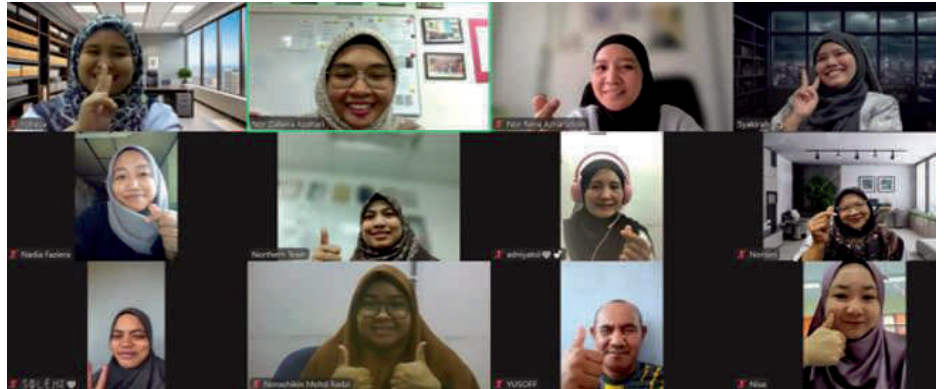
Feedback from students was overwhelmingly positive, with more than 95% reporting increased confidence and motivation to adopt healthier lifestyles. The combination of nutrition counseling, health talks, and fun group activities made the learning experience enjoyable. The students were not only informed but also inspired, with many feeling empowered by the hands-on approach. The teamwork and practical lessons helped create an uplifting experience that participants will carry forward.

In conclusion, the Healthy Teen Program was not just about education; it was about sparking change. Through this initiative, NKF is paving the way for a healthier future for Malaysia's youth, empowering them to take charge of their health and well-being for years to come. The success of the program highlights the importance of engaging adolescents in learning experiences that are interactive, informative, and enjoyable, ensuring they develop lifelong habits for better health.

HELPING THE COMMUNITY TO ACHIEVE HEALTHY WEIGHT THROUGH AYUH, TURUN BERAT! (ATB) PROGRAM 2024

Obesity is a growing issue in Malaysia, with 1 in 5 adults expected to be obese by 2025. The Ayuh Turun Berat! (ATB) program was designed to address this problem, focusing on weight management for individuals with a BMI over 23.0 kg/m².

The program promotes health literacy, nutrition education, and physical activity, running over two months to help participants reduce their weight and improve overall health. A total of 68 participants from four regions (Southern, Northern, Eastern Malaysia, and Kota Samarahan, Sabah) were recruited for this one-month virtual program.



“Supermarket Selection,” and “Diet and Exercise.” These modules were designed to equip participants with the knowledge and tools for effective weight management and healthier living.

For the next three weeks, participants were supervised by a team of certified dietitians via WhatsApp or Telegram. This ongoing support helped ensure they applied what they had learned, stayed on track with their goals, and received personalized guidance on diet, exercise, and lifestyle adjustments for effective weight management.

The program achieved remarkable results. Within the first month-out of 68 participants:

- 39% (26 participants) successfully reduced their body weight by 5-10%, with an average waist circumference reduction of 6.1 cm.
- Some participants lost as much as 11 cm.
- 60% (41 participants) reported a significant increase in their

knowledge of healthy eating and lifestyle habits.

- 81% (55 participants) felt more motivated to maintain a healthy lifestyle.
- 96% (65 participants) expressed confidence in their ability to sustain these positive changes.

The ATB program successfully raised awareness about obesity and promoted healthy weight management. With 60% (41 participants) of participants achieving their weight goals, it demonstrated effective intervention strategies. Future programs aim to increase participation and ensure long-term success through enhanced engagement and support mechanisms.



Participants in the Ayuh Turun Berat! (ATB) program were taught modules covering essential topics, including “Obesity and its Related Diseases: An Overview,” “Food Pyramid, Portion & Calories Calculation,” “Types of Diet to Reduce Body Fat: Macronutrients-Based Diet,” “Substitution of Fats: Suggestions & Cooking Demo,” “Food Labeling, Food Claims, and

WORLD PATIENT SAFETY DAY



World Patient Safety Day is observed annually on September 17th. This is a global initiative that focuses on raising awareness and promoting patient safety in healthcare systems worldwide. This year, we are reminded of the importance of ensuring the safety of every patient, particularly those suffering from chronic conditions like kidney disease. With more than 50,000 people in Malaysia battling Chronic Kidney Disease (CKD), patient safety in dialysis centres, hospitals, and healthcare facilities is critically important.

At the NKF we are dedicated to providing our patients with high-quality care in a safe environment. Our commitment to patient safety is reflected in every aspect of our operations, from the treatments we provide to the policies we follow.

The Importance of Patient Safety in Dialysis Treatment

Dialysis presents various risks, including infections, blood pressure fluctuations, and complications related to the equipment used. Ensuring patient safety requires careful planning, thorough risk assessment, and ongoing vigilance from both healthcare providers and patients.

To minimize these risks, we adopt a proactive approach. This includes regular training for our medical staff, strict sanitation protocols, and continuous monitoring of each patient's health status. Additionally, we prioritize patient education, empowering individuals undergoing dialysis to understand the potential risks and actively participate in maintaining their own safety and well-being.

Key Safety Practices at NKF

1. Infection Prevention and Control

Infections are one of the most common complications faced by dialysis patients. Our dialysis centers follow strict infection control protocols, including the use of sterile equipment, proper hand hygiene, and routine cleaning of dialysis machines and treatment areas. We also provide our patients with education on proper hygiene practices and the importance of adhering to the prescribed treatment regimen.

2. Staff Training and Certification

Our healthcare team undergoes continuous training to stay updated with the latest safety practices and medical advancements. This training includes infection control, patient handling, emergency procedures, and ensuring that the equipment is functioning correctly. By maintaining high standards of education and competency, we can provide safe and effective care.

3. Monitoring Patient Health

Regular monitoring of vital signs, such as blood pressure, heart rate, and oxygen levels, is essential during dialysis to ensure that the patient's condition is stable. At NKF, we use modern monitoring equipment and conduct regular checks to detect any potential complications early, reducing the risk of adverse outcomes.

4. Patient and Family Education

We believe that informed patients are safer patients. At NKF, we provide comprehensive education to our patients and their families on the risks associated with kidney disease and dialysis. This includes understanding the importance of medication adherence, recognizing the signs of infection or complications, and knowing when to seek immediate medical attention.

Educational Initiatives and Awareness Campaigns

In alignment with the WHO’s objectives, NKF organized a series of nationwide educational activities from September 20 to 26. These initiatives were designed to raise awareness about disaster preparedness among both staff and patients. Key activities included:

1. CME Session on Disaster Management

On September 18, NKF hosted a virtual Continuing Medical Education (CME) session titled “Disaster Management in the Event of Floods.” This session was attended by staff from all 32 NKF centers, providing them with essential knowledge and strategies to maintain continuity of care during emergencies, especially given the increased risk of floods during the season.

2. Patient Safety Education

Throughout the week, NKF centers conducted bedside and group teaching sessions using the “Dialysis Patient Guide-Disaster Preparedness.” These sessions covered crucial topics such as safe evacuation procedures and the importance of communication with healthcare staff during emergencies.



3. Distribution of Preparedness Materials

Patients received disaster preparedness books and bags to store their medications, ensuring they have easy access to vital information and supplies during a crisis.

4. Hands-on Demonstrations

Staff members demonstrated the proper use of safety equipment, including fire extinguishers and emergency medical supplies, ensuring that patients are aware of the protocols and resources available to them.

5. Ongoing Safety Practices

Regular checks of emergency equipment, such as oxygen tanks and emergency trolleys, were reinforced to ensure readiness and compliance with safety protocols.

NKF’s Role in Promoting Patient Safety Beyond the Dialysis Centre

NKF’s Early Detection and Prevention Saves Lives Program provides free health screenings for individuals at risk of developing kidney disease, including those with diabetes and high blood pressure, which are the leading causes of CKD. Early diagnosis allows us to intervene before kidney damage progresses, reducing the need for dialysis and minimizing the associated risks.

Through public education campaigns, we raise awareness about kidney disease, its causes, and the importance of regular check-ups. By promoting healthy lifestyles, encouraging early detection, and providing access to quality care, we aim to reduce the prevalence of CKD and improve the safety of those already living with the disease.

World Patient Safety Day is an important reminder of the critical need to prioritize patient safety in all aspects of healthcare. For patients undergoing dialysis, ensuring safety requires ongoing vigilance, proper training, and continuous improvement of protocols. At NKF, we are committed to maintaining the highest standards of care, ensuring that every patient receives the safest, most effective treatment possible.

As we observe World Patient Safety Day, let us reaffirm our commitment to safeguarding the health and well-being of every patient we serve. Through collaboration, education, and dedication to best practices, we can continue to reduce risks and improve the lives of individuals affected by kidney disease.

PATIENT TESTIMONIAL

Celebrating the Impact and Dedication of the National Kidney Foundation Fo Yi 2



Editor's Note: We are delighted to share this heartfelt article written by one of our patients. It reflects the profound impact of NKF's unwavering dedication to kidney health and the exceptional care provided at our centers. The author's words capture the essence of our mission and values, celebrating the compassion, commitment, and excellence that drive our efforts every day.

The National Kidney Foundation (NKF) stands as a beacon of hope and dedication in the realm of kidney health. Through its unwavering commitment to raising awareness, advancing medical research, and providing essential support to individuals affected by kidney disease, NKF has transformed countless lives. Their comprehensive programs and services, including patient education, screenings, and advocacy, demonstrate an exceptional dedication to improving kidney health and preventing kidney disease. NKF's tireless efforts and compassionate care truly make a profound impact on communities, ensuring that everyone has access to the resources and support they need for better kidney health. Thank you, NKF, for your invaluable contributions and inspiring leadership in the fight against kidney disease.

The NKF Fo Yi 2 Centre is a shining example of excellence and dedication in the field of kidney care. This

outstanding facility has consistently demonstrated an unwavering commitment to providing high-quality care and support to patients suffering from kidney disease. The skilled and compassionate team at NKF Fo Yi 2 Centre works tirelessly to ensure that each patient receives personalized attention, comprehensive treatment, and the emotional support necessary for their well-being.

The Centre's state-of-the-art facilities and cutting-edge technology enable it to deliver top-notch medical services, ensuring the best possible outcomes for patients. Moreover, the NKF Fo Yi 2 Centre's dedication to community outreach and education has significantly raised awareness about kidney health, prevention, and early detection, empowering individuals to take proactive steps in managing their health.

The Centre's holistic approach, which encompasses not only medical treatment but also nutritional guidance, psychological support, and social services, reflects a profound understanding of the multifaceted needs of kidney patients. The staff's unwavering commitment to continuous improvement and patient-centric care sets a gold standard in healthcare.

Thank you, NKF Fo Yi 2 Centre, for your remarkable service, compassion, and dedication to enhancing the lives of those affected by kidney disease. Your tireless efforts and exceptional care make a significant and lasting impact on the community, offering hope and healing to countless individuals.

The NKF Fo Yi 2 Centre is a remarkable facility renowned not only for its exceptional kidney care

but also for its outstanding standards of cleanliness and hygiene. This Centre exemplifies what it means to create a safe, welcoming, and spotless environment for patients and staff alike. The meticulous attention to maintaining the highest standards of cleanliness ensures that patients receive care in a setting that prioritizes their health and safety above all else.

From the moment you step into the NKF Fo Yi 2 Centre, it is evident that every detail is attended to with the utmost care. The spotless floors, immaculate treatment areas, and pristine waiting rooms all reflect a profound commitment to hygiene and infection control. This dedication to cleanliness not only fosters a positive and reassuring atmosphere but also plays a critical role in preventing infections and promoting quicker recovery times for patients.

The staff at NKF Fo Yi 2 Centre deserve immense praise for their rigorous cleaning protocols and the pride they take in maintaining such high standards. Their unwavering efforts ensure that every patient feels comfortable and confident in the care they receive, knowing that their health is protected in an environment of superior cleanliness.

Thank you, NKF Fo Yi 2 Centre and the Centre manager (Ms. Wong), for your exceptional commitment to cleanliness and hygiene. Your diligent efforts contribute significantly to the well-being and safety of your patients, setting a benchmark for healthcare facilities everywhere. Your dedication is truly commendable and deeply appreciated.

Sincerely
Kevyn Cheah

AXIS HANDOVER EVENT

The NKF extends its heartfelt gratitude to Axis Real Estate Investment Trust for their generous support and donation.

Axis Real Estate Investment Trust contributed three dialysis machines and one ultrasound imaging machine on September 23, significantly improving accessibility for the community in the Petaling Jaya and Selayang areas.

Each dialysis machine can treat up to six patients per week. At the Chempaka center, which operates over two shifts, the machines can treat up to 12 patients per week. Meanwhile, at the Rotary Damansara center, where the center operates over three shifts, the machines can treat up to 18 patients per week.

We are truly thankful to Axis Real Estate Investment Trust for their unwavering partnership and commitment to enhancing the lives of patients in our community.

If you are interested in donating machines or equipment to support our ongoing efforts, please contact our Fundraising Department at fundraising@nkf.org.my.



Handover Ceremony between the Chief Executive Officer of Axis Real Estate Investment Trust, Ms. Leong Kit May, and the Chairman of the National Kidney Foundation of Malaysia, Dato' Dr. Zaki Morad, at NKF's Headquarters

MAJLIS SANTAPAN AMAL

Celebrating Partnerships at the Yayasan Sultanah Bahiyah Charity Dinner

On 19th October, the NKF was honoured to attend the annual Yayasan Sultanah Bahiyah (YSB) Charity Dinner, an evening dedicated to celebrating shared commitments to community care and wellness.

A key highlight of the event was the launch of the new Mobile Health Screening Bus and the inspiring journey that brought this project to fruition, made possible through the steadfast collaboration of everyone involved.

From Vision to Reality:

1. October 2022 – Grant Proposal Submitted:

- NKF's Fundraising Department and the Lions Club, submitted a comprehensive grant proposal valued at RM800,000 to Lions International Foundation, seeking funding for a new Mobile Health Screening Bus to serve rural and underserved communities.

2. Early 2023 – Fundraising Success and Progress:

- The grant was approved, marking a significant milestone.
- YSB and the Lions Club then raised additional funds to equip the bus with state-of-the-art facilities.
- A total of RM856,000 was successfully raised.
- NKF procured the bus, with customization and fitting works progressing throughout the year.

3. Late 2024 – Bus Secured and Operational:

- NKF officially acquired the bus, which will replace the aging vehicle currently in use.
- It is now fully operational, bringing life-saving health screenings to underserved communities, particularly in the Northern region.



Her Highness Dato Seri DiRaja Tan Sri Tunku Puteri Intan Safinaz binti Almarhum Tuanku Abdul Halim Mu'adzam Shah, Tunku Temenggong Kedah presents a mock cheque to NKF CEO Mr. Choo Kok Ming (2nd right), symbolizing the RM856,000 raised for the health screening bus



Left: Her Highness Dato Seri DiRaja Tan Sri Tunku Puteri Intan Safinaz binti Almarhum Tuanku Abdul Halim Mu'adzam Shah. Tunku Temenggong Kedah receives a token of appreciation from the NKF, represented by NKF CEO Mr. Choo Kok Ming

A Partnership of Impact

The partnership between NKF and YSB dates back to 2012. Over the years, this collaboration has facilitated health screenings at 5 locations per month. To date, the program has covered 2,173 locations in Northern Malaysia, delivering 139,845 screenings to individuals. This new bus will enable NKF to continue its mission with enhanced efficiency and reach ensuring that more screenings can be made.

NKF expresses its heartfelt gratitude to YSB, the Lions Club of Alor Star, Lions Club International Foundation, Lions Club International District 308 B2, Dato' Seri Goh Eng Hoe, and all supporters who made this achievement possible.

THE ROAD TO GIVE INITIATIVE

Since its inception, the Road to Give initiative has played a pivotal role in supporting the NKF in our mission to provide life-saving care and raise awareness about kidney health across Malaysia. This annual fundraising event, spearheaded by the Marriott Worldwide Business Councils Malaysia, brings together generous corporate partners and donors to contribute towards NKF's essential programs and services.

Through the funds raised, NKF has been able to enhance its ability to offer high-quality treatment to patients battling kidney disease. Since 2015, the funds from the Road to Give campaign have been specifically directed toward purchasing critical medical equipment, including 11 dialysis machines and 5 Ultrasound Imaging Systems (UIS). These machines play a vital role in our daily operations, helping to deliver over 24,000 dialysis treatments to patients in need.

But the impact goes beyond equipment. Each dialysis machine has the capacity to support up to 6 patients at a time, meaning that, thanks to the generosity of Marriott and its supporters, 66 patients have been able to receive dialysis at any one time through this campaign. The UIS systems have also provided 10,920 examinations, enabling more accurate diagnoses and better patient outcomes.

The Road to Give campaign has not only enabled NKF to improve its medical facilities, but it has also helped to raise awareness about kidney health, empowering communities to take preventive measures and seek early diagnosis. By collaborating with Marriott Malaysia and their business councils, NKF has been able to reach more individuals, conduct health screenings, and offer educational programs in areas where kidney disease and its risk factors are often overlooked.



As we move into 2025, the Road to Give initiative continues to be a cornerstone of NKF's ability to provide free dialysis treatment, early detection services, and health education programs. We extend our heartfelt thanks to Marriott Malaysia for their unwavering support and the countless individuals and organizations who contribute to this life-saving cause.

Brought to you by,




Online MSQH Training

For Chronic Dialysis Accreditation

Date : 24 July 2024
Time : 11.00 am - 1.00pm
 online via Microsoft Teams

SPEAKER
 Ms. Ting Luo Tze
 Head of Training, NKF Malaysia

Fee : RM30 (non-NKF)



SCAN HERE

MSQH TRAINING

A webinar on MSQH training was held on July 24th, attracting over 141 participants from haemodialysis staff across Malaysia. During the session, we covered five key areas of concern and shared our experience and processes related to MSQH accreditation. Additionally, we provided an in-depth explanation of the three types of accreditation status, ensuring participants had a clear understanding.

CATHETER-RELATED BLOOD STREAM INFECTION

A central venous catheter (CVC) has become a vital method for providing vascular access in haemodialysis treatment. However, the use of an indwelling catheter increases the risk of catheter-related bloodstream infections (CRBSI).

Total Participants:
 Eight attended the CRBSI workshop





CATHETER-RELATED BLOOD STREAM INFECTION (CRBSI) WORKSHOP

Since its introduction in 1964, haemodialysis has become one of the main modalities for the treatment of end-stage renal disease (ESRD). Central venous catheter (CVC) has become an important means in providing vascular access for haemodialysis treatment. Due to its nature as an indwelling catheter, there is an increased risk of developing catheter-related bloodstream infections (CRBSI). Thus, all healthcare staffs need to take the responsibility of infection prevention in their dialysis centres today.



DATE: 25 August 2024 (Sunday)
TIME: 8.30am - 5.00pm
VENUE: NKF Training Centre, 3-Two Square, Petaling Jaya, Selangor
FEE: RM250 (non-NKF)

SCAN TO REGISTER



<https://tinyurl.com/RegisterCRBSI>

MORE INFORMATION

03-7960 2301
 training@nkf.org.my
 www.nkf.org.my

Topics Covered:

- Surveillance and prevention of Catheter-Related Bloodstream Infections (CRBSI).
- The importance of CRBSI monitoring
- Exploration of various data collection methods.
- Hands-on sessions, focusing on key practices such as proper hand hygiene and the correct initiation and disconnection of dialysis treatments in skill labs.

Looking ahead, NKF plans to host CRBSI workshops twice a year to ensure continued education and the implementation of best practices in dialysis care.

CAREGIVER SERIES

The series covers a range of vital topics to help carers better support their loved ones undergoing dialysis. Key areas include:

Understanding Dialysis:

- Explanation of how dialysis works and its purpose.
- Overview of the different types of dialysis treatments available.
- Helps carers make informed decisions and feel more confident in their role.

Managing Complications:

- Addressing potential complications like:
 - Infection risks
 - Blood pressure fluctuations
 - Side effects such as fatigue and dietary restrictions.

Practical Strategies for Care:

- Guidance on managing the side effects of dialysis, including:
 - Monitoring symptoms and recognizing warning signs.
 - Communicating effectively with healthcare providers.

Self-Care for Carers:

- Emphasis on the importance of carers managing their own health and well-being.
- Topics covered include:
 - Stress management techniques.
 - The importance of rest.
 - Finding time for personal interests to avoid burnout.

Supportive Community:

- Carers are encouraged to connect with others in similar situations.

- Sharing experiences and advice provides emotional support and learning opportunities.

Resources Provided:

- NKF equips carers with self-care toolkits, checklists, and guides to help them in their caregiving role.

Looking ahead, NKF plans to enhance the webinar experience in the coming year by incorporating physical training methods to further support carers in their roles.

CKD-TRAIN THE EDUCATOR WORKSHOP

This comprehensive workshop is specifically designed for:

- Nurse educators
- Diabetic educators
- Nursing clinical instructors
- General practitioners (Especially those who frequently encounter patients with hypertension and diabetes)

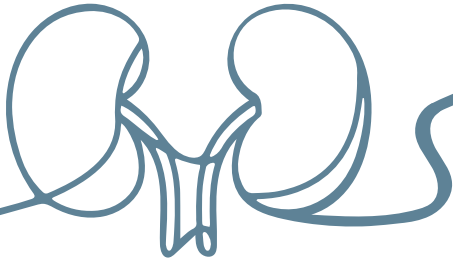
Primary Objectives:

- **Early Education and Prevention:** To provide essential education on preventing and delaying the progression of Chronic Kidney Disease (CKD).

- **Empowering Healthcare Professionals:** While nephrologists may not directly interact with all potential CKD patients, the workshop aims to empower:
 - Endocrinologists
 - Diabetic educators
 to take an active role in CKD education and early intervention.

Future Plans for the Workshop:

- Conduct the workshop in different states across multiple years.
- Increase awareness and focus on delaying the progression of CKD among diabetic educators and endocrinologists.



NKF's TOP 5 FUNDRAISERS

NKF is pleased to announce our Top 5 fundraisers for the 4th Quarter of 2024.



**KAALISYRI D/O
MUTHIYAL NAIDU**



**DEEPA YOGINI A/P
PUSPANTHAN**



**GAN CHOO YAW
SUMMER**



**THAYANETHYMARAN
A/L THARUMARAJAN**



KESAVAN RAJ

This appreciation recognizes the hard work and outstanding performance of our fundraisers to raise funds for NKF. We appreciate their efforts in supporting 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

70, JALAN 14/29, 46100, PETALING JAYA, SELANGOR DARUL EHSAN, MALAYSIA.

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