

A second chance to live life fully

A diagnosis of end-stage kidney disease (ESKD) can leave patients and their families wondering what comes next.

While haemodialysis is the form of dialysis most people are familiar with, patients may have other options, including peritoneal dialysis (PD), which can be carried out at home.

The National Kidney Foundation of Malaysia (NKF), in partnership with Vantive, has launched the Second Chance initiative to raise awareness of home dialysis and share the experiences of people living with kidney disease.

The campaign aims to give patients and caregivers simple, reliable information about their treatment choices and show how some patients continue working, spending time with their families and going about their daily lives while undergoing dialysis.

Understanding the difference

Traditional haemodialysis usually requires patients to visit a dialysis centre about three times a week, with each session lasting around four hours.

For some, the regular trips to and from the centre can be tiring and costly, while the fixed schedule can make it harder to balance work, family and other responsibilities.

Home dialysis offers another approach.

One option is Automated Peritoneal Dialysis (APD), which uses a machine to carry out dialysis at home, usually overnight while the patient sleeps.

For patients who are suitable for the treatment, this means they can avoid travelling to a dialysis centre for every session and have more freedom to plan their days.

Second Chance aims to highlight this flexibility and encourage newly diagnosed patients to learn about all the treatment choices available to them.

Real stories, real experiences

At the heart of the campaign are stories from people living with kidney disease.

One of them is Timothy Wilfred Jepos from Sarawak, who discovered home dialysis during a counselling session in hospital.

His nephrologist suggested APD as an option that could fit better with his work and daily responsibilities.

"APD has given me back my days. Because I can do my dialysis at home while I sleep, I'm able to work, spend time with my family and be there for the moments that matter," Timothy said.

"Kidney disease is part of my life, but with APD, it doesn't have to define how I live it."

Timothy also received financial and vocational assistance through PERKESO's Disability Management Programme.

He said dialysis had changed his life but also given him another opportunity to live it to the fullest.

"Dialysis changed the way I live, but it also gave me a second chance. If I can do it, so can you," he said.

Support is available

For patients in Sabah and Sarawak, home dialysis may also be more accessible than they realise.

APD supplies can now be delivered directly to patients' homes, helping to overcome one of the challenges faced by those living outside major cities.

Eligible patients may also receive rehabilitation, vocational and social security support through PERKESO's Disability Management Programme.

NKF chief executive officer Choo Kok Ming said patients should not feel that a kidney disease diagnosis meant their lives had to revolve around treatment.

"For someone newly diagnosed with kidney disease, dialysis can feel like the moment life changes completely. But treatment does not have to define how a person lives," he said.

He added that Second Chance was aimed at helping patients understand the choices available to them, including home-based treatment.

"By sharing real stories alongside accessible, practical information, we hope to empower patients with the confidence to make informed decisions about their care, and, most importantly, to see that there is still a life to live beyond the diagnosis," he said.

Patients and caregivers can find more information about home dialysis and available support at mydialysiscompass.com.

What is

Second Chance

To Live Life Fully with Home Dialysis



NATIONAL KIDNEY FOUNDATION

Supported by Vantive

MY-00-260320

NKF and Vantive launch the Second Chance initiative to raise awareness of home dialysis.

“

For someone newly diagnosed with kidney disease, dialysis can feel like the moment life changes completely. But treatment does not have to define how a person lives.