

“ A reassuring
presence and
support rekindled
my hopes. ”

Story on page 2

Mdm Ng Ngiap Eng

Ms Angeline Song
Senior Counsellor





A beacon of light in our darkest hour

Our care goes beyond dialysis. We strongly believe in holistic care through psychosocial and emotional support, which is important for patients' rehabilitation. This is especially needed when patients are first diagnosed with kidney failure as it is a traumatising experience. Many are unable to come to terms with their illness and some lose the will to live.

Hence, NKF has introduced a new initiative where counsellors walk with patients and their caregivers by providing emotional and family therapeutic support during this crucial period, from assisting with the admission application process to helping patients adapt to their dialysis regime and planning their rehabilitation. The Allied Health team even makes home visits to further understand the family's needs. We do our best to ensure that the patients' journey is smooth, comfortable and pleasant.

“Being there for them, providing a listening ear and reassuring patients goes a long way in helping them cope with the mental and emotional distress during the most difficult time of their lives. Seeing hope in their eyes makes my work meaningful.”

Ms Angeline Song
Senior Counsellor

We were very touched by a recent letter from a patient's daughter, in which the family's courage and resilience resonate with us. We would like to share an abstract of her letter with you. We hope that you are encouraged by it just as it has us.

“Since my mum was diagnosed with kidney failure and needed dialysis to sustain her life, our family has been thrown into turmoil and confusion, especially for my mum. We were at a loss over what to do. Although we need not worry about the dialysis fees with full subsidies from NKF, there are other issues that we needed to contend with. In particular, how to bring her to and from the dialysis centre thrice weekly and who to take care of my mum after her dialysis. I have been on chemotherapy since February 2016. My eldest brother is always in and out of hospital for his illness and is on ComCare (a government social assistance programme). My youngest brother is staying in Malaysia and is seldom with us. As such, you can imagine the stress and difficulties we faced when we were told that our mum needed dialysis, more so for my mum as she did not want to do dialysis initially and wanted to give up so as not to place extra burden on us.

Fortunately, ever since my mum started dialysis, Angeline and her team (nurse and medical social worker) have been in close contact with my mum during her dialysis sessions, not only to understand more about our situation but most importantly, provide her with encouragement, moral support and confidence that things can be worked out and they will try their best to help us with the means available to them. The team has been like a beacon of light in our darkest hours who guides and encourages us, letting us know that we are not alone in this battle.”

“We sincerely hope that the Patient Advocacy and Rehabilitation team can be expanded and given more resources so that they can reach out to more dialysis patients and help them cope with the financial burden and psychological stress that all dialysis patients and families face.”

Ms Serene Tan,
daughter of kidney patient
Mdm Ng Ngiap Eng



2 New Dialysis Centres Give More Needy Patients LIFE & HOPE

Kwan Im Thong Hood Cho Temple – NKF Dialysis Centre

 Bendemeer Road  25 June 2016

This new dialysis centre at Kolam Ayer was made possible with a generous donation of \$2.3 million from the Kwan Im Thong Hood Cho Temple. This new centre, with 26 stations, is the second NKF dialysis centre the Temple has sponsored, making them the first organisation to do so. In 1998, they sponsored one at Simei, which has 27 dialysis stations. Together, both Centres can benefit 318 needy patients.



From left: Mr Edmund Kwok, NKF CEO; Dr Tan Choon Kim, Chairman of the Board of Trustees, Kwan Im Thong Hood Cho Temple; Guest-of-Honour Associate Professor Dr Yaacob Ibrahim, Minister for Communications and Information; and Mr Koh Poh Tiong, NKF Chairman.

"The needs of our society are diverse, ever changing and getting more complex. So I encourage more healthcare organisations, religious organisations and companies to work hand-in-hand with the community to serve the healthcare needs of society, especially the poor and needy. We need the "kampong spirit" of many helping hands to make us a more compassionate and caring nation."

Associate Professor Dr Yaacob Ibrahim

"Kwan Im Thong Hood Cho Temple remains committed to support social causes to improve the lives of the needy and help encourage more people to stay healthy."

Dr Tan Choon Kim

SCAL – NKF Dialysis Centre

 Yishun St 81  31 July 2016

Raising funds through two charity golf tournaments and with a matching grant from the Government, the Singapore Contractors Association Limited (SCAL) brought in \$1.9 million to make this centre in Yishun a reality. The centre has 14 dialysis stations that can benefit up to 84 patients. It is the first NKF dialysis centre to adopt a dual concept of an education and outreach centre where unlike other NKF dialysis centres, it is opened to the public with health screenings, nutrition workshops and exercise classes. Moreover, it imbues the spirit of inclusiveness and community bonding among patients and residents. This is the second dialysis centre sponsored by SCAL with the first at Henderson in 1994, which later made way for housing redevelopment plans in 2011. NKF has renamed its dialysis centre at Woodlands Ave 5 the SCAL-NKF Dialysis Centre (Woodlands Branch) in gratitude of their longstanding support.



Mr K Shanmugam, Minister for Home Affairs & Minister for Law and Er. Dr. Lee Bee Wah, MP for Nee Soon GRC (both centre), unveiled the plaque. The event was held in conjunction with Nee Soon South Community Club's Community Health Fair.

"I find that there are more residents undergoing kidney dialysis treatment and quite often, I will have to write an appeal letter for them to transfer to a centre that is nearer to home ... Now that it is just at their doorstep, it saves them time and transport costs."

Er. Dr. Lee Bee Wah

"SCAL is happy to continue playing a role in bringing hope to needy kidney patients through this new dialysis centre at Yishun."

Mr Kenneth Loo
SCAL President

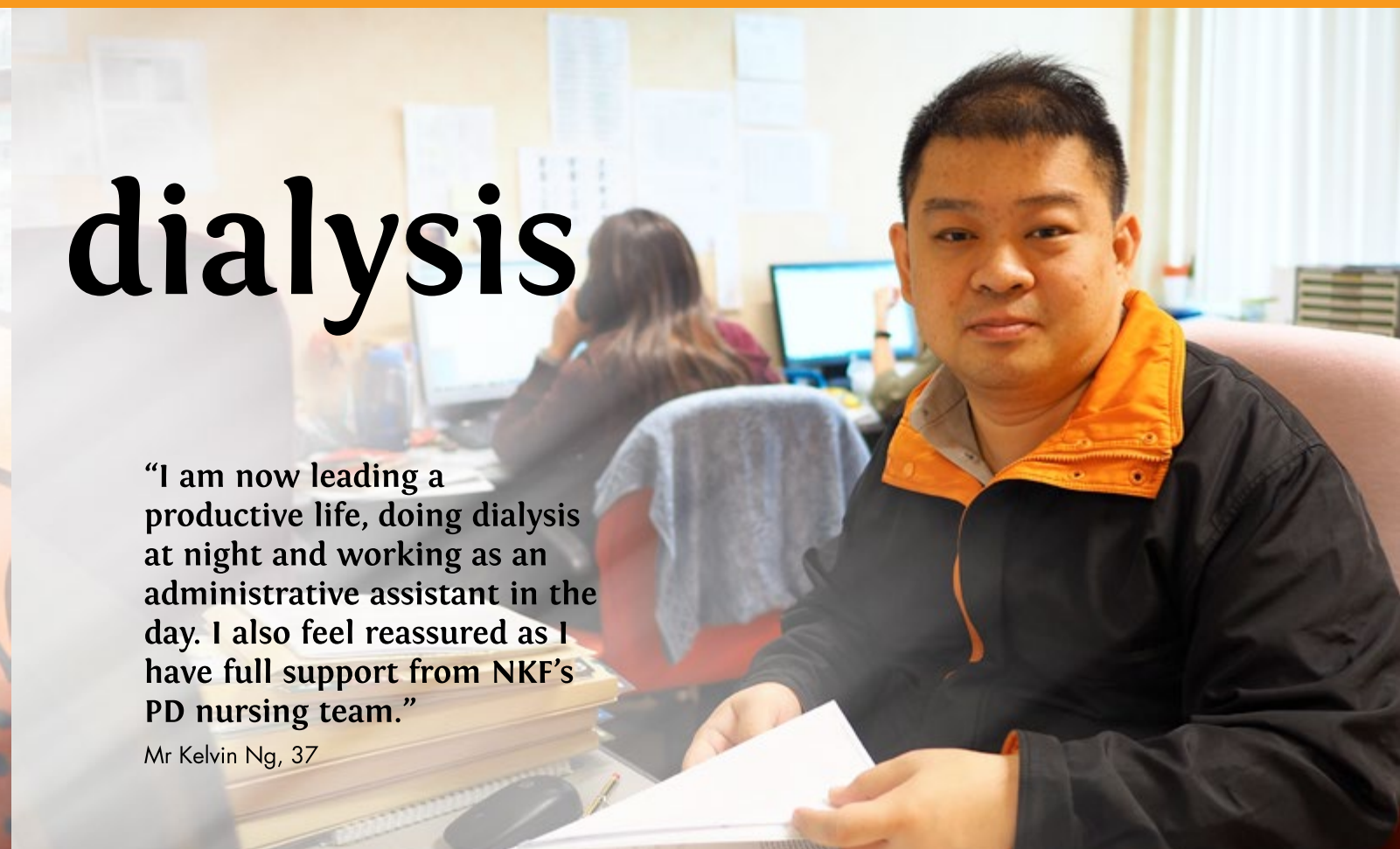


Doing home has turned my life around

dialysis

“I am now leading a productive life, doing dialysis at night and working as an administrative assistant in the day. I also feel reassured as I have full support from NKF’s PD nursing team.”

Mr Kelvin Ng, 37



“I had diabetes when I was only 17 years old. With my whole life ahead of me, diabetes is an unwelcome burden. So I chose to ignore it. I did not take my medications, skipped doctors’ appointments, did not follow a proper diet and never exercised.

Ignored the Warning Signs

My father was also a diabetic and a kidney failure patient. Sadly, my father passed away due to heart complications 18 years ago. Despite all the warning signs and seeing how my father went through so much suffering, I still did not bother with my own health. The effects of my 20 years of having diabetes eventually took its toll. My left leg started to feel numb and my vision became increasingly distorted. Doctors warned me that it could lead to amputation, blindness and kidney failure. It was no surprise when I succumbed to kidney failure and needed dialysis. I was worried about the expensive dialysis cost as I had lost my job as a technician.

Started Peritoneal Dialysis Thanks to NKF

Thankfully, NKF accepted me into their dialysis programme and I pay nothing out of pocket. I started

peritoneal dialysis (PD) in January this year, which I carry out at home for about 10 hours every night while I sleep. When I first started PD, the nurse came to my home to help and guide me. Now, I have no problems doing it myself and the process is painless. I can also get in touch with the PD nurse easily by phone should I have any concerns with my treatment.

Regained My Sense of Worth

Another good thing about PD is that since I do the treatment at night, I can work in the day. That’s why when I heard about NKF’s Patient Employment Rehabilitation programme which helps patients find jobs within or outside NKF, I quickly applied. I’m now an Administrative Assistant at NKF. In fact, there are plans for me to be trained as a Patient Service Associate, a role that will enable me to assist and encourage fellow patients to cope with their dialysis. I find that my life now has a sense of purpose.

Be Healthy, Be Conscious

I would like to advise others to take care of their health. Listen to your body. If you feel something is not right, go and see a doctor. Prevention is better than cure.”



Benefits of PD

- A good alternative treatment to haemodialysis (HD) where it can be carried out at home or the workplace.
- Painless as no vascular access or needling is required.
- It is a gentler treatment hence, patients have lesser food restrictions and experience lesser side effects.
- More flexibility and control of their lifestyle.



NKF’s PD Home Support Programme provides comprehensive support to help PD patients start and stay well on dialysis. For assistance on our PD programme, please contact 6299 0200 pd.support@nkfs.org

NKF's

NKF introduced yet another new preventive initiative, the launch of our first Diabetes Health Bus on 25 June 2016 as part of developing a comprehensive diabetes programme to help curb the onset of kidney failure.

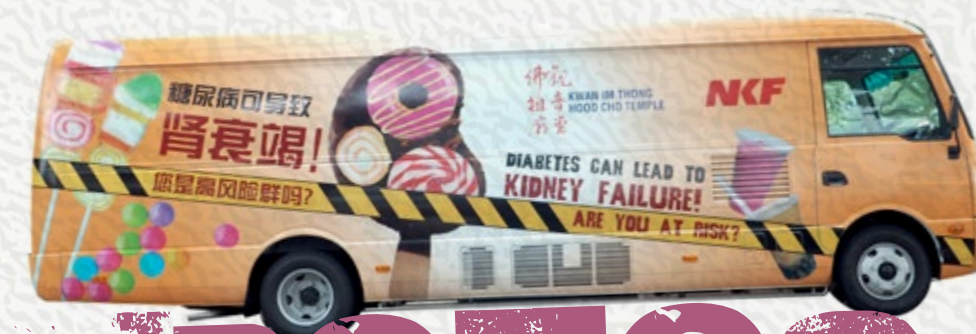
Partnering with general practitioners, the bus screens individuals who have already been diagnosed with diabetes to help them manage their diabetic condition. Diabetes is a precursor to kidney failure and the idea is to prevent their condition from deteriorating and resulting in kidney failure. It is the first of four buses sponsored by the Kwan Im Thong Hood Cho Temple.

Through screenings at the bus, it was found that 71 per cent of diabetic patients did not have good control of their diabetes and 40 per cent of patients with uncontrolled diabetes developed proteinuria, a sign of chronic kidney disease that could result in complete kidney failure. About 60 per cent of returning patients managed to maintain or improve their proteinuria results.

Besides the bus, the diabetes programme will be developed further with workshops conducted by health experts, initiatives by NKF's exercise specialists on regular physical activity and counselling by dietitians on nutrition, diet and weight control. This holistic approach will help diabetic patients to better self-manage their condition.

AGAINST

Diabetes



"One in three diabetics does not know he or she has the condition and one in three known diabetics does not do enough to control the condition. Diabetes, being the leading cause of kidney failure, can be prevented or controlled if diagnosed and treated early."

Mr Koh Poh Tiong
NKF Chairman

"I used to do health check-ups once or twice a year. Now I do a quarterly health screening with the NKF Diabetes Health Bus which helps me to manage my diabetic condition better."

Mdm Rukiah Bte Nizamsah, 50

"I am relieved that the Diabetes Health Bus programme helps me monitor my results. I now try my best to control my diet and take my medication regularly."

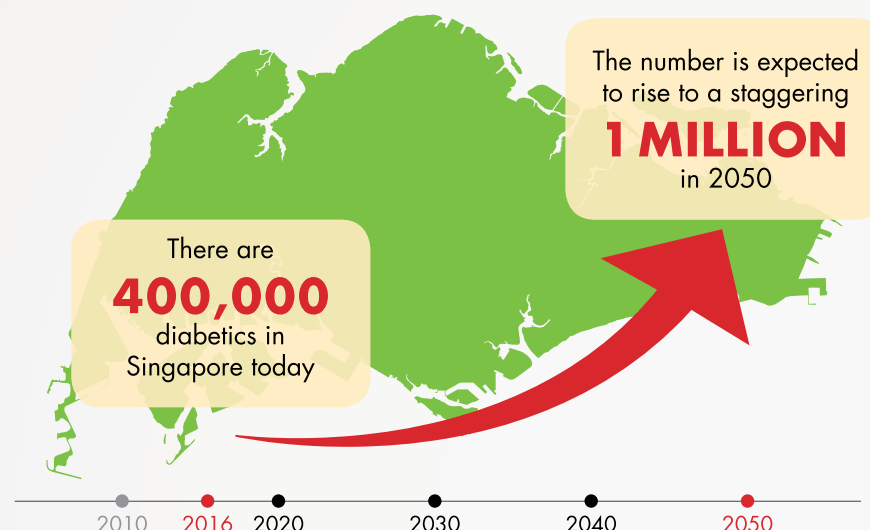
Mr Teo Lai Mong, 58

DID YOU KNOW?

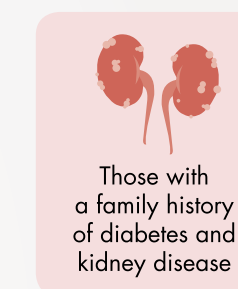
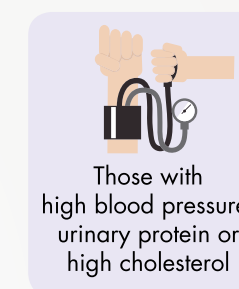
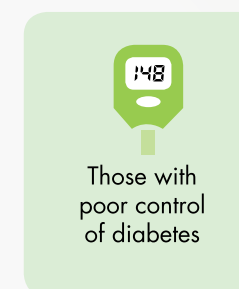


2 in 3
cases of kidney failure in Singapore are due to diabetes

Singapore is ranked **2ND HIGHEST** in the world for diabetes-induced kidney failure



AMONG DIABETICS, WHO ARE AT RISK OF GETTING KIDNEY DISEASE?



(Source: The Straits Times)



Find out more about diabetes on our website at: <http://goo.gl/7ajzMx>

Kidney failure...

Don't Let It Happen to You

"Why did this happen to me?"

I feel sad. I knew I had diabetes and hypertension since my National Service days but had never really bothered with my condition. Because I worked long hours, I ate unhealthy food from outside. I also did not take my medication regularly and on time.))

Mr Fong Theen Cheon, 58

Diabetes and hypertension runs in my family. Both my late parents had these diseases. My six siblings and I also suffer from diabetes and hypertension. Sadly, my sisters Swee Lan and Swee Kam, and I, ended up with kidney failure. Swee Lan's husband, who is also diabetic and hypertensive, also has kidney failure. These two conditions can lead to stroke, which what my mother had. I have to be careful as I too, have heart problems with two stents inserted in me. My two sisters, brother-in-law and I have gone through much pain and suffering. I encourage everyone to take care of your health and go for health checks. Don't get kidney failure as the consequences are detrimental.



I find nursing to be a unique and meaningful profession that touches people's lives. I can also share my expertise in renal nursing with other nurses as I continue to excel in this field. This drives my passion for nursing. Being a good nurse takes one's heart, soul and mind – it's a calling.

Ms Lucy Lu
Advanced Clinical Nurse
with 22 years of service

Double Honour at Prestigious Nurses' Merit Award

NKF nurses Ms Lucy Lu and Ms Lai Siew Fung were honoured at the Ministry of Health's Nurses' Merit Award 2016. This is the second year running that two NKF nurses were recognised in the same year since the Award started in 1976. We are grateful for their dedicated work and remain committed to having skilled renal personnel to achieve excellence in patient care.



Our award winners with the NKF team

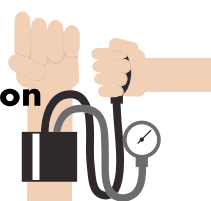
Did You Know?



There is **1** new case of **kidney failure** every **5** hours



Diabetes and **hypertension**
are the leading causes
of **kidney failure**



1 in **9** adult
Singaporeans
has **diabetes**



1 in **4** adult
Singaporeans
has **hypertension**

As a nurse, having empathy rather than sympathy is not easy. You need to have a very strong character.

I remind my junior nurses to do their job with love, tenderness and understanding. My philosophy is to always treat patients as your loved ones. Then you will never go wrong when you deliver your care.

Ms Lai Siew Fung
Senior Staff Nurse
with 27 years of service



Giving Kidney Patients a Lifeline



Odyssey Reinsurance Company sponsored 10 new dialysis machines with a generous gift of \$200,000 to benefit needy kidney patients. Each dialysis machine can benefit 6 patients and provide 30,000 hours of dialysis treatment. Corporate generosity and responsibility are part of their company's culture and NKF is grateful for their support for our patients.

"Kidneys are so small yet so pivotal to one's well-being and health. Kidney failure has a debilitating effect on other major organs. NKF is driven to educate the public through its awareness campaign. Its belief in human dignity; resilient spirit and the dedication of the NKF team have alleviated much discomfort, be it financial or health care. OdysseyRe is proud to support the NKF and be part of its altruistic purpose."

Mr Lucien Pietropoli
Chief Executive Officer – Asia Pacific Region, Odyssey Reinsurance Company



Prawning for a Good Cause



Oceania Singapore are raising funds for needy kidney patients by donating \$3 from every three-hour prawning package. Participants were also taught techniques in prawn fishing and a recipe in cooking up the tastiest fresh water prawns. This fundraising drive will continue until August 2017.

From left: Mr Victor Tan, Mr Jonathan Chan, Mr Jasmen Gan & Mr Nicholas Chew, business partners of Oceania Singapore



"We decided to support NKF to do our small part to thank the kind donors who have been helping to provide financial assistance to the kidney patients. At the same time, we would like to advocate that healthy food can be very tasty too."

Mr Jason Ang
Director, Yaowarat Seafood

To find out more on our participating outlets or partner us in this meaningful campaign, contact **Ms Teresa Ang** at **6506 2280**

MUNCH FOR HOPE

NKF rolled out "Munch for Hope" in May where food and beverage companies join us to raise awareness of kidney disease prevention by sharing with diners that they can always opt for healthier choices without compromising food quality. They also raise funds for needy kidney patients through this initiative.

"I knew from my cousin, a kidney patient, that dialysis treatment is expensive. With corporate social responsibility in mind, I offered to raise funds for them and bring awareness to people that small contributions can make a difference."

Mr Cai Jiaming
Owner, Ming's Prawn Noodle

Mr Cai Jiaming, 26, started Ming's Prawn Noodle at Alexandra Village and held a charity sale of 200 bowls of prawn noodles in May 2016 to raise funds for NKF. Although Jiaming started his business for barely a month, he spared a thought for the needy kidney patients through this meaningful endeavour.

Hope

Revived

Mr Sng Chin Leong, 65, was devastated when his son, Yee Hwui, was diagnosed with kidney failure at the age of 17. Although Yee Hwui did not complain, Chin Leong was aware of the toll kidney failure and dialysis took on his son.

No Fear for Himself

Chin Leong had decided from the start that he would donate a kidney to Yee Hwui. He felt no fear for himself at all. All he wanted was for his son to regain his health and have a new lease of life. "He is my son. Who will save him if I don't?"

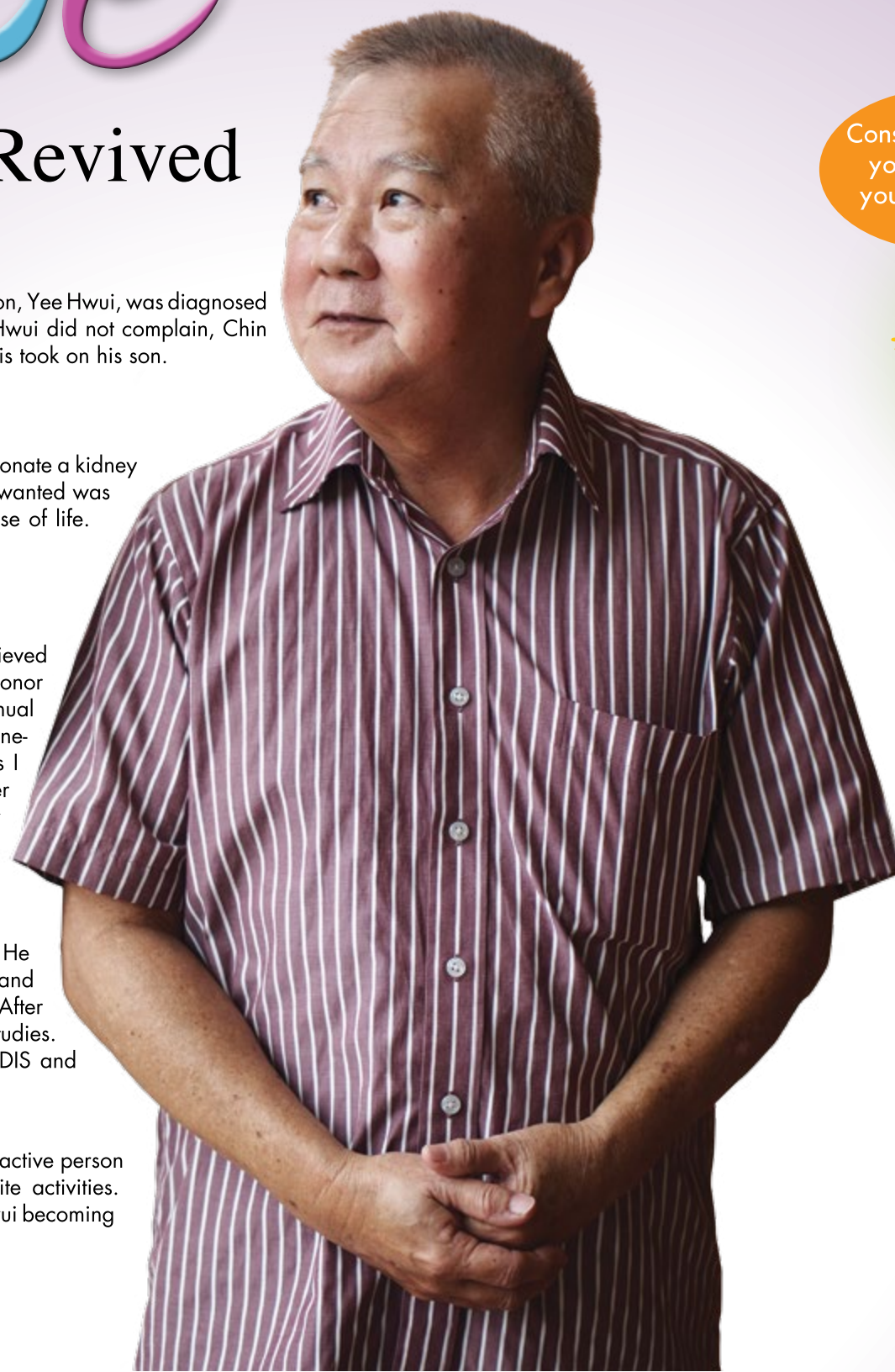
Support from NKF

As the transplant fees were hefty, Chin Leong was relieved to receive assistance from NKF's Kidney Live Donor Support Fund, which covered the cost of his annual health check-ups and more importantly for him, the one-time reimbursement for loss of income. He said, "As I would not be able to drive my taxi temporarily after the transplant, the \$1,500 reimbursement was very helpful."

Son Doing Well

Yee Hwui recovered quickly after the transplant. He graduated from his course at Singapore Polytechnic and nine months after the transplant, he found a job. After working for some time, he decided to further his studies. Now 25, Yee Hwui is studying biotechnology at MDIS and will be graduating in 2017.

He has also gotten back a zest for life, becoming the active person his parents used to know and resuming his favourite activities. Above all, it warmed Chin Leong's heart to see Yee Hwui becoming a lot more cheerful after the transplant.

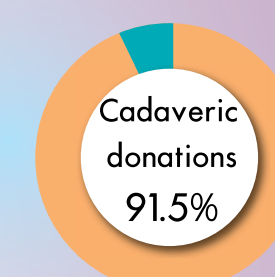


Saving People
Changing *Lives*



Transplant is the best solution to kidney failure

Live kidney transplants have better outcomes



(Sources: SGH website, Singapore Health, May/June 2013)



NKF's "Live Kidney Donor Support Fund" provides financial assistance for needy live kidney donors. Find out more about this programme.

6299 0200 contact_us@nkfs.org

<http://goo.gl/eLB4EA>

**YOUR
FEEDBACK IS
IMPORTANT
TO US!**

We constantly strive to improve our services to our patients, strengthen our partnerships in the community and better serve our donors. If you have any suggestions or ideas to help us do better, we will be happy to hear from you.

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www.nkfs.org

They say
we ~~Cannot~~
contribute and make a difference!



"Having a full-time job gives me greater sense of self-worth and control over my life."

Mdm Koh Judy, 42
NKF Administrative Assistant
on peritoneal dialysis



"I'm glad that I'm given this job opportunity to pursue my passion in the clinical field and fulfill my hopes and aspirations."

Ms Yu Xin Yi, 24
NKF PD Care Assistant
on haemodialysis



"I enjoy doing what I am doing, engaging fellow patients during their dialysis and sharing my personal experiences."

Mr Norhisham Bin Jamaruddin, 41
NKF Patient Relations Officer
on haemodialysis

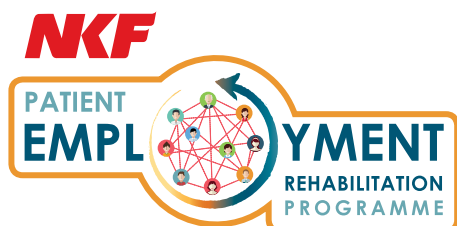
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