

The National Kidney Foundation

NKF

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We would like to thank you for your steadfast support as we celebrate our 50th anniversary of rendering all possible services to save the lives of kidney patients. While we have achieved much, we are relooking the breadth and depth of our work in response to the changing needs of our patients and their caregivers.

Being the forerunner in providing community dialysis treatment, we have embarked on an integrated renal care model to support the evolving health and social needs of our patients. In this regard, we aim to right-site all our patients at a dialysis centre within 5km of their residence as part of our community integration efforts to actively engage the grassroots and volunteers to have greater interaction with patients. We are happy to share that 91% of our patients are currently right-sited.

We have also broadened our scope of care for patients beyond dialysis treatment by initiating new programmes. Our Know Right, Start Right Programme helps patients make the right treatment choice when they are first diagnosed with kidney failure, and we continue to support them throughout their journey with us to meet their multifarious needs, such as helping frail patients through our new Fall Prevention Programme. At the same time, we are pushing ahead with kidney transplant advocacy, as a transplant is the best solution to kidney failure.

On the prevention front, we are stepping up on our upstream efforts in kidney disease prevention to curb the onset of kidney failure by encouraging and empowering the public to make positive changes to their lifestyle and eating habits.

We see ourselves as a community care integrator, taking on a collaborative approach by working with government agencies, social agencies and restructured hospitals towards seamless, integrated renal care; leveraging on the strengths of volunteers; and partnering individuals and corporates who give generously to our cause.

We have since revamped our newsletter such that it encapsulates our expanded and focused role in driving social impact to benefit our patients and the community. As you read the stories in this brand new edition, we hope you feel the impact of your support as we journey on together in saving and transforming lives.

Have a good read!

Tim Oei
Chief Executive Officer



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Volunteer



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Taking the first step together

When 45-year-old Mr Thomas Tan was first diagnosed with kidney failure last year, he was at a loss as to what his next step should be. He wanted to research his treatment options and choose one that would not affect his job. However, delaying treatment could worsen his condition. Now, thanks to NKF's education counselling programme "Know Right, Start Right", Mr Tan was able to make a decision quickly. He chose peritoneal dialysis (PD) where he carries out self-treatment at home instead of going to a dialysis centre and is able to keep to his full-time job. Mr Tan is one of 79 patients who have benefited from the programme since it was introduced last year.

The programme, launched at NKF's Kidney Care Conference on 25 May 2019, is a collaboration between NKF and Khoo Teck Puat Hospital. It involves pre-dialysis talks in the hospital, home visits and peer support groups. It aimed to equip patients with adequate knowledge of the disease, treatment process and dialysis management, and address psychosocial anxiety as early as possible so that patients do not delay treatment. Patients often do not want to decide their treatment plan due to factors such as social influences, limited health literacy, socio-demographics and the need for autonomy.

Previously, I wasn't sure which dialysis treatment wouldn't disrupt my full-time job. After hearing my concern at the pre-dialysis talk, I was introduced to home-based peritoneal dialysis treatment which I can do overnight.

Mr Thomas Tan
who benefited from the programme



Creating good memories

"Despite my mother's reservations, I pursued my dream and joined the nursing profession in 1991. Little did I know then that one day, my training as a nurse would come in handy.

As my parents became frailer in old age, I took on the role as caregiver, taking up jobs with flexible working hours so that I could devote more time to care for them. After my father passed away in 2010, my mother became weaker and her

kidneys eventually failed because of diabetes and hypertension. Due to her multiple conditions and being prone to falls, I stopped work to care for her full-time.

Although I had not been a nurse for many years, all my training and skills as a nurse turned out to be very useful indeed. Being a full-time caregiver is not easy because it is not just about taking care of my mother's physical needs. People often comment that they are amazed

by the things I do for her, but it is not a big deal to me or a sad thing. We have many moments of joy like going out together sometimes. One of the things we enjoy doing most is to sing and read the Bible together. My greatest wish is that at the end of her life, I will not have any regrets and that we will only have good memories of each other."

Ms Angie Go Geok Buay
caregiver of a kidney patient



Taking more than a year to complete, NKF produced a book "Love Triumphs", a collection of 13 real-life stories written by NKF caregivers that captures their struggles to find peace, strength and purpose in the face of adversities – nine of whom are aged between 19 and 25. The book was launched by Minister Chan Chun Sing at NKF's 50th anniversary charity dinner on 31 May 2019.

Read the stories of
"Love Triumphs"
qrco.de/nkfpub



Helping frail kidney patients **prevent falls**

I am glad that NKF is working closely with me and my family to reduce my risk of falling at home and outside. I am now more alert and aware of my surroundings.

Madam Lau
who is benefiting from the Fall Prevention Programme



61-year-old Madam Lau Heng Ing suffers from kidney failure, diabetes, joint degeneration and high cholesterol. Her age and multiple chronic conditions put her at greater risk of falling, and as a consequence, she had two serious falls since starting dialysis in 2007. It also affected her mobility, making her unable to attend scheduled dialysis treatment at NKF's dialysis centre. She now uses a walking aid and special footwear to move about. Her daughter and husband are working and hence, they are unable to keep a watchful eye on her.

Many kidney patients like Madam Lau are the reason why NKF initiated a volunteer-helmed Fall Prevention Programme in partnership with Singapore Institute of Technology to help patients, especially those who are older and frailer. One fall incident tends to lead to repeated falls over time due to reasons such as weakened reflexes and muscles after the first fall. Patients may have to depend on a walker or wheelchair as a result. They may also restrict their mobility and miss dialysis sessions due to fear of falling.



President Halimah Yacob launched the Fall Prevention Programme at the opening of NKF's new dialysis centre in Marsiling on 15 June 2019.

Make a difference and volunteer with us today!

qrco.de/nkfvolunteer



“I survived 28 years on dialysis because I’m strong-willed.”

“In 1989, I was diagnosed with lupus (when the immune system in one’s body attacks the tissues and organs) which caused me to have kidney failure two years later. I was devastated. I was only 16 and still in school. I wanted to die. But my mum told me not to give up hope and that she will help me through my ordeal. I underwent dialysis for two years at the hospital and then I got a place at NKF’s subsidised dialysis programme.

Due to my lupus, my veins are small, so I have been having problems with my fistula, which connects an artery and a vein to create a permanent access point to allow large flow of blood to carry out my dialysis. Due to this, I have had to keep creating new access points and undergo angioplasty procedures to widen my vein over the years. With the quality treatment and the support from the caring nurses, I became stronger emotionally and mentally, and I was able to continue working.

I am very thankful to the caring people who support me through NKF. I take one day at a time, take care of myself and keep praying. To me, every problem can be solved, whether it’s fast or slow.”

Madam Noraidah Hafid, 43
who keeps on going despite her challenges

sharing
with you



We celebrated our 50th anniversary on 5 April 2019 at the NKF Centre together with our community partners and supporters because it is compassionate people like you who have enabled us to come this far and make immeasurable difference to more than 10,000 lives. It is this spirit of togetherness that spurs us to work towards providing seamless, integrated community care for our patients so that they can get back on their feet, which encapsulates the theme of this milestone year – “Giving Life & Hope Together”. Here are the highlights of the event.



Our commemorative book which showcases NKF's 50-year journey was launched at the event. '50 Years Together' features stories and reflections written by patients, caregivers, NKF staff and other stakeholders, as well as portraits of each writer created by students from the School of the Arts. Read their stories at www.nkfs.org/nkf50



Mr Tan Chuan-Jin, (4th from left) with Mr Koh Poh Tiong, Chairman of NKF (5th from left) and Mr Tim Oei, CEO of NKF (6th from left) with the patients who were featured and contributed to the '50 Years Together' book.



Mr Tan Chuan-Jin decorating a clay tile for our mural project, which is a symbol of NKF's spirit of togetherness.

I believe this unwavering purpose and conviction on the importance of togetherness for a caring community has propelled NKF forward in the past 50 years.

Mr Tan Chuan-Jin
Speaker of Parliament



NKF staff performed a skit highlighting the benefits of kidney transplant.



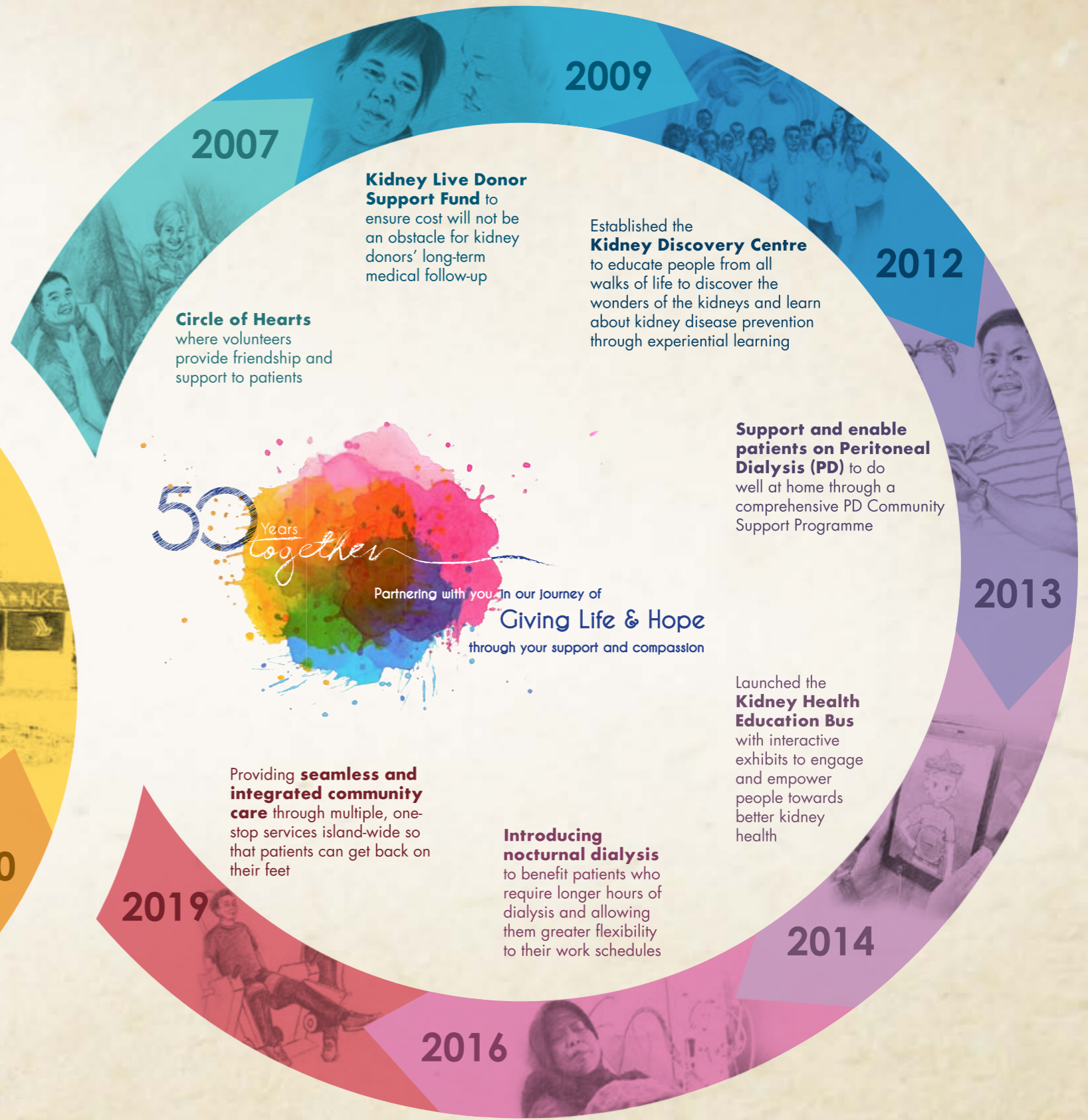
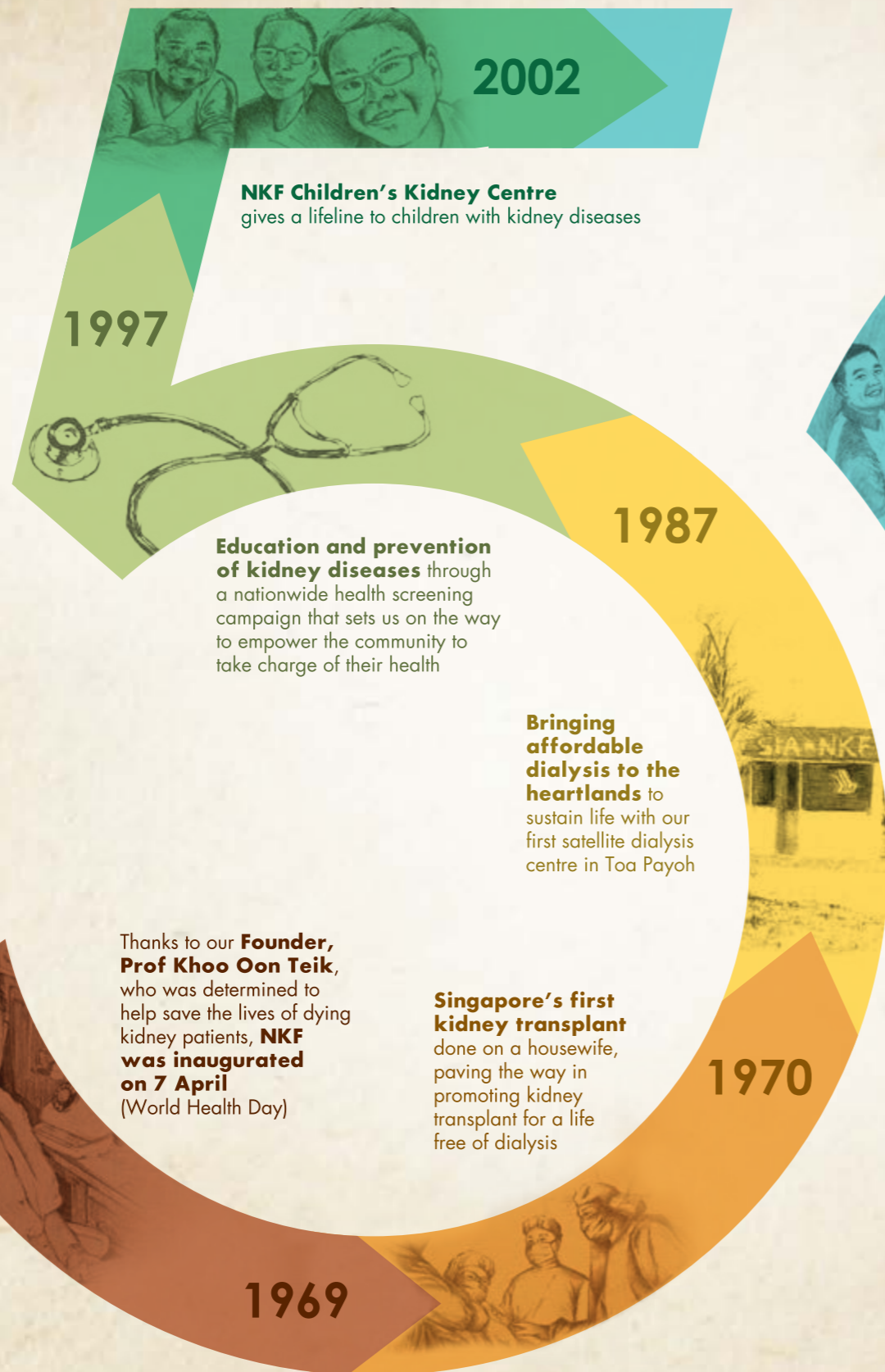
A sand art performance illustrating our 50-year journey.



Ms Syasya Dalili Suhaimi, who received a kidney from her father, and her mother, Mdm Kartini, decorating a clay tile for our mural project.



Mr Richard Tay, Singapore's longest surviving patient on dialysis. He is grateful to all the nurses for caring for him for the past 39 years.



A wife's gift of life

When Mr Phuah Boon Hua, 35, was diagnosed with kidney failure in 2016, he lost the will to live despite having a wife and two-year-old son to care for. However, his wife Madam Yong Wai Ling, 34, refused to let him give up on life. She was his pillar of strength. More than that, she was his saviour when she gave him the ultimate gift of life – her kidney.

It was at the end 2015 when Boon Hua, who suffers from high blood pressure, went for a medical check-up at the polyclinic. The doctor told him that his creatinine level was getting higher, which was an indication that his kidney function was gradually becoming more and more impaired. It was a matter of months before his kidneys completely failed. At the hospital, the doctor explained to the couple their options, which was dialysis or transplant, as well as the pros and cons of both.

Boon Hua did not want to go for dialysis for the rest of his life and he was scared to undergo a transplant operation. During this period of uncertainty, he had severe leg pains due to high uric acid. He became hot-tempered, irritable and could not sleep. He said to his wife, "If you live without me, okay or not?" Wai Ling told him to think positively for the sake of her and their child.

She was determined to find a solution and did more research on her own on treatment options. She decided that a live kidney transplant is the best option and persuaded Boon Hua to go for the series of tests to see if she was a suitable donor. They were ecstatic when told that her kidney was a match. The successful transplant took place on 30 January 2018. Wai Ling's employers were very supportive, allowing her to take leave and even paid her salary for the two months she was recuperating from her surgery. NKF is providing them with financial assistance through its Kidney Live Donor Support Fund.

Today, Boon Hua is a picture of health. He goes jogging thrice weekly and eats healthily. He takes care of their child, does the grocery shopping and cooks.

I had no second thoughts about giving my kidney to my husband. Now we can lead fulfilling lives as a family.

Madam Yong Wai Ling
on why she wanted to donate her kidney to her husband

My wife is my strength and I cherish my family more than ever.

Mr Phuah Boon Hua
who is grateful to his wife for giving him a new lease of life

Read our inspiring kidney transplant stories

qrco.de/nkfkidtrans



Bringing dialysis closer to patients' homes

As NKF builds more dialysis centres to cater to the rising number of kidney patients, we aim to locate all patients at a dialysis centre within 5km of their residence as part of our on-going community integration efforts.

Hence, with the establishment of two new dialysis centres in West Coast and Marsiling respectively, patients living in these areas no longer have to travel further away to other dialysis centres for treatment, saving on time travelled and the costs. They are also able to have greater interaction with the grassroots and volunteers in the community they are familiar with, to help them stay active through health and social activities which are important for their rehabilitation.

Currently, 91% of all patients are located within 5km of their dialysis centre. NKF is exploring renal care transformation and integration to also include dialysis centres in polyclinics and community clubs to better support the evolving needs of kidney patients.



Our latest dialysis centres

The Hour Glass-NKF Dialysis Centre (West Coast Branch)



Mr S Iswaran, Minister for Communications and Information (centre), officially opened the new dialysis centre in West Coast. On the right is Mr Ng Siak Yong, Chief Financial Officer, The Hour Glass Limited.



Blk 701
West Coast Road



Officially opened on
14 April 2019



19 dialysis stations
serving 114 patients



Established with a sponsorship of **\$1 million** from The Hour Glass Limited with a matching government grant.

Jo & Gerry Essery-NKF Dialysis Centre



Blk 204
Marsiling Drive



Officially opened
on 15 June 2019



22 dialysis stations
serving 132 patients



Established with a legacy gift of **\$2 million** from the estate of Mr Gerry Essery and Mrs Jo Essery. Another **\$600,000** came from the estate and Dr Tan Hwa Luck, a long-time friend of the Esserys for the centre's operations.



President Halimah Yacob (3rd from right), officially opened the new dialysis centre in Marsiling. On the right is Mr Zaqy Mohamad, Minister of State for National Development and Manpower and Dr Tan Hwa Luck (2nd from left).

Together we care

With the strong support of many caring people, NKF 50th Anniversary Charity Dinner raised over \$1.1 million from table sales, auctions and outright donations. The funds will go towards providing quality treatment and care for kidney patients.

NKF also took the opportunity to thank four caring donors - The Sirivadhanabhakdi Foundation, Lew Foundation, San Wang Wu Ti Religious Society and Mr Ngiam Kia Hum & Family - for sponsoring the costs of establishing and renovating our new and existing dialysis centres amounting to \$9.3 million.



Wish NKF all the best as it continues to partner the community, individuals and the government in its work - exemplifying the collective responsibility and Singapore spirit to improve the lives of fellow Singaporeans and build a stronger Singapore.

Mr Chan Chun Sing
Minister for Trade and Industry,
who was the Guest-of-Honour at the
charity dinner on 31 May 2019



Advancing renal care together



Guest-of-Honour Mr Chan Heng Kee, Permanent Secretary, Ministry of Health (2nd from left) and Keynote Speaker Professor Tan Chorh Chuan, Executive Director, Office for Healthcare Transformation, Ministry of Health (1st from left), together with overseas distinguished speakers and NKF management at the opening of the conference.

KIDNEY CARE CONFERENCE SINGAPORE 2019
Integrated Kidney Care:
Advancing Together

NKF's Kidney Care Conference, themed "Integrated Kidney Care: Advancing Together" was held on 25 & 26 May 2019 at the Lee Kong Chian School of Medicine (Novena). This 3rd year running conference provided multidisciplinary insights into the transformation and integration of chronic kidney disease care for the future, in the face of emerging complex challenges. It was also a platform for medical and allied healthcare professionals to share and exchange ideas as well as generate discussions to advance renal care.

For the first time, the conference was extended to renal experts in the Asia Pacific Region. We were also

privileged to have five overseas distinguished speakers who hail from Canada, Hong Kong, Thailand, the United Kingdom and the United States to share their expert knowledge across the spectrum of renal care. Over 400 participants attended the conference which included counsellors, dietitians, nurses, partners, patient advocates, physicians, policy makers, rehabilitation specialists and social workers.

NKF remains committed to the care of kidney patients through better treatment outcomes and prevention of kidney diseases.

Strengthen your muscles and prevent falls

People start losing muscle mass when they hit 50. This condition is known as Sarcopenia, which makes the elderly more prone to falls. We strongly recommend the 'Sit-to-Stand' exercise for maintaining muscle mass, and improving stability and balance. Patient Mr Ong Yong Hock, who is 87-years-old this year, does it regularly to strengthen his muscles and reduce his fall risk.

Perform 1 to 3 sets of 15 repetitions. Though simple, the steps must be executed in a smooth, controlled manner. Progress gradually. Begin by doing 1 set, slowly increasing to 3 sets.

Sit-to-Stand

Start Position



Action



1 Sit on a sturdy chair, legs shoulders' width apart. Keep your back straight and arms pressed against your chest.

2 Rise to a full standing position. When sitting back down, push hips backward and squat close to the seat. Once seated, return back to the start position.

Eating right

Did you know that your diet plays a role in fall prevention? This is especially important for those aged 50 years and above, as that is the age at which we start losing muscle and bone mass. Having insufficient protein in your diet can lead to weight loss, frailty and an increased risk of falls. Here are some foods to incorporate into your diet to boost your protein intake!



Eggs

Eggs are one of the most versatile ingredients that can easily be added into all three meals. Steamed and hard-boiled recipes are good, healthy options. Instead of adding high-fat sauces such as mayonnaise, season with pepper and a dash of salt.



Peanut butter

A peanut butter sandwich is ideal for a high protein breakfast or mid-day snack. Always read the nutrition labels and avoid brands with added sugars.



Beans

It is a common misconception that meat is the only good source of protein. In fact, plant-based protein such as beans are low in fat, high in fibre, and contain up to 15g of protein per cup!

#WHAT SEAT WOULD YOU CHOOSE

24 & 25 August 2019
12pm to 8pm
Our Tampines Hub

NKF
Sit-A-Thon

Choose Now



bit.do/SAT19

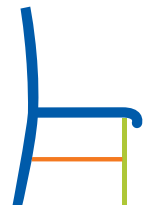
Sit-to-Sweat

Slide into the hot seat for a 50-minute ride of your life!



Sit-to-Speak

Sit with us! Buckle up for a one-hand challenge with our kidney ambassadors.



Sit-to-Stand

Are you game enough to rise to our fitness challenge? Find out where you stand on this simple test of flexibility, balance and strength.



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