NKF

CONNECTING WITH CARING PEOPLE

CONNECT

JUN 2015

> I can do my PD exchange and then do the housework, cook and even go *"jalan jalan"* (walk about the neighbourhood)...
>
> – Kidney patient, Mdm Radhiah Rashid

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MCI (P) 181/01/2015

Much better
quality of life after PD

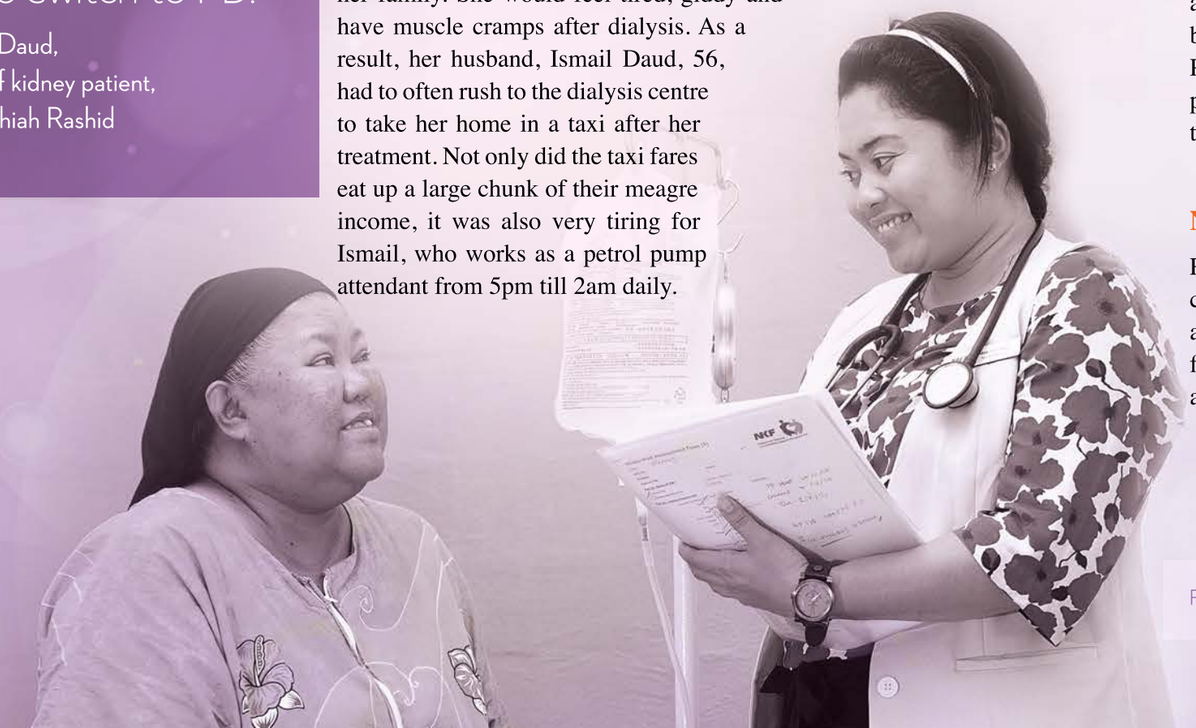
Mdm Radhiah Rashid, 49, discovered she had diabetes in 2004, when an open wound in her leg did not heal. However, she did not take any medication nor change her diet and lifestyle, despite also suffering from high cholesterol.

"PD is very convenient and easy. We are so glad to switch to PD!"

Mr Ismail Daud,
husband of kidney patient,
Mdm Radhiah Rashid

Struck with Kidney Failure

In April 2008, she was admitted to the hospital to remove a cancerous growth in her neck. It was then that she was diagnosed with kidney failure and she started treatment at an NKF dialysis centre. It was a difficult time for her and her family. She would feel tired, giddy and have muscle cramps after dialysis. As a result, her husband, Ismail Daud, 56, had to often rush to the dialysis centre to take her home in a taxi after her treatment. Not only did the taxi fares eat up a large chunk of their meagre income, it was also very tiring for Ismail, who works as a petrol pump attendant from 5pm till 2am daily.



Carrying Out Dialysis at Home

In November 2014, Radhiah decided to switch to home-based peritoneal dialysis (PD), upon the advice of her doctor, after she suffered from a blocked blood vessel. She was given training on PD and four times a day, she carries out the PD process to remove the toxins in her body, which takes about 30 minutes each time.

No Need to Travel

Radhiah says, "Now I need not go to the dialysis centre anymore. The taxi fares were very expensive and I also felt bad because my husband had to rush from his office to fetch me. He works long hours and needs to rest."

More Freedom to Do What She Wants

She also does not feel so drained and tired after each dialysis session. "I can do my PD exchange and then do the housework, cook and even go "*jalan jalan*" (walk about the neighbourhood). So my husband does not have to do all the housework and can take care of our 15-year-old daughter, who has special needs."

Ismail says, "She loves to go on outings with her siblings. They will go for picnics and other places. She just needs to bring along her PD bags. She even went on an overnight trip to Desaru!"

Initially, when Radhiah first started PD, she was worried about getting an infection. She minimises this risk by ensuring that her house is kept clean and tabletops and furniture is cleaned every day. Ismail added that PD is very convenient and easy to carry out. They are glad they decided to switch to PD.

For assistance on our PD programme, please contact 6299 0200 pd.support@nkfs.org

The Courage Fund

NKF's Doctor Receives Prestigious Healthcare Humanity Award

NKF's Director of Medical Services, Dr Mooppil Nandakumar received the Healthcare Humanity Award (HHA) at a ceremony held on 27 April 2015 at Biopolis.

The annual HHA recognises and honours healthcare workers who are inspirational role models, exemplifying the values of courage, extraordinary dedication, selflessness, steadfastness in ethics, compassion and humanity.

There were 62 award recipients representing a multi-disciplinary mix of doctors, nurses and allied health professionals. They stood out for their exceptional efforts in improving patient care and going beyond the call of duty. Dr Kumar received the Award from Minister for Health, Mr Gan Kim Yong.

"I chose to be a healthcare worker because of the immense sense of satisfaction you derive when you see the smiling face of a patient and family members when the patient recovers from their illness or does well with treatment."

Dr Kumar

Dr Kumar has been with NKF for close to 20 years. He serves about 1,500 needy kidney patients, covering more than half of the 2,800 patients in the 26 dialysis centres! In spite of his extremely hectic schedule, he always puts the needs of kidney patients first above all else. He knows his patients individually and is professional, patient, gentle and approachable to them. He motivates patients in the working age group to secure a job so that they can continue to be productive members of society. He responds to nurses' phone calls day or night to deal with emergencies and challenging cases and provides professional advice on treatment plans. He follows up with visits to the patients or calls back to ensure that the case is resolved.

NKF is thankful to Dr Kumar for his dedication, commitment and wonderful work in serving needy kidney patients.

From left: Dr Kumar; Mr Gan Kim Yong, Minister for Health; Mrs Kumar; and NKF CEO Mr Edmund Kwok

Second from left: Dr Amy Khor, Senior Minister of State, Ministry of Health

Second from left: Dr Lam Pin Min, Minister of State, Ministry of Health

There are many stories that show Dr Kumar's care and devotion for his patients. Here is one anecdote to share of his humanitarian spirit.

On 4 March 2013, a patient developed shortness of breath during his dialysis session on the 3rd shift (6pm to 11pm). The patient found out that his post dialysis retention of 5.4 kg was beyond the normal level. The nurse of Aljunied dialysis centre called him and Dr Kumar advised her to send the patient to the hospital. However, the patient refused. Dr Kumar went to the dialysis centre at around 10.45pm to assess the patient personally and convinced him to go to the hospital for further management.

A Dream Fulfilled

Like many young ladies, Madam Nooraini, 56, looked forward to starting her own family when she got married in 1989. One year after her marriage, she was hospitalised for frequent nose bleeds and fluid overload. The doctor diagnosed kidney failure and ordered dialysis. Nooraini was distressed as she was uncertain about the prospects of her conceiving given her medical condition.

Two years after starting dialysis, Nooraini started feeling unwell. Concerned about her health, she took some urine tests. She was overjoyed when the results showed that she was pregnant.

Supermom

As pregnancy places more burden on the kidneys, pregnant kidney patients are at higher risk of developing hypertension and diabetes. Nooraini, who was dialysing at NKF, had to increase her dialysis sessions from three to six times a week, Mondays to Saturdays. NKF nurses would also diligently monitor her pregnancy to ensure the safety of both mother and child.

On 6 October 1992, Nooraini gave birth to her “miracle baby”, Nurhidaya, thus fulfilling her dream to become a mother. After giving birth, Nooraini reverted to a thrice weekly dialysis regime. She continued working until 1999, when she stopped work to become a housewife. Without complaint, she took care of her family so well that her daughter never felt her mother was different.

Love Reciprocated

Nurhidaya, now 22, recounted, “Growing up, I did not consider my mother to be different from other mothers. I knew she had to go for dialysis, but other than that, she was the same as my friends’ mothers. She busied herself with what other mothers did – household chores, cooking and taking care of me while juggling her job as a production operator. It was only when I was older that I realised the difficulties she had to go through. She is a supermom and a real fighter.” Nurhidaya said that her mother has always been a very independent and strong person. As age catches up with Nooraini, she faces more health complications but each time, she is determined to pull through. She underwent a heart bypass in July 2014 and was placed on oxygen therapy.

Now, it is Nurhidaya’s turn to take care of her mother. She would bathe and change Nooraini every morning before leaving for her work as a Patient Service Associate at a hospital. Every night, Nurhidaya would ensure that her mother’s oxygen mask is in its proper place before turning in.

Despite life’s challenges, Nooraini remains cheerful and upbeat. She enjoys watching television with her family and loves it when her relatives visit her at home, when they would exchange stories.

BROTHERLY LOVE

Kidney patient Mr Tay Ah Jong, 54, received a new lease of life from his brother-in-law, Mr Tan Chuan Hin, 45, who donated a kidney to him in February 2014.

Kidney recipient Mr Tay Ah Jong (left) with his brother-in-law, Mr Tan Chuan Hin, who is his donor

While in hospital because of kidney failure, Ah Jong received a visit from his brother-in-law, Chuan Hin. He was amazed when Chuan Hin offered to donate a kidney to him. Ah Jong said that such an altruistic gesture is in line with Chuan Hin's character of being a very kind and giving person.

The ties that bind

After undergoing tests, Chuan Hin was found to be a suitable donor and the transplant was carried out successfully. Ah Jong took about six months to recover fully. He gradually started exercising again and can now travel frequently for his work as an insurance agent.

Said Ah Jong, "I often remind my children that from now onwards, we must take care of Ah Gu's (maternal uncle in Hokkien) family, because of his sacrifice for me. No matter what happens to Ah Gu, my children must make sure that they take care of his wife and daughter, and treat them like their own family."

Repaying a Debt of Love

Chuan Hin's father passed away from cancer when he was only seven years old. When he was 15 years old, his sister started dating Ah Jong, who is about 10 years older than him. Ah Jong took care of Chuan Hin and his siblings by helping them with their schoolwork, giving them tuition and taking them out on excursions. To Chuan Jin, Ah Jong has always been like an older brother.

"When I visited Ah Jong in the hospital, I was shocked to see him so weak and frail, especially since he had always been so active. I could not bear to see him go through the suffering of dialysis. As he had helped me so much since we were young, I feel it is time to do something for him. Besides, it is not every day that one gets to save a life. I can survive on just one kidney, why not donate a kidney to him?"

Fast Recovery

Chuan Hin recovered very quickly after the operation. He keeps fit through cycling, swimming, bowling and jogging. "I am glad I can donate my kidney as I am healthy and have no health problems. If you want to save a life and help someone else, you need to ensure that you are in good health first. Only then can you help others."

To find out more about our Kidney Live Donor Support Programme, please contact

6299 0200 contact_us@nkfs.org

Prosperity for Generations 昌盛百代

The vases are being displayed at Wisma Atria level 2 until the campaign ends on 31 August 2015.

For a donation of $50 and above, individuals and organisations stand a chance to own this pair of exclusive vases.

For donations, call 6299 0200 or visit www.nkfs.org.

In celebration of SG 50

Sponsors:

A Property of STARHILL GLOBAL REIT

WISMA ATRIA

tote board

SINGAPORE TURF CLUB

Giving Hope. Improving Lives.

Mr Edmund Kwok, NKF CEO (left) with Mr Tan Boon Piin, YTL Starhill Global Reit Management General Manager (centre), who presented a $10,000 cheque to NKF Chairman, Mr Koh Poh Tiong (right), in support of the campaign.

Four generous well-wishers came together to organise the "S R Nathan SG50 Charity Programme", in which our former President of Singapore commissioned 138 pairs of porcelain vases to raise funds for charities. NKF was privileged to receive a pair of these limited edition vases to raise funds for needy kidney patients.

NKF officially launched the vases at the "Prosperity for Generations" campaign on 12 April 2015 at Wisma Atria Mall. The vases are from the well-known Franz Collection, whose fine porcelain pieces have been used as national gifts to Presidents, Prime Ministers and the Pope. Our national flower on the vases, Vanda Miss Joaquim, known for its hardiness and resilience, not only reflects the Singapore spirit but also characterises our patients who are stricken with kidney failure and poverty.

NKF welcomes all fundraising efforts from the community. If you have a fundraising idea for us, please do contact us at contact_us@nkfs.org

NATIONAL FOOTBALLER

IS NKF'S NEW "LIVE RIGHT" AMBASSADOR

With kidney failure on the rise, NKF is doing more in promoting kidney health. In this regard, NKF is happy that Singapore's LionsXII soccer captain Isa Halim has volunteered to be our new Live Right Ambassador. Isa will be a role model, raising awareness in the community on the importance of making healthy lifestyle choices, especially among the youths.

"Health is precious and not only is it a gift for oneself, ensuring that we remain healthy is also the best gift we can give to our families. I hope to do my part in encouraging everyone, especially the Malays, not to take their health for granted but to take steps to ensure that they eat right and exercise regularly," said Isa, who will also be conducting soccer clinics for youths in the second half of this year.

ISA HALIM
NKF'S "LIVE RIGHT"
AMBASSADOR

New Dialysis Centre
in Jurong East

To benefit more needy kidney patients in the west, Yuhua Citizens' Consultative Committee (Yuhua CCC) came forth to build a new dialysis centre at Jurong East Street 21 through several SG50 fundraising initiatives. At the **Yuhua-NKF Dialysis Centre** Fundraising Dinner on 22 May 2015, Yuhua CCC presented a cheque for a $1.2 million donation to NKF to build the new centre. It will be matched dollar-for-dollar by the Government under the Care & Share @ SG50 Movement.

The Centre will have 22 dialysis stations which can serve 132 needy kidney patients. It will be a great relief for needy patients who live or work in the west as now, they have to travel extensively for treatment at other NKF dialysis centres outside the region because our centres in the west are operating at full capacity.

NKF is grateful to Minister Grace Fu, MP for Yuhua, the grassroots leaders and residents of Yuhua for making this Centre a reality.

From left:
Mr Chng Hwee Hong, Chairman, Yuhua CCC; Ms Grace Fu, Minister, Prime Minister's Office; Mr Tharman Shanmugaratnam, Deputy Prime Minister and Minister for Finance; and Mr Edmund Kwok, Chief Executive Officer, NKF

Mass Health Screening & Awareness Day

In caring for the well-being of the community, NKF organised its first Mass Health Screening and Awareness Day on 24 May at its headquarters. The day was buzzing with a hive of activities where close to 1,000 people from all walks of life participated in free kidney health screenings, health talks, exercise sessions, a healthy cooking demonstration and tours of our Kim Keat Dialysis Centre. There were educational health booths on kidney disease prevention and peritoneal dialysis (home-based treatment), engaging participants in fun and interactive learning. We hope that the meaningful event motivated participants to take charge of their health as well as spread the message of staying healthy to their family and friends.

For booking and enquiries on community education programmes, please contact
6299 0200 education@nkfs.org

Roasted Whole Chicken
Balinese Style

Nutrient values (per serving)

Calories	:	303kcals
Protein	:	38g
Carbohydrates	:	3g
Fat	:	15g
Sodium	:	153mg
Potassium	:	508mg
Phosphorus	:	380mg

Healthy, Tasty Treat

Try out this tasty roast chicken, made wth fresh ingredients at home.

Ingredients

- 1kg whole chicken, skinned and cleaned
- 4 whole red chillies, fresh
- 4 whole chilli padi, fresh
- ¾ cup shallots, roughly cut
- 2 cloves garlic
- 1 whole piece lemongrass
- 10g ginger, fresh
- 10g turmeric, fresh
- 1 kaffir lime leaf
- ½ tsp soya sauce, light
- Salt, season to taste
- 2 tbsps olive oil

Preparation method

1. Ensure the whole chicken is thoroughly cleaned and feet removed. You may try to tuck in the wings backwards to keep the chicken in its shape during roasting.
2. Blend all the ingredients used for marination. Rub ½ of the mix onto the chicken and allow it to marinate for 2 hours.
3. Pan-fry the other half of the mix till the flavours are released. Allow it to cool and rub it on the chicken. Allow it to marinate for another 5 minutes.
4. Put the whole chicken in a preheated oven and roast it at 200°C for 35 – 40 minutes or till the chicken is done. Serve warm.

Tips

To reduce fat and salt intake, remove the chicken skin and use herbs to season.

NKF Strikes GOLD in the Singapore HEALTH Award 2014!

NKF has won Gold in the Singapore HEALTH Award 2014!

The HEALTH (Helping Employees Achieve Life-Time Health) Award, held biennially by the Health Promotion Board, acknowledges organisations that care deeply about employees' health and well-being. Healthy and happy employees lead to greater efficiency, productivity and success.

NKF has always been committed to encouraging staff to adopt a healthy lifestyle and promoting staff's well-being through various Workplace Health Programmes such as 5Cs workout, Healthy Mondays, regular wellness classes, outdoor games, talks and workshops as well as free annual health screenings and additional tests at subsidised rates.

NKF has previously won the Bronze Award in 2008 and the Silver Award in 2010 and 2012. Winning the Gold Award in 2014 attests to our commitment to constantly strive to improve work and welfare conditions for our staff. Meeting the stringent criteria of programme comprehensiveness and effectiveness and the rigorous evaluation process is a testament that we have attained excellence in employee wellness.

We will keep striving to help our employees remain hale and hearty as we serve the less fortunate in society.

Pillars of Health

National Kidney Foundation
81 Kim Keat Road, Singapore 328836 Tel: (65) 6299 0200 Fax: (65) 6299 3164 contact_us@nkfs.org

NKF

MISSING

We showered them with love, their favourite food and toys. They have their own cosy beds, even regular spa and grooming sessions. Yet, they go missing....

Why?

Curious in knowing more?

www.nkfs.org | YouTube | NKF Singapore

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