

Making the switch?

I decided to work with patients on home dialysis after 15 years in a dialysis centre setting because I wanted a more well-rounded experience as a renal nurse.

– Liza Huang Min

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A different aspect of nursing care

“I was working as a haemodialysis (HD) nurse at NKF’s dialysis centres (DC). It was a very challenging but fulfilling experience and I really enjoyed taking care of the HD patients.

However, I decided to switch to working with Peritoneal Dialysis (PD) patients in June 2015. I had worked with HD patients for the last 15 years and I want to have a more well-rounded working experience as a renal nurse.

HD and PD are different modalities of treatment and while both are effective in achieving good outcomes, the effectiveness depends on the condition of individual patients.

My most memorable encounter after becoming a PD nurse was reconnecting with a former HD patient. Mdm Salehar Abdul Rahim used to dialyse at Ang Mo Kio 3 DC when I was working there. As she suffered from vascular issues and multiple vascular creation failure, she was hospitalised very frequently, even up to six times per month. The frequent hospitalisations took a toll on her and she was very depressed. At times, she would even cry during dialysis. Finally, due to the vascular issues, the doctor advised Salehar to switch to PD in June 2014.

Salehar doing well under PD

I have not seen Salehar since her switch to PD one year ago. Imagine my surprise when I met her during one of my home visits and found her totally transformed! Physically, she is responding well to PD. Because of that, she has become more cheerful and positive. In the past, due to her vascular problems, dialysis has always been very tough and painful for her, but she does not face any of these issues now. She has become very independent and I am very impressed by how adept she is in carrying out PD.

In the past, Salehar would get stressed and anxious about starting and ending her dialysis on time at the dialysis centre as she took the van transport service, but she does not have to worry about this anymore. Her quality of life has also improved greatly. Now, she is able to cook simple meals for herself and can even go downstairs in her wheelchair and wheel herself around the neighbourhood.

PD Community Support Programme – a team effort

I feel that the positive outcome for Salehar is due to the effort of the entire team under the PD Community Support Programme. While PD nurses assess the patients, dietitians advise patients on their nutrition to ensure that they get sufficient nutrients and the medical social workers provide counselling to patients and look after their emotional and psycho-social well-being.

Caring for patients holistically

I was pleasantly surprised to discover that as a PD nurse, I am now able to help patients more holistically and in many practical ways. For example, during home visits to patients, if I observe that the patient does not have any safety handrails in her toilet and the toilet floor is slippery, I can raise it up to my team and suggest for assistance to install handrails to minimise the risk of falls.

I also have the chance to interact with the patients’ caregivers and family members, to better understand their social background and home environment during my home visits which last from 1 to 1½ hours. This period of time is dedicated to solely one patient. In the home environment, the patients can share more as they are more relaxed and comfortable. I get to meet the patients’ family members and am thus able to have a more accurate picture of their backgrounds.

As a PD nurse, I am closely involved in the patient’s holistic care, which is a very fulfilling experience. Being a PD nurse also provides me with a more flexible work schedule, which is helpful because I have young children. ”

- Nurse Liza Huang Min

“Salehar told me that after she switched to PD, she has not been hospitalised for almost one year. This is amazing considering she was hospitalised several times a month previously. She also appreciates the flexibility and convenience of PD. She is also more independent.”

For assistance on our PD programme, please contact

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pd.support@nkfs.org



BUDAK PANTAI & FRIENDS

CHARITY CONCERT BRINGS HOPE TO NEEDY PATIENTS



From left: Deacon Matthew Kang, Chairman of Church Council, New Creation Church, NKF Chairman Mr Koh Poh Tiong and NKF CEO Mr Edmund Kwok

In celebration of our Nation's 50th Birthday, NKF collaborated with Budak Pantai, an a cappella group, to organise "Budak Pantai & Friends" at the Esplanade Concert Hall on 4 June 2015. The group – made up of Gordon, Mike, Joe, Kah Keh and Danny – still has a huge following today. Most of their fans enjoy the group's quirky and laidback style, which comes with a heavy dose of humour. Formed in 1994 when they won TV's Rollin' Good Times' Beach Boys contest (hence the name in Malay), the much loved "local heroes" came out of retirement for just one night to bring back their hit numbers such as "Ah Bu Den" & "Jiu Gang Tang Buay Bo". To spice up the concert further, they even roped in their friends which included local groups such as The Main Wayang Singers, Dance Thrilogy and many other friends to commemorate SG50 and helped raise over \$200,000 for needy kidney patients.

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

A BIG THANK YOU TO OUR CARING SPONSORS:

PLATINUM



GOLD



SILVER





NEW DIALYSIS CENTRE

at Bukit Panjang will benefit more patients in the West



NKF patient Mr Pang Tong Toon, 62, looks forward to saving close to \$800 a month in transport fees once a new NKF dialysis centre in Bukit Panjang is up and running at the end of this year.

Mr Pang, who lives at Bukit Panjang, currently goes for dialysis thrice weekly at NKF's dialysis centre in Simei as all the dialysis centres in the west are full. Being wheelchair-bound due to an injury after a fall, Mr Pang has to take a taxi to and from his home to Simei thrice weekly. The taxi fare costs as much as \$30 each time. His wife, who works in a factory, also has to take half-day leave three times a week to accompany him for treatment.

The new NKF dialysis centre at Bangkit Road will bring greater convenience to kidney patients staying in the west. The brick-laying ceremony was held on 28 June 2015 for this new centre, which will have 16 dialysis stations that will benefit 96 needy patients.

HIGHER SAVINGS

“My house at Jelapang Road is very far from my current dialysis centre at Simei. My wife has to take leave to accompany me to dialysis thrice weekly using a taxi. Not only are the travelling expenses very high, I often feel very tired from the travelling. When I dialyse at this new centre at Bangkit Road, it will be much easier on me and my wife.”

Kidney patient Mr Pang Tong Toon, 62



Mr Pang with his wife and NKF Chairman Mr Koh Poh Tiong



From left: NKF CEO Mr Edmund Kwok, NKF Chairman Mr Koh Poh Tiong, Dr Teo Ho Pin and Mr Alex Kiew, Vice Chairman of Bukit Panjang Citizens' Consultative Committee

GREATER CONVENIENCE

“The residents and grassroots leaders in the Bukit Panjang constituency are all very supportive of having a new dialysis centre as it means greater convenience for the kidney patients living in this area. We are always on the lookout for ways to improve the lives of the residents.”

Mayor of North West District and MP for Bukit Panjang constituency Dr Teo Ho Pin, who was Guest-of-Honour at the brick-laying ceremony



MORE RELIEF

“All our current dialysis centres in the west are operating at full capacity. There are more than 150 patients residing in this area but who are currently receiving treatment from dialysis centres in other areas in Singapore. This new centre will greatly ease the patient crunch in the centres in the west and provide more relief to the patients.”

NKF Chairman Mr Koh Poh Tiong



Bukit Panjang residents benefited from the educational booths on kidney disease prevention.

DETERMINED TO CARRY ON

“Although I have kidney failure and need a motorised wheelchair to move around, I believe I can still make a difference in the lives of people around me. I hope that more kidney patients will look beyond their illnesses and disability and know that they can still lead meaningful lives.”

Looking at Mr Tay Sock Kiang, 53, who travels using a motorised wheelchair, one would be surprised to know that he is an active volunteer with SPD, a society for the physically disabled. He is also an NKF Patient Advocate and helps out in a handphone shop several times a week.

However, things were not always rosy for Sock Kiang. He was diagnosed with diabetes in 2005. At that time, he was working as a sales manager and in order to entertain clients, he often had to drink with them. Even after being diagnosed with diabetes, he did not change his lifestyle and diet. He continued to drink heavily, did not exercise and suffered from asthma. As a result of his uncontrolled diabetes, he eventually had to amputate a leg. However, despite this, he still did not take steps to change his lifestyle habits and diet.

In January 2013, Sock Kiang, who was then working at a tuition centre, fainted at work. He was having a high fever and suffering from gangrene. In the hospital, doctors discovered that his kidneys had failed and he needed to start dialysis. On top of that, he had to have his remaining leg amputated.

As a result of his condition, Sock Kiang lost his job at the tuition centre. Fortunately, he was accepted into NKF's dialysis programme where his dialysis treatment is fully subsidised. As a single, he lives in a rented bedroom and his stepsister helps him financially with the rent. He helps out at his godmother's handphone shop three times a week, on days when he does not have to go for dialysis. Sock Kiang said, "I have been unemployed for two years. It is not easy to find a new job as it is inconvenient for me to travel long distances on public transport, especially on rainy days." Nonetheless, he is determined to improve his circumstances to find a new job with the help of the NKF Patient Advocacy & Rehabilitation department. He also faithfully spends time befriending and encouraging patients at Thye Hua Kwan hospital.

Despite the challenges life throws at him, Sock Kiang remains positive and resilient, a trait shared by many other kidney patients at NKF, who do not allow kidney failure to define them, but are able to rise above their adversities and help others who are in need.



Help Sock Kiang and other patients like him by making a donation via



As a testament to NKF's continuous efforts to foster
harmony and inclusiveness
 in the workplace and **improve patient care,**
 NKF has won a slew of awards in the months of May till July.

HumanResources ASIA Recruitment Awards 2015

This is the only regional recruitment awards dedicated predominantly to in-house talent acquisition teams in Asia and judged solely by senior HR professionals. It acknowledges companies from around Asia-Pacific leading the way in talent acquisition strategy and execution, raising recruitment standards and inspiring excellence.

Gold in the
 "Best Diversity
 & Inclusion
 Strategy"
 category



Silver in
 the "Best
 Employment
 Brand
 Development"
 category

Mr Edmund Kwok, NKF CEO, receiving the awards from Ms Shweta Mishra, Human Resources Lead in Dell Singapore (left) and Ms Evangeline Chua, Head of Human Resources in Citi Singapore (right).

Ministry of Manpower's **Harmony@Workplaces** Photo Contest
 - Won by Woodlands 2 DC



"Hands linked in unity.
 We work together as a team.
 Be one or be square!"

"A happy and harmonious workplace boosts productivity and competency, which in turn benefits patients as staff can work well together to manage patient care."

Judy Zhang Xia
 Clinical Nurse Manager, Woodlands 2 DC

Ministry of Health's Nurses' Merit Award

Two NKF Clinical Nurse Managers, Sadanandan Arockia Sophia and Swarna Lakshmi Jaidave received the Ministry of Health's prestigious Nurses' Merit Award. This is the first time two NKF nurses are honoured in the same year since the Award started in 1976. We are grateful to Sophia and Swarna for their devotion, care and compassion in serving needy kidney patients.

NKF will continue to ensure that the Foundation provides not just a place where employees from all cultures feel accepted and valued, but also where the highest and best quality of treatment is given to all our beneficiaries.

"The art of nursing is the intricacy in connecting with the patients and making a difference in their lives. My patience, compassion and empathy never ceases as I see the pain and suffering of my patients. Hopefully, these attributes I demonstrate will inspire my loved ones to join nursing."

Sadanandan Arockia Sophia
 Clinical Nurse Manager,
 with 15 years of service

"I have no regrets for having chosen this profession. I always upgrade myself at every available opportunity. This achievement is due to the guidance from my mentors and support from my colleagues and family. This will further spur me to work harder and motivate others."

Swarna Lakshmi Jaidave
 Clinical Nurse Manager,
 with 18 years of service



Geng Sihat

Under NKF's outreach programme, we work with different organisations to reach out to many different groups in the community to raise awareness of the importance of kidney health. These include school children, members of religious organisations and corporate employees. As part of our outreach initiatives, we are collaborating with Geng Sihat (GSSG), a movement started by the community to empower the Malay community to take control of their health.

For just \$10, members of the Malay community are entitled to participate in GSSG's healthy programmes such as a Supermarket Tour, Exercise & Cooking Classes as well as Health Screenings. A membership drive conducted throughout the month of Ramadan at the Geylang Serai bazaar saw an increase in membership sign-ups and the money collected was donated to Tabung Amal Aidilfitri (TAA).

Supermarket Tour

Jointly launched by NKF & GSSG, the Supermarket Tour enables participants to be healthy shoppers by learning how to read food labels, understanding the information on nutritional claims and making healthier choices by comparing between different products. The tour is conducted by NKF's very own dieticians on a monthly basis in Malay and will be held at various hypermarkets in Singapore. A typical tour lasts for 2 hours with a short nutritional briefing before the tour ends with a Q & A session.

"I find the Supermarket Tour very useful and informative. I now have a better idea of how to choose healthier food, especially through reading the labels on the packaging."

– participant Mdm Haslinah Lilian Tay

A Champion of Needy Kidney Patients

NKF would like to pay tribute to the late Mr Lee Bock Guan, President of The Singapore Buddhist Lodge (SBL), who passed away on 29 August 2015. Mr Lee had a heart for people and gave selflessly for charitable causes. Under his leadership, SBL contributed tremendously to the community including medical and welfare services.

The late Mr Lee understood the struggles of kidney patients well. He had a positive outlook in life and encouraged patients to face the future with optimism. At the same time, he encouraged through many significant initiatives to benefit needy kidney patients and they have been blessed by his benevolence, compassion and generosity over the years.

While he was President of SBL, the organisation donated \$2 million to sponsor a new NKF dialysis centre at Bukit Merah, which started operations on 31 August 2015 and is able to serve 54 patients. It is the second dialysis centre they have sponsored. SBL joined hands with other religious and community groups to establish the NKF Hougang-Punggol Dialysis Centre at Hougang in 2009, which serves 96 needy patients.

SBL has also been continuously helping poor kidney patients to cope with living costs. They provide \$200,000 worth of basic food necessities yearly through NKF's Grains of Hope programme; transport subsidies of \$60,000 yearly for travelling to and from the dialysis centres by bus and train; and bursaries to patients' children to motivate them to excel in their studies for a brighter future.

NKF is forever grateful to the late Mr Lee who had championed NKF's cause of giving Life and Hope.



The Singapore Buddhist Lodge-NKF Dialysis Centre in Bukit Merah, which started operations on 31 August 2015, is made possible with a \$2 million donation from SBL.

Helping through cooking

Mr Amri Azim, 38, of the restaurant “Le Steak by Chef Amri”, has a soft spot for the needy patients at Pasir Ris dialysis centre (DC). His late father, Mr Abdul Azim Bulia, was a patient at the DC for three years, before he passed away in 2013. After seeing his father go through the pain of dialysis, Amri is determined to help needy patients and their families through his expertise: cooking.

“I have been working as a cook and chef since 1995. Before my father was diagnosed with kidney failure, my family and I were not aware of the disease, but through his illness, we became more knowledgeable about kidney failure and its causes – namely diabetes and hypertension. We also realised that by adopting a healthy lifestyle, we can keep kidney failure at bay. We are now more careful about our health and conscious about eating healthily and exercising regularly.

I hope to share my experiences and the story of my father to raise awareness of how important it is to lead a healthy lifestyle. For example, we can have healthier meals by using less oil in our cooking. I always remind my cooks in the restaurant to remove excess oil from food. I hope to collaborate with NKF to conduct cooking demonstrations for patients and their families, teaching them how to make simple but healthy dishes. As kidney patients’ families are at higher risk of getting kidney failure, I want to encourage them to go for regular health screenings and lead a healthy lifestyle.”

NKF is grateful to Le Steak for helping us to raise funds for needy kidney patients by placing our donation boxes at both their restaurant outlets!

On 30 June 2015, Malay patients from Pasir Ris DC were invited to Le Steak by Chef Amri for Iftar (breaking fast). On 9 July 2015, The Landmark (under the Singapore Hospitality Group), of which Amri was an ambassador, organised the “NKF Iftar Party” for Malay patients and their families from the same DC. In addition, Amri and his team from the restaurant also visited the DC on a separate occasion to personally distribute goodie bags containing groceries to Malay patients.



As a gesture of our gratitude for their outreach to our patients and \$2,000 donation, NKF CEO Edmund Kwok presented an appreciation certificate to Mr Ali Abbas, Group Director of Sales & Marketing of Singapore Hospitality Group.

Healthy, Tasty Treat

Try out this tasty steamed fish, made with fresh ingredients, at home.



Foiled Steamed Pimento Toman Fillet

Nutrient values (per serving)

Calories	: 128kcal
Protein	: 18g
Carbohydrates	: 5g
Fat	: 4g
Sodium	: 227mg
Potassium	: 438mg
Phosphorus	: 181mg

Ingredients

- 100g toman fillet, 3 pieces
- 1 small lime, thinly sliced
- 30g pimento, salt free
- 1 tbsp olive oil
- Salt/pepper to taste

Preparation method

- 1 Place 1 large sheet of aluminium foil on the counter and spread the lime slices on top.
- 2 Set the fish on top of the lime and season with salt and pepper.
- 3 Spoon the diced pimentos over each fillet and drizzle the fish with olive oil.
- 4 Fold the edges together to seal the fish inside.
- 5 Steam the fish for 10 – 12 minutes or till it is cooked.
- 6 Remove the fish from the aluminium foil and serve warm.

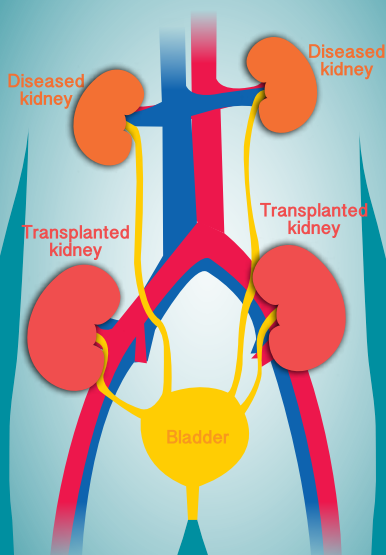
Amazing facts on kidney transplant



Native kidneys are not normally removed when you go for a transplant.



Some people who go for multiple transplants or dual kidney transplants can have 4 kidneys, including their own native kidneys.



Many people think transplant is just having the same blood group for both the donor and the recipient but it is not true. It involves many rigorous checkups and blood tests (including checking for tissue typing, donor specific antibodies, etc).



Kidneys can be preserved up to 36-48 hours with preservation techniques but earlier transplantation is preferred.



Find out more about kidney transplant via

