“I count it as my blessings to have such opportunities to help people who are in need.”

Mr Tan Eu Cheng, 58
Kidney patient at Tampines 1 Dialysis Centre
Give Life a Meaning

Mr Tan Eu Cheng had been working as a taxi driver for the past 24 years until he was diagnosed with kidney failure in July 2014. Despite his recent diagnosis, he was inspired by a Patient Advocate after he attended NKF’s New Patient Orientation on October 2014 and immediately joined its Patient Advocacy Programme.

He actively volunteers his time to fellow patients at the regular Orientation sessions by sharing his personal testimony. He also brings cheer to the elderly through the Community Outreach programme. At the same time, he inspires other patients to lead an active lifestyle by being an exercise advocate. “I find it meaningful to help people in need, and that is what motivated me to join the Patient Advocacy Programme.”

Mr Tan is very grateful to NKF for providing him with not only quality treatment, but also holistic care to aid him in his journey towards rehabilitation.

New Initiative

APPLYING VIRTUAL REALITY GAMING TECHNOLOGY AS PART OF PATIENT REHABILITATION

NKF launched its new initiative of using Virtual Reality Gaming Technology during Health For Life Day at Science Centre Singapore on 21 December 2014. The Virtual Reality Gaming Technology provides an alternative form of rehabilitation to patients by allowing them to improve their psychological and physiological well-being through different interactive sports games played on an Xbox 360 + Kinect console. About 600 participants attended the event.

New Initiative

EXERCISE HANDBOOK

"Hubs of Health" is an initiative by the Exercise & Fitness Department to highlight the importance of exercise to all our kidney patients. This book provides a ready list of home-based exercises for both HD & PD patients with pictorial illustrations & a DVD. We use the rainbow colours to represent stages for gradual progression through body-weight strengthening exercises. These progressive small steps can strengthen muscles and translate into positive outcomes. It is produced with our patients’ needs in mind, to help them gain muscle strength and prevent muscle wasting. It is also useful to anyone who wishes to build a functional body.

7 patient advocates volunteered at the Goldencare elderly day care centre

NKF’s patient advocates brought cheer to the elderly through NKF’s Community Outreach programme during the festive season by making handicrafts, singing and dancing at the day care centre.

Upcoming Event

Come join us for Compassionate March!
15 March 2015
Sign up now at your dialysis centre!
Volunteers Help Patients Pack and Reconcile their Medication

Compliance with taking medication can be a challenging task for kidney patients with other health issues such as loss of vision, especially those without caregiver support. Fortunately, help is available for such patients through the Medication Reconciliation Programme, a new NKF initiative developed with the National University of Singapore Pharmaceutical student volunteers.

With their acquired skills, these volunteers ensure that the medication list is accurate before packing two weeks’ worth of medication during each patient visit. They also do reconciliation which includes counting of physical stock to prevent patients from taking more medication than required and discarding any expired or damaged ones. They ask patients if they are experiencing any side effects and check if their conditions are well controlled, sometimes by assessing their blood pressure or blood glucose levels. They also do their best to resolve patients’ queries or refer their concerns to NKF nurses.

Volunteer Grace Kng Li Lin, 25, has been helping Mdm Goh for almost ten months. She said, “On top of ensuring that they get the right medication, I get to understand other aspects of their lives such as the home environment. I enjoy having meaningful conversations with them.”

Sister Lucy, Nurse Manager of Ang Mo Kio 1 Dialysis Centre, said that this programme has brought about a change in the condition and compliance of patients in medication consumption. “Volunteers highlight their doubts and give suggestions based on their observation and professional knowledge, which would otherwise be hard to come by.”

“All these ABCs (on the medicine labels) don’t make sense to me at all. I live with my husband who is also illiterate. He even packed the wrong medication for me. Fortunately, with the help of Grace (NKF volunteer), she makes sure that I take the right medicine.”

-Kidney patient Mdm Goh Sai Gek, 71