"Sharing experiences gives you a new perspective. There is something we can learn from everyone."

Mr Chan Chee Leng, 61
Kidney patient at Kim Keat dialysis centre
Mr Chan Chee Leng has been on dialysis for nine years and has been helping his fellow patients as an active Patient Advocate since 2013. Recently, he has taken on another mantle as a Care Group leader, where he uses his knowledge and experiences to guide his fellow patients towards better self-care.

Patient Care Group is an Advocate-led initiative that provides a platform for patients to share their anxieties and learn how to better manage their health. As a Care Group leader, Chee Leng actively advises new patients on how they can seek help and calms their fears about starting dialysis, giving them comfort and the confidence in living a near-normal life. As someone who leads an active lifestyle, is compliant with treatment and has a positive attitude, he sets a good example for his fellow Care Group members.

“In Care Group, everyone is a teacher, whether you are a new patient or not. Members just have to be willing to open up, and to act on what they have learnt,” says Chee Leng.

On 19 and 20 January, our Patient Advocacy and Volunteer Committee (PAVC) members together with Patient Advocates brought joy to six needy patients with no caregiver support at their homes or hospital wards to celebrate Chinese New Year over a healthy fruit lo hei and lunch.

Supporting and Encouraging One Another

Interested patients and caregivers can call 9380 4094 to find out more.

On 5 March for their biannual Advocate Appreciation, NKF CEO Mrs Eunice Tay, together with PAVC members, joined in to appreciate the tireless efforts and generous contributions of all Patient Advocates.

NKF CEO Mrs Eunice Tay and PAVC Chairman Ms Shirley Wong joined in the celebrations with patients and their families. Such events help patients progress emotionally and socially, which is an important part of their rehabilitation.
The prevalence of falls increases with age. One fall incident tends to result in repeated falls over time incurred by the same individual due to reasons such as weakened reflexes and muscles after the first fall. This can be a challenge for NKF who admits needy patients with multiple co-morbidities and have a 50% age profile of 65 and above. This results in issues ranging from a compromised quality of life to missed dialysis sessions.

Hence NKF, together with the National Council of Social Service and SG Rehab, have piloted a Community Falls Prevention Programme to build a volunteer-led home-intervention programme to identify fall risks in patients’ environment and reduce fall incidents by encouraging patients to play an active role in their fall prevention.

Wish to know more about the programme and be part of the community effort?

Contact us at volunteer@nkfs.org

In the past one year, >500 fall episodes of patients were recorded

60% of these falls occurred in the patients’ homes

Getting the whole community involved! A role-play conducted during a training session organised for NKF’s long-time community partner, Boscombe Life Church.

Gearing up volunteers through a series of training sessions in preparation for the execution of their role.

Patient Advocates in the dialysis centre warming up to their role as falls prevention advocates to patients.