Ms Jade Hwa Bee Gek, 56
PD Patient

"I’m living well on peritoneal dialysis."
Helping the needy and sick has always been close to the hearts of Jo and Gerry Essery, and with this philosophy in life, the couple left a $6 million legacy to three charities, of which $2 million will go to NKF to build a new dialysis centre in Marsiling. Construction of the centre will start in October and it is expected to start operating in April 2018. It will have 22 dialysis stations which will benefit 132 kidney patients who live or work in the north-west.

NKF is grateful to the late couple for their generosity, love and benevolence.

A LASTING LEGACY FOR A NEW DIALYSIS CENTRE

A Heartfelt Thanks to Our Dedicated Nurses

Throughout the month of July, Patient Advocates and staff brought gifts and heartfelt notes to all nurses at our 31 dialysis centres in celebration of Nurses’ Day on 1 August 2017. All patients and staff took this opportunity to show extra appreciation to our nurses, for their commitment and hard work.

PD CARE GROUP

Our PD Care Group gathered on 8 July 2017 to discuss challenges and caregiver burdens, and how NKF can support them. The meetings, held once a month, caters to both English-speaking and Chinese-speaking patients.

IF YOU ARE A PD...

patient, caregiver or know someone who can benefit from this programme, contact us at 9380 4094.

An Active Life is the Best Way to Live

Ms Jade Hwa Bee Gek was diagnosed with kidney failure in 2012. This came as a shock to the sporty and active mother of two. She had to stop working and started haemodialysis. She hit a low point when she started having issues with her fistula* and frequently ended up in the hospital.

“I felt so drained and tired every time after dialysis, I hardly had the strength to do anything after that.”

After switching to peritoneal dialysis (PD) more than a year ago, she has started feeling more energetic again. Today, Jade is a model PD patient who remains active, is disciplined with her lifestyle and has been free of infection since she started PD.

She does her dialysis daily every night while she sleeps, freeing her to do the things she wants during the day, such as playing badminton with her friends thrice weekly. She also has time to cook healthy meals at home.

Jade realises the struggles and anxieties of newly diagnosed patients and has invited these patients to her home to demonstrate how to carry out treatment independently to assuage some of their worries.

With her flexible lifestyle, she also has time to share her experiences and encourage other patients and caregivers by attending PD Care Group meetings.

* A surgically created vein used to remove and return blood during haemodialysis.
For a few times each day, Madam Ho Ah Hua, 58, had to manoeuvre her way through the clutter of her room to retrieve her peritoneal dialysis solution. This had been part of her routine at home for the past three years. Her three-room HDB flat had not undergone any face-lift since she started living in it more than 20 years ago. With worn down peeling walls and a vast amount of things, Madam Ho had already gotten used to such a living environment. She never imagined that she would one day receive help from a group of warm-hearted students who were willing to spruce up her home.

These volunteers are from the NUS Students’ Community Service Club. Not only did they get their hands dirty, they even took their own initiative to raise funds so that they could buy the needed materials and tools to ensure that they could do refurbishment work for Madam Ho.

On the first day of the two-day session in June, a few of them began the work of de-cluttering piles of household items that have been accumulated over the years. The second day was the highlight – 16 volunteers filed into Madam Ho’s house, armed with paint tins and brushes, and started the painting work. Apart from this, they had the opportunity to interact with Madam Ho, which brought her much joy and companionship.

The student volunteers also painted a small mural of three “福” Chinese characters, signifying happiness and fortune. When Madam Ho took a look at the finished product, she beamed and gave the volunteers four heartfelt words, “Thank you so much.”

“It’s really meaningful and gratifying because we see the house transforming into something a lot more organised and conducive, especially for dialysis patients who need to be in a cleaner environment.”

- Volunteer V Mitheera

To find out more about our volunteer programmes, contact us at volunteer@nkfs.org or 1800-KIDNEYS (5436397)