



An e-Bulletin of KDF Dec 2012

## A Haven Nestled in Ghim Moh

Few steps away from the MRT station and into the Ghim Moh neighbourhood, the quiet community starts to wake from its slumber as residents get by with their daily routine on an early weekday morning. The slow pace of Ghim Moh might be refreshing to some, whilst others might deem it dull and uninteresting.

A quick thought ran across my mind: A mere 10-minute walk from Buona Vista MRT for someone as able-bodied as I, might take even longer and be more arduous for a wheelchair-bound patient, with the flight of stairs as an impending obstacle. As several of our patients at Ghim Moh are wheelchair-dependent, this sets me thinking about how our patients get by with the inconvenience on the wheelchair to and from the dialysis centre.

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### Facts about Ghim Moh Centre:

**Total no. of Patients:**  
57 (as at 30th November 2012)

**First opened in:**  
23rd July 2007

**Maximum Patient Capacity:** 120

**Nurse-Patient Ratio:** 1:4

Thankfully, the gloomy sight dissipated when I reached the KDF Ghim Moh centre. The bright walls and the mural of patients and stakeholders of KDF bring light to the work done over the years. The Peritoneal Dialysis centre and Haemodialysis centre are both situated at Block 6 on Ghim Moh Road. Once I enter the Haemodialysis centre, I am greeted by a fresh, bright green wall. To me, the green wall represents the colour of vitality to lift the spirits of patients dialysing there. The cheerful interaction between the patients, nurses and staff also changes the entire outlook to this quiet neighbourhood.

This is indeed a refreshing change from an otherwise restful setting for the people of Ghim Moh. The air-conditioned environment is poles apart as compared to the blistering heat in Singapore's climate. Patients in the waiting area can be seen enjoying the TV programme as well as the cool surroundings while patiently waiting for their shift to commence. Administrative assistant, Catherine Wong, also agrees that the centre looks spacious with the bright walls and floor.



The KDF centre at Ghim Moh has been operating since 2007 when it first opened to serve the needy kidney patients staying in the West. With a market just across the road from the centre, dialysis patient, Mr Yang, thinks there is much convenience for the patients. Living just 2 bus stops away, coming for dialysis is considered easily accessible to him.

The Ghim Moh centre runs on 2 sessions 3 times a week, and 3 sessions on the other days. The centre closes on Sundays to recharge and prepare for a new week. Located just beside the Ulu Pandan Community Club, it is hard to miss our 2 centres that are side by side along Ghim Moh Road. There are also some patients who stay in the vicinity, making the centre an ideal location for dialysis.

The friendly and professional nurses are also what make dialysis treatments bearable. It is after all, the people that usually make a place a "home". With each session, 13 nurses will be on site, faithfully serving the patients. The efficiency at which they work with also garner praises from patients like Mr Yang.



KDF reaches out to the needy kidney failure patients by offering high quality, low cost dialysis treatments for this disadvantaged sector in the society. The 2 other centres are situated in the heartlands such as Bishan and Kreta Ayer.

While KDF strives to provide high quality and subsidised dialysis treatments for the needy patients, we take pride in our supportive donors for their contribution over the years. It is only with the help of our supporters that we are able to make it this far.

If you would like to join us in our life-saving mission, please click [here](#) to make a contribution.

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