



An e-Bulletin of KDF Oct 2012

Educating the 3 'P's

Although fund-raising to provide subsidized dialysis care for kidney failure patients is its primary objective, KDF is also committed to educating the 3 'P's:

- 1) **Patients** - To equip patients with knowledge to take charge of their own health
- 2) **Professional healthcare workers** - To organize educational programmes on renal-related issues for healthcare professionals
- 3) **Public** - To promote public awareness and education of kidney diseases

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Educating Patients - Enable them to take charge of their own health



Orientation and education - New patients undergo the Patient Orientation and Education Programme by nursing personnel where patients will be educated on the treatment and dialysis process. Each patient is given a patient's handbook containing the necessary information to take charge of their own health. The primary nurse and dietitian will continue to educate patients on medication and diet compliance periodically.

Continuous Consultation - The primary nurse and the dietitian will continually counsel the patients about the treatment process and educate them on medications and dietary compliance on a periodic basis. These measures are to ensure that patients are well-informed so that they can cope better with kidney disease.

Education Seminars - In addition, patient education seminars are held annually to ensure that patients are equipped with knowledge to take care of themselves. These seminars cover a wide range of topics that are related to kidney disease and its related issues. Patients are educated on topics like food and nutrition, where they learn about maintaining a healthy diet to cope with kidney disease; taking care of their vascular access for effective haemodialysis to take place; ways to prevent further complications such as bone problems in dialysis patients and anaemia, and even exercises that they can perform on their own. In addition to learning how to take care of themselves, patients and their family members are invited for a session of interaction and mutual sharing.

KDF's First:
Basic Renal Nursing Education: Sept 1997
Public Forum: Feb 1998
Education Seminar for Patients: Mar 1998
Educational Programme on TV: Feb 2005 ("New Lease of Life" on Channel U)
Accreditation Programme with Nanyang Polytechnic: 1999



Patients trying out exercises during the seminar

Educating Professionals - Engage healthcare and medical providers

Training for Nurses - KDF conducts in-house trainings for the nurses to provide them with adequate knowledge and understanding towards the care they are providing to the patients and also the know-how of the use to all related equipments. Nurses also undergo an ongoing training where they are trained on using the glucometer to monitor the patients' blood glucose level; to assess the patients' condition and respond accordingly when complications arise. Competency checks and routine audits are conducted annually to ensure that the standards are maintained and practice according to KDF protocols and guidelines.



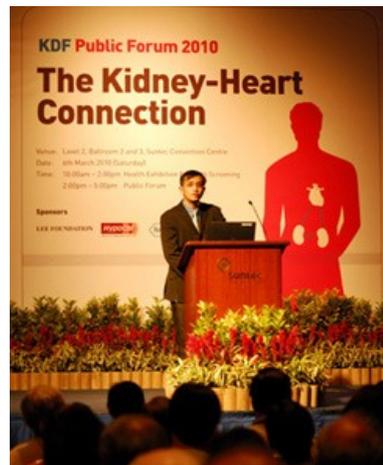
Training for nurses at KDF's Bishan centre

Accreditation Programme with Nanyang Polytechnic - Since 1999, KDF has also been accredited for the Nanyang Polytechnic (NYP) Advanced Diploma in Nephro-Urology Course. Each year, small groups of students from the Polytechnic are attached to KDF Dialysis Centres for field visits and clinical placements. During these visits, students are given a brief introduction of the Foundation and are oriented to various clinic processes at the dialysis centres.

Through this programme, KDF is able to create learning opportunities for students in this field of specialty.

Educating the Public - Raise awareness about symptoms and prevention methods of kidney failure

Public Forums - As part of KDF's aim to prevent kidney failure in the community, annual public forums have been organized to educate the general public about kidney health and related diseases since 1998. The free forums catered to at least 1000 participants each year and covered topics linked to kidney disease such as hypertension, cholesterol and diabetes - also known as the 'silent killers'. The risks of kidney patients developing heart disease and ways to maintain a healthy diet to prevent illnesses were also covered. These forums (held in either English or Mandarin), provided excellent opportunities for the audience to have their queries answered by the speakers, further enabling them to take charge of their health.



Public Forum 2010

With diabetes being the leading cause of kidney failure in Singapore, (out of the 1,212 patients who initiated dialysis in 2008, 62.4% were a result of diabetic nephropathy¹), it is important for the public to be aware of the negative consequences that diabetes has on the kidneys. Kidney failure, in addition to posing financial burdens on the individual, families, and society, is a life-long condition that cannot be reversed and steps should be taken to prevent it as much as possible.

HealthTalk @ Workplace - A workplace education initiative was also introduced in 2011 to increase awareness through health screenings and education. Since its implementation in 2011, the HealthTalk @ Workplace has benefitted more than 350 attendees at organizations such as OCBC and Lion Global Investors. Through the Health Talk sessions, participants were able to understand the results of their health screening results better through the explanation provided by both doctors. Participants with abnormalities detected in their test results were encouraged to seek further medical advice from their doctors to manage the risks, providing early intervention for the onset of diseases.





Health Talk @ Workplace

Community Engagement - Besides engaging organizations, KDF provides Health Talks for schools and reaches out to the rest of the community through public awareness and fundraising events, such as the "Pledge for Kidneys, Pledge to Save Lives" campaign held last year. (Find out more about the event [here](#))



Pledge for Kidneys, Pledge to Save Lives Event

Should your organisation wish to raise health awareness amongst staff, please contact our Resource Development and Communications Executive, Ms. Samantha Png at 6559 2650 or email to Samantha.png@kdf.org.sg so that an effective programme can be delivered through partnership with your organisation and health provider.

Website and Health Brochures - More information on managing kidney diseases is also readily available for the public through channels like our [website](#) with 19 health brochures available online [here](#).

If you wish to support us in our cause of raising awareness and patient treatment, please click [here](#).

Do visit our Facebook page to get updated on our latest news and upcoming events too!



Be our fan and "Like" us today!

¹ National Registry of Diseases Office 2010, Released March 01, 2011 (NP-11-1)

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