WORLD KIDNEY DAY
10th MARCH 2015

Ain Al Khaleej hospital, celebrated the 10th Anniversary of World Kidney Day (WKD), the most widely celebrated event focused on kidney health across the globe. WKD is jointly organized by the International Society of Nephrology (ISN) and the International Federation of Kidney Foundations (IFKF). This year’s theme “Kidney Health for All” reminds us that not all of us are equal with regards to risk for kidney disease and access to treatment.
This document represents the final report of the World Kidney Day Campaign

Which was conducted in

Ain Al Khaleej Hospital on 10th March 2015.

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FOREWORD

World Kidney Day (WKD) is a global health awareness campaign that focuses on the importance of our kidneys and reducing the frequency and impact of kidney disease and its associated health problems. This year, our focus is on Kidney Health for All.

There is an increasing burden of End Stage Renal Disease in the GCC countries, which is similar to the rest of the world. Accordingly, this review suggested that the dominant cause of End-Stage Renal Disease (ESRD) in the GCC was diabetic nephropathy; and the most frequent co-morbidities were Hypertension and Diabetes. Campaigns such as these help as screening programs for the primary causes of ESRD and CKD (Chronic Kidney Disease).

Through this campaign, we invited the whole civil society, health professionals and patients to drink to their kidneys and to give a glass of water to their families, friends and co-worker. This is both a symbolic gesture and a conversation starter to raise awareness about the risks, dangers and burden of kidney disease and how to prevent and treat it in a simple manner across the globe - hopefully making people more conscious about their lifestyle choices.

Screening of Blood Glucose, Cholesterol and Blood pressure, which forms part of the indices for kidney function, was undertaken at the Facility including the Patients, staff, visiting Nationals and Non-Nationals.

Mr. Neil Holtham
RN,Dip HE,PG Dip Management
Director of Nursing.
Ain Al Khaleej Hospital Campaigns - Annual Events for 2015

**JANUARY**
- Health Check at School
  - 27 - 20 January

**FEBRUARY**
- Hand Hygiene Day
  - February

**MARCH**
- World Kidney Day
  - 8 March

**APRIL**
- World Health Day
  - 7 April

**JUNE**
- World Asthma Day
  - 1 – 4 June

**AUGUST**
- World Breast Feeding Week
  - 1 - 8 August

**SEPTEMBER**
- World Heart Day
  - 29 September

**OCTOBER**
- Breast Cancer Awareness Month
  - 1 - 31 October

**NOVEMBER**
- World Diabetes Day
  - 14 November

**DECEMBER**
- International Day of Person With Disabilities
  - 3 December
- World AIDS Day
  - 1 December
Introduction

Background

Kidney disease is increasing dramatically and the cost of treating this growing epidemic represents an enormous burden on healthcare systems globally.

With 10% of the population worldwide having some form of kidney damage, there is a long road ahead to raise awareness about the dangers of kidney disease. Chronic Kidney Disease (CKD), which is predicted to increase by 17% over the next decade, is now recognized by WHO and other organizations as a global public health issue.

Some communities in both higher and lower income countries are at greater risk than others because of their ethnic origin, socioeconomic status and/or where they live. This has major public health implications because of the extremely high costs of renal replacement therapy. African, American Indian, Hispanic, Asian or Aboriginal populations are known to suffer from higher rates of diabetes and high blood pressure which are both leading causes for Chronic Kidney Disease (CKD). These populations are therefore at higher risk of developing severe renal disease and ultimately kidney failure. As an example, in the US, African Americans are 3 times more likely to experience kidney failure. Compared with Caucasians, African Americans have a much higher average blood pressure, develop hypertension earlier in life and have greater risks of complications such as CKD, stroke and heart disease.

In addition, there are a number of key issues and challenges in tackling Chronic Kidney Disease in vulnerable populations: poor water hygiene, lack of hydration, unhealthy choice of food and beverages, language barriers, education and literacy levels, low income, unemployment, lack of adequate health insurance, and certain culture-specific health beliefs and practices – just to name a few.

There are no warning signs for Chronic Kidney Disease and individuals can lose up to 90% of their kidney function before they feel any symptoms - and by then it's too late.

Symptoms of reduced kidney function may include:

- high blood pressure
- changes in the amount and number of times urine is passed, e.g. at night
- changes in the appearance of urine
- blood in the urine
- puffiness e.g. legs and ankles
- pain in the kidney area
- tiredness
- loss of appetite
- difficulty sleeping
- headaches
- lack of concentration
- itching
- shortness of breath
- nausea and vomiting
- bad breath and a metallic taste in the mouth

**Objectives of the Campaign**

- Raise awareness about our “amazing kidneys” and highlight that diabetes and high blood pressure are key risk factors for Chronic Kidney Disease.
- Encourage systematic screening of all patients with diabetes and hypertension for CKD.
- Encourage preventive behavior.
- Educate all medical professionals about their key role in detecting and reducing the risk of CKD, particularly in high risk populations.
- Stress the important role of local and national health authorities in controlling the CKD epidemic. Health authorities worldwide will have to deal with high and escalating costs if no action is taken to treat the growing number of people with CKD.

A survey of the general public’s understanding of kidney disease together with free measurement of blood pressure, blood sugars, and cholesterol was conducted at the facility.

**Findings of the Survey**

52% - has either hypertension &/or diabetes &/or hyperlipidemia

90% - not aware of non-steroidal anti-inflammatory drugs can harm the kidneys

60% - do not know to control hypertension, diabetes or hyperlipidemia

95% - do not know how to protect kidneys
Table 1

GENDER TYPE

<table>
<thead>
<tr>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>95</td>
<td>53</td>
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</table>

n=148

Table 2

RANDOM BLOOD SUGAR

<table>
<thead>
<tr>
<th>RBS less than 200mg/dl</th>
<th>RBS more than 200mg/dl</th>
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<tbody>
<tr>
<td>94.50%</td>
<td>5.40%</td>
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</table>

Table 3

RANDOM CHOLESTROL

<table>
<thead>
<tr>
<th>Cholesterol less than 200mg/dl</th>
<th>Cholesterol more than 200mg/dl</th>
</tr>
</thead>
<tbody>
<tr>
<td>50.60%</td>
<td>49.30%</td>
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</table>
Campaign Aim & Resources

World Kidney Day aims to raise awareness of the importance of our kidneys to our overall health and to reduce the frequency and impact of kidney disease and its associated health problems.

To achieve this goal the campaign employed a number of well researched strategies used including:

1. Badges, Back drop by Dialysis unit staff.
2. Reminders in work place
3. SMS for all existing customers
4. Public speech-“KIDNEY HEALTH FOR ALL”, by Dr. Enyioma Obeneche, Consultant, Nephrology
5. Scientific presentations
6. Speech on “TIPS FOR HEALTHY KIDNEYS”, by Dialysis unit Nurse Ms. Jazel
7. Speech on “FOOD FOR YOUR KIDNEYS”, by Ms. Rawan, Dietitian.
8. Physical assessments (RBS, BP, CHOLESTROL) Involvement of patients, Health care workers and visitors in this aspect of their healthcare.
9. Cake cutting.
GOLDEN RULES - TO KEEP YOUR KIDNEYS HEALTHY

Keep fit and active

Increase daily physical activity as it helps reduce your blood pressure and reduces your risk of Chronic Kidney Disease.

Maintain a healthy fluid intake and stay hydrated

Fluid regulates your body’s temperature through perspiration; the kidney removes waste via urine and carries nutrients and other substances throughout the body. Fresh supplies of fluid are needed every day; however, there is no set amount to drink each day to avoid dehydration.

Water is the recommended fluid to satisfy thirst and is nature’s choice - calorie-free, cheap, and readily available. Fresh supplies of fluid are needed every day; however, there is no set amount to drink each day to avoid dehydration. Choosing to drink water instead will have a positive impact on your health. It may also contain fluoride which is good for teeth. Listen to your thirst - and keep in mind that the right level of fluid intake for any individual depends on many factors including gender, exercise, climate, health conditions, pregnancy and breast feeding. People who have already had a kidney stone are advised to drink 2 to 3 liters of water daily to lessen the risk of forming a new stone.

Keep regular control of your blood sugar levels

About half of people who have diabetes develop kidney damage. People with diabetes must ensure they have regular tests to check their kidney function. Kidney damage from diabetes can be reduced or prevented, if detected early. It is important to keep control of blood sugar levels with the help of doctor or pharmacist.

Monitor blood pressure, reduce if necessary

The lower your blood pressure, the slower your kidney function declines. Although many people are aware high blood pressure can lead to stroke or heart attack, few know high blood pressure is the most common cause of kidney damage. High blood pressure is especially likely to cause kidney damage if you have diabetes, high cholesterol and cardiovascular disease.

Eat healthy and keep your weight in check

Help prevent diabetes, heart disease and other conditions associated with CKD by reducing salt intake - recommended 5-6 grams of salt per day (a teaspoon). In order to reduce salt intake, try to limit the amount of processed and restaurant food consumed and do not add salt to food. It
is easier to control salt intake if you prepare your meals yourself using fresh and seasonal ingredients.

**Do not smoke**

Smoking slows the flow of blood to the kidneys. When less blood reaches the kidneys, smoking limits the kidney's ability to function properly. Smoking also increases the risk of kidney cancer by about 50%! If you smoke - best thing to do for best health, is to quit now!

**TOUR AROUND THE RENAL DIALYSIS UNIT AT AIN AL KHALEEJ HOSPITAL**

Nephrology at Ain Al Khaleej Hospital is led by a highly qualified multidisciplinary team including nephrologist, experienced nurses trained in the care of dialysis patients, dietician and other trained ancillary staff.

We treat a large variety of disorders including:

- Diabetic nephropathy
- High blood pressure
- Chronic kidney disease
- End-stage renal disease patients on hemodialysis
- Kidney stone evaluation and program (the nephrologist works in tandem with the urologist so that each episode of renal stones is treated as necessary. The main emphasis of this sub-specialty clinic is on the prevention and medical management of kidney stones)
- Electrolyte disorders

**Consultative Nephrology**

Patients with symptoms such as blood in urine, groin pain, burning sensation while passing urine, swelling in the legs or difficulty in passing urine should consult a nephrologist. Sometimes patients are referred to a nephrologist by primary care physicians for abnormalities detected in their urine, medical check-ups and laboratory investigations.

**Dialysis/Hemodialysis**

With four state of the art machines, our unit is designed to handle the care of chronic ESRD patients as well as those with acute kidney failure requiring dialysis. With the unique advantage of being within the hospital, this outpatient unit allows for the care of frail patients that require
careful assessment by both the on staff nephrologist, and often other subspecialists, in order to provide seamless care.

**Our services include:**

Daily rounds by our in house nephrologist

Monthly multidisciplinary team review

On site dietician consultation

Regular patient education regarding management of fluid, electrolyte and nutritional issues

Yearly evaluation and appropriate referral for kidney transplantation

**Equipment:**

Fresenius 5008 series and 5008 S series

Gambro AK 200 Ultra S

**Operating hours:**

Saturday – Thursday: 7am – 10pm

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*Nursing Management Team*

“Start your day with a glass of water as a symbolic gesture of support for World Kidney Day, to remember that you should care for your kidneys, a vital organ for life”.
I ❤️ MY KIDNEYS!
Together let’s help protect our kidneys
Kidney Health for All.....
Cheers to a healthy kidney!!!
Recommendations & Conclusion

WKD offers an opportunity to screen for kidney disease including those who might otherwise be missed. Data collected could help assist in development of national screening policies but efforts must be made to improve further evaluation of those with detected abnormalities. This calls for cooperation between the government, the health sector and community. Hard work - Possibly, but the next generation is worth it.

The campaign had a positive impact on the awareness and control of risk factors in CKD, but the absolute frequency of CKD awareness still remains undesirable. We need new campaign strategies to publicize the importance of early diagnosis and appropriate management of CKD.

End