

REPORT OF THE WORLD KIDNEY DAY CELEBRATION IN PORT HARCOURT, NIGERIA.

The World Kidney Day (WKD) is an annual event that draws attention to the rising burden of kidney diseases. It is celebrated globally every second Thursday of March and has been on for the past 10 years.

This year's team of prevention of kidney diseases in children is very apt because most of the causes of adult kidney diseases can be traced to events in childhood which were either not recognized or were poorly treated.

As part of our own contribution to the creation of awareness of kidney diseases in children, we undertook a number of programs aimed at public enlightenment targeting students in high school and tertiary institution. Our team of Doctors was led by Prof. Ifeoma Anochie, Prof. of paediatric nephrology at the University of Port Harcourt Teaching Hospital Port Harcourt, Nigeria. Others include Drs. Martha Okorie, Chidinma Chukwumerije, Chris Obinabo and Tochi Uchenwa as well as some medical students. The team worked under the umbrella of the South-South zone of the **Kidney Transplant Advocacy Group of which Prof Felicia Eke is the Chairman**. We also had with us members of Reality of living with kidney disease foundation (REKIFF) - a Non-Government Organisation (NGO) set up by a family whose father is a kidney transplant survivor and the wife was a donor, now on his 8th year post transplant at St Nicholas Hospital Nigeria.

On the 8th of March we had a **radio health talk on 91.7 FM radio** to enlighten the general public on the causes and prevention of kidney diseases in children. Prof Anochie laid emphasis on the following areas:

1. Early identification of signs of ill health in children and prompt presentation to hospitals for appropriate treatment.
2. The need for expectant mothers to have good obstetric care including Ultrasound scan in pregnancy for early diagnosis of posterior urethral valve in male fetuses.
3. Mothers should observe the urine stream of male newborn before leaving the hospital after delivery.
4. Prompt and appropriate treatment of common childhood illnesses including malaria, diarrheal diseases, sore throat and skin infections which can potentially cause acute kidney injury and chronic kidney diseases if not properly managed.
5. Avoidance of herbal medication which are potentially nephrotoxic.
6. Early recognition of renal impairment sick children by medical practitioners and prompt referral to appropriate Centre.

At the end listeners called in to ask various questions on the topic and other issues relating to kidney diseases which were duly answered

The same day the team visited **Royal Girls Academy**, an All female secondary school where health talk was given to the students and staff. We discussed the importance of our kidneys, the various causes of kidney diseases in children and emphasis on prevention.

On the 9th of March 2016, the team in partnership with the adult nephrology team of the UPTH visited the **Rivers State College of Arts and Science**. The adult nephrology team was led by Prof, F.S Wokoma. The program involved health enlightenment talks on the causes and prevention of kidney diseases, through good health seeking behavior, avoidance of drug abuse especially non-steroidal anti-inflammatory drugs (NSAIDS) and herbal medications. It was emphasized that participants

should take responsibility for their health through healthy habits. HIV infection was highlighted as a preventable cause of chronic kidney disease and end stage renal failure. Prof. Anochie further stressed that in our part of the world, CKD and ESRD is a death sentence as the cost implication of chronic dialysis and renal transplantation is well beyond even the rich in our society therefore prevention is the key.

Participants benefited from free medical examination and tests including blood pressure check, urinalysis, fasting blood sugar and lipid profile and also screening for obesity. Those with abnormal findings were counseled for follow-up investigation and treatment.

On the 10th of March 2016, the World Kidney Day proper, the team visited **Graceland International School** where symposium was held covering the following topics; The functions of the kidneys, causes of kidney diseases and prevention of kidney diseases delivered by Dr. Chidinma Chukwumerije, Dr. Martha Okorie and Prof. Ifeoma Anochie respectively. There was also question and answer sessions during which the students showed good understanding of the presentation, and their questions were also addressed. The REKIFF members were there to support the program and to let the children know that CKD and ESRD is a reality which can and should be avoided and to instill in them a sense of compassion to help those who are living with kidney disease.

Prof. Anochie emphasized the need for us to take care of our general health and in particular our kidneys so as to be in a position to help others.

We screened 130 children for kidney diseases; blood pressure measurement, BMI calculation and dipstick urinalysis (some pictures attached).

At the end of the program, we took snap shots of our feet in groups to portray that we need to move our feet and take action to prevent kidney diseases in children.



The children moving their feet to prevent kidney diseases



Screening of the children for kidney diseases during WKD



Some members of both Adult and Paediatric Nephrologist during one of the outings.

Thank you by Dr Martha Okorie, Secretary **Kidney Transplant Advocacy Group**

