

***Kidney Disease & Children. Act Early to Prevent It!***



## **World Kidney Day 2016**

**An effort for building healthier future generations**



**HECAF-Nepal/National Kidney Center**

Vanasthali, Kathmandu, Nepal

10  
MARCH  
2016

# KIDNEY DISEASE & CHILDREN

## ACT EARLY TO PREVENT IT!



World Kidney Day is a joint initiative of ISN

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## Acknowledgement

Health Care Foundation/National Kidney Center, has always been struggling to aware people about Chronic Kidney Disease (CKD) as we want every human being free from it. As per our motto to save people from CKD through creating huge self-conscious mass, we have been organizing several awareness based programme and kidney screening programmes throughout the nation. And, we are endeavoring to reach out to more and more people in the days to come.

It is almost impossible for low-income families like Nepal for bearing costs for regular dialysis, transplant and post-transplant care because its treatment cost is highly expensive. Government provides two years free dialysis service and some amounts for transplant and post-transplant care for the low-income citizens. Senior citizens aged over 75 have also been benefitted from free dialysis service. NKC solely provides free dialysis facilities to HIV positive and hepatitis B and C infected kidney failure patients with support from government. Because of increasing number of kidney failure patients, we are compelled to advance and expand infrastructure facilities at the National Kidney Center, Kathmandu and other districts.

HECAF/NKC has been conducting several programmes on the occasion of World Kidney Day every year since 2006. We observed World Kidney Day 2016 focusing on the theme "Kidney Disease & Children, Act Early to Prevent It!" Free kidney screening programmes at different schools and public spheres of within and out of Kathmandu valley, press meets were our major events.

I am very thankful to the Government of Nepal for making its free dialysis service delivery partner for poor and senior citizens, HIV positive and hepatitis B and C infected kidney failure patients. I am also grateful to the members of Nijamati Karmachari Shrimati Sangh, Sumeru Hospital, Durbar High School (Kathmandu), Nepal Sanskrit School (Kathmandu), Damauli Hospital (Tanahu), Bakulahar Ratnanagar Hospital (Chitwan), Ramlal Golchha Eye Hospital, Rotary Club of Biratnagar and Magnus Pharma for their collaborative efforts. Likewise, I would like to thank electronic and print media both for transmitting valuable information about kidney diseases. I also appreciate the entire team of HECAF/NKC who have been working persistently realizing the worth of our goals.

Dr. Rishi Kumar Kafle, MD, FASN  
Chief Consultant Nephrologist  
Executive Director  
National Kidney Center

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### HECAF/National Kidney Center: A Brief Introduction

Health Care Foundation-Nepal (HECAF-Nepal), a non-governmental social service organization established in 1994, aims to provide easy, accessible and appropriate health care services to the common people. The HECAF is fully dedicated in providing health care services and targets common people of both rural and urban areas.

HECAF-Nepal has been working in providing institutional support, and to facilitate potential contributions in this sector through close contacts and co-ordination with governmental, non-governmental and international bodies involved in the related field. Launching public awareness campaigns, operating dialysis service with special units in different districts of Nepal, operating ambulance service equipped with on-the-spot emergency treatment facilities are its major activities.

National Kidney Center (NKC) is the major health care institution run by the HECAF-Nepal. NKC, one of the largest dialysis centers of Nepal, was established in 1997 on non-profit basis. It has been working in kidney care services since its inception. NKC has been launching various health-related programmes with well-equipped facility/updated infrastructure and service to provide easy health service and facilities to common people. It is the only center in Nepal that provides dialysis service to the HIV/AIDS, Hepatitis B and C infected Kidney patients. NKC has also been providing free dialysis to the poor and marginalized people with easy medical treatments coordinating with the government.

Apart from hemodialysis, the Center has been providing Emergency Care, OPD, Ultrasonogram (U.S.G.), Diet Consultancy Service, Pathology lab, Fistula OPD and Operation, Kidney Clinic services with Semi and VIP Cabin facilities.

Initially, NKC was set up with the help of Lions Club of Melsungen & Mrs. Beate Vogt, Honorary Advisor of NKC. Her contribution in collecting, coordinating and dispatching the dialysis machines and other major equipments for the smooth running of the Center is remarkable.

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## World Kidney Day 2016

### An Overview

World Kidney Day is a part of global awareness campaign aimed at raising awareness of the importance of our kidneys. NKC observed World Kidney Day 2016 by centralizing its all efforts at children's health for building healthier future generations. We organized free kidney screening programmes this year at different schools for early detection and a healthy life style in children.

We also organized programmes in Kathmandu, Chitwan, Damauli, Bhadrapur and Biratnagar. Press meet were organized in various places to transmit message for preventive care. Local and national media, including electronic and print both, are highly appreciable as they covered the theme as high priority. Symptomatic problems have been found in blood and urine test obtained at kidney screening programme and regular health check-up programmes.

National Kidney Center has been marking World Kidney Day assimilating the objectives intended to be attained by the International Society of Nephrology (ISN) and the International Federation of Kidney Foundations (IFKF).

### Objectives of the Kidney Day

- Raise awareness about our "amazing kidneys".
- Highlight that diabetes and high blood pressure are key risk factors for Chronic Kidney Disease (CKD).
- Encourage systematic screening of all patients with diabetes and hypertension for CKD.
- Encourage preventive behaviours.
- 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. On World Kidney Day all governments are encouraged to take action and invest in further kidney screening.
- Encourage Transplantation as a best-outcome option for kidney failure, and the act of organ donation as a life-saving initiative.

### Reviewing the past

World Kidney Day is observed every year with new theme. It was started to observe since 2006. The Center has also been a part of it, and has conducted various programmes. Press conference, free kidney screening programme, regular health checkup, trainings to the medical professionals, radio programme broadcasting, e-magazine publications are our past activities. Our activities have also been centered on every year's theme as mentioned below:

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- 2006 Are your kidneys OK?
- 2007 CKD: Common, harmful and treatable
- 2008 Your amazing kidneys!
- 2009 Protect your kidneys: Keep your pressure down
- 2010 Protect your kidneys: Control diabetes
- 2011 Protect your kidneys: Save your heart
- 2012 Donate – Kidneys for Life – Receive
- 2013 Kidneys for Life – Stop Kidney Attack!
- 2014 Chronic Kidney Disease (CKD) and aging
- 2015 Kidney Health for All

### Major Events

#### Press Conference

We have been trying to reach out to more and more people with awareness-generating message through mass media because communication has changed the way of life, and has become one of the inseparable parts. National Kidney Center has been taking it as an important tool in activating people for early detection. Informing and encouraging to parents, caregivers, youth, medical professionals and policy makers has become an inevitable task.

We organized a press conferences at National Kidney Center on March 8 to highlight the importance of World Kidney Day 2016. Print media Kantipur, Gorkhapatra, Nagarik including others highly prioritized the issues. Gorkhapatra sought urgency for awareness building in its editorial column while Kantipur published this issues focusing preventive measures. Likewise, online publications and electronic media have broadly transmitted the message. Children were our major concern for this year. So, we disseminated the message to encourage parents for healthy life style of thier children.

Another press conference was held at Bakulahar Ratnanagar Hospital, Chitwan on March 11. Journalists from different media were present at the conference. People were sensitized with factual information about kidney disease as the prevalent data shows that 10 percent people of the world are suffering from kidney related



Kathmandu



Biratnagar

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problems. We also organized the events at Damauli Hospital, Tanahun on March 13 and HH Rotary Unit, Biratnagar (Morang) on March 17. Apart from above mentioned issues, media also transmitted the messages as high priority (see Annex-I):

- Problems arise as people do not take precautionary measures.
- People should screen their kidneys at least once a year, which costs around two hundred rupees only and saves millions.
- Start your day with a glass of water, which can save from kidney problems.
- Physical exercise is inevitable for healthy kidneys.
- Government should launch kidney campaign to aware people.
- Government should develop human resources to tackle the problem.
- Control blood pressure and blood sugar.
- Be alert about the symptoms of kidney diseases.

We disseminated the message to encourage parents for healthy life style of thier children

### Free Kidney Screening Programme

Since our inception, we have been focusing our efforts on early detection to address unexpectedly raising number of kidney failure patients. Increasing number of dialysis patients at National Kidney Center has raised the alarm. Considering this bitter reality, we have been organizing free kidney screening programme every year in different places. This year, we reached out with Free Kidney Screening Programme in several places of the country. Some were our regular visiting places.

### Gaurigunj, Jhapa

We organized Free Kidney Screening Programme at Gaurigunj, Jhapa on March 18 and 19 in coordination with Nijamati Karmachari Shrimati Sangh and Sumeru Hospital, Dhapakhel. In total, 465 people were screened. Among them, 111 people were found with problems – 25 with sugar and 86 with albumins—which was the highest number ever founded. NKC had reached out at the programme with 13 team members

#### Team members

- Dr. Rishi Kumar Kafle, chief consultant nephrologist
- Neelima Kafle, social worker
- Dr.Saneev Acharya, consultant nephrologist
- Dr. Naryan Bhusal, consultant urologist
- Toya Nath Dawadi, clinical coordinator
- Suman Raut, deputy admin director

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- Bimal Baral, manager
- Narayan Khadka and Suman Oliya, lab assistants
- Shankar Bhattarai, OPD assistant
- Matrika Ghimire, CMA

Apart from these special programmes, we organized free kidney screening programmes targeting wider population of the nations throughout the year. We have conducted the program in Gulmi, Rupandehi, Chitwan, Kathmandu, Bhaktapur, Lalitpur, Banke (Nepalgunj) and Kailali districts. We have also convened kidney screening programme for sensitizing different professionals including banks, air lines, media houses (Kantipur media and Avenues television) and other corporate houses.

### Durbar High School/Nepal Sanskrit School, Kathmandu

Free Kidney Screening Programmes were organized on March 10 at Durbar High School/ Nepal Sanskrit School, Kathmandu. In total, 215 people were screened including 135 male and 82 female. Among them, 4 and 6 persons were found to have sugar and albumin problem respectively. We were mobilized with following team members:



Screening Programme, Kathmandu

- Dr. Rishi Kumar Kafle, chief consultant nephrologist
- Bishnu Subedi, administrative director
- Dr. Barsha Shrestha, consultant nephrologist
- Toya Nath Dawadi, clinical coordinator
- Suman Raut, deputy admin Director
- Bimal Baral, manager
- Het B. Shrestha, lab incharge
- Suman Oliya, lab assistant
- Aglesh Gurung, lab technician trainee
- Rooje Gurung, senior dialysis nurse
- Matrika Ghimire, CMA
- Shiv Shankar Mandal, HA
- Manisha Kumar, and Sabina Koirala lab technician trainees
- Four nursing trainees



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### Free Checkup at Dialysis Units

Access to health care facilities is still beyond the reach of the people living outside Kathmandu valley. Realizing this reality, we have established dialysis units at different hospitals in different districts of Nepal. We have set up dialysis unit at Bakulihar Ratnanagar Hospital in Chiwtan, Satrugna Manju dialysis unit in Damauli and HH Rotary Unit in Biratnagar. NKC visits every month the centers with its team headed by senior nephrologist Dr. Rishi Kumar Kafle.

On the occasion of World Kidney Day 2016, we organized free health checkup programmes and press conferences. 66 people were screened in the screening camp convened at Chitwan unit, 44 at Damauli Unit and 32 at Biratnagar unit.

#### Team members

- Dr. Rishi Kumar Kafle, chief consultant nephrologist
- Dr. Nabin Basnet, consultant nephrologist
- Dr. Bharat Bhandari, consultant urologist
- Suman Raut, deputy admin director,
- Toya Nath Dawadi, Clinical Coordinator
- Bimal Baral, manager



Screening Programme, Damauli

### Programme details

Free Kidney Screening Programme			
S.No.	Date	Venue	Participants
1	March 10	Durbar High School/ Nepal Sanskrit School, Kathmandu	215
2	March 11	Chitwan Unit, Bakulihar Ratnanagar Hospital	66
3	March 13	Strughna Manju Dyalysis Unit, Damauli Hospital, Tanahu	44
4	March 17	HH Rotary Unit, Biratnagar, Morang	32
5	March 18-19	Gaurigunj, Jhapa	665
		<b>Total Participants</b>	1016

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## Finally,

Lack of public awareness, bad food habits, unhealthy working environment, and government's apathy for establishing proper health facilities and developing trained human resources have challenged us in achieving our goals. Problems are rising every day in spite of our efforts to create self-conscious-mass through effective communication tools. We have endeavored to aware common people and to create pressure to the government bodies to ease the present complexities. Every sectors including a layman to government should come up with alert efforts to fight against this silent killer disease.

### Some glimpses of the Events



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### Annex-I Media Coverage

इन्फोग्राफिक्स : दिपेन्द्र कर्ण  
Kantipur, Kathmandu

### 'बालबालिकामा मिर्गौला रोग रोकथाममा सक्रिय रहौं'

**आज विश्व मिर्गौला दिवस**

खानपान, रहनसहन, उच्च रक्तचाप, मसुमेह लगायतका समस्याले गर्दा नेपालमा पछिल्लो समय मिर्गौला रोगी बढेको

आज विश्व मिर्गौला दिवसको अवसरमा स्वास्थ्य विभागले देशभरि जागरूकता अभियान चलाएको छ।

Gorkhapatra, Kathmandu

### रत्ननगर अस्पताल मृगौला उपचारमा उत्कृष्ट

रत्ननगर अस्पतालमा तीन महिनामा ३१४ जनाले मिर्गौला रोगको उपचार गराएका छन्।

राष्ट्रिय मिर्गौला उपचार केन्द्र काठमाडौं र रत्ननगर अस्पतालको सहकार्यमा सञ्चालन गरिएको मिर्गौला उपचार केन्द्र रत्ननगरबाट सो संस्थाका विरामीले मिर्गौलाको डाइअलिसिस गराएका हुन्। विश्व मिर्गौला दिवसको अवसरमा आयोजित पत्रकार सम्मेलनमा रत्ननगरमा सुरु गरिएको केन्द्रबाट सञ्चालित सेवा प्रभावकारी भएको जानकारी दिइएको थियो।

रत्ननगर अस्पताल र रोगीको बारेमा बेवास्ता गर्ने गरेका कारण दिनप्रतिदिन मिर्गौला रोगीको संख्या बढिरहेको उनको भनाइ रहेको छ।

नेपालको जनसङ्ख्याको १० प्रतिशत अर्थात् २६ हजार ४ सय ४० मिर्गौला रोगीको समस्या रहेको कान्छा जेठो भनाइ रहेको छ। २६ हजार ४ सय ४० प्रतिशत अर्थात् २६ हजार ५०० मानिसको मृगौला पूर्णरूपमा फेल भएर काम नै नगर्ने अवस्थामा रहेको उनले जानकारी दिए। उनले १४ अञ्चलका ६२ सडक बेइन्द्रकुमार श्रेष्ठलेनाथले सञ्चालन गर्ने सेवा

Chitwan Post, Chitwan

### मृगौला जोगाउन गाह्रो छैन

विराटनगर (ब्याप्ट) राष्ट्रिय मिर्गौला रोग उपचार केन्द्र विरामीको उपचार सुरु गरेको छ। विश्व मिर्गौला दिवसको अवसर पारेर विराटनगरमा सेवा प्रारम्भ गरेको हो। एच रोटीरी कलेज विराटनगर युनिभर्सिटी गोल्लो अर्थात् अस्पताल परिसरमा मृगौलाको विरामीलाई डाइअलिसिस गर्ने रोगको पहिचान तथा उपचार गरिनेछ।

मृगौला रोगको विषयमा सर्वसाधारणले जानकारी नराखे र रोग लागिसकेपछि मात्र उपचारमा जाने भएकोले समस्या बढेको राष्ट्रिय मिर्गौला केन्द्रमा कार्यकारी निर्देशक डा. श्रेष्ठले बताए।

पिसाबमा प्रोटीन बन्न थालेको व्यक्तिमाथि ध्यान गर्नु हुँदा मृगौलाको अवस्था बुझ्न सकिनेछ। एउटा परीक्षण गराउनु अनिवार्य रहेको डा. कार्कुलेले बताए। उनले भने, 'मृगौला परीक्षण गर्ने र सय रुपैयाँ खर्चेर सल्लाह लिनु त्यो राम्रो कुरा हो।' उनले भने, 'मृगौला रोगको अवस्था पहिचान गर्न सकेको बाइपास विधानबाट रोग सकिने उनको भनाइ छ।'

प्रत्येक विटानको शुक्रात एक गिलास पानीबाट गरेको खण्डमा मृगौलाबाट त्रस्य राख्न नहुने हुन्छ। पाण्डे बताउँछन्। उनले भने, 'विटानको शुक्रात एक गिलास पानीबाट गर्ने, दिनमा ३० मिनेट व्यायाम गर्ने, जीवनशैलीमा परिवर्तन ल्याउने, प्रसन्न मन राख्ने, फास्टफूड कम प्रयोग गर्ने, बेनुका खाँदा धारोको ३० मिनेटपछि १५ मिनेट हिँड्ने र खाना खाएपछि ३ घण्टापछि मात्र सुत्ने, विषाक्त तरकारी तथा सुहाइ कम हुने औषधी कम खाने, विषाक्त मासु नखाने जोगाउन सकिन्छ।' दिनमा २ देखि ३ लिटर पिसाब फेरेर राख्नुपर्नेछ, त्यसका लागि अन्नको मात्रा घटाउनुपर्नेछ। सरकारी प्रयोगशालामा पानीको मात्रा ८ साइ २० हजार रुपैयाँ खर्चेर गर्ने घोषणा गरेको छ। डाइअलिसिस सेवा २ वर्षसम्म नि:शुल्क प्रदान गर्दा ५ लाख २० हजार रुपैयाँ प्रत्यारोपण गर्दा २ लाख रुपैयाँ तथा औषधी खर्च गर्न १ लाख रुपैयाँ सरकारीले दिने घोषणा गरिने बताइएको छ। अस्पतालका डा. इन्द्रजित श्रेष्ठले भने, 'मिर्गौला रोगको उपचारमा पारदर्शकता बढाउनुपर्नेछ।' उनले भने, 'मिर्गौला रोगको उपचारमा पारदर्शकता बढाउनुपर्नेछ।'

Blast Times, Biratnagar