



WKD 2020 Report

Name: Rama Putra, MD, Internist, Nephrologist

Organization name: Bangli district hospital, Surya Husadha Ubung Hospital (affiliated organization: Indonesian Society of Nephrology/ InaSN)

Country: Indonesia

Number of events organized/collected in your country: 2

Activities of note (please give a brief description of the activity with links to online sources that mentioned it):

1. CKD Prevention Pilot Project, education and training to General Practitioner, networking
2. CKD-HD patients education, COVID-19 awareness& prevention

List of media that published WKD press releases or mentioned WKD related activities (newspapers, magazines, online publications, TV, radio, etc..) – please provide link to online sources:

If you have created a World Kidney Day local website, Facebook page or Instagram account, please provide analytics such as: number of followers/number of site visits in March/ content most requested/ page views/ posts most liked/ hashtag reach:

https://www.instagram.com/rama_putra1410/

List of celebrities involved and short description of their involvement: Raka Widiana, Professor of Nephrology, Board Council of InaSN, Sagung Dewi, Director of Surya Husadha Hospital, Arsana MD, director of bangle district hospital

Description of advocacy activities: CKD Prevention pilot project, Networking, CKD COVID-19 awareness&prevention

Attach representative pictures







MINI SIMPOSIUM
World Kidney Day

SEMINAR 3 SKP IDI

PENYAKIT GINJAL KRONIK
PATOFISIOLOGI
DIAGNOSTIK & PENCEGAHANYA

DALAM RANGKA MEMPERINGATI HARI GINJAL SEDUNIA
ATAU WORLD KIDNEY DAY (WKD) 2020

FREE




World Kidney Day | 12 March 2020

CHRONIC KIDNEY DISEASE... A SILENT KILLER

1-10
Global burden of CKD

WHO IS AFFECTED?

- 10% of the population worldwide is affected by CKD
- High blood pressure and diabetes are the most common causes of CKD
- 1 in 10 MEN and 1 in 75 WOMEN have CKD

ARE YOU AT RISK?

- Do you have high blood pressure?
- Do you have diabetes?
- Do you have a family history of kidney disease?
- Do you smoke?

HOW TO DETECT CKD?



HARI GINJAL SEDUNIA
GINJAL SEHAT UNTUK SIAPA SAJA - DIMANA SAJA
KENALI & CEGAH PENYAKIT GINJAL!
12 MARET 2020

World Kidney Day #WorldKidneyDay

Keep fit and active

1. Get your kidney function checked if you have one or more of the "high risk" factors
2. Keep regular control of your blood sugar level
3. Monitor your blood pressure
4. Eat healthy and keep your weight in check
5. Maintain a healthy fluid intake
6. Do not smoke
7. Do not take over-the-counter pills on a regular basis
8. Do not take over-the-counter pills on a regular basis

8 Golden Rules for healthy kidneys