



# WKD 2022 Report

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**Name:** World Kidney Day 2022

**Organization name:** Tan Tock Seng Hospital

**Country:** Singapore

**Number of events organized/collected in your country:** 1

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

In light of the COVID-19 situation, TTSH celebrated World Kidney Day 2022 by organizing a main webinar event held on 10<sup>th</sup> March 2022 over Zoom platform. In line with this year's theme of "Kidney Health for All", the webinar engaged and educated the public, our patients, and their caregivers on topics relevant to promoting kidney health. These would include topics ranging from maintaining a healthy diet, keeping fit and active with exercise, along with medication related to renal health. The sharing were conducted by our team of clinicians, nurses, and allied health professionals.

The program for TTSH World Kidney Day 2022 is as follows:

Time	Topic	Department
12:00pm	Welcome to World Kidney Day 2022	Renal Medicine
12:05pm	Exercise for All, Kidney Health for All!	Physiotherapy
12:20pm	Eating Right for Chronic Kidney Disease	Nutrition & Dietetics
12:35pm	Better Kidney Day Care, You Can Do It!	Renal Medicine (Renal Unit – Nursing)
12:50pm	Medication Compliance and Adherence	Pharmacy
1:05pm	Strategies to Cope With Kidney Disease	Care & Counselling
1:20pm	Renal Replacement Therapy Modalities	Renal Medicine (Renal Coordinator)
1:35pm	Life After Renal Replacement Therapy	Patient Speaker
1:50pm	Final Q&A	All
2:00pm	End of Webinar	

**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:**

Facebook Event Post:



<https://www.facebook.com/TanTockSengHospital/posts/10160053633298069>

Crossword Challenge (Facebook):

<https://www.facebook.com/TanTockSengHospital/posts/10160069733963069>

Hashtag Challenge (Facebook):

<https://www.facebook.com/TanTockSengHospital/posts/10160093201773069>

**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, etc....**

129 participants were involved in the main Zoom webinar event.

#### **Description of advocacy activities:**

The following publicity and advocacy efforts were executed in the lead up to the actual event webinar:

##### **1) Event Posters & Flyers**

Event posters were spread via digital platforms (e.g. Facebook posts, engagement with community networks, display on digital televisions throughout the hospital campus).

Event posters and flyers were also put up and given out on-site.

##### **2) Crossword Challenge (Facebook)**

Awareness for the event was raised via a Crossword Challenge published on Facebook, in which the crossword answers were revealed with accompanying fun facts about kidneys (e.g. features of kidneys, their importance & function, etc.)

##### **3) Hashtag Challenge (Instagram)**

Awareness for the event was also raised by tapping on the #showyourkidneys hashtag challenge initiated by the World Kidney Day committee. The challenge was publicized on Facebook and Instagram to encourage viewers to spread the word about the event while also sharing with others why their kidneys are important to them.

##### **4) TTSH World Kidney Day 2022 WhatsApp Stickers**

The team designed and launched a WhatsApp sticker pack with a range of rudimentary basic expressions that were intended to raise awareness and advocate for World Kidney Day 2022 in a fun & unique manner. The intention was for the stickers to be usable in a variety of everyday situations such that they could be quickly spread via everyday WhatsApp conversations.

**TTSH RENAL MEDICINE  
CELEBRATES**

# **WORLD KIDNEY DAY**



**Tune in for a series of activities  
this World Kidney Day 2022!**



## **Fun Games**

**Solve the Crossword puzzle** to learn more about your Kidneys!



## **Exciting Challenges**



#ShowYourKidneys in World Kidney Day's very own hashtag challenge.

Tag **#TTSHWKD2022** on TTSH Facebook to share with us what kidney health means to you & stand to win attractive prizes!

## **Lunchtime Webinar**

Hear from our Healthcare Professionals & Patients at our Zoom Webinar\* as they share about Kidney Health Awareness, coping with Kidney Health & so much more!

**10 March 2022, 12-2pm**

Check out our webinar poster for more information!



For enquiries, please write to [world\\_kidney\\_day@ttsh.com.sg](mailto:world_kidney_day@ttsh.com.sg).