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## Activating patients' knowledge, skills, and confidence in self-managing kidney disease improves care and quality of life

*World Kidney Day 2021: educate, empower and engage patients.*

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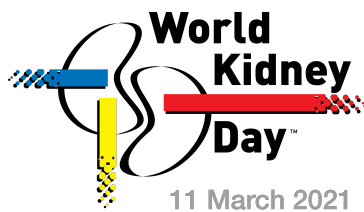
**10% of the population worldwide** is affected by Chronic kidney disease (CKD) with **over 2 million people worldwide** receiving treatment with **dialysis or a kidney transplant**.

*"We want to stress that with timely identification and appropriate treatment, patients with kidney disease can lead a healthy and successful life and maintain their role and social functioning in line with their priorities, values and goals. It is everyone's responsibility to improve patients' understanding of their role, and provide a facilitating environment that improves their skills and allows them to get the most out of the healthcare system"* jointly state Vivekanand Jha, president of the International Society of Nephrology (ISN) and Siu-Fai Lui, President of the International Federation of Kidney Foundations – World Kidney Alliance (IFKF-WKA) which together lead the World Kidney Day (WKD) campaign.

On 11 March 2021, WKD 2021, which focuses on "Kidney Health for Everyone Everywhere – Living Well with Kidney Disease", aims to increase education and awareness about effective symptom management and patient empowerment, with the ultimate goal of encouraging the meaningful participation in every-day life of people living with kidney disease.

The current disease-centric approach does not fully reflect the patients' priorities and values regarding living well with the disease. Effective strategies can help minimize the burden of CKD-related symptoms to improve patient satisfaction, quality of life, and ultimately life participation.

*"Empowering patients, and family members participating in their care, in all aspects of the disease from research development to concrete political decision is key"* highlights Professor Philip Kam Tao Li, ISN co-chairman of WKD Joint Steering Committee, based at Prince of Wales Hospital, Chinese University of Hong Kong. Such an approach cultivates patients' hopes, aspirations, interests, and values. As recognized by the World Health Organization in 2016 *"Engaged patients are better able to make informed decisions about their care options. In addition, resources may be better used if they are aligned with patients' priorities, and this is critical for the sustainability of health systems worldwide."* Kidney disease has an impact not only on the patient's life but also on the lives of those around them - family and friends. Both formal and informal care partners (often family members) need to be involved in this process as their goals, as well as other occupational and leisure aspects, are affected by overload and burnout. Moreover, *"patients who feel empowered to report on their care experience, openly and willingly, will improve understanding between them and their health care provider"*, explains Prof. Kamyar Kalantar-Zadeh, Co-chairman of WKD Joint Steering Committee for IFKF-WKA, of Division of Nephrology and Hypertension and Kidney Transplantation, University of California Irvine, Orange, California, USA.



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World Kidney Day on 11 March 2021 will boost everyone's awareness of their kidneys as well as acknowledge the 850 million people living with kidney disease worldwide. One of the ways the public can take part in World Kidney Day is by showing support on social media using the hashtag #worldkidneyday.

***World Kidney Day Supporters:***

World Kidney Day is grateful to its global corporate supporters who help us make this day of global action possible. Thanks very much to:



***About World Kidney Day:***

How World Kidney Day is celebrated?

Local, regional, national, and international level events are being organised by the kidney associations, organisations, kidney health stakeholders, healthcare professionals, and authorities to eradicate kidney disease. People are being educated through workshops, lectures, health checks and display and distribution of educational posters and material in hospitals, colleges, community centers, other educational institutions and public places or at workplaces. Several physical activities events are organised like walking, cycling, jogging, dancing etc. Not only this, to make people aware about kidney diseases and related issues, information is published on websites, blogs, forums or social media platforms.

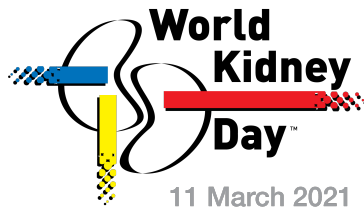
For more on World Kidney Day, see: <https://www.worldkidneyday.org/>

***About the organizers of World Kidney Day:***

World Kidney Day is a joint initiative of the International Society of Nephrology (ISN) and the International Federation of Kidney Foundations (IFKF).

Founded in 1960, the International Society of Nephrology (ISN) is a global not-for-profit society dedicated to improving kidney care and reducing the incidence and impact of kidney disease worldwide. Through its global network and programs, ISN brings together the developing and developed world in a collaborative effort in fighting and treating kidney disease on a global scale. More information on [www.theisn.org](http://www.theisn.org).

The International Federation of Kidney Foundations – World Kidney Alliance (IFKF-WKA), a not-for-profit Federation founded in 1999, currently has a membership of 63 kidney foundations and patient groups in 41 countries. IFKF advocates worldwide to improve the health, well-being and quality of



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life of individuals with kidney disease; disseminates standards of best practice of treatment and care; assists with the establishment of kidney foundations in countries where they do not yet exist; facilitates educational programs for its members; and promotes kidney disease research. More information on [www.ifkf.org](http://www.ifkf.org).

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***References:***

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For estimates of deaths attributed to chronic kidney disease from the Global Burden of Disease Study for selected countries, click [here](#)

<sup>1</sup> for various prevalence studies on CKD in high-income countries, click [here](#) and <http://ihmeuw.org/4pme>

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