





የኢትዮጵያ ኩላሊት ሕመም ማጎበር ETHIOPIAN KIDNEY ASSOCIATION



World Kidney Day መጋቢት 04/ 2017 ዓ.ም
March 13, 2025



"የኩላሊት ጤና ለሁሉም -
ኩላሊቶችዎ ጤነኛ ናቸው? - የኩላሊትዎን ጤንነት አስቀድመው ይወቁ፣ የኩላሊትዎን ጤና ይጠብቁ"

"Kidney Health for All-
Are Your Kidneys OK? Detect Early, Protect Kidney Health,"

ነፃ ምርመራ

1. የደም ግፊት ምርመራ
2. የኩላሊት ምርመራ
3. የስኳር ምርመራ
4. የባለሙያ ምክር አገልግሎት /OPD/
 - በኩላሊት አስተሳሰት ሀኪሞች የምክር አገልግሎት
 - በሰነድ ምክር ባለሙያ የምክር አገልግሎት ይሰጣል።

Ethiopian National Theatre
በኢትዮጵያ ብሔራዊ ቲያትር

ከጠዋት 2:30 - 6:30 ሰዓት

World Kidney Day Report

On March 13, 2025

Contents

1. Introduction	3
2. Background	3
3. World Kidney Day Event Report	4
Event Overview	4
4. Activities and Highlights.....	4
5. Educational Sessions:.....	5
6. Free Medical Screening on World Kidney Day Event March13, 2025 Result.....	7
7. Shegole Health Center World Kidney Day on March 13, 2025	8
8. World kidney day pictures of the events	9
9. Report on World Kidney Day Event – March 13, 2025, at Health Center	14
10. Report on World Kidney Day Event– March 13, 2025, at the 5 Region of Ethiopia	19
11. world kidney day pictures at university of Gonder.....	20
12. World kidney day screening at Adama city on March 13, 2025	23
13. World kidney day screening at Shegole health center on March 13, 2025.....	23
14. Wereda 08 Health Center World Kidney Day on March 13, 2025.....	24
15. Kirkose Health Center World Kidney Day on March 13, 2025.....	24
16. Dire Dawa Region	25
17. University of Gonder Screening At World Kidney Day March 13, 2025	25
18. Conclusion.....	26

Introduction

Background

Ethiopian kidney association (EKA) is non-profit, non-governmental organization established before seventeen years by Kidney professionals. It is licensed and mandated legal organization to work on the various areas Registered under Ethiopian law with registration number (1113/2011), EKA Serve as the primary advocacy, for kidney health in the nation.

The objective of our organization is to prevent kidney disease and Hypertension and to promote kidney and hypertension care in Ethiopia. It updates health professionals on Kidney disease and Hypertension. Additionally it promotes kidney and Hypertension care in collaboration with main stakeholders like Ministry of Health. It also Conduct researches on kidney disease and hypertension. Our organization is well experienced in preparing free medical screening and educational program on Kidney disease and Hypertension to the public, the events for the public include world kidney day and world hypertension day that take place annually. And also Ethiopia Kidney Association Play a vital role in **organizing the first Annual nephrology conference in collaboration St. Paul's Millennium Medical College, Which was highly successful** Currently In collaboration with St. Paul's Millennium Medical College, we are thrilled to announce the 2nd Annual Nephrology Conference in Ethiopia, On Organ Trafficking / Transplantation with national and international speakers on May 16 -17, 2025

World Kidney Day Event Report

Event Overview

World Kidney Day has been celebrated for 17 years, highlighting the importance of kidney health, raising awareness about kidney-related issues and by giving free medical screening to the public its take place in Addis Ababa and across the region of the country. This year's event, organized by the Ethiopian Kidney Association, On March 13, 2025, the World Kidney Day event was celebrated at the National Theater in Addis Ababa, alongside four health centers: Shegola, Wereda 08, Saris Abo, and Kirkos health center. Events were also held in five regions of Ethiopia: Mekelle, Dire Dawa, Gondar, Nazret, and Hawassa. The event aimed to raise awareness about kidney health, promote early detection of kidney disease, and encourage healthy lifestyle choices.

The theme for World Kidney Day March 13, 2025 was "**Are Your Kidneys OK? Detect Early, Protect Kidney Health.**" This theme highlighted the importance of early detection and proactive measures in maintaining kidney health.

Activities and Highlights

Opening Ceremony: The event began with an opening speech by Dr. Dereje Duguma MOH, is a State Minister of Health at the Federal Ministry of Health of who emphasized the importance of kidney health and the impact of chronic kidney disease (CKD) on communities.

He also promised to strengthen collaboration with Ethiopian kidney association

He was followed by Dr. Lissane Seifu, a consultant internist and nephrologist, as well as the president of the Ethiopian Kidney Association (EKA). Dr. Lissane Seifu likely emphasized the importance of collaboration in addressing kidney health challenges and outlined the objectives of the event.

Educational Sessions:

1. Kidney and Kidney Disease - Presented by Dr. Solomon Tamiru

- Dr. Solomon provided an in-depth overview of kidney anatomy and function, explaining how kidneys filter blood, remove waste, and regulate electrolytes.
- The session covered common kidney diseases, their risk factors, symptoms, and the importance of early diagnosis and treatment.
- Dr. Solomon engaged the audience with case studies and encouraged questions to clarify misconceptions about kidney health.

2. Children and Kidney Disease - Presented by Dr. Yemserach Mekonnen

- Dr. Yemserach Mekonnen focused on the unique aspects of kidney disease in children; the session highlighted the signs of kidney issues in children, the importance of regular check-ups, and family involvement in promoting kidney health.
- Dr. Yemserach Mekonnen shared strategies for parents to support their children's kidney health through healthy habits.

2. A Journey through Dialysis: Ato Siyume Kalabe Story

During the World Kidney Day event on March 13, 2025, Ato Siyume Kalabe shared his deeply personal experience with dialysis, emphasizing its critical role in managing his health over the past 11 years. Currently undergoing Hemodialysis three times a week at Minilike Second Referral Hospital, Ato Siyume Kalabe highlighted the physical and emotional effect of the treatment, as well as the significant financial burden it imposes. He candidly discussed the sacrifices he has made, including selling his mother's house to cover the exorbitant costs of his dialysis bills, underscoring the dire need for accessible healthcare solutions for patients facing similar challenges.

Ato Siyume Kalabe aimed to inspire others to take proactive steps in managing their kidney health and to advocate for improved resources and support systems for those affected by chronic kidney conditions. His message resonated with attendees, reinforcing the collective responsibility to raise awareness and foster a healthier future for all.

4. Video display in the Screen about nutrition and CKD

During the World Kidney Day event on March 13, 2025, at national Theater, a significant video was displayed that emphasized the importance of nutrition for kidney health. Supported by Nardoes, the video highlighted essential dietary practices that can help maintain optimal kidney function and prevent disease progression. It showcased expert insights and practical tips on incorporating kidney-friendly foods into daily diets, reinforcing the message that informed nutritional choices play a crucial role in promoting overall kidney wellness and improving quality of life for individuals at risk or living with kidney conditions.

5. Media Coverage during World Kidney Day

On March 13, 2025, World Kidney Day was celebrated with a significant gathering at Biharawi Theater, where various media outlets converged to highlight the event's importance. Attendees included

- FM 107.8
- Sheger 102.1
- EBS
- NBC
- Hagera Tvand
- Fana Television

All of which played a crucial role in spreading the message about kidney health. Their comprehensive coverage featured live broadcasts that brought the event directly to viewers, alongside interviews with participants and healthcare professionals including senior nephrologists. This interaction provided a platform for experts to discuss the vital importance of kidney health, the prevalence of kidney disease, and the various challenges faced by patients in accessing care and maintaining their health.

6. Free Medical Screening Statistics

The free medical screening at national Theater was a significant success, providing essential health services and raising awareness about kidney health. The event emphasized the importance of regular check-ups and proactive health management, ensuring that participants left with valuable knowledge and resources to support their kidney health.

Free Medical Screening on World Kidney Day Event March13, 2025

Result

S.N ^o	Activity	Result	
1.	Total Number Of Screening Clients	652	
		Male	Female
		398	254
2.	Participant With History of Hypertension (HTN)	53	
3.	Participant With History of Diabetic Mellitus (DM)	37	
4.	Participant With Raise Blood Pressure (BP)	85	
5.	Participant With Raise Random Blood Pressure(RBS)&(FBS)	40	
6.	Participant With Family history of kidney disease	11	

Free Medical Screening on World Kidney Day Event March13, 2025 includes

- Body mass index
- Blood pressure
- Random blood sugar (RBS) and (FBS)
- Urine Analysis Dipstick
- Urine Albumin Creatin Ratio (UACR)
- Renal function test (SrCr)

Shegole Health Center World Kidney Day on March 13, 2025

S.Nº	Activity	Male	Female	Total
1.	Total number of screening	134	107	241
2.	Urine analysis	134	107	241
3.	DM screening	95	67	162
4.	DM screening raised	1	1	2
5.	HNT screening	134	107	241
6.	HTN screening raised	9	7	16
7.	Boucher distribute on kidney diseases	189	176	365
8.	Health education	189	176	365

World kidney day pictures of the events



Dr. Dereje Duguma

State minister of health

World kidney day on March 13, 2025



የኢትዮጵያ ኩላሊት ሕመም ማኅበር
ETHIOPIAN KIDNEY ASSOCIATION



W
O
R
L
D

"የኩላሊት ጤና ለሁሉም-

ኩላሊቶችዎ ጤናኛ ናቸው? - የኩላሊትዎን ጤና አስቀድመው ይወቁ፣ የኩላሊትዎን ጤና ይጠብቁ."

"Kidney Health for-

Are Your Kidneys OK? Detect Early, Protect Kidney Health."

Kidney

DAY

13 March, 2025

መጋቢት 04, 4ኛ 2017 | March 13, 2025 G.C

ቦብሌራዊ ቴአትር | At National Theater

ከጠዋቱ 02:30 - 06:30 ሰዓት | 08:30 am -12:30 pm





World kidney day on March 13, 2025 at Ethiopia national theater







World kidney day screening at national theater on March 13, 2025

Report on World Kidney Day Event – March 13, 2025, at Health Center

On March 13, 2025, at

1. Shegole Health Center
2. Werda 08 Health Center
3. Kirkos Health Center and
4. Saris Abo Health Center

Marked World Kidney Day with a significant awareness campaign supported by the Ethiopian Kidney Association. This initiative focused on educating the community about kidney health and the importance of early detection and prevention of kidney diseases. Attendees benefited from free medical Screening assessments, allowing them to gain valuable insights into their kidney health. Additionally, educational brochures were distributed, providing essential information on risk factors, prevention strategies, and lifestyle choices that promote kidney wellness.

The event not only attracted a large number of participants but also fostered a sense of community engagement and responsibility towards health. Local healthcare professionals participated actively, emphasizing the importance of regular health check-ups and early interventions. The collaboration with the Ethiopian Kidney Association strengthened the outreach of the campaign, ensuring that accurate and relevant information was shared. This initiative laid the groundwork for ongoing health education efforts, encouraging participants to adopt healthier lifestyles and remain vigilant about their kidney health in the future









Report on World Kidney Day Event– March 13, 2025, at the 5 Region of Ethiopia

World Kidney Day was celebrated in Ethiopia on March 13, 2025, with central events taking place at the national Theater in Addis Ababa, alongside activities in five key regions:

1. Mekelle
2. Gonder
3. Adama
4. Dire Dawa
5. Hawassa

Where the Ethiopian Kidney Association organized this event focuses on raising awareness about kidney health and the importance of prevention. Through various programs, community members will be educated about the risks associated with kidney disease and the steps they can take to maintain kidney health.

In addition to awareness creation, free medical screenings will be offered at these events, providing essential services to those who may not have regular access to healthcare. This initiative aims to facilitate early detection of kidney-related issues, enabling timely intervention and treatment. By engaging communities across Ethiopia, the celebration of World Kidney Day seeks to foster a culture of health consciousness and empower individuals to take proactive measures in caring for their kidneys.

world kidney day pictures at university of Gonder





World kidney day screening at university of gondar on march 13, 2025



World kidney day screening at Adama city on March 13, 2025



World kidney day screening at Shegole health center on March 13, 2025

Wereda 08 Health Center World Kidney Day on March 13, 2025

S.N°	activity	Male	Female	Total
1.	Total number of screening	3	23	26
2.	Urine analysis test	3	23	26
3.	DM screening	3	23	26
4.	DM screening raised	0	0	0
5.	HTN screening	3	23	26
6.	HTN screening raised	2	8	10
7.	Broacher distribute on kidney health topic	50	70	120
8.	Health education given	15	35	50

Kirkose Health Center World Kidney Day on March 13, 2025

S.N°	activity	Male	Female	Total
9.	Total number of screening both HTN and DM	15	20	35
10.	Urine analysis test	15	20	35
11.	DM screening	15	20	35
12.	DM screening raised	0	3	3
13.	Total no of screening for HTN screening	36	39	75
14.	HTN screening raised	3	0	3
15.	Broacher distribute on kidney health topic	30	40	70
16.	Health education given	25	35	60

Dire Dawa Region

S.N°	activity	Male	Female	Total
17.	Total number of screening both HTN and DM	56	29	85
18.	Urine analysis test	0	0	0
19.	DM screening		8	20
20.	DM screening raised	2	0	2
21.	Total no of screening for HTN screening	56	29	85
22.	HTN screening raised	17	9	26
23.	Broacher distribute on kidney health topic	56	29	85
24.	Health education given	56	29	85

University of Gonder Screening At World Kidney Day March 13, 2025

S.N°	activity	Male	Female	Total
25.	Total number of screening both HTN and DM	26	32	58
26.	Urine analysis test	0	0	0
27.	DM screening	12	8	20
28.	DM screening raised	2	0	2
29.	Total no of screening for HTN screening	26	32	58
30.	HTN screening raised	7	9	16
31.	Broacher distribute on kidney health topic	26	32	58
32.	Health education given	26	32	58

Conclusion

The World Kidney Day event on March 14, 2025, organized by the Ethiopian Kidney Association, marked a significant achievement in promoting kidney health through awareness creation campaigns and screening programs. The main celebration at the national Theater in Addis Ababa was complemented by simultaneous events at five health centers in the city and in five regions across the country. This widespread approach ensured that vital information about kidney health reached a diverse audience, reinforcing the importance of prevention and early detection.

In addition to the screenings, attendees benefited from nutritional and nephrology counseling, equipping them with the knowledge needed to make healthier lifestyle choices. This comprehensive approach not only enhanced awareness but also fostered community engagement and support for kidney health initiatives. Participants also had the opportunity to listen to Ato Siyum, a chronic kidney disease (CKD) patient on Hemodialysis, who shared his personal journey and experiences, further emphasizing the importance of proactive kidney health management and the impact of lifestyle choices on long-term health outcomes.