



# WKD 2024 Report

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**Name:** Vasundhara Raghavan

**Organization name:** Kidney Warriors Foundation (KWF); The George Institute for Global Health

**Country:** India

**Number of events organized/collected in your country:** 18

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

## Kidney Warriors Foundation

Several events were organized as part of World Kidney Day 2024.

On 13th March, kids' painting competition was held for patients admitted to J K Lone Mother and Child Hospital, Jaipur.

In Gujarat, Ms Rajshree Meenakshi Dave, a social worker for KWF, involved kids in awareness skits and danced to encourage them to manage kidney health.

Merlyn Paul launched a fortnight-long activity "14 Days, 5000 Steps Challenge", which elicited enthusiastic response from members on dialysis, post-transplant, early CKD and donors, who participated wholeheartedly. For the regular walkers, it was a cakewalk, while others had to stretch the limits of their endurance. There were no medals at stake, but everyone who participated was a winner! Ten winners who clocked the highest number of steps will receive the book Healthy Recipes for CKD, in appreciation of their efforts. Fitness is a life-long pursuit, and so several enthusiasts continue to challenge themselves.

Kidney Patients Welfare Society, Jaipur, an organization supported by KWF, initiated the K R Sharma Longest Transplant Survivor Award. The awardees for 2024: Manoj Kumar Swain and Subanna Gopinath.



Madhab Chakrabarti, State Coordinator, West Bengal, held an awareness walk on Kolkata's busy streets. Posters with information on kidney care, functions of a kidney, kidneys' anatomy were carried. It was followed by a screening camp for blood pressure and blood sugar. Dr Pratik Das explained the anatomy of the kidney and Dr D S Ray and Dr Arpita Roy Chaudhury, Vice President, Indian Society of Transplant spoke about kidney transplants, infections and managing kidney health.

On 13th March in Thodupuzha, Kerala, three associations KWPS, KWF and Jeevadhara Renal Care Foundation had an interactive event with patients and caregivers when Dr Nishad Ravindran, Nephrologist, discussed about CKD awareness and preventive measures. KWF'S Mr Johnson Panamkatt spoke about 'CKD and psychological issues and coping methods'.

Webinar "Improving access to women with CKD" discussing issues linked to menstruation, pregnancy, osteoporosis, hormonal changes and more.



Webinar on sporting events to summarize our World Kidney Day health and fitness initiatives. Choosing healthy lifestyle - sporting activities:

<https://www.youtube.com/live/cLW9j2MMRcg?si=iwFNTjczBNBUto7A>



### The George Institute for Global Health activities

1. Launch of the Kidney Patient Assistance Centre at the Government Kidney Super Specialty Hospital in Palasa, Andhra Pradesh state, India a known CKDu hotspot in Uddanam region.
2. Educational and training program for health care providers.
3. Screening camp (urine profile) for school children.
4. Drawing competition for school children.
5. Essay writing competition for school children.

**Overview:** The World Kidney Day event, themed "KITE: Kidney Insight Through Education," aimed to raise awareness about kidney health and provide essential screenings and informative sessions for schoolchildren and healthcare providers. The event encompassed screening camps, information sessions, multiple activities for schoolchildren, launching a Kidney Patient Assistance Centre, and workshops for community health workers. All these activities were conducted in Uddanam, a well-known chronic kidney disease hotspot.

**Day 1: March 14th, 2024** - Dr YSR Kidney Super specialist hospital and research centre, Palasa, Andhra Pradesh, India

#### **Event highlights:**

**Unveiling of Logo:** The launch of the official World Kidney Day (WKD) 2024 theme and logo marked the beginning of local efforts to raise awareness about kidney health. The WKD 2024 focuses on "Kidney Health for All" was explained to promote equitable access to kidney care. The unveiled logo incorporates imagery related to kidneys and general health, signifying WKD's commitment to supporting those with kidney disease.

*"Great news for kidney care in Uddanam region! We're providing free comprehensive kidney care services. Thanks to IPNA and the George Institute for this awareness session, people now know about these services. Don't forget, regular kidney check-ups are important for everyone". Dr Kuna Mohan Babu, Resident Medical Officer, Dr YSR Kidney Research Centre Super Speciality Hospital.*

**Launch of patient assistance centre:** A key achievement of the World Kidney Day program was the launch of the Kidney Patient Assistance Centre at the Government Kidney Super Specialty Hospital in Palasa, a known CKDu hotspot in Uddanam region. This centre provides a lifeline for those battling kidney disease by offering emotional counselling, educational programs, resource materials, appointment scheduling assistance, financial aid support, and facilitated support groups. This



comprehensive approach empowers patients to manage their condition, navigate the healthcare system, and connect with a supportive community, ultimately improving their quality of life.

*“We're here to help people in Uddanam with kidney issues by offering all sorts of medical help like tests, medicines, and dialysis. Soon, we'll start kidney transplants, with all the right gear. If people take care and stay safe, their lives can get a lot better.” Dr Rakesh, Nephrologist, Dr YSR Kidney Research Centre Super Speciality Hospital.*

**Information session for healthcare providers:** An educational training program targeting healthcare providers and allied medical staff from all levels of care in the Uddanam region was held. Led by experts in pediatrics, nephrology, nutrition, and public health research, the session aimed to improve their understanding of kidney diseases. With 84 participants, the program focused on equipping healthcare workers to identify early signs and symptoms of kidney disease, the importance of hydration, and emphasizing the importance of timely intervention. The program included nutrition management training and offered digital community outreach tools. Medical officers engaged in discussions about the management of people with kidney disease and provided updates on the latest guidelines and the importance of childhood screenings and management of urinary tract abnormalities..

*“Through our program, we've empowered healthcare workers to recognize early signs of kidney disease, stress the significance of hydration, and underscore the importance of timely intervention. By integrating nutrition management training and leveraging digital outreach tools, we're enhancing awareness among healthcare providers, ensuring comprehensive renal care for patients”. – Dr Balaji Gummidi, Public Health Specialist, The George Institute for Global Health*

*“On this World Kidney Day, we had an important discussion about taking care of our kidneys. We learned that it is important for everyone to get screened at regular intervals and to make sure that there are no issues with their urinary system. This can greatly affect their health as they grow up”. – Medical officer, Primary Health Centre*

**Day 2: March 15th, 2024** – Zilla Parshad (Block level )Government High School, Rangoi village, Palasa.

Day 2 of the World Kidney Day event kicked off with a vibrant screening camp at Zilla Parshad Government High School, Rangoi, Palasa, specifically designed for school children of 13 to 16 years group. A health team comprised of health volunteers, community health workers from The George Institute of Global Health, along with general practitioners and paediatricians conducted health screenings on over 55 participants. These screenings included urine analysis. To ensure accurate results, children were provided with sterile urine collection containers one day prior and instructed on how to collect a midstream urine sample in a sterile manner properly. The collected samples were then analyzed for urinary parameters such as protein, glucose, ketones, pH, specific gravity, red blood cells



(erythrocytes), and white blood cells (leukocytes). Height and weight measurements were taken, BMI was calculated, and questions were asked about hydration practices and family history of CKD to assess the overall health of the young attendees.

*“It is important to identify early signs and symptoms of kidney failure, and also important for us know about the function of kidneys”. This session on kidney health for all has really helped us learn how to take care of kidneys. K. Jyotsana, 9th class Student, Zilla (block) Parshad (level) Government High School*

Further engaging the children, the program included speech and drawing competitions on the themes of "Kidney Health for All" and "Our World, Our Health." These competitions garnered enthusiastic participation, with 55 registrations for the essay writing competition and 44 entries for the drawing competition.

To promote kidney health awareness from a young age, the event also incorporated educational materials emphasizing the importance of proper hydration and maintaining good kidney health. The educational aspect continued with informative talks delivered by nephrologists and public health specialists. These talks delved into critical topics such as kidney function, the importance of proper nutrition and hydration, the benefits of regular screenings, and effective management strategies for chronic kidney diseases. This multi-pronged approach ensured a fun and engaging environment where children not only received health screenings, but also gained valuable knowledge about kidney health.

*“As teachers, it's important for us to know when someone is dehydrated or having a kidney problem. Understanding the signs and symptoms helps us teach our students and families about taking care of their kidneys”. – Teacher at Zilla Parshad Government High School*

### **Conclusion:**

The World Kidney Day event, "KITE: Kidney Insight Through Education," successfully fulfilled its objectives of raising awareness, conducting screenings, and providing informative sessions for both school children and healthcare providers. The launch of the Kidney Patient Assistance Centre marked a significant milestone in providing comprehensive support to kidney disease patients. The screening camp for school students and informative sessions for health care providers and children reinforced the importance of their role in spreading awareness and ensuring timely interventions, thus contributing to the overall improvement of kidney health in this region, well known as a CKDu hotspot.

**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, etc....**



List of celebrities involved and short description of their involvement:

Description of advocacy activities:

Attached pictures

