

## Programme Report

**Event** : World Kidney Day  
**Date** : 8<sup>th</sup> March 2018  
**Venue** : Peljor Chholing Ani Dratshang, Dorongthang – Punakha

### Background

World Kidney Day (WKD) is celebrated annually throughout the world on every 2<sup>nd</sup> Thursday of March. The event is a joint initiative of ISN (International Society of Nephrology and the IFKF (International Federation of Kidney Foundation).

The WKD aims to raise awareness of the importance of our kidneys to our overall health and to reduce the frequency and impact of kidney disease and its associated health problems worldwide.

### Programme

Remaining with the theme “Kidney Disease & Women’s Health” The Bhutan Kidney Foundation (BKF) observed with the event at Peljor Chholing Ani Dratshang in Lobesa under Punakha Dzongkhag. The event was jointly organized with Punakha Hospital observing the International Women’s Day.



### Objectives

- Raise awareness about our “amazing kidneys” highlighting that diabetes and high blood pressure are key risk factors for Chronic Kidney Disease (CKD);
- Encourage preventive behaviors.

### Major Activities/Approach

- ✓ Talk on kidney health and disease by Dr. Sangay Wangmo of JDNWR Hospital
- ✓ Facilitation of basic health check-ups such as Blood Pressure, Random Blood Sugar and Body Mass Index by the Foundation's member from JDWNRH;
- ✓ Screening of documentary film titled "Kidney Health in Bhutan";
- ✓ Health Education by the doctors from the team and Punakha Hospital;
- ✓ Posters and Banners on facts & figures of kidney health and diseases were displayed for greater awareness.





## Expertise involved

- ✓ A Doctor to talk and 15 clinical/staff nurses from JDWNR Hospital volunteered their time to service during the event.

## Immediate Outcome

- ✓ Sensitized the nuns and residents of Dorongthang on kidney health, disease, issues and preventive measures through health talk, documentary and facilitation of health check-ups;
- ✓ A total of 45 people availed the health check-up services and those identified with high risk were referred to nearby health centers for timely medication and preventive action.

## Conclusion

Comprehending the potential benefit that the nuns can garner, the WKD has been appropriately planned and scheduled. The event targeted to intensify both intrinsic and extrinsic outlook of Bhutanese citizen towards curbing kidney diseases and NCDs. With adequate messages delivered on the importance of kidney health and prevention measures, the Foundation is hopeful to have created colossal impact on the mindsets of audience targeted to lead healthy lifestyle.



Pictures from the day: 1. Nuns queued to avail the health check-up services. 2. A nun gets her weight measured. 3. Dr. Sangay Wangmo talks about kidney health. 4. Punakha DHD checks her Blood Pressure 5. A nurse facilitates RBS test.

Submitted By:

