

Mumbai Kidney Foundation Activities – A Report

Report on health camps

The Mumbai Kidney Foundation, after its launch on 9th March 2006, conducted several kidney disease detection and prevention camps at various hospitals scattered between Borivali and Goregaon. At these camps, blood and urine tests for kidney disease detection, blood pressure and random blood sugar tests were conducted absolutely free of cost. Focus was laid more on subtle signs of renal disease like borderline elevated serum creatinine, minimal level proteinuria and presence of trivial amounts of sugars in urine. The camps were followed up with interactive health education workshops conducted for the lay public which were very well appreciated.

The following are the statistics obtained:

On the 12th of March at Suchak Hospital, out of 198 people screened, 23 individuals were seen to have elevated creatinine levels and 29 others had some other urinary abnormality. 5 individuals were diagnosed as frank chronic renal failure cases.

On the 18th March a similar camp held at Kandivli Hitvardhak Mandal hospital showed that out of 355 people screened, 5 had elevated Creatinine, 75 had urinary sugar leakage and 51 others showed presence of proteins in urine.

On the 19th March a similar camp was held at Borivali Lancelot Medical Centre where 200 odd patients were screened out of which 16 were found to have proteinuria, 10 others showed presence of sugars in urine and 5 had elevated creatinine levels.

The final camp was held on the 26th of March at BK Kidney & GI Centre, Goregaon. It picked up 8 cases of proteinuria, 10 people with elevated Creatinine and 17 others whose urine showed presence of pus cells.

The success of all such camps depends solely on the awareness in the general population about the relatively silent and slowly invasive nature of kidney diseases. This may start with anything trivial, right from burning urination to just a vague aversion for food and can rapidly progress in a very short while to renal failure and even death if left unattended. So it's time to wake up, open your eyes, decide and take the necessary steps to avoid falling into the clutches of CKD as it is rightly said, PREVENTION IS BETTER THAN CURE.

Report on distribution of school essentials

On 4th June 2006, MKF carried out mass distribution of school essentials for the children of dialysis patients and also to their service providers- dialysis technicians, nurses and ancillary staff. The package included school bags, tiffin box, school stationery and rain-gear for children from Kg to Std.10.

The programme kicked off with tea and biscuits being served to the patients at 10.00 am at the Hitvardhak Mandal Hall, Kandivli. The guests of honor at the occasion were Rotarian Anil Agarwal and President of Hitvardhak Mandal Shri Bhagwati Bhai Shroff. The programme was a huge success with over a hundred and fifty patients availing the benefits.

Forthcoming Projects Of MKF

Inspired by the success of its two camps, Mumbai Kidney Foundation has planned to provide a variety of ITI certified vocational training in association with Rotary group. This would include carpentry, electrician, fitter, plumber and computer courses for the relatives of dialysis patients.

MKF has also planned its forthcoming projects which include rehabilitation of kidney patients; commissioning of the Mobile Dialysis Unit which will be functioning soon; blood donation camps to benefit the CKD patients who require frequent blood transfusions; free drug distribution camp once in three months; and establishing a dialysis centre for HIV positive patients;

Our survey of HIV +ve Chronic Renal Failure [CRF] patients requiring hemodialysis facilities suggests that "A Dialysis Center exclusively for HIV +ve kidney failure patients" is the need of the hour. There are no maintenance dialysis facilities available for such patients who are left with very few options. We propose to very soon start a Dialysis Center which will be run by other HIV +ve patients who will be trained by us as Renal Technicians but will be supervised by Senior Technicians who will manage the Unit for the Foundation. In this way we will provide succor not only to HIV +ve CRF patients but also a form of rehabilitation to other HIV +ve people.

MKF will be active in its endeavor to find ways and means to see improvements in the lives of kidney patients and their families.