

Renal Newsletter

April 2020

Kidney disease is a non-communicable disease (NCD) and currently affects around 850 million people worldwide. One in ten adults has chronic kidney disease (CKD). The global burden of CKD is increasing, and is projected to become the fifth most common cause of years of life lost globally by 2040. New Zealand is also at par with its numbers increasing every year. Kidney Health NZ estimates that there are more than 400,000 New Zealanders living with some form of kidney disease.

Every year, World Kidney Day acts as a rally cry for kidney teams around the globe to stand together with the patients we care for in the attempts to raise awareness of kidney disease in the communities. This year Auckland DHB Haemodialysis unit in collaboration with Kidney Health New Zealand launched the World Kidney Day on the 11th of March 2020 with an information stand at Auckland City Hospital. This year's campaign was 'to highlight the importance of preventive intervention and improving early detection of kidney disease through multi-sectorial collaboration'.

Despite the onset of the current Covid-19 pandemic, the event attracted 290 visitors while maintaining the team's initiative to promote preventive measures (e.g. proper hand hygiene) to combat the disease. This year those who visited the stand on the day with 153 screened for high blood pressure, diabetes, eGFR and creatinine. 44 people were seen by renal physician and one person was advised to have urgent GP appointment for his worsening kidney function. We were overwhelmed by the number of people who stopped to be tested or find out about kidney health.



Findings: Most of the visitors are European, Indian, Chinese, Pacific islanders and Maori. 65% of the visitors are female, 35% of the visitors are male, 33% of the visitors are age > 60Y, 23% of the visitors those who got screened are diabetes, 34% of the visitors are hypertension and 11% of the visitors are with both diabetes and hypertension.

World Kidney Day in the Community.

This year the theme for World Kidney Day was "Kidney Health for Everyone Everywhere – from Prevention to Detection and Equitable Access to care"

With this in mind the CKD and Pre-dialysis Team at ADHB decided to set up a Kidney information stall in the Wesley market in Sandringham, Auckland. This lively market occurs twice a week; it has a huge selection of fantastic fruit and veges, pre-loved clothes and other household items. The market's Pacific vibe and good prices usually attracts many visitors. Sadly the day we attended the market NZ had just started to become aware of Covid-19 and how we were all to be mindful of crowds. The number of people that would normally attend stayed away. Having said that we still had 30 plus people come and see us, have their blood pressure checked and generally discuss how to improve their health and wellbeing. We felt it was very worthwhile to provide this information in this setting. The market coordinator was very keen for us to return.

