

HONG KONG KIDNEY FOUNDATION LIMITED ANNUAL REPORT 2023

1 July 2022 — 30 June 2023



VISION

- Better Kidney Health for all and
- Optimal care and Quality of life for people affected by Kidney Disease

健康護腎 尋四隱患

HONG KONG KIDNEY FOUNDATION LIMITED

ANNUAL REPORT 2023

1 July 2022 — 30 June 2023
Reported date: 31 July 2023



At the Annual General Meeting held on 25 July 2022, Prof Fok Tai Fai, Dr Lui Sing Leung, Ms Yvonne Lee and Ms Candy Chea were re-elected to the Board. Prof Francis Chan of The Chinese University of Hong Kong took up the post of Vice-President on 27 October 2022, after the retirement of Prof Fok Tai Fai who has served the board for 18 years as the representative from CUHK. Mr James Elms retired from the board having served the Foundation for 30 years. Mr Duncan Lee resigned from the board on 27 October 2022 having served the Foundation for 12 years. Dr Peter Chiu replaced Dr Eddie Chan as the representative from Hong Kong Urological Association. Mr Bill Wang joined the board on 25 July 2022.

Dr Lui Siu-Fai was re-elected as Chairman, Dr Li Chun-Sang and Ms Maggie Ng Miu Man as Vice-Chairpersons, Mr Norris Yang as Hon. Secretary, and Mr Bernard Wu as Hon. Treasurer of Hong Kong Kidney Foundation.

Patrons

Dr. the Hon Rita Fan Hsu Lai Tai, GBM, GBS, JP
Dr. Ko Wing Man, GBS JP
Prof. Richard Yu Yue Hong, SBS

President

Dr. the Hon Edward Leong Che Hung,
GBM, GBS, JP

Vice Presidents

Prof. Chan Ka Leung, SBS, JP
Prof. Chan Tak Mao, Daniel

Chairman

Dr. Lui Siu Fai, BBS, MH, JP

Vice Chairpersons

Dr. Li Chun Sang
Ms. Maggie Miu Man Ng

Hon. Secretary

Mr. Norris Yang Hong Ching

Hon. Treasurer

Mr. Wu Tak Lung Bernard

Govenors

Mr. Chan Wai Dune Charles
Ms. Chan Yee Mei, Bella
Dr. Chau Ka Foon, JP
Ms. Chea Shuk Mui, Candy, MH
Dr. Chiu Ka Fung, Peter (Appointed on 27th Oct 2022)
Dr. Chow Kai Ming
Ms. Fung Ching Suet, Wendy
Dr. Fung Ka Shun, Samuel
Ms. Lee Shuk Hang
Dr. Leung Shiu Ki Albert
Dr. Lui Sing Leung
Ir. Mok Kwok Woo
Dr. Tong Kwok Lung Matthew, JP
Mr. Wang Wei Min (Appointed on 25th July 2022)
Miss Yvonne Lee E Way
Prof. Fok Tai Fai, SBS, JP (Retired on 27th Oct 2022)
Dr. Chan Shu Yin, Eddie (Retired on 27th Oct 2022)
Mr. James Arthur Elms (Resigned on 25th July 2022)
Mr. Lee Chun Yuen (Resigned on 27th Oct 2022)

Honorary Advisors

Dr. Cheng Yuk Lun
Dr. Choi Koon Shing
Mr. James Elms
Ms. Eva Ho
Dr. Leung Chi Bon
Prof. Sydney Tang

CLINICAL SERVICE

(1) HAEMODIALYSIS SERVICE

In-centre haemodialysis

WoChe Centre (WCC) provides haemodialysis for patients with end-stage kidney failure at a subsidised rate. The centre with 14 stations, operating 12 half-day shifts per week, can provide treatment for up to 67 patients.

The COVID outbreak has impacted the operation of WCC. At HKKF, the safety of our staff and patients remains our top priority, which includes preventing the spread of infection. As such, the extensive range of infection control measures implemented has successfully prevented any outbreaks of COVID infections at our centre.

Since March 2010, HKKF has supported the Hospital Authority Haemodialysis Public-Private Partnership Programme (PPP), providing haemodialysis for patients funded by the Hospital Authority.



As of 30 June 2023, 40 patients were receiving haemodialysis at WCC, of which 21 were HKKF patients, and 19 were patients from the Hospital Authority's PPP. The utilisation rate of the available sessions at WCC was 67% due to a reduction in patient numbers to avoid overcrowding, and the passing of other patients during the year. The WCC is now reopened for the admission of new patients.

During the 12 months ending 30 June 2023, 5,731 haemodialysis sessions were provided. The operation cost was approximately HKD\$1,900 per session.

The fee for HKKF patients was between HKD\$1,200 to HKD\$1,400 per session, depending on the type of dialysis and the dialyser used. HKKF provided a subsidy of approximately HKD\$80,000 per year to each patient, totalling HKD\$2 million per year.

HKKF received a donation of \$2 million from The Joseph Lau Luen Hung Charitable Foundation Limited to support the operation of WCC from 1 August 2021 to 1 July 2022.

Nocturnal home haemodialysis (NHHD)

Since 2007, HKKF has supported the **NHHD programme** run by the Hospital Authority. NHHD allows patients to perform self-care haemodialysis at home overnight for 3-4 nights per week.

Clinical outcomes and rehabilitation offer better results than the conventional twice or thrice-weekly haemodialysis sessions, with improved blood pressure control, anaemia reduction, and general blood test results.

HKKF provides each patient with a subsidy of HKD\$3,000 per month, while the Hospital Authority provides the consumables. Patients are required to contribute approximately HKD\$2000 per month.



Since 2007, HKKF has supported 111 patients, amounting to 568 years of treatment with an estimated 100,000 sessions of treatment. Around 21 patients have been on NHHD for over 10 years (the longest is 17 years). Currently, HKKF supports 41 out of a maximum of 60 patients on NHHD, requiring a subsidy amounting to HKD\$1.5 million per year.

HKKF has received HK\$ 2 million/year from Li Ka Shing Foundation for 2021 and 2022 to subsidise the patients in the NHHD Program.

Hong Kong Kidney Foundation
Nocturnal Home Haemodialysis Program

2006: Mr Shum received a 2-month training for home haemodialysis.

2007: Mr. Shum was the first patient supported by the HKKF Nocturnal Home Haemodialysis program.

July 2023: Dr Lui, Chairman of HKKF visited Mr. Shum. Dr. Lui was most pleased to find Mr Shum in good health, leading an active life with full time work.

Mr. Shum pointed out the good points with dialysis at home.

1. Can be flexible when to have the haemodialysis treatment.
2. Less restrictions on the diet.
3. No anaemia (no need for erythropoietin treatment).
4. Not hypertensive (not on blood pressure drugs)
5. Full rehabilitation, able to work, leading to a better life.

CLINICAL SERVICE

(2) AUTOMATED PERITONEAL DIALYSIS

The Automated Peritoneal Dialysis (APD) programme was launched in 1997 to provide patients with a form of peritoneal dialysis that can be carried out at home (with or without a caregiver) every night, with the APD machines performing the automated treatment throughout the night. This mode of dialysis is suitable for patients who work during the day and for those who require a caregiver to perform the dialysis. APD is an alternative mode of dialysis to Continuous Ambulatory Peritoneal Dialysis, in which the patient needs to perform fluid exchanges 3-4 times throughout the day.

Since 1997, HKKF has procured 1408 APD machines (equivalent to HKD\$118 million in value) via the donation of funds or machines. For the 12 months ending 30 June 2023, HKKF procured 146 APD machines, of which Baxter Healthcare Ltd. donated 58 machines to support the program. As of 30 June 2023, 1063 APD machines are in use.

Since its launch, HKKF has supported 2,627 patients for an estimated 2.5 million overnight



peritoneal dialysis treatments. On average, each patient receives APD treatment for three to four years, with some requiring treatment for up to ten years. In 2022, HKKF approved 348 applications for the APD programme.

HKKF has two APD programmes – (i) APD Free-loan programme and (ii) APD Co-Fund, Co-Use programme – for patients to use the APD machine at home every night.

Free APD Free-loan Programme 家居自動腹膜透析機免費借用計劃

This programme is for patients who meet the financial assessment criteria for a free loan of an APD machine - patients whose household income is not significantly higher than the median monthly household income, according to the HKSAR Domestic Households Survey.

The programme is supported by generous donations from individuals, organisations, pharmaceutical firms, and philanthropies (see Acknowledgement).

Since 1997, HKKF has supported 2406 patients through the APD Free-loan programme.

In 2022, HKKF approved 250 applications for the programme.



Home Automated Peritoneal Dialysis Machine Co-Fund Co-Use Programme (CFCU) 家居自動腹膜透析機 共融互用計劃

HKKF launched the CFCU programme on 1 Jan 2020 with a donation of HKD\$840,000 from Dr. Lui Siu Fai to procure 10 APD machines, which was matched by the donation of 5 APD machines by Baxter Healthcare Ltd. On 23 April 2020, the Estate of the late Cheung Ching Lan donated HKD\$4.2 million for HKKF to procure another 50 APD machines for the programme, which was matched by a donation of 25 machines from Baxter Healthcare Ltd. During 2023, HKKF received a further donation of HKD\$840,000 from Toi Shan Association of Hong Kong Charitable Foundation Ltd. and HKD\$840,000 from The Hong Kong Sze Yap Commercial & Industrial Association, with a donation of another 10 machines from Baxter Healthcare Ltd.

The CFCU programme caters for patients who do not meet the HKKF criteria for a free loan of an APD machine. These patients can apply to join the CFCU programme on the condition that they can contribute HKD\$2,333 per month to the CFCU Fund for a

maximum duration of 36 months. After completing the 36 months, the patient can continue to use the machine without further contributions to the CFCU.

On average, a patient may use the APD machine for three to four years, with some using it for up to 10 years or more. The machine is the property of HKKF and is re-circulated for use by patients for up to 10 years.

A patient's contribution of HKD\$2,333 per month for 36 months (HKD\$84,000) to the CFCU Fund enables HKKF to procure another APD machine for another patient to join the program, making it a self-sustaining programme.

As of 30 June 2023, 217 patients have joined the CFCU programme and have contributed HKD\$7 million to the CFCU fund. Currently, there are 167 patients on the CFCU programme.

(3) SUPPORTING PROGRAMMES FOR EXPENSIVE MEDICATIONS

Anti-rejection drugs for kidney transplantation - Prograf VI charity programme

Astellas Pharma Hong Kong Company Limited has donated a total of HKD\$8.28 million (accumulated since 2006 for the Prograf I-VI programmes) to HKKF to support patients requiring Prograf for kidney transplantation.

HKKF provides a subsidy of 50% of the cost of the drug to the patient. The programme has supported a total of 325 patients.

Erythropoietin for end-stage kidney failure patients (NESP)

Kyowa Kirin Hong Kong Company Limited has donated HKD\$2 million (accumulated since 2013) to HKKF to support patients with anaemia due to end-stage kidney failure.

As of 30 June 2023, the programme has supported 483 patients (for 50% of the cost of the drugs).

Polycystic Kidney Disease Total Kidney Volume MRI Funding Scheme

Otsuka Pharmaceutical made a donation to subsidise patients for MRI scans.

EDUCATION AND RESEARCH ACTIVITIES

FOR HEALTHCARE PROFESSIONALS

Central Commissioned Training Programme 7-8 Jan 2023

HKKF supported a 2-day programme organised by the Hospital Authority. The topic for 2023 was "Battling Chronic Kidney Disease: Measures Beyond Medicine". About 600 healthcare professionals attended the training.

HKKF Fellowship

Since 1995, HKKF has awarded Fellowship funds to 30 renal healthcare professionals (doctors and nurses) for overseas training. In 2022, HKKF approved three medical doctors for 6-12 months of overseas training during 2023-2024.

HKKF Eugenia Lee Education Scholarship

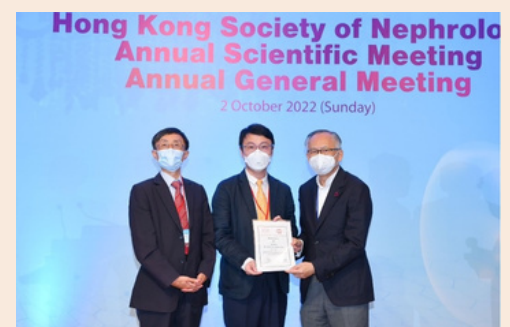
In 2013, HKKF received a donation of HKD\$1,000,000 from Ms Eugenia Lee to establish a scholarship for healthcare professionals to attend overseas courses in nephrology. A total of 29 doctors have been granted scholarships. Owing to COVID-19, HKKF has supported online programmes for healthcare staff.

Renal Nursing Course (PRCC) 2022-2023

HKKF supported a course organized by the HA Institute of Advanced Nursing from 17 March 2023 to 8 December 2023 for 99 attendees.

HKKF Renal Research Grant

In conjunction with the Hong Kong Society of Nephrology, HKKF awarded a Renal Research Grant of HKD\$60,000 to the leading local research project by Dr Gordon Chun Kau Chan of the Prince of Wales Hospital on circulating osteokines and the association with bone mass, frailty, vascular stiffness, and outcomes in peritoneal dialysis patients.



Education talks for healthcare professional organisations

Hong Kong Association of Renal Nurses
Annual General Meeting 18 September 2022



Organization Health Literacy: Roles of healthcare professionals and organization
健康素養(組織)：醫療保健專業人員和組織的角色

Dr. Lui Siu-Fai BBS MH JP
Hong Kong Kidney Foundation - Chairman
International Federation of Kidney Foundations-World Kidney Alliance - President
World Kidney Day Steering Committee - Co-Program Director
The Chinese University of Hong Kong, Adjunct Professor
(1) Jockey Club School of Public Health and Primary Care
(2) The Chinese University of Hong Kong, Institute of Ageing



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Hong Kong Dietitian Association
Webinar 21 September 2022

Living well with Kidney Disease
Eat smart, Eat well 食醒D 食好

Dr. Lui Siu-Fai BBS MH JP
Hong Kong Kidney Foundation - Chairman
International Federation of Kidney Foundations-World Kidney Alliance - President
World Kidney Day Steering Committee - Co-Program Director
The Chinese University of Hong Kong, Adjunct Professor
(1) Jockey Club School of Public Health and Primary Care
(2) The Chinese University of Hong Kong, Institute of Ageing



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Hong Kong College of Medical Nursing
12th Annual General Meeting - 10 June 2023



Health Literacy
To Connect, Be Connected
Roles of healthcare professionals and organization

Prof. Lui Siu-Fai BBS MH JP
Hong Kong Kidney Foundation - Chairman
International Federation of Kidney Foundations-World Kidney Alliance – Past President
World Kidney Day Steering Committee - Co-Program Director
The Chinese University of Hong Kong - Adjunct Professor
Jockey Club School of Public Health and Primary Care



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Symposium on the 25th Anniversary of Hong Kong Kidney Foundation Automated Peritoneal Dialysis Program

A symposium was held on 11 March 2023 for 200 healthcare professionals. The guest speaker was Prof Edwina Brown, Visiting Professor of Hong Kong Kidney Foundation 2023.



The slide displays the HKKF logo, the Hong Kong Society of Nephrology logo, and a graphic celebrating the 25th anniversary of the Automated Peritoneal Dialysis Program Symposium on 11 March 2023. It lists the following topics and speakers:

- Slide 2-55** **HKKF APD program & patient survey**
Dr. Siu-Fai Lui Chairman, Hong Kong Kidney Foundation
Dr. Yuk-Lun Cheng Ex-Officio, Hong Kong Society of Nephrology
- Slide 56-95** **APD: An essential component of personalised PD prescribing**
Prof. Edwina Brown
President, International Society for Peritoneal Dialysis
- Slide 96-139** **Update on the APD program in Hong Kong**
Dr. John Chan Renal specialist & Council member, Hong Kong Society of Nephrology
- Slide 140-177** **What to do when APD patients develop peritonitis?**
Dr. Amelia Chao Nephrology Trainee
Dr. Kai-Ming Chow Chairman, Hong Kong Society of Nephrology
- Slide 178-204** **Remote nursing management for APD patients**
Ms. Janet Leung
Council member, Hong Kong Association of Renal Nurses
- Slide 206-236** **Future of APD**
Prof. Edwina Brown
President, International Society for Peritoneal Dialysis



Celebrating the 25th Anniversary of Automated Peritoneal Dialysis Program in Hong Kong



End-stage renal disease (ESRD), a common condition among patients with diabetes or high blood pressure, is characterised by malnutrition, neuropathy, dry skin, nausea, and anaemia, often leading to reduced quality of life and premature mortality. As the lives of most ESRD hinge on dialysis, a safer, more personalised treatment option with automated peritoneal dialysis (APD) is vital to patients' health.

On 11th March, The Hong Kong Kidney Foundation organised The 25th Anniversary of the Automated Peritoneal Dialysis (APD) Program Symposium. The symposium commenced with an opening speech by Dr. Lui Si Fai, Chairman of the Hong Kong Kidney Foundation, and Dr. Leong Che Hung, President of Hong Kong Kidney Foundation, followed by a presentation of HKKF APD program & patient survey. Then, Prof. Edwina Brown, President of the International Society for Peritoneal Dialysis, was invited to share her experience in APD, titled "APD: An essential component of personalised PD prescribing".

Given that Kidney Disease Improving Global Outcomes (KDIGO) upgraded "adequate dialysis" to "goal directed dialysis" in 2018, Prof. Brown emphasised the need for shared decision-making when prescribing dialysis treatment. Among the available PD treatments, APD is more personalised because it allows a more flexible treatment schedule and mobility. Nevertheless, Prof. Brown reminded us that patients' co-morbidities, physical disabilities, social activities, psychological readiness, and treatment cost-benefit should be considered when prescribing APD. She added that incorporating incremental PD that matches the patient's residual kidney function into the treatment program could achieve individualised clearance goals, thus optimising treatment outcomes and lowering operating costs.

Considering the advancement of APD technology, Prof. Brown furthered the discussion of APD to patient monitoring. Recently, cyclor machines can store APD medical records, body weight and blood pressure of patients, thus enabling remote patient monitoring and early identification of acute problems. In the end, she reiterated the importance of shared decision-making in PD prescription and the need to fit dialysis into patients' lifestyles.

After the tea break and an update on the APD program in Hong Kong, Dr. Chow Kai Ming, Chairman of Hong Kong Society of Nephrology, and Dr. Amelia Chao did a case sharing of APD patients developing peritonitis. Ms. Janet Leung, a council member of the Hong Kong Association of Renal Nurse, shared her clinical experience in remote nursing management for APD patients. As the symposium ended, Prof. Edwina Brown was invited to present her thoughts on the future of APD.



A group photo of keynote speakers and members of organising committee of the event.



Dr. Lui Si Fai, Chairman of Hong Kong Kidney Foundation, made an opening speech and introduced the HKKF APD program.



Dr. Chow Kai Ming, Chairman of the Hong Kong Society of Nephrology, shared his experience in handling peritonitis in APD patients.



Prof. Edwina Brown, President of the International Society for Peritoneal Dialysis, was presenting her case of personalised PD.



A gratitude certificate was presented to Prof. Edwina Brown by Dr. Lui Si Fai (left) and Dr. Leong Che Hung (right).



The enlightening presentations were followed by a fruitful discussion among keynote speakers and audience.



An interactive discussion with Dr. Lui.

Conclusion

On entering program : 49% Full/Part time or student
61% APD performed by the patient, 39% by the helper.

Technique survival APD = 8.1 years.

Many patients on APD for 2-4 years.

36% over 3 years, 23% over 4 years, some are up to 16 years.

Of the 130 patients commenced APD during 2020-2021

One year later: Full-time Part-time

78 self-performing patients: 77% to 57%

52 helpers: 75% to 62%

2020-2021 130 patients' experience (1-10)

Better than anticipated	72% 6+	64% 7+
Able to cope with APD?	93% 6+	88% 7+
Living with APD	62% 6+	51% 7+

PUBLIC EDUCATION

Kidneys Talk

The Hong Kong Kidney Foundation (as host organiser), the Hong Kong Society of Nephrology and the Hong Kong Association of Renal Nurses, Alliance of Renal Patient Mutual Help Association, produced the first series of online webinars – Kidneys Talk. The webinars were broadcasted online on alternative Tuesday evenings at 8 pm via Zoom, YouTube and Facebook.

The second series of 9 episodes covering topics of interest to the public and patients with kidney disease, was broadcasted from 9 July to 25 Oct 2022.



Topic		Title	Guest/Speaker	Host	
1	9 July 2022*	World Kidney Day 2022	Bridge the knowledge gap to better kidney health	Mr Henry Fan SBS JP, Dr Ronald Lam JP Dr Lui Siu Fai, Dr Chow Kai Ming, Ms Maggie Lee Dr Cheng Yuk Lun, Dr Jack Ng, Dr Desmond Yap Ms Windy Lee, Ms MK Lam	
2	19 July 2022	Renal diet and recipes (1)	Eat smart, Eat well (Tips)	Dr Lee Hoi Kan Ms Cherry Law (Dietitian)	Dr Sunny Wong (Dietitian) Ms Sabrina Mok (Dietitian)
3	2 August 2022	Renal diet and recipes (2)	Eat smart, eat well (Recipes)	Ms Sylvia Lam (Dietitian) Ms Zoe Vy (Dietitian)	Dr Lui Siu Fai Ms Danica Yau
4	16 August 2022	Living well with kidney disease (1)	Better symptom management	Dr Hau Kai Ching Dr Wong Ping Nam	Dr Cheng Yuk Lun Ms Francis Chiu
5	30 August 2022	Living well with kidney disease (2)	Better dialysis management	Dr Lorraine Kwan Ms Francis Chiu	Dr Terence Yip Ms Dora Leung
6	13 September 2022	Knowing more (1)	My pills – What, why, how?	Dr Jack Ng Ms Wendy Lee Ms Simon So (Pharmacist)	Dr Chow Kai Ming
7	27 September 2022	Knowing more (2)	Traditional Chinese Medicine	Dr Lui Sing Leung Ms Zhu Dan (TCP)	Dr Chow Kai Ming Dr Cheung Wai Lun
8	11 October 2022	Knowing more (3)	Common urological symptoms	Dr Lam Kin Man Dr Chan Chun Ki Dr Chan Ka Lok Ms Maggie Lee	Dr Samuel Fung
9	25 October 2022	Rehabilitation	Self help, Mutual support, other supports	Ms Yu Ling Kuen (MSW) Mr To King Yui (patient)	Ms Maggie Ng



你講 我講 與腎同行
網上講座系列一

專業醫護人員 與你關注腎臟健康每一步
• 醫護專題講座 • 腎臟健康貼士 • 腎友同路人分享

- 1 點解腎病?
主講: 黃國權醫生 腎科專科醫生
- 2 腎病了解知
主講: 黃國權醫生 腎科專科醫生
- 3 我的腎十字路口 何去何從
主講: 黃國權醫生 腎科專科醫生
- 4 血肌: 真相與誤解!
主講: 黃國權醫生 腎科專科醫生
- 5 「護血」的建議
主講: 黃國權醫生 腎科專科醫生
- 6 腎臟紅綠 新的開始
主講: 黃國權醫生 腎科專科醫生
- 7 抗到無牌假
主講: 黃國權醫生 腎科專科醫生
- 8 結盟飲役 輕鬆生活
主講: 黃國權醫生 腎科專科醫生
- 9 腎你同行
主講: 黃國權醫生 腎科專科醫生

想知更多 腎臟資訊  香港腎臟基金會網址 hkcf.org.hk

贊助商: AstraZeneca, Baxter, Amgen, etc.



你講 我講 與腎同行
網上講座系列二

專業醫護人員 與你關注腎臟健康每一步
• 醫護專題講座 • 腎臟健康貼士 • 腎友同路人分享

- 1 知好D、腎好D
主講: 黃國權醫生 腎科專科醫生
- 2 腎臟D 腎好D (1) 好貼士
主講: 黃國權醫生 腎科專科醫生
- 3 腎臟D 腎好D (2) 好貼士
主講: 黃國權醫生 腎科專科醫生
- 4 生活好D (1) 如何改善生活質素
主講: 黃國權醫生 腎科專科醫生
- 5 生活好D (2) 如何改善生活質素
主講: 黃國權醫生 腎科專科醫生
- 6 知多D (1) 藥物與你
主講: 黃國權醫生 腎科專科醫生
- 7 知多D (2) 中西醫結合是甚麼
主講: 黃國權醫生 腎科專科醫生
- 8 知多D (3) 如何改善生活質素
主講: 黃國權醫生 腎科專科醫生
- 9 新D之自助行動手冊
主講: 黃國權醫生 腎科專科醫生

想知更多 腎臟資訊  香港腎臟基金會網址 hkcf.org.hk

贊助商: AstraZeneca, Baxter, Amgen, etc.

The recorded video and articles on the two series were viewed over 20 million times via HKKF's YouTube and Facebook, and the website 大文健康 of 大公文匯 Hong Kong Ta Kung Wen Wei Media Group.

The episodes can be viewed online on HKKF website:
<https://hkcf.org.hk/zh/kidneystalk-c/>



腎病飲食及食譜

人與腎 皆長壽

家常便飯・出外飲食
健康地快樂地吃喝



每個食譜包括：
• 腎病飲食換算
• 營養成分水平
• 健康煮食小貼士



腎病食譜下載



腎智台
KIDNEYS TALK

系列二 節目重溫



第2集 腎臟營養與飲食好貼士

點樣可以做個醒目的嘅腎友食好D?



第3集 腎臟營養與飲食好菜譜

寬羅受歡迎的家常菜式再進行食譜改良



香港營養師協會



香港腎臟基金會



香港腎科學會



香港腎科護士學會

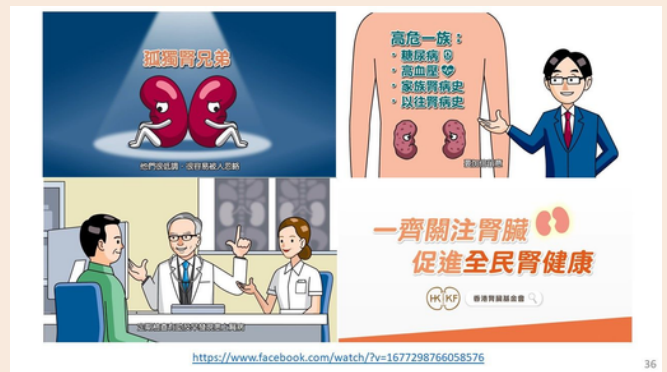
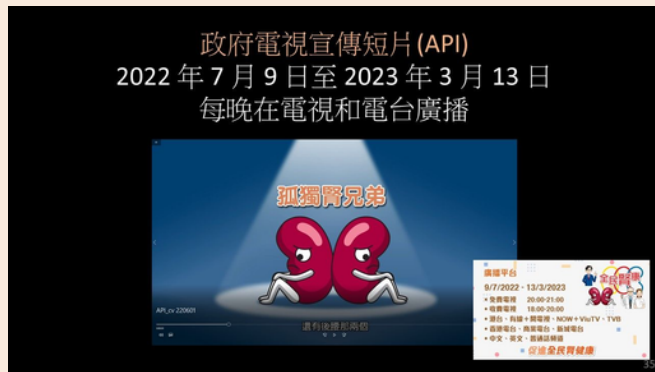
<https://hkcf.org.hk.org.hk>

香港腎臟基金會



Announcement of Public Interest (API) – Are you at risk of kidney disease?

Shown every night on all local TV and radio stations from 9 July 2022 to 13 March 2023



Mass Transit Railway (MTR and East Rail Link)

Free MTR Community Poster at 132 stations from 7 to 13 August 2022.
300 free, 12-sheet advertisement lightbox from 15 July to 9 August 2022.

Full-page advertisement in 5 local newspapers on 12 August 2022



Poster displayed on the body of 27 buses 1-21 September 2023



世界腎臟日
在香港
5.3.2018
www.worldkidneyday.org

第18屆世界腎臟日暨第3屆香港腎臟日

合辦機構 HKKF HKH

健康護腎 尋四隱患

你是否隱形患者?

- 體重唔可以重少少
- 血壓唔可以高少少
- 血糖唔可以高少少
- 血脂唔可以高少少

請定期檢查身體

高少少不是沒問題
後患無窮

此廣告空間由康諾贊助
This advertising space is sponsored by MTR



世界
腎臟日
在香港
5.3.2023
www.worldkidneyday.org

2023

第18屆世界腎臟日暨 第3屆香港腎臟日

領展商場免費測試

(身高體重指數、血壓、 血糖及膽固醇)

4/2/2023 (星期六)

樂富廣場

早上 11:00 - 下午 7:00

5/2/2023 (星期日)

啟田商場

早上 11:00 - 下午 7:00

11/2/2023 (星期六)

海富商場

早上 11:00 - 下午 7:00

18/2/2023 (星期六)

恒安商場

早上 11:00 - 下午 7:00

19/2/2023 (星期日)

天瑞商場

早上 11:00 - 下午 7:00







支持機構

Link







香港腎臟基金會
香港腎臟基金會
香港腎臟基金會
香港腎臟基金會

合辦機構 HKICF HKICF HKICF HKICF

2023

第18屆世界腎臟日暨第3屆香港腎臟日

健康護腎 尋(四)隱患

你是否隱形患者?

你須知!

血壓
唔可以高少少

血糖
唔可以高少少

血脂
唔可以高少少

體重
唔可以重少少

高少少後患無窮

免費測試

(身高體重指數、血壓、
血糖及膽固醇)

領展 LINK

支持機構



World Kidney Day 2023 was co-organised by the Hong Kong Kidney Foundation, Hong Kong Society of Nephrology and Hong Kong Association of Renal Nurses. The theme was 'Protect your kidneys – search for the four hidden risk factors – diabetes, hypertension, hyperlipidaemia and overweight.'



8 Golden rules (reduce the risk of kidney disease)

- Dr Leong Che-Hung, GBM, GBS, JP
President, Hong Kong Kidney Foundation
- Prof Richard Yu,
Patron, Hong Kong Kidney Foundation
- Prof Sydney Tang,
President, Asian Pacific Society of Nephrology
- Dr Simon Tang,
Director (Cluster Service), Hospital Authority
- Dr Lui Sing-Leung,
Co-Chairman, Central Renal Committee, Hospital Authority
- Dr Raymond Ho,
Head, Health Promotion Branch, DH
- Dr Lobo Louie,
Vice-Chairman, DH's task force to promote walking
- Ms Hui Lai-Wah,
Chair-lady, ARPMHA



第18屆世界腎臟日暨第3屆香港腎臟日

健康護腎 尋四隱患

Flash drama

Just slightly high, is not a problem ?

周啟明醫生, 周植長醫生, 吳傑聰醫生, 潘家欣醫生, 陳耀恆醫生, 袁仕傑醫生, 陸頌醫生, 區詠雅護士, 陸偉莊護士, 李淑恆護士

- 1- The 4 invisibles
- 2- Slightly high blood pressure
- 3- Slightly high blood glucose
- 4- Slightly high blood lipids
- 5- Slightly high BMI
- 6- Not doing exercise
- 7- Frothy urine



第18屆世界腎臟日暨第3屆香港腎臟日

健康護腎 尋四隱患

Promote 「10,000 steps a day」

Department of Health Taskforce to promote activity:
Dr SF Lui (Chairman) and Dr Lobe Louie (Vice-Chairman)



第18屆世界腎臟日暨第3屆香港腎臟日

健康護腎 尋四隱患



St John Band



Dr Eric CHOY
Dr William FOO
Dr LAU Chi Wing
Dr Francis LAU
Dr MAK Siu King
Dr Ludwig TSOI
Dr WU Hiu Fung



第18屆世界腎臟日暨第3屆香港腎臟日

健康護腎 尋四隱患

Best partner

WKD version

Prof Sydney Tang





12-sheet Lightbox posters
on MTR and East Rail line



Relaunch API (Radio and TV) for
9 months from 2 May 2023.



世界
腎臟日
在香港
5.3.2023

2023年 世界腎臟日

合辦機構







盧耀庭教授
香港腎臟基金會主席
**弘揚仁愛
守護腎康**



林文健醫生
香港腎臟基金會副主席
**良方共議
理腎強身**



區志輝先生
香港腎臟基金會副主席
**同心同德保腎康
推賢揚善護社群**



高淑玲醫生
香港腎臟基金會副主席
**全城護腎
區社惠民**



區志輝先生
香港腎臟基金會副主席
**表面健康
實有隱患**



高淑玲醫生
香港腎臟基金會副主席
**謹慎護腎
保衛民康**



高淑玲醫生
香港腎臟基金會副主席
**全民要健康護腎
執意遠離四隱患**



高淑玲醫生
香港腎臟基金會副主席
**及早診斷
確保腎康**



高淑玲醫生
香港腎臟基金會副主席
**祈福全民強腎護
健康珍惜樂融融**



高淑玲醫生
香港腎臟基金會副主席
**提升護腎意識
早檢確保民康**

獻辭 健康護腎 尋四隱患

現時本港超過一百萬已診斷的慢性非傳染性疾病如糖尿病及高血壓患者，有三分之一人診斷時已發覺有併發症如中風、心臟病、末期腎衰竭等，需要接受專科治療。估計現時仍有一百萬名慢性非傳染性疾病患者，有需要及早找到他們。

主辦機構去年二月在頂匯廣場下五樓舉行(健康、飲食、運動、安全、天倫)護出腎科醫生及護士巡迴為1681名市民進行簡單的康樂篩檢。接受檢查市民年齡中位數為65歲，男士佔31%，女士佔69%。血壓或超標≥140或舒張壓≥90佔43%，膽固醇或≥9 mmol/l(高)佔18%，膽糖蛋白或≥5.2 mmol/l佔50%，體重指數≥23佔84%。




1 健康的身體 → 健康的腎臟

2 提倡健康的生活方式 → 健康的腎臟

3 積極運動(運動、步行)
適量飲食(食飽D, 食好D)

4 及早發現非傳染性疾病如高血壓、高血糖、高血脂及體重過重找尋隱患者。

5 及早打掃好及積極治療非傳染性疾病減少其他併發症。

隨機高血壓 56% 不知情

隨機高血脂 73% 不知情

隨機高血糖 68% 不知情

過重或肥胖 36% 不知情





「健康護腎 尋四隱患」活動已於3月5日假領展赤柱露天廣場成功舉行。

第18屆世界腎臟日暨第3屆「健康護腎 尋四隱患」



大會嘉賓香港衛生局局長盧寵文及醫務衛生局副局長黃潔兒等。

第18屆世界腎臟日暨第3屆香港腎臟日



「健康護腎 尋四隱患」活動已於3月5日假領展赤柱露天廣場成功舉行。出席者包括：香港腎臟基金會主席盧耀庭、香港腎科學會主席周啟明、香港腎科護士學會主席李潔芬、大會嘉賓：醫務衛生局局長盧寵文、衛生局副局長林文健醫生及醫務衛生局行政總裁高淑玲醫生。還有來自香港、九龍及新界的腎科醫生、護士和腎友，大家齊齊一堂。

第18屆世界腎臟日暨第3屆香港腎臟日



衛生局署長林文健醫生、衛生局副局長黃潔兒、醫務衛生局副局長李潔芬、醫務衛生局行政總裁高淑玲醫生及醫務衛生局副局長黃潔兒等。

「健康護腎 尋四隱患」

活動已於3月5日假領展赤柱露天廣場成功舉行。出席者包括：香港腎臟基金會主席盧耀庭、香港腎科學會主席周啟明、香港腎科護士學會主席李潔芬、大會嘉賓：醫務衛生局局長盧寵文、衛生局副局長林文健醫生及醫務衛生局行政總裁高淑玲醫生。還有來自香港、九龍及新界的腎科醫生、護士和腎友，大家齊齊一堂。

支持機構

領展 LINK

支持夥伴

「健康護腎 尋四隱患」



快閃舞蹈 (老少皆宜 不是問題?)

「健康護腎 尋四隱患」



最佳好拍友區志輝教授

QR Code



8 golden rules



「健康護腎 尋四隱患」



「健康護腎 尋四隱患」



「健康護腎 尋四隱患」



「健康護腎 尋四隱患」



Full-page education material in 5 newspapers

Education video clips (30 seconds) on TVB Channel 83 Jun-July 2023

A joint project between Hong Kong Society of Nephrology and Hong Kong Kidney Foundation, supported by Boehringer Ingelheim (Hong Kong) Limited.

Search the hidden case of hypertension, diabetes, high cholesterol and overweight.

- (1) Searching the hidden case of hypertension, diabetes, high cholesterol and overweight.
- (2) Slightly high blood pressure is not a problem? Wrong, it is.
- (3) Slightly high blood sugar is not a problem? Wrong, it is.
- (4) Slightly high blood cholesterol is not a problem? Wrong, it is.
- (5) Slightly overweight is not a problem? Wrong, it is.
- (6) Not doing exercise regularly is not a problem? Wrong, it is.
- (7) The urine is slightly abnormal (frothy) is not a problem? Wrong, it is.



1 - 尋找四隱者



2 - 血壓少少高不是問題？錯的



3 - 血糖少少高不是問題？錯的



4 - 膽固醇少少高不是問題？錯的



5 - 體重少少過重不是問題？錯的



6 - 不常做運動不是問題？錯的

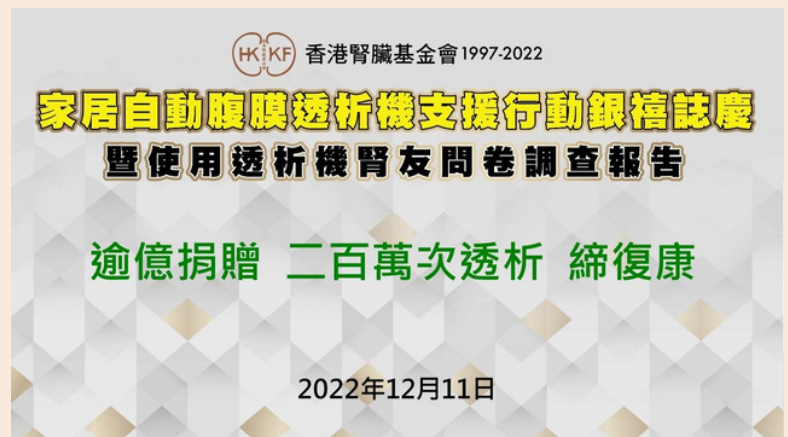


7 - 小便少少不正常不是問題？錯的

25th Anniversary of Hong Kong Kidney Foundation Home Automated Peritoneal Dialysis Charity Program

A press briefing was held on 11 December 2022 to share the work and the outcome of the program. Since 1 July 1997, HKKF has cumulatively procured 1298 Automated Peritoneal Dialysis machines 自動腹膜透析機 via monetary or in kind (machine) donations equivalent to HKD\$109 million, supporting the (i) Free loan program and (ii) Co-Fund Co-Use program.

The program has supported 2481 patients to conduct peritoneal dialysis at home every night of the week, amounting to an estimate of 2,340,000 treatments.



ORGAN DONATION

Endless Love

Memorial Garden at Junk Bay Chinese Permanent Cemetery

HKKF is the main organiser of the Hong Kong Organ Donation Action Group. In July 2017, the Action group and the Board of Management of the Chinese Permanent Cemeteries (BMCCPC) launched the "Endless Love" [大愛恩人] Memorial Garden at Junk Bay Chinese Permanent Cemetery to honour organ donors. HKKF set up a memorial plaque for each donor at the memorial garden, where the ashes of the donors are scattered.

Currently, we are honouring 62 deceased organ donors at the site.

The group pays respect to the organ donors twice yearly during the Annual Spring and Autumn memorial ceremony.



華人永遠墳場管理委員會
與香港腎臟基金會合辦
遺體器官捐贈者
撒放骨灰及紀念牌匾計劃



「大愛恩人」

為推廣簡約及環保的安葬方式，以及宣揚正面的遺體器官捐贈，華人永遠墳場管理委員會（華永會）與香港腎臟基金會合作，於2017年7月1日推出遺體器官捐贈者「大愛恩人」計劃。華永會於將軍澳華人永遠墳場內的將軍澳紀念花園B3區設立「大愛恩人」撒放骨灰區及紀念牆。紀念牆上可以豎立360塊牌匾，用作紀念遺體器官捐贈者。遺體器官捐贈者親屬可選擇將捐贈者的骨灰撒放於紀念花園，並由香港腎臟基金會為「大愛恩人」豎立個人紀念牌匾，表揚他們為末期器官衰竭患者和社會作出的貢獻。每年春秋期間會在現場舉行紀念儀式。

計劃旨在向遺體器官捐贈者致以崇高的敬意，在辭世後捐出器官，成為「大愛恩人」，讓末期器官衰竭等待移植的患者有新的生命。



「大愛恩人」政策・程序

參與「大愛恩人」的條件

- 如果符合「大愛恩人」定義條件，遺體器官捐贈者的親屬可選擇參與計劃。
- 條件：
 - (1) 遺體器官捐贈者是必須為在香港永久居住並有華人血統的人或其配偶或其子女（根據華人永遠墳場條例）。
 - (2) 親屬同意並簽署了遺體器官捐贈協議書。
 - (3) 親屬同意在將軍澳華人永遠墳場內的將軍澳紀念花園撒放捐贈者的骨灰。

「器官包括心臟、肺、肝和腎（全部或任何器官）」

「大愛恩人」是由香港器官移植行動小組提出，並由香港腎臟基金會執行。

參與「大愛恩人」的程序

- 捐贈者去世後，家人可直接聯絡香港腎臟基金會（在工作日工作時間致電2716 5773）。
- 香港腎臟基金會的工作人員與醫院確認捐贈者是遺體器官捐贈者後，將會安排接見親人。
- (1) 取得為捐贈者準備紀念牌匾的資料（家庭也可以選擇按照標準自行設定紀念牌匾）。
- (2) 發出確認捐贈親人與華永會辦公室預訂撒放及安置紀念牌匾的日期。

紀念花園的視頻

<http://bit.ly/HKKF1707>



查詢電話：
2716 5773
信息網站：
www.hkkf.org.hk



Autumn Memorial ceremony held on 4 December
2022 Junk Bay Chinese Permanent Cemetery



Spring Memorial ceremony held on 28 May 2023
Junk Bay Chinese Permanent Cemetery



EVENT HIGHLIGHTS
www.vpulsehk.com

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by Winnie Tang



Endless Love Spring Memorial Ceremony 2023

Organ transplant is crucial to individuals suffering from organ failure for various reasons, including chronic illnesses, accidents, autoimmunity, and genetic disorders. Constrained by traditional values, religious reasons and a low social awareness, Hong Kong has one of the lowest organ donation rates worldwide, with only 3.9 donors per million population in 2022. Unable to find suitable donors, patients are often faced with a long waiting time for an organ transplant; unfortunately, many cannot see the light of the tunnel. Thankfully, various medical organisations, patient groups, and the Hong Kong Government have relentlessly promoted organ donation registration and created successful patient journeys that brighten up the day.



Dr. Lui Siu Fai, Chairman, the Hong Kong Kidney Foundation



Professor Lo Chung Mau, the Secretary for Health



Dr. Tang Yiu Hang Simon, Director (Cluster Services) of the Hospital Authority



Dr. Chau Ka Foon, the Convenor of The Action Group



Dr. Chow Kai Ming, Chairman, the Hong Kong Society of Nephrology



Dr. Lam Man Kin Ronald, Director of Health

In 2016, The Hong Kong Kidney Foundation (HKKF) and The Board of Management of The Chinese Permanent Cemeteries (BMCPC) initiated the Endless Love Healing Act to promote organ donation and pay tribute to donors and their family members. In 2017, the Endless Love Memorial Plaque Garden was set up, in which ceremonies were performed to commemorate the selfless individuals every Spring and Autumn.

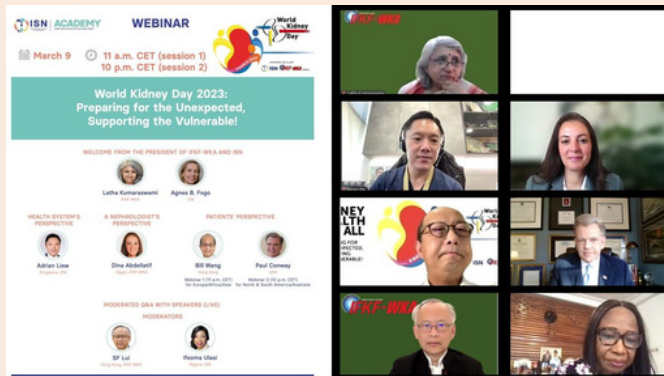
On 28th May 2023, The Endless Love Spring Memorial Ceremony was held, and it was honoured to have the participation of the donors' family members, Professor Lo Chung Mau (Secretary of Health), Dr. Lam Man Kin Ronald (Director of Health), Dr. Lui Siu Fai (Chairman of the Hong Kong Kidney Foundation), Dr. Tang Yiu Hang Simon (Director of Cluster Services of the Hospital Authority), the Hong Kong Organ Donation Action Group ("Action Group"), healthcare professionals and the recipients.

During the ceremony, Dr. Chau Ka Foon, The Convenor of the Action Group, expressed her gratitude to the selfless individuals who spread and continued their love and compassion to others. The recipients also promised the donor families that they would treasure their lives and be thankful for their opportunity to be reborn. The participants would continue to promote organ donation in Hong Kong and strive for more opportunities for those in need.

INTERNATIONAL EVENTS

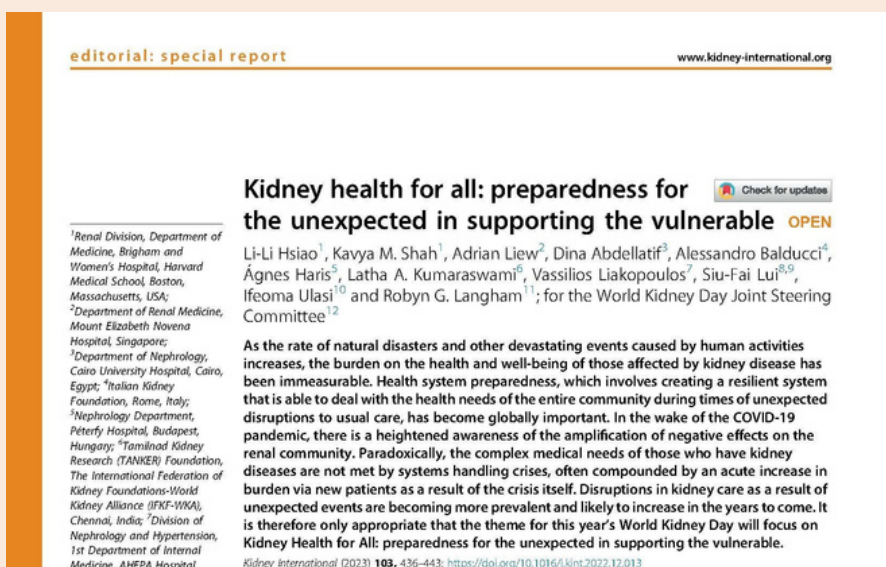
International World Kidney Day

Dr Lui Siu Fai (Co-Program Director of the Joint Steering Committee of the International Federation of Kidney Foundations – World Kidney Alliance and International Society of Nephrology) and Mr Bill Wang (ISN Patient Advocacy Group) took part in the International World Kidney Day webinar held on 9 March 2023.



World Congress of Nephrology 2023

Dr Lui Siu Fai was the moderator for the session at the World Congress of Nephrology 2023.



Editorial of Kidney International, March 2023

FUND-RAISING

Every year, HKKF needs to raise a substantial amount of funds to support its charitable programmes:

- to procure APD machines to meet the demand
- to support the in-centre haemodialysis programme (amounting to \$2m)
- to support Nocturnal Home Haemodialysis programme (amounting to \$2m).
- to support the education programmes.



Toi Shan Association of Hong Kong Charitable Foundation Ltd.
Donation of \$840,000 for the HKKF Co-Fund Co-Use Programme (Seeding fund) 25 July 2022

The Hong Kong Sze Yap Commercial & Industrial Association
Donation of \$840,000 for the HKKF Co-Fund Co-Use Programme (Seeding fund)
16 August 2022



Cantonese Opera Charity Dinner

ACKNOWLEDGEMENT

MAJOR DONATIONS RECEIVED OR PLEDGED For the period 1 July 2022 – 30 June 2023

For Automated Peritoneal Dialysis

Free Loan programme

- Dr. Lui Siu-fai birthday charity dinner (\$1,176,000)
- Billion Rainbow Limited (\$840,000)
- Cantonese Opera Charity Dinner by Ms Yemina Yu (\$684,000)
- 程文略 (\$84,000)
- Cheng Oi Kam (\$84,000)
- Ms. Li Yian Lin (\$84,000)
- Loving Care Association Limited (\$84,000)
- Ms. Mak Nga Ki (\$84,000)
- Jennifer W.F. Liu Charitable Foundation Limited (\$42,000)
- L & T Charitable Foundation (\$42,000)
- Baxter Healthcare – matching donation of APD machines

For Automated Peritoneal Dialysis

Co-Fund Co-Use programme

- Toi Shan Association of Hong Kong Charitable Foundation Ltd. (\$840,000)
- The Hong Kong Sze Yap Commercial & Industrial Association Ltd. (\$840,000)
- Baxter Healthcare – matching donation of APD machines

For the Nocturnal Home Haemodialysis programme

- Li Ka Shing Foundation (\$2m for 2021-2022 and \$2m for 2022-2023)

Symposium on the 25th Anniversary of Hong Kong Kidney Foundation Automated Peritoneal Dialysis programme

- Baxter Healthcare Limited (Key sponsor)
- Fresenius Medical Care Hong Kong Ltd.

Education fund (Kidney Talks)

- Mrs Carol YU LOUEY Kwok Won
- AstraZeneca
- Baxter Healthcare Ltd.
- Boehringer Ingelheim (Hong Kong) Limited
- Fresenius Kabi Hong Kong Ltd
- Fresenius Medical Care Hong Kong Ltd
- Otsuka Pharmaceutical (H.K.) Ltd
- Kyowa Kirin (Hong Kong) Co. Ltd.
- Astellas Pharma Hong Kong Co., Ltd.
- Bayer HealthCare Limited
- Novartis Pharmaceuticals (HK) Ltd.
- Pfizer Corporation Hong Kong

World Kidney Day 2023 in Hong Kong

- Astellas Pharma Hong Kong Co., Ltd.
- AstraZeneca
- Boehringer Ingelheim (Hong Kong) Limited
- Fresenius Medical Care Hong Kong Ltd
- Kyowa Kirin (Hong Kong) Co. Ltd.
- Viartis
- Baxter Healthcare Ltd.
- Fresenius Kabi Hong Kong Ltd
- Novartis Pharmaceuticals (HK) Ltd.
- GlaxoSmithKline Limited
- Otsuka Pharmaceutical (H.K.) Ltd
- Sanofi Hong Kong Limited
- Bayer HealthCare Limited
- Eli Lilly Asia, Inc.
- Gorilla Group Limited (The GULU)

ACKNOWLEDGEMENT OF PARTNERSHIP, SPONSORS, AND SUPPORTERS

Hospital Authority, HKSAR

Hong Kong Society of Nephrology

Hong Kong Association of Renal Nurses

Hong Kong Dietitian Association

Alliance for Renal Patients Mutual Help Association

Member Agency of The Community Chest

Link

All staff of the Hong Kong Kidney Foundation

All supporters and all sponsors of the Hong Kong Kidney Foundation





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Fax: (852) 2718 5074

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Wo Che Estate, Shatin, NT., Hong Kong
Tel: (852) 2684 1202, 2693 4826
Fax: (852) 2695 7597

Web site: <http://www.hkkf.org.hk>
E-mail: kidneys@hkkf.org.hk