



The Voice

GROWING KWAZULU-NATAL TOGETHER

April 2024

WORLD KIDNEY DAY

“Kidney Health for All – Advancing equitable access to care and optimal medication practice”



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Under the theme **“Kidney Health for All – Advancing equitable access to care and optimal medication practice”** St Aidan’s Nephrology Unit commemorated The World Kidney Day on the 27 March 2024.

It started with a teaching session for Urology patients on the importance of Kidneys. The participation from patients was outstanding as they asked so many questions on the topic. Mrs. Maseko T.D. (Nephrology OM) and Mrs. Moodley M. (Adcock Rep) highlighted mainly the causes of Kidney Failure, signs and

symptoms to watch for as well as available treatment and prevention measures.

The day ended up with a setting of information desk for staff, patients and visitors where all the questions on Kidney wellness and care were answered by Nephrology staff.

Goodies were handed out to active participants.

The day was a huge success.

By TD Maseko-Operational Manager (Nephrology Unit)



Information Brochure

What is a Kidney?

Two bean shaped organs found on the left and right side of the vertebrae. They are located on the abdomen just below the back side of the ribs. they are about 10.5 – 11cm in length and 4.5-5cm in width. Their function is to filter and remove waste from the blood as well as balance body fluids.

What is Kidney Failure?

Condition in which the Kidneys suddenly cannot filter waste from the blood.

Who is at risk of Kidney failure (Causes)?

- Chronic Uncontrolled Hypertension/ high blood pressure
- Chronic uncontrolled Diabetes
- On Chronic Treatment e.g. HIV medication
- Family history of Kidney Failure/Genetics
- Severe dehydration / loss of water
- Sudden loss of blood volume / excessive bleeding
- Abuse of NSAID / pain management drugs/over the counter medication
- Abuse of Alcohol / drugs / medication
- Herbal intoxication e.g. Traditional medication
- Poisoning / substance abuse/Smoking
- Severe reaction to a substance / medication
- Recurrent Urinary Tract Infections/Bladder infections/problems

Signs and Symptoms (what to watch for):

Your kidneys might be failing if you have a sudden unexplained experience of any of the following:

- Fatigue / excessive tiredness
- Shortness of breath
- Swelling of the legs, ankles, feet, hands and sometimes face.
- Nausea or loss of appetite
- Vomiting
- Nose bleed
- Irregular heart beat /palpitations
- Poor sleep / Insomnia
- Sudden confusion / fluffy head
- Body itchininess
- Muscle cramps
- Might have sudden decrease in urine or too much urine
- Might experience a dull, one sided pain in the side of your abdomen or back
- Urine smelling like breath

Types of kidney failure:

Acute Kidney Failure:

Sudden onset where the Kidneys can suddenly stop working. Common causes: Drug reaction, Loss of blood volume, Dehydration, Poisoning etc. Acute Kidney failure can be reversed.

Chronic Kidney Failure:

Occurs gradually over a long period of time. Common causes: High blood pressure, Diabetes, Genetics, Chronic Medication etc. Not reversible.

How to diagnose Kidney Failure?

- Appearance of one or more of the symptoms
- Urine testing at the health care centre i.e. Urinalysis
- Blood sampling for Urea and Creatinine
- Kidney ultrasound or Biopsy

What to do if you suspect you have Kidney Failure:

- Consult your Doctor or clinic if one or more of the symptoms suddenly appear with no explanation.
- Give full clear history to the Doctor or Clinic Nurse.
- Avoid instigators as much as possible i.e. illegal substance abuse.
- Drink a lot of water, preferably clear water.

Prevention of Kidney Disease:

- Adopt a Healthy living Life style -*
- Exercise at least three to four times a week.
- Drink a lot of water, 2-3 litres per day.
- Eat a well-balanced diet.
- Avoid smoking and abuse of alcohol
- Maintain a healthy body weight / BMI.
- Do regular health checks
- Reduce salt intake/salty foods & snacks



Information Brochure

**WORLD KIDNEY DAY -
March 27
2024**

**KING EDWARD VIII HOSPITAL /ST. ADAN'S COMPLEX DIALYSIS UNIT-
ADDRESS: 33 M.L SALTAN ROAD DURBAN
4001**

**TEL: 031 329
1417**

(For more info: Contact)

TREATMENT OF KIDNEY DISEASE:

If you are diagnosed with **Chronic or End Stage Kidney Disease (ESRD)**, you will need **Dialysis** (Blood cleansing treatment) or a **Kidney transplant** (getting another Kidney).

There is **NO CURE** for **ESRD**, but with dialysis or kidney transplant one can continue to live a long almost normal life.

Your Doctor will assist you to choose the best treatment option available for you.

CAPD: Continuous Ambulatory Peritoneal Dialysis

Cleansing your blood using fluids that are infused and kept in your Peritoneum and then drained out after 4 – 6 hours. A CAPD nurse will train you to perform this procedure by yourself at home.

HAEMODIALYSIS: A machine is used to cleanse your blood using a filter or artificial kidney connected on the machine. this process takes about 3 – 4 hours a session and is done by a Trained Nurse. This treatment requires you to attend hospital 2 – 3 time a week.

KIDNEY TRANSPLANT:

A kidney will be removed from a Kidney Donor person and transplanted to you next to your old non-functioning Kidney. this will work as your normal kidney assisted by treatment the doctor will give you to stop rejection process.

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Photo Gallery



Information Station



Patient education



Patient education



ACKNOWLEDGEMENTS

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06



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