

# The Voice

GROWING KWAZULU-NATAL TOGETHER

April 2024

# WORLD KIDNEY DAY

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















Under the theme "Kidney Health for All symptoms to watch for as well as availa-- Advancing equitable access to care ble treatment and prevention measures. 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. ipants. (Nephrology OM) and Mrs. Moodley M. The day was a huge success. (Adcock Rep) highlighted mainly the causes of Kidney Failure, signs and

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 partic-

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 medi-

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 /

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

Nose bleed

Irregular heart beat /palpitations

Poor sleep / Insomnia

Sudden confusion / fluffy head

**Body itchiness** 

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.

### 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. Urinaly-

Blood sampling for Urea and Creatinine

Kidney ultrasound or Biopsy

# What to do if you suspect you have Kidney Failure:

onsult 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, prefera bly 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

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







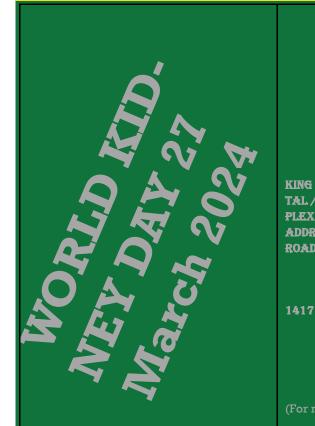
KZN Department of Health



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# **Information Brochure**



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### 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 Peritone-** al 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.











# **Photo Gallery**





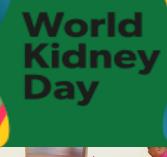




























# **ACKNOWLEDGEMENTS**

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