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World

Kidney



### ISN NEWS 52 February 2015

# World Kidney Day: 10 years of celebrations!

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# **EDITORIAL**

### Happy World Kidney Day!

As a nephrologist, you are busy caring for patients or teaching on a daily basis. However, an important part of the job is also raising awareness, as prevention is often the best cure – especially in developing countries.

World Kidney Day (WKD) is one day that puts the focus on exactly that. It has been 10 years since the campaign began and we are proud to have been involved since the start. WKD has become the most successful effort to raise awareness about kidney disease to policy makers and the general public.

So this year, the initiative is as important as ever and focuses on Kidney Health for All – meaning equal access to treatment for all populations worldwide. We will be in South Africa at the World Congress of Nephrology on March 12, 2015. We have lots of activities planned so make sure to join the celebrations.

There are so many ways to show support from organizing runs or rallies to handing out information, helping screen members of the public for symptoms of kidney disease or raise awareness on social media.

We hope this issue of ISN News inspires you to find your own way of shouting about kidney health.

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# **News in brief**

# New ISN Council at WCN 2015

The ISN Council Elections opened this January and voting lasted until February 15, 2015. Around 2,000 ISN members are expected to have cast their vote. The results of the election will be announced at the General Assembly during the World Congress of Nephrology (WCN) in Cape Town, South Africa.

The ISN Council is the governing body and the legal trustee of the Society. Its composition reflects the various disciplines and geographic diversities that make up ISN. All ISN members have the chance to cast their vote and change the way the ISN Council will look in the next term.

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Find out more about this year's candidates: www.theisn.org/news/latest-isn-news/membership/ cast-your-vote-for-the-isn-council-elections/itemid-455

# New World Kidney Day website is launched

In the run-up to World Kidney Day (WKD) 2015, the WKD team is happy to announce the launch of its new website.

To discover more, visit: www.worldkidneyday.org

It is now more user-friendly, easier to navigate and even more interactive. Take the opportunity to post information about your activity on the WKD map and find out who this year's WKD Champions are.



# Membership

### ISN Membership - make a difference

ISN connects science and humanitarian efforts. Through education, ISN is reaching out to global medical communities, giving them the knowledge and support to reduce the impact of kidney disease worldwide. Membership to ISN supports these activities and provides member specific benefits including exclusive eligibility for ISN capacity building programs, online and print subscription to *Kidney International* and online subscription to *Nature Reviews Nephrology*, online training and education, and reduced registration fees to ISN events. Not yet a member? Visit: **www.theisn.org/join** 

# Update your membership and profile

To ensure you receive all your benefits, please keep your profile up to date and renew your membership in a timely manner. Access or update your profile at: www.theisn.org/memberlogin

# World Kidney Day 2015: Happy kidney health for all

We have some great activities in store at the World Congress of Nephrology to celebrate 10 years of World Kidney Day on March 12, 2015.

> World Kidney Day (WKD) is just around the corner so it is time to get creative. We will be celebrating the day before the ISN World Congress of Nephrology (WCN), taking place in Cape Town, South Africa from March 13 to 17, 2015.

> > e are encouraging everybody attending WCN 2015 to take part. During the congress, you can visit the WKD exhibition stand by following the footsteps from the ISN booth and join the WKD 2015 session on Kidney Health for All: The Role of Kidney Foundations at 15:45 on **Sunday**, **March 15, 2015**. Slip on your walking shoes for an evening stroll all for a good cause, organized by the Cape Kidney Association on March 12, 2015 at the Cape Town Sea Point Promenade at 18:00. WKD needs your participation and enthusiasm to grow as it does every year.



As always, we need you to get active on social media. Last year, 38 WKD Champions brought the campaign closer to local doctors by posting information and photos, helping organize events and serving as advocates with local health authorities. Their presence was so effective in building the glass of water campaign.

Last year, some 15,300 people raised a glass of water for healthy kidneys, posting pictures on Facebook and Twitter. This year we want you to drink a glass of water while encouraging others to do the same.

All the latest updates, information on campaign material and news are available at www.worldkidneyday.org

But, there is no time like the present to share you activity on the WKD map already. Remember the theme of this campaign is Kidney Health for All – everybody should have access to treatment wherever they come from.

### **Kidney Health for All**

Some communities are at a greater risk of developing kidney disease due to their ethnic origin, socioeconomic status and/or where they live. Language barriers, education and literacy levels, low income, unemployment, lack of adequate health insurance, and certain culturespecific health beliefs and practices affect the disease's development and limit access to preventive measures and treatment.

African, American Indian, Hispanic, Asian and Aboriginal populations also suffer from higher rates of diabetes and high blood pressure, the leading causes of chronic kidney disease (CKD). End stage renal disease (ESRD) rates are nearly four times higher among African Americans, with 33% of African Americans suffering from hypertension. For instance in Australia, kidney disease is 10 times more common among the indigenous population.

More than ever, we want you to spread the word about how healthy living helps reduce risks and treatment, can slow or prevent the progression of kidney disease and decrease the growing incidence of associated diseases.

> Kidneys for Life Stop Acute Kidn

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# Help ISN Do More!

www.worldkidney.org



WORLD KIDNEY FUND

# World Kidney Fund World Kidney Fund

# ISN fundraising platform helping kidney patients worldwide

ISN has launched its first direct online fundraising platform, making room for more educational programs to advance nephrology in developing countries.

s many past issues of ISN News reveal, the ISN Programs have successfully helped nephrology services grow in some of the most far-fetched regions. They have given generations of doctors the chance to gain the latest training and become leaders in their own countries, bringing better care to regions where this was lacking.

But, as always, more could and should be done. The World Kidney Fund sets out to raise individual donations for specific ISN Programs. Through this initiative, anyone can contribute to a chosen project and follow its evolution.

"We are excited as everybody can now lend support to ISN educational programs, and change how nephrology is practiced in developing countries, making worldwide advances in the field," says ISN Executive Director Luca Segantini.

### **Donate in a few clicks**

Choose Your Project 02.♣

A Donation

Make

The principle is straightforward. Selected ISN projects are eligible for donation through the online platform. New projects that need your help will be added regularly. You can browse through the list of projects online to learn more about the specifics of each one. Once you have chosen one you would like to help, simply click on the donate button, and give the sum you wish.

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Follow

the Progress

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Updates

Get



The money received by the World Kidney Fund for each individual project is directed exclusively at making this project happen. You can follow the progress of each project directly on the World Kidney Fund site, and, if you have helped one or more of them, we will also send you periodic news and updates.

Donations can be made to support ISN Fellows in a region or country where there are few or no nephrologists, an ISN initiative such as 0by25, Saving Young Lives projects or research.

"Everyone can make a difference, not just nephrologists. Kidney disease affects people in some of the most remote parts of the world where care is just not the same as in developed countries," adds Segantini.

To make a donation or to find out more, visit: www.worldkidney.org

"Everyone can make a difference, not just nephrologists. Kidney disease affects people in some of the most remote parts of the world where care is just not the same as in developed countries."

Luca Segantini

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# ISN Educational Ambassador in Latin America

Breaking language barriers in El Salvador to teach the importance of vascular care for kidney patients.

> "Helping nephrologists to perform vascular access surgery will reduce costs and levels of catheter-related morbidity and mortality."

> > Octavio Salgado

ast September, Educational Ambassador Octavio Salgado from University of Zulia Faculty of Medicine, Venezuela visited the Servicio de Nefrologia, Hospital Nacional Rosales in El Salvador. Aside from giving valuable training, he implemented a new vascular access policy tailored to local needs and resources.

Salgado believes: "Helping nephrologists to perform vascular access surgery will reduce costs and levels of catheter-related morbidity and mortality."

With Host Institution representative Ricardo Leiva, he trained three nephrologists in vascular access surgery and gave a workshop for nursing personnel on fistula handling, diagnosing and managing puncture-related complications.

"As nephrologists, we need to get directly involved, not only as clinicians providing care in the pre-and postoperative period, but also as vascular access surgeons and access coordinators." says Leiva. Many nephrologists working in public institutions in Latin America cannot afford to attend courses overseas. This ISN Program is a cost-efficient and direct way to help increase academic and training levels.

In this region, there are outstanding teachers who can effectively help any center improve the quality of nephrology care. Through the program local doctors are trained in their own center by experts speaking the same language and aware of limitations.

Leiva adds: "His visit has a multiplying effect the trainees of today will become the teachers of tomorrow."



For more information about the ISN Educational Ambassador Program, visit: **www.theisn.org/eap** 

"As nephrologists, we need to get directly involved not only as clinicians providing care in the pre-and postoperative period, but also as vascular access surgeons and access coordinators."

Ricardo Leiva

# Positive to positive

## South African surgeon Elmi Muller carried out the first "HIV positive to positive" kidney transplants, giving hope to the country's growing number of HIV kidney patients.

s more HIV positive patients are living longer thanks to breakthroughs in treatment, many show signs of other diseases including HIV nephropathy. Up until recently, these patients were not eligible for dialysis in South Africa.

"Physicians also have specific criteria to choose patients suitable for donors," explains Muller who initiated a transplant program in 2008 for HIV positive patients using HIV positive donors at Cape Town's Groote Schuur Hospital.

A "purely practical initiative", she wanted to prove that: "this group of young and working people with an excellent prognosis for therapy were good candidates for transplantation." As a full time transplant surgeon, Muller knew each donor and was able to see how treatment could work.

In South Africa, there is still stigma about HIV, even in the medical field. Muller had a tough job on her hands and encountered opposition as she chose to treat patients who had been turned down. It took a year to set up the program with an ethics committee, policies and procedures.

So far, 30 transplants have been carried out and Muller keeps a close eye on her patients through the clinic she runs. She believes that the right balance of immunosuppressive drugs and keeping infections at bay gives these patients as much chance for survival as any.

To add to this achievement, Muller has been involved in many transplant-related outreach and educational programs for the public and medical profession through the Organ Donor Foundation of South Africa, of which she is the Medical Director.

Recently as an ISN Educational Ambassador she participated in two outreach projects in Zambia and Nigeria, focusing on vascular access. Making contact with local doctor Fiona Ulasi, they are working together on a transplant program in Nigeria. "It is unusual for a surgeon to be part of the EAP [Educational Ambassador Program], for me it was beneficial to interact with surgeons," she adds. Having regional experts onsite helps to understand the environment and see the needs first hand. The World Congress of Nephrology will be an opportunity for Dr Muller to share her achievements with the international medical community and stress how transplantation is possible for all.



A "purely practical initiative"

Elmi Muller

# AKI awareness in Africa

Sensitizing local communities about AKI is how two Sister Renal Centers are changing the state of care in Malawi, starting off in the southern city of Blantyre.

Acute Kidney Injury (AKI) is an ongoing concern in Malawi. Many simply do not know that if identified early, it is often easily treatable with fluids and antibiotics. The availability of acute dialysis is also very limited, particularly outside Blantyre.

he ISN Sister Renal Center (SRC) partnership between and Royal London Hospital, UK and Queen Elizabeth Central Hospital (QECH), Blantyre, Malawi, reveals how education is gradually changing kidney patient care in the country. Gavin Dreyer helped set up the collaboration in 2011 and a recent trip back highlighted the value of community awareness.

Last November, Dreyer returned to Malawi with ISN Program Chair John Feehally to meet colleague Rhys Evans (UK), who is spending a year in Blantyre to help strengthen renal services including a new hemodialysis unit. The unit provides an inpatient renal referral service hospital-wide, renal replacement therapy for AKI and end-stage renal disease patients, as well as weekly and monthly renal outpatient clinics for adults and children. So far, 11 patients have received acute hemodialysis treatment with encouraging results.

However, Evans believes there is still a lot to learn about AKI at QECH and in district hospitals around southern Malawi, including basic data on etiology, incidence and outcomes. "We hope to answer some of these questions over the next year as we roll out several ISN-supported AKI research projects," he adds.

AKI education and training have always been a focus of renal services in Malawi. In 2014, AKI-specialist nurse Kelly Wright (UK) led a successful program in Blantyre, educating nursing staff on AKI prevention, diagnosis and treatment. This covered caring for acutely unwell patients, identifying those at risk of AKI and the importance of volume assessment and fluid monitoring.

The team is now re-auditing AKI management in the hemodialysis unit and general medical wards. Dreyer believes there is great potential for extending teaching and training in the country. There are plans to hold an AKI Symposium in March to raise awareness about general AKI management and renal services at QECH. "We hope to answer some of these questions over the next year as we roll out several ISN-supported AKI research projects."

Rhys Evans



Education needs to move beyond hospitals. During the recent trip, visiting village health centers was a first step towards sensitizing local communities and improving prospects for preventing and treating AKI.

Communities need to understand the importance of good water sanitation and the use of mosquito nets to prevent AKI. Healthcare workers should be aware of simple clinical tests to identify AKI including assessing urine output and point of care tests like a salivary urea strip, which is under evaluation.

Aside from greater community awareness and better education for healthcare workers, there is also a lack of data on kidney disease so it is difficult to estimate the burden or measure the benefits of interventions. Thanks to the SRC partnership, some data has already been gathered on acute peritoneal dialysis in children. But, information on the causes, frequency and severity of kidney disease in adults, children and particularly obstetric cases is needed. "We have plans for a comprehensive hospital study of AKI starting in the acute medical wards at QECH," adds Evans.

"All these excellent developments in Malawi can progress more quickly if we develop stronger partnerships with the Saving Young Lives Program and the ISN 0by25 initiative so that we can plan a common agenda," says ISN Program Chair John Feehally.

The Blantyre team is planning to outline the unit's progress activities during the World Congress of Nephrology in Cape Town in March and the satellite symposium on nephrology in disadvantaged populations shortly after the congress.

For further information about the WCN 2015 sessions and satellite symposia, visit: www.wcn2015.org/program.

To find out more about the ISN Programs, visit: **www.theisn.org/programs.** 

### About Blantyre, Malawi

Blantyre is in southern Malawi, not far from the border with Mozambique. With a population of over 600,000 it is the country's second biggest city behind the capital Lilongwe. Queen Elizabeth Central Hospital is a tertiary referral centre for southern Malawi with over 1000 inpatient beds. There are around 30 medical admissions per day with over 200 general medical inpatients

# A tribute to China's pioneer in nephrology

## ISN recently learned with great sadness of the passing of Hai-yan Wang, Director of the Institute of Nephrology at Peking University and a prominent figure at ISN.

Ming-hui Zhao kindly contributed this tribute to Professor Wang on behalf of the Renal Division, Peking University First Hospital Beijing, China.

Professor Hai-yan Wang was born on July 8, 1937 in Qing Dao, Shan-dong Province, China. She graduated from Beijing Medical College in 1959 and started her career as a nephrologist under the mentorship of the late Professor Shu-xian Wang, founder of modern nephrology in China. From 1980 to 1983, she was a pioneering visiting scholar, under the supervision of Professor R. Glassock and Professor W. Border at the University of California Los Angeles (UCLA).

Hai-yan was a lifelong tenured Professor of Medicine at Peking University First Hospital and President of the Peking University Institute of Nephrology. She was a well-known leading physician scientist, recognizing the heterogeneity of various causes of intrinsic acute renal failure and improving the concept of primary glomerulonephritis in China in the 1980s. At the same time, her work in establishing a clinical database and bio-bank on various kidney diseases played a fundamental role in future translational studies.

Aside from these successes, she launched clinical epidemiology in China involving chronic kidney disease and acute kidney injury. Not only did she build one of the most successful renal programs at Peking University First Hospital, but she also trained many nephrologists throughout the country.

In 2013, she was awarded the ISN Roscoe R. Robinson Award and the first ISN Pioneers in Nephrology Award for her outstanding contributions to nephrology education and the development of modern nephrology in China. Professor Wang was very active in the academic area of national and international nephrology as well as internal medicine. She served as ISN Councilor (2004-2008), ISN Executive Councilor (2006-2008), ISN East Asia Committee Chair (2004-2013) and was a member of the ISN 0by25 advisory group. She was Vice President of the Chinese Medical Association (1999-2009), President of the Chinese Society of Internal Medicine (2000-2008), and President of the Chinese Society of Nephrology (1992-1998).

Hai-yan Wang: a name, a woman and a history. She led and will continue to lead the development of nephrology in China and, to a greater extent, worldwide.

# ISN Educational Ambassador in China

# Last August, ISN Educational Ambassador Ming-Hub Zhao from Peking University First Hospital gave talks on epidemiology, acute kidney injury and renal pathology.

e spent a week at the First Affiliated Hospital of Guangxi Medical University to update local doctors. The objectives included giving advice on establishing cohorts of patients with glomerulonephritis (GN) for further study, as well as enhancing clinical, research and pathological skills.

Host center representative Yun-hua Liao from The First Affiliated Hospital of Guangxi Medical University says: "Local nephrologists got the chance for face-to-face continuous medical education to update the knowledge they have and learn about more effective treatments and diagnosis."

He adds: "Guangxi is still a remote province in Southern China. We were very lucky to acquire this kind of training, which will benefit the whole province."

Participants mostly benefitted from the chance to communicate in the same language, learning more and developing a long-term collaboration to the benefit of both centers.

Yun-hua Liao believes: "this training will help my colleagues improve the level of diagnosis and treatment of kidney disease, clinical research and discipline construction while being beneficial to other institutions too."

Through this program, centers in the emerging world can request a teacher or an expert to join them onsite for very specific hands-on training or to initiate and develop community-based research and screening programs.

Emerging centers who require the visit of an expert can either suggest someone they know already or ask the ISN Headquarters to match their request with an available ISN Educational Ambassador qualified in the field of training required. ISN supports the Educational Ambassador to deliver high quality and relevant training for a period of 1-4 weeks.

> "We were very lucky to acquire this kind of training, which will benefit the whole province."

> > Yun-hua Liao

热烈欢迎 原灣鞋病学会(ISN)教育大使 X明辉教授苗植我院唱导交流!



For further information, visit: www.theisn.org/isn-information/ educational-ambassadors-program



# **ISA FOREFRONTS SYNDOSIUM 2015 IMMUNOMODULATION OF CARDIO-RENAL FUNCTION OCTOBER 22-25 2015 SHENZHEN CHINA**

www.isnforefronts.org/shenzhen

Advancing Nephrology Around the World

# ISN upcoming events

ISN events connect global medical communities, giving them the knowledge and support to reduce the impact of kidney disease worldwide.

# Mark your diary for the ISN Forefronts symposium 2015 in China

The next ISN Forefronts Symposium is taking place in Shenzhen, China from October 22 to 25, 2015. The focus is on the immunomodulation of cardio-renal function.

Hypertension and vascular disease are important consequences of chronic kidney disease (CKD), and they are major contributors to its high morbidity and mortality. The link between inflammation in CKD and cardiovascular disease (CVD) is widely recognized, but its pathophysiological basis is still unclear, as is the relationship of inflammation in CKD to innate and adaptive immunity. This symposium will focus on discovering more about cardio-renal pathophysiology and its links with immunopathology and inflammation.

ISN Forefronts bring together nephrologists with non-nephrologists from interrelated disciplines as well as basic and clinical scientists. They are deliberately limited in scope to allow for high levels of interaction, deep dialogue and plenty of time for focused exchange.

For further information, visit: www.isnforefronts.org/shenzhen

World Congress of Nephrology 2015 Sustainability & Diversity March 13-17, 2015, Cape Town, South Africa www.wcn2015.org

ISN Forefronts Symposium 2015 Immunomodulation of Cardio-Renal Function October 22-25, 2015, Shenzhen, China www.isnforefronts.org/shenzhen

ISN Nexus 2016

**Translational immunology in kidney disease and new therapies for renal immunopathology** April 14-17, 2016, Berlin, Germany **www.isnnexus.org/berlin** 



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### For the full list of ISN events visit www.theisn.org

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# 12 MARCH 2015 KIDNEY HEALTH FOR ALL

World Kidney Day

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