



## **Annual Reports (Year 2012 & 2013)**

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**“Your persistent support to the Bhutan Kidney Foundation in many ways has enabled us to fill the gaps and confront challenges head on... As a support group for the lives affected with renal diseases, the following pages detail the work we have buoyed through the support of our partner organizations, members and all the contributors”.**

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## 1. BKF'S PROFILE

### 1.1. About BKF

The Bhutan Kidney Foundation (Further referred as BKF) was established in 2012 in response to the rampant rise of kidney failure patients in Bhutan.

The Foundation was established under the patronage of Her Majesty the Gyaltsuen, Jetsun Pema Wangchuck with the principle purpose to function as a support group for the well-being of Renal (kidney-related) patients in Bhutan and enhance awareness of the general public on renal diseases in the country.

BKF is a registered **Public Benefit Organization** as per the requirements of the Civil Society Organization Act of the Kingdom of Bhutan and a Board of Trustees governs it. The Foundation was registered on **15<sup>th</sup> August, 2012** corresponding to the **28<sup>th</sup> day of the 6<sup>th</sup> Bhutanese month of the Water Male Dragon Year** with its registration number: **CSOA/PBO-23**

### 1.2. Vision

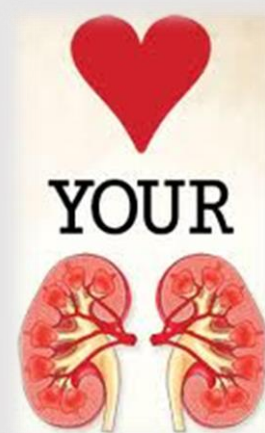
To support and improve health conditions and overall well-being of kidney patients in Bhutan through promotion, prevention and curative measures thereby contributing towards Gross National Happiness.

### 1.3. Mission

The Foundation strives towards ensuring quality health services for all kidney patients in Bhutan through appropriate interventions to enable them to contribute equally towards socio economic development of the country.

### 1.4. Objective

To review, reform, initiate and support policies, plans, programs and activities for promotion of overall wellbeing of renal patients in Bhutan and prevent other vulnerable Bhutanese from acquiring renal diseases.



**Safeguard Your  
Hardworking Kidneys**

## 2012- THE YEAR IN REVIEW

### 2. ACTIVITIES, PROGRAM & Areas of SUPPORT.

#### 2.1. Patients' Support

##### i. Grocery Supply (20<sup>th</sup> September, 2012)

The BKF supplied groceries to 26 patients residing at the Patient Guest House located at Jigme Dorji Wangchuck National Referral Hospital (JDWNRH), Thimphu.

The Welfare house which is sponsored by Her Royal Highness Ashi Kesang Wangmo accommodates those patients undergoing long term treatment who are from economically deprived family having no relatives in the capital.



Figure 1: Distribution of groceries

##### ii. Patients' Skill Support (12<sup>th</sup> December, 2012)

Realizing the need for mental strength and to keep the patients engaged eloquently during their free hours, the Foundation introduced **Patients' Products** at the welfare house to the skilled patients initially. This initiative helped the patients in meeting their days end and further extended the skills to be imparted to those unskilled patients and attendants.



Figure 2: Patients with their End Products



## 2.2. Consultation Workshop (17<sup>th</sup> October 2012)

Professor Dr. V. Tamilarasi, the Head of Nephrology Department of **Christian Medical College Hospital (CMCH)**, Vellore visited Bhutan for renal patients' consultation mission in association with the BKF.

Her visit was goodwill and the foundation organized the consultation program to ease away many patients'



Figure 1: Professor consulting a kidney patient

trouble of travelling to India. During her first visit, Professor consulted more than 50 patients at JDWNRH, Thimphu.

## 2.3. Advocacy & Awareness

### World Diabetes Day (12<sup>th</sup>-14<sup>th</sup> November 2012):

The BKF in collaboration with **Ministry of Health (MoH)** and **Royal Institute of Health & Science (RIHS)** observed World Diabetes Day cum BKF Fair at Clock Tower Square in Thimphu.



Figure 3: BKF's fair to advocate on renal diseases.

The day was aimed to raise awareness and spread messages on diabetes and its effect in interest of the general public.

On the day, thousands of people gathered to avail the free service of Blood Pressure (BP), Blood Sugar Random and Body Mass Index (BMI) check-up rendered by RIHS staffs and trainees.



Figure 2: Spreading awareness on the walk across town.



## 2013- THE YEAR IN REVIEW

### 1. NEW HOPE IN NEW YEAR (1<sup>st</sup> January, 2013)

The BKF kicked off its New Year celebrating with the patients of PGH with the support from Jangsa Animal



Figure 1: Warming with patients around the camp fire

Saving Trust, Ex-Sherubtse students and volunteers at the welfare house in Thimphu.

The entertainment comprising of songs and dances by the Sherubtse students and volunteers delighted the patients and brought them together, hence making them feel cared for. The group also imparted the wisdom of handling difficult challenges positively in days to come and how togetherness can overcome obstacles.

## 2. ADVOCACY & AWARENESS

### 2.1. Sherubtse Group (9<sup>th</sup> January, 2013)

As proposed the noble agenda by the group of Sherubtse students on fund raising program for the Foundation; in



Figure 2: Sherubtsean performing cultural show at Clock Tower, Thimphu

suggestion to BKF's directive and guidance, the group covered 11 Dzongkhags raising funds, advocating and spreading awareness on kidney disease and its impact. The fund raising group also publicized the existence of BKF and its role in support of people affected with renal disease.

Further, the engagement of young citizens in such initiatives added beneficial to BKF's public relation for future.

## 2.2. Gaeddu College Group (25<sup>th</sup> May, 2013)



Figure 3: GCBS groups performing cultural show in Phuentsholing

Realizing the need for social responsibility and to fight against ever increasing in the number of kidney patients in the country, a group of Gaeddu College of Business Studies (BCBS) students in consultation with BKF carried out the advocacy and awareness program in as many regions in their limited times.

The program was carried out in interest of BKF and the general public to impart and spread awareness on the kidney problems in Bhutan. The Foundation consented this move to extend its support and give young generation a platform where they can play a part in contribution to the society.

## 3. PATIENTS – SUPPORTERS BRIDGING

### 3.1. Doctor to Patients Meet (7<sup>th</sup> February 2013)

The Executive Director of BKF travelled India to arrange a consultation workshop for the Bhutanese patients with Nephrologists in CMCH, Vellore and Kolkata Medica Superspeciality Hospital.



Figure 4: Bhutanese patients with Dr. Basu of CMCH

Issues on kidney patients in Bhutan were discussed while invitation of nephrologists to Bhutan and signing of MoU in the near future between CMCH and BKF were also shared.

The Director of CMCH extended their full support and kindness to Bhutanese patients and Bhutan at large.



### 3.2. **Blood Donation** (25<sup>th</sup> March, 2013)



Figure 5: The Blood donor group with the patient

The BKF after learning the need of blood in favor of an elderly kidney patient of Thimphu PGH, coordinated and managed a group of

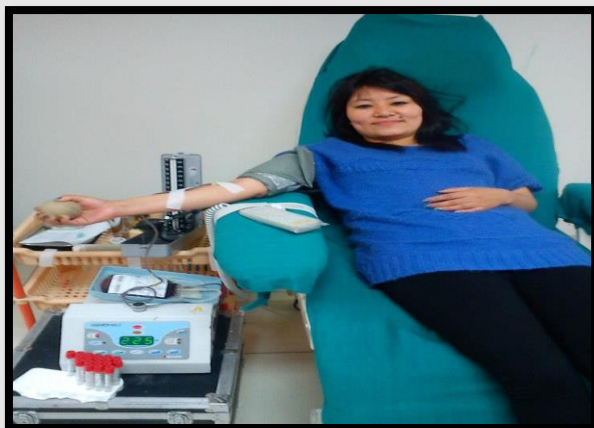


Figure 6: At the blood donation unit

volunteers from Royal Institute of Management for the cause.

### 3.3. **Spiritual Uplift** (13<sup>th</sup> June, 2013)

BKF organized religious talk by Lam Kuenzang Dorji for the patients at Thimphu PGH and to bless them with Kago/Wanglung so as to make the patients spiritually strong and healthy.



Figure 7: Patients keenly listening to Lama.

Besides the Lama also supplied groceries to the patients.

Lam Kuenzang Dorji is the founder of Jangsa Animal Saving Trust and JANGSA is one of the BKF's organization partner that provides various supports to the patients residing at the welfare house.



### 3.4. **Material Support** (12<sup>th</sup> August 2013)

To entertain and divert patients' mind off the painful four hours dialysis, BKF coordinated to look for fund to affix Television at the JDWNRH Dialysis Unit, Thimphu.



Figure 8: Ani Choying (middle) with BKF's ED (left)

Ani Choying Drolma of Nepal sponsored two LED Samsung Television and handed over to the JDWNRH's Dialysis unit which is serving its full purpose.

Ani, who is said to have lost her mother from the same faith commended the idea and extended her full support.

### 3.5. **Entertainment for patients** (2<sup>nd</sup> September, 2013)

In order to relief patients from depression following the disease they live with, the BKF in coordination with volunteers and members arranged to screen a popular Bhutanese comedy movie "Phurba Thinley" at the welfare house.



Figure 9: Patients watching movie in wrap attention

This move was also initiated to provide equal opportunity and further in prospect of BKF's care for their health discouraging the patients from exposing their vulnerable health status yet giving them every facility a normal individuals and family would opt.

### 3.6. Service at the welfare house (9<sup>th</sup> September 2013)

To ensure sound Blood Pressure and diabetes control of the patients, BKF initiated and requested a group



comprising of four doctors and health workers of JDWNRH on voluntary basis to render the service for BP and Blood sugar check-up of patients residing at PGH, Thimphu.

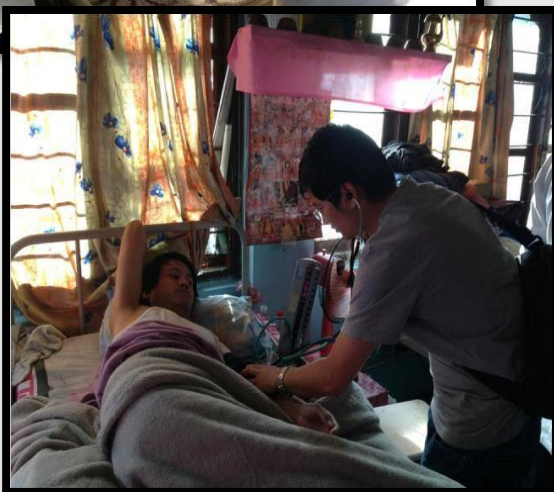


Figure 10: Volunteer doctors monitoring patients' BP

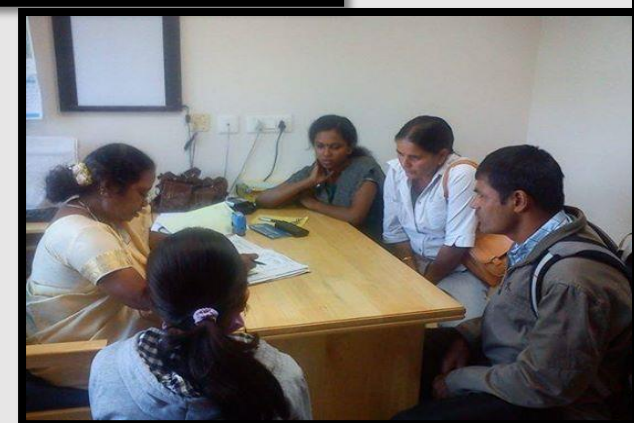
### 3.7. Doctors to Patients Meet (12<sup>th</sup>-19<sup>th</sup> September 2013)

Having noted the concern raised by Professor Dr. V. Tamilarasi, on her every single visit - the statement she made as a concern for the Bhutanese renal patients since



Figure 41: Professor consulting the patients

JDWNRH currently has no Nephrology Specialist to consult with, the BKF in collaboration with JDWNRH arranged a consultation workshop where more than 150 patients turned up to avail the service.



Besides, she keeps mentioning that some pro bono consultation from individual specialists in CMCH shall be expected as gratitude to Bhutan government for generously bearing referral expenses of patients.



## 4. PATIENTS' SUPPORT

### 4.1. Monthly Groceries

The Patients Guest House in Thimphu and Mongar accommodates 90% of kidney patients undergoing dialysis. The patients reside at the welfare house in absence of their relatives in the city where the dialysis center are available. Having to undergo long term treatment, it becomes very challenging for the patients and their family to meet daily expenses.



Figure 12: Individual volunteer distributing groceries:

The BKF actively coordinates and look for compassionate individuals and groups for the supply of groceries to patients while the foundation supply in absence of any suppliers.



Figure 52: BKF's supply

### 4.2. Material Support (19<sup>th</sup> December, 2013)

BKF coordinated to look for fund through social media and bought 6 room Heaters and a blanket each for the kidney patients of Mongar Regional Referral Hospital with the financial support from Mr. Tashi Dargo.



Figure 13: Mongar Patients after receiving the room heaters

### 4.3. Children Support

#### i. Shoes

The BKF supported school shoes to the school going children of all the patients residing at Thimphu and Mongar PGH.



Figure 64: BKF's staff lending hand with the shoe

In addition, 66 pairs of school shoes were given as a support to a transplant recipient, a single mother of three children for the patient to make her living.

The shoes supported were out of the donation made by Aum Khando of Bondey, Paro in September, 2013.

#### ii. School Expenses

The BKF also looked for individual and group volunteers to support the school going children of patients residing at PGH. This coordination was carried out on the ground

to support the family of affected patients as the patient being the sole bread earner in their family.

BKF managed two



sponsors for two different patients in support of their children's academic expenses. The sponsors covered the children's school fees, uniforms and stationery for the academic year 2014.



Figure 15: CKD patient Yeshi Tshering with his two children after getting sponsored and (R) Karsang after receiving financial support for his 3 children



#### 4.4. Patients' Product Boost

Recognizing the strength of skilled patients, the Foundation assisted and assists in finding the materials for the products of respective skilled patients and their attendants. BKF also do the promotion and selling of their end produce.



Figure 16: CKD patient Yeshe and Obu Rinzin's wife working on their skill

This activity keeps the patients engaged productively during their leisure hours and thus enables them to sustain for their long run treatment.

BKF successfully found financial supporter for Mr. Jigme Palden, a paralytic at PGH to pursue his dream of embroidery business, mural painting and help support his daughter go to school.



Figure 17: Jigme after receiving financial support

The Foundation handed him a cash of Nu. 20,000 for his embroidery work and Nu. 4,000 for his daughter's academic expenses. Jigme is one amongst the four paralytic residing at the welfare house along with the kidney patients.

## 5. COUNSELLING SERVICES

### 5.1. At BKF's Office

Awareness and advocacy program, and guidance to the patients in regard to daily health care on diet and lifestyle has been the primary objectives of BKF ever since its inception.



Figure 18: Patients, their family and donors at BKF office



The Foundation aspires to outreach the patients and their family on imparting the information must needed to combat the disease in every possible measures.

From the record maintained since 11/12/2013 till date, BKF has provided counselling and guidance to 103 patients in the office including acute kidney failure and donors with each counselling lasting minimum of 60 minutes for every patients. In an average, at least three patients visits BKF office to seek:

- i. Financial supports for local transportation and review/treatment in India;
- ii. Concern letter for the broadcast in media to look for volunteer organ donor;
- iii. Concern letter to raise fund;
- iv. Counselling by acute renal failure;
- v. Counselling and guidance on transplant procedure;
- vi. Guidance on finding and matching volunteer donors and others.

## 5.2. Beyond Office

Besides, the counselling in office, BKF also visits PGH from time to time and as and when required, meets the patients personally to counsel on the lifestyle and diet maintenance.



Figure 19: BKF with the Mongar Kidney patients

On 8<sup>th</sup> October 2013, BKF met and counseled 11 kidney patients of Mongar Regional Hospital who were in Thimphu for their routine dialysis after the dialysis machines at Mongar Hospital were under maintenance.

Upon the request for financial assistance of Nu. 500 each for 5 patients who were in dire need and lists submitted by the Dialysis Unit in Mongar, BKF with endorsement from the Board supported all the 11 patients with Nu. 1,000 each for their return journey to Mongar.



Figure 20: Mongar Patients at PGH, Thimphu

## 6. OTHERS

So far, BKF has provided financial support to nineteen kidney patients as follows:

- 6 kidney patients for their treatment/medical review to India.
- 13 kidney patients for local travel expenditure.

Besides, the Foundation also coordinated into looking fund for few patients using social media and other means.

## 7. OFFICIAL MEETINGS 2012 & 2013

### Board Meetings

The BKF since its registration, conducted four Board meetings in 2012 and 2013.

The members:

1. Dasho Yeshey Lhendup, Chairperson
2. Mr. Monorath Gajmer, Treasurer
3. Ms. Lhamo Dukpa, Trustee
4. Ms. Tshering Doma, Trustee
5. Mr. Tashi Namgay, Member Secretary

Sl.no	Date	Venue	Members Present	Member Absent	Remarks
1.	19.08.2012	Bhutan Kitchen, Thimphu	All	None	
2.	28.12.2012	Dragon Roots, Thimphu	4	1	Ms. Lhamo Dukpa was out of station during the conduct of BKF's 2 <sup>nd</sup> Board Meeting.
3.	16.05.2013	Konig Beer Garden, Thimphu	All	None	
4.	15.11.2013	Konig Beer Garden, Thimphu	All	None	