

Annual Report 2015

“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 prayers and support of our partner organizations, members, well-wishers and all the contributors”.



1. BKF Profile

1.1. 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.

1.2. 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.

1.3. 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.

2. About Bhutan Kidney Foundation

2.1. Profile

The Bhutan Kidney Foundation was established in 2012 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 **15th August, 2012** corresponding to the **28th day of the 6th Bhutanese month of the Water Male Dragon Year** with its registration number: **CSOA/PBO-23**.

After successful transplant on 12th April 2006 and inspired by his past experience, **Mr. Tashi Namgay**, the brainchild of the Bhutan Kidney Foundation resigned from government job and fully committed his time devoting his service to the kidney patients guiding them in basic essential care which led to the formation of an informal group called Kidney Transplant and Dialysis Support Group (KTDSG) in 2007. The group comprised of 23 kidney transplant recipients. His conviction is precise, "Save lives for the wellbeing of all sentient beings." He strongly believes that everyone deserves a second life to live and embrace the "Gift of Life."

Activities such as counseling on dialysis, pre-transplant and talk on healthy lifestyle change to prevent non-communicable diseases were arranged on voluntary basis. As many transplant patients were either government or corporate employees, managing time for those activities lacked attention. Therefore KTDSG couldn't accelerate further. In 2009, Tashi once again gathered all his perseverance; he decided to reenergize the social group solely to benefit underprivileged kidney failures.

In 2011, with immense support and guidance from His Majesty's Secretariat, a set of project documents was submitted to the Civil Society Organization Authority (CSOA) and on 15 August, 2012, the social group was successfully registered as Civil Society Organization under the name of Bhutan Kidney Foundation.

4.2. Our Thrust/Core Areas

As a support group to the lives impeded by kidney disease, the Foundation focuses on the following 5 core areas:

4.2.1. Awareness & Advocacy (Kidney Health & its issues in Bhutan)

- i. BKF in collaboration with relevant stakeholders;
- ii. Through BKF's network groups
- iii. Through social medias and programme on National & local medias.

4.2.2. Counseling & Guidance

- i. On Acute Renal Failure cases and dialysis treatment;
- ii. On transplant and legal procedures;
- iii. Talk on healthy lifestyle and post transplant care.
- iv. Assist in providing access to health care services

4.2.3. Patient Support (For underprivileged patients)

- i. Supply of grocery, toiletries and basic necessities at Patient Guest House in Thimphu & Mongar;
- ii. Travel Expenses during referral for treatment in country as well as abroad;
- iii. Academic Expenses (Scholarship) for patients school going children;
- iv. Seed money for Home-Based Business
- v. Semso – (To the immediate family member of the deceased's)

Note: The entire support programmes are made on verifying the need and genuineness based on the proposal received.

4.3. Board of Trustees

The Board of Trustees, chaired by the Chairperson, comprises of individuals from diverse backgrounds. The Board meets once quarterly to review and direct the programs of the Foundation. The members of the Board of Trustees serve for a term of three years, which may be renewed.

Activity Report 2015

3. Awareness & Advocacy Campaign

3.1. Nationwide Awareness Campaign

The Bhutan Kidney Foundation (BKF) conducted Nationwide Awareness Campaign (20 Districts) from **13th February – 21st March 2015** to raise awareness on kidney health and its issues in Bhutan.

The project was carried out with the fund support from Civil Society Organization Fund Facility (CSO FF) and in collaboration with the Dzongkhag (District) Administrations.



Figure: Health Workers of Phuentsholing Hospital facilitates health check up at Zangdopelri in Phuentsholing, Chhukha



Figure: BKF's Executive Director talks on impact of kidney disease at Zhemgang H. S.S



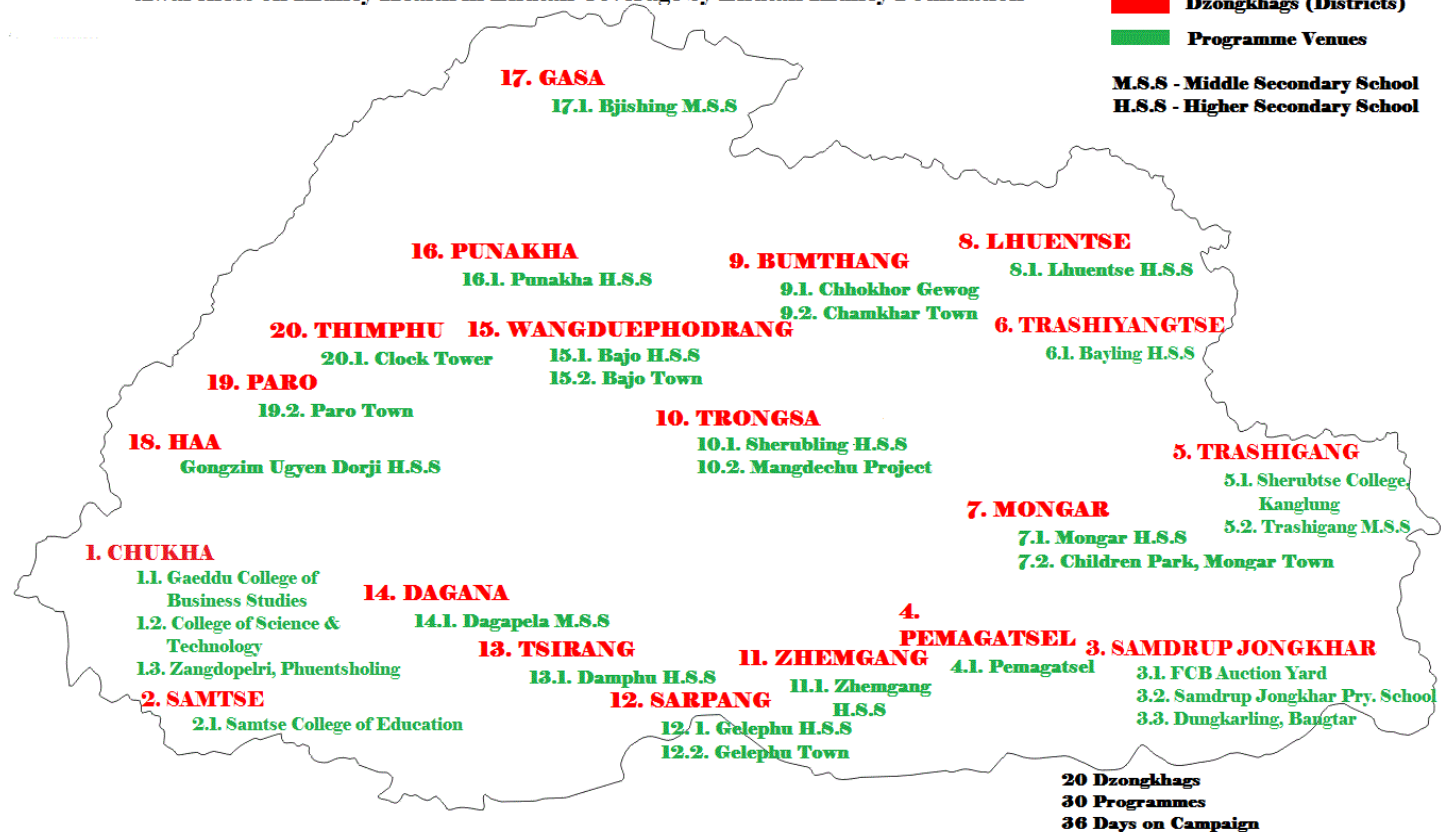
Figure: A participant from Samdrup Jongkhar M.S.S questions on the affect of junk food



Figure: Students of Samdrup Jounkhar M.S.S catches the glimpse on awareness posters.

Campaign Coverage on the Map

Awareness on Kidney Health in Bhutan Coverage by Bhutan Kidney Foundation



The campaign targeted schools and colleges as the Foundation's milestone to disseminate the messages and amplify the awareness focused on early detection and prevention measures.

3.2. Awareness programmes commemorating the Birth Anniversary of His Majesty the Fourth Druk Gyalpo

Over the years, Bhutan Kidney Foundation has evolved in efforts to continuously improve its services and relevance to the organization's vision and mission through raising and intensifying the awareness programme on kidney health, the disease and its issues.

Contributing to the Nation's treasured Gross National Happiness, the BKF implemented free Basic Health Checkups project dedicating the services to the 60th Birth Anniversary of His Majesty the Fourth Druk Gyalpo. The project also envisaged to intensify the awareness rose in the past and cover as many Bhutanese communities focusing the services on prevention and early detection measures.



Figure: Servicing the devotees of Dechenphug Lhakhang, Thimphu on First Sermon of Lord Buddha (20th July 2015)

The programmes through display of facts and figures on kidney health and disease, its status in Bhutan and services like basic health checkups advocated on the importance to act early for joint combat and prevention of kidney disease.

Prevention and Awareness programme carried out in Thimphu

	Dechenphug	Royal Body Guard, Dechencholing	Tango Monastery	Clock Tower
Total No. of participants	353	327	164 monks	711
No. of Hypertensive	82	65	37	132
Overweight & Obese	104	160	28	299
Abnormal RBS	4 out of 150 tested	32 out of 142 tested	5 out of 37 tested	----

- The participants at Dechencholing comprised mostly the wives of the Royal Body Guards
- Majority of the women were found to be living with abnormal body weights

25 certified GNM (General Nursing & Midwifery) passed out from Faculty of Nursing and Public Health (FoNPH) registered with the Foundation as volunteer members facilitated the health checkups during every programme conducted



31st July 2015: The programmes at Dechenphu, Dechencholing RBG camp & Tango Monastery.



23rd – 25th September 2015: Clock Tower, Thimphu: The coverage during Thimphu Tshechu

3.3. Sensitization & Educational Programme on 'Prevention of Kidney Disease' – Mongar & Bumthang

The outcomes from several educational programmes conducted for dialysis patients in Thimphu on dietary, fistula and its daily essential care provoked the importance for similar programmes where regional hospitals cater the dialysis treatment.

Jointly with Japan International Cooperation Agency (JICA), the Foundation conducted a class on basic dietary and importance of fistula and its daily essential care for dialysis patients of Mongar Regional Referral Hospital.



Figure: Educational class for dialysis patients of Mongar Hospital – 12th – 13th June 2015

The programme also extended sensitizing the general patients of Mongar and Bumthang hospitals giving importance on "Prevention of Kidney Disease" through chart presentations.

Figure: General patients at Bumthang hospital attends the programme on 'Prevention of kidney disease'



4. *Networking & Strengthening Partnership*

4.1. Establishment of networks

Although, individual volunteers were engaged in carrying out activities and support programmes since the beginning, formalizing and strengthening the network and partnership remained another milestone for effective service delivery.

BKF's formal network established in 2015

Network Name	Primary Purpose	Established Date	Date & Place of MoU Signed
BKF-Mongar	Support of grocery and day to day necessities at PGH in Mongar.	13 th June 2015	13 th January 2016 in Mongar.
BKF-Sherubtsee	Awareness campaign on kidney health and Fund raising activities.	13 th July 2015	13 th July 2015 at BKF Office, Thimphu.
BKF-Zhenphen Jangsem Dhetsen	Support of grocery and day to day necessities at PGH in Thimphu.	23 rd December 2015	23 rd December 2015 at BKF Office, Mongar.



While the BKF has a tremendous amount to offer in pursuing its mandate in ways that complement and supplement its work with governments, the Foundation is faced with a number of issues as we strive to accomplish our objectives in general.

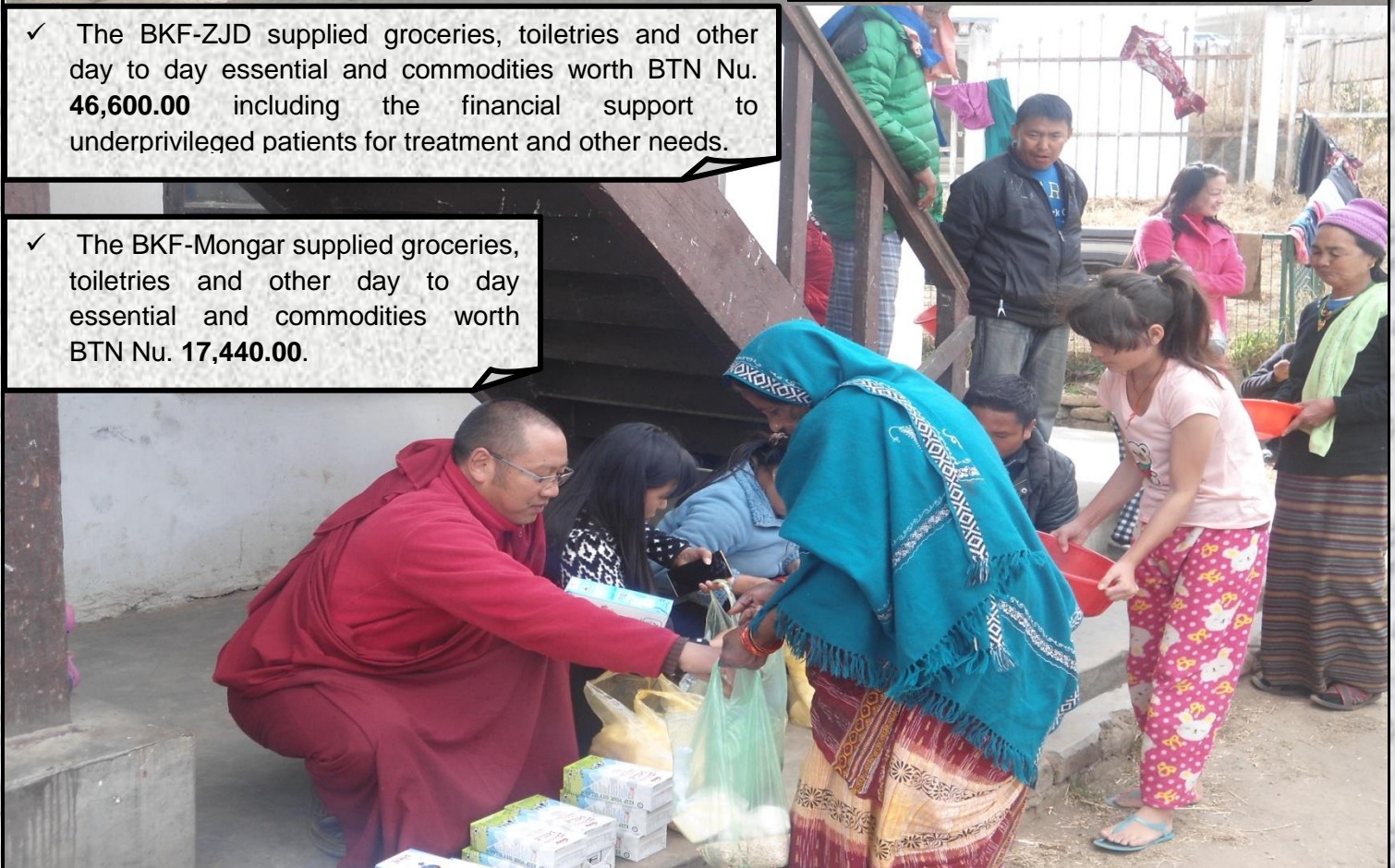
This network and its representatives will remain BKF's efforts in the respective region, and as point of contacts for future collaboration.





- ✓ The BKF-ZJD supplied groceries, toiletries and other day to day essential and commodities worth BTN Nu. **46,600.00** including the financial support to underprivileged patients for treatment and other needs.

- ✓ The BKF-Mongar supplied groceries, toiletries and other day to day essential and commodities worth BTN Nu. **17,440.00**.



4.2. Launching of Booklet on Dialysis

JICA Volunteer Co-ordinator, Masayuki Hasegawa (L); JICA Volunteer dialysis nurse, Satoko Tanikawa (M) and BKF Executive Director, Tashi Namgay (R) launched the booklet on dialysis on 7th July 2015.

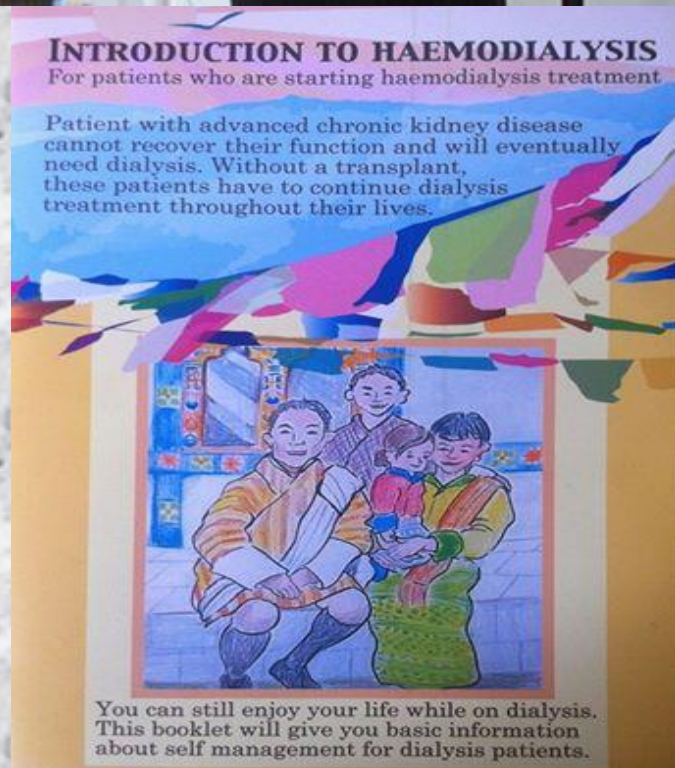


The BKF in partnership with JICA introduced and launched a book titled **“Introduction to Haemodialysis”** for the dialysis patients.

As visual have greatest impact on quick conceptualization and contextualization, the simple and concise booklet is aimed to advocate on the positive impacts of healthy lifestyle and good dietary habit while under dialysis.

This visual material with adequate message on the importance of dialysis treatment will ensure that kidney patients and their attendants gain sufficient knowledge about self management and care.

The Foundation also distributed 5 copies each to all the Dzongkhag (District) hospitals while the patients and their attendants were given a copy each with thorough counseling.



5. *Patients Support & Programmes*

5.1. **Counseling & Guidance –**

As the only Civil Society Organization in the country advocating on services and care for people with chronic kidney disease, the Bhutan Kidney Foundation (BKF) has relentlessly focused on advocacy, awareness and early detection programs for kidney patients and their families since its inception. Counseling has become the Foundation's most engaged activity on daily basis.

The BKF's involvement in facilitating access to treatment services, guiding and counseling patients and their families has been vital as 90% of the patients come from rural parts of the country with little or no knowledge on services available.

In parallel, the Foundation partners with the Ministry of Health and JDWNR Hospital to improve these access and strengthen the quality of care.

These counseling services and guidance played significant role in successful kidney transplant as we witness many families and relatives coming forward to save their loved ones living with kidney problem.

The Year 2015 saw a total of 73 patients and their families who visited the Bhutan Kidney Foundation office to avail the services.



5.2. Support at Patient Guest Houses

5.2.1. Grocery & necessities support:

Chronic Kidney Disease (CKD) patients under dialysis comprise 90% of the total occupancy at the Patient Guest House in Thimphu and Mongar. In absence of one's relative where dialysis facilities are available, undergoing long term treatment and meeting the ends need becomes very challenging and stressful for both the patients and their attendants.

The BKF actively intervenes in this area collaborating with its partners and networks established for timely supply and support of daily necessities.

BKF spent a total amount of BTN Nu. 20,500/- in supporting the patients with seed money for Home-Based Business.

Together with the partners and volunteers, the Foundation spent a total of 1, 00,300.00 BTN in 2015 for the support of groceries, green vegetables and toiletries at the PGH in Thimphu and Mongar. Individual patients were also supported based on the genuineness and need addressed





5.2.2. Sustainability & Income Generating Programme:

The year 2013 – 2014 saw great benefit out of the support on Home-Based Business for patients residing at the Guest House in Thimphu.

Interested and skilled patients are supported with seed money and materials to the patients and their attendants to work on the products they are specialized at.

This activity has not only helped the patients generate income but has immensely helped them living with reduced stress and burden.

5.2.3. Children Academic Support

The BKF's support for patients' school going children highlights the Foundation's crucial intervention in the lives of families affected by the disease. Education becomes nearly impossible when the sole bread earner becomes the victim of kidney disease.

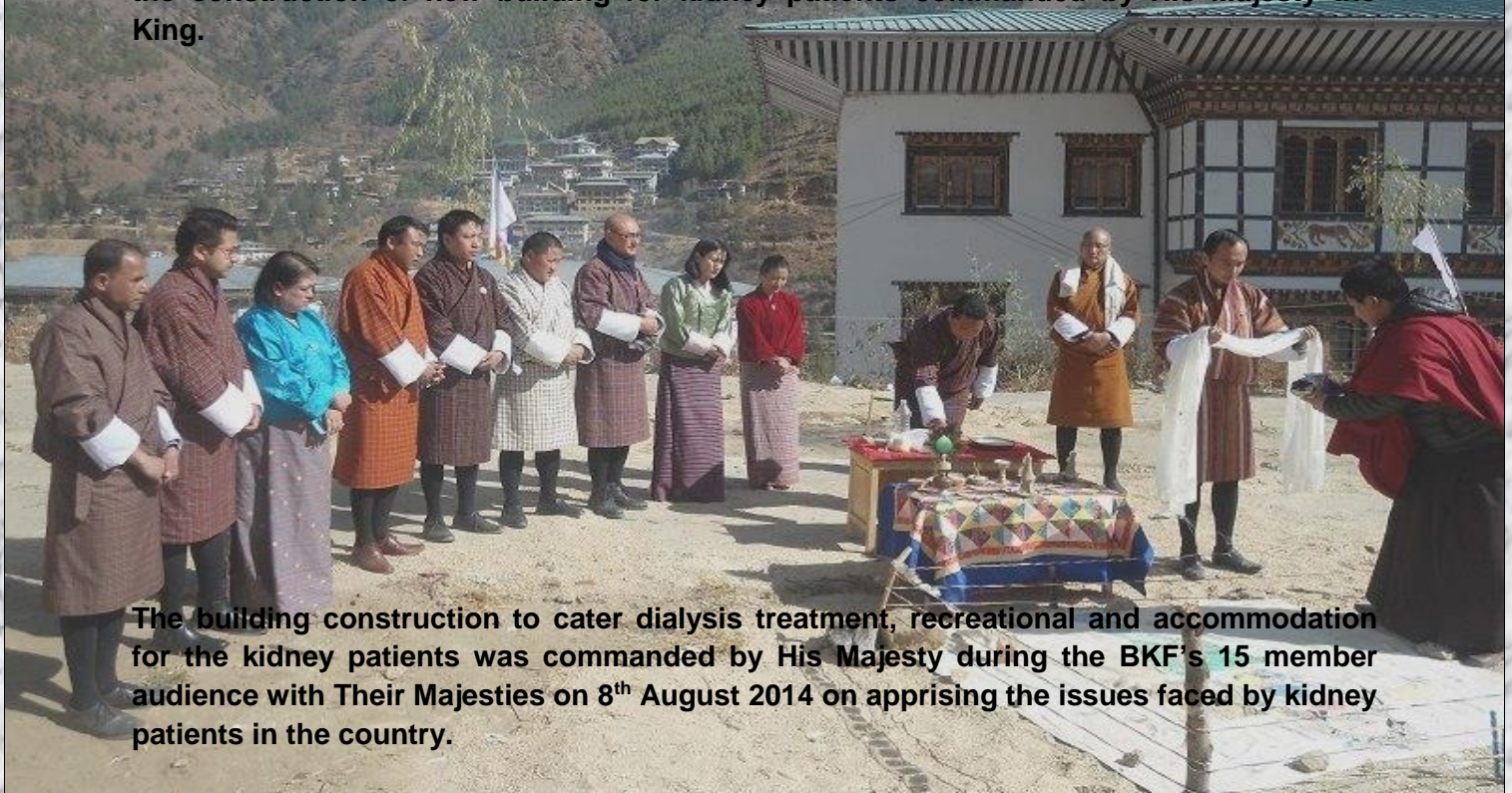


Synopsis of Patients Support 2015

Areas of Support	Amt. Spent by BKF (Nu.)	Amt. Spent by Partners (Nu.)	Note: <i>Transportation Expenses include airfare during the review/treatment and local transportation for Mongar and Gelephu patients</i> <i>A total of 30 patients were given financial support..</i>
1. Grocery Supply	30,000.00	35,100.00	
2. Transportation Expenses	16,228.00	9,660.00	
3. Treatment in India	101,000.00	57,000.00	
4. Semso	40,000.00		
5. Children's Academic Expenses	16,920.00	16,920.00	
6. Home-Based Business Support	20,500.00	11,500.00	
Total Expenses on Patient Support	2,24,648.00	1,30,180.00	



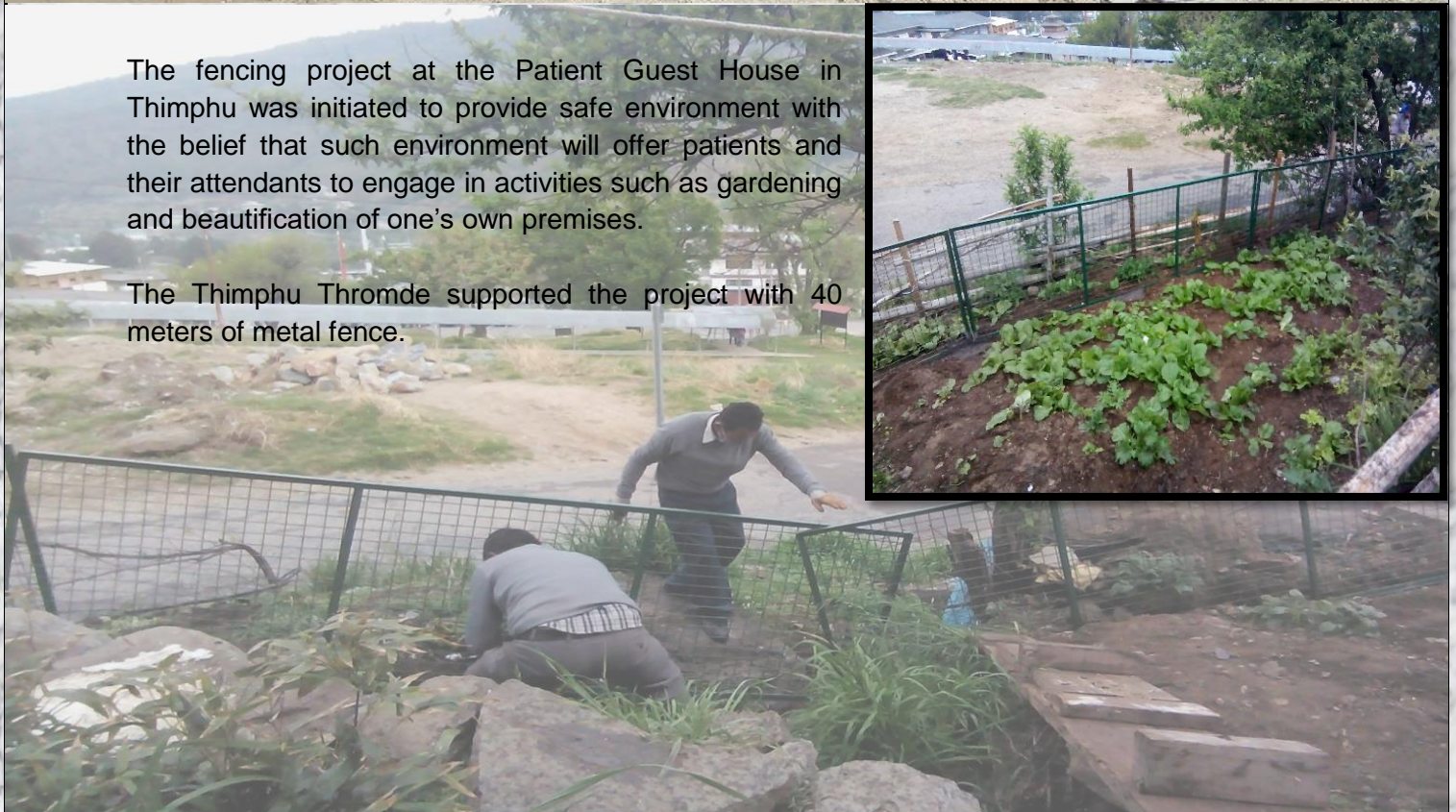
Under the coordination of His Majesty's Secretariat, the BKF and members from JDWNRH joined in ground breaking ceremony (Salang Tendrel) on 9th December 2015 for the construction of new building for kidney patients commanded by His Majesty the King.



The building construction to cater dialysis treatment, recreational and accommodation for the kidney patients was commanded by His Majesty during the BKF's 15 member audience with Their Majesties on 8th August 2014 on apprising the issues faced by kidney patients in the country.

The fencing project at the Patient Guest House in Thimphu was initiated to provide safe environment with the belief that such environment will offer patients and their attendants to engage in activities such as gardening and beautification of one's own premises.

The Thimphu Thromde supported the project with 40 meters of metal fence.



Professor Dr. V. Tamilarasi, the Head of Nephrology Department of Christian Medical College and Hospital (CMCH) in Vellore visited Bhutan in 2012 and 2013 for renal patients' consultation mission organized by the Bhutan Kidney Foundation (BKF) in collaboration with the Ministry of Health & JDWNR Hospital.



A total of 91 patients were consulted during Professor's visit in November 2015.

The programme also extended a half day Interactive Session on 17th November 2015 at the FoNPH multipurpose hall where kidney transplant recipients, dialysis patients, staffs and trainees of FoNPH and dialysis staffs got opportunity to ask questions that were vitally important for majority of the participants. This initiative has immensely contributed in saving the Government's resources as well as patients' money which otherwise results in huge outflow of Bhutanese economy.



6. 2015 in Review

Sl.	Date	Activity/Programme/Events/Meetings
1.	13 th Feb – 26 th March	Campaigned Nationwide Awareness on Kidney Health in Bhutan.
2.	18 th April	1 st ELC ProH4 (Project Helping Hand for Health & Happiness) Visit at Patient Guest House, JDWNRH.
3.	21 st April	Fenced the premises of Patient Guest House in Thimphu.
4.	28 th April	Supplied groceries worth Nu. 15,000.00 on Zhabdrung Kuchoe at the PGH in Thimphu.
5.	17 th May	Conducted Educational Class on Fistula Care for dialysis patients of JDWNRH in collaboration with JDWNRH.
6.	31 st May	Organized Nephrologists & Patients Meet at CMCH, Vellore.
7.	6 th June	2 nd ELC ProH4 Visit at Patient Guest House, JDWNRH.
8.	13 th – 16 th June	Organized Sensitization & Educational Programme on 'Prevention of Kidney Disease' in Mongar & Bumthang.
9.	13 th July	Established and Signed MoU with the BKF-Sherubtse.
10.	20 th July	Conducted Kidney Health Campaign at Dechenphug in Thimphu.
11.	31 st July	Conducted Kidney Health Campaign at Dechencholing & Tango.
12.	15 th August	Observed 3 rd Anniversary of the Foundation at Memorial Chorten with its clients and members.
13.	23 rd – 25 th July	Conducted 3 days Kidney Health Campaign at Clock Tower in Thimphu.
14.	8 th October	Launched BKF Welfare Fund.
15.	10 th – 12 th October	Conducted 3 days Kidney Health Campaign in Haa.
16.	14 th – 17 th November	Organized Nephrologists – Patients Consultation Programme at JDWNRH.
17.	9 th December	Ground Breaking Ceremony for the construction of building for the welfare of kidney patients.
18.	23 rd December	Established and Signed MoU with the BKF-Zhenphen Jangsem Dhetshen.
19.	25 th December	BKF's network group BKF-ZJD supplied winter clothes worth Nu. 30,000.00 at PGH in Thimphu



Website: www.bhutankidneyfoundation.org

Email: info@bhutankidneyfoundation.org

Facebook: @Bhutan Kidney Foundation

Contact: +975-02-328654 / 77126522

P.O Box No.: 448

Location: Metog Lam, Above Memorial Chorten, Thimphu