

“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 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”.



**Annual Report
2017**





"It is imperative that we call attention to the rising number of kidney patients in our country. Indeed, it is incumbent upon us to foster the crucial goal of spreading awareness on preventive measures and ensuring that those already affected receive better access to the care they need. We are certain that our collective and integrated action will help us overcome this challenge to public health. We join the Bhutan Kidney Foundation in this endeavor and pledge our abiding efforts to this important initiative"

Her Majesty The Gyaltsuen Jetsun Pema Wangchuck
(Patron of the Bhutan Kidney Foundation)

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1. About BKF

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 Civil Society Organization as **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 kidney 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.

Our Thrust/Core Areas

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

I. Awareness & Advocacy (Kidney Health & its issues in Bhutan) focusing on prevention and early detection.

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

II. Counseling & Guidance

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

i. Patient Care & Support Programme

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

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

Board of Trustees

The Board of Trustees, chaired by the Chairperson, comprises of individuals from diverse professions and 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 2017

1. Awareness & Advocacy (Preventive Measures)



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Theme :

Kidney Disease & Obesity

HEALTHY LIFESTYLE FOR HEALTHY KIDNEYS



Themed “Kidney Disease & Obesity – Healthy Lifestyle for Healthy Kidneys”, the Bhutan Kidney Foundation (BKF) and Ministry of Health (MoH) jointly organized the event at Faculty of Nursing & Public Health in Thimphu to draw attention on the issues of paramount importance to the NCDs world and keep the issues firmly in the public and political spotlight.

His Excellency, Health Minister, Lyonpo Tandin Wangchuk graced the event as a guest of honor.

- ✓ A total of 215 people attended the programme which comprised representatives from policy makers, government and health officials, Civil Society Organizations, multi and bi-lateral, and faculty members and trainees of FoNPH.
- ✓ As a contribution to mark the event, the BKF coordinated patient consultation service facilitated by Professor Dr. V. Tamilarasi, Head of Nephrology Department, and CMCH – Vellore, India together with Dr. Minjur, Nephrologist, and JDWNR Hospital. A total of 41 cases comprising dialysis patients and kidney transplant recipient were consulted.
- ✓ The Bhutan Broadcasting Service (BBS) hosted a live panel discussion with the member from BKF and its board and MoH to augment the awareness rose during the event.

Promoting Healthy Lifestyle



Awareness Programme in Communities in Thimphu

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. 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.

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

Date	Place	Target Group	No. of people covered
23/7/2017	Thangthong Dewachen Nunnery, Zilukha: Thimphu	Nuns	180
28/7/2017	Dechenphodrang Lobdra, Thimphu	Monks	230
29/7/2017	Royal Bhutan Police Headquater, Thimphu	Housewives and children	496

Promoting Healthy Lifestyle



In the picture:

1. A member of BKF's technical volunteer educates the nuns on Blood Pressure & Diabetes at Zilukha Nunnery;
2. A monk of Dechenphodrang Lobdra gets his blood sugar checked and
3. Volunteer Doctor examines the oral health of monks at Dechenphodrang Lobdra, Thimphu.

Promoting Healthy Lifestyle



BKF at CSO Fair 2017: Exhibiting the Foundation's primary objective, the BKF raised awareness on kidney disease and issues by facilitating basic health check-up services such as Blood Pressure (BP), Random Blood Sugar (RBS) and Body Mass Index (BMI) to the guests and visitors at the fair on 13th October.

Promoting Healthy Lifestyle



BKF for 2nd Royal Highland Festival in Laya:

As to show the presence of Civil Society Organizations and their capacities to bring changes in the society, the BKF joined other CSOs representing the sector for the Royal Highland Festival in Laya, Gasa from 20th – 26th October 2017.

- ✓ The BKF organized awareness programme through the screening of documentary film titled "Kidney Health in Bhutan". The programme was further augmented with talk by the Foundation's Chairperson, Dr. Lotay Tshering.
- ✓ The BKF's founder trekking for the festival as a kidney transplant recipient promoted physical activity and objectified possibility of leading normal life after kidney transplantation.
- ✓ An approximate of 120 people were sensitized on kidney health, disease and its issue in the country;
- ✓ Strengthened networking amongst the CSO participants and representatives from UN through contribution of man-power from the Foundation;

Dr. Lotay Tshering talks to Layaps on kidney health & disease

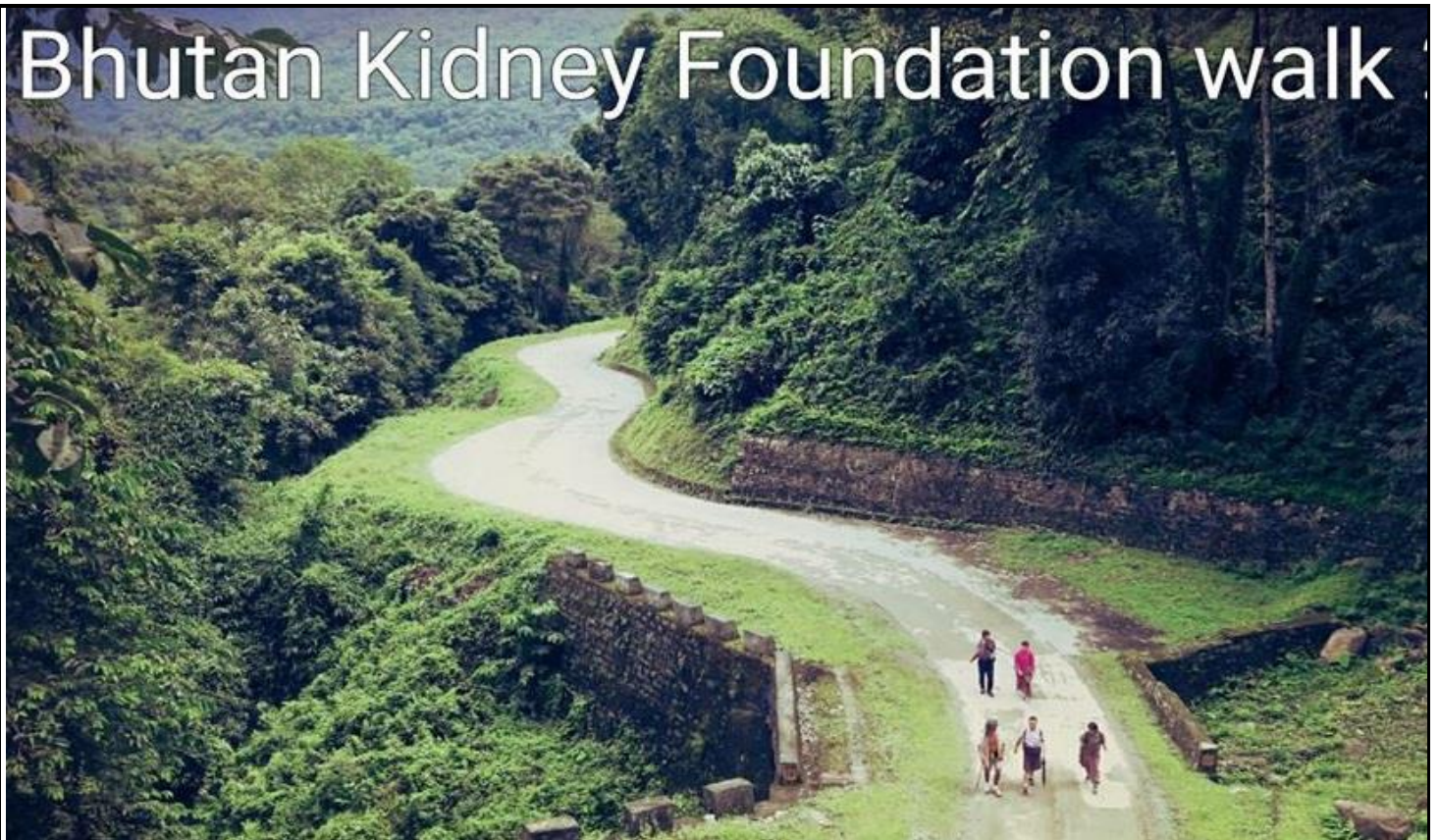




BKF 5th Anniversary: Celebrating the 5th anniversary at the Royal Thimphu College, the Bhutan Kidney Foundation:

- ✓ Conducted awareness programme by:
 - facilitating basic health check-ups to students and lecturers of RTC;
 - screening documentary film titled “Kidney Health in Bhutan”
- ✓ Recognized BKF's partner and key supporter with certification from the Foundation.

Bhutan Kidney Foundation walk



Awareness & Fund Raising Walk (The Epic Journey):

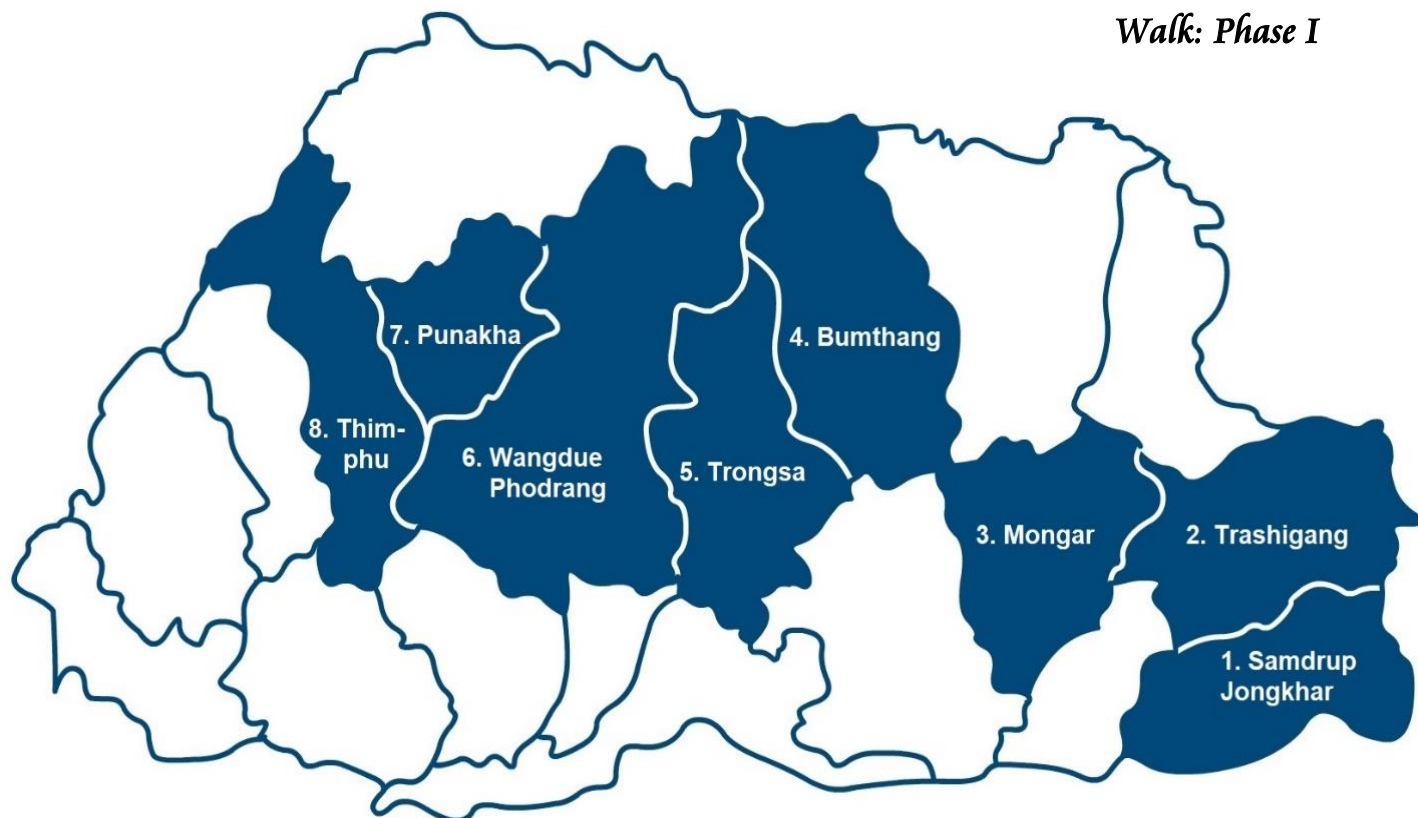
The BKF's reaped a fruitful year 2017 both in terms of generating awareness and fund for the Foundation.

Commemorating the Birth Anniversary of the Foundation's Patron, Her Majesty The Gyaltsuen Jetsun Pema Wangchuck, two former tour guides Mr. **Tsheten Dorji** and Mr. **Chimi** ventured on a mission to help raise fund and awareness on kidney health and disease.

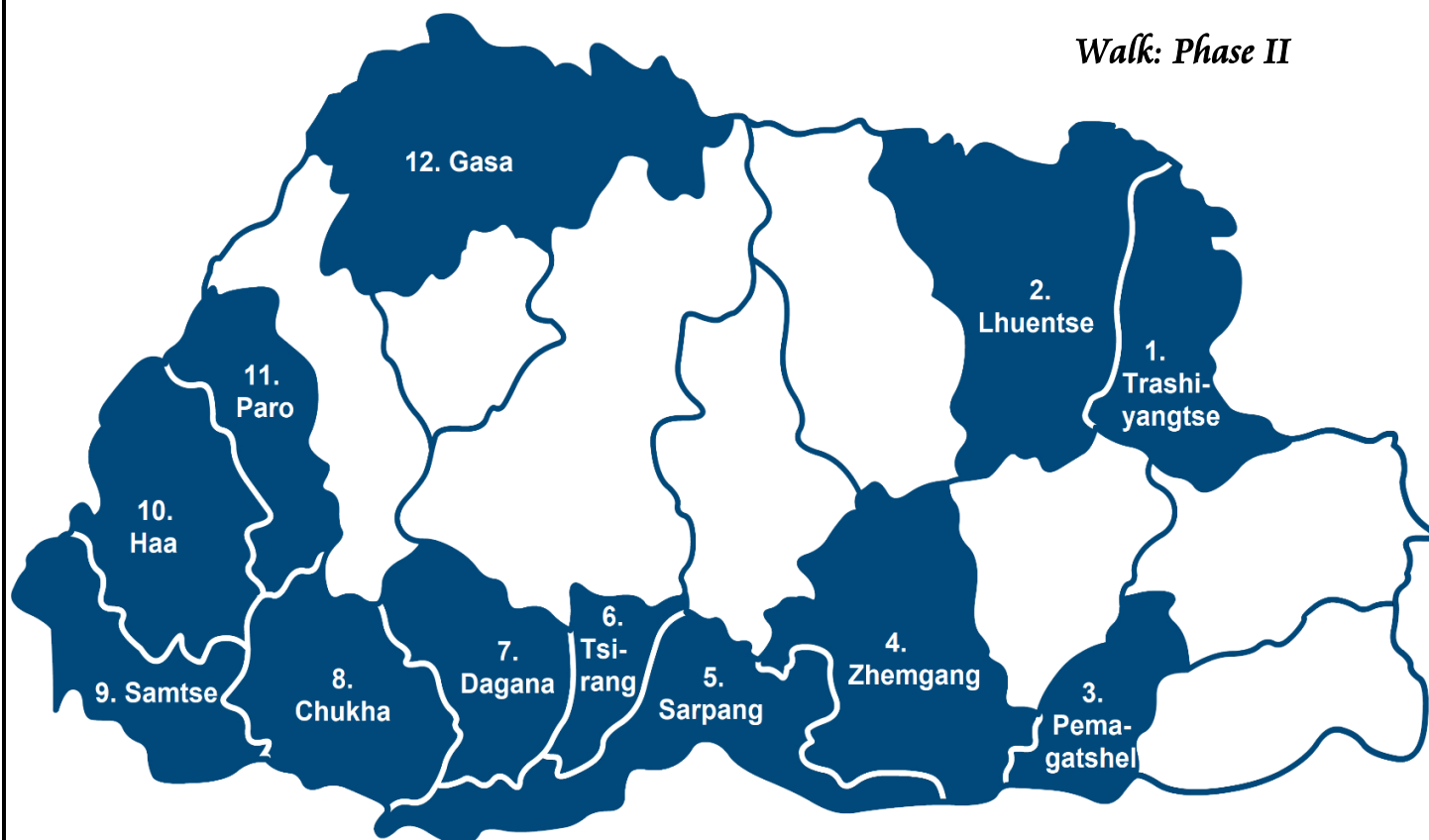
- ✓ The first phase of the walk in 8 districts kicked off on 4th June 2017 from Samdrup Jongkhar and concluded in Thimphu on 4th July 2017, covering an approximate of 735 KM.
- ✓ The second phase of the walk in 12 districts kicked off on 4th September 2017 from Chazam in Trashigang towards Trashiyangtse and ended in Laya during the 2nd Royal Highland Festival on 25th October 2017, covering an approximate of 1250 KM.
- ✓ The walk generated support from Dzongkhags and Multi-Sectors, Gewogs and Schools, Armed Forces and Desuups, Business Communities and General Public.

The Epic Walk

Walk: Phase I



Walk: Phase II





Summary of walk & fund generated

Sl.No.	Dzongkhags	Amount Generated (Nu.)
1.	Samdrup Jongkhar	20,500.00
2.	Trashigang	352,110.00
3.	Mongar	590,389.00
4.	Bumthang	1,023,653.00
5.	Trongsa	644,279.00
6.	Wangduephodrang	2,243,975.00
7.	Punakha	1,665,353.00
8.	Thimphu	1,049,761.00
9.	Trashiyangtse	574,443.00
10.	Lhuentse	232,568.00
11.	Pemagatshel	865,392.00
12.	Zhemgang	237,138.00
13.	Sarpang	1,261,568.00
14.	Tsirang	311,000.00
15.	Dagana	787,484.00
16.	Chhukha	1,100,000.00
17.	Samtse	2,354,183.00
18.	Haa	423,615.00
19.	Paro	159,577.00
20.	Gasa	Completed the walk coinciding with 2 nd Royal Highland Festival

His Majesty the King and Her Majesty the Queen granted audience to BKF's walkers after the completion of Walk Phase I.



Honorable Dasho Dzongrab and officials of Trashiyangtse Dzongkhag receives the walkers upon entering Trashiyangtse town.



Honorable Dasho Dzongda & Venerable Lam Neten of Dagana joins the walk towards Daga Dzong.



BKF extending financial support for patient's treatment in India.



Mr. Lobzang and his attendant receives basic support from BKF to accommodate at Patient Guest House in Thimphu.



2. Patient Care & Support

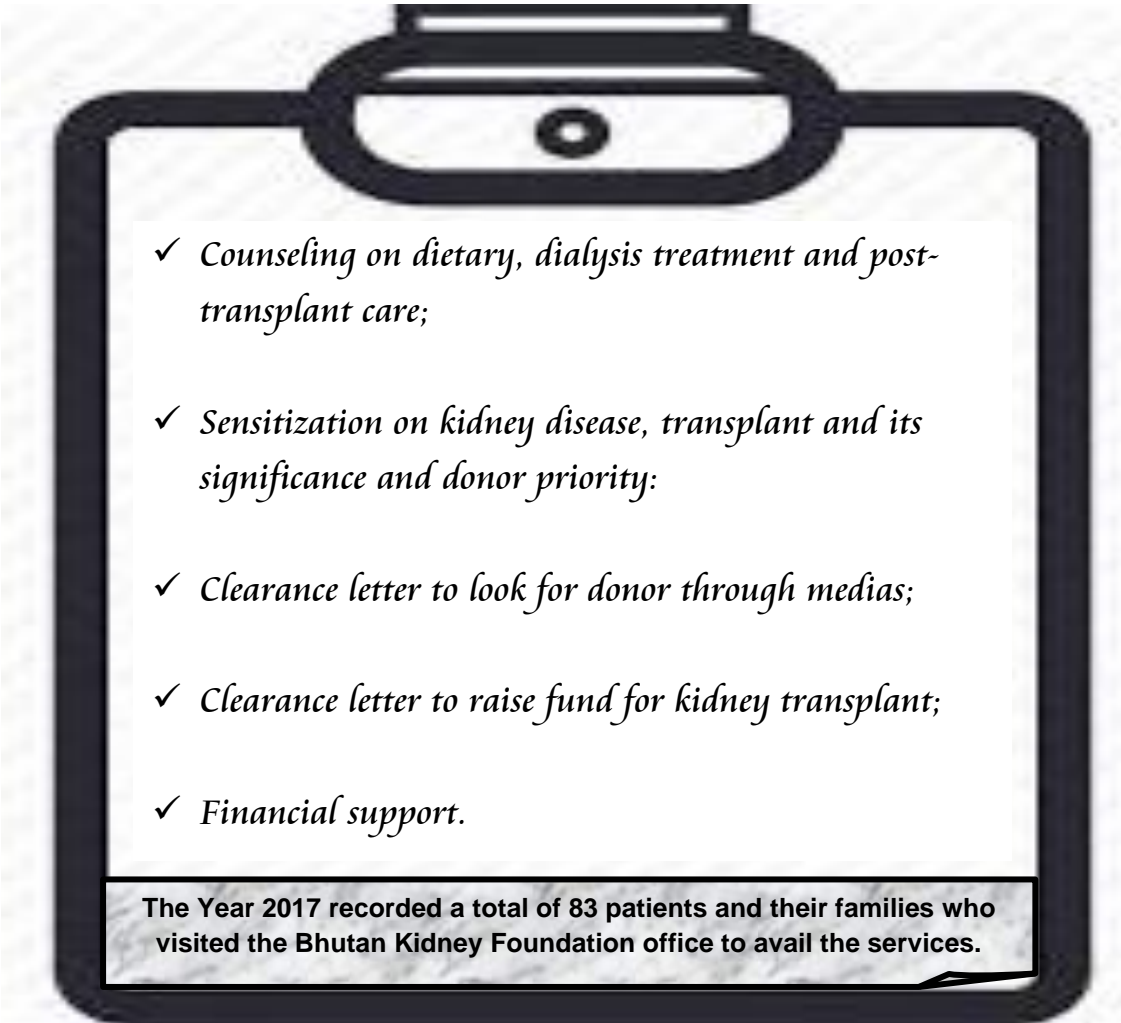
Counseling & Guidance

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.

- 
- ✓ *Counseling on dietary, dialysis treatment and post-transplant care;*
 - ✓ *Sensitization on kidney disease, transplant and its significance and donor priority;*
 - ✓ *Clearance letter to look for donor through medias;*
 - ✓ *Clearance letter to raise fund for kidney transplant;*
 - ✓ *Financial support.*

The Year 2017 recorded a total of 83 patients and their families who visited the Bhutan Kidney Foundation office to avail the services.



Support at Patient Guest Houses

Chronic Kidney Disease (CKD) patients under dialysis comprise 90% of the total occupancy at the Patient Guest House in Thimphu, Mongar and Gelephu. In absence of one's relative where dialysis services are catered, 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 and every basic amenities required.

The renovated Kidu Patient Guest House, Thimphu inaugurated on 13/10/2017 coinciding the Royal Wedding.



Top Floor: Patient Guest House in Gelephu town.



Temporary Patient Guest House in Gelephu

After series of meeting with the dialysis staffs and personal interaction with the kidney patients of Gelephu Central Regional Referral Hospital; the **"ACCOMMODATION"** problem was highlighted as a major and serious issue faced by many dialysis patients and their attendants.

The Bhutan Kidney Foundation together with its network "BKF-Zhenphen Jangsem Dhetschen" further assessed this issue discovering disheartening stories and consequences such as patients compromising the frequency of their dialysis.

In absence of patient guest house and reliable relatives at the center, some patients travel as far as from Zhemgang and Tsirang for their routine dialysis. This further deteriorated patients' health, had huge implication on their marginalized income and as a result many opted to forgo the treatment.

As an alternative measure and immediate solution, the BKF rented one unit flat at Gelephu town since 1st August 2017 accommodating 5 dialysis patients.

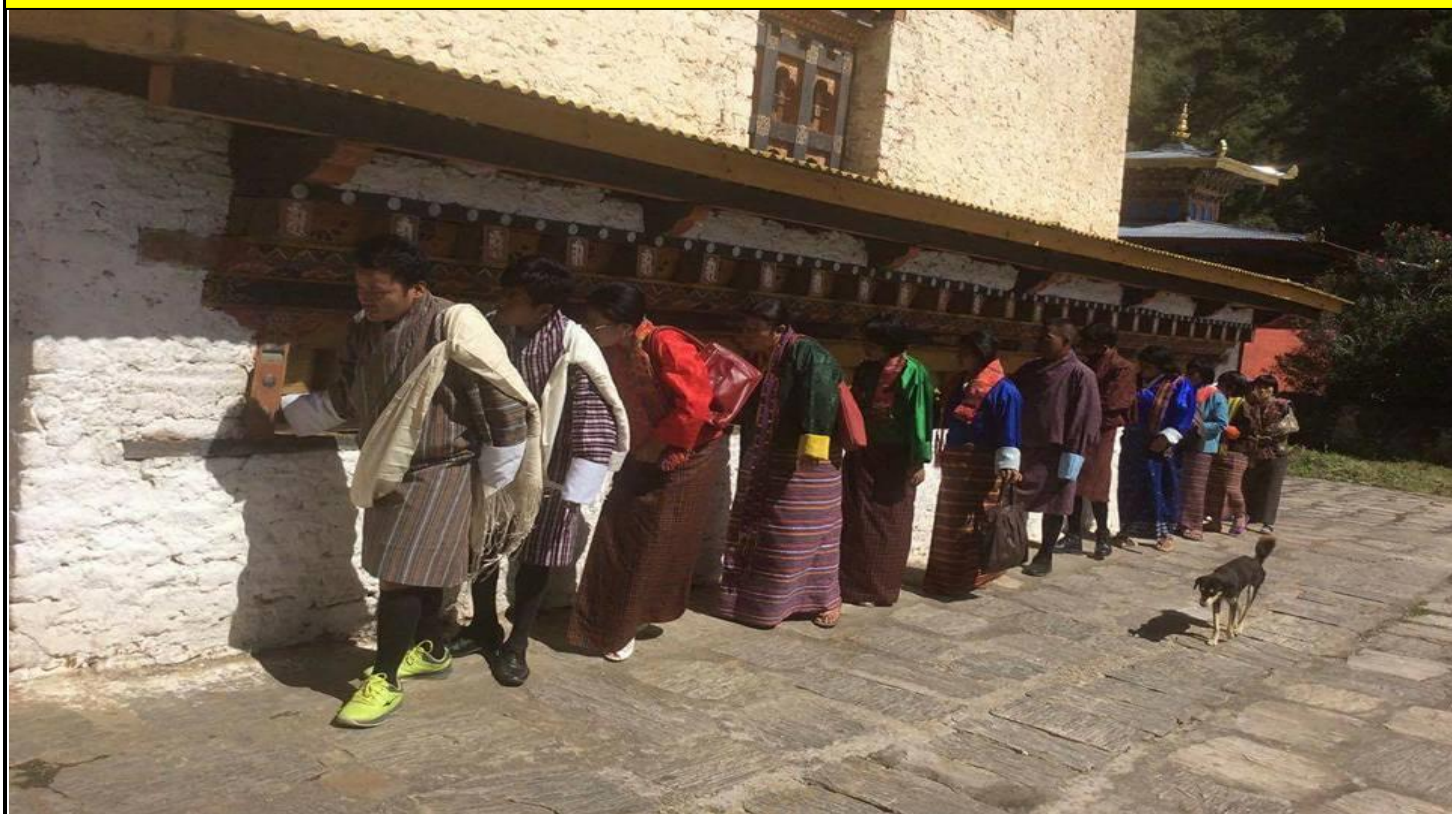
Synopsis of expenditure on Patient Support Programme 2017

Areas of Support	Amt. Spent with Partners (Nu.)
1. Supply of monthly grocery & day to day necessities	418,913.00
2. Transportation Expenses	56,750.00
3. Treatment in India	849,344.00
4. Semso	40,000.00
5. Rent & Utility Bills – PGH, Gelephu	64,500.00
6. Home-Based Business Support (Livelihood Program)	1,600.00
7. Others	123,607.00
Total Expenses on Patient Support Programme	Nu. 1,554,714.00

➤ **Transportation Expenses include airfare during the review/treatment and local transportation for Mongar and Gelephu patients.**

➤ **'Others' comprises repairing of electrical appliances at patients guest houses, distribution of clothes & footwear and cash support.**

The dialysis patients and their attendants of Mongar Regional Referral Hospital visited Gomkora and Chorten Kora in Trashiyangtse on 27/10/2017 with the support from the Foundation.



The BKF bridged Bhutan Knit N Crochet with 45 patients and attendants residing at PGH in Thimphu for the distribution of warm hand-made hats.





BKF & BKF-CNR signs the MoU on the operation of BKF-CNR

3. *Networking & Partnership*

The BKF's reputation in networking through strengthening and establishment of new networks remained key factor in implementing the activities successfully on low costs. The establishment of the Foundation's networks BKF-Gaeddu and "BKF-CNR" on 26th January and 3rd August 2017 respectively strengthened the Foundation's potential in reaching the awareness to maximum audiences.



BKF & BKF-Gaeddu signs the MoU on the operation of BKF-Gaeddu

(CONTRIBUTION BY THE NETWORKS)

I. BKF – Zhenphen Jangsem Dhetschen

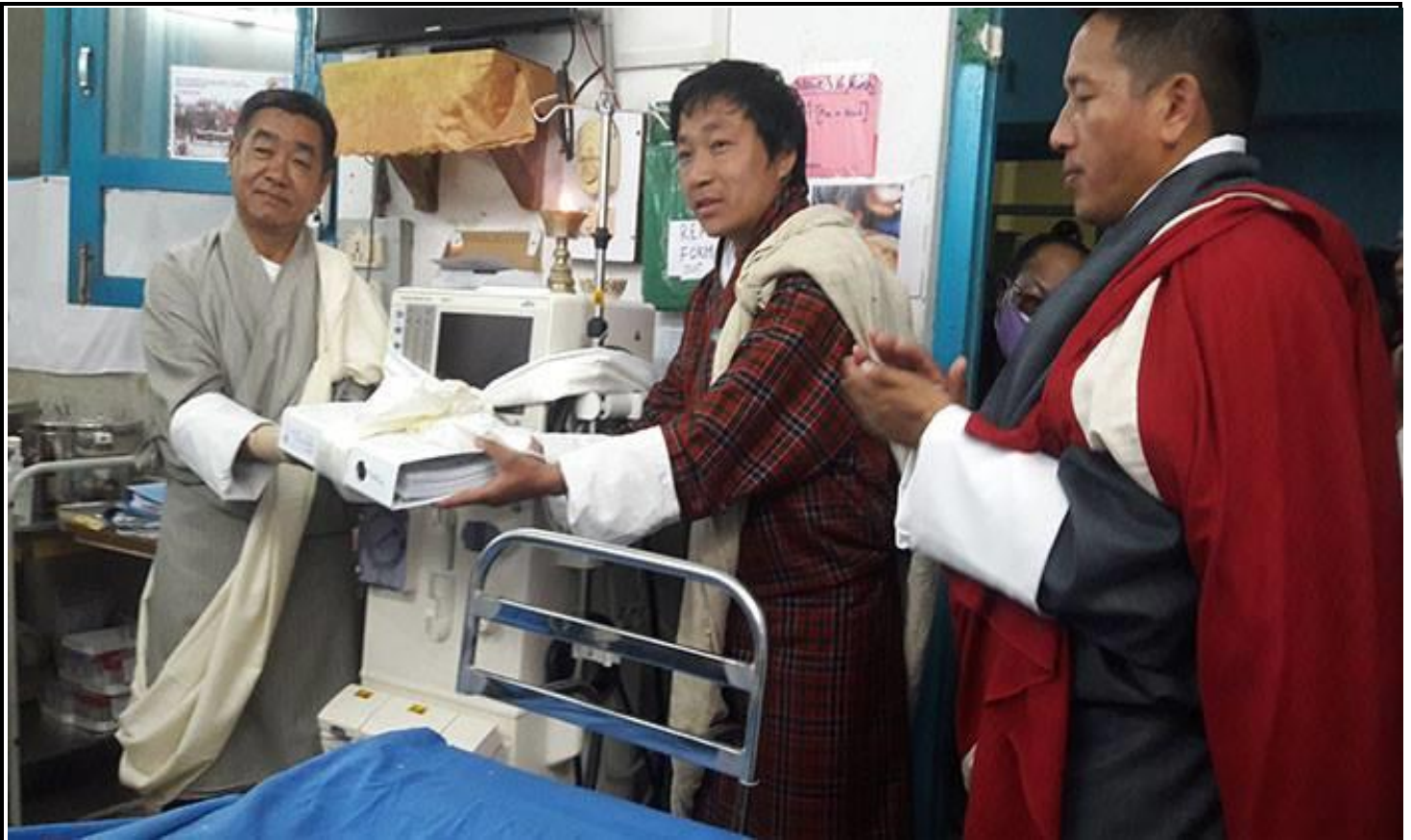
Date	Activities/Support
03.01.2017	▪ Support Nu. 7,850/- to a patient as transportation expense.
13.01.2017	▪ Supported a patient with Nu. 10,000/- for treatment in India.
27.01.2017	▪ Supplied 81kg red rice, 14kg butter and 135 balls of cheese at PGH in Thimphu for the celebration of Losar (Traditional Day of Offerings)
27.01.2017	▪ Supported red rice, eggs, butter and local cheese to 62 dialysis patients residing at Patient Guest Houses in Thimphu, Mongar and Gelephu.
21.05.2017	▪ The network's member, Khenpo TP Rana donated a pair of slipper each to all the patients residing at PGHs in Thimphu, Mongar and Gelephu.
15.07.2017	▪ Supplied groceries to 5 patients residing at PGH in Gelephu.
18.07.2017	▪ Supplied groceries to PGH in Thimphu
01.08.2017	▪ Commenced the temporary patient guest house in Gelephu; ▪ Supports with rent, utility bills and monthly groceries at the guest house.
01.08.2017	▪ Supplied groceries and toiletries at PGH in Thimphu.
05.10.2017	▪ Extended financial support of Nu. 1,000/- each to 60 dialysis patients.
20.11.2017	▪ Supplied groceries to 5 patients residing at PGH in Gelephu.
29.12.2017	▪ Supplied rice, cooking oil and eggs to 40 patients at PGH in Thimphu.

II. BKF – Sherubtse

Date	Support Activities
09.06.2017	▪ Received, accompanied and hosted the BKF's walkers upon entering and halt in Kanglung.
07.07.2017	▪ Conducted awareness programme at Jigmecholing Rabdey Dratshang in Sarpang Dzongkhag
12.07.2017	▪ Aired talk on kidney health through Edi Community radio in Dechenpelri in Bhur gewog covering 65 households and nearby gewogs under Sarpang District.
24.07.2017	▪ Donated Nu. 20,000 to the Foundation.
04.09.2017	▪ Joined the kickoff of BKF's 2 nd leg walk in Chazam, Trashigang.
05.09.2017	▪ Organized fund raising concert at Sherubtse College, Kanglung.
08.09.2017	▪ Organized a talk on kidney disease & issues in morning assembly at Jampeling Higher Secondary School in Kanglung, Trashigang.
24.09.2017	▪ Conducted awareness programme at Merak School, Trashigang.

III. BKF – New York

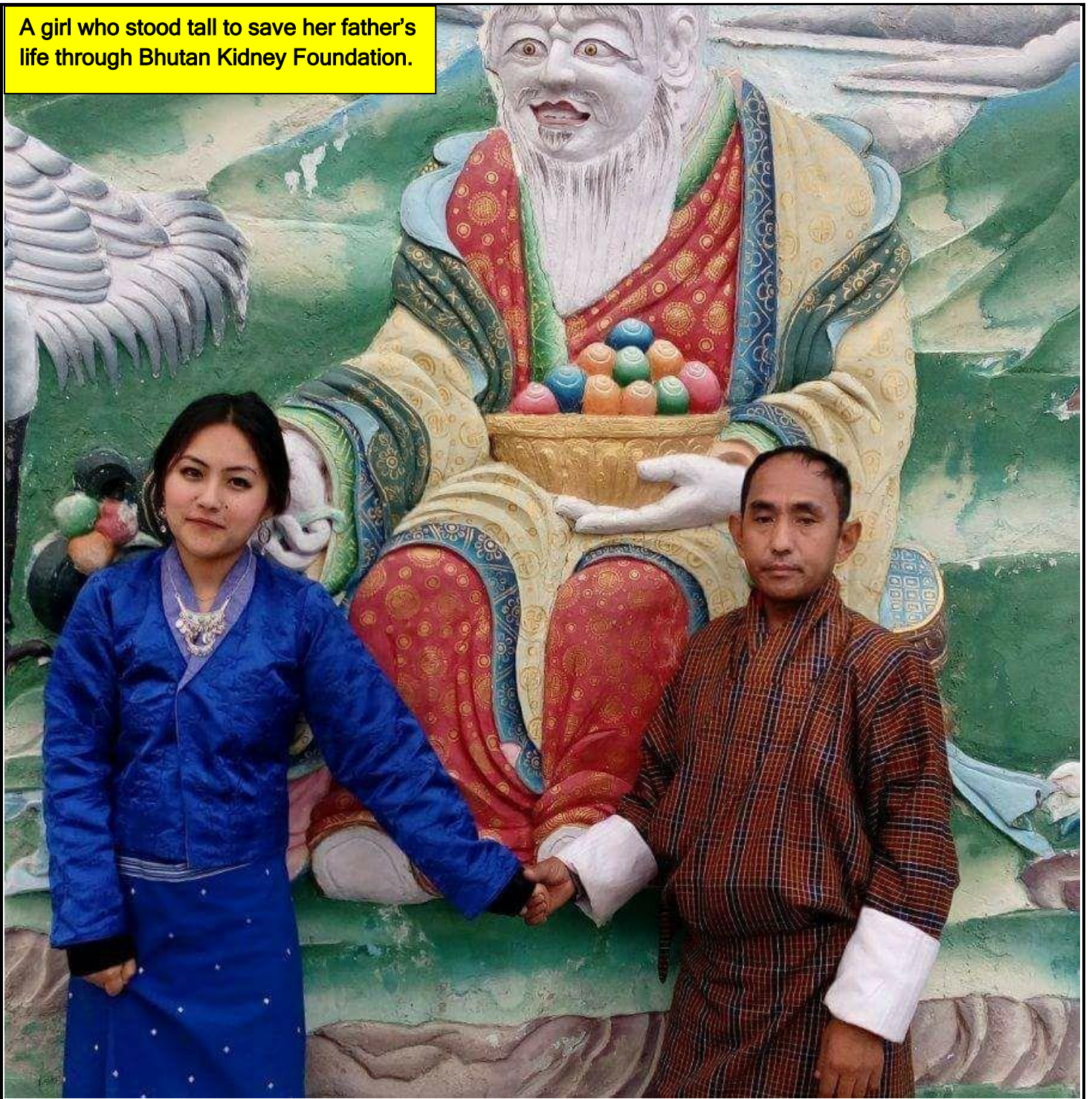
Date	Support Activities
11.11.2017	▪ Donated a dialysis machine worth Nu. 9, 18,000/- to CRRH in Gelephu and 4 water filters worth Nu. 56,000/- to all the Patient Guest Houses.
	▪ Ms. Tashi Pem coordinated the screening of movies Choelo Dorji & Hingtam Bangzoe in New York contribution USD \$ 1,100/- and USD & 1,200/- respectively to BKF.
12.07.2017	▪ Donated USD \$1,200/- by coordinating the screening of movie "Hingtam Bangzoe" in New York.
	▪ Donated USD & 9,347/- as Members' Fee in the Year 2017.
May 2017	▪ The Members donated Nu. 309,344/- for the kidney transplant of Ms. Sonam Choden.
July 2017	▪ The Members donated Nu. 200,000/- for the kidney transplant of Mrs. Tsheltrim Dema.



Top: BKF's Executive Director handing over dialysis machine donated by BKF-New York to Medical Superintendent of CRRH, Gelephu.

Bottom: Member of BKF-Sherubtse advocating on kidney health through Edi Community Radio in Sarpang.

A girl who stood tall to save her father's life through Bhutan Kidney Foundation.



47 year old, Phurpa Dorji Tamang suffered from kidney damage in 2013. The BKF's intervention with constant counselling and support inspired him and his daughter Yeshe Choden Tamang to process for kidney transplant. However, the patient had to wait for 2 years as Yeshe was studying in 11th grade then.

With the hope and believe that his daughter is determined to save his life, the father breathe on dialysis for the next 2 years. The BKF published an article about the daughter's will to save her father on social media, and the story depicting bond between father and daughter generated overwhelming support from the public. Today, they are enjoying a normal and healthy lives since the transplant in 2015.

4. *Members & Strength*

Membership Type		Total Member
1.	Paid/Volunteer Member	172
2.	Welfare Fund (Monthly Contributor)	990
3.	Project “1 Ngultrum Initiative”	241
4.	Technical Volunteers/Member	124

Network Group		Total Member
1.	BKF - Zhenphen Jangsem Dhetshen	1,564
2.	BKF - Sherubtse	123
3.	BKF – Mongar	7
4.	BKF – New York	207
5.	BKF – Gaeddu	37
6.	BKF – CNR	85



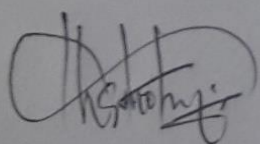
The BKF's technical members for 2017.

With the group, the Foundation carried out 6 advocacy programmes focusing on prevention measures.

6. Financial Statement

a. Income & Expenditure Statement

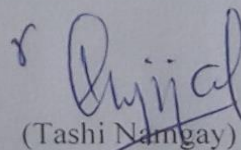
BHUTAN KIDNEY FOUNDATION			
Income and Expenditure Statement for the year ended 31st December 2016			
Particulars	Schedule	Amounts in Ngultrum	
		2016	2015
INCOME			
Donations		1,330,918.81	1,222,023.09
Bank Interest Income		36,243.37	23,843.42
Membership Fees		14,000.00	17,000.00
Welfare Fund		694,278.30	18,160.00
Grant- Helvetas		225,100.00	
Total Income		2,300,540.48	1,281,026.51
EXPENDITURE			
Documentary Production			369,080.00
Salaries		618,000.00	387,500.00
Office Rent		144,000.00	144,000.00
Patient Support Expenses		134,421.00	268,578.00
Postage and Mailing		2,100.00	6,050.00
Printing and Stationery		30,420.00	102,585.00
Professional Charges		5,500.00	5,500.00
Publicity and Advertisement		244,724.52	103,011.00
R&M - Equipments and Machineries			3,470.00
Miscellaneous		8,319.77	17,169.00
Depreciation	3	45,621.60	44,493.16
Telephone, Fax and Internet		30,514.59	30,824.47
Travel and Mileage		155,524.00	171,612.66
Water and Electricity Expenses		9,628.00	15,238.00
Membership Fees			53,809.50
Wages		15,000.00	89,150.00
Total Expenditure		1,443,773.48	1,812,070.79
Surplus (Deficit) of Income Over Expenditure		856,767.00	- 531,044.28



(Dechen Lhamo)

Assistant Finance Officer

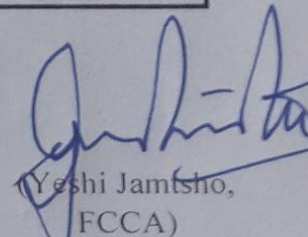
**Assistant Accounts
Officer
Bhutan Kidney Foundation**



(Tashi Namgay)

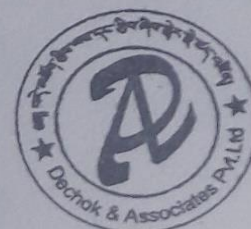
Executive Director

**Executive Director
Bhutan Kidney Foundation
Thimphu: Bhutan**



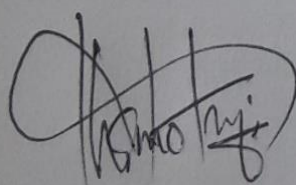
(Yeshe Jamtsho,
FCCA)

Auditor



b. Balance Sheet

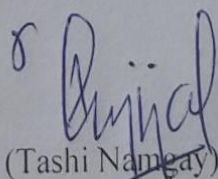
BHUTAN KIDNEY FOUNDATION			
Balance Sheet as at 31 December 2016			
Particulars	Schedule	Amount in Ngultrums	
		2016	2015
LIABILITIES			
Capital and Reserves			
Reserve	1	1,396,673.74	539,906.74
Current Liabilities			
Tax Payable		2,864.50	2,234.00
Total Liabilities		1,399,538.24	542,140.74
ASSETS			
Fixed Assets	3		
Furniture & Fixture		28,765.31	37,687.16
Computer & Electronics		58,531.13	75,464.63
Office Equipments		85,589.69	105,355.94
Current Assets			
Cash and Bank	2	1,214,652.12	299,984.95
Employee Advance			6,835.00
Accounts Receivable			4,813.07
Security Deposit		12,000.00	12,000.00
Total Assets		1,399,538.25	542,140.75



(Dechen Lhamo)

Assistant Finance Officer

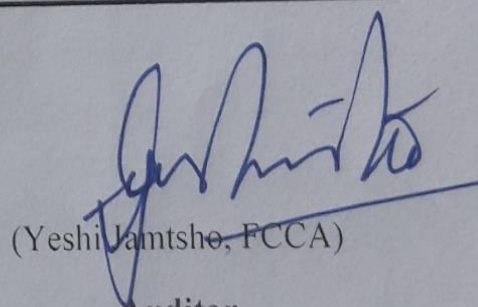
**Assistant Accounts
Officer
Bhutan Kidney Foundation**



(Tashi Namgay)

Executive Director

**Executive Director
Bhutan Kidney Foundation
Thimphu: Bhutan**



(Yeshe Jamshe, FCCA)

Auditor



7. 1 Ngultrum Initiative



1 Ngultrum Initiative was commenced on 11th July 2016 to create awareness on the importance of one ngultrum notes in the society whereby the fund generated are devoted to the life-saving cause “**Bhutan Kidney Foundation Welfare Fund**”.



Mr. Jigme Namgay
Founder, 1 Ngultrum Initiative

Detail of 1 Ngultrum notes received in 2017

Month	Amount (Nu.)
Jan	14,748.00
Feb	6,884.00
Mar	9,170.00
Apr	4,944.00
May	32,337.00
Jun	10,628.00
Jul	6,833.00
Aug	4,322.00
Sept	3,832.00
Oct	5,559.00
Nov	24,255.00
Dec	17,694.00
Total	139,406.00

7. BKF Team

A. Board of Trustees

From L-R

Mr. Tashi Namgay, Dr. Lotay Tshering (Chairperson), Ms. Tandin Bidha, Ani Damcho Choden, Mrs. Jharna Rai, Aum Pema Lhamo & Dr. Minjur Dorji



B. BKF Staffs



Mr. Tashi Namgay
Founder/Executive Director



Mr. Karma Tobgay
Programme Officer



Mrs. Dechen Lhamo
Accounts Officer

C. Network Coordinators



Lam Yeshe Tshering
Coordinator, BKF-ZJD



Ms. Yangchen Dema
Coordinator, BKF-New York



Mr. Sonam Dendup
Coordinator, BKF-Sherubtse



Ms. Yachana Gurung
Coordinator, BKF-CNR



Mr. Kezang Jigme
Coordinator, BKF-Gedu



Website



Facebook

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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