



ANNUAL REPORT

2019

Bhutan Kidney Foundation

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ANNUAL REPORT

TABLE OF CONTENTS

Message from Patron	1
Our Profile	2 - 4
Activity Report 2019	
Advocacy and Awareness	5 - 12
Patient Care and Support	13 - 14
Networks and Contribution	15 - 16
1 Ngultrum Initiative	17 - 18
BKF Team	19 - 20
Awards	21
Financial Statement	22
Acknowledgement	23 - 24



“It is very 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 Bhutan Kidney Foundation in this endeavor and pledge our abiding efforts to this important initiative”.

- Her Majesty the Gyaltshen Jetsun Pema Wangchuck

A faded background image showing a group of people, primarily women, seated around a table in what appears to be a meeting or workshop. They are looking at documents or laptops. A poster is visible on the wall in the background.

About BKF

The Bhutan Kidney Foundation is a Civil Society Organization (CSO), registered on 15th of August 2012 as per the CSO Act 2007.

The Foundation is established as Public Benefit Organization (PBO) under the patronage of **Her Majesty the Gyaltsuen, Jetsun Pema Wangchuck.**



VISION

A population

living a socially and economically productive life through reduced incidence of kidney disease and through improved access to timely services.

MISSION

To improve access to timely diagnosis and treatment.

To reduce incidence of chronic kidney disease through dissemination of knowledge on the causes, prevention and treatment on kidney diseases.

To improve quality of life of chronic kidney disease patients and enable them to lead socially and economically productive lives.

What we do?



Advocacy and Awareness – Prevention

Sensitize the general public on life-sustaining role of the kidney plays in the health of an individual risk factors of non-communicable diseases and preventive measures.

Patient Care and Support

The Foundation provides support to the affected population and their families, either directly or through partnerships with or referrals to other service providers mainly focusing on medical, legal, advocacy, counselling, financial support and peer support programs.



ACTIVITY REPORT



Advocacy & Awareness – Prevention Measures

World Kidney Day (WKD) is celebrated annually throughout the world on every **2nd Thursday of March**. The event is a joint initiative of ISN (International Society of Nephrology and the IFKF (International Federation of Kidney Foundation).

The **WKD** aims to raise awareness of the importance of our kidneys to our overall health and to reduce the frequency and impact of kidney disease and its associated health problems worldwide.





Date : 14th March
Place : Nagor Middle Secondary School,
Silambi gewog, Mongar.

Activities carried out:

1. Lighting of butter lamps.
2. Screening of documentary films.
3. Talk on 'Preventive measure and access to services'.
4. Cultural Programmes.

Services Delivered:

1. Facilitation of Basic Health Check-ups.
2. Health Education.

Expertize engaged:

1. Volunteer nurses from JDWNRH.
2. Community health workers.

Total People Covered :415

Diagnosis:

Abnormal Blood Pressure :35

Action taken: Referral to hospital to seek timely medical attention.

The Foundation partnered with Nagor Middle Secondary School for implementation of project embarked through Helvetas' support under EU funding.

World

Hypertension Day

World Hypertension Day is an initiative of **World Hypertension League (WHL)** which is an umbrella organization composed of **85** hypertension societies and leagues from all over the world.



Date : 17th May
Place : Central Regional Referral Hospital, Gelephu.
Target Audience : Dialysis and Hypertension patients.

Activities carried out:

1. Screening of documentary films.
2. **Educational talks by experts on:**
 - a. Hypertension, risk and its management.
 - b. Hypertension and Chronic Kidney Disease.
 - c. Dietary Management.
3. Visit to outdoor gym.

The event annually held on **17th**

May focuses to educate and increase awareness of hypertension and to promote and encourage citizens of all countries to prevent and control Hypertension.

Upon request by the **NCD** (Non Communicable Diseases) Unit and seeing the need, the Foundation donated one **42** inches **LED** Television to the unit in **Gelephu** for the purpose of educational session on NCDs.





World Diabetes Day

World Diabetes Day (**WDD**) is the primary global awareness campaign of the diabetes mellitus world and is held on November 14 of each year. The WDD 2019 with the theme **“Family and Diabetes”** focused to raise awareness of the impact that diabetes has on the family.

Date : 14th November
Place : Royal Bhutan Army, Deothang, Samdrupjongkhar
Target Audience : Soldiers and families

Activities carried out:

1. Screening of documentary films.
2. Educational talks by experts on.
 - a. Diabetes, risk and its management.
 - b. Diabetes and Chronic Kidney Disease.

Expertize engaged:

1. Nurses and doctors from Samdrupjongkhar District Hospital and Deothang Military Hospital.



PROJECT

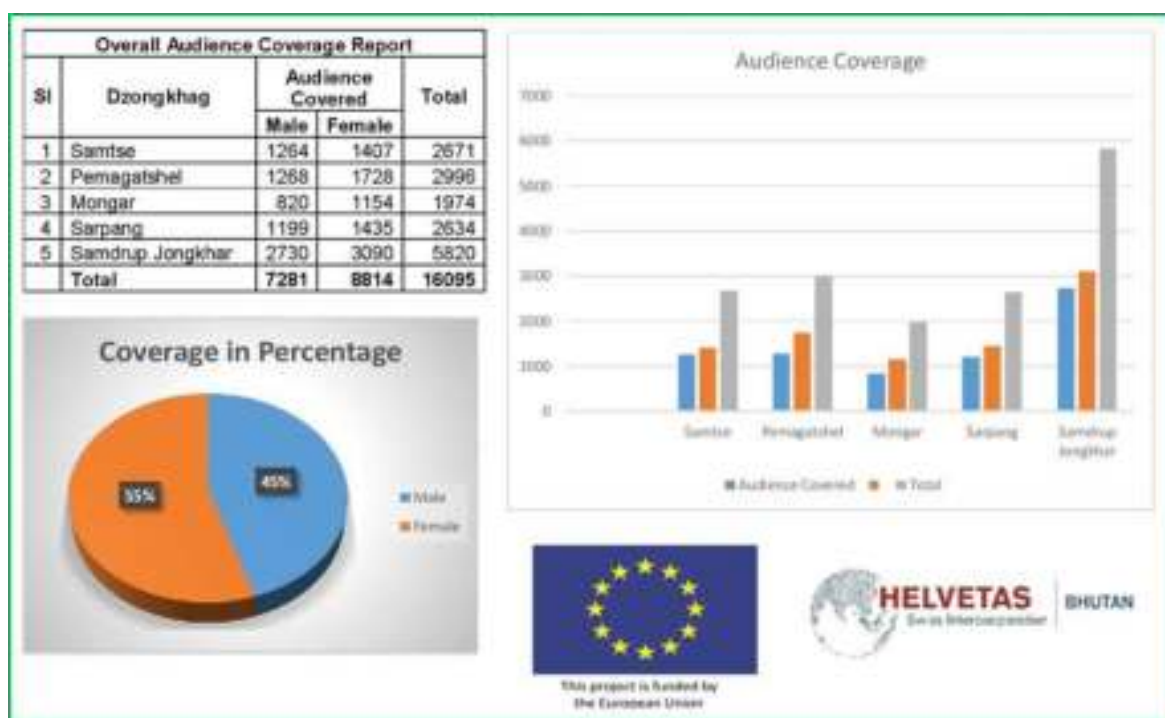
“Develop Community Action Plan to Control Kidney-Related Diseases through Prevention Programme”

Realizing that the Non-Communicable Diseases such as Blood Pressure and Diabetes have become largest health burden, the **Bhutan Kidney Foundation** embarked on a project to establish circle of networks to engage communities to act on affordable prevention measures.

The project was graciously supported by the Helvetas Swiss Intercooperation under their project “**Support to Civil Society**” with the funding support from European Union.

Result Area:

Increased Awareness and People’s Access to Services



The final project phase completed with awareness programmes in 16 gewogs and 24 schools under the Districts identified for the project.

National Day Service

Date : 15th – 17th December
Place : Centenary Park, Changlimithang

Services Delivered:

1. Facilitation of Basic Health Check-ups.
2. Health Education.
3. Referral and escort to hospital.

Expertize engaged:

3. Nurses from JDWNRH.
4. Volunteer doctors.

Total People Covered : 368

Diagnosis:

Abnormal Blood Pressure : 115

Abnormal Blood Sugar Level : 10

Action taken: Referral to hospital for reconfirmation and timely treatment.



Participation in 5th

Bhutan Royal Flower Exhibition

At the 5th Bhutan Royal Flower Exhibition held in **Samdrup Jongkhar**, the Foundation stationed a stall to advocate and spread awareness on kidney health and diseases focusing on preventive measures.

The activities which embedded strong messages on the practice of behavioral change were spread through the display of educational posters in both Dzongkha and English. The Foundation partnered with Samdrup Jongkhar Health Sector to facilitate the service.

Date : 21st – 27th February.
Place : Tendrelthang, Samdrup Jongkhar

Services Delivered:

1. Facilitation of Basic Health Check-ups.
2. Health Education.
3. Referral and escort to hospital.

Expertize engaged:

5. Nurses from JDWNRH and Samdrup Jongkhar district hospital.
6. Volunteer doctors.

Total People Covered: 5,820.

Action taken: Referral of people diagnosed with abnormal results to hospital for reconfirmation and timely treatment.



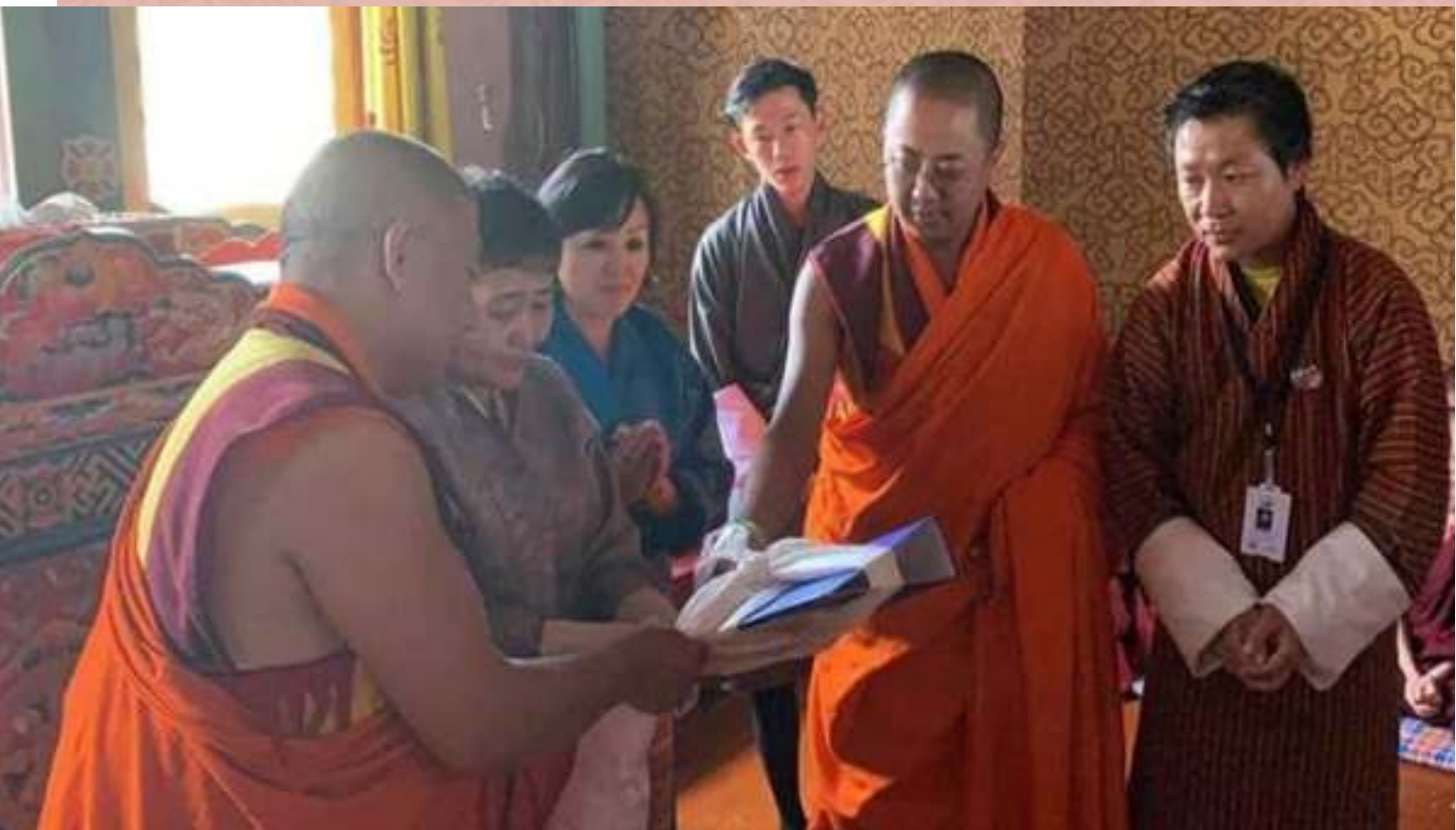
Foundation's 7th Anniversary

Coinciding with the 7th Anniversary, the Foundation established a section for Kidney Transplant Recipients.

The section was established with the initiative from few transplant recipients and seeing the need to address issues faced by the recipients.

The Foundation also carried out following activities:

- 1.BKF's board and management, dialysis patients and kidney transplant recipients offered 1000 butter lamps at Memorial Chorten.
- 2.Lucky draw for the project **"1 Ngultrum Initiative"**.
- 3.Facilitation of Basic Health Check-ups to general public by Foundation's volunteers from FoNPH.



Patients **Care** and **Support**

As the only Civil Society Organization in the country advocating on services and care for people with chronic kidney disease, **"Patient Care and Support"** programme is a priority area that the Foundation focuses on.

The supports are extended either directly or through partnerships with or referrals to other service providers mainly focusing on medical, legal, advocacy, counselling, financial support, daily sustenance and peer support programs.

The BKF's involvement in facilitating access to treatment and services, guiding and counseling plays vital role as

90% of the patients comes from rural parts of the country with little or no knowledge of services available.

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

Areas of Patient Care & Support

1. Grocery & basic necessities at Patient Guest Houses.
2. Financial Support for treatment in India.
3. Transportation Expenses & Support.
4. Academic Expenses for Children of underprivileged patients.
5. Patient Nursing & Pilgrim Programme.
6. Semso (Commiseration).
7. Counseling.
8. Others.



Expenditure on Patient Care & Support Programme - 2019

SI	Area of Support	Amount Spend (NU)	No. of cases supported
1	Supply of Grocery & basic necessities at Patient Guest Houses	338,325.00	53
2	Review and Treatment in India	1,202,583.00	18
3	Transportation Support & Expenses	414,161.00	16
4	Children's Education Support	3,840.00	1
5	Semso (Commiseration)	170,000.00	10
6	Expenditure at Gelephu Patient Guest House	135,408.00	4
	Total Expenditure	2,264,318.00	102

In **2019**, a total of
120 Patients and their
attendants visited BKF office
to avail various services of the
Foundation.



Networks and Contribution

BKF-Zhenphen Jangsem Dhetsen

The network was established on 23rd December 2015 with the primary purpose to complement the Foundation's **"Patient Care & Support"** Programme. The group comprise of compassionate citizens together through a common social media group **"WeChat"** to support the need addressed.

- A total of Nu. **118,800/-** was spent for the supply of monthly grocery at Patient Guest Houses in Thimphu, Mongar and Gelephu.
- A total of Nu. **135,408/-** was spent for rent and utility bills at Patient Guest House in Gelephu.

BKF-New York

The network was established **since 2017** with the aim to support the Foundation and underprivileged patients financially. The group comprises of Bhutanese working and studying in United States, Australia and Canada.

- The network mobilized **Nu. 236,281.00** to support the kidney transplant of 2 patients;
- Supports the Foundation financially through payment of **yearly contribution**.

BKF-SHERUBTSE Estd: 13 th Yuly 2015	BKF-CNR 3 rd August 2017	BKF-CST 12 th JULY 2019
<p>18th August: Oriented Club's new members about the role and functions of the club.</p> <p>1st September: Organized Fund raising programme at Jampeling Higher Secondary School to support children under the care of Draktsho in Kanglung.</p>	<p>10th July: Donated Nu. 12,300/- to the Foundation.</p> <p>29th August: Hosted and organized awareness programme at CNR by BKF team.</p> <p>12th October: Organized "Walk for Health" from Lobesa to Rinchengang Hospital.</p>	<p>8th August: Finalized members for the Club and oriented about the functions of the club.</p> <p>15th August: Offered prayers and butter lamps to observe BKF's 7th anniversary.</p> <p>4th September : 1st November Organized volley ball tournament in the college to promote and encourage physical exercise.</p>

- The network's members comprises of faculties and students from the respective colleges;
- The networks increases awareness created by BKF by sharing it on their respective Face Book page.



BKF-Sherubtse members prepares activity plan for the semester year.



BKF-CST during the opening of Course Volley Ball tournament.



BKF and BKF-New York Coordinator Ms. Yangchen Dema during the formalizing of ToR and MoU.



Members of BKF-CNR walk for health movement.



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 for life-saving cause through **"Bhutan Kidney Foundation"**.

INCOME RECORD 2019

Month	Amount (Nu)
January	7,117.00
February	5,841.00
March	14,183.00
April	5,652.00
May	13,236.00
June	17,355.00
July	14,135.00
August	21,002.00
September	8,185.00
October	3,300.00
November	7,942.00
December	16,765.00
Total Income	134,713.00

The income generated are spent to meet the needs of people affected by kidney related diseases in the areas outlined in BKF's Patient Care and Support Programme.

Three winners of 2019's 1 Ngultrum Initiative lucky draw.

L-R: Ms. Deki Yangzom, Rep of Gasa Dzong Reconstruction Project and Rep of
Mr. Ugyen Wangchuk of Hotel Holiday Home.



BKF TEAM

Board Directors



Aum Pema Lhamo
CHAIR PERSON



Aum Jharna Rai
BOARD DIRECTOR



Dr. Thinley Dorji
BOARD DIRECTOR



Dr. Minjur Dorji
BOARD DIRECTOR



Ms. Tandin Bidha
BOARD DIRECTOR



Mr. Tashi Namgay
MEMBER SECRETARY

Staff



Mr. Tashi Namgay
EXECUTIVE DIRECTOR



Mr. Karma Tobgay
PROGRAMME OFFICER



Mrs. Dechen Lhamo
Asst. ACCOUNTS OFFICER

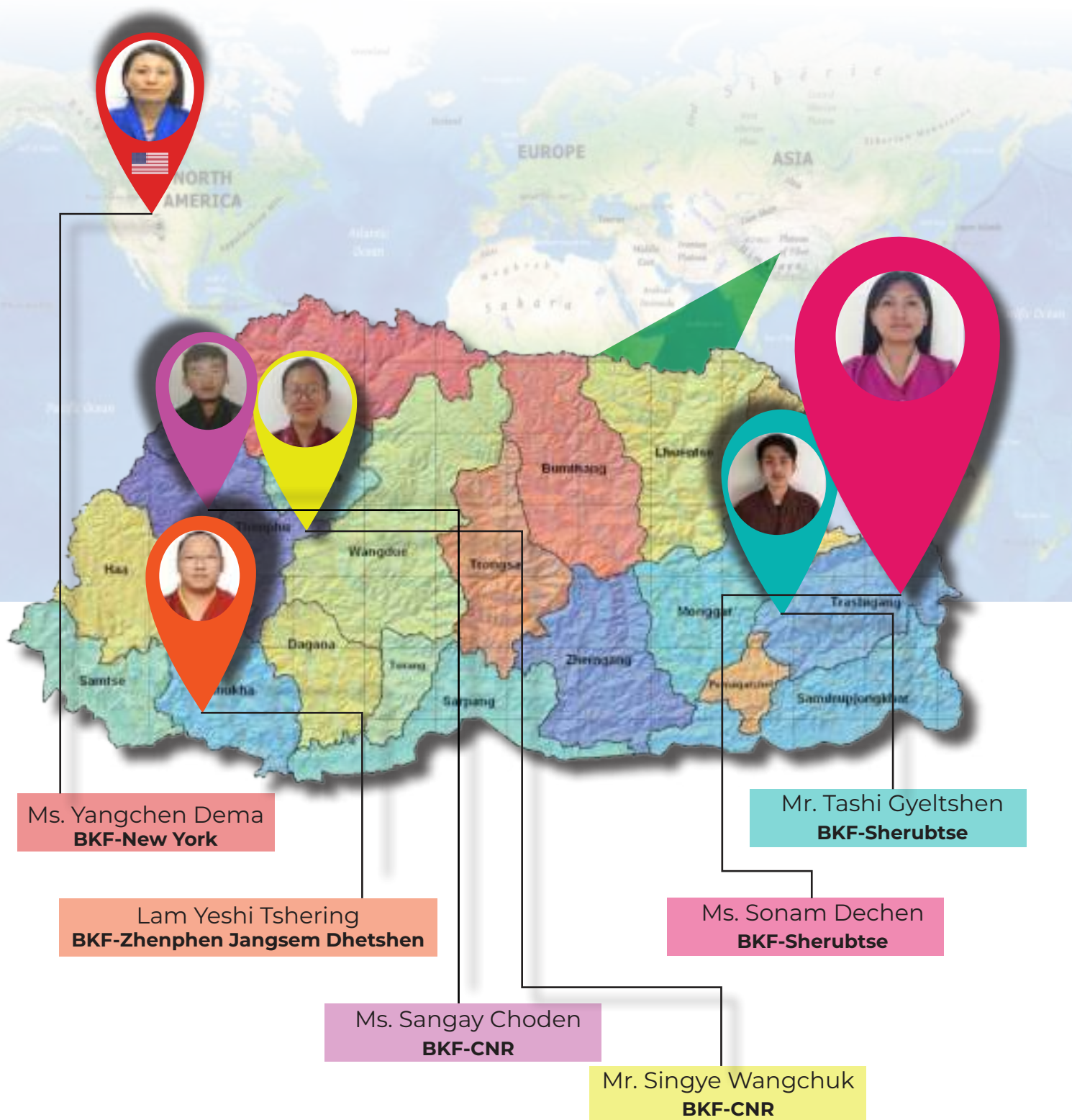


Mrs. Sonam Choden
OFFICE ASSISTANT



Mr. Tsheten Dorji
MARKETING ASSISTANT

NETWORK COORDINATORS



AWARDS



Financial Statement

BHUTAN KIDNEY FOUNDATION

RECEIPT AND PAYEMENT STATEMENT

For the year 31st December 2019

RECEIPTS	SCHEDULE	AMOUNT (Nu.)	PAYMENTS	SCHEDULE	AMOUNT (Nu.)
Opening Balances:		15,490.26	Expenditure:		
Cash in Hand	1		Program Expenses	4	2,253,082.77
cash in Bank		8,363,739.68	Administrative Expenses	5	3,702,536.86
Fund Receipts:			Assets:		
Fund received during the year	2	3,988,565.97	Asset Purchases	8	84,260.00
Interest Earned from Saving and FD	3	2,256,547.19	Outstanding Advance:		
			Programmc Advance	6	80,000.00
			Closing Balance:		
			Cash in Hand	7	8,504,463.47
			Cash in Bank		
Total		14,624,343.10	Total		14,624,343.10


 (Dechen Lhamo)
 Asstt. Accounts Officer
 Assistant Accounts Officer
 Bhutan Kidney Foundation


 (Chashi Namgay)
 Executive Director
 Executive Director
 Bhutan Kidney Foundation
 Thimphu, Bhutan


 (Tenzin Jamtshok)
 Auditor


Acknowledgement

1. Office of Gyalpoi Zimpon
2. Board of Directors
3. **Networks & Members**
 - a. BKF-Sherubtse
 - b. BKF-CNR
 - c. BKF-CST
 - d. BKF-New York
 - e. BKF-Zhenphen Jangsem Dhetshen
 - f. Technical Members
4. **Members & Volunteers**
 - a. Yearly Contributors
 - b. Monthly Contributors
 - c. Members & Contributors of
1 Ngultrum Initiative
5. **Partners & Stakeholders**
 - a. Ministry of Health
 - b. Department of Public Health, MoH
 - c. JDWNRH
 - d. Department of Local Government
 - e. Dzongkhag and Gewog Administrations
 - f. CSO Authority and CSOs
 - g. Helvetas Swiss Intercooperation
 - h. European Union
 - i. World Health Organization
6. **Media Partners**
 - a. Bhutan Broadcasting Services Corporation
 - b. Kuensel Corporation

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