



Kidney Disease Screening and Awareness Program

2011 Newsletter

June 2012

KDSAP Chapters:

- Harvard College, MA
- North Quincy High, MA
- Brookline High, MA
- University of Toronto, Canada



Volunteering is a Family Activity

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Meet Them Where They Are

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2012 Agenda , A Preview of What has been planned

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Highlight of the Year

2011 has been an exciting year for the Kidney Disease Screening and Awareness Program (KDSAP). KDSAP's outreach branch: Community Kidney Disease Detection (KDSAP-CKDD), not only continuing to provide free monthly kidney health screening inside Massachusetts, it also started to expand the program to other states for the first time. The first out-of-state screening was given on May 7, 2011 in Portland, Maine. Another out-of-state screening was held in Fremont, CA later in the month, on May 28. KDSAP -CKDD has also

participated in the 2011 Partners HealthCare / Channel 7 Health & Fitness Expo, which is the

largest health event in Boston and was visited by just over 65,000 people in a weekend.



Volunteer students and MDs performing kidney health screening for June, 2011 Partner HealthCare / Channel 7 Health & Fitness Expo participants.

Programs Designed for Student Development

KDSAP

- “Applying Medical School in USA”, a lecture given in Harvard College campus by Dr. Li-Li Hsiao, former Harvard Medical School Admission Committee member. 60 Harvard undergraduate students had attended the lecture.

- *Meet the Professors* col-

loquium: Dr. Julian Seifter, a nephrologist and a Harvard Medical School Associate Professor, was invited to talk about his latest book: “After the Diagnosis: Transcending Chronic Illness,” which was written with his wife, Betsy Seifter. Dr. Seifter shared his personal experience of being a chronic disease patient

and how he choose to become a kidney doctor. “Meet the Doctors” gives students opportunity to speak to nephrologists and kidney disease researchers about their work-life experiences and research.

- “Meet the Patient” symposium : a patient,

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Volunteering is a Family Activity

As we arrive Home of Christ 3 (HOC-3) in Fremont, CA, a church member came in with many floral arrangements done by herself and which the flowers were grown in her garden. Volunteers were busy on the final touch up for the KDSAP screening. Because California is too far away for KDSAP to bring volunteers from Boston, HOC-3 recruited its church members as screening volunteers. Not only adults, children also volunteered with their parents. Miranda Ying, who was assigned to write participant number on urine cup made the youngest volunteer ever to work in a station.

Nurses from the First Morning Light Chinese Christian Church (FMLC), a sister church which branched out from HOC system, also came to support the event by volunteering at the blood pressure and blood sugar reading stations. The screening was a huge success. It proved that the screening program is reproducible and thus is a big encouragement on KDSAP's expansion plan on start up chapters outside of Boston.



From left, Kyle Lim (12), Alicia Lim (16) and Miranda Ying (11), the youngest volunteers to work in stations.



Miranda Ying copied the participant number from form to urine cup and handed them back to participant.



Bessie Chen, Miranda Ying's mother, volunteered at the registration station and next to Bessie is Claire Wang.



Joseph and Rebecca Chen, brother and sister, and both pre-med students working at the urinalysis station.



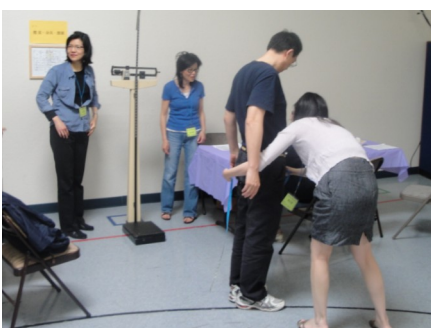
Betty Ning, volunteered along with her husband Colin Ning and provided the crew with the delicious refreshments.



Colin Ning at training. He and his wife Betty Ning were the invisible hands that kept the restrooms clean at all time.



Paul Cheng MD, left picture, and wife Mei Cheng, PhD., right picture both volunteered in the screening.



All volunteers at the BMI station are PhDs. From left, Yun-wen Wang, Mei Cheng and Karen Chung.



Nurses of FMLC measuring participants' blood sugar, left picture, and blood pressure, right picture.

Programs for Students

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who has kidney disease due to taking herbal supplements that were contaminated by aristolocholic acid. Patient met students and shared his story on being a patient and talked about experiences on interactions with different doctors. Students learn about the doctor-patient relationship through this annual symposium .

KDSAP-CKDD

- A total of 12 screenings had been done by KDSAP-CKDD and 998 people had been screened. Locations including: Chinese Consolidated Benevolent Association of New England (Boston, MA; hosted four screenings this year), Roxbury YMCA (Boston, MA), World Kidney Day screening at Brigham and Women's Hospital (Boston, MA), Chinese Gospel Church of Portland (Portland, ME), Home of Christ-3 (Fremont, CA), 2011 Partners HealthCare / Channel 7 Health & Fitness Expo (Boston, MA), Chinese Gospel Church of MA—Worcester Branch (Southborough, MA) and Korean Presbyterian Church (Hopkinton, MA).

- Four kidney health seminars has been given and 360 participants have attended the seminars. Talk locations including: Dorchester House (for physicians) , Chinese Gospel Church of Portland (Portland, ME), Home of Christ-5 (Cupertino, CA) and Korean Presbyterian Church (Hopkinton, MA).

- First Universal Precaution and Professionalism (UPP) workshop was given on September 24, 2011. This is mandatory for all KDSAP members and volunteers who wish to join the CKDD screening crew. UPP is given at the beginning of spring and fall semesters. In addition to teach volunteer screening techniques and concentrate on safe practice, UPP also emphasize compassion and humanity aspect of providing kidney health screening. 72 volunteers have gone through the UPP training.

- The blood pressure measurement workshops continued to be given in the spring and fall semesters. In addition to obtaining the accurate blood pressure, trainees must demonstrate the nine step of how to correctly take blood pressure prior to be certified. 33 volunteers are certified in 2011.

Serving Communities, Meet Them Where They Are

The Korean Presbyterian Church screening was held on December 4, 2011 in Hopkinton MA. It was the first time KDSAP offers kidney health seminar directly in participant's native language, Korean other than Mandarin Chinese as given in Chinese communities. Dr. Li-Li Hsiao has successfully recruited Woon Ahn MD, PhD, Renal Fellow at Harvard and native Korean speaker, as KDSAP's kidney health educator and screening consultation physician after KDSAP's first ever Korean community screening at the Hope Church in Boston in Waltham, MA in 2010, organized by Kim Choi, President of Korean Nurses Association in New England (KNANE) .

KDSAP has established its relationship with Korean communities through its collaborator: KNANE since 2010. To outreach to different ethnic groups, one of KDSAP's unique feature is to collaborate closely with community leaders.

Meeky Kim RN, Treasurer of KNANE, translated

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Dr. Woon Ahn, giving "CKD Prevention" health talk directly in Korean during the Korean Presbyterian Church screening. Dr. Ahn has incorporated kidney health related data collected in Korea into his educational seminar to draw in the proximity for the participants. The talk was very well received.

Kidney Disease Screening and Awareness Program

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About KDSAP

The Kidney Disease Screening and Awareness Program (KDSAP) is created and founded by Li-Li Hsiao, MD, PhD in March, 2008. The first KDSAP chapter is registered at Harvard College where Dr. Hsiao has served as the official advisor. KDSAP has two key objectives: Student career development and Community Outreach.

Dr. Hsiao has created many innovative programs within KDSAP for the benefit of students. KDSAP offers several speaker series and programs each semester that expose students to the scientific and medical professions and facilitate the development of mentor-mentee relationships. KDSAP members may also participate in the community outreach branch: Community Kidney Disease Detection (CKDD). CKDD runs monthly screening in medically underserved communities per request. KDSAP members also have opportunities to develop leadership skills through organizing and managing CKDD screenings while providing kidney health screenings.

KDSAP is one of the first models that strategically targets undergraduate students early in their educational career to help address the current nephrology workforce crisis. As of the end of 2011, KDSAP's existing chapters including: Harvard College, North Quincy High School and Brookline High School. KDSAP has gained nationwide and international attentions and several institutions have requested to start KDSAP at their institution.

Community Service

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the KDSAP-CKDD screening forms into to Korean before the initial Korean community screening in 2010 and the translated forms has already been approved by Partners Healthcare IRB. The nurses' husbands have been very supportive and some helped behind the scenes, some helped during the screening. Communities know the most about their languages and cultures. KDSAP members also learn about different cultures from screenings and enhance their cultural competence while serving.

Language barriers or uninsured status has made many immigrants tend not to seek treatment from available medical system, or self-treat with alternative remedies. This could cause their disease continue to progress if not treated in time. Chronic kidney disease (CKD) would be an example.

To increase kidney disease awareness among medically underserved communities, KDSAP-CKDD provides free community kidney health screenings and educational seminars in their native languages. During screenings, volunteers who are fluent in the language of the respective ethnic community are assigned to assist participants filling the questionnaire or serve as translators. KDSAP-CKDD has already translated screening forms and brochures into multiple languages, including Chinese and Korean. Spanish and Vietnamese versions are currently in progress.

2012 Agenda

- KDSAP-CKDD's first international screening will be held in Toronto Chinatown in Canada. University of Toronto undergraduate students has started and formed their KDSAP chapter in Fall, 2011.
- Collaborating with New Jersey's Robert Wood Johnson Medical School (RWJMS), which will soon rejoining Rutgers University, for KDSAP-CKDD screening in Somerset, NJ. RWJMS students are also assisting Rutgers undergraduates to start a KDSAP chapter.
- First KDSAP-CKDD screening planned and organized by a high school chapter.
- More screenings are under planning.



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