

SELANGOR WORLD KIDNEY DAY 2023

In conjunction with the World Kidney Day 2023, the Nephrology department Hospital Serdang, has taken the initiative to start a collaboration with the Nephrology Unit, Hospital Sultan Abdul Aziz Shah Hospital (HSAAS), Hospital Shah Alam, Hospital Cyberjaya and the National Kidney Foundation (NKF) in planning a unique celebration this year on 12th March 2023 in IOI City Mall, Putrajaya.

For this year, we have started something unique which is to hold a Motorthon consisting of Assistant Medical Officers, from the *Riders Club* Hospital Serdang whose convoy was flagged off from Hospital Shah Alam. The Motorthon then proceeded to Hospital Cyberjaya, HSAAS, Hospital Serdang and ended at Putrajaya IOI City Mall, as a chain of the relationship between hospitals, health clinics, public places, such as supermarkets, schools, mosques, parks and others to spread pamphlets and health awareness regarding the importance of healthy lifestyle practices to prevent kidney disease. We had collected more than 1000 signatures, and each signature will represent a bottle of mineral water donation to the flood victim in Johor state.

On the same day as the Motorthon flag-off, we had an Amazing 5km kidney run flag-off from IOI City Mall at 7.15 am. 325 runners were participating in it. Other activities for the day included a treasure hunt, basic life support (BLS) demonstration, colouring contest for primary school students, essay, poster and fun quiz competition for high school students, healthy cooking demonstration, healthy grocery shopping, free health screening including diabetes mellitus, high blood pressure, kidney disease and obesity & its complications.

There was also a private dialogue between Selangor Nephrologists and Malaysia Health Minister, Dr Zaliha Binti Mustafa on the day of the event in discussing the current issues faced by the nephrology fraternity and ways for improvement. The minister officiated our event and reinforced the health messages we wish to relay to the public and healthcare professionals that kidney health is important.

Additionally, the NKF *lifecheck* team together with the Hospital Serdang health screening team have managed to screen 163 public and made 20 referrals to nearby health clinics through MySejahtera apps. Meanwhile, for the organ donation booth, there were a total of 34 new pledgers registered on the day. The event ended at 2 pm. It was a great success as it received a good and positive response from the public.

For more details about the event, the pictures are archived in https://www.facebook.com/profile.php?id=100078758517432&sk=photos_albums

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