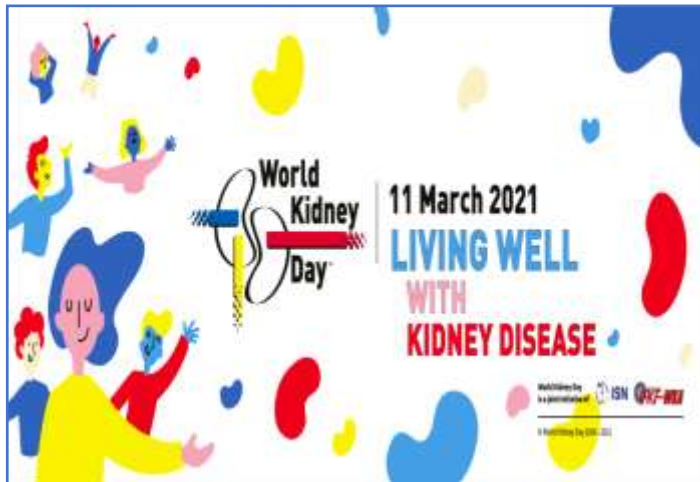


World Kidney Day

11 March 2021



Theme: "Kidney Health for Everyone Everywhere - Living Well with Kidney Disease"

**By:
Faculty & Students,
Department of Medical Surgical Nursing.
SSRCN, Vapi**

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Introduction:

Being diagnosed with kidney disease can be a huge challenge, both for the patient and those people around them. Its diagnosis and management, particularly in advanced stages of kidney disease, impacts severely upon their lives by reducing their, and that of family and friends, ability to participate in everyday activities like work, travel and socialising whilst causing numerous problematic side effects – e.g. fatigue, pain, depression, cognitive impairment, gastrointestinal problems and sleep problems.

The World Kidney Day Steering Committee has declared 2021 the year of "Living Well with Kidney Disease". This has been done in order to both increase education and awareness about effective symptom management and patient empowerment, with the ultimate goal of encouraging life participation. Whilst effective measures to prevent kidney disease and its progression are important, patients with kidney disease – including those who depend on dialysis and transplantation – and their care-partners should also feel supported, especially during pandemics and other challenging periods, by the concerted efforts of kidney care communities.

The World Kidney Day Steering Committee calls for the inclusion of life participation as a key focus in the care of patients with CKD and as a building block towards delivering the ultimate goal of living well with kidney disease.

World Kidney Day Programme By SSRN Vapi

On 12 March 2021, Friday, the students of MSc Nursing under the Guidance of department of Medical Surgical Nursing Organized world



Kidney day programme with the theme *Kidney Health for Everyone Everywhere - Living Well with Kidney Disease*



The Program started by morning 10:30 am at OPD Block of HRH, Vapi. On the occasion, the Students gave awareness health education at Haria LG Rotary Hospital to the patients and Patient relatives.

Conclusion

We must move beyond the status quo and advance patient-centeredness in research, practice and policy. Patient empowerment, partnership and improved communications, combined with a paradigm shift towards a strengths-based approach to care, can inspire confidence and hope in patients that they can live well with CKD.

