

# A STUDY ON UNIQUE APPROACH FOR PATIENTS OF CHRONIC KIDNEY DISEASE - A NOVEL WAY OF PATIENT EDUCATION BY LITERATURE AND WEBSITES

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*Abstract - There has been a dramatic and alarming increase in the incidence of kidney diseases in the last few decades. The kidneys are an amazing organ that plays a major role in keeping our body clean and healthy by flushing out unwanted wastes and toxic materials. Our motto of this study is - prevention is better than cure was taken up by Dr. Sanjay Pandya-Nephrologist (Kidney Specialist) from Rajkot (Gujarat) as a unique approach for patients of Chronic Kidney Disease. He initially launched book in 2005 and website – [www.kidneyeducation.com](http://www.kidneyeducation.com) in 2010 with an objective of ‘READ, HIT AND SAVE YOUR KIDNEY’ because This study requires a vast data for patient education which leads to awareness of disease CKD. Early diagnosis and treatment of this disease is beneficial as it provides long term benefits at low cost is the only conclusion from this study.*

**Keywords:** *Kidney, CKD-Chronic Kidney Disease, Patient education, Prevention*

## **INTRODUCTION**

A study on patient education and awareness for patients of CKD-Chronic Kidney Disease by taking into consideration a well-known proverb- PREVENTION IS BETTER THAN CURE.

The kidneys are amazing organs that play a major role in keeping our body clean and healthy by flushing out unwanted wastes and toxic materials. The kidneys play a crucial role in regulating blood pressure, the volume of fluid and electrolytes in the body. A very common and incurable disease affecting kidneys are Chronic kidney disorder.

There has been a dramatic and alarming increase in the incidence of kidney diseases in the last few decades. To prevent this disease, the best ways are awareness of the causes, symptoms and measure. Early diagnosis and treatment of this disease is beneficial as it provides long term benefits at low cost. Very few people recognize signs and symptoms indicating possibilities of kidney disease due to lack of awareness, resulting in hazardous delay in early diagnosis.

Treatment of advanced stage of chronic kidney disease such as dialysis and kidney transplantation are prohibitively expensive and in a country like India only less than 10% of patients can afford it. Hence early diagnosis and treatment remains the only and the most feasible option to decrease escalating cases of chronic kidney disease in our country.

Due to lack of awareness, very few people recognize signs and symptoms of kidney disease, resulting in hazardous delay.

Our motto of this study is - prevention is better than cure was taken up by Dr. Sanjay Pandya-Nephrologist (Kidney Specialist) from Rajkot (Gujarat). He initially launched book in 2005 and website – [www.kidneyeducation.com](http://www.kidneyeducation.com) in 2010 with an objective of ‘READ, HIT AND SAVE YOUR KIDNEY’.

## **WHAT IS KIDNEYFAILURE?**

Due to lack of awareness, very few people recognize signs and symptoms of kidney disease, resulting in hazardous delay in early diagnosis. Our kidneys perform several functions in order to maintain balance in

our bodies. They filter waste products and excrete them in the urine. They adjust the amounts of water and electrolytes like sodium, potassium and calcium in the body. They also help excrete excess acid, maintaining acid base balance. There is an alarming rise in the number of patients with kidney failures. A reduction in their ability to perform these tasks is called kidney renal failure.

**Two Major types of kidney failure:**

1. Acute Kidney Failure
2. Chronic Kidney Failure

Our focus is on Chronic Kidney Failure and prevention and delay disease to ESKD (End Stage Kidney Disease).

**CHRONIC KIDNEY FAILURE:**

- Gradual progressive and irreversible loss of kidney function over several months to years is called chronic renal disease (CKD), (previously known as chronic renal failure or CRF. When kidney failure is diagnosed, over 50% of kidney function is already lost.
- CKD is a dreaded disease for which medical science has no remedy. CKD is increasing at an alarming rate all over the world. One in ten persons has some form of chronic kidney disease. Rising prevalence of diabetes, hypertension, obesity, smoking and high cholesterol is major reason for increasing incidences of CKD.
- CKD occurs when the kidneys get damaged and gradually unable to perform their functions. With treatment, the kidney function may remain stable, but if not, the damage becomes worse over months to years.
- At least 10% of the adult population is estimated to be suffering already from Chronic Kidney Disease (CKD).

**END STAGE KIDNEY DISEASE(ESKD):**

- ESKD-End Stage Kidney Disease or end-stage renal disease (ESRD) refers to the time when CKD reaches an advanced stage (less than 10% of normal function). The kidneys may even fail completely and the condition is irreversible.
- At this point, conservative management (i.e. medications, diet, lifestyle modifications) is not sufficient to maintain life and renal replacement therapy (dialysis or kidney transplantation) is required.
- Declining kidney function may reach a stage when the kidneys stop working almost completely. This advanced and life-threatening stage of disease is called end stage kidney -ESKD.

**RESEARCH PROBLEM:**

A STUDY ON UNIQUE APPROACH FOR PATIENTS OF CKD (CHRONIC KIDNEY DISEASE) - A NOVEL WAY OF PATIENT EDUCATION BY LITERATURE AND WEBSITES

**RESEARCH OBJECTIVE:**

**Primary objective:**

- To focus on care to be taken during early stages of chronic kidney diseases and how to attempt to, slow down the progression of kidney diseases to the point of requiring dialysis and even transplantation.
- To help the patients to understand kidney related disease through literature and website

**Secondary objectives:**

- To highlight the need of raising awareness of CKD-Chronic Kidney Disease
- To prevent and rein in the progress of kidney disease through literature and website

- To educate the people

#### METHODOLOGY:

There are various ways by which patient education can be performed-**literature, video conferencing, lectures, and books**. Our subject requires a vast data for patient education which leads to awareness of disease CKD. That's why our research and methodology depend on availability of literature by means of books and later on same material available on website.

The process started by the book “તમારી કિડની બચાવો” Written by renowned nephrologists- DR. Sanjay Pandya, Rajkot (Gujarat).

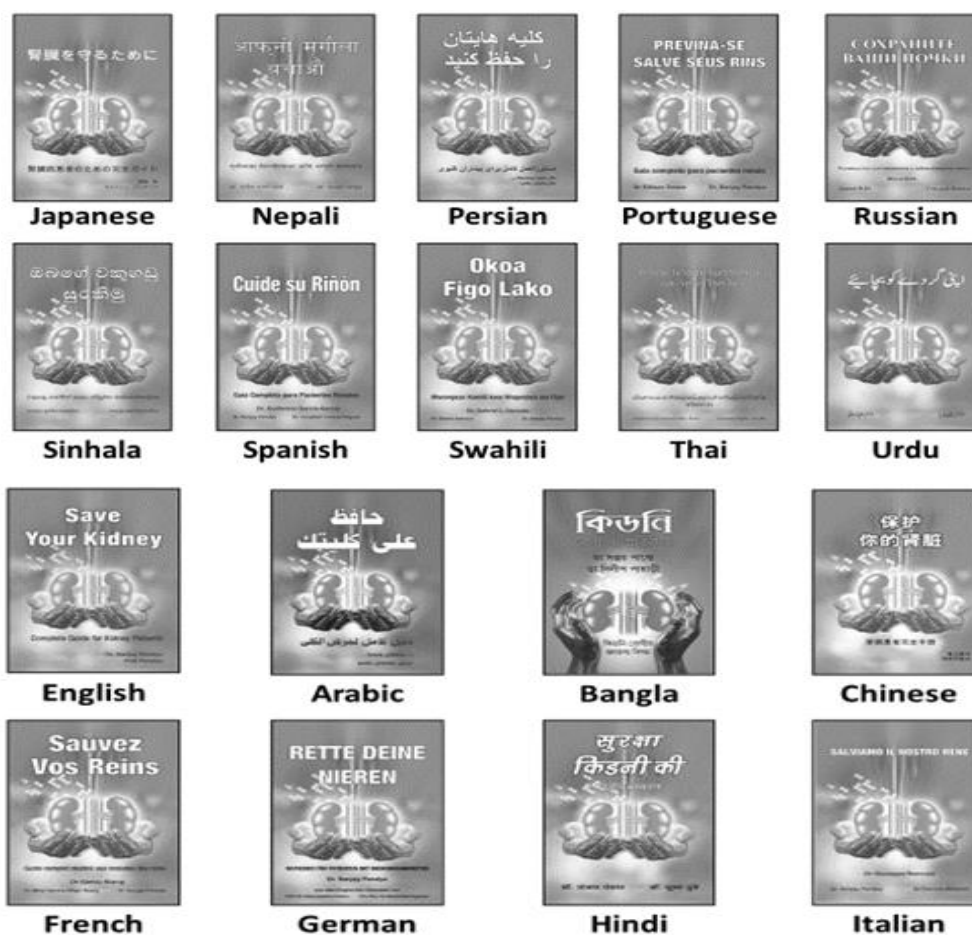
- Dr. Sanjay Pandya (Kidney specialist-Gujarat, India.) had created the nonprofit Kidney Education Foundation and posted the information to a website he established, called [www.kidneyeducation.com](http://www.kidneyeducation.com) in 2010. Kidney education website goes “viral”, generating over 60 Million hits worldwide.
- The American Society of Nephrology (ASN) published an extensive article in March 2020, recognising the Foundation's work and mission. ASN leads the fight to prevent, treat, and cure kidney disease throughout the world by educating health professionals and scientists, advancing research and innovation, communicating new knowledge and advocating for the highest quality care for patients. That's why this study will analyse that through different literature, any patients can educate
- The book was made available in 4 formats over the websites- Read online, PDF, WhatsApp, ePUB and that is totally free.
- **This book is translated in 37 languages including 12 national languages and 25 international languages**

Year	Language	Book
2010	Gujarati	તમારી કિડની બચાવો
	Hindi	सुरक्षा किडनी की
2011	Marathi	सुरक्षा किडणी ची
2012	English	Save Your Kidneys
	Telugu	మూత్ర పిండాల భద్రత
2013	Bangla	আপনার কিডনি বাঁচান
	Kutchi	આંજી કિડની બચાયો
	Malayalam	വൃക്കകളെ സംരക്ഷിക്കുക
2014	Arabic	كليةك علي حافظ
	Chinese	拯救你的肾
	Kannada	ಕಿಡ್ನಿ ಸುರಕ್ಷೆ
	Portuguese	Previna-se, Salve Seus Rins
	Punjabi	ਮੁਰਵਮਾ ਕਿਡਨੀ ਦੀ
	Spanish	Cuide su Riñón
	Tamil	உங்கள் சிறுநீரகங்கள் சேமிக்க
2015	French	Sauvez Vos Reins
	Italian	Salviamo i Nostri Reni
	Japanese	腎臓を守るために
	Sindhi	پڻهجي ڪيڊني اڻ خه بچايو
	Urdu	کریں محفوظ گردے آپ
2016	Nepali	आफ्नो मृगौला बचाओ
	Assamese	আপোনাৰ বৃক্কদয় সুৰক্ষিত কৰি ৰাখক

	Russian	СОХРАНИТЕ ВАШИ ПОЧКИ
	Swahili	Okoa Figo Lako
	Oriya	ଅଢ଼ଣିକ ଚୁକକୁ ସୁରକ୍ଷା
	German	Rette Deine Nieren
2017	Thai	คำแนะนำสำหรับการดูแลและรักษาโรคไต
	Persian	کنید حفظ را خود های کلیه
	Sinhala	මගේ වකුගඩු සුරකිමු
	Meitei	Save Your Kidneys
	Lao	ຄຳແນະນຳສຳລັບການດູແລ ແລະ ການປິ່ນປົວພະຍາດໄຂ້ຫຼັງ
	Serbian	Sačuvajte svoje bubrege
2018	Turkish	Böbreklerinizi Koruyun
	Vietnamese	Hãy gìn giữ thận của bạn
	Filipino	Pangalagaan ang inyong Mga 'Kidney'
	Korean	콩팥을 건강하게
2019	Malay	Selamatkan Buah Pinggang Anda

(Tab-1.1 List of books translated in 37 languages)

(Source: [https://en.wikipedia.org/wiki/Kidney\\_Education\\_Foundation](https://en.wikipedia.org/wiki/Kidney_Education_Foundation))



(Source: <https://www.kidneyeducation.com/English/Introduction/1>)

**INITIATION AND PROGRESS:**

- 1<sup>st</sup> book was written “તમારી કિડની બચાવો” in local language Gujarati, which translates to “Save Your Kidneys” in 2005 from then till now.
- To launch a massive awareness campaign about prevention and using digital media is an additional help was decided by Dr. Sanjay Pandya.
- **Progress:** with the help of 100+ Nephrologists’ team (Kidney Specialists) (including national as well as international Nephrologist (Kidney Specialists)).



(Source: <https://www.kidneyeducation.com/English/Introduction/1>)

#### RECOGNITION:



(Source: [https://en.wikipedia.org/wiki/Kidney\\_Education\\_Foundation](https://en.wikipedia.org/wiki/Kidney_Education_Foundation))



Dr. APJ Abdul Kalam congratulating Dr. Sanjay Pandya on the release of his book, Save your Kidneys.

(Source: [https://en.wikipedia.org/wiki/Kidney\\_Education\\_Foundation](https://en.wikipedia.org/wiki/Kidney_Education_Foundation))

#### ADVANTAGES OF THIS METHODS AND THE WAY IT IS PROGRESSED:

1. Availability of knowledge for disease awareness and prevention for patients and relatives is totally free in website
2. Most useful part of this study is-it is available in multiple languages Indian and international. So, patient can avail the use of language of their choice.
3. Patient can avail knowledge and clear doubts about the disease by going through the literature via website or book whatever their choice.
4. Literature is available in question-answer session. The way by which patient can clear doubts easily which they have in their mind.

### **RESULT**

From this, we can come to conclusion that this methodology of patient's awareness for prevention of progress of disease is widely accepted nationally as well as internationally.

### **CONCLUSION**

The number of patients suffering from CKD-chronic kidney disease is on the rise. Ignorance about kidney disease is widespread. An important step toward fighting this ignorance is publishing of books and websites on kidney disease in multiple languages for the benefit of patients so that they can learn and care precisely. That's why this study is focusing on a study on unique approach for patients of CKD (chronic kidney disease) - a novel way of patient education by literature (Prevention, early diagnosis, and better care is the main aim behind this literature.) and websites. This can help patients to understand and get information about the disease.

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