

KDF LINK

JAN-MAR
2020

GAINING THE UPPER HAND

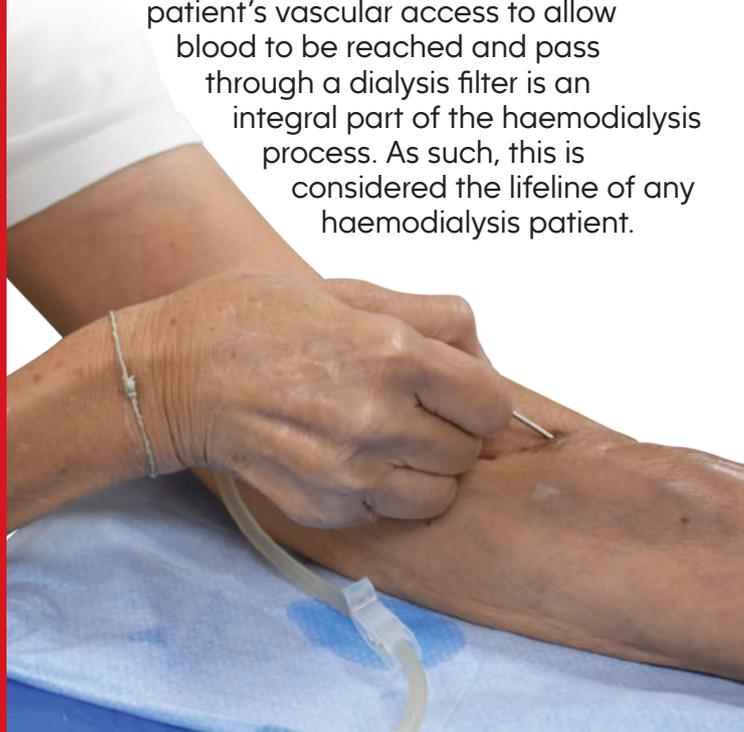
By Jemin Chua

Trypanophobia, a fear of needles. While most people don't profess to have this phobia, how many of us inevitably avert our eyes during a blood test?

You would be surprised that even dialysis patients who are pricked three times a week sometimes turn their heads away during needling. Scared, they say.

For our patients Prene, 41, and Wee Bee Eng, 60, however, needling themselves - or self-cannulation as it is medically referred to - is second nature to them.

Cannulation of the haemodialysis patient's vascular access to allow blood to be reached and pass through a dialysis filter is an integral part of the haemodialysis process. As such, this is considered the lifeline of any haemodialysis patient.



Self-Cannulation

Self-cannulation refers to the act of patients inserting their own needles for haemodialysis, instead of a dialysis nurse.

While this may sound horrifying at first, it gives control to the patient and forms an important component of shared care.

Three decades ago, self-dependency dialysis was practised at local dialysis centres as there were insufficient haemodialysis centres, nor adequate haemodialysis nurses. So a self-dialysis programme was started where patients and their trained family member would be responsible for the entire dialysis process

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– from preparation before a session to cleaning up after the session was over.

Needling was just one of the processes to be learnt. It was either learn and be self sufficient or die without dialysis. In time, as more trained staff became available and family members went out to work, this practice gradually phased out. However, some patients from that period prefer to self-cannulate even till today.

Bee Eng, a dialysis patient of 29 years, is one of them. “In the early days, I went to SGH for a two-week course and was taught by a nursing sister. In the very first lesson, I was already holding the needle while the sister held my hand and guided me to insert the needle. By the second session, I was expected to do it independently while she watched,” Bee Eng recalled.

While Bee Eng wasn’t left with much of a choice at that time, Prene had made an active decision in 2018 to start self-cannulation 4.5 years into his dialysis at KDF.

Overcoming Fear

“I had long promised my kids that I would take them on a trip and I didn’t want to go back on my word. At KDF, they do a special form of needling for me, called buttonhole cannulation¹, using blunt needles. But the country that I was going to did not practise this technique so I had no choice. Either I disappoint the kids or I would have to do it myself,” Prene shared.

It was opportune that the patient sitting beside him at the dialysis centre also practised self-cannulation and was extremely encouraging and supportive, as were the nursing team.

Prene took a total of 3 months to be trained on the needling technique and infection control procedures to observe, and off he went on his trip. The experience paid off because even after coming back he continued to self-cannulate.

“What’s difficult is the fear. When you are holding the needle, anticipating the pain and seeing the needle being inserted, there is fear. Frankly speaking, if you look at the needle, it is huge. But once you overcome

that fear, you will get used it and won’t find the needle scary.” Prene spoke in earnest. To which Bee Eng added: “it is actually less painful when you do it yourself. You would be so focused on inserting the needle that you won’t be thinking of anything else.”

Knowing Oneself Best

One of the benefits of self-cannulation is that patients regain some form of control over their care, instead of passively depending on the nurse.

Better yet, they no longer need to worry about whether the nurse would be able to accurately insert the needle into their vascular access, as the access of each patient can be quite unique. Patients who self-cannulate simply need to be their own expert.

“We know exactly where to insert our needles and at which angle. By knowing this, even if a nurse is doing the needling for me, I can tell and guide them on how to accurately reach my access,” Bee Eng remarked.

By taking good care of the access and ensuring good needle placement, the longevity of the access can be preserved.

Moreover, self-cannulation enables the patient to mitigate pain and discomfort as he or she is in full control of the process.

“As I can feel the tip of the needle, I can tell when it is not at the correct cannulation track, and I can stop myself,” shared Prene.

And the fact is, we know and treat ourselves best, just as Bee Eng puts it, “if you know how to do self-cannulation you can protect yourself better.”

At KDF, we envision a day where our patients are no longer mere recipients of care, but an active participant in a shared care environment. We want more control to be returned to them with respect to how they are being cared for.

Support our efforts to provide care and encourage independence in our patients by making a donation today with the business reply envelope enclosed.

2019 in Review

By Sherilynn Loh



JAN
Millennium Ride 2019
This is our 6th year!



FEB
CNY Ang Bao distribution by volunteers
Warm greetings of ‘Gong Xi Fa Cai’ echoed in our dialysis centres.



MAR
World Kidney Day Carnival
Our very first WKD Carnival with an “Everyday Heroes” theme.



APR
Charity Icon Launching Dinner
‘Fortune Pig’, our charity icon of the year was revealed.



MAY
Patient Education Seminar
A day of learning where our patients picked up tips on falls prevention.



JUN
Nanyang Junior College Students Attachment
Students met with our nurses and patients to learn more about dialysis.



AUG
Flag Day 2019
Our 1st time having furry friends onboard for Flag Day.



Dr Lim’s Chairmanship
KDF welcomes Dr Lim Cheok Peng, our new Chairman.



SEP
Sing For Charity
Many beautiful voices sang their hearts out for charity!



OCT
Patient Education Seminar and Outing to Changi Jewel
Our patients learnt about nutrition during dialysis, and were bedazzled by the Changi Jewel.



NOV
Charity Dragon Boat Race
Clubs and corporate teams got together to paddle for life.



DEC
Adopt a Wish & Adopt a Festive Gift Pack Campaign
Many of our patients had their wishes come true thanks to you.



¹ Buttonhole cannulation is a needling technique for patients with an AV fistula, where the needles are inserted at the exact same spot and angle every single time. Over time, a tunnel track will form, like an ear piercing, which would guide the needle into the fistula. When this happens, the use of blunt needles is preferred as it is less likely to infiltrate or change the track.

Dragon boaters raise \$218,000 for needy kidney patients

By **Nur Isyana Isaman** (Guest Writer)

More than \$218,000 was raised by dragon boaters in a charity race to benefit low-income patients under the care of Kidney Dialysis Foundation that was held at Passion Wave @ Jurong Lake Gardens on November 2, 2019.

A total of 670 dragon boaters participated in the second edition of the KDF Charity Dragon Boat Challenge. This is an increase of 45% from the 460 participants during the inaugural race in 2017.

KDF is heartened by the increase in participation and greatly encouraged by the support coming from the local dragon boat community. In fact, many of the teams had participated in the race for the social cause and not simply because it is another race for them.

As a way of encouraging the spirit of giving, KDF roped in the dragon boaters to help raise funds, instead of imposing registration fees for the charity challenge.

This saw the teams collectively raising close to \$18,000, with Facebook Singapore, Enable Consulting and Team U Sports emerging as top fundraisers.

KDF would like to thank all donors, volunteers, participants and partners for yet another successful charity dragon boat challenge.

All proceeds from the race will be channelled into KDF's general fund and will help to provide about 900 sessions of subsidised dialysis treatment.

Congratulations to winners of the Club Crew Mixed and Corporate Mixed race categories:

Club Crew Mixed:

1st : J.K
2nd : Reach Crescendo
3rd : Republic Polytechnic A

Corporate Mixed:

1st : Keppel Dragons
2nd : Enable Team A
3rd : EY Dragons



Sense of BeLONGing

By Jemin Chua

It all began with an email. Two days before the KDF Charity Dragon Boat Challenge, a short note entered my inbox introducing one of the teams as having special needs crew members. *Interesting.* My interest was piqued and I was keen to find out more about the team.

Several emails later, a date was fixed to meet the team manager, lead coach and some members of the team. Little did I know that I was in for a treat, quite literally, as they took me through their journey over a warm meal of home-cooked dinner.

CSG DragonSpeed

The team's catalyst was Joanna, a special needs educator and paddler, who eventually also became the team's manager. From just her and two ex-students, the team slowly took shape in 2018 after a recruitment drive to form a special needs team for the DBS race. But the family rapidly grew in size once parents heard of the special team that she was putting together.

Today, team CSG DragonSpeed (with a stylised 'SP' for special) comprises of a wide spectrum of special needs children. "We have children with autism, Down syndrome, cerebral palsy and children with global developmental delay," Joanna explains. "Our aim is for recreational dragon boating, and races are a bonus."



Depending on the size of the boat, the team fields four to eight special needs children per boat, with the rest of the crew consists of parents and volunteers. While the team accepts all types of special needs children into their team, members have to have certain acumen to take part in races.

"When it comes to races we have to look at the safety and see how prepared the children are in the chaotic world of racing." Joanna shares, further adding that the child would need to be able to tolerate deviations especially if things go differently from planned.

"We are also very careful about our volunteers. They must have passion for the children, at the same time have situational awareness and must

have a listening ear. Because every situation and every child is unique in how they respond to each situation, but if you listen, you can respond accordingly."

Sense of Belonging

At the heart of the team lies the core value of the group - Peer Support; also outlined in their team name - *Caregivers Support Group DragonSpeed.*

Beyond training and races, the team is really about caregivers supporting one another, caring for each other and helping each other out. Equally important is the support and friendship that this group of special needs children offer each other.

"It is very hard for them to go out and make friends. How to make playdates, how to have companionship, especially if they are 18, 19, or above 20 years old? But through this special group here, they have one another; they have peer support, and parents also have a support system," Joanna says of the group's value.

To some extent, it is also about interaction with the wider community, "for them to understand what special needs children are about, and that they too have desires and want to participate in activities that the general population is engaged in," Joanna noted.

"How are we going to get young people and those with special needs together if there is no common identity? So the universal identity is sports. With it, you do not need language, and you do not need to have the same ability for this inclusive sport. This is how it bridges the wider community with the special needs community." Desmond chimed in.

Desmond is the Chairperson of DB Hearts, a ground-up initiative, which seeks to promote social

inclusiveness through water sports, and a strong hand behind the team.

The KDF Experience

And bridging differences it did. Despite taking part in the KDF Dragon boat challenge for the first time, the welcome and reception that the team received from the rest of the participants were so unexpected that it left them deeply touched.

"We didn't expect the dragon boat community to do the guard of honour, the pedal salute... we didn't even expect them to clap for us. When we came down from the boat I was wondering why they were clapping, then I realised that they were clapping for us! It was a very, very warm reception." Joanna's eyes sparkled as she recounted the experience.

The KDF race being the first time the team competed in a non-adaptive open category, the team's lead coach, Gary, was understandably worried. "It would be challenging for them to participate in the open category. One concern is the fear that people may discriminate or judge them," he says.

"(But in the end) it was an unexpected response from the participants, and we were very surprised that they were so welcoming towards us. Even the organising staff made sure that we were being looked out for. It gives a new kind of perspective towards joining the open category."

"Although we definitely will not be able to perform better than the able-bodied... it is good exposure, for the children to know how it feels like competing with others in the opens; it is a very good experience for them," Gary adds.

Participating in a charity race to help underprivileged segments of the community also adds a new level of meaning for this special group of paddlers.

"We have been helped so much in other races. As we are being helped, we have to pay it forward to help others as well. Our group is very generous in any way that they can help one another because we have felt the love and support ourselves," Joanna spoke sincerely.

"Doing charity is not limited to the able-bodied, anybody can do it. We just want to help each other," added Desmond, summing up the conversation perfectly.



Joanna

Nutrition during dialysis & Jewel visit

By Sherilynn Loh

“What do you want to eat for lunch?”

A question that baffles many of us daily, but that is not the case for dialysis patients. With dialysis patients, it is less of a matter of what they want to eat, instead, it is more about what they can eat.

To address this question, some 190 patients and their families attended the “Nutrition during Dialysis” talk on 20 October 2019 at Our Tampines Hub, as part of KDF’s patient education seminar.

Ms Law Chin Chin and Ms Pauline Chan, certified dietitians shared insights about the dialysis diet, and how families can support patients for meals at home and outside.

The dialysis diet¹—low sodium, phosphorous and high protein consumption, in addition to limited fluids— can affect how patients feel, the amount of waste buildup in the body, and the effectiveness of their dialysis treatments. But adhering to the diet can be difficult. Having no appetite or time to cook can pose challenges.

The concept of ‘My Healthy Plate’ was introduced as a base to build meals for the diet. Each quadrant on the plate consists of a food group, and the speakers provided dialysis-friendly alternatives for our patients to adopt. As a bonus tip, instead of heavy seasoning, they suggested adding whole spices and fresh herbs to bring out the natural flavours in food.



After all the talk about food, our patients were in for another treat. This feast for the eyes was an outing to the Canopy Park, located at Jewel Changi Airport.

Our patients and their families roamed Canopy Park and enjoyed all the lush greenery in a cool climate. For some patients, this is a rare day out with their families, so to capture this memorable day, our volunteers made sure to take lots of photos.



The outing came to a close after the Canopy Bridge, which gave an unblocked view of the tallest indoor waterfall of 40 metres, the HSBC Rain Vortex.

This event was organised by Renal Friends, a patient support group for all kidney patients and their families. A big thank you to our volunteers from Renal Friends, CabbyCare Charity Group and KDF staff for making this patient education seminar and outing a success.

¹ <https://www.davita.com/education/kidney-vocabulary/dialysis-diet>

同舟共济

译/蔡永馨 (Jemin Chua)

KDF慈善龙舟赛在即，一封电子邮件却引起了我的注意。短短几行字，发件人热切地介绍了一支由特需孩子组成，并即将参加KDF慈善赛的队伍。这挑起了我的好奇心，让我想要更深入了解这支名为「龙腾」的特殊龙舟队。

经几轮邮件交流之后，我与龙舟队的领队、教练和成员见面的日期便定下来了。访谈当日，在温馨和乐的气氛下，我和他们一起享用了一桌丰盛的家常菜，边吃边听他们的故事。

「龙腾」看护者互助龙舟队

故事要从「龙腾」的灵魂人物Joanna说起。

Joanna 是名特殊教育工作者，她热爱龙舟，更是「龙腾」的发起人和现任领队。当初，为了参加星展银行的龙舟赛，她带着仅有的两名前学生组建龙舟队，各路奔波招揽队员。随着她组建队伍的事在学生家长中逐渐传开，「龙腾」这个大家庭也逐日壮大。

现在，「龙腾」龙舟队里有多种特殊需求的孩子。“有自闭症、唐氏综合征、脑性麻痹 (Cerebral Palsy) 或整体发育迟缓症 (Global Developmental Delay)。我们主要是一支休闲性质的龙舟队，参加比赛是额外的乐趣。” Joanna 分享道。

根据龙舟的大小，每条龙舟会有4至8名特需孩子，其余成员由家长和义工组成。「龙腾」龙舟队虽对所有的特需孩子都表示欢迎，但对出赛的队员倒是会较为谨慎。

Joanna 解释道：“要说参加比赛，我们的首要考量是安全性。所以我们会认真斟酌孩子在面对比赛氛围、环境等等要素时的应变能力。他们必须要有能力承受意料之外的突发情况。”

她接着表示：“我们对义工的筛选也会特别注意。义工们必须对特需孩子有热诚，要善于聆听，同时还要对周围的环境具有敏锐的洞察力。因为每个孩子的习性不同，在不同形势下给出的反应不可预测，因此唯有认真聆听才能妥善应对。”

互助互爱

然而，剖开表层「龙腾」的核心精神是组员之间的互助互爱。

在训练和参加比赛之余，家长之间的扶持和互助是「龙腾」龙舟队独有的魅力。另一方面，龙舟队也为特需孩子提供了建立友谊、团结互助的渠道。

Joanna 表示，特需孩子很难在社会上结交朋友，尤其是年纪比较大的孩子。“但是通过「龙腾」，他们可以彼此相伴、互相帮助。与此同时，家长们也能相互交流，在精神上获得支持。”这也正是「龙腾」真正的价值所在。

在某种层面上，「龙腾」的成员亦能通过参与大众赛事与社会大众交流。“这可以让更多人了解特需孩子，让他们意识到这群孩子也渴望像常人一样参与体育休闲活动。” Joanna有感而发说道。

致力于让不幸人士参与龙舟运动的本地义工团体「同舟齐心」的主席，同时也是「龙腾」强而有力的幕后推手，Desmond也给出了自己的见解。



“要是没有共同的话题，我们该怎么把特需孩子和普通的青少年聚集在一起？我认为体育是再好不过的平台。通过运动，我们不需要共通的语言，甚至不需要能力相仿，就能构建特需群体和广大社会之间的桥梁。”

一次特别的体验

而这座桥梁完美的展现在KDF的慈善龙舟赛上。「龙腾」虽然是第一次参加KDF的慈善赛，但在赛场上得到了其它龙舟队的热烈支持和诸多鼓励令「龙腾」队员受宠若惊、深受感动。

“我们从来没有想过其他龙舟队会向我们致敬，为我们欢呼，为我们鼓掌。当时我一下船还在纳闷怎么有人在鼓掌，才发现原来是大家在为我们的龙舟队欢呼打气，现场的气氛太暖心了！” Joanna 回忆道。

KDF慈善赛是「龙腾」首次出征非特需赛组的公开赛。要与普通选手同场比拼，总教练Gary的不安可想而知。他说：“「龙腾」要在公开组较量确实是很大的挑战，但我们更担心其他选手会怎么看待我们的孩子，会不会对他们有偏见或者歧视他们。”

“结果却恰恰相反，其他的队伍很热情的接纳了我们，现场的工作人员也对我们额外照顾，这让我们十分惊喜。” Gary 接着说，“虽然我们很难在公开组别获胜，但这是一次很好的体验，让孩子们在同一个竞技场上与普通的龙舟选手较量，这样的经验难能可贵。”

对「龙腾」的特需孩子和家而言，能够参加KDF慈善赛为不幸肾病患者筹款更是意义非凡。

Joanna 诚恳地表示，“我们一直得到大家的照顾，在接受帮助之余我们自己也要把爱传递出去，温暖别人。正因为我们深深感受到社会大众对我们的关爱和支持，所以我们更愿意尽己所能帮助他人，延续这份温暖。”

“慈善不分能力，不只限于健全人士。任何人只要有心想都能做到。” Desmond 补充道，同时也圆满地总结了这次的访谈。



Joanna

龙舟手为低收入肾友筹款

译/姚凯杰 (Daniel Yao)

2019年11月2日，KDF第二届慈善龙舟赛在裕廊湖花园的百盛亲水天地盛大举行，并为KDF的低收入肾脏病人筹集了超过\$218,000的善款。

本次慈善龙舟赛共迎来了670名龙舟好手参与其中，与2017年首届慈善赛相比参加人数增长了45%。这让我们倍感鼓舞，因为对许多参赛者而言，KDF慈善龙舟赛不单单是一场龙争虎斗的比赛，更是一次能为不幸肾病患者带来希望的活动，其意义非凡。

为了促进社会的行善意识，这次KDF的慈善赛免除了报名费，取而代之由各龙舟队自行筹款。集合各龙舟队的努力，大家为KDF病患共筹得了近\$18,000善款，当中筹集最多善款的分别是：Facebook 新加坡办事处、Enable Consulting和U Sports俱乐部。

借此，KDF想感谢所有的惠捐者、义工、参赛选手以及活动合作方让本届KDF慈善龙舟赛能圆满结束。比赛的所有收益可作为KDF的普通基金，用于运作开支可为病患提供约900次的透析治疗。

赛事结果：

俱乐部混合组前三强：

- 第一名：J.K 龙舟队
- 第二名：Reach Crescendo 龙舟队
- 第三名：共和理工学院龙舟队A组

企业混合组前三强：

- 第一名：Keppel Dragons 龙舟队
- 第二名：Enable 龙舟队 A组
- 第三名：EY Dragons 龙舟队



洗肾与饮食 讲座及星耀 樟宜半日游

译/盧珏德 (Sherilynn Loh)



“午餐吃什么好呢？”

这个问题是不是天天困扰着你？对我们的肾友们来说，这个问题却有更深一层的意义。因为对洗肾病患而言，每一餐的烦恼不在于想吃什么，而是能吃什么。

为了解答这个问题，KDF于2019年10月20日举办了一次「洗肾与饮食」的教育讲座。本次讲座在淡滨尼天地（Our Tampines Hub）举行，约190名肾友和他们的家属参与。

活动由营养师 Law Chin Chin 女士和Pauline Chan女士主讲。她们向大家讲解洗肾病人在饮食和营养方面该注意的事项，也跟家属分享了如何协助洗肾病人在家中和外头正确饮食。

洗肾病人的饮食¹标准主要着重低钠(Sodium)、低磷(Phosphorus)、高蛋白和水分的控制。其摄入量会影响病患的情绪，体内毒素的堆积量，和洗肾治疗的有效性。但是坚持正确饮食可不容易。没有胃口或没时间煮饭，都可能成为阻碍。

营养师们也向大家介绍了“我的健康餐盘”这一概念，让肾友们以它作为透析饮食的基础。“我的健康餐盘”将一个圆盘分为四大块，每一个区块由不同的食物组组成。两位营养师也根据各食物组列出对肾友有益的食物清单供大家参考。除此之外，她们也建议大家多使用香料和新鲜香草代替调味料，以带出食物自然的味道。

讲座主题虽然关于透析饮食，但最“饮”人注目的不是讲座，而是肾友们期待已久的郊游。这次，我们把肾友和他们的家人带到了星耀樟宜（Jewel Changi Airport），让他们到星空花园（Canopy Park）一饱眼福。

肾友与家人们在星空花园里漫步，享受着凉风习习和花园里各种动物形状的灌木绿植。对好些肾友而言，这是一次难得的家庭日，为了纪念这难忘的一天，我们的义工也特别为大家拍下了许多照片以作留念。

本活动在园内观赏高达40米雨漩涡（HSBC Rain Vortex）最佳位置的“天悬桥”（Canopy Bridge）上圆满落幕。

活动由肾友会一肾病患者及家属的互助团体一主办。借此，我们衷心感谢肾友会及KDF的义工，以及城市德士司机慈善团体CabbyCare的义务服务，使得我们的活动大获成功。



¹ <https://www.davita.com/education/kidney-vocabulary/dialysis-diet>



Bee Eng 补充说：“其实自己插针反倒不痛。因为你要集中精神关注在针头上，没有时间想其他的了。而且自己插针，你如果感觉到痛了，就可以马上停下来，要是别人帮你做的话，他们感觉不到这些。”

自我掌控

的确，自助插针的一大好处就是病人可以对自己的护理有一定的掌控权，而不是被动地等待护士来照顾。

更大的好处是他们不用再担心护士是否能精确地将针头插进血管瘘，因为每个病人的血管瘘都不一样。自助插针的病人则是自己的专家。

“我们知道针头应该插哪个位置哪个角度。知道了这一点，即使是护士帮我插针，我也能告诉并指导他们正确地找到我的血管瘘。” Bee Eng解释道。

确保正确的插针位置、对血管瘘的细心照护，可以延长血管瘘的使用寿命。

再者，自助插针让病人自己掌控整个过程，从而减轻疼痛和不适感。“一旦感觉到针尖，我就知道它没有在对的插针隧道，就可以马上停下来。” Prene 说道。

事实就像Bee Eng所说的“如果你懂得自己插针，你就能更好地保护自己”。

洗肾29年的病患Bee Eng 就是其中一员，她回忆说：“早期，我必须去中央医院上两周的培训课，由护士小姐教我插针。第一次去培训，就已经自己上手拿针，护士抓着我的手，手把手地教我怎么插。到第二次去洗肾时，护士只在一边看，让我自己插。”

如果说当初Bee Eng的选择是迫不得已，Prene 则完全是自己主动请缨。2018年，在KDF洗肾四年半后，他主动提出要求自己插针。

克服恐惧

“因为我很早就答应我的孩子要带他们出去旅行，我不想食言。但是，我在KDF 洗肾用的是一种特殊的纽扣式插针法¹，针头是钝的，而在我要去的地方他们没有这项技术，所以我别无选择。我要么让孩子失望不去这次旅行，要么就自己学插针。” Prene分享道。

正好坐Prene邻座的肾友也自己插针，给了他很大的信心和勇气，加之护士们也大力支持。Prene花了三个月的时间练习插针技巧、学习感染控制的措施，之后他就出发去旅行了。这一特殊的经验让他受益匪浅，回来后决定继续自己插针。

“要克服恐惧是最难的。当你拿着针，看着针扎进手臂，还得忍着痛，那种感觉是很可怕的。坦白讲，你看那个针头真的很大。但一旦克服了恐惧，你就习惯了也不觉得针头吓人了。”他诚恳地说道。

在肾脏透析基金（KDF），我们希望将来有一天病人不只是被照护者，而是积极参与共同护理的一份子。我们致力照护病患、让他们更自信独立，您也可以捐一份善款为我们的护士和病人加油鼓励。

欲乐捐请用随附的回邮信封。

¹ 纽扣式插针法是专门为带有动静脉瘘病人设计的穿刺方法。采用这种方法时，针头每次的穿刺部位和角度都必须完全相同。长久以往，逐渐在皮下形成像耳洞一样的穿刺隧道。这样，针头可以很轻松地插入血管。当皮下穿刺隧道形成后，钝针穿刺是最理想的方法，因为它不会轻易穿透或改变已成型隧道。

肾析简报

一月-三月
2020

自力更胜

译/鲁旭 (Shelley Lu)

针头恐惧症，是一种对针类等尖端物体特别惧怕的心理病症。也许大多数人没有这种恐惧症，但我们当中又有多少人在打针时会情不自禁地避开眼睛呢？

你可能会很惊讶，就连每个星期要被扎针三次的洗肾病人，在插针时也会转过头去。因为怕呀！他们说。

但我们有两位病人：41岁的Prene和60岁的Wee Bee Eng却对这习以为常，因为他们习惯为自己插针，在医学上称作自助插针 (Self-cannulation)。

将针插入洗肾病人的血管瘘，让病人体内血液顺利流入并通过洗肾机，是血液透析 (洗肾) 的关键步骤，因此，血管瘘也被称为洗肾病人的生命线。

自助插针

自助插针是指病人在血液透析 (洗肾) 时独立自己扎针，无需护士操作。乍一听好像很可怕，但这一做法实际上将掌控权交给病人，也是共同护理中的一个关键环节。

30年前，因为没有足够的洗肾中心和血液透析专科护士，本地洗肾机构普遍采取自主洗肾 (Self-dependency dialysis)，由病人和训练有素的家人负责洗肾的整个过程——从洗肾前的准备到洗肾后的清理。插针是其中需要学习的步骤之一。

当时摆在病人面前的只有两条路：要么自己或家人学习插针，要么放弃洗肾而丧失性命。随着受训职员增加，同时越来越多的家属外出工作，这种做法也逐渐被淘汰。但经历过那一特殊时代的一些病人仍然把自己插针的习惯保持至今。

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