

A QUARTERLY BULLETIN OF KDF

KDFLINK

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STRENGTH BEYOND THE PHYSICAL

He once stood at the door of Clarke Quay's most exclusive clubs, a towering figure whose very presence commanded respect. Mr. Mohamed Abidin Bin Abdul Rahim, 52, was, by his own words, among the strongest and most physically imposing men in Singapore.

As a bouncer and bodyguard to VIPs, his livelihood was built on his body — his strength, his fitness, his formidable stature. Today, Abidin navigates a very different kind of challenge. Yet the same iron will that made him formidable in those clubs is precisely what carries him forward as a dialysis patient of fifteen years.

A TITAN IN HIS PRIME

Long before dialysis was part of his vocabulary, Mr. Abidin inhabited a world that demanded peak physical performance. Guarding the doors of clubs along Clarke Quay and serving as a personal bodyguard for high-profile VIPs, he thrived in an environment where strength was currency.

“I used to be the strongest man in Singapore, I was very fit. But as you know, in those circles, it was normal to take too many medications or supplements for muscle growth and performance, which was likely one of the causes of my kidney failure.”

It is a candid and courageous admission. The very pursuit of physical excellence — the supplements, the substances common in those high-performance circles — quietly took a toll on his kidneys. When the diagnosis came, it was not just a medical verdict; it was the end of an entire identity.



FIFTEEN YEARS IN THE FIGHT

Mr Abidin has been with the Kidney Dialysis Foundation (KDF) for fifteen years — a testament to both his endurance and the foundation’s long-standing support and quality patient centred care. He began his dialysis journey at the KDF Bishan Centre, before transferring to the San Wang Wu Ti Admiralty Link Dialysis Centre once it opened, significantly reducing his travel time due to the proximity to his home. During his time at Bishan Dialysis Centre, his transport was provided and covered by KDF, allowing him to conveniently commute to and fro via taxi.

The centre nurses are very familiar with Mr. Abidin, whose warm and friendly nature makes caring for him a smooth process. Various nurses have been complimentary of Mr. Abidin, highlighting his willingness to comply to instructions and feedback, and his encouragement to other patients to stay strong and persevere.

“As a kidney patient, we’re not supposed to drink too much water. So I often help to remind some of the other uncles and aunties who are dialysing to follow the diet and treatment plans prescribed by the nurses and dietitian. They’re the professionals, so they know better than us (patients). We should just follow, it’s for our own good.”



TRUSTING THE PROCESS, ONE STEP AT A TIME

As part of KDF’s patient centric care and holistic patient programmes, Mr. Abidin has been a faithful participant of KDF’s Physiotherapy Fall Injury Risk Management (FIRM) Programme. The FIRM programme is aimed at counteracting the physical toll of dialysis and kidney failure on the body, as well as improving overall patient mobility and cardiovascular health, the FIRM programme has made a monumental impact on Mr. Abidin’s livelihood. “Before I was part of this (programme), I could barely walk 3 metres before feeling out of breath. It used to take me 30 minutes to get from my bedroom to the toilet.”

For a man whose identity and work were built on physical dominance and vitality, the stark contrast was a hard pill to swallow. Yet, he did not give up, and aspires to regain his mobility and fitness gradually, with the help of the FIRM programme.

Conducted by dedicated in-house wellness coaches and led by an AHPC-licensed (Allied Health Professions Council) physiotherapist, the programme offers structured, individualised wellness plans aimed at enhancing patients’ quality

of life beyond their dialysis chair.

The results of Mr. Abidin's determination and resilience and the programme's curated wellness plans have been nothing short of transformative. He is now able to walk around his house with new-found ease, and he also enjoys cycling around his neighbourhood to exercise and pass the time.

The discipline of days past, which once was the foundation of his physical prowess, remains in his determination to improve his health and quality of life.



NEVER WALK ALONE

Supported by his wife, who works long shifts to support them, Mr. Abidin expressed his gratefulness to the various support schemes and assistance rendered by clinical staff and social workers. Without the support, the financial strain would have been burdensome for his family.

"I am required to take various medications for my health condition(s). So, without the subsidies and help I get from the social workers and from KDF, it would be very difficult to survive."

Mr. Abidin is proof that when you are willing to take the necessary steps to improve, no matter how painful or burdensome, real and lasting change can happen. Through the support provided, enabled through generous contributions from our donors, patients like Mr. Abidin can take steps in the right direction.

Journey with us today and make life-changing impact through your support.



YOUR SUPPORT BRINGS STRENGTH AND HOPE TO THOSE IN NEED.

With your donations, our underprivileged patients can receive:

- \$185** 1 Dialysis Session
- \$80** 1 Month of Medications
- \$15** 1 Flu vaccine
- \$1** 1 Blood Glucose Test

PAYNOW QR CODE
SCAN TO DONATE



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199600830ZK33

KDF'S PHYSIOTHERAPY FALL INJURY RISK MANAGEMENT (FIRM) PROGRAMME

Launched in 2023 in response to complications end-stage kidney disease patients face such as muscle wasting and reduced protein reserves that leave them vulnerable and susceptible to falls and injury.



Conducted by our **in-house wellness coaches** and overseen by a registered **Allied Health Professionals Council (AHPC) physiotherapist**, the programme features targeted exercises to improve balance, coordination, and muscle strength.



Each patient's programme is **carefully designed and individualised** to better address each individual's needs and capabilities.



As part of our continued commitment to providing holistic care to our patients, the **FIRM Programme** is available to all patients, and we actively review the programme to ensure safety, impact and overall patient experience.

Highly Positive Outcomes



IMPROVE
BALANCE



ENHANCE
COORDINATION



BUILD MUSCLE
STRENGTH

Proven Impact & Outcomes

Based on our Pilot Test results

Enhanced Physical Function

Measured by Short Physical

36-45%

Significant gains in individual physical performance

42-45%

Successfully prevented physical deterioration

Clinical Progress

Significant shifts in

25-30%

of patients progressed to an elevated SPPB category stage

65-75%

of patients maintained their SPPB function category



Patients also demonstrated improved cardiovascular endurance, allowing them to walk stronger



Results such as these reaffirm our commitment and motivates us to continue pursuing **excellence in providing our patients with holistic care.**



EARLY SCREENING IS NOT EARLY — IT'S ON TIME (KDF WORLD KIDNEY DAY 2026)

The Kidney Dialysis Foundation's annual World Kidney Day commemoration once again hit the heartlands. This year, on 7th March 2026, KDF brought an exciting line-up of enriching activities to the Ulu Pandan neighbourhood.

Organised at the Ulu Pandan Senior Citizen's Centre (Ghim Moh), participants were treated to engaging health talks and interactive booths that were fun and most importantly educational.

This year, the focus was on strengthening community bonds and building a community of kidney care. Along with our treasured community partners in the Caregiving Welfare Association (CWA), Lion's Befrienders, Victory Clinic & Surgery and the Ghim Moh Market & Shops Merchants' Association, KDF was able to make the event a success. Across the short but bustling 4 hours, we were proud to welcome over 300 participants of all ages and backgrounds to promote greater kidney health literacy and awareness.

Kicking off the day's events was Dr. Lian Li Ping from Victory Clinic & Surgery, our partnering clinic, who delivered an enriching and interactive health talk on the pre-cursors to kidney disease and simple

actionable steps we can take in mitigating these problems. The participants listened on attentively, and actively fielded questions during the talk.

The space was subsequently transformed into a health-screening hub, where participants were able to take part in complimentary health screenings and, if meeting certain criteria, be eligible for subsidised comprehensive kidney health screening at our partnering clinic. Participants were eager to learn more about their health status and received valuable advice and information from our very own nurses who were present at the event too.



The activities did not stop there, as participants were able to try their luck at winning KDF mascot plushies, Kiddi and Nini, from the claw machines—but not before taking part in a simple quiz about debunking kidney health myths to earn the claw machine token. Participants searched for their answers on interactive boards which clarified myths on kidney health and the leading contributing causes of poor kidney health.

Making a guest appearance at the event was famous online personality “Kim Huat”, portrayed by Lee Kin Mun, also known by his other online personality, “mrbrown”. Diving headfirst into the day's activities,

“Kim Huat” cut a popular figure during the event, drawing curious passersby to peruse the event space and participate in the activities.



Speaking on the event, KDF's Chief Executive Officer Mr. Peter Lee said: “I may feel fit, good and well, but I can't be sure I'm really that healthy. Early detection and regular screenings are crucial, and through community events such as this, we hope to encourage more people to pay better attention to their kidney health.” Mr. Lee, along with KDF Board Director Ms. Linda Hoon, were on the ground to support the event.



The event's success would not have been possible without the hard work of our clinical nurses, student volunteers from the Singapore Management University (SMU) and our KDF staff who volunteered their time to help the event run smoothly and successfully. We also would like to thank our community partners for their invaluable support and for joining us in our efforts to promote early screening and detection in the communities we serve.

KDF HAPPENINGS

16 January 2026

SINGAPORE HEALTH QUALITY Service Awards (SHQSA) 2026



The Kidney Dialysis Foundation (KDF) is thrilled to share that 6 of our team members have been honoured with the Singapore Health Quality Service Awards (SHQSA), presented by the Guest-of-Honour, Minister Ong Ye Kung, Minister for Health, at the awards ceremony held at National University of Singapore. This year marks the second year in a row KDF has participated in the awards. Building on the recognition received last year, we are pleased to have six (6) winners this year.

Silver Award Winners

- Senior Staff Nurses: Khin Khin Shwe, Ramamoorthy Chitra
- Admin Assistant: Ang Bee Peng Angela
- Patient Care Assistant: Lim Chiew Koon

Gold Award Winners

- following their Silver Award recognition last year!
- Senior Staff Nurse: Goh Yi Ching
- Staff Nurse: Syaheeran Othman

Held on 16th January 2026 at NUS University Culture Centre (UCC), our recipients were formally honoured with a certificate and pin from the guest-of-honour Minister Ong Ye Kung. The award honours and recognises individuals, nurses and staff, for their outstanding dedication to delivering quality care and excellent patient experience.

The awards our 6 recipients received are a testimony of their dedication, and a glowing reflection of KDF's commitment to providing our beneficiaries with quality care and compassionate hearts. These achievements would not have been possible without the support and commitment of all our staff, who spur one another on to greater heights and deeper bonds.

2 March 2026

LION'S BEFRIENDERS HEALTH TALK



In the lead-up to World Kidney Day 2026, KDF were honoured to pay a visit to our community partners at Lion's Befrienders (Ghim Moh) to deliver an interactive health talk for their beneficiaries.

Met with a jovial and participative audience of elderly beneficiaries, our Clinical Services and Patient Welfare Services teams were on hand to present on a spread of topics. Senior Social Worker Ms. Shelaine Pom spoke on KDF's background and programmes, while the Head of Clinical Services Ms. Petra Chong delivered a short health talk about kidney disease and its prevailing causes.

The audience listened in closely, as they prepared to take part in a quiz that followed the health talk. With NTUC grocery vouchers up for grabs, the competitive spirit arose and invigorated the aged audience—with many clamouring to raise their hands first and answer

the questions. Filled with much joy and laughter, it was heartwarming to see the eagerness of the participants to learn more about kidney health and clarify questions they had regarding the topic.

We would like to sincerely thank Lion's Befrienders (Ghim Moh) for allowing us to partner with them and for availing their premises and beneficiaries for the afternoon. We are committed to continue our partnership for future community engagements and foster even more meaningful collaborations within the communities we serve.

If you are an organisation or individual who is interested in partnering with us, we welcome you to drop us an email, give us a call, or even message us on our social media platforms!




GOT TO WALK 2026



14 NOV 2026

2:00PM - 8:00PM
 (FLAG-OFF: 4.30PM)

**BAYFRONT
EVENT SPACE**

Event Owner



Presenting Sponsor
 In Loving memory of
 Sek Loong Kwong

Supporting Sponsors





Event Organiser


Official Photography & Videography


Official Registration Platform


Supporting Partners



Supported By



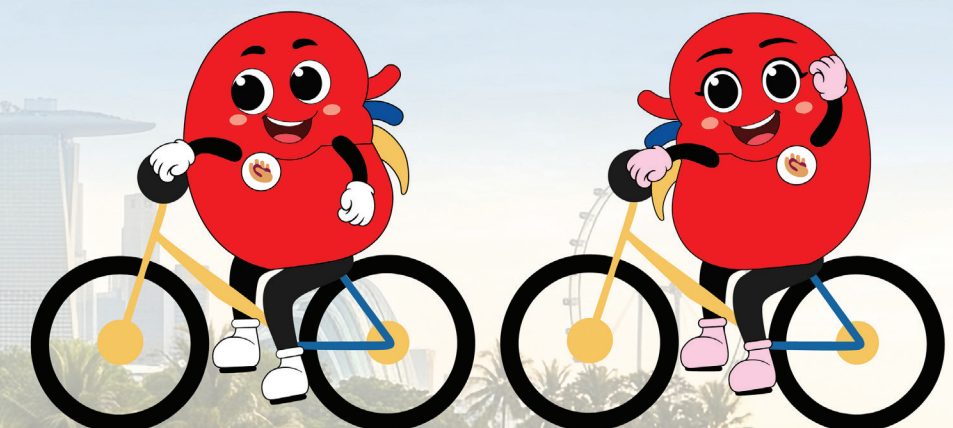

GOT TO RIDE 2026

Go the Distance, Make a Difference

REGISTRATION NOW OPEN



Register Now!



15 November 2026, Sunday
 Bayfront Event Space

Event Owner



Event Organiser
 unmarked events

Supporting Partner


Official Bike Sharing Partner
 anywheel

Official Photography & Videography


Official Registration Platform


Official Apparel Partner


Supporting Sponsors



本季活动

2026年1月16日 新加坡保健 优质服务奖 (SHQSA) 2026



肾脏透析基金 (KDF) 欣然宣布, 今年共有6位团队成员荣获新加坡保健优质服务奖 (SHQSA)。颁奖典礼于新加坡国立大学举行, 由卫生部长王乙康先生担任主宾并亲自颁奖。

今年是KDF连续第二年参与此项全国性奖项评选。继去年首次获得肯定后, 我们非常荣幸在今年再创佳绩, 共有六位成员获奖。

银奖得主

- 高级护士: Khin Khin Shwe、Ramamoorthy Chitra
- 行政助理: 洪美萍
- 病患护理助理: 林树勤

金奖得主 - 继去年获银奖后再度进阶

- 高级护士: 吴宜瑾
- 护士: Syaheeran Othman

颁奖典礼于2026年1月16日在新加坡国立大学文化中心 (NUS University Culture Centre, UCC) 隆重举行, 所有获奖者均由主宾王乙康部长亲自颁发奖状与奖章。奖项旨在表彰个人、护士及医护人员在提供优质医疗护理和卓越病患服务体验方面所展现出的杰出奉献精神。

这六位获奖者所取得的荣誉, 不仅体现了他们个人对病患无私付出的坚持, 也充分彰显了KDF始终秉持以优质护理和关怀之心服务受益群体的坚定承诺。

这些成就的背后, 同样离不开KDF全体成员长期以来的支持与共同努力。正是团队之间彼此激励、携手并进, 才能不断推动KDF迈向更高标准, 建立更深厚的服务文化。

2026年3月2日 狮子乐龄之友协 会健康讲座



2026年世界肾脏日来临之际, KDF有幸走访社区合作伙伴狮子乐龄之友协会的锦茂中心, 为那里的长者带来一场互动式健康讲座。

当天, 活动现场气氛轻松愉快, 长者们积极参与。KDF临床服务组和病患关怀组共同到场, 围绕多个主题展开分享。高级社工冯美燕小姐介绍了KDF的成立背景与各项服务计划, 临床服务部主管莊茵婷小姐则简要讲解了肾脏疾病的常见成因与预防要点。

在讲座过程中, 现场参与者全神贯注, 认真聆听, 并积极准备参与讲座后的问答环节。随着NTUC超市购物券作为奖品登场, 现场气氛迅速升温, 长者们纷纷踊跃举手抢答, 展现出十足的竞争精神。欢笑声此起彼落, 整个下午充满温馨与活力。看到参与者如此积极学习肾脏健康知识, 并主动提出问题、澄清疑虑, 令人倍感欣慰。

衷心感谢狮子乐龄之友协会提供场地与协调支持, 让这次社区合作顺利开展。未来, 我们期待继续深化伙伴关系, 在所服务的社区中推动更多有温度、有意义的健康倡导行动。

如果您是有意与我们合作的机构或个人, 我们诚挚欢迎您通过电邮、电话, 或社交媒体平台与我们联系!



肾脏筛查不宜迟—— 守护健康正当时 (KDF 2026世 界肾脏日)

每年世界肾脏日到来之际，肾脏透析基金(KDF)都会走进社区，传播肾脏健康知识。今年3月7日，KDF将一系列精彩活动带到了乌鲁班丹活跃乐龄活动中心(锦茂)。现场不仅有内容详实的健康讲座，还有寓教于乐的互动展板。

今年活动的主题是“强化社区联系，携手打造肾脏健康关怀社区”。KDF与爱心福利协会(CWA)、狮子乐龄之友协会(Lions Befrienders)、Victory Clinic & Surgery, 以及锦茂巴刹商店商联谊会等合作伙伴紧密协作，让这场社区健康盛会得以顺利落地。短短四小时内，活动就吸引了超过300名不同年龄、不同背景的居民热情参与，大家在轻松的氛围中，增进了对肾脏健康的了解。

活动以一场内容充实、互动性强的健康讲座拉开序幕，主讲人是来自合作诊所Victory Clinic & Surgery的刘丽萍医生。她深入浅出地讲解了肾病的前兆信号，以及日常生活中简单易行的预防措施。台下，居民们听得聚精会神，也不时有人举手提问，现场氛围专注而认真。讲座结束后，活动现场迅速变身为一个临时健康筛查站。居民们有序排队，免费接受基础健康检查。符合条

件的人还能前往KDF的合作诊所，享有一次全面的免费肾脏健康筛查。现场民众积极参与，KDF护士团队也耐心地为参与者解读数据、给出建议，帮助大家更清楚地掌握自身的健康状况。



活动环节精彩纷呈。居民们通过阅读互动展板、回答关于肾脏健康的相关问题，不仅厘清了常见错误知识、认识了主要风险因素，还能赢取夹娃娃机代币。大家跃跃欲试，只为抓走KDF吉祥物——Kiddi和Nini的毛绒玩偶。

此外，本地知名博客教父李健敏(Le Kin Mun, 也称“mrbrown”)以“Kim Huat”的角色形象惊喜现身。他积极参与各项活动，凭借其高人气吸引了不少路人驻足关注，进一步活跃了现场气氛。



当天，KDF首席执行官李珂文先生(Mr. Peter Lee)与KDF董事胡XX女士(Ms. Linda Hoon)也亲临现场为活动加油打气。其间，李珂文先生有感而发：“我们或许觉得自己身体健康、状态不错，但感觉良好不等于真的健康。定期筛查、早发现、早预防至关重要。”



这场活动的成功，离不开KDF临床护士团队的专业付出、新加坡管理大学(SMU)学生志愿者的热情投入，以及KDF全体工作人员的辛勤筹备。同时，我们也要衷心感谢所有社区合作伙伴的鼎力支持，与我们携手推动社区肾脏健康教育，倡导早期筛查、早发现、早预防的重要性。正是大家的共同努力，才让肾脏健康的理念真正走进了社区、落到了实处。

Abidin先生的决心和韧性,加上这套量身定制的健康方案,带来的变化可说是脱胎换骨。如今,他可以轻松地在家走动,还喜欢在邻里骑自行车锻炼身体、消磨时光。

昔日造就他强悍体魄的那份自律,如今依然延续在他改善健康与生活质量的决心中。



从不是孤军奋战

Abidin先生的妻子为了养家,长时间轮班工作。因此,他对各种资助计划以及临床护士和社工所提供的帮助充满感激。如果没有这些支持,经济压力将让他的家庭不堪重负。

“基于我的身体状况,我需要吃好几种药。如果没有社工和KDF给我的补贴和帮助,日子真的很难熬。”

Abidin先生的经历说明了一个道理:只要你愿意迈出必要的步伐,无论多痛苦、多艰难,真正而持久的改变都有可能发生。靠着一笔笔善意捐赠所提供的支持,像Abidin先生这样的患者,才能一步步走向更好的生活。今天,也请您与我们同行,用您的支持,为他人带来改变人生的力量。



您的慷慨重燃生命与希望。

您的捐款可帮助我们的贫困患者获得:

\$185 一次透析治疗

\$80 一个月的药物

\$15 一支流感疫苗

\$1 一次血糖测试

扫描二维码捐款



UEN No:
199600830ZK33

KDF'S PHYSIOTHERAPY FALL INJURY RISK MANAGEMENT (FIRM) PROGRAMME

肾脏透析基金(KDF)于2023年推出了物理治疗防跌倒风险管理计划(Physiotherapy Fall Injury Risk Management, 简称FIRM),旨在应对终末期肾病患者因肌肉流失及蛋白质储备减少而更容易跌倒和受伤的问题。



该计划由KDF内部健康教练执行,并由综合医疗保健专业理事会(AHPC)注册的物理治疗师督导。计划包含针对性的运动训练,旨在提升患者的平衡能力、协调性及肌肉力量。



每位患者的训练方案均经过精心设计和量身定制,以更好地契合其个体需求与身体状况。



作为KDF持续为患者提供全方位护理承诺的一部分,FIRM计划面向所有患者开放。基金会定期对计划进行评估与优化。

非常积极的成果



改善平衡



加强协调



增强肌肉力量

该计划已取得显著成效。

在一项评估计划效果的试点测试中,我们观察到参与患者的身体功能数据有明显改善。

增强身体机能

以各中心短期体能表现量表(Short Physical Performance Battery, 简称SPPB)得分(该测试涵盖多项身体活动能力指标)来衡量

36-45%

显示患者的个人SPPB评分提升了

42-45%

的患者维持了原有SPPB得分,这表明该计划在预防身体功能进一步衰退方面效果显著。

临床进展

我们观察到SPPB分级水平也出现了具有临床意义的显著提升。

25-30%

的患者上升至更高的SPPB等级

65-75%

患者维持了原有等级。



患者的心肺耐力亦有所增强,使他们行走能力更强、距离更远。



这些成果进一步坚定了我们信念,并激励我们继续追求卓越,为患者提供更加全面、优质的全人护理服务。

如今, Abidin先生所面对的挑战已截然不同。但当年让他在夜店门口威风八面的那股子硬气, 如今照样撑着他——作为一个已经透析了十五年的病人, 他还在坚定地往前走。

凭一身筋骨, 他曾站上自己的巅峰

在“透析”这个词还没出现在他生活里之前, Abidin先生所从事的是一个对体力要求极高的行业。把守克拉码头沿岸的夜店大门, 担任知名贵宾的贴身保镖, 他在一个以力量为硬通货的环境中如鱼得水。

“我曾经是新加坡最强壮的人之一, 身体非常健壮。但你也知道, 在那个圈子里, 为了增肌和提升表现, 吃各种药和补剂是家常便饭。现在回头看, 这很可能就是我肾衰竭的原因之一。”

这是一句既坦诚又勇敢的自白。对卓越体能的追求——那些在体能至上的圈子里司空见惯的补剂和药物——在不知不觉中损害了他的肾脏。当诊断结果出来时, 那不仅仅是一纸医疗判决书, 更是一种身份的终结。



十五年的坚持之战

Abidin先生与肾脏透析基金(KDF)结缘已有十五年。这十五年, 既见证了他个人的坚韧, 也展现了KDF长期给予的支持及其以患者为中心的护理素质。他的透析之旅始于KDF碧山中心, 后来三皇五帝海军部连路透析中心(San Wang Wu Ti Admiralty Link Dialysis Centre)开业后, 他便转到了那里。

新中心离家更近, 通勤时间大大缩短。由于他在碧山透析中心期间的交通由KDF安排并承担费用, 他得以方便乘坐出租车往返。

中心的护士们与Abidin先生都很熟悉, 他热情友善的性格让护理过程十分顺畅。不少护士都对他赞誉有加, 说他不仅乐于听从医嘱、接受反馈, 还经常鼓励其他病友要坚强、要坚持。

“作为肾病患者, 我们不能喝太多水。所以我经常帮忙提醒身边那些正在接受透析的年长病友, 要遵守护士和营养师定下的饮食和治疗计划。他们是专业人士, 比我们懂得多。我们听他们的, 是为自己好。”



循序渐进, 信任过程

物理治疗防跌倒风险管理计划(Physiotherapy Fall Injury Risk Management, 简称FIRM)是KDF以患者为中心的全面护理计划的重要一环。作为KDF的患者, Abidin先生一直积极参与其中。该计划旨在减轻透析和肾衰竭对身体造成的损耗, 改善患者的整体活动能力和心血管健康, 而它对Abidin先生产生了巨大而正面的影响。

“参加这个计划之前, 我走不到三米就喘得不行。以前从卧室走到洗手间, 要花30分钟。”

对于一个曾以身体强健和活力为立身之本的人来说, 这样巨大的落差确实让人难以承受。但他没有放弃, 而是希望借助这个计划, 一步一步地恢复活动能力和体能。

该计划由热心的KDF健康教练执行, 并由一名经综合医疗保健专业理事会(AHPC)认证的物理治疗师主导, 为患者量身定制结构化的健康管理方案, 帮助他们提升在透析之外的生活质量。

肾脏透析基金简报

肾析简报

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真正的力量， 从不是体能的专利

他曾经往克拉码头最火的夜店门口一站, 不用开口, 光凭那股气场, 便足以让人心生敬畏。52岁的Mohamed Abidin Bin Abdul Rahim 先生, 用他自己的话说, 曾是新加坡数一数二的壮汉。当夜店保安、给VIP当贴身保镖, 他的饭碗全建立在身体之上——力气、体格、块头, 缺一不可。