



Annual Report 2018



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“It is very imperative that we call attention to the rising number of kidney patients in our country. Indeed, it is incumbent upon us to foster the crucial goal of spreading awareness on preventive measures and ensuring that those already affected receive better access to the care they need.

We are certain that our collective and integrated action will help us overcome this challenge to public health.

We join Bhutan Kidney Foundation in this endeavor and pledge our abiding efforts to this important initiative”

- Her Majesty the Gyaltsuen Jetsun Pema Wangchuck



Description of the Logo:

The outlook of the logo reflects love and care for those fellow citizens diagnosed with any kind of disease.

The red outline of a single kidney reflects the urgency of support and care needed for the patients with ever-increasing kidney failure cases. It also reflects an immediate risks involved with any kidney related disease.

The green colour of a caring hand reflects growth and healing ability with our collective efforts and support morally and financially. It also cautions people to choose healthy and proper dietaries in their everyday lives.

The hand holding the red kidney shows optimism and auspiciousness for swift recovery of the patients.

The black color of the caption, in Dzongkha and English, reflect power and ability to support those needy patients with collective efforts of all people.

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OUR PROFILE

About BKF

The Bhutan Kidney Foundation is a **Civil Society Organization (CSO)**, registered on 15th of August 2012 as per the CSO Act 2007.

The Foundation is established as **Public Benefit Organization (PBO)** under the patronage of Her Majesty the Gyaltsuen, **Jetsun Pema Wangchuck**.

Vision

A population living a socially and economically productive life through reduced incidence of kidney disease and through improved access to timely services.

Mission

1. To improve access to timely diagnosis and treatment.
2. To reduce incidence of chronic kidney disease through dissemination of knowledge on the causes, prevention and treatment on kidney diseases.
3. To improve quality of life of chronic kidney disease patients and enable them to lead socially and economically productive lives.

What we do?

1. Advocacy and Awareness – Prevention

Sensitize the general public on life-sustaining role of the kidney plays in the health of an individual; risk factors of non-communicable diseases and preventive measures.

2. Patient Care and Support

The Foundation provides support to the affected population and their families, either directly or through partnerships with or referrals to other service providers mainly focusing on medical, legal, advocacy, counselling, financial support and peer support programs.

Recognition

1. The Foundation is the recipient of National Order of Merit (Gold) granted by His Majesty The King on the National Day 2016.
2. The Foundation bagged 1st prize for the Best World Kidney Day activities from the International Federation of Kidney Foundations (IFKF) during the 18th IFKF Conference in Chennai, India.

ACTIVITY REPORT

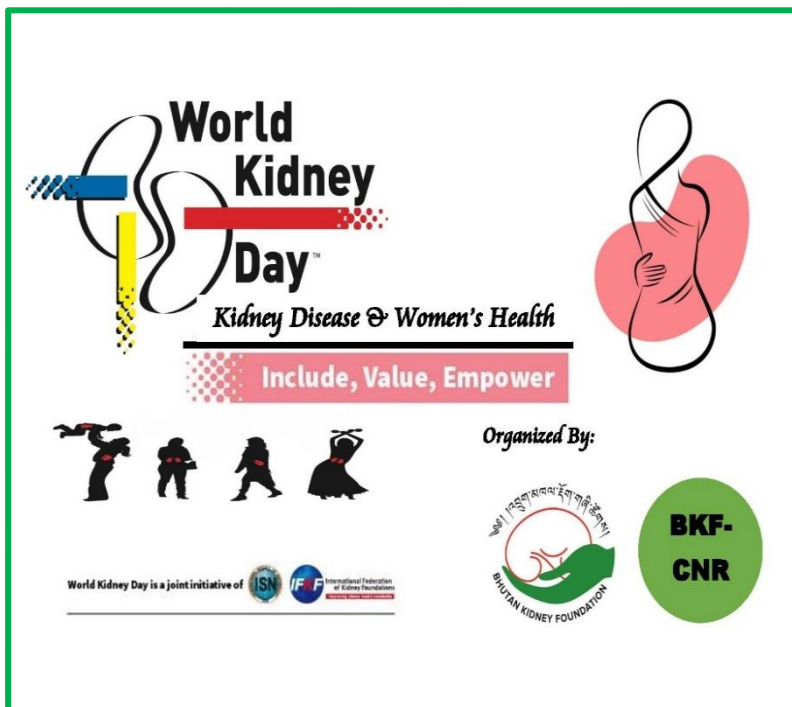
2018

Advocacy & Awareness – Prevention Measures

World Kidney Day

World Kidney Day (WKD) is celebrated annually throughout the world on every 2nd Thursday of March. The event is a joint initiative of ISN (International Society of Nephrology and the IFKF (International Federation of Kidney Foundation).

The WKD aims to raise awareness of the importance of our kidneys to our overall health and to reduce the frequency and impact of kidney disease and its associated health problems worldwide.



Remaining with the theme “Kidney Disease & Women’s Health”, the 2018 World Kidney Day was observed at Peljor Chholing Ani Dratshang in Lobesa in Punakha Dzongkhag. During the event, we:

- ✓ Sensitized the nuns and residents of Dorongthang on kidney health, disease, issues and preventive measures through health talk, documentary and facilitation of health check-ups;
- ✓ A total of 45 people availed themselves of the health check-up services. Those identified with high risk were referred to nearby health centers for timely medication and preventive action.



The event team with the target audience



Dr. Sangay of JDWNRH talks about kidney health

The Foundation’s network “BKF-CNR” hosted and coordinated the event observation.

Project: “Develop Community Action Plan to Control Kidney-Related Diseases through Prevention Programme

Funded & Supported by European Union and Helvetas Swiss Intercooperation.

Through the funding of European Union and support from Helvetas Swiss Intercooperation, BKF embarked on a one-year project to intensify the awareness and develop an action plan to act on preventing kidney related diseases:



The Project in four districts (Mongar, Pemagatshel, Sarpang and Samtse) was carried out at the budget of Nu. 1,779,400.00 for the period of one year from March 2018 – March 2019.

Project Activities carried out:

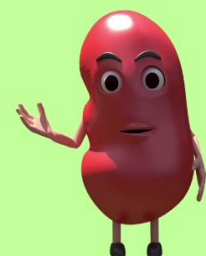
- ✓ Developed a 3-D animation film titled “Prevention over Cure”;
- ✓ Developed 14 educational standees in both Dzongkha and English;
- ✓ Oriented and established networks with 19 Gewogs and 26 Schools;
- ✓ Procured digital health equipment (Blood Pressure Monitors, GlucoMeters, Weighing Scales and Height Measurement Scale);
- ✓ Procured a projector.

Immediate Project Outcome

- ✓ Created permanent cartoon characters (a pair of kidneys and cartoon of BKF’s founder);
- ✓ Developed educational standees in both Dzongkha and English on ***Message from the Royal Patron, Blood Pressure, Diabetes, Body Mass Index, Physical Exercise, Salt Intake and Water.***

(These characters and standees will be used throughout for all kinds of advocacy materials of the Foundation)

DRINK AT LEAST 2 - 3 LITERS OF WATER EVERYDAY



KIDNEY TRANSPLANT RECIPIENTS' MEET

BKF's Board & Volunteers with the kidney transplant recipients and the management of JDWNRH



Following a series of issues faced and presented by the Kidney Transplant Recipients (KTR), the BKF organised a meeting with the management of Jigme Dorji Wangchuck National Referral Hospital on 26th July.

A total of 58 KTR attended the meeting.

The Foundation's Board of Directors and volunteers also participated in the meeting.

Mr. Tshewang Thinley, kidney transplant recipient shares his concern on drug level test.



An OPD (Out Patients' Department) for the kidney transplant recipients was opened as an immediate outcome of the meeting.

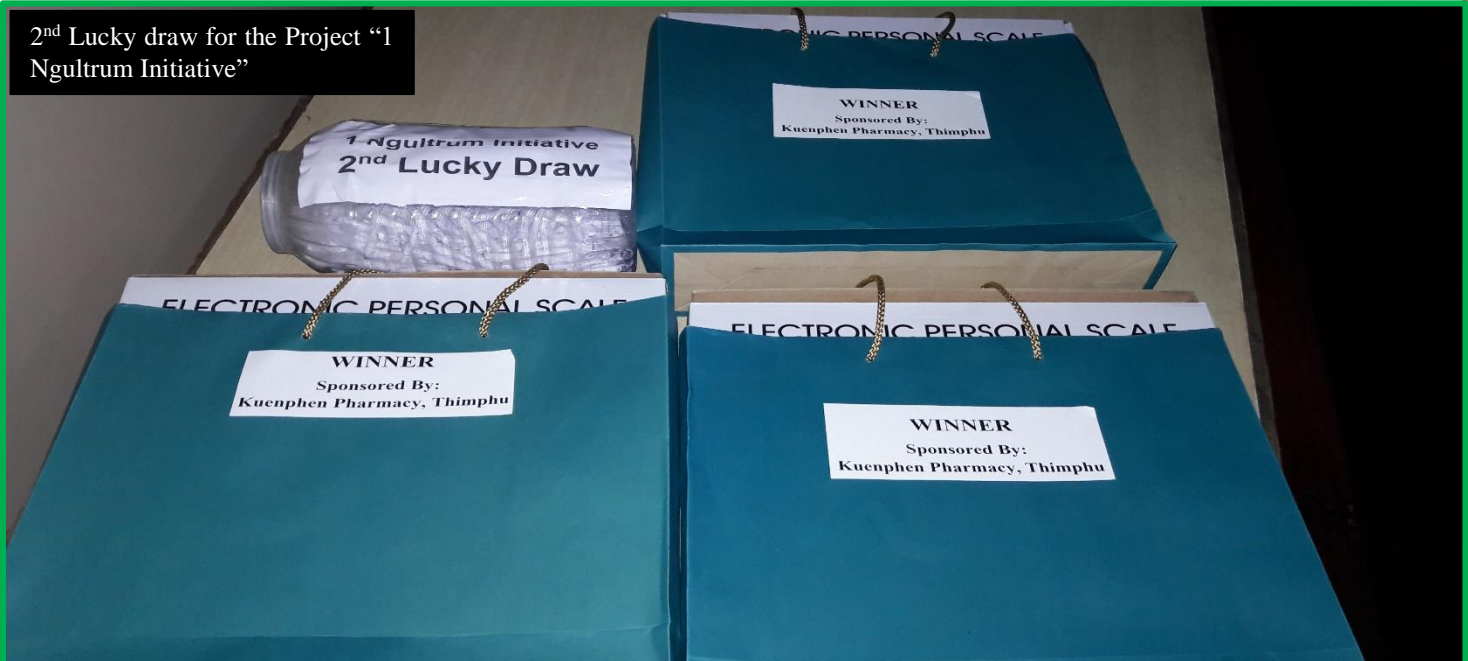
The 6th ANNIVERSARY of BKF

Celebrating the 6th Anniversary on 15th August 2018, the BKF launched its refurbished website in the presence of its Board Directors.

BKF's Board of Directors launches its refurbished website



2nd Lucky draw for the Project "1 Ngultrum Initiative"



- ✓ Coinciding with the 6th anniversary, the lucky draw for the Project "1 Ngultrum Initiative" was also held.
- ✓ Kuenphen Pharmacy in Thimphu sponsored the prizes for all the three lucky winners.

Patient Care & Support Programme

As the only Civil Society Organization in the country advocating on services and care for people with chronic kidney disease, “Patient Care and Support” programme is a priority area that the Foundation focuses on.

The supports are extended either directly or through partnerships with or referrals to other service providers mainly focusing on medical, legal, advocacy, counselling, financial support and peer support programs.



Supply of monthly grocery at Kidu Patient Guest House, Thimphu



Indoor game support from the Project “1 Ngultrum Initiative”

Areas of Patient Care & Support

1. Grocery & basic necessities at Patient Guest Houses;
2. Financial Support for treatment in India;
3. Transportation Expenses & Support;
4. Academic Expenses for Children of underprivileged patients;
5. Seed Money for Home-Based Business – Livelihood Programme;
6. Patient Nursing & Pilgrim Programme;
7. Semso (Commiseration) and
8. Others

The BKF’s involvement in facilitating access to treatment and services, guiding and counseling plays vital role as 90% of the patients comes from rural parts of the country with little or no knowledge of services available.

These counseling services and guidance contribute significantly to successful kidney transplant as we witness many families and relatives coming forward to save their loved ones living with kidney problem.

Expenditure on Patient Care & Support Programme - 2018

Sl.	Area of Support	Amount Spent (Nu.)	No. of Clients supported
1.	Supply of Grocery & basic necessities at Patient Guest Houses	576,977.00	53
2.	Treatment in India	538,341.00	8
3.	Transportation Support & Expenses	122,362.00	14
4.	Children's Education Support	3,840.00	1
5.	Semso (Commiseration)	105,000.00	11
6.	Expenditure at Gelephu Patient Guest House	133,905.00	4
7.	Others	54,415.00	
Total Expenditure		1,534,840.00	91



Residence of Kidu Patients Guest House on excursion in Paro

Under Patient Care & Support Programme, the Foundation included a new activity "Patient Nursing Programme".

The BKF officials escorted a total of 38 occupants of Kidu Patient Guest House in Thimphu for a day-long pilgrimage in Paro during Zhabdrung Kuchoe.

A similar trip was also supported for 14 dialysis patients of Mongar Regional Referral Hospital for a day-long visit in Rangjung in Trashigang.



Residence of Mongar Patients Guest House on excursion in Rangjung

This activity was found important as life under dialysis can bring lot of challenges such as anxiety, social isolation, loneliness, and even depression.

The Foundation partners with individuals and groups to extend support for this area.

PATIENT GUEST HOUSES



Kidu Patient Guest House, Thimphu

Supported by the Office of Gyalpoi Zimpon, the house accommodates an average of 35 people who require medical attention.

Of the total occupants, 90% of the occupants are people undergoing dialysis at Jigme Dorji Wangchuck National Referral Hospital.

The BKF complements this support by meeting basic needs day-to-day basic needs of the occupants.



Patient Guest House, Gelephu

The Temporary Patient Guest House in Gelephu was started on 1st August 2017. The house accommodates a total of 5 patients undergoing dialysis at the Central Regional Referral Hospital.

The expenditure for the house and utility are borne by the Foundation with the funding support from its network “BKF-Zhenphen Jangsem Dhetshen”.

NETWORKS

BKF-Zhenphen Jangsem Dhetshen

The network was established on 23rd December 2015 with the primary mandate to complement the Foundation's "Patient Care & Support" Programme.
The group comprise of religious figures and compassionate citizens together through a common social media group "WeChat" supports the need addressed.

Date	Activities/Support
2/2/2018	▪ Spent Nu. 6,709/- fir the offering of refreshment on recitation of prayers for patients.
2/2/2018	▪ Financial support of Nu. 10,000/- extended to Mr. Tashi Namgay for review in India.
13/2/2018	▪ Supplied grocery worth Nu. 32,500/- to Mongar and Gelephu for the celebration of Losar.
1/5/2018	▪ Supplied grocery worth Nu. 31,680/- at PGH in Thimphu.
18/5/2018	▪ Supplied grocery worth Nu. 30,000/- to PGH in Mongar.
20/6/2018	▪ Supplied grocery worth Nu. 37,400/- at PGH in Thimphu.
13/7/2018	▪ Distributed Nu. 22,000/- to 22 patients of PGH in Thimphu.
30/10/2018	▪ Supplied grocery worth Nu. 32,000/- at PGH in Thimphu.
31/12/2018	▪ Supplied grocery worth Nu. 7,960/- to the patients of PGH in Gelephu.
The network also spent a total of Nu. 74,300/- as rent and Nu. 8,793/- for utility bills at the Patient Guest House in Gelephu.	

BKF-Sherubtse

The network was established on 13th July 2015 with the primary mandate to complement the Foundation's "Advocacy & Awareness" Programme.
The group comprise of faculties and students of Sherubtse College.

Date	Activities/Support
8/3/2018	▪ Observed World Kidney Day at Sherubtse College in Kanglung.
1/9/2018	▪ Organized clean-up campaign and awareness programme on kidney health at Draktsho in Rongthung.
1/10/2018	▪ Conducted awareness and fund raising event at Rangjung Central School, Trashigang.
17/12/2018	▪ Conducted awareness and fund raising event at Sherubtse College

BKF-CNR

The network was established on 3rd August 2017 with the primary mandate to complement the Foundation's "Advocacy & Awareness" Programme.
The group comprise of faculties and students from College of Natural Resources in Lobsesa, Punakha.

Date	Activities/Support
8/3/2018	▪ Hosted and coordinate the observation of World Kidney Day.
6/9/2018	▪ Organized seminar on kidney health issues at CNR

BKF-New York

The network was established since 2017 with the primary mandate to support the Foundation and its clients financially.
The group comprises of Bhutanese working and studying in USA, Australia and Canada.

Date	Activities/Support
	Mobilized and supported Nu. 77,840/- for Ms. Dhan Maya Gurung's treatment.
	Supports BKF financially with Yearly Membership Fee

MEMBERS & STRENGTH

Membership Type		Total Member
1.	Paid/Volunteer Member	464
2.	Welfare Fund (Monthly Contributor)	750
3.	Project "1 Ngultrum Initiative"	316
4.	Technical Volunteers/Member	166

Network Group		Total Member
1.	BKF - Zhenphen Jangsem Dhetshen	1,564
2.	BKF – Sherubtse	160
3.	BKF – New York	217
4.	BKF – CNR	171



2018's outgoing members of BKF-Sherubtse

IFKF CONFERENCE

A team from Bhutan Kidney Foundation comprising Board Members and staffs participated at the 18th IFKF (International Federation of Kidney Foundations) Conference held in Chennai, India from 10th – 12th December 2018.

The conference was organized by the IFKF and TANKAR (Tamilnad Kidney Research Foundation)

BKF team with the members of IFKF in Chennai



BKF presents on 2018's World Kidney Day activities



The Award



The Bhutan Kidney Foundation took part in poster competition and bagged 1st prize for best World Kidney Day activities from the IFKF.

1 NGULTRUM INITIATIVE

Income & Expenditure Record from 1 Ngultrum Initiative Project				
INCOME		EXPENDITURE		
Month	Amount (Nu.)	Date	Amount	Area of Support
January	10,872.00	05.02.2018	13,160.00	Supply of Grocery
February	14,849.00	21.03.2018	25,920.00	Supply of Grocery
March	19,728.00	05.04.2018	4,000.00	Recreational Support
April	11,077.00	05.04.2018	6,200.00	Settlement of new patient at Kidu Guest House
May	8,082.00	03.05.2018	4,480.00	Settlement of new patient at Kidu Guest House
June	31,599.00	03.06.2018	4,800.00	Transportation Support
July	19,575.00	05.06.2018	8,780.00	Transportation Support
August	9,384.00	07.07.2018	4,800.00	Transportation Support
September	5,425.00	14.07.2018	15,000.00	Treatment in India
October	13,319.00	07.08.2018	4,800.00	Transportation Support
November	12,166.00	07.09.2018	4,800.00	Transportation Support
December	37,402.00	20.09.2018	2,560.00	Settlement of new patient at Kidu Guest House
		02.10.2018	3,840.00	Settlement of new patient at Kidu Guest House
		05.10.2018	15,000.00	Supply of Grocery
Total Income	193,478.00	Total Expenditure	117,900.00	

1 Ngultrum Initiative was commenced on 11th July 2016 to create awareness on the importance of one ngultrum notes in the society whereby the fund generated are devoted for life-saving cause through “**Bhutan Kidney Foundation**”.

BKF TEAM

A. Board Directors



Aum Pema Lhamo
CHAIRPERSON



Aum Jharna Rai
BOARD



Dr. Thinley Dorji
BOARD DIRECTOR



Dr. Minjur Dorji
BOARD DIRECTOR



Mr. Tashi Namgay
MEMBER SECRETARY



Ms. Tandin Bidha
BOARD DIRECTOR

B. Staffs



Mr. Tashi Namgay
EXECUTIVE
DIRECTOR



Mr. Karma Tobgay
PROGRAMME
OFFICER



Ms. Dechen Lhamo
ADMIN &
FINANCE OFFICER



Ms. Sonam Choden
OFFICE
ASSISTANT

C. Network Coordinators



Aum Yangchen Dema
BKF-NEW YORK



Lam Yeshe Tshering
BKF-ZJD

C. Network Coordinators



Ms. Sangay Choden
BKF-CNR



Mr. Singye Wangchuk
BKF-CNR



Ms. Sonam Dechen
BKF-Sherubtse



Mr. Tashi Gyeltshen
BKF-Sherubtse

FINANCIAL REPORT

1. Receipt and Payment Statement

Bhutan Kidney Foundation
RECEIPTS AND PAYMENTS STATEMENT
 For the year ended 31st December 2018

RECEIPTS	SCHEDULE	AMOUNT (Nu.)	PAYMENTS	SCHEDULE	AMOUNT (Nu.)
Opening Balances:			Expenditures:		
Cash in Hand	1	2,791.55	Program Expenses	4	1,257,205.48
Cash at Bank		5,176,706.97	Administrative Expenses	5	2,592,417.83
Fund Receipts:			Assets:		
Fund received during the Year	2	5,601,392.90	Asset Purchases	7	624,096.00
Interest Earned from Saving & FD	3	2,122,057.83	Outstanding Advance:		
			Office Rental		50,000.00
			Closing Balances:		
			Cash in Hand	6	15,490.26
			Bank at Bank		8,363,739.68
Total		12,902,949.25	Total		12,902,949.25


 (Dechen Lhamo)
Asstt. Finance Officer
Assistant Accounts
Officer
 Bhutan Kidney Foundation




 (Zashi Namgay)
Executive Director
Executive Director
 Bhutan Kidney Foundation
 Thimphu: Bhutan


 (Kesang Wangdi)
Auditor



2. Bank Reconciliation Statement

Bank Reconciliation Statement of Bhutan Kidney Foundation For the year ended 31st December 2017 to 2018

Date	Particulars	Amount (Nu.)	
31.12.2017	Closing Balance as per Cash Book		
	BoB # 100676473	4,934,056.70	
	BNB # 5100027542001	242,650.27	
	Add: Cheque issued but not encashed	-	
	Closing Balance as per Bank Statement		5,176,706.97
Total		5,176,706.97	5,176,706.97

Date	Particulars	Amount (Nu.)	
31.12.2018	Closing Balance as per Cash Book		
	BoB # 100676473	8,040,406.80	
	BNB # 5100027542001	323,332.88	
	Add: Cheque issued but not encashed	-	
	Closing Balance as per Bank Statement		8,363,739.68
Total		8,363,739.68	8,363,739.68



(Dechen Lhamo)

Asstt. Finance Officer

Assistant Accounts
Officer

Bhutan Kidney Foundation



(Tashi Namgay)

Executive Director

Executive Director

Bhutan Kidney Foundation

Thimphu: Bhutan



ACKNOWLEDGEMENT

1. Office of Gyalpoi Zimpon
2. Board of Directors
3. Networks & Members
 - a. BKF-Sherubtse
 - b. BKF-CNR
 - c. BKF-New York
 - d. BKF-Zhenphen Jangsem Dhetshen
 - e. Technical Members
4. Members & Volunteers
 - a. Paid Members
 - b. Monthly Contributors
 - c. Members & Contributors of 1 Ngultrum Initiative
5. Partners & Stakeholders
 - a. Ministry of Health
 - b. JDWNRH
 - c. Department of Local Government
 - d. Dzongkhag and Gewog Administrations
 - e. CSO Authority and CSOs
 - f. Helvetas Swiss Intercooperation
 - g. European Union
 - h. World Health Organization
6. Media Partners
 - a. Bhutan Broadcasting Services Corporation
 - b. Kuensel Corporation



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Email: info@bhutankidneyfoundation.org

Facebook: @Bhutan Kidney Foundation

Contact: +975-02-328654 / 77126522

P.O Box No.: 448

Location: Tara Plaza, Behind Doctors Building, Changzamtog - Thimphu



Website



Facebook