



Kidney Disease Screening and Awareness Program

KDSAP.ORG

2013-2014 Annual Report

July 2013

KDSAP Board Teaches Kidney Professional Organizations on Running a Similar Program

The Kidney Disease Screening and Awareness Program (KDSAP) is one of the first models that strategically targets undergraduate students early in their educational career to help address the current nephrology workforce crisis.

Due to KDSAP's success, American Society of Nephrology (ASN), one of the largest nephrology societies in the world, has also formed a partnership with KDSAP to create a sister national initiative called the Kidney-MAPS (Mentor and Assessment Program for Students) to implement a similar approach. KDSAP has developed and hosted a two-day training session for Kidney-MAPS three pilot chapters in October 2013. The training has successfully helped the pilot chapters: Emory University in Atlanta, Georgia, University of Louisville in Kentucky and Indiana University launched their programs.

The Renal Division of Brigham and Women's Hospital has also used KDSAP as the model for teaching module. KDSAP was awarded a five-year NIH grant for



Harvard KDSAP Health Education Co-Director: Andrew Pan briefs the group of professionals about the role and responsibilities of his position.

the Harvard Summer Research Program in Kidney Medicine (HSRPKM): Impact of Exposure in Kidney Medicine Research on Students' Career Choice, which the KDSAP

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Programs Designed for Student Career Development

KDSAP

- "Medical School Admissions" Panel: Three Harvard medical students were invited to share their medical school application experiences and host a Q & A session. 30 Harvard undergraduate students had attended the lecture.
- "Meet the doctors" colloquium: Drs. Mary Choi, William Pendergraft and Matthew Menard were invited to the panel this year. Students have the opportunity to speak to nephrologists and kidney disease researchers and a vascular surgeon about their work-life experiences .
- "Meet the Patient" symposium: Richard Sicurella talked about his life on dialysis at home. Students learn about: how living with kidney disease is like, how doctor-patient relationship work and what are the qualities of a

doctor they are looking for.

Community Outreach

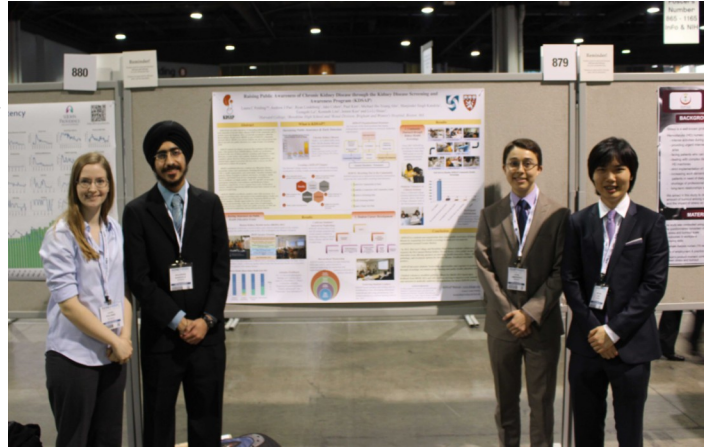
- A total of seven screenings had been give by KDSAP's community outreach program and 168 people had been screened. Locations including: Korean Buddhist Temple (Wakefield, MA; two screenings), Korean Church of Boston (Brookline, MA), Boston-Haiti Health Support Team Community Health Fair (Hyde Park, MA), Chinese Consolidated Benevolent Association of New England (Boston, MA), Fountain of Grace (Canton, MA) and Chinese Christian Church in Somerset_(Somerset, NJ).
- Boston Kidney Health Series (BKHS) 2013 was held on November 2, with 25 attendees. BKHS is a half-day community kidney health education program for the

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KDSAP Student Abstract Selected for ASN Kidney Week Poster Presentation

KDSAP members have created and submitted an abstract based on KDSAP programs for American Society of Nephrology's annual meeting. The abstract "Raising Public Awareness of Chronic Kidney Disease through the Kidney Disease Screening and Awareness Program (KDSAP)" has been selected for poster presentation.

Abstract: KDSAP has two main objectives: 1) to increase public awareness and early detection of chronic kidney disease (CKD) in the community and 2) to provide student tools for career development. Here, we establish an initiative called the Boston Kidney Health Series (BKHS) as a part of KDSAP's community outreach efforts. BKHS is an entirely student-run, day-long program that aims to provide free public education on a range of topics surrounding CKD. KDSAP students developed a program that contained CKD-related topics with speakers from multidisciplinary health care professions involved in the care of kidney patients, including nephrologists, a renal dietician, a social worker, and a patient. Students designed flyers, compiled a phone directory listing local community organizations, and solicited their supports to promote this free event. A survey was then conducted to evaluate the program at the end of the day. BKHS's established directory contains over 100 greater Boston community centers and organizations, including libraries, churches, YMCA, health organizations, and social media. Attendees included CKD patients, kidney transplant recipients and donors, caretakers, family members, and friends from diverse communities around Boston. Survey feedback was highly positive, with 73% and 60% of surveyed participants rating the event usefulness and likelihood of future attendance, respectively, a 5 on a 5-point Likert scale. Furthermore, student volunteers reported that BKHS increased their exposure and interests in nephrology. KDSAP's BKHS is an effective model to raise CKD awareness. It is a unique student-run program with the inclusion of diverse health topics from speakers of multidisciplinary health care professions. Organizing BKHS provides KDSAP members valuable opportunities for career development, leadership and mentorship. Under the supervision of nephrologists, BKHS serve as a model in raising public awareness of CKD and cultivating interest in nephrology among undergraduate students.



KDSAP students: Laura Polding, Manjinder Kandola, Ryan Lideborg and Ho-Young Ahn presenting their poster at ASN Kidney Week 2013.

Programs for Students

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general public initiated by KDSAP students. The event covers a wide range of topics including: kidney 101, food and nutrition, social support for chronic kidney disease (CKD) patients, options of treatment, CKD patient panel and more.

- Universal Precaution and Professionalism (UPP) workshop were given in September, 2013 and February, 2014. 37 volunteers have gone through the training. UPP is

mandatory for all KDSAP members and volunteers who wish to join the CKDD screening crew. The UPP program teaches volunteers screening techniques along with an emphasis on safe practice, compassion and humanity aspect of providing kidney health screening.

- The blood pressure measurement workshop is to teach college students how to measure blood pressure accurately. Trainees must successfully demonstrate the nine steps of blood pressure measurement in order to be certified. 13 students were certified in the past cycle.

KDSAP Student Reflections on ASN Kidney Week Experience



Laura Polding, Class of 2014; Co-President, 2013

“ASN Kidney Week allowed us to collaboratively hone our skills in writing an abstract, designing a poster and presenting our work at a poster session while engaging in dialogue with kidney researchers. We experienced the field of nephrology from all angles by attending oral presentations covering an enormous array of topics relating to cutting-edge research, novel clinical technologies and health policy reform. We also spoke one-on-one with leading professionals from around the world about their careers, research and perspectives on the health care system and the clinical practice of nephrology. My favorite part of the ASN experience was the opportunity to envision what a career as a nephrologist or researcher might look like and to get excited about what I could contribute to the field if I pursue nephrology in the future. Attending this conference was truly enlightening and was one of the most special and rewarding experiences of my time with KDSAP.”



Michael Ho-Young Ahn,
Class of 2015
Co-President, 2014; Co-Director
of Community Outreach, 2013

“ASN 2013 was the highlight of my experiences with KDSAP. It was the first time that I ever attended a professional conference and it was nothing short of spectacular. It was exciting to think that so many brilliant people from all over the world gathered in one place to present their novel research and learn from one another. Presenting our poster in front of so many distinguished people was an honor and an invigorating experience. I had an amazing time in Atlanta and I will always have fond memories of the ASN conference. I hope that future KDSAP members will have the opportunity to present at a future ASN conference just as we did.”



Ryan Lindeborg,
Class of 2016; Co-Director of
Community Outreach, 2014;
Secretary, 2013

“Presenting at Kidney Week 2013 was an unforgettable experience for me. It was such an honor to be able to represent KDSAP on an international level. Reflecting on my trip to Atlanta, I am so appreciative of the phenomenal opportunities offered to me, and that as an undergraduate I was able to speak to passionate health care workers about how to more effectively screen for kidney disease and improve care of people with kidney diseases. Discussion with others at the poster presentation both inspired me to continue the meaningful work of KDSAP and to think of new ways to better serve communities.”

Manjinder Kandola, Class of 2014; Co-Programming Director, 2013

“I honestly cannot thank you enough for giving us all such an incredible opportunity- it was truly an unforgettable experience. I not only learned a great deal about nephrology, but hearing about some of the new techniques and methods being employed in the field actually gave me some great ideas for projects that haven't been done in cardiovascular disease that I can bring back with me to my lab at BI. Nephrology is such a dynamic and wide-ranging field that it not only encouraged me to pursue this field as a physician, but also has much to offer to so many other disciplines. Kidney Week was a great experience in that it presented very novel, detailed research, but was still accessible to undergrads. The chance to meet so many esteemed faculty and to hear about their own motivations and passions was absolutely inspirational.”



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ABOUT KDSAP

The Kidney Disease Screening and Awareness Program (KDSAP) is created and founded by Li-Li Hsiao, MD, PhD in March, 2008. The first KDSAP chapter is registered at Harvard College where Dr. Hsiao has served as the official advisor. KDSAP has two key objectives: Student career development and Community Outreach.

Dr. Hsiao has created many innovative programs within KDSAP for the benefit of students. KDSAP offers several speaker series and programs each semester that expose students to the scientific and medical professions and facilitate the development of mentor-mentee relationships. KDSAP members may also participate in the community outreach branch: Community Kidney Disease Detection (CKDD). CKDD runs monthly screening in medically underserved communities per request. KDSAP members also have opportunities to develop leadership skills through organizing and managing CKDD screenings while providing kidney health screenings.

KDSAP is one of the first models that strategically targets undergraduate students early in their educational career to help address the current nephrology workforce crisis. As of the end of 2011, KDSAP's existing chapters including: Harvard College, North Quincy High School and Brookline High School. KDSAP has gained nationwide and international attentions and several institutions have requested to start KDSAP at their institution.

KDSAP sister programs have launched successfully~

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founder Dr. Li-Li Hsiao served as the co-principal investigator.

Four other sites: Emory University, Mayo Clinic Medical School, University of Texas-Southwestern, and Yale University also have received the same NIH grant to run the same program as HSRPKM.



↕ Emory University Kidney- MAPS has successfully launched its screening and student education programs. (Photo Courtesy: Emory University)



The Kidney-MAPS inaugural kidney health screening of Indiana University. (Photo Courtesy: ASN)

