





# Kidney Disease Screening and Awareness Program

Welcome New Chapters of 2018-2019

-  Augustana University
-  Emory University

## Index

- HQ Highlights.....1
- Summer Research.....2
- Retreat 2018.....3
- Alumni Corner.....4
- New Chapters.....5

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2018-2019 NEWSLETTER

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## Connecting Chapters and Communities



**T**hanks to its growing number of members, advisors, community partners, and event attendees, KDSAP has made great strides this past year.

The **Second Annual KDSAP Retreat** was hosted by Harvard KDSAP in Cambridge, MA, from October 6-7, 2018. In addition to representatives from 15 chapters, KDSAP faculty advisors, alumni, and special guests were also invited this year (pictured above).

**> See page 3 for student and faculty reflections.**

Among the many results of the retreat were the establishments of the student-led **National Communications Committee (NCC)** and **Branding Team**, following the identification of specific needs during discussion sessions. The NCC aims to create a safe space for inter-chapter communication

while allowing for change to occur on an intra-chapter level. One of its main projects this year was setting up the KDSAP Slack and guiding chapters towards effective communication and collaboration. The Branding Team strategizes promotions, public relations, design, and outreach regulation, in a way that stays true to its core mission of serving yet is also engaging and relevant.

The **KDSAP mobile app** will launch this fall, and is the culmination of work by Headquarters, the KDSAP Research Team, and Medsenger, Inc. The HIPAA-compliant app has received approval from the Institutional Review Board (IRB) and, in this first stage, will be used to collect participant data during screenings in order to save paper and ensure confidentiality, accuracy, and ease. Stay tuned for more updates soon!

## KDSAP Summer Research Scholarship

After a successful first year, KDSAP began opening summer research scholarship applications exclusively to KDSAP members. The following four students were awarded scholarships in Summer 2019 and the opportunities to deepen their knowledge and exposure to kidney-related research. They will give research presentations at the Third Annual KDSAP Retreat in Boston.

### Patrick Potoczak

*Home Institution:* University of Michigan '22

*Research Institution:* University of Michigan

*Mentor:* Jonathan Thacker, PhD

*Project Title:* Reverse-Phase Separation of Lipids in Human Serum Extract

### Payton Puerzer

*Home Institution:* University of Pennsylvania '21

*Research Institution:* University of Pennsylvania

*Mentor:* Deirdre Sawinski, MD

*Project Title:* A survey of solid organ transplant recipient attitudes about contraception and pregnancy after transplant

### Ananya Ravi

*Home Institution:* University of Michigan '20

*Research Institution:* University of Michigan

*Mentor:* Mona Doshi, MD

*Project Title:* Analyzing Kidney Donor Referral Demographic Trends from 2010-2017

### Andrew Rosenblatt

*Home Institution:* Cornell University '20

*Research Institution:* University of California, San Francisco

*Mentor:* Delphine Tuot, MD

*Project Title:* Association between Social Cohesion, Awareness of Chronic Kidney Disease and Participation in Healthy Behaviors

### Rebecca Chen

*Home Institution:* University of California, Los Angeles '19

Rebecca was the first ever recipient of the KDSAP Summer Research Scholarship, having learned about KDSAP through her participation in the Harvard Summer Research Program in Kidney Medicine (HSRPKM) in 2016. She returned to Boston last summer and worked on two projects at KDSAP Headquarters under the mentorship of Dr. Li-Li Hsiao. The first was the creation of the KDSAP Alumni Survey, a longitudinal study designed to measure KDSAP's progress on its goal to expose and mentor undergraduate students in medicine, specifically in the fields of primary care and nephrology. The second was a compilation of survey validation techniques for the in-progress KDSAP Score. Both involved exposure to and learning of survey creation and validation techniques, an invaluable skill for future community health research endeavors. Rebecca had a wonderful experience overall, fostering many new friendships within Dr. Hsiao's laboratory and exploring Boston's many beautiful sights. In October 2018, she was invited to present on her research at the national KDSAP Retreat at Harvard.



Rebecca with Dr. Hsiao at the end of her summer research

## Two Perspectives on KDSAP Retreat 2018

“The Kidney Disease Screening and Awareness Program (KDSAP) is a national undergraduate student-run organization founded by Dr. Li-Li Hsiao, a nephrologist at Harvard



From L to R: Aastha Dharia, Claire Wixson, Dr. Hsiao, Jeremy Policht, and Karthik Pittala

University. Our mission is to provide free health care and education to communities in need, while simultaneously providing undergraduate students the opportunity to

learn hands on skills and exposure to medicine. We accomplish this through student run health screenings focused on the detection of chronic kidney disease.

Every year, KDSAP holds a weekend retreat to bring KDSAP members from across the country together. This past October, it was hosted by the Harvard University chapter in Boston. The purpose of the retreat is to provide a chance for students from across the country to network and learn from each others’ trials, tribulations, and successes.

After checking out Harvard Square and Cambridge, we headed to the retreat site. From networking to problem solving, our retreat covered it all. We were treated to some great guest lectures that touched on a wide array of topics. Dr. Jeffrey Berns from the University of Pennsylvania spoke about “The Past, Present and Future of Nephrology”; Harvard’s Dr. Edgar Milford provided a history of kidney transplants and dialysis; and Dr. Betsy Srichai gave life advice as a nephrologist who had been practicing for years. We also

“I’ve had the honor of working with the University of Michigan KDSAP chapter since 2016, and have always enjoyed the enthusiasm shown by our students. But attending my first national KDSAP retreat in Boston in October 2018 gave me a whole new perspective. It was a great opportunity to hear about all the great events being planned across the country at different KDSAP chapters, and to realize what a strong community KDSAP has become. Seeing students’ energy and passion for promoting kidney health was inspiring and helped remind me of why I chose a career in nephrology. And it was topped off by getting a nice bright orange KDSAP t-shirt to commemorate the occasion!

In addition to the joy of getting to know students from around the country, the KDSAP faculty that attended the retreat also put in some work planning for the future. One new opportunity that we are excited to offer is an expanded summer research program. We recently offered 5 scholar-

ships for students to conduct kidney-related studies during the summer of 2019. The groundwork for this program was developed during the KDSAP Retreat, including a commitment from faculty to help connect talented students with successful research mentors. As a result, students from KDSAP chapters will be doing research at UPenn, Michigan, UCSF, and Harvard this summer. We look forward to hearing about their experiences at the next retreat!”

heard about ongoing KDSAP research based on data derived from the screening programs around the country. It was great to get a perspective on the greater nephrology community, and we all definitely walked away with new knowledge and some interesting things to think about.

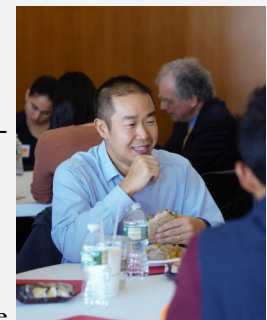
Even with all of the other components, the retreat was also about sharing our experiences with KDSAP and learning from other chapters. We spent a lot of time discussing topics such as member engagement, community partnership, funding, successful screening techniques, and more. We learned about the challenges and successes of other chapters and shared our own. Through a few collective brainstorms, we were all able to offer our experiences and learn from those of other universities. These ideas and experiences inspired us to come up with more innovative ideas for our own chapter. When we came back to Michigan, most of our next board meeting was spent discussing the new possibilities we could add to our existing plans for the club.

After sorting through all the ideas and advice, our club is currently scheduled to run two kidney disease screenings before the semester is over. A few weeks ago, we trained our members in the proper techniques necessary for hosting a successful screening, and we are all very excited to get started! In addition, we’ve lined up opportunities for shadowing in order to provide exposure to nephrology as a field, and are hoping to set up a variety of community engagement and education opportunities such as elementary school collaborations and kidney dissections for university students. All in all, the retreat was a great experience; we can’t wait to head back again next year!”

### University of Michigan KDSAP Executive Board

Used with permission by the Renal Fellow Network ([renalfellow.org](http://renalfellow.org)).

ships for students to conduct kidney-related studies during the summer of 2019. The groundwork for this program was developed during the KDSAP Retreat, including a commitment from faculty to help connect talented students with successful research mentors. As a result, students from KDSAP chapters will be doing research at UPenn, Michigan, UCSF, and Harvard this summer. We look forward to hearing about their experiences at the next retreat!”



Dr. Heung chats with students over lunch

### Michael Heung, MD, MS

Associate Professor and Associate Division Chief for Clinical Affairs,  
Division of Nephrology  
University of Michigan in Ann Arbor  
Physician Advisor, University of Michigan KDSAP

# Alumni Corner

## Martha Ormanoski

*Home Institution:* Cornell University '18  
*Major:* Biological Engineering, Biomedical Engineering  
*Cornell KDSAP:* Co-founder, Vice President

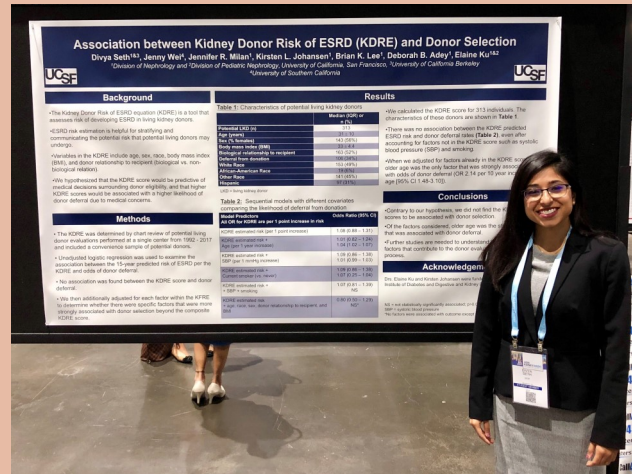
“To say that KDSAP had a significant impact on my life would be an understatement. In 2016, I helped found a chapter of KDSAP at Cornell University; I subsequently served as its vice president until the time of my graduation in 2018. I was originally drawn to KDSAP because I valued its mission of providing healthcare to medically-underserved individuals. However, little did I know that I would benefit just as much from the organization as the community did. KDSAP taught me that in order to deliver the most effective medical care, providers must understand how physical environments, socioeconomic statuses, and other social

determinants of health influence patients’ well-beings. I found this lesson, along with KDSAP’s mission to provide diagnostic screenings and health education to vulnerable populations, nothing short of inspiring. In fact, my involvement in this organization has significantly influenced my decision to pursue a career in primary care – because of KDSAP, I long to work at the frontlines of medicine to promote healthy lifestyles, prevent disease, and partner with my patients during times of illness. I cannot thank Dr. Hsiao and my teammates at Cornell enough for their devotion to KDSAP, and I express a sincere amount of gratitude to all those in the Ithaca community who allowed me to participate in their medical care. Without this organization I would not have been able to help improve the health of Tompkins County nor would I have uncovered my passion for community-based primary care.”

## Divya Seth

*Home Institution:* University of California, Berkeley '19  
*Major:* Molecular and Cell Biology  
*Berkeley KDSAP:* Senior Advisor, President, Co-Vice President

“In October 2018, I presented a poster at the annual American Society of Nephrology (ASN) conference held in San Diego, CA. This was an incredible experience and I had the wonderful opportunity to meet professionals from all over the world. My project was related to the world of kidney transplantation, which is a topic of broad and current interest in nephrology research. The Kidney Donor Risk of ESRD equation (KDRE) is a tool used to assess a living kidney donor’s predicted risk of developing End Stage Renal Disease (ESRD) 15 years after donating a kidney. The ESRD risk is determined using the donor’s age, sex, race, body mass index, and relationship to the recipient (biological vs. non-biological). The KDRE score is useful for stratifying and explaining a donor’s chances of developing ESRD. Transplant nephrologists consider a potential donor’s risk of developing ESRD amongst other risk factors while determining their eligibility for living kidney donation. I hypothesized that the KDRE scores calculated for the group of living donors studied would correlate with medical decisions made surrounding donor eligibility. Therefore, a higher KDRE score would equate to a higher risk of the donor developing ESRD and thus leading to a higher risk of



Divya presents her poster during ASN Kidney Week 2018

donor deferral due to medical concerns. Contrary to the hypothesis, KDRE risk scores were not associated with donor selection. Amongst the parameters considered, older age emerged as the strongest factor associated with donor deferral. I plan to continue this investigation in the near future to understand the most important factors that contribute to donor evaluation and selection in an effort to increase the number of living kidney donors. A very special thank you and shout-out to my mentors, Drs. Elaine Ku and Raymond Hsu, for their continuous support for my endeavors.”

## New Chapters

In 2018, KDSAP welcomed two new chapters at **Emory University** and **Augustana University**. The founding students of both chapters, Philip Chu and Erica Bien, were participants in the 2018 Harvard Summer Research Program in Kidney Medicine (HSRPM) in Boston, where they met Dr. Hsiao and learned about KDSAP. They then returned and applied to establish KDSAP chapters at their home institutions.



*Emory KDSAP volunteers after their first screening*



*Augustana KDSAP volunteers at the urinalysis station*

On April 28, Emory KDSAP successfully completed its first official screening at Greenbriar Mall in Atlanta, GA. It continues to show great dedication and care in a largely African-American community, which is at high risk of developing kidney disease.

On May 11, Augustana KDSAP had its first official screening at Our Lady of Guadalupe Catholic Church in Sioux Falls, SD. The chapter currently focuses on serving their surrounding Hispanic/Latino and Native American communities.

KDSAP is grateful to be steadily expanding into new regions and broadening its influence and service through dedicated students, physician advisors, and community partners.

## About KDSAP

The Kidney Disease Screening and Awareness Program (KDSAP) is a student-run organization that partners with physician volunteers and community members to provide free kidney screenings and health education to underserved populations. KDSAP was founded by Li-Li Hsiao, MD, PhD, in March 2008, and the first chapter is registered at Harvard College, where Dr. Hsiao has served as the official advisor since the program's inception. KDSAP has two main objectives: student career development and community outreach.

KDSAP is one of the first programs to use a model that strategically targets undergraduate students early in their educational career to help address the current nephrology workforce crisis. It has gained nationwide and international attention and has a growing number of chapters around the US.

For more information, please visit [www.kdsap.org](http://www.kdsap.org).