



Official Newsletter of the Kidney Disease Screening and Awareness Program



This photo was taken from the 2019 Annual KDSAP Retreat.

INTRODUCTION

Welcome to the first iteration of the KDSAP Newsletter! After some thoughts from Dr. Hsiao, we will look at the UConn KDSAP and see how they adjusted to challenges brought on by the COVID-19 pandemic. As we look towards the future, we'll discuss some upcoming KDSAP projects and meet new NCC members. Take a look at the Slack Awards to see which chapters excelled in communicating through the KDSlack and get the latest updates on healthcare research - kidneys and beyond! Finally, read on to see what wonders KDSAP chapters accomplished in Fall 2020.

IN THIS ISSUE

- 2** WORDS FROM DR. HSIAO
- 3** CHAPTER SPOTLIGHT: UNIVERSITY OF CONNECTICUT
- 4** KDSAP PROJECTS, GOALS, AND UPDATES
- 6** SLACK AWARDS
- 7** KIDNEY SCIENCE AND CURRENT EVENTS
- 8** RETROSPECT: A LOOK BACK AT FALL 2020

kidney corner

Words from Dr. Hsiao



Dear KDSAP Family,

I am happy to begin this first newsletter from the NCC with warm wishes to you all, your KDSAP chapters, your campus communities. Of the many things the pandemic has altered is how we connect with one another. The very nature of the pandemic and the public health measures required to protect us mean that isolation and distancing have become facts of life for the better part of the last year.

Yet, our personal connections and relationships are what motivate us every day to continue our work, whatever it may be. Nowhere is that more important than at KDSAP where we strive to serve our communities in a spirit of partnership and humility. Now more than ever we have to bind ourselves to these values — values which remind us of our own communities, our friends, our KDSAP family.

Holding fast to our sense of purpose and mission will help take us through this pandemic whose end is now in sight. I look forward to joining you soon at lectures, discussions, fundraisers, and screenings where we will once again serve with humanity and humility.

With gratitude,

Dr. Li-Li Hsiao
KDSAP, Founder

In this section, we aim to give Dr. Hsiao a space to share her thoughts with the greater KDSAP community and set the tone for the remainder of the newsletter.

Chapter Spotlight

University of Connecticut

This section spotlights the notable achievements of a new chapter per issue.

For many, 2020 was a year unlike any other; KDSAP chapters across the nation were no exception. In an effort to learn from the unforeseen challenges it brought upon us, we reached out to UCONN KDSAP to recount their experiences, which they describe as "challenging, but rewarding."

In March of 2020, three of UConn KDSAP's board members, Maria Guerrero '21, Serena Verma '21, and James He '21, were **selected by the Office of Undergraduate Research as Change Grant recipients**. This grant provided a \$2,000 fellowship to fund their newest idea, titled "UConn KDSAP's Initiative to Promote Kidney Health Awareness In Youth Populations." The initiative entailed starting an after-school program at a local middle school.

By creating interactive lesson plans filled with hands-on activities, Uconn KDSAP leaders hoped that their KDSAP members could effectively communicate why the kidneys are vital to overall health, the implications of CKD on other aspects of one's health, and how one can employ healthy lifestyle practices.

Unfortunately, due to the COVID-19 pandemic, UConn KDSAP was unable to pursue this. Instead, however, the team **launched a webinar series targeting URM students from low-income high schools**. The goal of the webinar series was to promote medicine as a career, provide insight into the college admissions process, and offer guidance on the pre-health college student life. The 8-episode webinar series aired this past fall, featuring physicians and several medical students from UConn Health. UConn KDSAP hopes to continue to spread the word about their webinar series to schools outside of Connecticut.



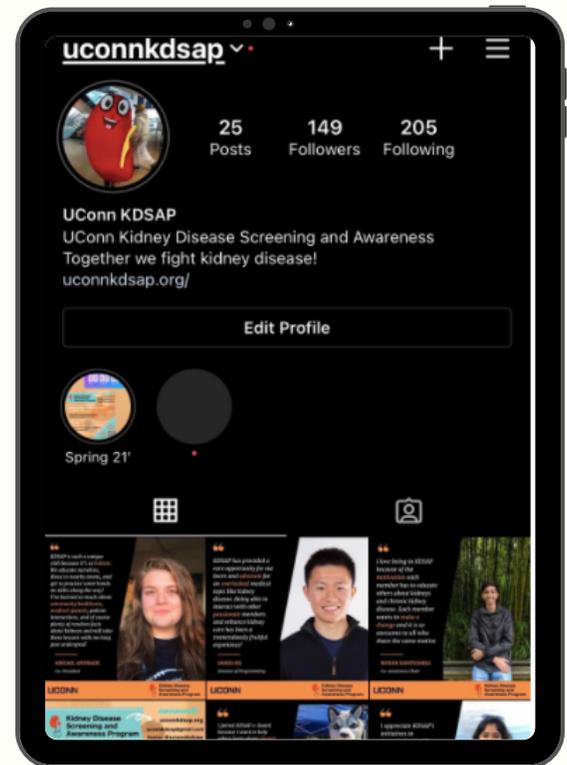
Although the webinar has been the primary focus of 2020 for UConn KDSAP, they've also demonstrated creativity and attention to detail when planning events for their members. One of their most successful and heartwarming events this past fall was a **virtual talk by a kidney donor and recipient duo, Genevieve Hammond and Michael Romano**. The pair shared their incredible bond and story to KDSAP members, detailing the emotions, obstacles, and best parts of their journey together.

Lastly, the chapter has also held exciting educational events to strengthen the UConn KDSAP community, such as a **“Kooking with KDSAP”** event where everyone made a kidney-friendly meal through Zoom. Recently, the chapter got together to **create holiday cards for 80+ dialysis patients** at the UConn Dialysis Center located in Farmington, CT.

Despite the challenges the chapter faced in 2020, KDSAP's National Communications Committee board is incredibly proud of UConn's incredible work and are excited to see the momentum continue into their Spring 2021! Check out their chapter website for more information: www.uconnkdsap.org.

Connect with UConn on Instagram!

 [@uconnkdsap](https://www.instagram.com/uconnkdsap)



KDSAP Projects, Goals, and Updates

This section is a space for the NCC to share progress reports and announcements with KDSAP.

Chapter Conference Calls

The KDSAP NCC will be hosting its annual Chapter Conference Calls to facilitate thoughtful discussions on chapters' successes, challenges, goals for the new semester. Each call will host ~4 different chapters, and each chapter will have 2-3 representatives. Be on the lookout for an email from the NCC detailing when these will be taking place!

▶ Cultural Competency Training

In collaboration with the KDSAP chapter at the University of Maryland College Park, the NCC is working on **providing all chapters with a framework to provide their members with a “Cultural Competency” training.** This project aims to understand and identify implicit biases and microaggressions within a clinical setting and how to become a culturally competent volunteer for the populations KDSAP serves at their CKD screenings.

▶ New Members

The NCC welcomes two new members: **Mihir Kumar '22** from University of Southern California and **Jenny Wu '21** from University of Michigan!



Mihir Kumar, '22

Hello! My name is Mihir Kumar and I am currently a junior at the University of Southern California majoring in Human Biology and Economics with a minor in Mathematical Finance. In my free time, I love to travel/explore with friends (before the pandemic — hopefully this is possible in the near future too), try different cuisines, play chess, and learn more about finance/investing. During my time with the NCC, I am really looking forward to helping foster interchapter communication and events since each chapter has so many of its own experiences to contribute!



Jenny Wu, '21

Hello! My name is Jenny Wu and I'm currently a senior at the University of Michigan majoring in Biology, Health, & Society with a minor in Gender & Health. I love reading books, especially memoirs, and journaling in my free time. One of my favorite hobbies is knitting scarves and sometimes an occasional hat. I'm currently working on making a sweater! I'm excited to serve on the NCC to connect chapters to one another and to share their achievements. I look forward to helping bring together the different insights each chapter has that help make KDSAP a stronger organization!

SLACK AWARDS

The Slack Awards are a fun way to recognize chapters that have been most active in the KDSlack. Remember, posting and responding are mandatory!

**Congratulations to the following university
KDSAP chapters for having the top three
number of Slack postings since 10/01/2020!**



University of Pennsylvania

35 posts



**University of Alabama at Birmingham &
University of Pittsburgh**

33 posts



Tufts University

27 posts



Kidney Science and Current Events

This section will summarize one scientific journal article and one popular science article, each chosen carefully to help KDSAP members be better versed in current events in healthcare, kidney science, and patient advocacy.



Popular Science Article: Logistical Challenges of COVID-19 Vaccine Delivery (New York Times)

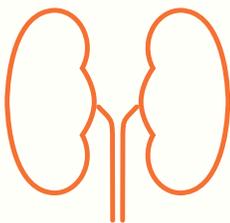
Biden Announces a Big Vaccine Deal, but Warns of Hurdles
Katie Rogers, Sharon LaFraniere and Noah Weiland

Thursday, February 11, 2021 | New York Times

<https://www.nytimes.com/live/2021/02/11/world/covid-19-coronavirus>

As KDSAP members and patient advocates, it is our job to keep ourselves up to date on the obstacles our patients face while trying to access basic resources, especially in light of the current public health crisis. In this article, titled 'Biden Announces a Big Vaccine Deal, but Warns of Hurdles,' the New York Times summarizes President Biden's attempts to vaccinate the country in his first weeks of office. The big takeaway from this piece is that while the United States has bought enough vaccinations to immunize 300 million people, delivering those vaccines to citizens in need is proving to be a logistical challenge. A US vaccination tracker is also included at the end of the article. How can we use the information in this article, numerical information about how many people have been currently vaccinated and information about why logistical challenges related to vaccine delivery exist, to be better providers of care? How will this shape the questions we ask our patients when they walk into their KDSAP screening?

Science Article: CKD Adversely Affects COVID-19 Death Rate (Kidney International)



Kidney disease is associated with in-hospital death of patients with COVID-19
Yichun Cheng¹², Ran Luo¹², Kun Wang¹², Meng Zhang¹, Zhixiang Wang¹, Lei Dong¹, Junhua Li¹, Ying Yao¹, Shuwang Gel¹, Gang Xu¹

May 2020 | ScienceDirect - Kidney International

<https://www.sciencedirect.com/science/article/pii/S0085253820302556>

We often hear that the current pandemic affects those with underlying conditions most harshly. How does kidney disease fit into these conditions, and what is KDSAP's role in the effort to tackle the physical, mental, and financial burden of multiple illnesses? In this well-cited article, authors conducted a study of 701 patients with COVID-19 hospitalized in Wuhan, China, thought to be the source location of the COVID-19 pandemic. Summarized, their findings are that 1) patients with kidney disease had a significantly higher risk for in-hospital death and 2) the development of acute kidney injury during hospitalization in patients with COVID-19 is high and is associated with in-hospital mortality. These results show that within the context of pandemic relief KDSAP holds great importance as an organization that can catch CKD in its early stages before it irreversibly damages health outcomes - please read and share!



RESTROSPECT: A LOOK BACK AT FALL 2020

This section aims to summarize notable chapter events between issues.

08/18/20: Boston University: Removing Race from eGFR

BU KDSAP's Removing Race from eGFR event was a part of a Fall 2020 "teach-out" series focused on **supporting interdisciplinary collaborations and student activism across the country through case studies**. Each event incorporated speakers with experience in the relevant topics and breakout sessions aimed at strategizing, encouraging dialogue, and providing a cross-institutional community.

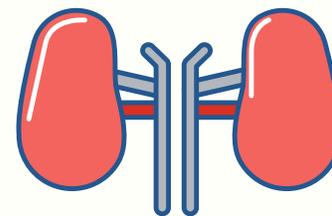
11/02/20: University of Maryland: Cultural Competency Training

The Cultural Responsiveness in Health Service Provision Workshop, created by UMCP KDSAP, collaborated with other pre-health organizations on campus, Led by UMD's Office of Diversity and Inclusion, they **equipped 70+ student attendees with tools and information necessary to be self-aware, culturally literate, and communicable** when working with diverse and marginalized communities.

10/27/20: University of Connecticut: Giving without Receiving - The Story of a Donor/ Recipient Pair

For UConn's Giving without Receiving event, UConn KDSAP got in contact with Genevieve Hammond and Michael Romano, two high school educators from Acton, MA, who are close friends and also a kidney donor pair. Eight years ago, Michael Romano suddenly fell ill with polycystic kidney disease, and after searching for months for a viable kidney donor, his friend Genevieve Hammond turned out to be a match. She eventually went through numerous testing and procedures before finally donating one of her kidneys to him. The pair attended our general body meeting and **shared this touching story and how this kidney donation affected both of their lives and brought them closer**.





11/05/2020: Harvard University: Pathway in Nephrology and COVID-19 Experience

Harvard's Pathway in Nephrology and COVID-19 Experience was part of a speaker series that Harvard hosted last semester in which **physicians spoke about their nephrology research** and its intersection with other relevant health fields and the COVID-19 pandemic.

11/24/20: Boston University: Combating Race-Based Medicine

BU KDSAP's Combating Race-Based Medicine Event hosted the team who led the policy resolution resulting in the AMA declaring that "racism is a public health threat, race is a social construct, and racial essentialism in medicine should be rectified." The event **explored the importance of removing racial correction factors, antiracist clinical curricula, and battling racial inequity in healthcare.**

01/08/21: Emory University - Applications for SUPERR (Summer Undergraduate Program in Emory Renal Research)

After last year's hiatus, the Emory SUPERR (Summer Undergraduate Program in Emory Renal Research) is back for the summer of 2021! Accepted students will have the **opportunity to conduct independent research projects and gain hands on research experience** in nephrology labs at Emory.

11/10/2020: University of Alabama Birmingham: The Convention on Health Inequity

The Convention on Health Inequities focused on **racial and systemic inequities found in the American healthcare system.** The goal was to use this virtual platform to **inform UAB students and faculty about how they can be a part of the solution** to this issue, as well as learning from experts in the fields of medicine and public health regarding **how it affects our local Birmingham community** and the rest of the Country.

12/05/20: University of Pennsylvania: Diversity, Inclusion, and Health Inequity Panel

The PennKDSAP Health Education Committee organized a Diversity, Inclusion & Health Equity Panel to bring light to the important topics of **cultural competency and healthcare disparities.** The panel featured physicians and experts from Penn, Cornell, Columbia and Johns Hopkins who are all dedicated to the promotion of diversity and inclusion in medicine.

QUESTIONS? COMMENTS? CONCERNS?

**Want to contribute to the KDSAP newsletter?
Do you have new ideas or feedback about the
current issue? Feel free to email the NCC at
kdsapncc@gmail.com!**

Anonymous Feedback

To leave anonymous feedback, please visit [this google form.](#)