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World Kidney Day; previous experience influences future directions

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ABSTRACT

World Kidney Day is an annual, global awareness campaign that aims to raise awareness of the importance of kidney health and hopes to alleviate the global burden of kidney diseases. It is observed annually on the second Thursday of March. The campaign focuses on elucidating various aspects of kidney health, including prevention, early detection, and management of kidney diseases. It highlights the risk factors contributing to kidney disease, such as diabetes, hypertension, dyslipidemia, metabolic syndrome, and obesity. By raising awareness about these risk factors, World Kidney Day encourages individuals to make lifestyle modifications and promptly seek medical intervention to reduce their risk factors.

Keywords: World Kidney Day, Acute kidney injury, End-stage renal disease, Chronic kidney disease, Hemodialysis, Renal transplantation

Implication for health policy/practice/research/medical education:

World Kidney Day is an annual, global initiative to raise awareness about kidney health and to promote the importance of early detection and prevention of kidney diseases. This article provides an overview and highlights the future directions for nephrologists in the context of World Kidney Day. It discusses the significance of World Kidney Day in addressing the global burden of kidney diseases. It emphasizes the role of a nephrologist in combating the challenges associated with kidney health.

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Introduction

World Kidney Day is an annual global awareness campaign held on the second Thursday of March with the primary objective of raising awareness about the importance of kidney health and reducing the burden of kidney disease worldwide. As practicing nephrologists, this day holds profound significance as it allows us to reflect on our experiences and contemplate future directions in kidney care and research (1,2).

World Kidney Day provides a platform for nephrologists to illuminate the prevalence and impact of kidney disease on individuals and society. It has helped to create awareness about risk factors for chronic kidney disease (CKD), such as diabetes, hypertension, and obesity. Additionally, it

underscores the imperative nature of early detection and prevention strategies. Furthermore, it has emphasized the importance of education and lifestyle modifications to lessen the risk of kidney disease (3,4).

This annual event has also shed light on the challenges faced by patients with kidney disease, such as access to care, dialysis, and transplantation. This has prompted collaborative efforts among nephrologists, healthcare professionals, policymakers, and patient organizations to advocate for enhanced resources and augmentation of kidney care standards. It also serves as a platform for understanding the importance of multidisciplinary care and a comprehensive approach to managing kidney disease (5,6).

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Looking to the future, World Kidney Day will continue to play a pivotal role in advancing kidney care and research. It will be essential for nephrologists to focus on improving early detection and prevention strategies and implementing innovative treatments and technologies. Collaborative efforts and research will be crucial in understanding the underlying mechanisms of kidney disease and formulation of targeted therapeutic interventions (6,7).

Furthermore, World Kidney Day can serve as a platform for promoting kidney health in vulnerable populations and addressing health disparities. It can help raise awareness about the impact of social determinants of health, such as poverty and access to healthcare, on kidney disease outcomes. This can aid in developing strategies to improve equity in kidney care and outcomes.

This review article intends to equip nephrologists and healthcare professionals with valuable insights into the impact of World Kidney Day thus far and forecast future directions to enhance global kidney health. The paper offers a comprehensive insight into the international efforts to raise awareness about kidney health and diseases. By synthesizing a wealth of information, we illustrate the evolving trends in kidney health advocacy, identifying areas of progress and gaps that require further attention. The paper further highlights the importance of World Kidney Day as a platform for disseminating vital information about kidney health. It is a valuable resource for healthcare professionals, policymakers, and the public in fostering a deeper understanding of the challenges and opportunities in kidney disease prevention and management worldwide. By understanding past experiences and addressing current challenges, nephrologists can actively contribute to preventing, detecting, and managing kidney diseases, aiming to improve patient outcomes (8,9).

Search strategy

For this review, we searched PubMed, Web of Science, EBSCO, Scopus, Google Scholar, Directory of Open Access Journals (DOAJ), and Embase, using different keywords including kidney day, acute kidney injury, nephrologist, end-stage renal disease, diabetes, chronic kidney disease, obesity, hemodialysis, transplantation, renal peritoneal dialysis, dialysis techniques, COVID-19 and hypertension.

The aims and scope of World Kidney Day

World Kidney Day emphasizes the importance of education for healthcare professionals and the general population. It allows nephrologists and other healthcare professionals to share knowledge and information about kidney health, prevention strategies, and treatment options. The campaign aims to empower individuals to take control of their kidney health by providing them with

the necessary information and resources (8).

Another important aspect of World Kidney Day is addressing patients' challenges with kidney disease. This includes issues related to access to care, dialysis, and transplantation. The campaign raises awareness about these challenges and advocates for improved resources and kidney care worldwide. It also highlights the importance of multidisciplinary care, which involves a team of healthcare professionals working together to manage kidney disease and provide holistic patient care (5,6).

In addition to raising awareness, World Kidney Day is a platform for promoting kidney health in vulnerable populations and addressing health disparities. It highlights the impact of social determinants of health, such as poverty and access to healthcare, on kidney disease outcomes. The campaign aims to develop strategies to improve equity in kidney care and outcomes for all individuals, regardless of their background or circumstances (5,8).

Looking toward the future, World Kidney Day will continue to play a crucial role in advancing kidney care and research. It will focus on improving early detection and prevention strategies, implementing innovative treatments and technologies, and understanding the underlying mechanisms of kidney disease. Collaborative efforts and research will improve kidney health worldwide (10,11).

Diagnosis and treatment

Nephrologists have been at the forefront of diagnosing and treating various kidney diseases, acute kidney injury, and end-stage renal disease. They have significantly improved patient outcomes through early detection, appropriate interventions, and personalized treatment plans (12,13).

Dialysis and transplantation

Nephrologists have played a vital role in developing and advancing dialysis techniques, such as hemodialysis and peritoneal dialysis. They have also been instrumental in expanding access to renal transplantation from living and deceased donors, providing patients with a chance for a better quality of life (14,15).

Research studies in nephrology

Nephrologists have actively participated in research endeavors to understand the pathophysiology of kidney diseases, identify novel biomarkers for early diagnosis, develop new therapeutic approaches, and improve dialysis techniques. Their contributions have led to significant advancements in the field (16,17).

Future directions in nephrology

Nephrologists should prioritize preventive strategies to reduce the burden of kidney diseases globally. This

includes raising awareness about risk factors such as diabetes, hypertension, obesity, and smoking. Promoting healthy lifestyle choices can help prevent or delay the onset of CKD (18,19).

Early detection of kidney diseases

Timely diagnosis is crucial for effective management of kidney diseases. Nephrologists should advocate for routine screening programs targeting high-risk populations to identify individuals with early-stage CKD or those at risk of developing it (20).

Patient education and empowerment

Nephrologists should actively engage in patient education initiatives to improve understanding of kidney health, disease progression, and treatment options. Empowering patients with knowledge can enhance their ability to make informed decisions about their healthcare (21).

Telemedicine and digital health

The COVID-19 pandemic has accelerated the adoption of telemedicine and digital health solutions. Nephrologists should embrace these technologies to provide remote consultations, monitor patients' conditions, and enhance access to specialized care, especially in underserved areas (22,23).

Collaborative care

Nephrologists should collaborate with other healthcare professionals, including primary care physicians, dietitians, psychologists, and social workers, to provide comprehensive care for patients with kidney diseases. A multidisciplinary approach can improve patient outcomes and quality of life (23).

Conclusion

World Kidney Day allows nephrologists to reflect on their experiences and chart future directions for the field. By focusing on prevention, early detection, patient education, embracing technology, and collaborative care, nephrologists can contribute significantly towards reducing the global burden of kidney diseases and improving patient outcomes.

World Kidney Day is an essential awareness campaign that brings attention to the significance of kidney health. It aims to empower individuals, raise awareness about risk factors, improve access to care, and drive research and innovation in nephrology.

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Conflicts of interest

The authors declare that they have no competing interests.

Ethical issues

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