OPENING ADDRESS

YANG BERHORMAT
PEHIN ORANG KAYA JOHAN PAHLAWAN
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BIN BEGAWAN PEHIN SIRAJA KHATIB
DATO SERI SETIA HAJI MD. YUSOF
MINISTER OF HEALTH
BRUNEI DARUSSALAM

OPENING CEREMONY FOR
BRUNEI NEPHROLOGY SYMPOSIUM 2015

“CKD (CHRONIC KIDNEY DISEASE) EPIDEMIC,
IT’S EVERYONE’S RESPONSIBILITY”

SATURDAY
14 JAMADILAKHIR 1436 / 4 APRIL 2015
11.00 AM

VENUE:
GOLDSTONE BALLROOM
CENTREPOINT, GADONG

Yang Mulia Hajah Roshima binti Haji Kamal, Acting Chief Executive Officer, Department of Renal Services; and

Yang Mulia Dato Paduka Dr Haji Shaukat Zinna, Head of Department (Clinical Administrative), Department of Renal Services as Co-Chairpersons of the Organizing Committee;

Yang Mulia Datin Paduka Dr Hajah Norlila binti Dato Paduka Haji Abdul Jalil, Permanent Secretary, Ministry of Health;

Yang Mulia Hajah Siti Mariam binti Haji Md Jaafar, Deputy Permanent Secretary (Administration and Finance), Ministry of Health;

Yang Mulia Dr Hajah Rahmah binti Haji Md Said, Deputy Permanent Secretary (Professional and Technical), Ministry of Health;
A very good morning

1. Alhamdulillah, we are grateful to Allah Subhanahu Wata’ala for His Grace and Kindness to allow us to be present together today on the Opening of the Brunei Nephrology Symposium 2015.

2. First of all, I would like to take this opportunity to thank the Department of Renal Services, Ministry of Health as the organising committee for inviting me to be the Guest of Honour and to officiate the event this morning. This Symposium will not be made possible without the commitment and dedication of our team of healthcare professionals. I applaud and fully appreciate them on this worthwhile endeavor.

3. I also wish to extend a very warm welcome and appreciation to all the renowned international speakers from United Kingdom, India, Hong Kong, Singapore and Malaysia for sparing your time to come to Brunei Darussalam to this auspicious symposium. The wealth of your experience and valuable knowledge in the field of nephrology that you share with us will be beneficial to all
the nephrologists, medical practitioners, nurses and allied health professionals attending this symposium. To our international speakers and delegates, I hope you will have time to explore our country ‘The Land of Unexpected Treasures’ and experience our culture during your short stay in Brunei Darussalam.

Ladies and gentlemen,

4. Chronic kidney disease (CKD) is a silent killer. According to the International Federation of Kidney Foundations (IFKF) and International Society of Nephrology (ISN), one in 10 people are thought to be suffering from some form of chronic kidney disease. This implies that chronic kidney disease is a worldwide public health problem and challenges. The prevalence of End Stage Renal Disease (ESRD) is increasing globally and Brunei Darussalam is also facing similar problem.

5. Statistics from the “Brunei Dialysis and Transplant Registry 2012” have shown that the prevalence of ESRD has increased progressively. For example, in 2012, there were 620 patients and this has increased to 698 patients in 2014. Patients reaching End Stage Renal Disease or kidney failure will need Renal Replacement Therapy (RRT), which will require them to undergo dialysis treatment or kidney transplantation. Out of the total number of current ESRD patients, 606 (86.8%) have undergone
haemodialysis treatment, 53 (7.6%) peritoneal dialysis treatment and 39 (5.5%) have undergone kidney transplantations. An End Stage Renal Disease patient who is on haemodialysis is required to go to a dialysis centre for treatment, 3 times a week for at least 4 hours each time, for the rest of their life.

6. With the escalating number of patients with ESRD undergoing renal replacement therapy in Brunei Darussalam, it has not only consumed a huge share of healthcare resources but also is very worrying because it is a burden to the patient, family, community and the government. At the same time, the negative impact of chronic kidney disease would affect the quality of life and reduce productivity as well as impairment of the socio-economic development of the country. The total cost to the Government of His Majesty The Sultan and Yang Di-Pertuan of Brunei Darussalam for the treatment of dialysis patients was $15.1 million in 2014, whilst the cost of medication alone was approximately $8 million.

*Ladies and gentlemen,*

7. Realising the challenges and the negative impact of chronic kidney disease, not only globally but also on the national socio-economic development, the World Health Organization (WHO) through the International Federation of Kidney Foundations (IFKF) and
the International Society of Nephrology (ISN) celebrate World Kidney Day to raise awareness on the importance of our kidneys to our overall health and to reduce the burden of kidney disease and its associated health problems worldwide.

8. Brunei Darussalam also celebrates World Kidney Day by regularly conducting various activities to raise the awareness of the population regarding chronic kidney disease. The Ministry of Health is continuously doing health screening to the public not only during World Kidney Day but also during Mukim Sihat Programmes (Healthy Village Programmes) and School Health Programmes for early detection of diseases. The Department of Renal Services also conducts screening of the family and relatives of renal patients at the dialysis centres and renal clinics because this group of people have higher risk of developing kidney disease.

9. This year, the Ministry of Health through the Department of Renal Services focuses on World Kidney Day to share and disseminate the importance of prevention and early detection of the risk factors for kidney disease by conducting the Brunei Nephrology Symposium 2015. The Symposium theme this year “Chronic Kidney Disease Epidemic, It’s Everyone’s Responsibility” is very timely because the challenges of prevention, treating and caring of kidney disease patient
call for close multidiscipline cooperation and coordination between nephrologists, healthcare physicians, general practitioners, nurses as well as other allied health professionals from various specialties.

10. Statistics from the “Brunei Dialysis and Transplant Registry 2012” has also shown that diabetes mellitus is the most common cause of end stage renal disease (ESRD) with a prevalence of 50.6%; followed by hypertension and glomerulonephritis. In view of the alarming statistics on the cause of ESRD in this country, I hope that all healthcare providers will work together towards prevention of not only Chronic Kidney Disease but all chronic diseases and non-communicable diseases (NCDs) such as diabetes and hypertension.

Ladies and gentlemen,

11. I am happy to note that this two-day symposium involves multidisciplinary team such as nephrologists, general practitioners, nurses and allied health professionals not only from Department of Renal Services but also from other medical disciplines in Brunei Darussalam, which will increase their knowledge and understanding of Chronic Kidney Disease, its prevention and management. As healthcare professionals, I strongly feel that all of you play an important role as the
front-liners in our accelerating effort in combating kidney disease and NCDs. A simple reminder and encouragement on prevention methods from all of you to the public as well as your patients will go a long way to help them understand the benefits of adopting healthier lifestyles and avoid the risk factors.

12. Therefore I urge all of you to understand the immensely important role that you have to play in promoting healthy living in the population and amongst patients. I would also like to encourage all of you to instil close working relationship and cooperation with your healthcare colleagues in different medical specialties in order to strengthen and enhance our healthcare system. This can be achieve by adopting these 8 Golden Rules for Prevention of Kidney Disease approaches, such as:

i) Keep fit and active;
ii) Eat healthy and keep weight in check;
iii) Maintain a healthy fluid intake;
iv) Monitor blood pressure;
v) Keep regular control of blood sugar level;
vi) Do not smoke;
vii) Do not take over-the-counter pills on a regular basis; and
viii) Get kidney function checked if one have one or more of the ‘high risk’ factors such as diabetes, hypertension,
obesity or one have family members suffers from kidney disease.

13. These 8 Golden Rules for Prevention of Kidney Disease is also in line with the Brunei Darussalam National Multi-Sectoral Action Plan and Control of Non-Communicable Diseases (BruMAP-NCD) 2013-2018 with the ultimate aim not only to reduce premature mortality from NCDs but also adopting a healthier lifestyle throughout the course of life. In this regard, I would like to urge all stakeholders particularly multidiscipline health professionals to support and align closely with the Brunei Darussalam National Multi-Sectoral Action Plan and Control of Non-Communicable Diseases (BruMAP-NCD) 2013-2018. Therefore, it is pertinent that all stakeholders particularly clinical leaders and health professionals in renal medicine and other multi-discipline clinical services to implement appropriate cohesive actions, monitor and evaluate their outcomes, as we all move forward in advancing the nephrology services not only in this country but also collectively in the region. In this regard, I strongly encourage all our local practitioners to adapt a culture of ‘preventive medicine’ into their practice and take every opportunity available to implement renal health promotion and awareness at the clinic and at the same time, at the community level.
14. Preventing kidney diseases should be everyone’s goal. By shifting more focus to primary prevention and early intervention by the primary healthcare physicians, we hope to identify diabetes and hypertension patient with high risk of developing Chronic Kidney Disease. This will prevent the onset of Chronic Kidney Disease by controlling their risk factors such as high blood sugar, high blood pressure, high cholesterol and obesity. The importance of healthy lifestyle involving a well-balanced diet and physical activity must be emphasised here. These lifestyle and behavioural modifications, made early in life, can result in huge benefits in our effort in reducing disease burden, and also result in a society that is healthy and productive that will contribute to the socio-economic development of the country.

15. The problems of kidney diseases can be tackled by primary prevention, early detection and prompt treatment. This is, I think, the best and cost-effective approach in combating kidney disease and other NCDs. In order for this approach to be successful, it needs full cooperation and commitment from the public including patients. In this opportunity, I urge the public and patients to pay more attention to their health, undergo health screening at all health centres, as well as to have regular check-ups
and adopt a healthy lifestyle by maintaining a well-balanced diet and a consistent regime of exercise. This is the most effective and simple methodology to maintain our health throughout our course of life, Insyallah. This is in line with the Ministry of Health’s Vision 2035: Together Towards a Healthy Nation which places health promotion at the centre of our National Health Agenda.

*Ladies and gentlemen,*

16. I hope this symposium will also provide an avenue for cooperation between Brunei Darussalam healthcare professionals with our international counterparts, which can positively impact renal services and patients’ wellbeing but also highlighting the importance of effective approaches in the prevention of kidney diseases. Therefore, I would like to extend my sincerest appreciation to the International Society of Nephrology and the Asian Pacific Society of Nephrology for bringing in renowned speakers to support this event and I would also like to express my gratitude to the kind hearted sponsors for their generous contribution and support.

17. On that note, I would like to end by wishing all the participants of the *Brunei Nephrology Symposium 2015,* a highly educational and thought provoking time. *Learning should be a*
continuous journey in order to upscale your medical knowledge and professionalism. I am confident that a symposium such as this will produce positive results and benefit to all the participants and also for the better health outcome as well as promoting the importance of prevention and awareness of the burden of chronic kidney disease.

18. What is more important, I hope that the acquired knowledge from this symposium enables you to practice and disseminate the message of adopting healthy lifestyle to raise the public awareness in preventing and controlling kidney diseases and other chronic non-communicable diseases.

19. Lastly, my warmest congratulations go to the Organising Committee, particularly the Department of Renal Services for their tireless effort and hard work in the successful convening of this beneficial Symposium especially in gathering many renowned international experts as well as from our local practitioners.

20. With the kalimah تَوَلَّكَ َعَلَى اللَّهِ بِشَجَارٍ, Peace Be Upon our Prophet Muhammad Sallallahu ‘Alaihi Wasallam, I hereby declare the Brunei Nephrology Symposium 2015 open.
وَبِاللهِ التَّوْفِيقِ والهَدَايَةِ
والسلام عليكم ورحمة الله وبركاته

Thank you