



Kidney Disease Screening and Awareness Program

Welcome New Chapters
of 2017-2018

 U. of Southern California

 Princeton University

2017-2018 NEWSLETTER

SEPTEMBER 2018

The KDSAP Effect

This year, many exciting developments have come about in and around KDSAP Headquarters, as KDSAP steadily makes its mark in the nation with its campaign against chronic kidney disease and foundation of serving the underserved.

Awards

In May, Dr. Li-Li Hsiao was selected to receive the Harvard Medical School 2018 Dean's Community Service Faculty Award for her work with KDSAP (pictured right). This prestigious award is given to individuals whose dedication and commitment to community service have made an outstanding positive impact on the local and global community.

Research

The KDSAP Research Team was officially launched this summer, comprised of a dedicated group of physicians and students. Weekly discussions have included journal clubs, data analyses, and expansion and implementation of new systems and protocols for KDSAP screenings. KDSAP is fortunate to have a team that is committed to researching and developing the program, in an extension of its service to students and surrounding communities.



HMS 2018 Dean's Community Service Faculty Award Ceremony (L to R): Dr. Joan Reede, Dean for Diversity and Community Partnership at Harvard Medical School; Harvard KDSAP Board Members, Courtney Lewis (Vice President) and Andrew Cho (Co-director of Programming); Dr. Li-Li Hsiao, Founder of KDSAP; Dr. George Daley, Dean of Harvard Medical School

Scholarships

KDSAP also awarded its first ever KDSAP Summer Research Scholarships to Rebecca Chen and Lillian Xu, both alumni of the Harvard Summer Research Program in Kidney Medicine (HSRPM). Lillian returned to continue her research in Dr. Peter Czarnecki's lab, working on the purification of the NPHP3 protein using ammonium sulphate precipitation, ion-exchange, and affinity chromatography. Rebecca joined the KDSAP Research Team and was especially instrumental in developing the alumni survey. KDSAP is thrilled to be able to offer these scholarships and opportunities in support of budding, young scientists.

UPCOMING SCREENINGS

Tufts KDSAP: Fri, October 12, 10am – 1pm, Salvation Army, 258 Chestnut St, Chelsea, MA

Rutgers KDSAP: Sun, October 14, 10am – 2pm, Darul Arqam School, 8 Thomas St, South River, NJ

Tufts KDSAP: Sat, November 3, 9am – 12pm, Harvest Food Pantry, 459 Putnam Ave, Cambridge, MA

Berkeley KDSAP: Sat, November 17, 12pm – 6pm, Home of Christ Church in Cupertino, 10340 Bubb Rd, Cupertino, CA

Michigan KDSAP: Sat, December 1, 9am – 3pm, First Spanish Baptist Church, 3495 Livernois Ave, Detroit, MI

Harvard KDSAP: Sat, December 1, 5:30pm – 8:00pm, 25 Queen St, Worcester, MA

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A Year in Review 2017-2018

15 
KDSAP Chapters

18 
Nephrologist Advisors

495 
Active Student Members

407 
Trained in Universal Precaution and Professionalism (UPP)

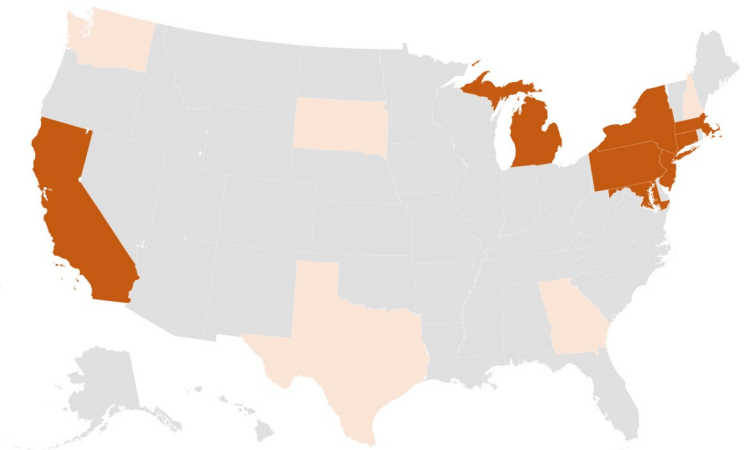
33 
Free Community Kidney Health Screenings

917 
Participants Screened

41 
MD & Kidney Health Talks

70 
Health Education Events

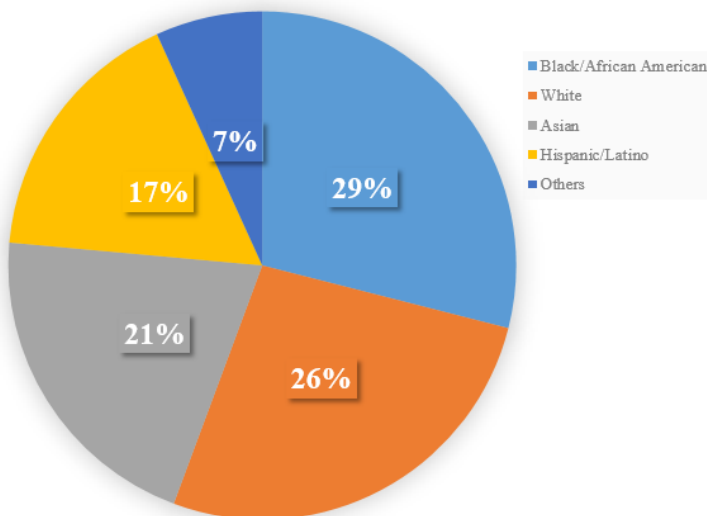
KDSAP On the Map



- Established KDSAP chapters
- Chapter establishment in progress

COMMUNITY KIDNEY HEALTH SCREENINGS

PARTICIPANT ETHNICITIES

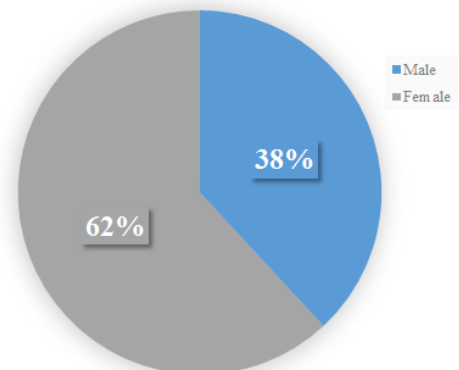


PARTICIPANT AVERAGE AGE



52 years old

PARTICIPANT GENDER



EVENTS



Dr. Dalia Giedrimiene, a clinical professor and physician at Quinnipiac School of Medicine, speaks to UConn KDSAP members in Storrs, CT

- In November, **UConn KDSAP** hosted a physician lecture on chronic kidney disease physiology and epidemiology. The presentation provided information and insight to help chapter members better understand the disease they are attempting to screen for and prevent.
- **Cornell KDSAP** organized a pre-med panel in February, featuring alumni pursuing MD and MD-PhD tracks as well as taking gap years. Students received advice on medical school applications and interviews and had the chance to ask questions.
- On World Kidney Day, March 8, **Harvard KDSAP** passed out over 150 informational brochures and took over 30 photos of students with kidney signs in the Science Center at Harvard, in order to raise awareness on social media. **USC KDSAP** held its first community health screening on a beautiful, sunny day at the Keck School of Medicine's Pappas Quad. **Michigan KDSAP** organized an educational event for students to learn about chronic kidney disease in the University of Michigan's Shapiro Library, which attracted over 100 people.
- With support and assistance of their faculty advisors, **Penn KDSAP** offered a lecture series over the course of the school year, which included talks on kidney disease, hypertension, diabetes, and medical



Harvard KDSAP members, Kevin Eappen and Sonia Chen, on campus during WKD

school admissions. In April, they also organized a Symposium on Organ Harvesting and Global Organ Black Markets, which featured David Matas, an international human rights lawyer and Nobel Peace Prize nominee.

- In July, KDSAP Headquarters trained students of the **Harvard Summer Research Program in Kidney Medicine (HSRPKM)** and conducted a screening with the Exercise Matinal Missionary Group, a primarily Haitian community. They screened 31 participants.



Dr. Katherine Garlo consults at the HSRPKM screening

- **Amherst KDSAP** members gave a chronic kidney disease talk at Amherst Community Connections (ACC), a non-profit organization dedicated to helping people find affordable housing and available employment. ACC members appreciated the information and many participated in the following screening.
- **JHU KDSAP** offers chapter members weekly shadowing opportunities at Johns Hopkins Bayview Medical Center Nephrology Clinic and monthly involvement in the "ABC's of Kidney Disease" seminars for individuals recently diagnosed with kidney disease.



Dr. Hsiao shares with adult ESL students about kidney health and her personal experiences

- Dr. Hsiao gave a kidney health workshop for adult ESL students at Catholic Charities in Queens, NY, in March. Attendees took notes and listened attentively, and the program manager, Erik Delacruz, noted that they appreciated the talk and "the doctor inspired many of them to pursue their dreams and career aspirations."

Stories from the Latino Family Center BY MAYA SARAVANAN

Her weary eyes sunk as she inquired me with a look of terror. “Are you from the immigration services?” Though the Latino Family Center was a welcoming environment, fear of authority was always present. “No ma’am. I’m just here to conduct a health screening, no documentation is necessary.” She sighed in relief and hugged me. “Thank you.” We later found that she had high urinary levels of protein and a low glomerular filtration rate, indicating a strong case for proteinuria. As a result of our efforts, she continues to seek crucial treatment a local free clinic to this day.



During my first year in college, I joined the Pittsburgh Kidney Disease Screening Awareness Program (Pitt KDSAP). Our goal is to identify medically underserved populations in Pittsburgh and provide them with free kidney health screenings. Though we did not provide treatment, we connected suffering patients to local free health clinics, where many saw physicians for the first time in their adulthood. My goal with Pitt KDSAP was to raise awareness for silent killers such as proteinuria and to destigmatize healthy living in poor communities. Though we were a rising organization, we had a remarkable grassroots outreach. After our first screening at the Latino Family Center, we slowly spread our mission into low-income African American populations, refugee sanctuaries, and homeless shelters. While working with neighborhood leaders and members, I found two predominant factors vital to community success – health and education. Leading Pitt KDSAP for three years revealed a consistent relationship: the more people were educated, the more they proactively cared for their health and thus reduced their susceptibility to ailments such as CKD. As a physician, I hope to emphasize this connection between health and education and therefore promote community wellness. I aspire to work directly with people to improve their state of living through both prevention and treatment.

Through Pitt KDSAP, I continued to keep in contact with neighborhoods to provide screenings biannually. In con-

junction with the National Kidney Foundation (NKF), we held free health talks to develop trust and sustainable plans for wellness. My privileged status as a young and healthy woman warranted I use my voice for change. Though I greatly value all of my experiences, developing relationships with the diverse groups of people around me has been the most fulfilling. Bringing awareness to areas that otherwise have no medical presence allows me to help change the way healthcare is viewed within these communities. Over time, I have gotten to know these people and their families by name. Visits for screenings have often doubled as reunions, as they now confide their deepest challenges and triumphs, humbling me. Seeing their progress and realizing my small contribution within it has affirmed my career choice in medicine. I have seen firsthand the significance of medical knowledge in community success, and intend on using my advanced education and patient experiences to reduce the incidence of disease.

My aspiration to become a physician stems from the small change that I was able to create locally purely through dedication for a cause. My experiences with the medically underserved have revealed our country’s continued need for passionate physician-advocates. These people’s plights demonstrate that healthcare should be a right afforded by all. As such, they deserve talented physicians. I fervently believe that immersing oneself in the community is the most effective way to identify the needs of and accordingly serve these populations. During the upcoming year, I will be participating as a Coro Fellow in Public Affairs. There, I will delve deeper into the health disparities that underserved Pittsburgh residents face. In working with local non-profit and government organizations, I am determined to address policies which contribute to these inequitable conditions. Working with Coro will provide me with a strong, tangible experience in community aid which will supplement my medical education.

My local efforts to promote health awareness contribute heavily to my goal of becoming a physician. Stories such as that of the woman from the Latino Family Center have demonstrated the trustworthy and compassionate relationships that life-changing medicine is centered upon. Continuing to engage in such opportunities will allow me to become a better health advocate and physician for the underrepresented.

Maya Saravanan was Pitt KDSAP’s Director of Community Outreach for one year and President for two years. She graduated from the University of Pittsburgh and is currently a Coro Fellow in Public Affairs.



New Chapters

Two chapters were added to the KDSAP family: University of Southern California and Princeton University.



Pictured: USC KDSAP conducted its first screening on March 8, in collaboration with the School of Pharmacy, Keck Medicine, and University Kidney Research Organization on campus in Los Angeles, CA, and screened 55 participants.



Pictured: Princeton KDSAP conducted its first screening on April 14 at the Witherspoon Street Presbyterian Church in Princeton, NJ, and screened 16 participants.

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.