

World Kidney Day 2025

"My Health,
What Can I
do?"

DATE: 13 March 2025

Agenda

7.00-7.05pm

7.05-7.10pm

7.10-7.30pm

7.30-7.50pm

7.50-8.05pm

8.05-8.20pm

8.20-8.25pm

8.25-8.30pm

Housekeeping - Microphones off, etc.

Welcome & Introduction

Nutrition in Chronic Kidney Disease

Exercise in Chronic Kidney Disease

Chronic Kidney disease - The Lived Experience

Questions and Answers

Signposting & Feedback Poll

Conclusion



Strategic Objectives













Strategic Objectives



THEME OBJECTIVES

SUPPORTING PATIENTS AND THEIR FAMILIES

- 1. Provide relevant and meaningful services
- **2.** Develop peer support programmes
- **3.** Improve education programmes and information resources
- **4.** Expand our physical support centre network



LIVING LIFE WELL

- **5.** Expand holiday opportunities
- **6.** Develop activities programmes
- **7.** Develop membership benefits
- 8. Develop sports and fitness activities



DYNAMIC AND ACTIVE BRANCHES

- 9. Strengthen and develop Branch network
- **10.** Increase volunteer base
- **11.** Enhance supports for Branches



ORGANISATION FITNESS

- **12.** Promote good governance
- 13. Ensure financial sustainability
- **14.** Ensure the best team
- **15.** Collaborate with other organisations



RESEARCHING, CAMPAIGNING AND ADVOCACY

- **16.** Work towards improved patient care and experience
- 17. Lobby for changes to policy and practice
- 18. Deliver patient centred research





Managing your Health, (Where do you fit in?





Appropriate Diet

Exercise

Social Engagement



Nutrition in Chronic Kidney Disease

Speaker:

Irene Cronin

Senior Renal Dietitian Cork University Hospital



Exercise in Chronic Kidney Disease

Speakers:

Orlaith Heslin & Cliona Barrett

Senior Physiotherapists Renal

Tallaght University Hospital



The Lived Experience

Speaker:

Alceina O'Brien

Kidney-Pancreas Transplant Recipient Galway



Questions and Answers





Signposting

Useful Resources Summary:

- www.irishkidneydiet.ie
- www.kidneybeam.com/kidney-disease
- www.transplantsportireland.ie
- www.wtgf.org/refitforlife

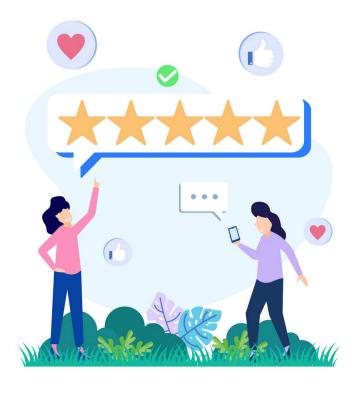
Visit: www.ika.ie/healthyliving





Feedback

Your opportunity to help inform future webinars















@IrishKidneyAs

