



THE CHECK UP



LEADING THE FIGHT AGAINST PROSTATE CANCER

INSIDE

LEADING THE FIGHT AGAINST PROSTATE CANCER
Introducing PSMA-PET which can detect prostate cancer cells even when the level of prostate specific antigen (PSA) level is low

OUR SPECIALISED NURSING INSTITUTE
A tertiary institution accredited by the Nursing Council of Kenya (NCK), offering two courses in specialized Nursing: Oncology Nursing and Critical Care Nursing.

KUTRRH'S PAEDIATRIC UNIT
The pediatric unit purposes to offer timely, efficient, and effective quality patient-centered care. It is sub-divided into Neonatal unit and the pediatric unit.



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LEADING THE FIGHT AGAINST PROSTATE CANCER



A prostate-specific membrane antigen (PSMA) positron emission tomography (PET) scan is a new type of nuclear medicine procedure for men with prostate cancer. PSMA PET scans are currently most commonly used in two different clinical scenarios; (1) in men with newly diagnosed prostate cancer who are at risk of having disease spread outside the prostate (this is called metastasis), and (2) men who have previously been treated for their prostate cancer with curative intent such as surgery



and/or radiation and now have suspected persistent or recurrent disease based on rising levels of prostate specific antigen (PSA) levels in their blood.

The PSMA PET scan is now available at

Kenyatta University Teaching, Referral and Research Hospital's Integrated Molecular Imaging Centre (KUTRRH-IMIC). Introducing PSMA-PET

has been a milestone for KUTRRH-IMIC bringing hope to Kenyans and the larger Sub-Saharan region. As the first public facility offering the PSMA service, it is truly a game changer in precision cancer diagnosis targeting prostate cancer.

PSMA-PET can detect prostate cancer cells that are hiding in lymph nodes that appear normal in size, even when the level of prostate specific antigen (PSA) level is low. It is also useful for finding prostate cancer that has spread to other parts of the body. This means that it can identify prostate cancer that is both in and outside the prostate gland. The PSMA scan is currently the best scan available for men with persistent or recurrent prostate cancer after treat-

ment. Doctors now use this information to plan treatment and determine if a treatment is working or needs to be changed. In addition, access to PSMA-PET scans will lead to availability of effective and targeted radionuclide treatment for prostate cancer. Despite the advantages of PSMA, there may be instances where other types of scans may be the imaging methods of choice.

Nonetheless, Kenyans can rely on the state-of-the-art facilities and experienced multi-disciplinary team at KUTRRH to performing the PSMA and any other imaging tests at global standards, ensuring nobody is left behind.



KUTRRH TRAINING INSTITUTE FOR SPECIALIZED NURSING

Nurses work in ever-changing healthcare environments. Hence, learning plays a key role in their professional development, job satisfaction and the continuous improvement of patient care. Continuing professional development (CPD) is central to nurses' lifelong learning and constitutes a vital aspect for keeping nurses' knowledge and skills up-to-date.

This is what underpinned Kenyatta University Teaching, Research and Referral Hospital to start the KUTRRH Training Institute for Specialized Nursing (TISN) in 2021, a tertiary institution accredited by the Nursing Council of Kenya (NCK). TISN opened its door to its first students in November 2021. The goal of the Institution is to provide outstanding education within the Kenyan system and produce the highest quality of specialized nurses. The Institute provides a conducive learning environment that enhances the nurses' academic and personal development by incorporating high-level academic knowledge with practical learning.

Programs

The Institute currently offers two courses in specialized Nursing: Oncology Nursing and Critical Care Nursing. To address critical skill gaps, the Training Institute is rolling out two more programs in September this year- Perioperative Nursing and Nephrology Nursing.

The next intake will be in September 2022 for the programs, the Institute invited appli-

cations from qualified candidates for admission into the courses for the academic year 2022/2023.

Why TISN?

From our Directorate of Training, the students are exposed to World class teaching facilities within the hospital. The hospital's state-of-the-art medical equipment enhances the practical competencies and learning experience of the students. For instance, TISN's Oncology students are the first students to learn within an Integrated molecular Imaging Centre (IMIC). Thus, they provide comprehensive care to patients with cancer. TISN promotes active and independent learning. Apart from having a physical library, the Institute has e-learning resources and access to nursing journals for its students to ensure that they increase the scope of learning at their convenience. A well-equipped computer laboratory with access to internet is also available to our students for quick reference and access to learning materials.

The students also participate in Continuous Medical Education as learners and educators

to ensure that they are updated on changing medical technologies and emerging medical trends. The Institute offers a highly professional and open-minded education that incorporates a strong sense of ethics and responsibilities. The learning management system assists the students and tutors to engage online, and this ensures that the graduates of the Institute remain competitive.

KUTRRH has partnered with international institutions in various programs. Since we are living in a global world, a TISN education enables its students to rise to new challenges anywhere in the world through exposing them to the various programs, thus helping them to fulfill their true potential.

The Institute encourages staff and students to embark upon a journey of lifelong learning and self-development through study, research, and academic activities. This contributes to the training of a highly skilled and better prepared specialized nurse.



OUR FIRST PAEDIATRIC HEART SURGERY



May 2022 marked another milestone at KUTRRH as the Hospital celebrated the first paediatric heart surgery technically known as patent ductus arteriosus.

Patent ductus arteriosus (PDA) is a persistent opening between the two major blood vessels leading from the heart. The opening (ductus arteriosus) is a normal part of a baby's circulatory system in the womb that usually closes shortly after birth. If it remains open, it's then called a patent ductus arteriosus.

The surgery was undertaken by Dr. Enoch Makori, as the lead surgeon, Dr. Wangui Manguyu, Dr. Isaac Adembesa as the chief anaesthetologist and Nurse Samuel Karanu.

There are many kinds of heart defects. Some are minor, and others are more serious. De-

fects can occur inside the heart or in the large blood vessels outside the heart. Some heart defects may need surgery right after the baby is born. For others, a child may be able to safely wait for weeks, months or years to have surgery.

Congenital heart disease is a serious prob-

Paediatric heart surgery services at KUTRRH have not only brought about much needed high quality specialized care to patients seeking paediatric heart interventions but also provided cost relief to patients

lem in Kenya. The problem as observed in various studies and reports is severe in children who have access to minimal or no healthcare especially in rural areas. Besides limited access to quality healthcare, a shortage of medical specialists in lower level facilities leads to the problem being undiagnosed at the appropriate intervention period.

Paediatric heart surgery services at KUTRRH have not only brought about much needed high quality specialized care to patients seeking paediatric heart interventions but also provided cost relief to patients compared to other facilities providing similar services.

PICTORIAL



KUTRRH specialists carry out the first paediatric heart surgery at the hospital..



A section of participants during the KUTRRH free medical camp



A community member undergoing medical check-up during the KUTRRH free health camp.



KUTRRH team inspecting the readiness of the Cath-Lab in preparation for commissioning.



KUTRRH team of specialists with a happy patient after a successful surgery leading to saving of his arm.



KUTRRH Nurses at JKIA beaming with pride to receive their fellow nurses who won the nurses Global award in Dubai.



PICTORIAL



KUTRRH Board Chairperson, Prof. Olive Mugenda with Health CAS, Dr. Mercy Mwangangi and a delegation from moderna



KUTRRH Ag. CEO, Dr. Victor Njom addresses participants during the free medical camp organized by the hospital



Ms. Gladys Ogallo, Board Member receives an Award on Health 2.0 - Best Companies Awards on effective implementation of HMIS & digital transformation agenda in Dubai, UAE on behalf of the Chairperson, Board of Directors.



WHO Kenya country representative, Dr. Abdourahmane Diallo with KUTRRH team when he visited the proposed site for WHO Regional Emergency Hub.



NIHR Global Health Research - Esophageal Cancer Project Spokes Inception Meeting participants- A consultative meeting with the five project counties to lay ground for EC project Implementation



Participants follow proceedings during a medical staff training session on BASIC by the Critical Care Society of Kenya (CCSK).

HIGHLY SPECIALISED AFFORDABLE CANCER CARE



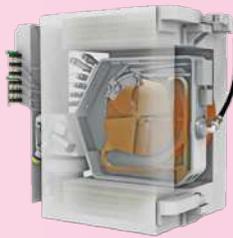
Why choose KUTRRH for the PET scan?

In Kenya, Cancer has been ranked 3rd among the killer diseases after malaria and Pneumonia. According to a recent report by International Agency for Research on Cancer, the number of new cases reported in 2020 in Kenya for both genders was approximately 42,116; 15,566 male and 26,550 females with approximately 27,092 deaths same year. As evident in the statistics, the thousands of Cancer patients die prematurely because of lack of treatment locally. Until recently when NHIF came on board to relieve the suffering of our people, most patients were being forced to pay out of pocket, selling all their assets, fundraising from friends and well-wishers, and still it was not enough to pay for treatment abroad. Seeking treatment abroad was the privilege of a few, while majority of our people had no choice but to forego treatment and wait to die. However, the narrative changed when Cancer was declared a national disaster and through government intervention, NHIF came on board to relieve the financial burden on cancer patients. NHIF has been paying for treatment in India and South Africa, and locally in our private hospitals that have had the capacity to provide the needed care.

About PET Scan

PET scan services in Kenya became available in 2018 with installation of a first Cyclotron machine. This brought a breath of relief as most patients were accessing the PET scan services outside the Country.

The services were also not available in any public hospital and hence was unaffordable for most Kenyans. Today, the NHIF has been supporting patients in accessing PET Scan services at KUTRRH. In a bid to have more resources available locally and ease the



CYCLOTRON

long queues at private facilities, KUTRRH in collaboration with the government of Kenya, embarked on construction of a state-of-the-art IMIC facility. The IMIC is

home to 2-PET CT machines, SPECT CT, and a Cyclotron machine. With our PET CT up and running, we are now scanning patients from Monday-Friday,



PET CT

running 2-shifts of scanning, hence attending to more patients and reducing the queues from our pri-



SPECT CT

vate partners.

With the PET Scan services available to our people in a government facility, early screening for early cancer cells detection hence increased survivorship rate.

Why Choose KUTRRH?

Cost Comparison

KUTRRH has entered an MOU with NHIF to fully cover the cost of treatment with patients not being required to top-up even a single cent out of pocket. For NHIF, KUTRRH is a priority since it's a national government initiative where they have their full focus. It is therefore very affordable for our patients to access treatment within familiar territories and without having to drain their pockets and bank accounts or call for fundraising. This is a true game changer for our people, and for our country.

Consequently, the aspect of cost of travel, accommodation and other miscellaneous costs when seeking treatment abroad is a thing of the past. Kenyans no longer have to worry about travels costs and the hassle of acquiring travel papers, or even accommodation abroad. Not to mention the aspect of time as a social cost. Previously, patients spent so much time to acquire approval from the Ministry seeking approval for travel purposes. Now with KUTRRH having entered an MOU with NHIF, KUTRRH is contacting patients directly and hence less hassle for patients in getting approval from NHIF. Which means once you book with us and given an appoint-

ment date, all you have to do is walk in for your scan, reducing the wait time. PET Scan services are just an appointment away, with no hassles and at no cost for those with NHIF cover. We are therefore bringing hope to our people that indeed they can get timely treatment, and they no longer have to die prematurely.

Notably, the recent move by NHIF stopping payment for overseas treatment on conditions that treatment is now available also a major boost for our local facilities.

Cost comparison with other facilities Abroad

A comparison with facilities abroad in India and South Africa; -

The most popular hospitals in India charge approximately KES. 36,000.00. This is excluding travel expenses, accommodation, and other miscellaneous costs.

In South Africa ordinarily the charges for a PET Scan are approximately KES. 200,000.00.

Service Comparison

In terms of service, KUTRRH boasts of a highly qualified team trained both locally and abroad. We have a Cyclo-medical team handling the operations. Their Cyclo-medical skills are the best globally, having accumulated their experience in operating Cyclotron facilities in the U.S since 2003. It is evident we are not taking chances with the health of our people.

The healing process all starts with emotional and psychological well-being before transitioning to physical wellness. At KUTRRH one gets quality medical care delivered by a highly competent team of professionals. There is a customer service team that welcome patients to the facility, handling patients with respect and courtesy. The customer care team not only creates a welcoming environment for patients but is able to connect with patients through follow-up calls.

The turnaround time for getting booked has been

reduced. One simply needs a referral form from a consultant. Our customer care representatives' book the patient for the scan at the soonest. The patient doesn't need to worry about long wait times to be scanned and for the report since the report is released within 5 days of the scan.

Soon, bookings are enabled through the KUTRRH website where patients just upload their referral forms. This saves the patient the hassle of in-person booking.

Clinical Outcome

Patients receiving care locally have access to their social support in terms of family and friends. Unlike when they travel to foreign countries, being away from their loved ones and the culture shock in a foreign country. Notably, the well-being of a person starts with the psychological, emotional, mental and social well-being. KUTRRH is not only concerned with one's physical health but also the emotional, psychological and mental wellness.

IMIC HOSPITALITY CENTRE-A HOME AWAY FROM HOME

Within the Hospital is the IMIC Hospitality Centre where patients and those accompanying them get safe and comfortable accommodation as and when needed.

During a patient's stay in hospital, having family members in the environs has direct benefit to patients and family members. Patients need the support of family members to navigate complex health care systems and decisions. Family members need a place to go to restore their energy and thus be able to help their hospitalized loved one each day.

This concern of the patient and the family mo-

tivated KUTRRH to put up a hospitality Centre within the precincts of the hospital. The IMIC Hospitality Centre provides local and regional patients and those accompanying them a safe and comfortable place to stay.



The IMIC Centre features single rooms, double rooms, mini suites which accommodate two persons and two-bedroom apartments that accommodate up to 5 persons. The rooms are available at unusually affordable rates. The Centre has a gym and a health club and a restaurant.



KUTRRH'S PAEDIATRIC UNIT

Kenyatta University Teaching, Referral and Research Hospital (KUTRRH) has realized tremendous and rapid expansion to offer services that cater for all age demographics.

In May 2022, the Hospital launched a paediatric unit to attend to infants, children and adolescents. The paediatric unit purposes to offer timely, efficient, and effective quality patient-centered care, featuring five different specialists, achieving a nurse patient ratio of 1:1 in the Neonatal Intensive Care Unit & Paediatric Intensive Care Unit and a ratio of 1:5 in the paediatric medical wards.

The new unit also features essential and state-of-the-art equipment such as neonatal ventilators, NCPAP, incubators, phototherapy lights, resuscitative and central lines among many more. To enhance specialized care, the paediatric unit is sub-divided into Neonatal unit and the paediatric unit. The Neonatal unit caters for infants aged 0-1 month. It consists of Neonatal Intensive Care Unit (NICU), Neonatal High Dependency Unit (NHDU) and special care which caters for both surgical and medical conditions.

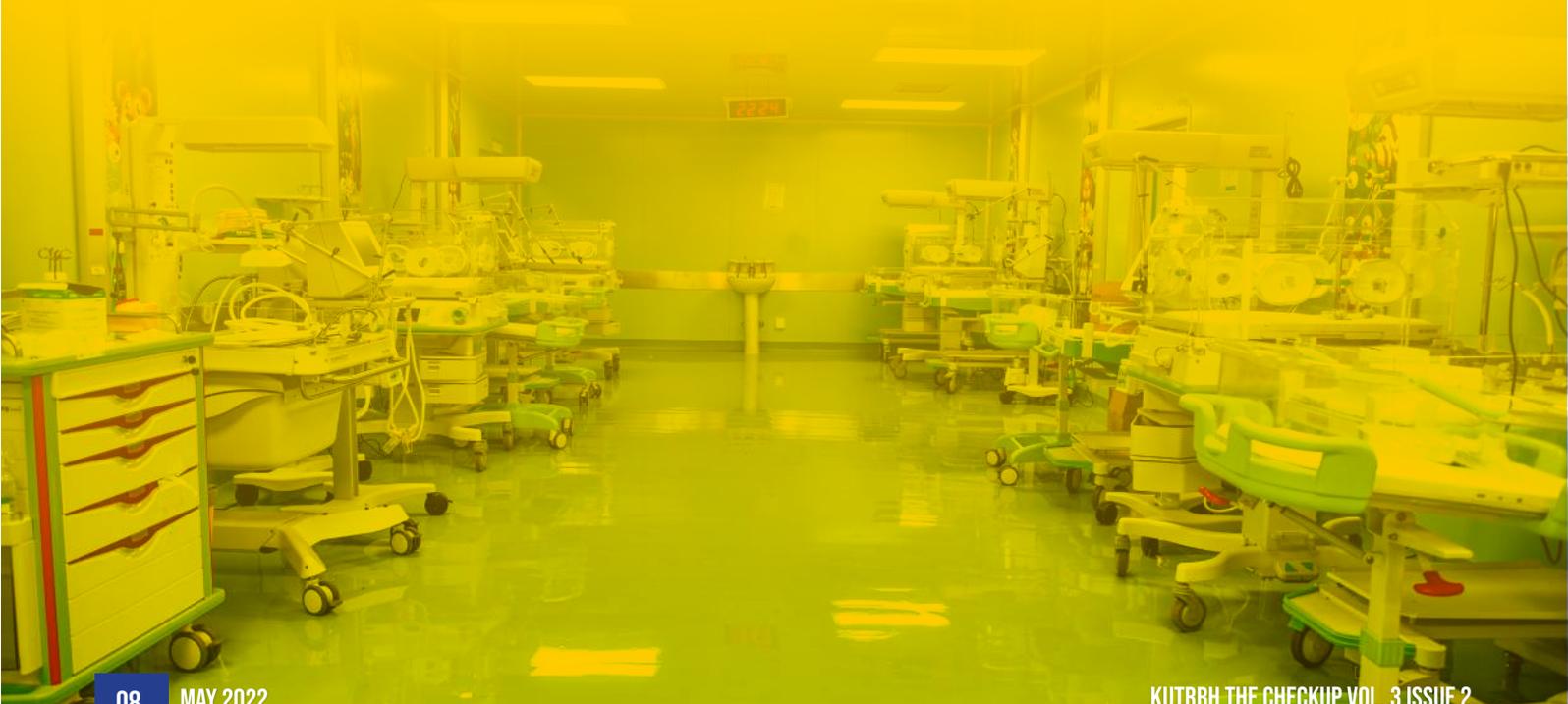
The Paediatric unit caters for children aged

above 1 month to 13 years. It consists of paediatric medical ward, paediatric surgical ward, and medical care for newborns from home. It has a separate Paediatric Intensive Care Unit (PICU) and an Accident and Emergency Unit. The Paediatric surgical unit hernia repair, laparotomy and anorectal reconstruction Paediatric urology and Paediatric surgical oncology

Some of the services offered at the Newborn Unit include surgery for congenital defects, cooling for asphyxiation and Peritoneal dialysis. The Paediatric unit offers a host of services amongst them surgery, Paediatric cardiology, Paediatric oncology speech

and language therapy and physiotherapy. The Unit plans to

soon introduce Paediatric specialized clinics -endocrinology, neurology, hematology, gastroenterology, nephrology, genetics, dermatology, allergy clinic, infectious disease, ophthalmology, child psychiatry clinic, pulmonology - chest clinic, diabetes clinic and Audiology.



ADDRESSING THE GAP IN CRITICAL CARE



Improvement of acute care services has been cited as an important goal towards strengthening overall health delivery. Central to delivery of acute care is emergency care services. Research points to the acute and emergency care being hampered by a variety of challenges across the global divide including a poor understanding of reasons for patients seeking emergency care, standardized reporting measures and lack of consensus on essential services especially in Sub-Saharan Africa¹. Facility-level data on patient presentations as well as resources required for acute and emergency care indicate critical gaps in meeting requisite levels of patient care and desired outcomes. At KUTRRH, the accident and emergency services department averages about 40,000 patients annually with referrals accepted locally as well as from the East Af-

rican region. The department comprises of highly specialized emergency personnel who work towards restoration of good health for the patients. Key among their goal is evaluation of patients, conduct of requisite emergency intervention in consultation with various specialists as well as stabilization of pa-

At KUTRRH, the accident and emergency services department averages about 40,000 patients annually with referrals accepted locally as well as from the East African region

tients. The department is equipped with state-of-the-art resuscitation equipment, observation beds and consultation rooms. Key units in the department include the adult emergency unit, pediatric emergency unit, adult outpatient unit, pediatric outpatient unit, Advanced Cardiac Life Support (ACLS) ambulance services, and helipad evacuations for air emergency response. A round-the-clock access to a wide range of healthcare specialists and equipment enables the accident and emergency department at KUTRRH provide high quality medical care and prompt priority to acute life-threatening conditions.



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