KENYATTA UNIVERSITY TEACHING, REFERRAL & RESEARCH HOSPITAL

THE CHECK UP

VOL. 3 ISSUE 5



PRESIDENT UHURU KENYATTA OPENS KUTRRH CATH LAB & ONESMO OLE-MOIYOI EXECUTIVE WING

INSIDE

PRESIDENT UHURU KENYATTA OPENS KUTRRH CATH LAB & ONESMO OLE-MOIYOI EXECUTIVE WING
A modern Cath Lab to address Cardiac Problems and an Executive Wing to provide Specialized Care.

FIRST KUTRRH ANNUAL HEALTH CONFERENCE 2022
Optimizing African Multi-Disciplinary Cancer Care.

OUR FIRST EAR SURGERY AT KUTRRH
First head and neck multidisciplinary surgery for basal cell carcinoma of the ear canal.



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OUR FIRST EAR SURGERY AT KUTRRH



KUTRRH witnessed the first head and neck multidisciplinary surgery case that was conducted by Dr Lilian Mokoh , an ENT surgeon , Dr Getachew a Head and Neck specialist and Dr J.P Ogalo a plastic surgeon.

According to Dr Mokoh, the patient had Basal Cell carcinoma of the ear canal. The patient has albinism and this is a common condition among them due to exposure to sunlight. The ENT surgeon together with the Head and Neck surgeon removed the tumor and the ear canal and part of her ear lobe. Such wide resection is encouraged to decrease the chances of tumor recurrence. The plastic surgeon then reconstructed the ear.

According to the surgeons, the patient is happy because she retained her ear which is very important to her as she wears spectacles, she still retains her beauty after the reconstruction as she does not have to live with half an earlobe. The patient will be followed up at the ENT and Plastic Surgery Unit.

According to Dr. Lilian Mokoh, medics from different specializations acting together like in this case is proof that a multidisciplinary approach is key in patient centered care. Dr. Mokoh is thankful to the Disability Council of Kenya for having met the expenses of the operation.



PRESIDENT UHURU KENYATTA
BREAKS THE GROUND FOR THE CONSTRUCTION OF THE WHO REGIONAL & SUB-GLOBAL EMERGENCY HUB



On 9th July 2022, President Uhuru Kenyatta officially opened the KUTRRH Cath Lab and Onesmo Ole-MoiYoi Executive Wing. Besides the two facilities, he also presided over the groundbreaking ceremony for the construction of the World Health Organization (WHO) Regional & Sub-Global Emergency Hub.

Speaking when he presided over the ground-breaking ceremony for the facility at the Kenyatta University Teaching, Referral and Research Hospital (KUTRRH) in Kiambu County, President Kenyatta welcomed the WHO's decision to put up the emergency hub in Kenya.

Kenya is one of the three African countries selected by the WHO to host a logistics hub that will be equipped with emergency medical personnel, commodities, and equipment to support countries with emergencies in Eastern Africa. Senegal and Nigeria are the other two African countries selected to host the WHO hubs that will also be centres of excellence in emergency medical training with a capacity to respond to over 100 crises at a time.

President Kenyatta commended WHO for the launch of the new innovative initiative to improve the capacities of African countries to respond, in real-time, to increasingly numerous and complex health emergencies.

"An expanded and more versatile emergencies hub in Kenya will allow WHO to effectively and swiftly support Kenya and all Eastern and Southern African countries by maintaining stockpiles of medical and logistical supplies. "It is in this context that the WHO Regional Office for Africa sought to strengthen and expand the WHO emergencies hub in Kenya, to coordinate high-quality responses to health emergencies," the President said.

"We will continue to collaborate with other development partners in sourcing for more resources to support the completion and the full operationalization of this hub," the President said. He added that the Government has also provided WHO with rent-free office space at the KUTRRH to accommodate the initial staff component of up to 150 officers needed to start preparations for the establishment of the hub

"This space has been identified at the Training Research and Innovation (TRI) building of the KUTRRH," President Kenyatta said. The Head of State expressed satisfaction that his directive to the National Treasury and Kenya Revenue Authority to expedite customs clearance for the emergency logistics hub's medical supplies has been operationalized.

At the same time, President Kenyatta announced that Kenya has endorsed the legally binding International Pandemic Treaty under WHO which aims to strengthen global solidarity, high-level political commitment and equitable distribution of vaccines, diagnostics, and therapeutics during pandemics, especially to the developing world. WHO Director-General Dr. Tedros Ghebreyesus said the construction of the emergency logistics hub and Centre of excellence marks Kenya's continued partnership with his organization and the United Nations in general. "President Kenyatta, I would like to express my gratitude and my admiration for your leadership and vision in supporting WHO and for sponsoring this hub which will help build a stronger and more resilient Africa," the WHO Director-General said.

He said the centre will help to address at least 100 health emergencies that face Africa every year such as the outbreaks of cholera, yellow fever, meningitis, measles, and Ebola as well as humanitarian disasters including the current hunger crisis. Health Cabinet Secretary Mutahi Kagwe also spoke at the function that was attended by Head of Public Service Dr. Joseph Kinyua and other senior Government officials as well as UN representatives.

OFFICIAL OPENING OF KUTRRH CATH LAB & ONESMO OLE MOI-YOI EXECUTIVE WING



Earlier, President Kenyatta inaugurated a Cath Lab and the Onesmo Ole Moi-Yoi executive wing at the Kenyatta University Teaching, Referral and Research Hospital. From his observations, he noted that the two facilities add to the growing compliment of health service delivery in public hospitals.

In her remarks during the ceremony, KUTRRH board chairperson, Prof. Olive Mugenda thanked President Kenyatta for being instrumental in the development of the regional hospital. "With your support, we have an Integrated Molecular Imaging Centre which has continued to be a great blessing for many Kenyans and other people in the region. So far, we have scanned over 1200 Kenyans who would have otherwise gone to India for scanning," Prof. Mugenda said.

She pointed out that the opening of the Cath Lab will significantly address cardiac problems such as coronary heart disease and heart attacks while the Onesmo Ole Moi-Yoi executive wing will help patients with issues needing personalized care as well as complement the private wards and general wards at KUTRRH.

The Cath Lab at KUTRRH is equipped with the state-of-the-art imaging technology and shall be useful in viewing arteries as well as checking how well blood flows from the heart. It is anticipated to aid in addressing of heart conditions including diagnosis and treatment of coronary artery disease, heart attacks, chest pain, congestive heart failure, peripheral (limb) vascular disease, pulmonary hypertension, and even pulmonary embolism, also known as blood clots.

The Cath Lab at KUTRRH is staffed by a multidisciplinary team of specialists including cardiologists who use information from the tests to diagnose and treat blockages and other problems in the arteries without the patient needing to undergo surgery. As noted by the KUTRRH CEO, Mr. Ahmed Dagane, it will also be useful in resolving the backlog in cardiovascular cases awaiting treatment.



PICTORIAL



President Uhuru Kenyatta cuts the ribbon marking the official opening of the Onesmo Ole MoiYoi Executive Wing at KUTRRH.



Health CAS Dr. Mercy Mwangangi and KUTRRH CEO Mr. Ahmed Dagane launch the 'Journal of Emerging Healthcare Research & Innovation'.



Prof. Ged Bryne and John Paul Baggala from Health Education England on a tour of KUTRRH facilities.



L-R: H.E. President Uhuru Kenyatta, Prof. Onesmo Ole MoiYoi & his spouse Linda Ole MoiYoi, and KUTRRH Board Chairperson, Prof. Olive Mugenda.



KUTRRH team with a delegation from Thika Level 4 Hospital.



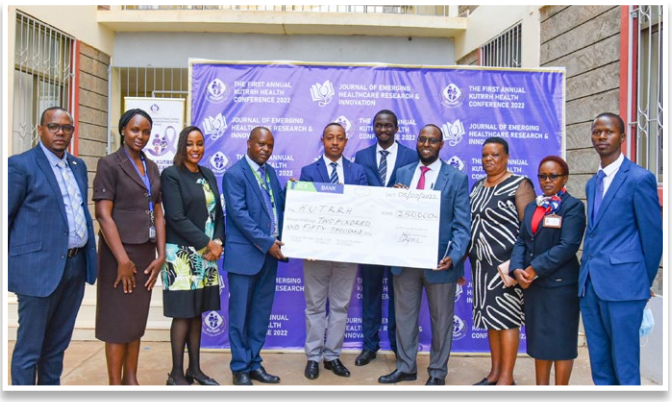
KUTRRH Management team with a delegation from the Judicial Service Commission.



PICTORIAL



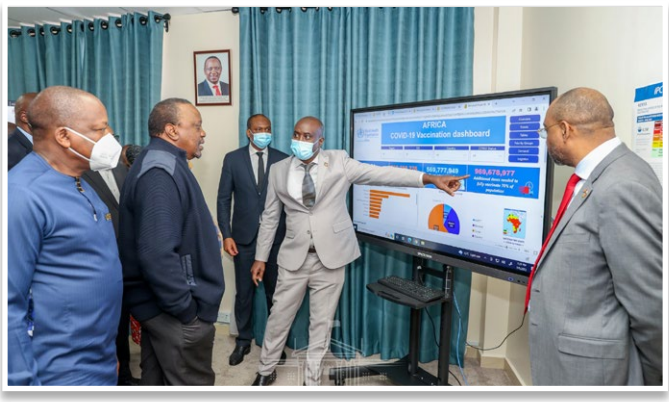
H.E President Uhuru Kenyatta cuts the ribbon marking the official opening of the KUTRRH Cardiac Catheterization Lab.



KUTRRH CEO, Mr. Ahmed Dagane receives a cheque from the KCB Group towards sponsorship of the health conference 2022.



Conference chairperson, Dr. Tracy Irura delivers opening remarks during the 2022 Annual Health Conference.



President Uhuru Kenyatta is guided through real-time statistics on Covid - 19 vaccinations and other emergencies as monitored from the WHO Hub SHOC room at KUTRRH.



KUTRRH Deputy Catering Manager,Mr. Andrew Njagi (3R), receives aluminum plates donated by Navando Investments Enterprise employees (on the left).



KUTRRH staff after attending a training on fire safety.

FIRST KUTRRH ANNUAL HEALTH CONFERENCE 2022

Optimizing African Multi-Disciplinary Cancer Care



KUTRRH held her first annual health conference on 5th and 6th July 2022. The successful hybrid conference was held under the theme, Optimizing African Multi-Disciplinary Cancer Care. The conference drew local and international participation from the healthcare industry, academia, industry, and service providers.

Key sub-themes from the conference included: State-of-the-art diagnostics, Therapeutics, and interventions; Patient empowerment, survivorship and advocacy; Prevention, screening & early detection, Research & innovation in the East African landscape; and Strengthening medical health systems & policies.

The 2022 conference kicked off with an eye-opening presentation by Dr. Michael Mwachiro, a doctor at Tenwek hospital in Bomet who discussed the incidence of esophageal cancer in Africa. He illustrated that esophageal cancer cases were prevalent along the East Coast of Africa where approximately 20 per cent of the cases were persons under 40 years of age. Some of the esophageal patients are as young as 14 years. Less than 10 per cent of the patients do not survive beyond 5 years. The poor survival rate is due to late diagnosis which is due to late manifestation of symptoms (asymptomatic persons). The disease has shown tremendous genetic diversity and very few studies have been carried out by specialists, the most recent being a study in 2017 by Dr. Mwachiro and proffesional colleagues.



The presentation concluded with a recommendation that screening would help to improve early detection since esophageal cancer is curable if detected early. The screening, he noted should be concentrated on high incidence counties. The presentation also emphasized that there is a need to continue generating local data from research. As part of the efforts KUTRRH has partnered with the University of Manchester to undertake a research on esophageal cancer in 5 counties in Kenya.

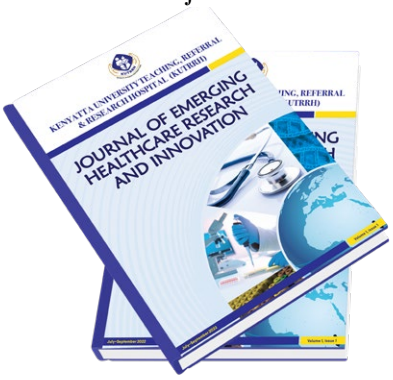
Celebrating Cancer Warriors

During the conference, there was a moving presentation by Mr. Evans Machera, a



cancer survivor who received treatment at KUTRRH's Oncology unit in 2020 and is now fully recovered. Mr. Machera was full of praise for the oncology team at KUTRRH for the meticulous approach to his condition in addition to the state -of-the-art equipment and the quick turnaround time in treatment. He said that most patients deteriorate because they don't get the treatment that is appropriate while others are subject to misdiagnosis. Another challenge for cancer cases is lack of diagnostic equipment and delayed referrals by health centres. He noted that healthcare management starts with the sick person, then the immediate family members, the healthcare professionals, and the community. For Mr. Machera, KUTRRH has proved to be the go-to facility for quality and effective patient centred care. He was accompanied to the conference by a cancer patient whom he referred to KUTRRH and she has been walking the journey successfully with oncologists KUTRRH.

The conference was opened by the Chief Administrative Secretary, Ministry of Health, Dr. Mercy Mwangangi who emphasized on the importance of research to facilitate evidence-based treatment. She gave the example of South Korea where a lot of research in healthcare is being done and tremendous strides have been made translating into numerous positive patient outcomes. KUTRRH plans to hold a conference every year. Dr. Mwangangi also launched the Journal of Emerging Healthcare Research & Innovation. The journal contains various papers from the proceedings by specialists on effective cancer care solutions.



During the conference, Drs. Munemo, Nagaraj and Akintunde presented a paper on conventional nuclear medicine focusing on the efficacy of the PET scan at KUTRRH's IMIC. The paper elaborated on conventional nuclear medicine and its role in the diagnosis and treatment of multiple conditions. The availability of advanced imaging techniques at KUTRRH has reduced the economic burden on patients as they no longer need to travel out of the country for the service.

Drs. El-Enbaby, Mohammed, Kungu and Gehan presented an article on the correlation between diabetes and breast cancer. They noted that several studies have found that diabetes is associated with decreased survival outcomes among breast cancer patients. Drs. Rotich, Ongayo and Lornah presented a study on radiation protection of workers and the public in nuclear medicine. During the proceedings, KUTRRH's ICT deputy director, Dr. Mwirigi Kiula presented a paper on affordable, convenient digitally mediated home health care. He noted that digitally mediated health care is ripe for the Kenyan ecosystem. The demand for telemedicine, e-health, m-health, robotic medicine, e-learning and artificial intelligence will bring new healthcare realities in Kenya and beyond. This is projected to give impetus to universal health coverage while facilitating convenience and affordability of care in a safe and familiar space.



Keynote Speaker - Prof. Ronald Repp



VISIT TO KUTRRH BY HEALTH EDUCATION ENGLAND

On 2nd July 2022 KUTRRH hosted a delegation from the Health Education England (HEE) led by the Director, Prof. Ged Bryne. HEE is an executive non-departmental public internal body of the Department of Health and Social Care in the United Kingdom. Its function is to provide national leadership and coordination for the education and training within the health and public health workforce in England. HEE has been in operation since June 2012.

The delegation was hosted by the KUTRRH Management led by the Chairperson of the Board of Directors, Prof. Olive Mugenda. They held discussions on pertinent matters of mutual interest. The members of the HEE delegation included Prof. Ged Byrne-Director and Team Lead and Mr. Johnpaul Baggala.

HEE visited Kenya at the invitation of the Health Cabinet Secretary, Hon. Mutahi Kagwe and Kenya's High Commission in London. The main aim of the visit was to familiarize them with KUTRRH and to get priority training needs for specialized areas such as cancer, research, digital health, and health management exchange programs across all cadres in the hospital.



The institution has funded training, fellowships, and observerships in Uganda through the Strengthening Workforce Capacity in Oncology through Global Learning (SCALE) program. Their key focus has been oncology, emergency care, critical care, maternal health, and neonatology.

BENCHMARKING VISIT BY THIKA LEVEL IV HOSPITAL TEAM



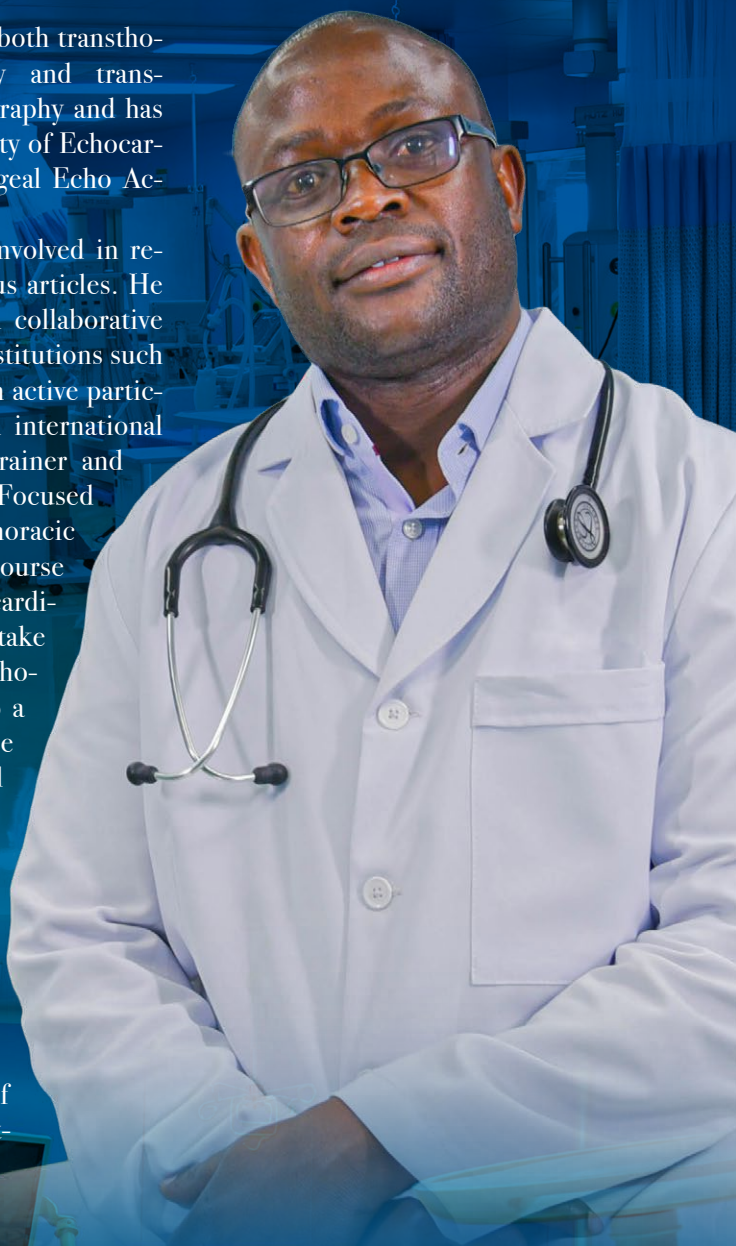
On 24th June 2022, the Hospital received a delegation from Thika Level IV Hospital. The team visited the hospital for a benchmarking opportunity. The team comprised of a Surveyor, an Architect, a Biomedical Engineer, a Public Health Officer, a Physical Planner and two Health Administrators.

Among key areas of interest to the delegation included the state of the physical environment at KUTRRH with a focus on provision of integrated services. Others included clinical capacity at KUTRRH including equipment and infrastructure for service provision. From the meeting, they shared on priority areas for Thika Level IV Hospital's improvement with an aim for easing service delivery.

KUTRRH has been collaborating with various hospitals to help build their capacity. This is in line with efforts towards providing a hub from which other facilities from various counties can benefit from the state-of-the-art facilities, equipment, and expertise a KUTRRH.

STAFF PROFILE

DR. ISAAC ADEMBESA



Dr Isaac Adembesa is the head of the department of Anaesthesia and Critical Care at KUTRRH. He is registered by the Kenya Medical Practitioners' and Dentists Council as a cardiothoracic anaesthesiologist. He graduated with a Bachelor's degree in medicine and surgery from Moi University in 2008 and then proceeded for a 1 year internship at the then Mbagathi District hospital. After internship, he joined Aga Khan hospital Kisumu as a senior house officer where he worked in the accident and emergency and the intensive care unit. This is where he developed an interest in anaesthesiology and proceeded to join the Aga Khan university hospital Nairobi for a 4 year residency in anaesthesiology. After graduating with a master's degree in anaesthesiology from the Aga Khan University, he was employed at the Karen hospital as a hospital anaesthesiologist in 2016. It is at the Karen hospital that he was exposed to a lot of cardiac pathologies both in theatre, cathlab and in the critical care unit.

Due to his desire and passion to be an expert in cardiovascular diseases, he joined University of Cape Town's Department of Anaesthesia and Perioperative medicine in 2017 for a 1- year fellowship in both adult and paediatric cardiothoracic anaesthesia fellowship. He was based at both Groote Schuur hospital and Red Cross War Memorial Children's hospital.

During his fellowship, he was exposed to perioperative care of children and adults undergoing cardiac, vascular, and thoracic surgeries, all ranges of Cath lab procedures including electrophysiology studies, cardiac critical care, extracorporeal membrane oxygenation (ECMO) as well as heart transplants and mechanical cardiac devices such LVADS, intra-aortic balloon pump.

He is also proficient in both transthoracic echocardiography and transesophageal echocardiography and has passed the British Society of Echocardiography Transesophageal Echo Accreditation exam.

Dr. Adembesa is also involved in research and has numerous articles. He is currently involved in collaborative research with various institutions such as KEMRI. He is also an active participant in both local and international conferences. He is a trainer and coordinator for FATE (Focused assessment with Transthoracic Echocardiography), a course aimed at training non-cardiologists on how to undertake screening bedside echocardiograms. He is also a trainer for BASIC course (Basic Assessment and Support in Intensive Care), a course aimed at training medical practitioners working in ICU under the Critical Care Society of Kenya.

He is an active member of the Kenya Society of Anaesthesiologists, Critical Care Society of Kenya, British Society of Echocardiography, Cardiothoracic Society of South Africa and European Society of Cardiothoracic Anaesthesiologists and Intensive Care. He served the Critical Care Society of Kenya for 4 years as the treasurer until 2021.

ACCIDENT AND EMERGENCY





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