



KENYATTA UNIVERSITY TEACHING, REFERRAL & RESEARCH HOSPITAL

THE CHECK UP

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KUTRRH HOSTS SUCCESSFUL CLEFT LIP & PALATE SURGERIES

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Quality Patient Centered Care



KUTRRH PARTNERS WITH LOVE WITHOUT REASON TO CONDUCT CLEFT LIP & PALATE SURGERIES TO THE BENEFIT OF MANY KENYAN CHILDREN



In June 2024 Kenyatta University Teaching, Referral and Research Hospital (KUTRRH) partnered with Love Without Reason (LWR)-Kenya to conduct 45 cleft lip and palate surgeries.

The partnership between KUTRRH and LWR-Kenya was first mooted in 2020 with a surgical camp that saw 75 patients get managed for cleft lip and palate surgery. The second camp was in 2022 where 45 patients were managed. LWR-Kenya chooses to work with KUTRRH as it offers a world class health infrastructure, highly skilled staff and KUTRRH's policy of patient centered approach. The cleft lip and palate surgical camps provide the much-needed help to the needy in the society. They help improve function (feeding and speech) and restoration of orofacial aesthetics.

Speaking at the opening of the medical camp, the Chairperson of KUTRRH's Board of Directors, Prof. Olive Mugenda emphasized the importance of creating a data base of persons with cleft lip and palate to help trace the persons and correct the challenge. Prof. Mugenda noted that hospitals are best placed in the registration exercise.

KUTRRH's CEO, Ahmed Dagane who was represented by KUTRRH's Deputy Director of Training, Dr. John Nyambega, noted that cleft Lip & Cleft Palate is a common birth defect in Kenya which occurs once in every 1300 births. "Unfortunately,

ly, a lot of parents cannot afford the corrective surgery needed. Hence, the children are forced to grow with stigma and social rejection. This stigma confines them to a life of limited opportunity in terms of education, relationships, community, and it is further exacerbated by barriers to care," said the CEO. Mr Dagane said KUTRRH is determined to continue investing in the latest equipment, quality care spaces, technologies and human resources for health. Mr. Santhosh Mathews who together with his wife created Love Without Reason thanked KUTRRH's management for facilitating the partnership with LWR. He said the goal of LWR was to ensure that the world is cleft free. He said LWR commitment stemmed from a promise they had made to their son, who suffered the condition, to ensure that cleft lip and palate would be managed globally.

Dr. Michael Kizegule, the Head of Dental services at KUTRRH noted that cleft lip and palate is the commonest congenital abnormality. "A key deformity that affects aesthetics and self-esteem. It also affects functions of eating and speech," said the doctor.

According to Dr. Kizegule, KUTRRH desires to establish a comprehensive craniofacial surgery center that will provide primary and secondary cleft lip and palate surgery, speech therapy, dental rehabilitation and counselling to parents and patients all year round. The Hospital plans to

become a training center for aspiring cleft lip and palate surgeons, anesthesiologists and nurses.

"Involvement of local surgeons in the cleft lip and palate surgical camps has helped build local capacity. This will translate into making the service readily available in County Government hospitals reducing the over reliance on cost-free surgical camps," according to Dr. Kizegule.

The idea, according to Dr. Kizegule is to invest in fellowship training (cleft and craniofacial surgery) for Oral and Maxillofacial Surgeons in KUTRRH to provide high quality care to patients especially in secondary cleft deformities and a wide range of facial congenital and developmental anomalies.

The doctor advises that it is imperative for as many members in society to enroll with the national health insurer to be able to access surgical management in low-cost hospitals. This will reduce delayed treatment occasioned by waiting for cost-free surgical camps.

Dr. Kizegule, reveals that the prevalence of cleft lip and palate is 1: 500 - 2500 live births. "Studies around the world have shown that the prevalence is highest in Asians and lowest in Africans. However, there is paucity of data on the exact prevalence of cleft lip and palate deformities in Kenya. There is a need for the national registry to help in obtaining this data."



CYBERKNIFE TREATMENT AT KUTRRH



In the fight against cancer, innovative technologies have emerged to provide patients with more effective and precise treatment options. Among these breakthroughs is CyberKnife, a treatment that offers renewed hope to patients with cancerous and noncancerous tumors in the world. In Kenya, Kenyatta University Teaching and Referral Hospital has embraced this advanced technology, to non-surgically deliver high-dose radiation without damaging any healthy tissues surrounding the tumor.

CyberKnife offers a non-invasive alternative to traditional surgery and radiation therapy. Unlike conventional methods that require incisions and lengthy recovery times, CyberKnife delivers high doses of radiation with the utmost accuracy. This revolutionary approach makes it particularly suitable for treating tumors in delicate or hard-to-reach areas of the body, such as the brain, spine, lungs, liver, and pancreas.

At Kenyatta University Teaching and Referral Hospital, the introduction of CyberKnife has improved cancer care, providing patients with access to treatment previously unavailable in Kenya. This advancement is a testament to the hospital's commitment to delivering world-class healthcare services and improving outcomes for cancer patients across the region.

Moreover, CyberKnife treatments typically require fewer sessions than traditional radiation therapy, often completed in just one to five sessions compared to several weeks of daily treatments with conventional methods. This not only reduces the

overall treatment duration but also enhances patient convenience and comfort, allowing individuals to return to their daily activities sooner.

The implementation of CyberKnife at Kenyatta University Teaching and Referral Hospital represents a significant step forward in the fight against cancer in Kenya. By offering this cutting-edge technology, the hospital is empowering oncologists to deliver personalized treatment plans tailored to each patient's unique needs, thereby improving outcomes and quality of life.

In addition to its clinical benefits, CyberKnife also holds the potential to reduce the financial burden associated with cancer treatment. By minimizing

the need for prolonged hospital stays and post-treatment care, CyberKnife can help lower healthcare costs for both patients and healthcare providers, making advanced cancer care more accessible to a broader population.

However, despite its remarkable advantages, it's essential to recognize that CyberKnife is not a miracle cure for all types of cancer. Treatment decisions are always made by a team of healthcare professionals who consider various factors, including the type and stage of cancer, as well as

the patient's overall health and treatment goals.

Looking ahead, the integration of CyberKnife into the oncology services at Kenyatta University Teaching and Referral Hospital sets a precedent for continued innovation and excellence in cancer care in Kenya. As technology continues to evolve, healthcare institutions should embrace these advancements and use them to im-



prove patient outcomes and save lives.

CyberKnife represents a game-changing technology in the field of cancer treatment, offering precise, non-invasive therapy with minimal side effects. Its introduction at Kenyatta University Teaching and Referral Hospital underscores the hospital's commitment to advancing healthcare and providing patients with access to the latest innovations. With CyberKnife, cancer patients in Kenya have renewed hope for effective treatment and improved quality of life.

THE ROLE OF KUTRRH IN KENYA'S HEALTHCARE SYSTEM



Kenyatta University Teaching, Referral & Research Hospital (KUTRRH) stands as a monumental pillar in Kenya's healthcare system. Established with the vision to enhance medical services, education and research. KUTRRH has rapidly evolved into a premier institution, significantly impacting both local and national healthcare landscapes.

KUTRRH's journey began as a vision to expand the healthcare capabilities of Kenyatta University. The hospital was officially opened in 2019, after extensive planning and construction. Its establishment was driven by the need to provide high-quality healthcare services, facilitate medical training, and foster research to address the dynamic health challenges facing Kenya. The facility was developed with support from the government and various stakeholders, ensuring it was equipped with state-of-the-art medical technologies and facilities.

Located in Nairobi, KUTRRH serves as a critical healthcare access point for residents of the capital and surrounding regions. Its presence reduces the burden on other major hospitals, such as Kenyatta National Hospital, by providing an alternative for specialized and referral healthcare services.

As a teaching hospital, KUTRRH plays a crucial role in training the next generation of healthcare professionals. Having established the Training In-

stitute of Specialized Nursing (TISN), medical students benefit from hands-on experience and exposure to cutting-edge medical practices, ensuring they are well-prepared to meet the healthcare needs of the nation.

KUTRRH is a hub for medical research, addressing pressing health issues such as infectious diseases, non-communicable diseases, and public health challenges. The hospital's research initiatives contribute to the development of innovative treatments and healthcare strategies, positioning Kenya as a leader in medical research in Africa.

The hospital offers a wide range of specialized services that were previously limited in the region. This includes advanced diagnostics, oncology, cardiology, neurology, and surgical services, among others. Such specializations ensure that patients receive comprehensive and high-quality care within the country, reducing the need for medical tourism.

KUTRRH boasts an array of specialized services that cater to diverse medical needs which include oncology, cardiology, neurology, surgery, and diagnostic services. The hospital has a dedicated cancer treatment center (Integrated Molecular Imaging Centre) equipped with modern diagnostic and therapeutic tools,

including radiotherapy and chemotherapy facilities. This center addresses the growing cancer burden in Kenya by providing early detection and advanced treatment options.

KUTRRH's cardiology department offers comprehensive care for heart-related conditions. With state-of-the-art cardiac imaging and intervention capabilities, the hospital is at the forefront of managing cardiovascular diseases.

Neurological services at KUTRRH encompass the diagnosis and treatment of a wide range of neurological disorders. The hospital's neuroimaging and neuro-intervention facilities are among the best in the region.

The surgical department is equipped to perform complex and minimally invasive procedures with machines such as the cyberknife. Specialties include general surgery, orthopedic surgery, neurosurgery, and pediatric surgery, ensuring that patients receive top-notch surgical care.

The hospital's diagnostic capabilities are enhanced by advanced imaging technologies such as MRI, CT scans, and ultrasound. These services are crucial for accurate diagnosis and effective treatment planning.

The Kenyatta University Teaching, Referral & Research Hospital (KUTRRH) is a cornerstone of Kenya's healthcare system, providing critical services that improve health outcomes across the nation. Its establishment marked a significant step forward in addressing healthcare challenges, offering specialized care, fostering medical education, and driving research. As KUTRRH continues to grow and evolve, its role in shaping the future of healthcare in Kenya remains invaluable, ensuring that the population has access to world-class medical services and innovations.

PICTORIAL



The management of KUTRRH led by the Chairperson of the Board of Directors, Prof. Olive Mugenda (Centre) with participants of the Strategic Plan validation workshop that reviewed KUTRRH's proposed Strategic Plan for 2023-2028.



Students of KUTRRH's Institute of Specialised Nursing after a training session.



The Chairperson of the Board - KUTRRH, Prof. Olive Mugenda (Centre) joins the team that successfully conducted over 40 cleft lip & palate surgeries. Love Without Reason-Kenya partnered with KUTRRH to conduct the surgeries.



PICTORIAL



The management of KUTRRH with a delegation from the University of Houston - Clear Lake which visited KUTRRH in June 2024.



KUTRRH's Director of Partnerships, Dr. Gituma Mureithi (Second Right) with members of the Chandaria Foundation who visited KUTRRH to see the progress of the construction of the Chandaria Cancer Care Centre which is a state of the art facility to enhance KUTRRH's capacity as a center of excellence for cancer treatment.



Members of the Nutrition Department during a candle lighting session in honour of their departed colleague Mrs Elizabeth Muthoni Kiai.

WORLD MALARIA DAY



World Malaria Day, observed on April 25th annually, is a crucial reminder of the ongoing battle against one of the world's oldest and deadliest diseases. It was established by the World Health Organization (WHO), and it highlights the global efforts to control and eradicate malaria. It serves as a platform to raise awareness about the impact of malaria on communities, particularly in regions where it remains endemic.

At KUTRRH it did not escape the management and staff of the importance of the day and the topic, more so because despite significant progress in recent years, malaria continues to pose a significant threat to public health, underscoring the need for sustained investment, innovation, and collaborative action to achieve a malaria-free world.

Causes of Malaria

Malaria is caused by the Plasmodium parasites transmitted to humans through the bites of infected female Anopheles mosquitoes. There are several species of Plasmodium, but five are known to infect humans: Plasmodium falciparum, P. vivax, P. malariae, P. ovale, and P. knowlesi. When an infected mosquito bites a person, it injects the parasites into the bloodstream, where they travel to the liver and then infect red blood cells, causing malaria.

Factors contributing to malaria transmission include environmental conditions favorable to mosquito breeding, lack of access to effective prevention measures like bed nets and insecticide sprays, and inadequate healthcare infrastructure in affected regions.

Ways of controlling Malaria

1. **Vector Control:** Targeting mosquitoes that transmit malaria through insecticide-treated bed nets, indoor residual spraying, and larval control.
2. **Chemoprevention:** Administering anti-malarial drugs to high-risk populations, such as pregnant women and young children, to prevent infection.
3. **Prompt Diagnosis and Treatment:** Early detection through rapid diagnostic tests and prompt treatment with effective antimalarial medications can prevent complications and reduce transmission.
4. **Environmental Management:** Eliminating mosquito breeding sites by draining stagnant water, improving sanitation, and using larvicides can reduce mosquito populations.
5. **Community Engagement:** Educating communities about malaria prevention, symptoms, and treatment empowers individuals to protect themselves and seek appropriate care.
6. **Research and Innovation:** Investing in new technologies, such as genetically modified mosquitoes and vaccines, can provide additional malaria control and elimination tools.
7. **Integrated Approaches:** Combining multiple interventions, tailored to local epidemiology and resources, maximizes effectiveness in reducing malaria burden. Sustained commitment from governments, international organizations, communities, and individuals is essential for successful malaria control efforts, ultimately working towards malaria elimination.

DIGITAL MARKETING; HOW KUTRRH IS OPTIMIZING ITS USE

Digital marketing refers to the use of digital channels, platforms, and technologies to promote products, services, or brands to a targeted audience. It encompasses various online tactics and strategies aimed at reaching potential customers, engaging with them, and driving desired actions or conversions.

In keeping with optimizing on technology, KUTRRH has adopted digital marketing strategies to:

1. **Enhance Visibility and Brand Awareness:** Digital marketing has seen KUTRRH increase its visibility among potential patients, healthcare professionals, and collaborators. Through online channels such as social media, search engines, and healthcare directories, the hospital has raised awareness about its services, expertise, and achievements.
2. **Patient Education and Empowerment:** Digital marketing allows KUTRRH to disseminate valuable health information and resources to patients and the public at large. By creating educational content through blog posts, videos, and social media updates, the hospital empowers patients to make

informed healthcare decisions and adopt healthy lifestyle practices.

3. **Appointment Scheduling and Patient Engagement:** Implementing digital tools like online appointment booking systems, telemedicine platforms and patient portals streamlines the Hospital's scheduling process and improves patient engagement. This convenience and accessibility can enhance the overall patient experience and satisfaction with KUTRRH's services.
4. **Community Outreach and Health Promotion:** Digital marketing enables KUTRRH to engage with the local community and promote public health initiatives. Through online campaigns, events, and educational resources, the hospital can raise awareness about prevalent health issues, preventive measures, and the importance of regular healthcare check-ups.
5. **Feedback Collection and Quality Improvement:** The Hospital gathers feedback from patients and stakeholders through online surveys, reviews, and social media interactions. This valuable feed-

back is used to identify areas that need improvement, address patient concerns, and enhance the quality of care provided by the hospital.

6. **Data Analytics for Performance Monitoring:** Digital marketing platforms provide robust analytics capabilities that enable KUTRRH to track the performance of initiatives in real-time. By analyzing key metrics such as website traffic, conversion rates, and engagement levels, the hospital can make data-driven decisions to optimize its marketing strategies and achieve its goals more effectively.

In all, digital marketing plays a crucial role in promoting KUTRRH's services by leveraging digital channels and technologies, the Hospital has strengthened its reputation as a leading healthcare provider and research institution in Kenya.

KENYATTA MEMORIAL FUNERAL HOME Gets Accreditation for Repatriation Services



Kenyatta Memorial Funeral Home was accredited by Kenya Airways and the International Air Transport Association to offer repatriation services. Kenya Airways handles close to 20,000 repatriations in a year. This means that with the accreditation Kenyatta Memorial Funeral Home has received, it is considered very capable of offering excellent services.

In the event of repatriation, the management of the Funeral Home takes the family of the deceased through the process, explaining the items required which include the stipulated documentation which includes the embalming certificate, burial permit, doctor's certificate; the

packaging/ handling and transportation of human remains according to an airline's requirements such as aluminium lining on the coffin, clear labelling on the casket and the security checks required.

Kenyatta Memorial Funeral Home offers excellent services including, 3 spacious chapels with public address equipment, executive waiting lounges, caring and compassionate staff, ample parking, outdoor shaded waiting areas, a coffee shop as well as a fully equipped conference room.

The facility offers other services:

- Embalming, refrigeration and autopsy
- Post embalming cosmetology
- Free counselling and first aid
- Receipt of bodies from other funeral homes, hospitals and from home
- Coffins and accessories

The Funeral Home is guided by its mission statement which is, 'To provide an unparalleled funeral service in a modern, elegantly appointed, state-of-the-art facility to families and friends at their time of need,' as well as its vision that states it wants, 'To be a leading client-centred funeral and repatriation services provider through the use of state-of-the-art technology.'

Kenyatta Memorial Funeral Home remains dedicated to embracing innovative practices and expanding its services to better meet the evolving needs of the community. By incorporating modern technologies, enhancing accessibility to support services and strengthening its educational outreach, the funeral home seeks to forge new pathways for compassionate care and remembrance.

HOW THE PATIENT REFERRAL PROCESS WORKS

Patient referral process is a crucial aspect of healthcare delivery that involves transfer of a patient's care from one healthcare provider or facility to another. KU Teaching, Referral and Research Hospital has religiously emphasized on the observance of the referral process in virtually all its services to ensure that it is able to deliver top notch services to patients in real time.

It is imperative for the public to understand the referral process so as to avoid disappointment when seeking services at level 6 hospitals of which KUTRRH is one.

REASONS FOR REFERRAL

Patients may require referral to a specialist for various reasons, for instance:

- **Diagnosis and treatment**-In some cases, primary care physicians may refer patients to specialist for diagnosis and treatment of a particular conditions. For instance, a patient may be referred to a cardiologist for further evaluation and treatment.
- **Management of chronic conditions**-Patients with chronic conditions such as diabetes, hypertension and arthritis may require specialized care that their primary care physician cannot provide. In such cases, the primary care physician may refer the patients to a specialist who has expertise in managing such conditions.

- **Surgery opinion** -In some cases, patients may request a second opinion from specialist before proceeding with a recommended treatment or procedure.

TYPES OF REFERRAL

There are different types of referral that healthcare providers use to transfer a patient. These include :

- **Direct referral**- occurs when a primary physician refers a patient directly to a specialist for further evaluation and treatment. This type of referral is common in cases where a patient's condition requires immediate attention.
- **Urgent referral**- occurs when a patient requires immediate attention due to a critical medical condition. In such cases, the referring healthcare provider will contact the specialist directly to arrange for urgent evaluation and treatment.
- **Routine referral** - occurs when a patient condition is not critical and there is no urgency for further evaluation or treatment. The referring healthcare provider will make an appointment for the patient with the specialist, usually within a few weeks or months.

STEPS INVOLVED IN REFERRING A PATIENT

- **Evaluation and diagnosis** – The referring healthcare provider first evaluates the patient's condition and makes an initial diagnosis. Based on this evaluation, the provider may determine that a patient require specialized care from a specialist.
- **Referral** - the referring healthcare provider communicates with the specialist who has expertise in treating patient's specific condition.
- **Communication**- referring healthcare provider communicates with the specialist to provide information about the patient condition and any relevant medical history. The communication may occur through phone calls, face-to-face meetings or any other communication channel.
- **Appointment**-A specialist schedules an appointment with the patient to conduct a more detailed evaluation and determine the best course of treatment.
- **Treatment**-The specialist provides treatment to the patient based on the diagnosis, which may involve medication, surgery, therapy or any other intervention.



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SPECT-CT NUCLEAR MEDICINE SCANS NOW AVAILABLE



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