KENYATTA UNIVERSITY TEACHING, REFERRAL & RESEARCH HOSPITAL

THE CHECK UP

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KUTRRH BREAST CANCER AWARENESS WALK AND FREE SCREENING INITIATIVE



In October 2025, Kenyatta University Teaching, Referral & Research Hospital transformed into a vibrant hub of hope and health advocacy, hosting a spirited Breast Cancer Awareness Walk and a two-day free screening exercise. The event brought together the hospital's management, staff, and community members in a united effort to promote early detection and fight breast cancer.

The day began with an uplifting performance by the Kenya Prisons Service Band, whose melodious tunes created an atmosphere of excitement and anticipation at the hospital grounds. Their music set the tone for the walk, drawing smiles and applause from attendees.

The walk was officially flagged off by Dr. Caroline Ngugi, Director of Training, Research, and Innovation. Led by the band's upbeat rhythms, participants marched from KUTRRH to Kahawa West Roundabout, carrying brightly colored placards with messages of hope and awareness. The streets came alive with energy and solidarity, as residents and motorists paused to cheer on the procession.



Upon returning to the hospital, attention shifted to a free breast cancer screening exercise that ran for two days. Both men and women received complimentary consultations and examinations from qualified specialists. KUTRRH's oncology, nursing, and radiology teams were present to deliver expert care and distribute educational materials to promote awareness and early detection.

Dr.Ngugi highlighted that the initiative was part of a broader mission to make preventive health services more accessible and reduce the burden of late-stage cancer diagnosis. Breast cancer remains one of the leading causes of cancer-related deaths in Kenya, yet it is highly treatable when detected early.

Participants shared heartfelt reflections on the event:

"Sometimes people fear going for screening, but events like this remind us that it's better to know early. I really appreciate KUTRRH for bringing these services closer to us."

"It felt great to walk together for a cause that affects so many families. The turnout was amazing, and it showed how much people care about their health when given the chance."

For many, it was their first time participating in a cancer awareness event. The opportunity to learn about regular screening and self-examination was deeply appreciated.

The vibrant atmosphere and strong community engagement reflected KUTRRH's commitment to blending medical excellence with compassion. By extending its services beyond hospital walls, the institution continues to champion health awareness and preventive care at the grassroots level.

As the screening exercise concluded, one message rang clear: early detection saves lives.

CUSTOMER SERVICE WEEK 2025

Theme: Mission Possible



KUTRRH proudly joined the global community in celebrating Customer Service Week 2025, embracing the theme "Mission Possible." The week-long event featured a variety of impactful activities designed to enhance service delivery, promote community health, and recognize the hospital's Customer Care Department's invaluable contributions.

A major highlight was the Corporate Social Responsibility (CSR) outreach held at PEFA Church in Kahawa West, where residents from the nearby Soweto informal settlements were invited to participate in a day of health education and community engagement including the distribution of foodstuffs, clothes, and other assorted items, led by Dr. Caroline Ngugi, Director of Training, Research and Innovation.

This initiative, organized by the Customer Care Department, extended KUTRRH's compassionate care beyond hospital walls, reinforcing its commitment to holistic wellness.

The celebrations also included team-building activities, staff appreciation events, wellness sessions, and interactive forums.

Health experts from various departments led informative sessions. Dr. Martin Jeremiah Oludhe from the Dental Department emphasized the importance of inclusive dental care and oral hygiene. He demonstrated proper brushing techniques and advised pregnant women on early oral health practices for infants. Dr. Oludhe also addressed common dental issues and encouraged regular dental visits.

The Public Health Department educated attendees about sanitation-related diseases, such as cholera, and the importance of maintaining cleanliness. A live handwashing demonstration engaged the audience in practical hygiene habits. Ms. Rhoda Jepotip, a Public Health Officer, sensitized the community on HIV/AIDS prevention and highlighted the link between HPV and throat cancer, advocating for early screening.

Mental health took center stage at the outreach event, spearheaded by KUTRRH's Mental Health Team, led by psychiatrist Dr. Janet Muia. To encourage open, age-appropriate discussions about emotional well-being, participants were grouped by age. The team delved into the underlying causes of psychological distress, shared practical coping strategies, and emphasized the strong connection between mental and physical health. Reinforcing the message that "it's okay not to be okay," they urged participants to embrace honesty and support one another.

Discussions also covered anger management, with guidance on finding calm before responding to challenging situations. The experts cautioned that unchecked anger could damage careers, relationships, and even financial stability. They further explained that neglected mental health issues can lead to physical illnesses such as hypertension and diabetes. Overall, the session highlighted the vital role of emotional regulation and mental wellness in achieving holistic health.

The week-long celebrations culminated in style with a vibrant staff appreciation session led by Dr. John Nyambega, Ag—Director of Administration and Corporate Services. The hospital extended heartfelt gratitude to its valued partners—Maple Inn Hotel, KCB, Molfix, Kenafric, Scorp Meditech Ltd, Kenfloraa Ltd, and Marvel Five Industries—for their generous support throughout the week.

The grand finale was marked by pomp and colour as the Customer Care Team gathered to cut a celebratory cake, reaffirming their unwavering commitment to serving the public with love, empathy, and excellence. The moment symbolized the spirit of unity and wdedication that defined the entire week of impactful activities.



At KUTRRH, "Mission Possible" is a daily reality powered by compassion and unwavering service to humanity.

STRENGTHENING CANCER CARE IN AFRICA:

KUTRRH And IAEA Lead Regional Training On Breast Cancer Imaging



KUTRRH hosted a high-level International Atomic Energy Agency (IAEA) training course.The event marked a significant milestone in regional collaboration to strengthen breast cancer imaging, diagnosis, and management across Africa.

The week-long training brought together participants from over thirteen (13) African countries, united by a shared goal of building capacity in breast cancer care. The program focused on up-skilling radiologists, technologists, and clinicians in multimodality-based imaging approaches, a key step towards improving early detection and treatment outcomes for breast cancer across the continent.

Experts highlighted that cancer is still one of the leading causes of death among women in Africa, mainly because of late diagnosis and limited access to proper testing and treatment. To address this, the training aims to equip healthcare workers with advanced imaging skills to support long-term cancer control in the region.

Early Detection Saves Lives

Speaking during the opening session, KUTRRH's CEO, Dr. Zeinab Gura, underscored the hospital's ongoing commitment to advancing comprehensive cancer care.

She added that these efforts reflect the hospital's dedication to reversing the trend of late cancer presentations and limited access to treatment that continues to affect women across Africa.

Investing in Advanced Cancer Technologies

KUTRRH has made significant investments in cutting-edge medical technologies, including the Integrated Molecular Imaging Centre (IMIC) developed in partnership with the IAEA. This facility, the first and most advanced of its kind in Eastern and Central Africa, enables early detection and precise staging of cancers through molecular imaging.

The hospital is also home to Kenya's first CyberKnife machine, only the second in Africa, which offers precision radiotherapy for cancer and other complex medical conditions. These advanced technologies position the hospital as a regional leader in oncology care, research, and innovation.

Representing the IAEA, Dr. Miriam Mikhail expressed the Agency's appreciation to Kenya, KUTRRH, and all participating countries for their dedication to improving cancer care in Africa.

"This training reflects our shared mission to reduce breast cancer morbidity and mortality across the continent. Through collaboration, we can broaden the impact of medical imaging and enhance the capabilities of healthcare workers," said Dr. Mikhail.

She further highlighted Kenya's leadership role in the IAEA's "Rays of Hope" initiative, a global program aimed at improving cancer management and access to radiotherapy in developing countries. Kenya, as one of the first beneficiaries of the initiative, continues to set a strong example for other African nations.

Regional Collaboration Through AFRA

Dr. David Ngige, the National Coordinator at the African Regional Cooperative Agreement for Research, Development and Training Related to Nuclear Science and Technology (AFRA), delivered remarks on behalf of the Government of Kenya.

He emphasized that the training aligns with AFRA's regional priorities in health, particularly in cancer care and management, adding that the initiative represents a collective fight that Africa must win together.

Advancing Cancer Care in Kenya

This year's global breast cancer awareness theme, "Every Woman is Unique, Every Journey Matters," resonates strongly with our commitment to Quality Patient-Centered Care. In honor of Breast Cancer Awareness Month, KUTRRH announced that it will offer free breast cancer diagnostic services throughout October to encourage early screening and raise awareness.

A Shared Vision for a Healthier Africa

The IAEA-led training not only reinforces Kenya's leadership in cancer control but also exemplifies the power of partnership in addressing global health challenges. With continued collaboration between KUTRRH, IAEA, AFRA, and regional partners, Africa is making meaningful strides towards a future where every woman has access to timely, accurate, and life-saving cancer care.



Boosting Pediatric Disaster Readiness: In Partnership With Hadassah University Hospital



In a significant step toward enhancing Kenya's emergency response systems, KUTRRH, in partnership with Hadassah University Hospital (Israel) and the Embassy of Israel in Nairobi, hosted a two-day Pediatric Disaster Medicine Training Seminar at the KUTRRH Auditorium.
The training brought together healthcare professionals from across the country, including heads of Accident & Emergency (A&E) departments and clinical specialists, for an intensive program designed to strengthen Kenya's capacity to manage pediatric emergencies and respond to disasters.

A Commitment to Resilience and Innovation
In her opening remarks, KUTRRH's CEO, Dr. Zeinab Gura, underscored the hospital's dedication to building a resilient healthcare system capable of responding effectively to emergencies. She highlighted that the hospital's approach to preparedness goes beyond policy-it's a long-term commitment to excellence and continuity of care.

"Emergency response, medical innovation, and system management, and your willingness to collaborate and share expertise are not only transformative for our hospital but for the entire health sector," Dr. Gura said. "Hospital preparedness is not just a policy; it is a commitment. We have invested in emergency response systems, infection prevention protocols, and incident command structures to ensure continuity of care even in the most challenging circumstances."
She emphasized that the hospital's ongoing investments in advanced training, research, and health infrastructure are designed to complement national efforts in emergency medicine and disaster management.
Dr. Gura also expressed optimism that the partnership would extend beyond this training to include joint research programs, clinical partnerships, and knowledge exchange, ensuring long-term impact on Kenya's healthcare delivery systems.

Strengthening Ties Between Kenya and Israel
Officially opening the seminar, His Excellency Gideon Behar, Ambassador of the State of Israel to Kenya, praised the initiative as a potent symbol of the ongoing friendship and collaboration between Israel and Kenya in healthcare innovation and resilience.

"This seminar reflects the shared vision of Israel and Kenya in advancing healthcare and medical innovation. From mobile field hospitals to trauma and pandemic response, Israel's expertise has saved countless lives globally. Through this collaboration, we aim to build local capacity and strengthen healthcare resilience in Kenya and across Africa," said the Ambassador.
He also expressed deep appreciation to the Hadassah University Hospital team, led by renowned pediatric emergency experts Dr. Saar Hashavya and Dr. Lea Sarna Cahan, for their commitment to sharing knowledge and best practices beyond Israel's borders.

Building Skills, Confidence, and Collaboration
The training, facilitated by Dr. Hashavya and Dr. Cahan, featured interactive lectures, practical simulations, and case-based learning. Participants explored the fundamentals of disaster medicine, pediatric triage, crisis coordination, and response systems designed to safeguard children during emergencies.

The program also emphasized teamwork, rapid decision-making, and communication, which are essential components in ensuring effective emergency response. By the end of the seminar, participants had not only gained technical knowledge but also developed a renewed sense of purpose and confidence in responding to pediatric disasters.

A Vision for a Safer Tomorrow
Dr. Gura ended by expressing hope for the future, saying that by working together, we are creating stronger systems, better teams, and safer communities. She noted that the ideas shared during the training will help improve emergency response and lead to new partnerships in research, training, and healthcare innovation.

FROM KUTRRH ICU TO NATIONAL RECOGNITION AS A MASHUJAA DAY HERO



In the heart of Kenyatta University Teaching, Referral & Research Hospital, where every second counts and every life matters, one nurse has risen above the call of duty. Mr. Nicholas Orangi, Nurse In-charge of the Critical Care Unit, was officially honored as a national hero during the 2025 Mashujaa Day celebrations held in Kitui County. Presided over by H.E. Dr. William Samoei Ruto, President of the Republic of Kenya.The award recognized Nicholas's unwavering dedication to saving lives, mentoring future healthcare professionals, and advancing excellence in critical care. His journey from the ICU to the national stage is a powerful reminder that true heroes wear scrubs, not caps.

An Unexpected Nomination

Nicholas came across an advert calling for nominations for the annual Heroes Event held in celebration of Mashujaa Day on October 20. With little expectation, he decided to apply, driven by curiosity and a deep desire to showcase the incredible work being done in the ICU at KUTRRH.

After submitting his application, nominations began to pour in. He was nominated by people, including his colleagues, patients he served, and students he mentored. Among them, the most touching came from a patient who had once been in critical condition. This survivor credited Nicholas's care and dedication with their recovery.

To support his nomination, Nicholas shared a strong portfolio with certificates, trophies, recommendation letters, and career recognitions. He also included a video about the challenging but life-saving work in the ICU, which became a standout part of his submission.

A Record of Excellence

Nicholas's journey has been defined by excellence from the start. In 2022, he was named KUTRRH's Best Nurse of the Year in Critical Care. His portfolio included school achievements in Science Congress, Christian Union, and other clubs that shaped his leadership and purpose.

During the nomination review, Nicholas stood out for being one of the pioneers of KUTRRH's Critical Care Unit. Beyond nursing, he has mentored and coordinated students in critical care, many of whom now serve locally and abroad—a clear sign of his impact.

One case he cherishes is that of a critically ill pregnant woman who recovered and safely delivered her baby. For Nicholas, moments like these are the valid reward of his calling.

The Road to Recognition

Becoming a national hero doesn't happen overnight. Every nominee for the Mashujaa Day Heroes Award undergoes a rigorous selection process, including 14 days of public participation during which objections can be raised if a nominee is deemed unfit. Anyone with a criminal record is automatically disqualified.

Nicholas successfully passed all stages. After thorough verification, his name was approved, and he received an official invitation to attend the national celebration. On Mashujaa Day, October 20, he was honored with the Hero's Recognition Award and Certificate.

"My goal was not to be recognized," Nicholas said humbly. "I wanted people to know the good work we are doing in the ICU at KUTRRH. Applying was out of curiosity, but it turned into something far greater than I imagined."

A Lifelong Commitment to Growth

"Being recognized as a hero at my age is a great experience," he said. "I didn't expect it with less than ten years of experience, but I've learned that if you want something, you have to go for it."

Nicholas credits his recognition to confidence, determination, and passion for his work.

"Why me? I believe in what I do. Even when others give up, I push further and always give my best."

A Hero's Reflection

For Nicholas, the recognition wasn't just personal—it honored every nurse, doctor, and student working tirelessly in KUTRRH's critical care unit. It proved that service done with heart never goes unnoticed.

His story is a powerful reminder that heroes aren't only found on battlefields—some wear scrubs, some hold stethoscopes, and save lives every day.

"Being recognized was a surprise," he smiled. "But when you believe in yourself and work with passion, everything else follows. I wanted people to see what we're doing in the ICU. This award shows we're making a difference."



PICTORIAL





KUTRRH CEO Dr. Zeinab Gura (center) and the Ambassador of Israel to Kenya H.E Gideon Behar, together with health-care professionals and facilitators during the Pediatric Disaster Medicine Training Seminar at KUTRRH. The two-day program, held in partnership with Hadassah University Hospital and the Embassy of Israel, focused on strengthening Kenya's emergency response systems and pediatric disaster preparedness.



KUTRRH's Catering Team, led by Ag. Director of Administration and Corporate Affairs Dr. John Nyambega (center), joined the world in celebrating World Food Day 2025 at the IMIC Hospitality Centre under the theme 'Hand in Hand for Better Foods and a Better Future,' alongside sponsors from Raha Premium represented by JCM Church.



KUTRRH Customer Care team during a CSR outreach at PEFA Church, Kahawa West – Soweto settlement, marking the close of Customer Service Week 2025 under the theme 'Mission Possible.' The team distributed essential items and promoted community health, reinforcing KUTRRH's commitment to compassionate care.



KUTRRH, led by Dr. Caroline Ngugi, Director, Training & Research; Ag. Director, Partnerships & Resource Mobilisation, during a Women Empowerment Forum themed Leadership, Balance, and Growth. The event featured inspiring key-note speakers and was sponsored by the British Council.



KUTRRH chefs, led by Catering Manager Ezron Gitonga (center), celebrate International Chefs Day under the 2025 theme 'Food Explorers,' inspiring the next generation to embrace healthy eating, sustainability, and the joy of cooking.



The Nutrition and Dietetics Department team from KUTRRH at the 2025 Nutrition Scientific Conference held on 25th October at the Glee Hotel, Nairobi. Themed "Nutrition for All Ages: A Lifelong Approach to Health and Wellbeing," the event brought together a diverse mix of professionals including dietitians, doctors, nurses, and representatives from our main sponsors, Fresenius Kabi — all united in advancing evidence-based nutrition care across the lifespan.

WORLD FOOD DAY

Theme: Hand in Hand for Better Foods and a Better Future



On October 16, 2025, KUTRRH joined the global community in commemorating World Food Day for the first time. Held at the IMIC Hospitality Centre, the event, aligned with the theme "Hand in Hand for Better Foods and a Better Future," brought together hospital staff, partners, and guests to reflect on the vital role of food in health, dignity, and community life. Although World Food Day has been observed globally since 1981, its debut at KUTRRH marked a significant step in recognizing nutrition as a cornerstone of healing.

The celebration began with remarks from Mr. Andrew Njagi, KUTRRH's Catering Deputy Manager, who emphasized the hospital's commitment to wholesome nutrition and patient-centered care. He praised the kitchen and nutrition teams for their dedication to preparing meals tailored to diverse patient needs, highlighting that food at KUTRRH is not just served—it is thoughtfully prepared as part of the treatment journey.

To illustrate this, the hospital's chefs performed a heartfelt skit portraying the daily challenges of preparing meals for patients with complex dietary requirements. Their performance shed light on the emotional and technical demands of hospital food service, reminding the audience that meals are often part of medicine, and that compassion and culinary skill go hand in hand in patient recovery.

Delivering a keynote address on behalf of the CEO, Dr. John Nyambega, Ag. Director of Administration and Corporate Services, spoke passionately about food security, quality, and safety. He warned against the growing influx of expired and rejected food products being dumped into African markets under the guise of aid, posing serious health risks such as cancer and liver disease. He urged stakeholders to advocate for stronger regulations, better safeguards, and increased public awareness.

Beyond health, Dr. Nyambega echoed the CEO's message on the social importance of food in preserving family unity. Citing global examples, he noted that societies drifting away from home-cooked meals and shared dining experiences often face social breakdown, emotional isolation, and rising divorce rates. He encouraged families to revive the tradition of eating together, stating, "A family that eats together, stays together." He emphasized that mealtime is not just nourishment—it is a moment of connection, where identity, values, and love are nurtured.

The event was supported by valued partners, including Farmer's Choice, KCB, Abdi Bille Beverages, and JCM Church who partnered through Raha Premium. Their presence underscored the shared responsibility of government, religious institutions, families, corporations, and healthcare systems in promoting healthy, sustainable, and dignified food practices.

As the event concluded, guests were encouraged to carry forward the spirit of the day by advocating for nutritious eating, rejecting harmful food products, upholding food safety, and strengthening family bonds through shared meals. KUTRRH reaffirmed that food is more than sustenance—it is care, culture, identity, health, and humanity, deserving protection from farm to kitchen to table. The hospital pledged to continue championing a future where every plate served contributes to a healthier individual, a stronger family, and a better nation.



MESSAGE FROM THE CHEFS ON INTERNATIONAL CHEF'S DAY

International Chefs Day is celebrated each year on October 20. The day focuses on educating kids around the world about eating healthy. It's also a day for chefs to pass on their knowledge and skills to the next generation of chefs.



Henrita Maghanga

Cooking is a combination of passion and skill, often involving a fearless, experimental mindset. As a Chef working in a hospital kitchen, my profession involves themes such as the importance of fresh, high-quality ingredients, learning from mistakes, and cooking with love and respect for the food.

A recipe has no soul; you, as the chef, must bring a soul to the recipe. You don't have to cook fancy, complicated masterpieces; it's just good food made from fresh ingredients.

"Happy International Chef's Day".



Simon Mwai

As we celebrate International Chef's Day, I'd like to take this opportunity to reflect on what it truly means to be a chef in a hospital setting.

In many kitchens, food is about flavor and artistry—but in ours, it is also about healing, nourishment, and compassion. Each meal we prepare is part of a patient's journey to recovery, a staff member's moment of rest, or a visitor's source of comfort. Our work goes far beyond recipes and ingredients; it touches lives in quiet, meaningful ways every single day.

I am immensely proud of our dedicated culinary team, who bring passion, creativity, and care to every dish that leaves our kitchen. You demonstrate daily that food can be both nutritious and comforting, turning dietary restrictions into delicious possibilities and mealtimes into moments of joy.

On this Chef's Day, let's celebrate not only the skill of our craft but also the heart behind it—the commitment to serve, to nourish, and to make a difference through food.

Thank you to all my fellow chefs and kitchen staff for your tireless dedication. Together, we make food an essential part of the healing process.

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Clinic Days

Wednesday

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