



KENYATTA UNIVERSITY TEACHING, REFERRAL & RESEARCH HOSPITAL

THE CHECK UP

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Congratulations

Class of 2025



TRAINING INSTITUTE OF SPECIALISED NURSING (TISN) GRADUATION CEREMONY

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Kenya's healthcare sector marked a major milestone as the Kenyatta University Teaching, Referral & Research Hospital (KUTRRH) hosted the 4th Graduation Ceremony of the Training Institute for Specialized Nursing (TISN). The ceremony celebrated 77 nurses who completed advanced training in Oncology, Critical Care, Perioperative, and Nephrology Nursing—fields vital to strengthening Universal Health Coverage (UHC). The event brought together government leaders, partners, and the KUTRRH community in recognition of the graduates' achievement.

Chief Guest Hon. Aden Duale, Cabinet Secretary for Health, delivered the keynote address. He emphasized the urgent need to reduce maternal and newborn mortality, stressing that every preventable death represents a failure in the system. He urged healthcare institutions to adopt respectful maternity care, strengthen emergency response protocols, and ensure consultant-supported teams in facilities. Hon. Duale reaffirmed the government's commitment to UHC under the Fifth Administration, anchored on healthcare financing, commodity security, digital health transformation, and a strong health workforce. He also announced plans for a nationwide survey on

reproductive-age mortality and reiterated that there should be no excuse for preventable maternal and newborn deaths.

Principal Secretary for Public Health and Professional Standards, Ms. Mary Muthoni, praised the graduates for their resilience and commitment. She described nursing as both a science and an art—one that demands skill, empathy, and discipline in equal measure. She commended KUTRRH's specialized training programs for equipping nurses with the competencies needed to meet evolving healthcare demands and deliver compassionate, evidence-based care.

KUTRRH Board Chairperson, Mr. James Wambu Kibugu, applauded the institution's rapid growth and dedication to excellence in service delivery, research, and innovation. He outlined the hospital's five strategic pillars: expanding service capacity, establishing a dedicated children's hospital, advancing research and global partnerships, promoting specialized programs, and strengthening community outreach. He encouraged graduates to uphold professionalism, compassion, and integrity as they begin their roles in various clinical settings.

KUTRRH Chief Executive Officer, Dr. Zeinab Gura, commended the

graduates for their hard work, resilience, and determination throughout their rigorous academic journey. She highlighted the hospital's transformation into a fully-fledged Level 6 National Referral Hospital and its achievements in kidney transplantation, oncology care, and cardiovascular surgery. Dr. Gura reaffirmed the hospital's commitment to patient-centered, evidence-based care grounded in integrity, teamwork, empathy, accountability, and diversity.

The ceremony ended with a heartfelt valedictory speech by Ms. Rosaline Wangechi, representing the graduating class of 2025. She expressed gratitude to the faculty, hospital management, and families for their steadfast support, reflecting on a training journey defined by teamwork, perseverance, and personal growth.

The 4th Graduation Ceremony of the Training Institute for Specialized Nursing stands as a testament to Kenya's ongoing efforts to strengthen healthcare education and delivery. As the 77 newly trained specialists step into their professional roles, they carry with them a commitment to serve with skill, empathy, and integrity—helping build a stronger, safer, and more equitable healthcare system for all.

INTERFAITH END-OF-YEAR THANKSGIVING SERVICE INSPIRES HOPE AND UNITY



KUTRRH's Chaplaincy, under the dedicated leadership of Rev. Gladys Ng'ang'a, hosted a deeply meaningful Interfaith and Interdenominational End-of-Year Thanksgiving Prayer Service. This sacred gathering offered staff a moment to pause, reflect, and give thanks for God's goodness, mercy, and faithfulness throughout the year.

In an environment where healthcare professionals face life-and-death decisions daily, the service provided a much-needed spiritual anchor. The serene atmosphere was filled with worship, prayer, and heartfelt gratitude as staff from diverse departments came together in unity and shared purpose.

Rev. Ng'ang'a reminded attendees that thanksgiving is more than a ritual—it is a lifestyle that invites blessings and fosters inner peace. Representing the CEO, Dr. Zeinab Gura, and the Acting Director of Clinical Services, Dr. Antony Kamau, delivered an inspiring message, urging staff to embrace gratitude as a guiding principle for resilience and excellence in service. He emphasized that faith and

thankfulness are pillars that sustain compassion and hope in the demanding world of healthcare.

KUTRRH's Ag. Director of Administration and Corporate Services, Dr. John Nyambega, and Deputy Director of Nursing Services, Ms. Jackline Tindi, joined the congregation, underscoring the hospital's commitment to spiritual wellness as part of a motivated workforce. Special prayers were offered for colleagues, patients, families, and the nation—seeking healing, peace, and unity for Kenya.

The Chaplaincy enriched the service with uplifting Scripture readings and moments of reflection, encouraging kindness, teamwork, and compassion as the hospital steps into a new year. The event concluded with a joyful cake-cutting ceremony, symbolizing shared blessings and achievements, and reinforcing the bonds that unite the KUTRRH family.

This Thanksgiving Service not only uplifted staff spiritually

but reaffirmed KUTRRH's dedication to serving with compassion, purpose, and grace. With gratitude in their hearts and unity in purpose, the KUTRRH family is ready to embrace a new year of excellence in care.

As the hospital looks ahead, this gathering serves as a powerful reminder that gratitude is the foundation of progress. By nurturing a culture of appreciation and faith, KUTRRH strengthens its resolve to deliver world-class health-



care while fostering harmony among its workforce. The spirit of thanksgiving will continue to inspire innovation, empathy, and resilience—qualities that define the institution's unwavering commitment to its mission.

WORLD DIABETES DAY: Championing Workplace Wellness



KUTRRH joined the global community in marking World Diabetes Day under the theme “Diabetes and Well-being: Focus on Diabetes in the Workplace.” The event, held at the hospital’s auditorium, brought together medical specialists, staff, partners, and guests in a united effort to promote diabetes prevention and healthier work environments. It was a day of learning, engagement, and commitment to better health practices.

The celebration was particularly significant for KUTRRH as it coincided with the official launch of its Non-Communicable Diseases (NCD) Clinic—a milestone that underscores the hospital’s dedication to advancing quality, patient-centered care. This new clinic is expected to play a critical role in addressing the growing burden of chronic illnesses in Kenya.

Delivering the keynote address on behalf of the Director of Clinical Services, Dr. Michael Kezegule set the tone for the day with a powerful message: prevention is the most cost-effective and sustainable strategy in combating non-communicable diseases. He highlighted alarming global statistics showing millions suffering from lifestyle-related conditions that could be prevented through healthier habits and stronger health systems. Dr. Kezegule called on healthcare providers, employers, policymakers, and communities to embrace wellness initiatives, encourage regular screening, and invest in education. “The fight against di-

abetes requires collective action, enhanced awareness, and long-term investment,” he emphasized.

Adding to this perspective, Dr. Cosmas Kimama, Head of Internal Medicine, stressed the importance of a multidisciplinary approach to diabetes management. He explained that diabetes is not merely an endocrinology issue but a holistic challenge requiring collaboration among physicians, nurses, nutritionists, and physiotherapists. Such synergy, he noted, is essential to prevent complications and improve patients’ quality of life.

Dr. Roselyn Ngugi, Chairperson of the Kenya Diabetes Study Group, brought attention to the role of research in shaping effective interventions. She observed that Kenya’s rising diabetes burden is closely linked to lifestyle changes and rapid urbanization. Generating local data, she said, is vital for guiding national policies and clinical guidelines. Dr. Ngugi called for stronger partnerships between hospitals, universities, and community programs to enhance early detection and awareness.

The event was moderated by Dr. Caroline Mithi, Head of the Endocrinology Unit, who underscored the need for continuous capacity building among healthcare professionals. She emphasized ongoing training to keep clinicians

updated on evolving treatment protocols and emerging technologies.

Beyond speeches, the day featured engaging activities that reinforced the wellness message. A tree-planting exercise symbolized sustainability and growth, while free diabetes screening for staff and patients promoted early detection. A lively Zumba session energized participants and highlighted the importance of physical activity in diabetes prevention. The celebration concluded with a cake-cutting ceremony—a gesture of unity and shared commitment to fighting diabetes.

Through this commemoration and the launch of the NCD Clinic, KUTRRH reaffirmed its mission to lead in clinical care, research, and innovation. The overarching message was clear: the fight against diabetes begins with individual choices, supportive workplaces, and responsive health systems.



True progress, as KUTRRH leadership emphasized, will come from healthier lifestyles, stronger health systems, and a united front against the escalating NCD crisis.

WORLD PREMATURITY DAY

Celebrating Little Fighters



KUTRRH marked World Prematurity Day under the theme, “Give Preterm Babies a Strong Start for a Hopeful Future.” with a powerful and inspiring ceremony at the Auditorium. The event brought together healthcare professionals, partners, parents, preterm survivors, and supporters in a shared moment of reflection and celebration—honoring the resilience of preterm babies and the dedication of those who care for them.

The ceremony was officially opened by Dr. Michael Kezegule, speaking on behalf of the CEO, Dr. Zeinab Gura. In his address, Dr. Kezegule acknowledged the critical role played by the Neonatal Intensive Care Unit (NICU) in saving and nurturing vulnerable newborns. He highlighted the tremendous milestones achieved since the NICU’s inception, including therapeutic cooling, hearing screening, and retinopathy of prematurity screening.

He proudly shared that more than 300 neonates have been cared for in the unit—many of whom have grown, thrived, and returned to celebrate the day alongside the staff who once fought for their survival. Dr. Kezegule reaffirmed the hospital’s commitment to advancing neonatal care, strengthening collaborations across departments, and ensuring that the NICU remains a center of excel-

lence in care, learning, and research.

The program also featured a deeply moving speech by Dr. PamLeila Ntwiga, Director of Nursing Services. Her heartfelt words captured both the emotional and clinical realities of caring for preterm babies. She reminded the audience that one in ten babies worldwide is born prematurely, a statistic that underscores the magnitude of the challenge but also the daily miracles witnessed in NICUs. Dr. Ntwiga celebrated NICU nurses as the compassionate hands that deliver lifesaving interventions, comfort anxious families, and transform clinical spaces into hopeful environments. She spoke passionately about the importance of practices like Kangaroo Mother Care—simple yet profoundly impactful in promoting bonding, growth, and survival.

Throughout the event, attendees heard touching testimonies

from parents, participated in a panel discussion led by neonatal specialists, and witnessed the recognition of partner hospitals that continue to collaborate with KUTRRH in improving neonatal care. Sponsors—including Trinity Energies, Jubilee Insurance, Molfix, and Cussons—shared their remarks, reinforcing their support for preterm infants and the healthcare workers who serve them.

The program concluded with a cake-cutting ceremony, symbolizing hope, resilience, and new beginnings, followed by a luncheon provided an opportunity for partners and clinicians to engage further on advancements and future priorities for neonatal care.

This commemoration reaffirmed a shared mission: to give every preterm baby a strong and hopeful start in life. It echoed KUTRRH’s commitment to ongoing innovation, education, and advocacy to ensure that every newborn receives the care, compassion, and support they deserve. As the hospital honored the tiny fighters, the dedicated NICU teams, and the families who never lose hope, one message resounded clearly:

Together, we are building a future where every preterm baby can grow, flourish, and shine.



Early Occupational Therapy: Ella's Journey of Recovery & Hope



November 17 marks World Prematurity Day—a time to spotlight the critical role of early medical intervention, timely rehabilitation, and parental support in shaping healthy futures for children. This year, KUTRRH joins the global conversation by championing professional rehabilitation as a game-changer for children facing developmental challenges, especially those affected by neurological, respiratory, and perinatal complications.

A Mother's Testimony of Hope and Resilience

Among the many parents who have walked this journey, Esther Marion Machira shares a story that embodies courage and recovery. Her three-year-old daughter, Ella Nyathogora, is living proof that early occupational therapy can restore ability, independence, and joy.

When Ella was born, Esther envisioned a vibrant, healthy childhood. Initially, everything seemed perfect—Ella fed well, responded to her environment, and hit her early milestones. But at just five months old, life took an unexpected turn. Ella developed dangerously high fevers and severe breathing difficulties. She was rushed to the hospital, diagnosed with pneumonia, and admitted to

the ICU for critical care.

Though Ella eventually stabilized, the illness left lasting damage. Prolonged complications caused brain injury, erasing milestones she had already achieved. She could no longer hold her neck, sit independently, or attempt speech. Doctors warned her development might regress further, possibly leading to cerebral palsy. For Esther, the emotional toll was immense—but she chose persistence over fear.

"I agreed to everything the doctors recommended because early action was my child's only chance," she recalls.

The Turning Point: Occupational Therapy at KUTRRH

Ella was referred to the Occupational Therapy Department at KUTRRH, marking the beginning of her remarkable recovery. Over 18 months of structured therapy, she relearned essential skills step by step—regaining neck control, improving trunk stability, sitting independently, crawling, standing with assistance, and eventually walking on her own. Today, Ella is walking, talking, playing, and preparing to start school next year.

"I'm a happy mother. My child can do everything like other children. I will forever be grateful to the occupational therapists at KUTRRH," says Esther.

Expert Insight: Why Early Intervention Matters

Ella's occupational therapist, Mr. Geoffrey Mugendi Nyaga, recalls her first evaluation:

"At her age, she was due for walking, yet we were starting from sitting balance," he explains.

Therapy focused on rebuilding foundational skills—sitting balance, pull-to-sit, crawling, weight shifting, standing with support, and assisted walking. Progress was tracked monthly, and as Ella improved, sessions were gradually reduced until discharge.

Mr. Nyaga emphasizes:

"When we start early, we prepare children not just to walk or sit, but to engage, learn, and grow purposefully."

He urges parents to seek occupational therapy if their children show delays in sitting, eye tracking, rolling, walking, or speech.

Championing Ability, One Child at a Time

Ella's recovery reflects KUTRRH's mission: restoring ability, rebuilding confidence, and enabling every child to participate meaningfully in life. As we mark World Prematurity and Early Childhood Development Awareness Month, her story reminds us that with timely intervention, professional care, and unwavering parental support, children with delayed milestones can thrive and live full, independent lives.

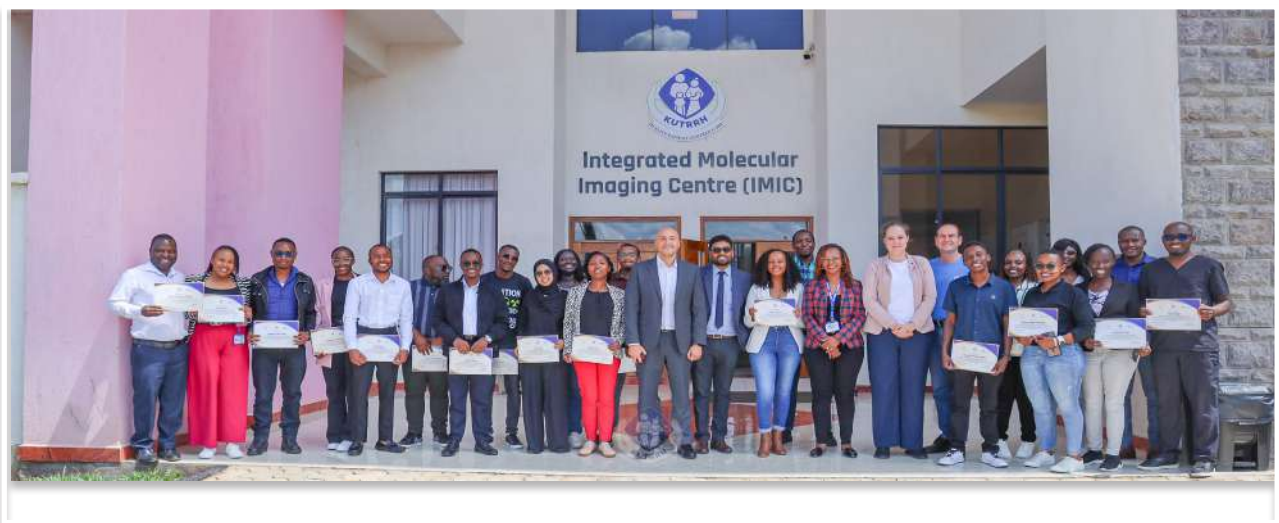
KUTRRH remains committed to providing comprehensive rehabilitation services that empower families and transform futures—one milestone at a time.



Cabinet Secretary for Health, Hon. Aden Duale, poses for a photo alongside Principal Secretary for Public Health and Professional Standards, Ms. Mary Muthoni, Ministry of Health officials, KUTRRH Board Chairperson Mr. James Kibugu Wambu, KUTRRH CEO Dr. Zeinab Gura, and members of the KUTRRH leadership team during the 4th Graduation Ceremony at the Training Institute of Specialized Nursing, 2025.



KUTRRH team led by Dr. Anthony Kamau, (3rd right) Ag. Director of Clinical Services, hosted a high-level WHO delegation led by Dr. Mohamed Janabi, Regional Director – Africa. The visit fostered strategic dialogue on advancing health-care delivery through collaboration, innovation, and research excellence.



IMIC team, led by Director of Training and Research Dr. Caroline Ngugi (6th right) and Head of Department Dr. Harish Nagaraj, participated in an intensive theragnostics training at the hospital. The session, conducted by an international expert team, aimed at enhancing capacity building and advancing diagnostic and therapeutic excellence.



PICTORIAL



KUTRRH Team, led by Dr. Edward Njogu, Head of Renal Services and Nephrologist, is driving excellence in kidney care and research, with an ongoing study spearheaded by Dr. Njogu aimed at advancing innovative treatment approaches and improving patient outcomes.



Teams from IMIC, Oncology and Radiotherapy led by Dr. Harish Nagaraj (Centre) and Dr. Abeid Athman (1st left), together with a representative from Rad-Aid International Dr. Samuel Einstein during a deliberation meeting on a possible Memorandum of Understanding (MoU).



A proud moment as a team led by KUTRRH's Director of Training & Research, Dr. Caroline Ngugi, poses after a successful and impactful Women in Health Care one-day forum. The event, held at the KUTRRH Auditorium in partnership with the British Council, championed dialogue and empowerment for women in the health sector — under the theme Leadership, Balance, and Growth.

KUTRRH Shines at the 7th KAMMP Scientific Conference in Mombasa



The 7th Kenya Association of Muslim Medical Professionals (KAMMP) Scientific Conference took place from November 14 -16, 2025, Mombasa. Among the distinguished participants was Dr. Zeinab Gura, CEO of KUTRRH, who joined a high-level panel discussion on advancing medical excellence and innovation in Kenya. Her contribution set the tone for KUTRRH's strong presence at the event, reinforcing the hospital's leadership role in shaping the future of healthcare.

KAMMP, an independent nonprofit organization, brings together Muslim healthcare professionals from diverse cadres with a shared mission: to promote Islamic medical activities and provide quality healthcare and relief to vulnerable communities. Over the years, the association has successfully hosted seven scientific conferences, and KUTRRH proudly participated in the last three.

This year, KUTRRH made a remarkable impression. Eight delegates represent-

ed the hospital, delivering seven oral presentations and one poster presentation. Their contributions showcased KUTRRH's expertise and drew significant attention to the hospital's marketing booth, creating awareness about its advanced medical services. The booth became a hub of engagement, attracting visitors interested in annual health checkups at the Wellness Centre and opening doors for future collaborations, including potential partnership with Makerere University in Uganda.

One of the most memorable moments was the keynote address by H.E. FCPA Ahmed Abdullahi, EGH, Chairperson, Council of Governors and Governor of Wajir County. His speech highlighted the transformative impact of devolution on healthcare. He acknowledged persistent challenges, including doctor retention, and urged medical professionals to uphold their oath of service.

The conference also spot-

lighted KUTRRH's groundbreaking partnerships. Prof. Abdulrazak Shaukat, Principal Secretary for Science, Research and Innovation, who visited KUTRRH's stand and commended the hospital for its collaboration with the International Atomic Energy Agency (IAEA), particularly in hosting the Breast Imaging Training recently held in Nairobi. He praised KUTRRH for being recognized as an ICPO Clinical Theragnostic Centre of Excellence, encouraging the team to continue pushing boundaries in healthcare innovation.

Another highlight was the CyberKnife presentation by Dr. Abeid Athman, Head of Oncology Department which captivated attendees and sparked curiosity about this advanced treatment option.

As the conference concluded, one message stood out: KUTRRH is ahead of the curve in delivering world-class medical services. By leveraging platforms like KAMMP conferences, social media, and internal events, the hospital continues to amplify its impact and strengthen its position as a leader in healthcare innovation.

ENHANCING CHRONIC CARE SERVICES: Launch of The New NCD Clinic.



According to the World Health Organization (WHO), non-communicable diseases (NCDs) are a major contributor to the global health burden, accounting for around 75% of non-pandemic-related deaths in 2021, with cardiovascular diseases topping the list as the leading cause of mortality. Globally, the prevalence of NCDs is rising, with special attention shifting to low- and middle-income countries.

The trend is no different in Kenya, where, for instance, the prevalence of diabetes in 2019 was estimated at 3.1% and projected to rise to 4.4% by 2035. A survey in 2015 revealed that more than 88% of the Kenyan population had never checked their blood sugar, leading to late diagnosis. It also showed that approximately 60% of individuals have undiagnosed Type 2 Diabetes Mellitus. This late diagnosis contributes to the high morbidity and mortality burden, which occurs at a younger age—before 60 years—accounting for approximately 88.4% of cases, according to the International Diabetes Federation (IDF).

Some contributing risk factors include unhealthy diets, sedentary lifestyles, harmful alcohol consumption, tobacco use, urbanization, and obesity (including in early childhood), in addition to non-modifiable risk factors. This growing burden underscores the urgent need for well-organized, patient-centered chronic care services. Diabetes and hypertension account

for a high percentage of NCD cases. When these two conditions coexist, the chances of developing complications increase significantly. Early and prompt detection and treatment yield good outcomes, improve quality of life, reduce healthcare costs, promote economic growth, and enhance family livelihoods.

At our facility, it was noted that after diagnosis and initiation of treatment, the desired close monitoring and follow-up visits were scheduled several months later due to high patient volumes. This made it difficult for doctors to optimize treatments, promote early screening, and intervene promptly for any complications.

This challenge necessitated the birth of our newly launched Non-Communicable Diseases (NCD) Clinic, which was inaugurated alongside the commemoration of World Diabetes Day (WDD) 2025, held on 14 November 2025 at KUTRRH. The pilot phase ran for over three months, with patients expressing gratitude for closer and more personalized reviews.

The newly launched NCD Clinic is designed to provide comprehensive and integrated care for chronic diseases, with a special focus on diabetes, hypertension, and obesity. The clinic will play a key role in coordinating a multidisciplinary team approach to patient care, including physicians,

endocrinologists, ophthalmologists, psychiatrists, cardiologists, nutritionists, nurse educators, residents, medical officers, NCD clinical officers, among others.

Key focus areas include:

1. Routine screening for blood sugar, blood pressure, cholesterol, HbA1C, BMI, waist circumference, and hip circumference.
2. Chronic disease management and complication monitoring.
3. Nutrition and lifestyle counseling.
4. Patient education and self-care training.
5. Comprehensive care packages, including annual eye checkups, foot examinations, screening for early-onset kidney disease, and specialist reviews.
6. Optimizing personalized medical therapy.
7. Screening for risk factors.
8. Early detection of complications and prompt linkage to respective sub-specialists.

By centralizing these services, the clinic aims to improve early detection, reduce hospital admissions, prevent complications, and empower patients to take control of their health.

The combined launch of the NCD Clinic and the World Diabetes Day celebration underscored a renewed commitment to combating the growing challenge of chronic diseases. With rising global, regional, and national prevalence, there is a need for timely and accessible integrated chronic care clinics.

The NCD Clinic stands as a major initiative toward promoting Universal Health Coverage (UHC) by upholding primary health care. It will ensure that individuals living with diabetes, hypertension, and obesity receive consistent, high-quality care. Moving forward, the clinic aims to become a center of excellence in NCD prevention and management, improving health outcomes, empowering patients through education, and contributing to a healthier, more resilient, and productive community.



Kenyatta University Teaching, Referral & Research Hospital



Non-communicable Diseases (NCD)

Clinic

- ✓ Early Screening and Management of Diabetes, Hypertension, Obesity etc
- ✓ Prompt Diagnosis and Management of Complications.
- ✓ Comprehensive lifestyle management.

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