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KUTRRH-KU PACT SET TO TRANSFORM MEDICAL TRAINING



Kenyatta University Teaching, Referral and Research Hospital (KUTRRH) and Kenyatta University have formally signed a Memorandum of Understanding (MoU), establishing a comprehensive framework for integrating KU medical and nursing students into KUTRRH for clinical training. This partnership ensures both institutions work in harmony to enhance medical education and patient care.

The MoU outlines a detailed governance structure, terms for clinical education, and adherence to key compliance standards, including the Data Protection Act, a Non-Disclosure Agreement, Intellectual Property Rights, and harmonized Codes of Conduct for students and staff. This structured approach guarantees that the collaboration thrives while maintaining the highest professional and ethical standards.

KUTRRH's CEO, Dr. Zeinab Gura, reflected on the hospital's vision of delivering exceptional clinical services while nurturing the next generation of health professionals in Kenya. She highlighted the journey since the initial MoU in December 2020, noting that although there were early challenges, the collaboration has steadily progressed. The formation of a Joint Technical Committee in June 2024 laid the groundwork for concrete frameworks to strengthen medical education at the hospital. Strategic consultations and visits in early 2025 further solidified the partnership, preparing both institutions to host medical student rotations while fostering a culture of accountability, professionalism, and

high-quality training.

Dr. Gura emphasized that these achievements reaffirm KUTRRH's commitment to medical education and the development of competent, community-focused health professionals. She acknowledged the indispensable contributions of leadership teams, boards, and technical staff from both institutions, particularly in facilitating student rotations and examinations, and successfully integrating Kenyatta University students into the hospital in August 2025. Looking ahead, Dr. Gura reaffirmed the hospital's dedication to ongoing collaboration in medical training, research, and clinical service, aiming to produce healthcare professionals capable of meeting the nation's growing needs.

Prof. Paul K. Wainaina, Vice-Chancellor of Kenyatta University, described the MoU signing as both a historic and deeply personal milestone. He recalled that the vision of a university-linked teaching hospital was born at KU, and that the journey to realize it had been long and demanding. For Prof. Wainaina, the signing represents the fulfillment of a promise to generations of students who have awaited full integration into a teaching hospital since 2019. He stressed that KUTRRH will serve as an essential extension of KU's medical school, offering students immersive clinical exposure to complement their theoretical learning. With the MoU and supporting policies now formalized, Prof. Wainaina expressed confidence that the structures are transparent, well-understood, and ready to guide future collaboration,

while underscoring the importance of ongoing dialogue, trust, and forward-thinking partnership.

KUTRRH's Chairperson of the Board, Mr. James Kibugu Wambu, highlighted the collaboration as a prime example of how complex challenges can be successfully navigated when governing bodies exercise clarity, restraint, and goodwill. He praised the steady engagement of the KU Council and KUTRRH Board over the past year, noting how their guidance, oversight, and principled leadership helped maintain focus on shared goals. Mr. Wambu also commended the professionalism of the Joint Technical Committee, pledging continued support to ensure the partnership benefits students, institutions, and the broader Kenyan society.

The MoU signing was more than a ceremonial event; it represents the culmination of years of dedication, teamwork, and shared vision. Every signature on the document tells a story of countless meetings, rigorous planning, and unwavering commitment to excellence. This agreement lays the foundation for the next phase of collaboration, signaling a future where Kenyatta University and KUTRRH will not only advance medical education and research but also elevate the standard of healthcare across the nation. As these institutions join forces, they are crafting more than a partnership—they are building a legacy of learning, innovation, and compassionate care that will resonate far beyond their campuses and hospital wards.

GATUNDU LEVEL 5 HOSPITAL TOWER II OFFICIALLY HANDED OVER TO KIAMBU COUNTY



Gatundu Level 5 Hospital in Kiambu County reached a historic milestone following the official handover of Tower II from the Kenyatta University Teaching, Referral & Research Hospital (KUTRRH) to the County Government of Kiambu. This landmark event marked a new chapter in the delivery of specialized healthcare services in the region and underscores the power of intergovernmental collaboration in strengthening Kenya's health system.

The handover ceremony was graced by Principal Secretary for Medical Services, Dr. Ouma Oluga, alongside other national and county leaders. In his keynote address, Dr. Oluga emphasized that health remains a cornerstone of Kenya's Bottom-Up Economic Transformation Agenda. He noted that economic growth cannot thrive when citizens are sick or burdened by healthcare costs, stressing that universal access to quality healthcare is essential for sustainable development. Dr. Oluga highlighted the role of the Social Health Authority in ensuring equitable access to care, covering primary services, emergency interventions, chronic conditions such as dialysis, and treatment for the five most common cancers affecting Kenyans.

Further, Dr. Oluga underscored the importance of digitizing health services through the Comprehensive Integrated Health Information System (CIHIS). This

system will enable real-time tracking of prescriptions, disease burden, and resource gaps, providing critical data to guide policy formulation and investment decisions. He affirmed that the next phase will focus on staffing and equipping the facility, with continued collaboration between the Ministry of Health, KUTRRH, and Kiambu County to unlock the hospital's full potential as a modern referral hub.

Other leaders present included KUTRRH Board Chairperson James Kibugu Wambu and CEO Dr. Zeinab Gura, who praised the transformation of Gatundu Level 5 Hospital through strategic investments in infrastructure, technology, and skilled personnel. Over KES 1.8 billion was invested responsibly to ensure an orderly transition that safeguards patients and staff. Key upgrades include the installation of 495 pieces of specialized medical equipment, enhanced ICT systems with structured cabling and CCTV, and infrastructure improvements such as a modern kitchen fitted with LPG systems, solar water heating, upgraded theatres, chemotherapy chairs, NICU preparation, and landscaped grounds.

Dr. Elias Maina, Kiambu County's CECM for Health, commend-

ed the progress while calling for continued support to complete critical units, including the cancer center, NICU, biopsy services, and HVAC installation. He emphasized that these additions will further strengthen Gatundu Level 5 Hospital's capacity to deliver comprehensive, people-centered healthcare.

The handover ceremony showcased the success of intergovernmental collaboration and positioned Gatundu Level 5 Hospital as a modern, specialized referral facility committed to delivering quality, affordable, and accessible healthcare for Kiambu County and neighboring regions. With



its upgraded infrastructure, advanced technology, and skilled workforce, the hospital is set to become a beacon of excellence in Kenya's healthcare system, driving progress toward universal health coverage and improved health outcomes for all.

CELEBRATING EXCELLENCE: KUTRRH'S FIRST-EVER STAFF PERFORMANCE REVIEW & AWARDS CEREMONY



History was made at KUTRRH as we hosted our first-of-its-kind Staff Performance Review & Awards Ceremony since the hospital's inception—an energetic, heartwarming celebration of the people who power our mission. Presided over by our Board Chairperson, Mr. James Kibugu Wambu, and our CEO, Dr. Zeinab Gura, the afternoon brought together the Board and staff for games, team building, dance, and the well-deserved recognition of outstanding directorates and colleagues. Congratulations to all our awardees and nominees whose daily dedication turns compassion into action.

In his remarks, the Board Chair thanked staff for their resilience, professionalism, and compassion—the hallmark of KUTRRH's distinction. He reaffirmed the Board's commitment to firm, transparent, and forward-looking governance guided by Mwongozo, with value for money and data-driven decisions that keep the patient at the center. He highlighted progress in strengthening recruitment, structured onboarding, and mentorship so that the right skills are available at the right time; the landmark MoU with Kenyatta University to deepen research, advanced training, and capacity building; and operational improvements that shorten turnaround times from diagnostics to theatres to discharge through stronger multidisciplinary care and better referral pathways. He underscored the “quiet heroes” of quality—maintenance, equipment uptime, and digital enablement—to ensure lifesaving machines are available when needed and that better

data visibility drives continuous improvement. He also thanked the Ministry of Health for steadfast partnership that aligns KUTRRH to national priorities and Universal Health Coverage, and he pledged the Board's continued support to management and staff as we build a hospital that is dependable in crisis, excellent in routine, and visionary about the future.

In her remarks, the CEO placed people at the heart of our progress, celebrating the transition of staff to permanent and pensionable terms as a strong investment in stability, equity, and career growth. She noted the successful handover of Gatundu Level 5 Hospital to the County Government of Kiambu, sharpening KUTRRH's focus on its national referral and research mandate. She celebrated the introduction of Lutetium-177 PSMA targeted radiation therapy—precise, life-extending oncology care delivered here at home.

She lauded the landmark MoU with Kenyatta University—the first of its kind—which will enable students from Kenyatta University to undertake clinical rotations at KUTRRH, strengthening academic and clinical excellence. She also highlighted key milestones achieved this year, including the graduation of 77 specialized nurses from the Training Institute of Specialized Nursing at KUTRRH—a major boost to national health capacity—and the successful launch of KUTRRH's first kidney transplant,

a testament to our growing expertise and commitment to advanced care. She thanked staff, partners, and friends of the hospital for turning vision into reality and reaffirmed that everything we do remains anchored on patient-centered care, training, and research.

A proud highlight of the day was our collective celebration of our CEO's national Public Service Award, a recognition of values-driven leadership, governance, and service-delivery excellence that she graciously dedicated to the Board and staff—truly a win for the entire KUTRRH family. Our heartfelt appreciation to the Organizing Committee chaired by Dr. Caroline Ngugi, Director, Training & Research, for an exceptional event, and to our generous partners and sponsors whose support powered this celebration: Faraja Cancer Support Trust, Cleanshelf, Amref, Java, Prudential Life Insurance, Phoe-



nix, and Operation Smile.

As we close the year, we carry forward renewed gratitude and resolve—to keep showing up for each other, for our patients, and for Kenya. Merry Christmas and a Happy New Year to our KUTRRH family, partners, and friends.

KUTRRH SHOWCASES EXCELLENCE IN MEDICAL TOURISM AT KENYA TOURISM, WILDLIFE & MICE JAMHURI THEMATIC WEEK 2025



Championing Medical Tourism at Kenya Tourism, Wildlife & MICE JAMHURI Thematic Week 2025.

Kenyatta University Teaching, Referral & Research Hospital (KUTRRH) was honored to participate in this year's Kenya Tourism, Wildlife and MICE JAMHURI Thematic Week 2025, a vibrant event that brought together industry leaders, policymakers, and stakeholders for insightful plenary sessions and strategic discussions. The thematic week served as a platform to explore opportunities for collaboration and innovation across tourism, healthcare, and conferencing sectors.

As part of our commitment to positioning Kenya as a premier destination for Quality Healthcare, KUTRRH proudly showcased its world-class healthcare services with a special emphasis on Medical Tourism. Our participation reaffirmed our dedication to supporting Kenya's vision of becoming a global hub for integrated tourism and healthcare solutions.

Throughout the event, KUTRRH attracted numerous clients, partners, and stakeholders who visited our booths to learn more about the diverse services we offer. From advanced diagnostic and treatment facilities

to specialized care programs, visitors were impressed by the breadth and quality of our offerings. Many dignitaries and industry leaders expressed keen interest in partnering with KUTRRH across multiple areas, including medical tourism packages, research collaborations, and wellness programs tailored for international visitors. These engagements underscored the growing recognition of healthcare as a critical component of Kenya's tourism strategy.

The thematic week was officially opened by Cabinet Secretary for Tourism and Wildlife, Rebecca Miano, and later crowned by H.E. President William Samoei Ruto, who emphasized the central role of tourism in Kenya's economic transformation. President Ruto highlighted the government's ambition to attract 5 million visitors and generate over Sh1 trillion by 2028, driven by innovation, sustainability,

and strategic partnerships. He noted that tourism is not just about leisure but a powerful economic pillar that creates jobs, stimulates enterprise, and elevates Kenya's global standing.

Key infrastructure projects such as the Bomas International Convention Complex, set to be the largest in East and Central Africa, were spotlighted as enablers for modern conference tourism. Additionally, the President announced the upcoming launch of a new national brand, Magical Kenya: The Origin of Wonder, designed to showcase Kenya's creativity, culture, adventure, and excellence on the global stage.

KUTRRH's active participation in this year's thematic week reflects our unwavering commitment to advancing Medical Tourism as a strategic growth area. By engaging with partners and stakeholders, we aim to create integrated healthcare-tourism experiences that attract international clients seeking high-quality medical care in a serene and culturally rich environment. These partnerships will not only strengthen Kenya's healthcare ecosystem but also contribute significantly to the country's tourism revenue and global competitiveness.



KUTRRH's Leap into Kidney Transplants and Specialized Renal Care



Kenyatta University Teaching, Referral & Research Hospital (KUTRRH) has achieved a remarkable medical milestone that is set to transform renal care in Kenya for years to come. This year, the hospital successfully conducted its first two kidney transplants, elevating its role from primarily a major referral centre to a comprehensive provider of advanced transplant services. This accomplishment not only expands the scope of specialized treatment available at KUTRRH, but also marks an important step toward meeting Kenya's rising demand for complex healthcare solutions.

Kidney disease continues to present a significant health challenge in Kenya. Driven by rising cases of hypertension, diabetes, hereditary kidney complications, and lifestyle-related conditions, the number of patients experiencing kidney failure has steadily increased. Many of these patients live on dialysis spending up to 12 hours a week connected to machines that cleanse their blood. Although dialysis treatment keeps them alive, it does not restore their health or independence. Over time, patients often experience fatigue, limited mobility, reduced working capacity, and emotional strain. For many, a kidney transplant is not just medical treatment; it is the hope of returning to work, living a normal life, enjoying family, and eliminating the need for long-term dialysis altogether. A transplant dramatically reduces lifelong medical expenses and improves overall quality of life.

However, establishing a transplant centre is a highly demanding process that goes beyond performing surgery. It requires readiness at every level of the hospital system. KUTRRH invested heavily in specialised theatre infrastructure designed for complex procedures, advanced diagnostic equipment, surgical technology, and internationally approved transplant protocols. The hospital also focused on developing its human resources. Multidisciplinary teams consisting of nephrologists, transplant surgeons, anaesthetists, radiologists, nurses, nutritionists, pharmacists, and counsellors were trained and prepared to manage patients before, during, and long after surgery. Equally significant is the hospital's capacity for post-transplant care, which entails continuous monitoring of organ function, medication management, and psychological support for patients adjusting to life after transplant.

Historically, many Kenyan families in need of kidney transplants travelled abroad especially to India where the procedures were more established and readily available. While many of those journeys ended successfully, they came with overwhelming costs, logistical complications, visa processes, accommodation challenges, language barriers, and the emotional toll of seeking treatment far from home. Localising transplant services at KUTRRH now eliminates many of these obstacles. Patients can access care within the country, remain close to their families, and benefit from fully

accessible follow-up services. This development not only reduces financial strain but also enhances the continuity and quality of care.

The introduction of kidney transplant services at KUTRRH also aligns with Kenya's national agenda for Universal Health Coverage (UHC), which aims to make essential and advanced medical care accessible and affordable for all citizens. By expanding specialized treatment locally, KUTRRH demonstrates that high-level medical services do not have to remain exclusive to private hospitals or foreign nations. It proves that public institutions can invest in innovation,

train experts, and offer affordable, world-class treatment. The success of these first transplants sets a precedent and becomes a foundation for scaling similar complex procedures in the future, including multi-organ transplants and advanced surgical interventions.

The launch of the transplant program at KUTRRH is more than a single medical milestone; it represents a historic transition toward medical independence. It signals a future in which Kenyan hospitals grow to become centres of excellence, research, and innovation. It shows what is possible when investment, skill development, and technology converge to serve the health needs of the nation.

As KUTRRH expands its renal and surgical capacity, it is contributing to a broader transformation in Kenya's healthcare narrative. Institutions such as KUTRRH are not just treating patients; they are building systems, training specialists, and proving that complex medical solutions can thrive locally. Through specialised services, world-class training, and state-of-the-art technology, KUTRRH is showcasing a future in which Kenyans receive life-saving care at home where treatment is not a privilege, but a right, and hope is never far away.



KUTRRH team led by Ag. Director Clinical Services Dr. Antony Kamau (Center) with the SHA and TSC team led by the Director of Corporate Services, Mr. Ibrahim Alio and Chairperson of the Teachers Service Commission (TSC), Dr. Jamleck Muturi during a visit to the hospital.



A Zimbabwean health delegation led by PS MOH Dr. Benson Martin (5th left) during a visit to KUTRRH to explore partnerships in cancer care and capacity building. Hosted by Dr. Michelle Nguu from the National Cancer Institute, the team was received by KUTRRH's Head of Oncology, Dr. Abeid Athman, and Head of Surgery, Dr. Lilian Mokoh.



Faraja Cancer Trust team during a visit to KUTRRH's Paediatric Oncology Unit led by Dr. Rose Munge-Paediatric Haematologist, the team spent the day celebrating Christmas with our brave young fighters—sharing smiles, gifts, and hope. Together, we make the season brighter for every child in care.



PICTORIAL



KUTRRH team led by Ag. Director Clinical Services Dr. Antony Kamau (centre) during the commemoration of world antimicrobial week at the KUTRRH Auditoriums. World antimicrobial week is an annual global campaign held every November 18-24 to raise understanding of antimicrobial resistance (AMR) and promote responsible use of antibiotics, preventing infections from becoming untreatable.



KUTRRH Patient Porters paying their last respect during the memorial service of their departed colleague Mr. Eliud Enzei Siena, who passed away on ,30th November 2025. Rest In Peace Eliud.



The newly established KUTRRH Choir performing during the Staff Performance Review & Awards Ceremony at KUTRRH grounds. The Choir captivated the audience with heartwarming melodies.



KUTRRH achieved a groundbreaking milestone by becoming the first public hospital in the region to deliver Lutetium-177 PSMA targeted radiation therapy, a cutting-edge treatment for patients battling advanced prostate cancer. This development marks a significant leap forward in cancer care, offering renewed hope to patients whose disease has progressed despite conventional therapies.

What Makes Lutetium-177 PSMA Therapy Revolutionary?

The therapy harnesses the power of Lutetium-177, a radioactive isotope, which is chemically linked to a molecule with high affinity for Prostate-Specific Membrane Antigen (PSMA)—a protein abundantly expressed on prostate cancer cells. This unique approach ensures that radiation is delivered directly to cancerous cells, minimizing damage to surrounding healthy tissues. By targeting the tumor at a molecular level, the treatment offers precision and effectiveness that traditional therapies often cannot achieve.

Unlike standard treatments such as hormone therapy or chemotherapy, which can have widespread side effects, Lutetium-177 PSMA therapy is designed to maximize therapeutic impact while reducing toxicity, making it a game-changer for patients

with advanced or metastatic prostate cancer.

Who Can Benefit from This Therapy?

The therapy is recommended for:

- ◆ Patients with advanced or metastatic prostate cancer.
- ◆ Those whose disease has progressed after hormone therapy.
- ◆ Individuals currently receiving chemotherapy or those unable to tolerate chemotherapy.

Before initiating treatment, patients undergo a PSMA scan at KUTRRH to determine suitability. This ensures that only those who will benefit most from the therapy receive it, reinforcing the hospital's commitment to personalized care.

A Landmark for Public Healthcare

"This advancement showcases KUTRRH's dedication to providing world-class cancer treatment in a public institution," said Dr. Zeinab Gura, CEO of KUTRRH. "This new treatment allows more patients with advanced prostate cancer to access life-extending, personalized care within our local community, without the need to travel internationally."

Historically, such advanced ther-

apies have been accessible only in private facilities or overseas, creating financial and logistical barriers for many patients. By introducing Lutetium-177 PSMA therapy locally, KUTRRH is democratizing access to cutting-edge oncology care, aligning with Kenya's broader vision for Universal Health Coverage (UHC).

Investing in the Future of Cancer Care

KUTRRH continues to invest in state-of-the-art oncology technologies to improve patient outcomes and make cancer care more affordable. This initiative reflects a growing commitment to innovation, accessibility, and excellence in healthcare delivery. With prostate cancer ranking among the leading causes of cancer-related deaths in men globally, this breakthrough offers hope not only for Kenyan patients but also for the wider East African region. It underscores the hospital's role as a regional leader in advanced medical research and treatment.

Why This Matters

The introduction of Lutetium-177 PSMA therapy at KUTRRH is more than a medical achievement—it is a symbol of progress in public health equity. It ensures that life-saving treatments are no longer reserved for the privileged few but are available to all who need them.

Healing Starts Here: Where Hospitality and Healthcare Unite.



Redefining patient experience means creating an environment where care extends beyond medical treatment. For many Kenyans travelling far from home in search of quality healthcare, treatment is only part of the journey. Equally important is finding a safe, comfortable place to rest, recover, or await procedures. To meet this need, a modern Hospitality Centre was established to support patients, caregivers, and visitors—providing comfort, dignity, and convenience within the hospital environment.

As one of Kenya's leading national referral facilities, the hospital is committed to delivering patient-centred care that goes beyond diagnosis and treatment. The Hospitality Centre embodies this vision, reflecting the belief that a healing environment includes not only advanced medical services but also supportive spaces that make recovery easier and less stressful.

The Centre accommodates up to 100 guests and is located within the main hospital complex. It was created to serve people coming from distant regions for specialized services such as cancer treatment, advanced diagnostics, surgery, or long-term therapy. Over time, its purpose expanded to welcome caregivers, attendants, outpatients, conference participants, and even members of the general public seeking safe accommodation during their hospital visit.

Unlike ordinary hospital wards, the Centre offers hotel-style facilities with single rooms, double rooms, mini-suites, and two-bedroom apartments. Each space is designed to provide privacy, comfort, and a peaceful environment. Guests also enjoy modern conveniences such as high-speed internet, room service options, 24/7 security, and access to serene surroundings.

To make stays more convenient, the Centre hosts a fully operational restaurant offering both continental and à la carte meals. Special dietary needs for patients are also supported, ensuring nutritional requirements are met without the stress of sourcing food outside the hospital grounds. For wellness and recovery support, guests can access the gym and health club facilities—a critical addition for those undergoing long-term treatment or caregivers who need time to rest and rejuvenate.

The Hospitality Centre plays a vital role in supporting patients who travel from other counties or remote areas. Instead of worrying about accommodation or long daily commutes, they can stay just steps away from critical medical services. For caregivers, having a comfortable place nearby allows them to offer emotional and physical support without exhaustion, financial strain, or logistical challenges. Visitors attending hospital appointments, workshops, and conferences also benefit from accessible, secure accommodation.

The development of the Hospitality Centre aligns with the broader mission of offering world-class, inclusive healthcare services. Situated within the hospital premises and close to specialized units such as the Integrated Molecular Imaging Centre (IMIC), the facility ensures that patients undergoing intensive or repeated procedures can always remain close to their care team. Opening the Centre to the public further strengthens the commitment to creating a welcoming healthcare environment for all.

The importance of this service goes far beyond comfort. Research worldwide shows that stress, fatigue, and logistical difficulties can hinder healing and affect treatment outcomes. By offering a “home away from home,” the Hospitality Centre removes these barriers and gives patients and their families the physical and emotional space needed to focus on recovery. In addition, by integrating accommodation and healthcare within one ecosystem, the hospital enhances its position as a regional medical hub, attracting both local and international patients seeking quality, affordable medical care.

Holistic healthcare involves more than clinical treatment—rest, support, and a peaceful environment are crucial parts of the healing journey. The Hospitality Centre ensures that patients, caregivers, and visitors have access to comfortable, secure, and dignified accommodation throughout their hospital experience. Whether one is undergoing specialized treatment, attending an outpatient appointment, supporting a loved one, or participating in a hospital event, the Centre stands as a vital support system.



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