



KENYATTA UNIVERSITY TEACHING, REFERRAL & RESEARCH HOSPITAL

THE CHECK UP

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REGIONAL HEALTH TIES DEEPEN AS ANGOLA BENCHMARKS ADVANCED MEDICAL CARE IN KUTRRH

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KUTRRH continues to strengthen its position as a regional hub for specialized and advanced healthcare following an official benchmarking visit by a high-level delegation from the Ministry of Health, Angola. The delegation was hosted by CEO Dr. Zeinab Gura, as part of ongoing efforts to enhance regional collaboration and knowledge exchange in healthcare service delivery.

The visiting delegation was led by the Angolan Minister of Health, Dr. Sílvia Paula Valentim Lutucuta, and undertook an extensive tour of the hospital's key specialized service areas. The team visited the Integrated Molecular Imaging Centre (IMIC), Radiotherapy Unit, CyberKnife Centre, Renal Unit, and the Intensive Care Unit (ICU), among other critical departments that underpin the Hospital's mandate as a national referral, teaching, and research facility. Throughout the tour, hospital leadership and technical teams provided comprehensive briefings on service delivery models, technology

integration, patient outcomes, and operational efficiencies across the various units.

The benchmarking visit offered the Angolan delegation an opportunity to gain first-hand insights into KUTRRH's approach to integrating advanced medical technologies into routine clinical practice. Particular emphasis was placed on the hospital's investments in cutting-edge diagnostic and treatment solutions, multidisciplinary care, and patient-centered service delivery. These advancements have significantly enhanced KUTRRH's capacity to manage complex medical conditions while reducing the need for patients to seek specialized care abroad.

Commending the hospital leadership and staff, the delegation lauded KUTRRH for achieving major milestones in the deployment and utilization of modern medical technologies. They acknowledged the institution's growing reputation as a regional

leader in specialized and advanced healthcare, noting that Hospital's model offers valuable lessons for health systems across Africa seeking to strengthen tertiary and quaternary care services.

Dr. Gura emphasized that the visit reflects the Hospital's broader vision of fostering regional and international partnerships aimed at improving healthcare outcomes across the continent. She noted that benchmarking engagements such as this play a critical role in facilitating mutual learning, strengthening institutional networks, and accelerating the adoption of best practices in healthcare delivery.

The visit aligns with the Hospital's strategic goal of reinforcing regional and international collaboration, promoting knowledge and skills exchange, and positioning the hospital as a leading centre of excellence for advanced healthcare services in Africa. Through such engagements, The Hospital continues to contribute to the advancement of healthcare systems beyond Kenya's borders while affirming its role as a reference institution for innovation, training, and specialized care in the region.

Restoring Sounds And Transforming Young Lives



Following the free hearing screenings conducted during World Hearing Day earlier this year, KUTRRH's, ENT Department, partnered with Starkey and the Clinton Health Access Initiative (CHAI) to transform early diagnosis into meaningful and lasting impact for children with hearing loss.

The World Hearing Day outreach saw more than 70 patients undergo hearing assessments, underscoring the critical importance of routine screening and early detection. From these assessments, 16 children were identified as requiring hearing support and timely intervention to prevent long-term communication and developmental challenges. This early identification set the stage for a collaborative response aimed at restoring not just hearing, but opportunity and inclusion.

In response to the identified need, Starkey donated hearing aids to support the Building a World of Play initiative—an impactful programme implement-

ed by CHAI in collaboration with key partners, including KUTRRH and the Kenya Society for the Deaf Children (KSDC). The initiative seeks to improve access to hearing services for children, ensuring that no child is left behind due to preventable or treatable hearing loss.

Through this partnership, CHAI, working closely with Starkey and KUTRRH's Audiology Unit, facilitated critical clinical processes that are central to successful hearing rehabilitation. These included ear impression taking, device customization, and the fitting of hearing aids—each step carefully conducted to ensure that every child received hearing devices tailored to their specific needs for optimal outcomes.

As a result of this coordinated effort, a total of twenty-six (26) hearing aids were successfully fitted to fifteen (15) children. For the children, this milestone marked the beginning of a new chapter—one filled with clearer sounds, improved communication, enhanced learning, and fuller participation both at home and in school. Classrooms became more accessible, conversations more meaningful, and the simple joy of play richer and more engaging.

For parents and caregivers, the moment was deeply emotional

and transformative. Witnessing their children respond to voices, environmental sounds, and everyday interactions—many for the first time—brought overwhelming joy, renewed hope, and reassurance that their children could thrive socially and academically with the right support.

This initiative underscores the power of early hearing screening, timely intervention, and strong multisectoral partnerships in improving quality of life. It illustrates how collaboration between healthcare institutions, global health partners, and advocacy organizations can translate medical diagnosis into real, life-changing outcomes for children and families.

KUTRRH remains steadfast in its commitment to advancing specialized care, strengthening preventive services, and fostering partnerships that transform lives. Through initiatives such as this, the hospital continues to champion inclusive healthcare and child-centered interventions—ensuring that no child's potential is limited by a condition that can be identified early and effectively managed.

Every sound counts. Every child matters.



DRIVEN TO END MALARIA:

"Now We Can. Now We Must."



World Malaria Day, observed every 25th April, remains a key moment on the global health calendar. This year's theme, Driven to End Malaria: Now We Can. Now We Must, reflects both urgency and progress, shaped by years of scientific advancement, stronger commitment, and the growing possibility that malaria can be eliminated within this generation. At KUTRRH, this is not a distant goal, but part of the standard of care delivered every day.

Malaria continues to be a major public health concern in Kenya, particularly in high transmission regions where communities still experience seasonal surges in infections. Children under five and pregnant women remain the most vulnerable, with severe outcomes often linked to delays in seeking care. At the same time, progress in diagnostics, treatment, and the introduction of malaria vaccines is steadily changing what is possible. Malaria is no longer just a disease to manage, it is one that can be reduced and, ultimately, eliminated. That progress, however, depends largely on how early action is taken.

In many cases, malaria begins with symptoms that are easy to overlook: fever, chills, headaches, fatigue, and sometimes nausea. Because these signs are common, they are often managed at home or ignored in

the hope that they will pass. This is where the risk begins. Malaria can progress quickly, particularly among vulnerable groups, and the period between the first symptoms and proper testing is critical. Early diagnosis remains one of the most effective ways to prevent complications and ensure recovery.

At KUTRRH, patients presenting with suspected malaria are attended to promptly with care. Laboratory teams work to provide accurate results within a short time, allowing patients to begin the appropriate treatment without unnecessary delay, often within the same visit. This approach is essential, as not all fevers are caused by malaria. Treating without confirmation can delay the correct diagnosis and contribute to drug resistance. Clinical teams continue to emphasize the importance of testing, particularly for patients who may have attempted self medication before seeking care.

Beyond treatment, prevention remains a critical part of the response. Malaria transmission tends to increase during rainy seasons, when stagnant water creates breeding grounds for mosquitoes. This makes prevention at both household and community levels especially important. Simple measures, such as

consistent use of insecticide treated mosquito nets, clearing stagnant water around homes, and seeking medical attention within 24 hours of symptoms, remain among the most effective ways to reduce infections. While these interventions are straightforward, their impact depends on consistency and awareness.

Care at KUTRRH also extends beyond the individual patient. Each confirmed malaria case is recorded and reported through national health information systems, contributing to data that helps track disease patterns, identify high-risk periods, and guide response efforts across the country. This coordinated approach, involving clinicians, laboratory teams, and health information staff, ensures that every case contributes to a broader understanding of malaria and strengthens ongoing control efforts.

Ending malaria will not come from a single breakthrough, but from consistent action taken at the right time. The decision to seek care early, to test before treatment, and to take preventive measures remains central to this effort. KUTRRH continues to support these actions through timely care, patient education, and a commitment to quality service de-

WHERE HEALING MEETS SUSTAINABILITY



Every morning, patients stream to this Hospital to receive care, welcomed by a serene, green environment that blends nature with modern infrastructure. Behind this calm setting, however, lies a complex challenge common to healthcare facilities worldwide: managing medical waste in a way that safeguards human health and protects the environment.

According to the World Health Organization, the global health sector contributes about 5% of total greenhouse gas emissions, amounting to 2–3 billion metric tonnes of CO₂ equivalent annually. About 15% of healthcare waste is classified as highly hazardous, while billions of injections used each year are often not safely disposed of. In Kenya, studies show hospitals generate between 0.61 and 1.03 kilograms of waste per hospital bed daily. Against this global and national backdrop, we have adopted a deliberate, integrated approach to sustainable waste management and energy efficiency.

Central to the hospital's strategy is behavioural change. Through simple but consistent messaging—such as posters encouraging staff, patients,

and visitors to switch off lights when not in use—KUTRRH has significantly reduced unnecessary electricity consumption. According to Felix Karani, Head of Public Health at the hospital, this approach has lowered energy costs and reduced reliance on fossil-fuel-generated power, demonstrating that small daily actions can collectively yield substantial environmental benefits.

Waste management at KUTRRH is guided by strict adherence to Ministry of Health guidelines and Kenya's Sustainable Waste Management Act of 2022. Waste segregation is conducted at the source using colour-coded bins: black for general waste, yellow for infectious waste, red for highly infectious waste, and purple for cytotoxic waste. Public Health Officer Rhoda Jepotip notes that patients and staff are actively trained to follow this system, ensuring safer and more efficient handling of hazardous



materials.

Once segregated, medical waste is treated in a modern on-site incinerator, where it is burned at high temperatures to neutralize harmful pathogens. The facility processes about 1.6 tonnes of medical waste daily, saving the hospital an estimated Ksh 48,000 per day compared to outsourcing waste disposal. The incinerator is equipped with pollution control systems, including a wet scrubber, which captures particulate matter and prevents harmful emissions from entering the atmosphere. In a further demonstration of circular sustainability, excess heat generated during incineration is recovered and used to heat water for hospital wards. This innovation replaces fossil fuel usage in boilers, saving approximately 4,800 litres of fuel per month while reducing greenhouse gas emissions.

KUTRRH also prioritizes air quality monitoring and greening initiatives, in line with Kenya's revised Air Quality Regulations of 2024. Tree planting and continuous air monitoring help reduce pollutants and guard against diseases linked to airborne toxins. These efforts support Kenya's national commitment to reduce greenhouse gas emissions by 35 percent by 2035.

By aligning its operations with the Ministry of Health's green agenda and the Sustainable Development Goals 3, 12, and 13, KUTRRH demonstrates that environmentally responsible healthcare not only protects the planet but also improves patient outcomes and lowers operational costs.

COMMUNITY CLEAN-UP: *Keeping Kahawa West Clean*



KUTRRH's Public Health Department, participated in the Kahawa West Community Clean-Up Day held on 28th March 2026 under the theme "Mazingira Yangu, Jukumu Langu" (My Environment, My Responsibility). The activity aimed to promote environmental stewardship, improve sanitation standards, and raise community awareness on the strong link between environmental hygiene and public health.

The initiative was organized by Sports for Greener Environment in collaboration with KUTRRH, Kahawa Pride, Kahawa Lionesses, Nairobi City County Green Army (Kahawa West), and M-Hub. It brought together young sportsmen and women alongside community volunteers, reflecting the growing role of youth-led action in community development and environmental conservation. Approximately 40 volunteers took part in the exercise, which involved street sweeping, collection of solid waste, and unclogging of blocked drainage systems across selected areas in Kahawa West. The collected waste was placed at designated points for onward disposal by the Nairobi City County Waste Management Team. KUTRRH supported the activity by providing essential protective and sanitation materials, includ-

ing face masks, gloves, bin liners, and brooms. The hospital also deployed a team from the Public Health Department—comprising two Public Health Officers and three interns—who actively engaged in both the clean-up exercise and community health education.

A major highlight of the event was community sensitization conducted through one-on-one engagements by the KUTRRH Health Education and Promotion team. The outreach targeted food vendors, shopkeepers, butchers, cereal sellers, boda boda operators, and members of the public. Key messages focused on proper waste management, hand hygiene, diseases related to poor sanitation, and the health risks posed by blocked drainage sys-

tems.

A total of 50 community members were reached through the sensitization exercise, with women accounting for 76 percent of participants. This outcome is significant, given the central role women play in household hygiene and food safety, increasing the likelihood of sustained behavior change at the household level.

The community response was highly positive, with many expressing commitment to maintaining clean surroundings. The sensitization also sparked strong interest in healthcare services offered at KUTRRH, including inquiries about Social Health Insurance Fund (SHIF) coverage, further strengthening hospital-community relations.

The Kahawa West Community Clean-Up Day demonstrated the value of integrating environmental action with health education. The initiative reinforced shared responsibility for environmental health while advancing KUTRRH's mandate in preventive public health and community engagement.



PICTORIAL



KUTRRH's Board Chair Mr. James Kibugu Wambu (Center) and CEO Dr. Zeinab Gura (5th right) during a high-level engagement with Kenya Medical Training College Chair Mr. Joseah Kiplangat Cheruiyot, CEO Dr. Kelly Oluoch, and members of both institutions' boards and management teams, aimed at strengthening collaboration in training, research, and healthcare workforce development to advance clinical excellence and innovation in Kenya and the region.



KUTRRH, led by CEO Dr. Zeinab Gura, hosted a delegation from Boehringer Ingelheim during a courtesy visit aimed at exploring opportunities for strengthened collaboration in healthcare delivery and innovation.



KUTRRH team, led by Director of Clinical Services Dr. Antony Kamau (3rd left), held discussions with a delegation from Reddy's Pharma on a potential collaboration to support the acquisition of Next Generation Sequencing (NGS) equipment, aimed at advancing precision cancer management at the hospital.



KUTRRH Quality Improvement Champions following the successful completion of the Quality Improvement Training, conducted by the Acquire Quality Improvement and Patient Safety (QI-PS) Experiential Leadership Team.



CEO Dr. Zeinab Gura (3rd left) with a delegation from Angola's Ministry of Health, led by Health Minister Dr. Sílvia Paula Valentim Lutucuta (3rd right), during their benchmarking visit to the hospital.



KUTRRH team led by the Directorate of Nursing Services during a CSR outreach at NIBS College, where students were taken through health talks on various topics as part of activities marking International Nurses Week 2026.

VACCINATION ACROSS GENERATION



As the world marked World Immunization Week 2026, observed from April 24 to 30, a clear and urgent message resonated globally: “For every generation, vaccines work.” This year’s theme reminds us that immunization is not only a childhood intervention but a lifelong shield that protects individuals and communities. In an era where health security is increasingly critical, the campaign seeks to strengthen public awareness and ensure that everyone—from newborns to older adults—benefits from life saving vaccines.

Vaccines work by training the body’s immune system. During vaccination, a small and harmless part of a germ is introduced, allowing the immune system to recognize the threat and produce antibodies to fight it in the future. While some vaccines require only one dose, others need multiple doses or booster shots to ensure long lasting protection, as immunity can weaken over time.

Vaccines are safe. Although minor side effects such as low grade fever, soreness, or redness at the injection site are common, all vaccines under-

go rigorous clinical trials and continuous review by international and national regulatory bodies before approval and use.

Despite these advances, vaccine preventable diseases are making a comeback. Gaps in immunization coverage—driven by affordability challenges, loss to follow up, stock outs, access barriers in remote and last mile areas, and vaccine hesitancy—have left populations vulnerable. While first dose coverage is often high, completion of multi dose schedules remains a challenge, as seen with missed second doses of the measles rubella vaccine. A growing concern is the spread of misinformation through social media, where unfounded claims about vaccine safety and effectiveness circulate rapidly. These narratives, often lacking scientific evidence, undermine public



trust and fuel vaccine hesitancy. Vaccine hesitancy—defined as delay or refusal of vaccines despite availability—is a global health threat that increases the risk of outbreaks and endangers both unvaccinated individuals and the wider population.

The 2026 theme also emphasizes that vaccination extends beyond childhood. Adolescents, adults, and older persons require vaccines depending on age, health status, occupation, and travel risk. Annual flu shots, Hepatitis B vaccines, travel vaccines, and booster doses are essential components of lifelong protection. Scientific advances have also introduced newer vaccines for diseases such as malaria, HPV, RSV, and Mpox, saving lives and improving quality of life.

To the public, I encourage verification of vaccine information through healthcare providers and trusted sources such as the Ministry of Health and the World Health Organization. To fellow healthcare workers, let us listen openly to our patients’ concerns and respond with empathy, clarity, and accurate information.

As we commemorate World Immunization Week, the message to every Kenyan is simple and powerful: Vaccines protect our children, protect us, and protect our communities for generations. Let us not allow misinformation or access barriers to stand in the way of our collective health.

BEYOND MEDICINE:

THE VITAL ROLE OF MEDICAL SOCIAL WORKERS AT KUTRRH



Behind every patient admitted at KUTRRH, there is often more than a medical condition to treat. Many patients face financial constraints, emotional distress, and social challenges that can significantly affect their recovery journey. This is where medical social workers play a critical and often unseen role.

Here medical social workers serve as a vital link between clinical care and the patient's lived reality. Their work ensures that treatment goes beyond medicine, addressing the social and emotional factors that influence health outcomes.

Medical social workers at the hospital describe their role as deeply rooted in understanding the patient beyond their diagnosis. Their engagement begins with comprehensive psychosocial and economic assessments conducted within the first 24 hours of admission. These assessments focus on evaluating a patient's mental well-being, financial capacity, family support, and overall social circumstances.

"We try to understand what the patient is going through—not just physically, but emotionally and financially," one social worker explains.

A typical day involves moving through assigned wards to iden-

tify patients who may require support. Through intentional conversations, social workers uncover underlying challenges that may not be evident during clinical assessments. Based on these findings, interventions are carefully tailored to each individual. Some patients are helped to reconnect with their next of kin, while others are linked to support groups. Oncology patients, for instance, often benefit from peer support groups that provide emotional comfort and shared experiences.

Home visits form an important part of the care continuum, particularly for patients living within Nairobi. These visits allow social workers to assess home environments before discharge and make informed recommendations that support recovery. Successful reintegration into the community often involves collaboration with local leaders, including chiefs, to ensure patients transition smoothly back into their social settings.

The department also manages highly sensitive cases, including survivors of sexual and gender-based violence (SGBV) and unidentified patients. In cases involving unknown patients, fingerprints may be taken to help trace family members and establish identity. Through-

out this process, medical social workers work closely with nurses and other healthcare professionals to ensure that every patient receives dignified and comprehensive care, regardless of their circumstances.

Support frequently extends beyond the hospital walls. Through partnerships with organizations such as Faraja, which supports all oncology patients, and Safaricom, which provides financial assistance to oncology and nephrology patients, medical social workers help bridge gaps in care and ensure patients can continue treatment without interruption.

Continuity of care remains a priority, especially for patients receiving home-based care. Medical social workers actively follow up on patients' progress, encourage adherence to clinic appointments, and support treatment compliance. This follow-up plays a crucial role in preventing complications and promoting long-term recovery.

Looking ahead, the focus remains on expanding reach and strengthening service delivery. By deepening community linkages and enhancing timely interventions, medical social workers at KUTRRH continue to uphold the hospital's commitment to holistic, patient-centered care—ensuring that every patient is treated not just as a case, but as a person.





NNA-K CHAPTER



WOUND CONTINENCE & ENTEROSTOMAL THERAPY NURSES (WCETN)

NNA-K CHAPTER

ANNUAL SCIENTIFIC CONFERENCE & AGM 2026

Theme: Transforming Wound, Continence & Ostomy Care Through Technology, Innovation and Sustainable Nursing Practice

Date: 27th 28th and 29th May 2026



Venue:

Kenyatta University Teaching, Referral & Research Hospital (KUTRRH), Nairobi, Kenya

REGISTRATION FEES

Registration Period	Category	Fee
Early Bird (Up to 30th April 2026)	WCETN Members	KES 6,000
	Non-WCETN Members	KES 7,000
	Students & Intern Nurses (Members)	KES 3,000
	Students & Intern Nurses (Non-Members)	KES 3,500
Late Registration (From 1st May 2026)	WCETN Members	KES 7,000
	Non-WCETN Members	KES 8,000
	Students & Intern Nurses (Members)	KES 3,500
	Students & Intern Nurses (Non-Members)	KES 4,000
International Participants	Non-East African Citizens	USD 50

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