



KENYATTA UNIVERSITY TEACHING, REFERRAL & RESEARCH HOSPITAL

# THE CHECK UP

VOL. 7 ISSUE 5



## KUTRRH SUCCESSFULLY HOSTS THE 2ND ANNUAL WOUND CARE NURSING CONFERENCE

### INSIDE

KUTRRH HOSTS 2ND ANNUAL WOUND CARE NURSING CONFERENCE.

RESTORING SMILES, TRANSFORMING LIVES THROUGH CLEFT CARE.

A MINIMALLY INVASIVE BREAKTHROUGH FOR FIBROID TREATMENT NOW AVAILABLE AT KUTRRH.

STRENGTHENING MATERNAL CARE: WHY MIDWIVES MATTER NOW MORE THAN EVER

AT THE HEART OF CARE: CELEBRATING THE EVOLVING ROLE OF NURSES



# CONTENT

---

- 01 KUTRRH Hosts 2nd Annual Wound Care Nursing Conference.**
- 02 Restoring Smiles, Transforming Lives Through Cleft Care.**
- 03 A Minimally Invasive Breakthrough for Fibroid Treatment Now Available at KUTRRH.**
- 04 At the Heart of Care: Celebrating the Evolving Role of Nurses**
- 05 Strengthening Maternal Care: Why Midwives Matter Now More Than Ever**
- 06 Pictorial.**
- 07 Empowering Communities in Vihiga**
- 08 Ebola Virus Disease: Strengthening Awareness, Preparedness, and Response**

## CONTRIBUTORS

- 1. Dr.Fiona Anyumba
- 2. Anita Kemunto
- 3. Edwin Kimani
- 4. Nelly Nyambura
- 5. Caleb Muiruri
- 6. Martin Odemo



## KUTRRH Hosts 2nd Annual Wound Care Nursing Conference



KUTRRH successfully hosted the 2nd Annual Wound Care Nursing Conference from 27th to 29th May 2026. The conference, convened by the Wound, Continence and Enterostomal Therapy Nurses National Nurses Association of Kenya Chapter (WCETN NNA-K), was held under the theme “Transforming Wound, Continence & Ostomy Care Through Technology, Innovation and Sustainable Nursing Practice.” It brought together nurses, clinicians, researchers, and industry partners from across Kenya and beyond, providing a valuable platform for knowledge exchange, innovation, and collaboration in advancing specialized wound care.

The opening ceremony highlighted the critical role of nurses in healthcare delivery. Director of Clinical Services, Dr. Anthony Kamau, speaking on behalf of CEO Dr. Zeinab Gura, acknowledged the central contribution of nurses in ensuring quality patient care. Deputy Director of Nursing Services, Ms. Jackline Tindi, emphasized the growing importance of wound care within the continuum of care and called for a holistic approach that integrates clinical expertise, psychosocial support, and innovative solutions. Additional remarks from the WCETN NNA-K Chairperson and representatives from the Ministry of Health, the Nursing Council of Kenya, and

the Kenya National Union of Nurses reinforced the need to strengthen specialized wound care practice across the country. The first day of the conference focused on Maggot Debridement Therapy (MDT) as an innovative and cost-effective approach to managing chronic wounds. Experts from the Kenya Agricultural and Livestock Research Organization (KALRO), Kenyatta National Hospital, and Laikipia University shared insights on MDT application, larval production, and biofilm control. KUTRRH's Joseph Abuga further contributed to the discussion by presenting outcomes on the management of sacral pressure injuries using MDT, demonstrating the hospital's ongoing commitment to evidence-based practice.

Day two explored key wound care principles, spinal cord injury management, and clinical case studies, underscoring the importance of early intervention, continuous professional training, and multidisciplinary collaboration in improving patient outcomes. A notable highlight was a presentation by KUTRRH's Geoffrey Maina on the successful closure of a 17-year venous leg ulcers, showcasing the hospi-

tal's expertise in managing complex cases. Additional sessions examined advanced wound care techniques, including Vacuum Assisted Closure (VAC) therapy.

The final day shifted focus to the broader impact of wound care on patients and healthcare systems. Discussions emphasized the importance of mental health support, proper nutrition, and addressing systemic challenges to enhance recovery. The role of technology in advancing nursing practice was also highlighted through the introduction of Wound Pro-Kenya, a digital application designed to improve wound assessment and monitoring, aligning with the conference's emphasis on innovation and sustainability.

In her closing remarks, Ms. Tindi encouraged healthcare professionals to champion specialized wound care and embrace innovation to further improve patient outcomes. The conference concluded on a high note, reaffirming KUTRRH's position as a leading center for specialized healthcare, research, and professional development.

Overall, the conference marked significant progress in strengthening wound care nursing in Kenya by promoting innovation, enhancing collaboration, and reinforcing a shared commitment to delivering high-quality patient care.



# Restoring Smiles, Transforming Lives Through Cleft Care



Behind a cleft lip is more than just a physical condition—it represents a journey of resilience, hope, and transformation. Every patient carries a story of courage, determination, and the desire for a better quality of life. In partnership with Operation Smile Kenya, KUTRRH successfully conducted a free cleft lip and palate surgical camp from 15th to 25th May 2026, aimed at restoring smiles and improving the quality of life for patients living with orofacial cleft conditions.

During the program, Sixty (60) patients were screened, and thirty one (31) successfully underwent corrective surgeries during the camp held between 18th and 22nd May 2026. The initiative brought together a multidisciplinary team of healthcare professionals dedicated to providing specialized cleft care services to patients and their families.

Cleft lip and palate are among the most common birth conditions affecting children worldwide. The condition can interfere with feeding, speech, hearing, dental development, and self-esteem if left untreated. Many children and adults living with cleft

conditions also face social stigma and emotional challenges, making access to timely treatment and support essential.

For many families, access to corrective surgery brings renewed confidence and relief. Children born with cleft conditions often experience difficulties in communication and social interactions—challenges that may affect their education and emotional well-being. Surgical interventions such as this camp therefore play a critical role in restoring not only smiles but also dignity, confidence, and hope for a brighter future.

The Operation Smile team was led by the Country Manager, Dr. Asaph Kinyanjui, and comprised a multidisciplinary group of specialists. This included Dr. Levi Ankrah, who led the surgical team; Dr. Caroline Mwangi, who oversaw anesthesia services; and Mrs. Doris Musyoka, who represented the nursing team leaders and served as the clinical coordinator. The KUTRRH team was led by Dr. Michael Kezegule.

According to the organizers, the number of patients attended remained consistent with previous camps, as Operation Smile maintains a standard capacity for each outreach program to ensure quality and comprehensive patient care.

KUTRRH continues to strengthen its role as one of the hub centers

for Operation Smile Kenya by offering comprehensive care to patients with orofacial cleft conditions. Services provided include pediatric medical care, surgery, nutritional support, dental care, speech and language therapy, psychological support, as well as pre-operative, peri-operative, and post-operative nursing care.

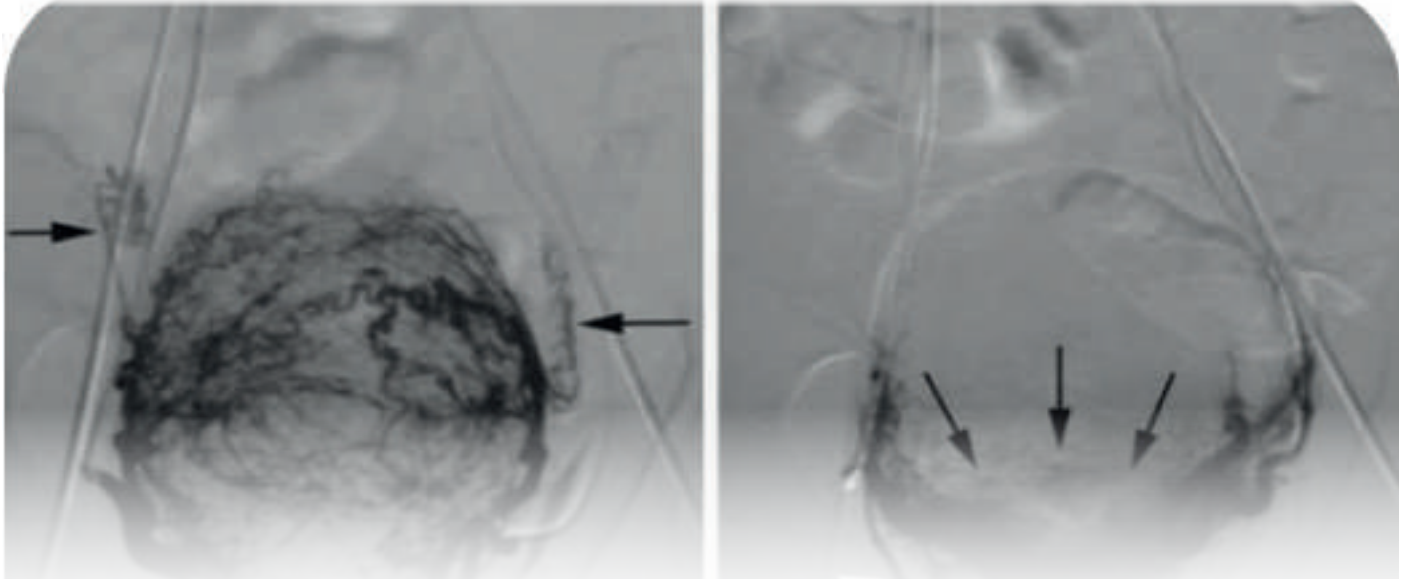
This year's camp also focused on capacity building, with trainers from Operation Smile Global conducting specialized training sessions for healthcare professionals, including cleft surgeons, anesthesiologists, nurses, speech and language pathologists, nutritionists, psychosocial therapists, biomedical engineers, and patient imaging technicians.

“Every smile restored represents a life transformed,” noted one of the healthcare professionals involved in the program, emphasizing the importance of collaborative efforts in improving patient outcomes and restoring hope to affected families.

Beyond the surgeries performed, the camp restored confidence, hope, and dignity to patients and families affected by cleft conditions. The initiative also strengthened the skills of healthcare workers and reinforced KUTRRH's commitment to delivering accessible, compassionate, and high-quality specialized healthcare services to the community.



# A MINIMALLY INVASIVE BREAKTHROUGH FOR FIBROID TREATMENT NOW AVAILABLE AT KUTRRH.



For many women in Kenya, uterine fibroids have long been a source of pain, heavy bleeding, infertility challenges, and reduced quality of life. Traditionally, treatment options have centered on surgery. However, a less invasive, highly effective alternative is now transforming care: uterine artery embolization (UAE). This advanced procedure is currently offered at Kenyatta University Teaching, Referral & Research Hospital, making it the only public hospital in Kenya providing this innovative treatment.

Uterine artery embolization is a minimally invasive, image-guided procedure performed by specially trained interventional radiologists. It involves inserting a small catheter through a blood vessel—usually in the wrist or groin—and guiding it to the arteries supplying the fibroids. Tiny particles are then released to block these vessels, cutting off the blood supply to the fibroids. Deprived of blood, the fibroids shrink over time, leading to significant symptom relief.

The introduction of UAE at KUTRRH marks a major milestone in public healthcare. Fibroids affect up to 70–80% of women by the age of 50, with a significant number experiencing severe symptoms. Yet access to advanced, less invasive treatment options has been limited—until now. “This procedure offers women a chance to preserve their uterus

while effectively treating fibroids,” says Dr. Fiona Anyumba, Vascular and Interventional Radiology Unit Head, KUTRRH. “It’s a shift from major surgery to a safer, faster alternative.”

One of the most compelling aspects of uterine artery embolization is its ability to relieve symptoms without the need for surgery. Another major advantage is the recovery time: UAE patients are typically discharged within 24–48 hours and resume normal activities much sooner than the patients who undergo surgery. Moreover, there is a reduced risk of major complications such as excessive bleeding, infection, and anesthesia-related issues.

Despite its many advantages, uterine artery embolization is not appropriate for every patient. Women who have active pelvic infections, have suspected or confirmed gynecological malignancies are generally not candidates for the procedure. Additionally, certain types of fibroids are better managed surgically may not respond optimally to embolization. Careful evaluation by a multidisciplinary team, including gynecologists and interventional radiologists, is crucial to ensure that each patient receives the most appropriate

and safe treatment option.

Cost has historically been a barrier to advanced procedures. However, the majority of the cost for uterine artery embolization at KUTRRH is covered—between 80% and 100%—by the national health insurer, Social Health Authority. This level of coverage significantly improves access, ensuring that more women can benefit from the procedure without facing overwhelming financial burden.

The availability of uterine artery embolization at KUTRRH represents a significant step forward in expanding access to modern, patient-centered care within the public health system. It also highlights the growing role of interventional radiology in offering minimally invasive solutions to complex medical conditions. With continued investment in such innovative services, Kenya’s healthcare system is steadily moving toward a future where advanced, less invasive treatments are accessible to all who need them.



# At the Heart of Care:

## *Celebrating the Evolving Role of Nurses*



Patients may not always notice the quiet, defining moments of nursing care—the reassurance before procedures, the attentiveness to subtle discomfort, or the steady presence during uncertainty and recovery. Yet these moments shape the patient experience in profound ways. During International Nurses Week 2026, this vital contribution took center stage, highlighting nurses not only for the care they provide but also for their expanding influence across the healthcare system.

Observed under the global theme “Our Nurses. Our Future: Empowered Nurses Save Lives,” the week brought together healthcare professionals, leaders, educators, students, and partners in a series of activities focused on appreciation, reflection, and professional growth. The celebrations underscored a key shift within the profession—nursing is no longer defined solely by bedside care but is increasingly recognized for its impact in leadership, research, education, specialized clinical practice, and innovation.

The week’s climax featured a sym-



bolic nurses’ walk, where practitioners, students, and educators came together in a unified display of pride and commitment. This moment reflected a shared identity and the evolving strength of the nursing profession. Representing the CEO, Director of Clinical Services Dr. Anthony Kamau affirmed the essential role nurses play in delivering quality healthcare, emphasizing that they serve as caregivers, educators, counsellors, advocates, and leaders within the health system.

As Chief Guest, Prof. Lucy Kawira Gitonga encouraged nurses to expand their scope by pursuing post-graduate education, engaging in research, and taking up leadership opportunities. She emphasized the importance of remaining visible within healthcare spaces, not only in clinical practice but also in policy, innovation, and decision-making.

Throughout the week, conversations reflected ongoing efforts to strengthen nursing practice through mentorship, specialized training, and support for professional development. At the same time, the celebrations created space for candid discussions on the realities nurses face. Director of Nursing Services Dr. Pamleila Ntwiga acknowledged the physical and emotional demands of clinical work and highlighted initiatives aimed at strengthening staff wellness, emotional support, and career growth.

Mental wellness emerged as a key

theme, with nurses encouraged to prioritize rest, work-life balance, and emotional wellbeing alongside patient care. The discussion highlighted the importance of caring for caregivers, recognizing that a supported nursing workforce is essential to resilient healthcare systems.

The week also showcased how nursing services continue to evolve alongside advancements in healthcare delivery. Nurses were recognized for their contribution across specialized areas such as critical care, patient safety, and coordinated multidisciplinary care. Their role in improving patient outcomes, supporting digital health systems, and strengthening service delivery remains central to modern healthcare.

The celebration concluded with a dinner gala that provided nurses with a moment of relaxation after a week of engagement and reflection. Led by Dr. Ntwiga, the event brought together nurses in an atmosphere of appreciation and celebration, away from the demands of routine care.

Ultimately, International Nurses Week 2026 served as more than a commemorative event. It reaffirmed the growing visibility, responsibility, and influence of nurses within healthcare. While much of their work remains unseen, its impact is constant, shaping patient experiences every day. Long after procedures end and machines quiet down, it is often the nurse who remains at the center of care—steady, present, and essential.



# Strengthening Maternal Care: Why Midwives Matter Now More Than Ever



The International Day of the Midwife provides an important global platform to recognize the indispensable role midwives play in improving sexual, reproductive, maternal, and neonatal health outcomes. Beyond celebration, it is a moment of advocacy, drawing attention to the urgent need for increased investment in midwifery services. Globally, there is an estimated shortage of one million midwives, a gap that continues to compromise access to quality maternal and newborn care.

In Kenya, this challenge remains significant, with persistent shortages of nurses and midwives across many health facilities. Limited staffing contributes to increased workloads, burnout, and pressure on existing personnel, ultimately affecting the quality and timeliness of care. This underscores the importance of strengthening the midwifery workforce as a strategic priority for improving maternal and neonatal health outcomes.

Midwifery is a specialized, woman-centered profession that supports women throughout pregnancy, labour, childbirth, and the postnatal period. Midwives provide comprehensive care across this continuum, including antenatal services, health education, family planning guidance, and

early detection of risks. During childbirth, they are skilled in managing normal deliveries and are trained to identify complications and initiate timely, life-saving interventions. Postnatally, they support breast-

feeding, monitor recovery, and ensure the wellbeing of both mother and newborn.

The 2026 International Day of the Midwife theme, “One Million More Midwives,” highlights the urgent need for governments and health systems to invest in recruitment, training, and retention. It calls for the creation of enabling work environments that support midwives to practice at their full scope, including fair remuneration, safe working conditions, and access to essential resources.

At KUTRRH, midwives play a central role in delivering high-quality maternal and newborn care. The hospital prioritizes the recruitment of highly trained and licensed midwifery professionals equipped to provide comprehensive reproductive health services. Their roles encompass antenatal care, labour and delivery management—including emergency interventions and Caesarean support—and postnatal care.

Working collaboratively with obstetricians, medical officers, and other healthcare professionals, midwives contribute to a multidisciplinary approach that ensures holistic and patient-centered care. This is further strengthened by specialized services such as high-risk antenatal care and ad-

vanced newborn care, enabling effective management of complex pregnancies. The presence of maternal-fetal medicine expertise supports the care of conditions such as hypertension, diabetes, and fetal abnormalities through advanced clinical interventions.

Despite these strengths, challenges persist, including workforce shortages, resource limitations, and demanding working conditions, particularly in rural and underserved areas. Strengthening health systems, improving referral mechanisms, and ensuring availability of essential supplies remain critical priorities. Addressing these issues requires sustained collaboration between government, healthcare institutions, and communities.

Midwives remain the backbone of maternal and newborn healthcare systems. Their skill, dedication, and compassion are vital in safeguarding the health of mothers and their babies. As we mark the International Day of the Midwife, it is essential to celebrate their contributions while reinforcing the call for greater investment in midwifery. Advancing this agenda will not only strengthen health systems but also secure a healthier future for families and communities.



# PICTORIAL



KUTRRH team led by Director Clinical Services Dr. Antony Kamau with a team from Ministry Of Health's National Cancer Control Programme (NCCP) and the University of Washington when they held a high-level discussions focused on advancing oncology care, research, innovation and capacity building in the hospital.



KUTRRH Deputy Director of Clinical Services, Dr. Onyimbo Kerema, with a team from Strathmore Business School during a benchmarking visit to the hospital. The delegation toured key service areas, gaining first-hand insight into the hospital's commitment to delivering high-quality patient care.



KUTRRH team led by Director Training, Research, Partnerships and Resource Mobilisation Dr. Caroline Ngugi, (2nd right) alongside Director of ICT Martin Ayoo, (1st right) with a visiting team of doctors upon their arrival for the neurosurgery camp at the hospital.



KUTRRH team, led by Deputy Director, Nursing Services, Jackline Tindi, (4th right) hosted a delegation from the Medical University of Lausitz–Carl Thiem Hospital, Germany, alongside a team led by Right Resources Kenya CEO Grace Njoroge, in a courtesy visit focused on nursing knowledge exchange and future collaboration opportunities.



KUTRRH team led by Eng. Antony Chuani (2nd right) with a delegation from Narok County Referral Hospital, led by Medical Superintendent Dr. Emejen John (2nd left), for a benchmarking visit focused on sharing best practices and strengthening collaboration.



KUTRRH team led by Director of Finance and Planning, CPA Gaireth Kingi (3rd right), with the Imarisha SACCO Board, chairperson Mr. Mathew Ruto (3rd left), during a strategic visit aimed at exploring a partnership to enhance access to quality, specialized healthcare for SACCO members, reaffirming the hospital's commitment to collaborative, patient-centered care.

# Empowering Communities in Vihiga



KUTRRH was proud to participate in a transformative medical outreach held at Ivona Primary School in Chavakali, Vihiga County, bringing essential healthcare services closer to the community. The impactful medical camp drew thousands of residents from across the region, underscoring the critical need for accessible healthcare at the grassroots level.

The outreach provided a wide range of services, including education, screening, treatment, blood donation, and referrals, with a strong focus on mental health, cancer, and non-communicable diseases (NCDs). Residents benefited from health education sessions aimed at raising awareness and promoting early detection and prevention, while those in need of medical care received prompt attention and appropriate follow-up through referrals.

The event was graced by the Principal Secretary for Medical Services, Dr. Ouma Oluga, who served as the Chief Guest. He commended the community for turning up in large numbers to take advantage of the free medical services,

emphasizing the importance of public participation in such initiatives. Dr. Oluga also expressed his appreciation to the healthcare institutions that took part in the outreach, including KUTRRH, recognizing their dedication and commitment to improving health outcomes through outreach and collaboration. KUTRRH's participation was marked by the deployment of a multidisciplinary team comprising nurses, clinicians, and laboratory technologists. The team worked tirelessly throughout the outreach to attend to patients, provide diagnostic services, and offer treatment and counseling. Their efforts ensured that beneficiaries received Quality, Patient-Centered Care in a well-coordinated and compassionate manner.

In addition to service delivery, KUTRRH seized the opportunity to showcase its advanced



and specialized services, highlighting the hospital's capacity to deliver comprehensive care to patients from across the country. This engagement not only created awareness about the hospital's offerings but also strengthened its connection with the community by demonstrating its role as a national referral and research institution committed to excellence.

The Vihiga County medical camp is part of a broader series of community-focused, last-mile interventions aimed at bridging gaps in healthcare access. These initiatives are designed to translate national health policies into tangible action by fostering collaboration between national institutions, county governments, and community health structures. By bringing services directly to the people, such outreaches play a crucial role in early detection, timely intervention, and overall improvement of public health outcomes.

KUTRRH remains steadfast in its commitment to supporting such initiatives, recognizing that meaningful healthcare delivery extends beyond hospital walls. Through active participation in outreach programs, the hospital continues to contribute to strengthening Kenya's healthcare system while ensuring that no one is left behind, particularly those in underserved and remote areas.

# EBOLA VIRUS DISEASE: *Strengthening Awareness, Preparedness, and Response*



Ebola Virus Disease (EVD) remains a serious global public health concern due to its high fatality rate and potential for rapid transmission in affected regions. Although relatively rare, the disease poses significant risks to healthcare workers and communities, particularly during outbreaks. Strengthening awareness, prevention, and institutional preparedness is essential in reducing its impact and safeguarding public health.

Ebola is a zoonotic disease, originating in animals before spreading to humans. Fruit bats are considered the primary natural hosts, with transmission to humans occurring through contact with infected animals such as primates. Once introduced into human populations, the virus spreads through direct contact with the bodily fluids—such as blood, saliva, vomit, and urine—of an infected person or contaminated surfaces. Notably, Ebola is not airborne and becomes contagious only after symptoms appear.

The incubation period ranges from 2 to 21 days, with symptoms typically emerging within 8–10 days. Early signs include fever, fatigue, headache, muscle pain, and sore throat. As the illness progresses, patients may develop vomiting, diarrhea, abdominal

pain, and impaired organ function. In severe cases, internal and external bleeding may occur, often leading to life-threatening complications if not promptly managed.

While there is no single universal cure for Ebola, early supportive care significantly improves survival. Treatment focuses on rehydration, oxygen support, stabilization of vital signs, and symptom management. Advances in research have led to targeted therapies such as monoclonal antibody treatments (e.g., Inmazeb and Ebanga), as well as vaccines like Ervebo, which have proven effective in controlling outbreaks.

Prevention and control depend on both individual practices and coordinated public health interventions. Key measures include proper hand hygiene, avoiding contact with bodily fluids, and safe handling of potentially contaminated materials. In healthcare settings, strict adherence to infection prevention and control protocols, including the use of personal protective equipment (PPE), is critical. Public health strategies such as contact tracing, case isolation, surveillance, and community education play a vital role in breaking transmission chains.

As a national referral institution, KUTRRH continues to strengthen preparedness for emerging infectious diseases such as Ebola. The hospital has implemented sensitization initiatives to enhance staff awareness, reinforce infection prevention and control measures, and ensure readiness to respond to suspected cases. Emphasis is placed on early detection, proper use of PPE, and adherence to established protocols.

In addition, KUTRRH has strengthened its screening and triage systems to support early case identification and minimize the risk of in-facility transmission. The hospital works closely with the Ministry of Health and other stakeholders to align response efforts with national and international guidelines, while ongoing training remains central to protecting healthcare workers and patients.

At the community level, prevention includes avoiding contact with bats and primates, refraining from consuming improperly handled bushmeat, and observing safe burial practices. Survivors are also advised to follow medical guidance, as the virus can persist in certain body fluids after recovery.

In conclusion, Ebola Virus Disease demands sustained vigilance, coordinated response, and continuous public education. Strengthened health systems, early intervention, and strong institutional preparedness are key to reducing its impact and preventing outbreaks.



# EBOLA

## SIGNS AND SYMPTOMS

**Ebola is a severe and often deadly disease caused by the Ebola virus**



**Sudden onset of fever**



**Headache**



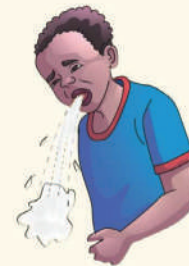
**Intense body weakness**



**Muscle pain**



**Sore throat**



**Vomiting**



**Diarrhea**



**Skin rash**



**Bleeding from body openings**

Symptoms can start within 2 to 21 days of contact with an infected person or body. In case you have recently visited an area with the Ebola Virus Disease and you are showing any of these signs and symptoms immediately visit the nearest health facility.

**NB: To learn more on Ebola Virus Disease dial \*719#**

**For further information contact:**

Director General, Kenya National Public Health Institute, Afya Annex Building, P.O Box 31 - 00202 Nairobi Office Phone +254 718 777 000 | Email: lidsru.mohkenya@gmail.com.



Ministry of Health



Scan for official Ebola information & Key messages

**For clarification, inquiry, concern or reporting suspected cases Call Toll-Free Line: 719**

[in](#) [f](#) Kenya National Public Health Institute [@](#) [X](#) @NPHIKenya | [www.nphi.go.ke](#)