



HONORING INTERNATIONAL CHILDHOOD CANCER DAY WITH THE LAUNCH OF A NEW PLAYGROUND.

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HONORING INTERNATIONAL CHILDHOOD CANCER DAY WITH THE LAUNCH OF A NEW PLAYGROUND.



KUTRRH marked International Childhood Cancer Day with the launch of a vibrant new children's playground, symbolizing hope, healing, and emotional support for young patients undergoing cancer treatment. The event highlighted the hospital's commitment to holistic pediatric cancer care that goes beyond medical treatment to include psychosocial wellbeing and moments of joy.

The celebration brought together hospital leadership, clinicians, partners, families, and survivors in an atmosphere filled with gratitude and solidarity. Dr. Rose Munge, Head of the Pediatric Oncology Unit, appreciated long standing partners such as the Faraja Cancer Support Trust for providing continuous psychosocial care, art therapy, and support for the new playground. She emphasized that healing for children includes creating spaces where they can feel safe, play, and experience normal childhood moments despite the challenges of treatment.

Multiple partners supported the day's activities: Co-operative Bank provided a celebratory cake, Apol-

lo Hospitals—through local partners—donated T shirts, while Membley Technical College contributed through blood donation, book donations, grooming services, and gifts for the children. Hospital leadership acknowledged these contributions as essential in easing the burden on families.

The program featured powerful testimonies from survivors and parents. Young survivor Nestar Caara encouraged families to stay hopeful, crediting the medical team, faith, and family support in his recovery journey. Parent Anthony Njamba recounted the emotional and financial challenges of treatment, expressing deep gratitude to the medical team and the Social Health Authority (SHA) for financial assistance that made his son's care possible.

Ag. Director of Clinical Services, Dr. Anthony Kamau, praised the resilience of children and families while recognizing the oncology staff for their compassion and

dedication. CEO Dr. Zainab Gura reaffirmed KUTRRH's commitment to ensuring every child receives life saving care, regardless of ability to pay. She highlighted cases where the hospital sourced expensive drugs for families in need and acknowledged the critical yet often unseen work of nurses, social workers, and support staff.

A touching bell ringing ceremony honored children who had completed treatment, celebrating courage and marking the end of a difficult journey. Each child received a certificate of bravery.

The day concluded with the official unveiling of the new children's playground—a colourful, safe space within the hospital where young patients can play, interact, and find moments of joy amid treatment. The celebration reinforced a powerful message: although childhood cancer is an arduous journey, no child walks it alone. Through partnership, compassion, and dedicated medical care, hope and healing continue to thrive at KUTRRH.



Advancing Kenya's fight against Oesophageal Cancer:

Early breakthroughs unveiled.



KUTRRH continues to advance impactful healthcare innovations. CEO Dr. Zeinab Gura joined partners to share early findings from the three-year NIHR-funded project aimed at improving oesophageal cancer survival in Kenya through early detection, stronger diagnostics, and enhanced community awareness.

A Strong Collaborative Effort

The project brings together KUTRRH and leading partners, including:

- ◆ University of Manchester
- ◆ The Christie NHS Foundation Trust
- ◆ National Cancer Institute of Kenya (NCI Kenya)

Additional partners include KEMRI, KENCO, Kenyatta University, Mount Kenya University, and JKUAT. Using a hub-and-spoke model, KUTRRH serves as the national hub, supporting five implementation counties: Meru, Nyeri, Kiambu, Nakuru, and Kisii. This setup strengthens county-level cancer services and referral systems.



Three Strategic Pillars

1. Community Engagement

- ◆ Raising public awareness on oesophageal cancer symptoms
- ◆ Improving access to screening and care
- ◆ Strengthening referral and linkage-to-care pathways

2. Clinical Outcomes & Telemedicine

- ◆ Training clinicians to enhance early diagnosis
- ◆ Using digital tools for remote consultation and coordination
- ◆ Collecting clinical data to improve treatment outcomes.

3. Pathology & Early Detection

- ◆ Strengthening diagnostic capacity in counties
- ◆ Advancing understanding of oesophageal cancer biology in Kenya
- ◆ Standardising pathology processes for faster, accurate results

Recognizing Milestones and Sustaining Momentum

Dr. Gura commended the partners for significant progress achieved so far. She emphasized sustained awareness creation and strong linkages to care as key to improving survival rates.

She described the initiative as a “masterpiece of successful collaborative research” and urged continuous sharing of findings with communities, clinicians, researchers, and policymakers.

Broad National and International Engagement

The dissemination forum brought together teams from KUTRRH, partnering counties, and academic institutions. UK-based leads—Prof. Keith Brennan, Prof. Richard Cowan, Mercy Kibenda, and Dr. Dorothy Nyamai—joined virtually, highlighting the project's global collaboration. Participants reviewed achievements and early results shaping the next implementation phase.

A Major Step Toward Reducing Cancer Burden

Oesophageal cancer remains one of Kenya's deadliest cancers due to late diagnosis and limited awareness. This NIHR-funded initiative marks a significant move toward changing that reality by combining research, community outreach, capacity building, and clinical innovation. KUTRRH reaffirmed its commitment to advancing research and expanding access to quality cancer care for all Kenyan.



Valentine's Day at KUTRRH was marked by a quiet but deeply meaningful act of compassion. Instead of the usual romantic celebrations, the hospital community dedicated the day to supporting mothers in the Neonatal Intensive Care Unit (NICU) and pediatric cancer patients through a flower distribution initiative.

The gesture aimed to uplift families facing some of the most emotionally challenging circumstances. In the NICU, where mothers spend long hours by their newborns' bedsides hoping for progress and stability, the flowers served as a symbol of encouragement and recognition. Nurses working in the unit helped deliver the bouquets, reinforcing the hospital's commitment to patient and family centered care.

The initiative also extended to the pediatric cancer ward. For children undergoing chemotherapy and other intensive treatments, the flowers offered a moment of joy in otherwise difficult routines. Parents expressed gratitude, noting that such simple acts significantly boost morale and relieve emotional strain.

The event was made possible through the generous donation of flowers by KenFlora Limited, whose support demonstrated the positive role of corporate partnerships in enhancing community-focused healthcare efforts. The activity was led by Dr. John Nyambega, Director of Administration and Corporate Services, whose involvement highlighted KUTRRH's dedication to

holistic healing—attending not only to medical needs but also the emotional well-being of patients and their families.

Nurses across the participating units played a central role in coordinating the exercise, balancing their clinical responsibilities with compassionate engagement. Their dedication underscored how small gestures can provide comfort and connection within the hospital environment.

At KUTRRH, Valentine's Day became more than a romantic occasion—it was a reminder that love can be expressed through compassion, service, and shared humanity.



Marking International Childhood Cancer Day with a call for early detection and hope.



KUTRRH joined the global community in marking International Childhood Cancer Day on February 15, a day dedicated to raising awareness of cancers affecting children and adolescents, celebrating survivors, and supporting families undergoing treatment.

Dr. Rose Munge, a pediatric hematologist oncologist at KUTRRH, emphasized that childhood cancer is not a death sentence. She highlighted that awareness, early diagnosis, and timely treatment significantly improve outcomes for young patients.

"International Childhood Cancer Day is a global call to action to spread information and ensure that children receive the care they need," she noted.

Comprehensive Care at KUTRRH

KUTRRH is one of Kenya's leading centers offering specialized pediatric hematology and oncology services. The hospital provides a

full range of care—from diagnosis to treatment and long term management—for various childhood cancers.

Available treatment options include:

- ◆ Chemotherapy
- ◆ Surgery
- ◆ Radiotherapy

To support accurate diagnosis and treatment planning, the hospital is equipped with advanced imaging technologies such as PET/SPECT CT and MRI.

Beyond medical treatment, KUTRRH adopts a holistic, patient centered approach. Children benefit from nutritional support, counseling, and play therapy, while families receive emotional and practical support to help them navigate the challenging journey of can-

cer care.

Early Diagnosis Saves Lives
Childhood cancers may present with symptoms such as persistent fever, unexplained weight loss, unusual swelling, bleeding, or prolonged fatigue. Dr. Munge urged parents and guardians to seek medical evaluation whenever a child exhibits persistent or unusual symptoms, noting that early detection greatly increases the chances of successful treatment.

A Message of Hope

Dr. Munge encouraged families facing a diagnosis not to lose hope:

"Childhood cancer is curable. If your child has been diagnosed with cancer, let us have a conversation."

As the world commemorates International Childhood Cancer Day, health professionals continue to advocate for early detection, increased awareness, better access to treatment, and stronger support systems. With timely intervention and comprehensive care, many children diagnosed with cancer can recover and go on to lead healthy, fulfilling lives.



Pathway of care for survivors of sexual and gender-based violence at Tumaini Clinic



KUTRRH, in partnership with Médecins Sans Frontières (MSF), offers survivor centered, confidential, and comprehensive care for individuals affected by Sexual and Gender Based Violence (SGBV). SGBV includes any non-consensual physical, sexual, emotional, or psychological harm, such as rape, defilement, sexual harassment, coercion, intimate partner violence, and sexual exploitation. Survivors can be anyone—women, men, children, adolescents, the elderly, or community members—while perpetrators are those who inflict such harm.

SGBV causes serious medical, psychological, and social consequences. Health risks include HIV, STIs, unintended pregnancy, unsafe abortion, and physical injuries. Survivors may also experience trauma, depression, anxiety, and stigma, which can affect their social and emotional wellbeing. Because SGBV can occur anywhere and at any time—homes, schools, workplaces, farms, markets, or public spaces—prevention remains challenging. However, awareness and strong community structures help reduce risk. It is im-

portant to emphasize that rape is never the survivor's fault.

Survivors are encouraged to seek treatment within 72 hours to maximize the effectiveness of Post Exposure Prophylaxis (PEP) for HIV, emergency contraception, Hepatitis B vaccination, and other critical interventions. Early care improves medical outcomes and supports proper documentation for legal purposes.

KUTRRH will begin offering specialized SGBV services at the Tumaini Clinic (located within the A&E area) from 02/03/2026. Services are free of charge, confidential, and accessible by simply asking for "Tumaini Clinic."

Services Provided

Medical Care

- ◆ PEP for HIV.
- ◆ Emergency contraceptives.
- ◆ STI treatment.
- ◆ Hepatitis B and tetanus vaccines.
- ◆ Pain management.
- ◆ Wound care.
- ◆ Psychological Support.
- ◆ Confidential counseling.
- ◆ Trauma and emotional care.
- ◆ Social Support.
- ◆ Shelter and clothing.
- ◆ Referrals for long-term assistance.
- ◆ Legal Support.
- ◆ Forensic evidence collection.
- ◆ Medical certificates for court use.

Staff are instructed not to question survivors but to guide them directly to the consultation room, ensuring dignity, privacy, and respect. KUTRRH remains committed to restoring safety, dignity, and hope for survivors on their path to healing.





Cabinet Secretary Ministry of Health, Hon. Aden Duale (centre), with KUTRRH Board Chair, Mr. James Kibugu Wambu and Parastatal Heads of various SAGA's and Senior officials from the Ministry of Health during the signing of the performance contract at the KEMRI Headquarters in Nairobi.



CEO Dr. Zeinab Gura (6th left) and teams from the Training and Research directorate and Esophageal Cancer Survival Project during a meeting which gathered partners who showcased progress on Oesophageal Cancer Survival.



The Directorate of Training and Research, led by Dr. Caroline Ngugi (4th left), with the Manchester research team to discuss potential collaboration on a hand hygiene research project aimed at strengthening infection control.



PICTORIAL



Ag. Director Administration and Corporate services Dr. John Nyambega with Head of Paediatric Oncology Dr. Rose Munge (2nd left) and the team during the Valentines Day Celebrations at the Athi ward.



KUTRRH's Head of Paediatric Unit Dr. Veronica Obunga interacting with fellow staff during the International Childhood Cancer Day Celebrations at the hospital.



The Oncology team, led by Dr. Abeid Athman (first right), Head of Oncology, during the Medical Camp at Kamiti Maximum Prison as we marked World Cancer Day 2026.

Sharing love and saving lives:

A heartwarming outreach.



KUTRRH hosted students from Membley Technical College for a special community outreach visit ahead of Valentine's Day 2026. The initiative aimed to promote compassion, health awareness, and social responsibility among young people while strengthening partnerships between the hospital and learning institutions.

During the visit, the students spent time in the pediatric ward, where they interacted warmly with young patients and distributed thoughtful gifts. This experience gave them insight into the hospital's role as a national referral center and the wide range of services it offers to communities across the country.

A central component of the visit was a blood donation exercise, where students

learned about the critical importance of voluntary blood donation in modern healthcare. They discovered that donated blood supports surgeries, emergency care, cancer treatment, and specialized procedures—and that every unit collected can help save multiple lives.

Inspired by this lesson, several students chose to donate blood, including first-time donors who initially felt nervous. The KUTRRH clinical team ensured a safe, well organized, and reassuring process. Students underwent standard medical screening, received clear guidance, and were monitored closely



during and after donation. Many expressed gratitude for the professionalism and care provided, describing the experience as far easier and more fulfilling than expected.

What began as an act of goodwill became a powerful lesson in giving back to society. The students left with a deeper appreciation for the impact of simple acts of kindness—whether offering comfort to sick children or donating blood to save lives. Their enthusiasm and unity reflected the Institution's Welfare Department commitment to nurturing responsible, community minded citizens.

The collaboration strengthened the shared vision of both institutions: promoting compassion, health awareness, and meaningful social impact. Through this partnership, children in the pediatric ward received joy and encouragement, while students gained lifelong lessons on empathy, service, and the power of community involvement.

Driving KUTRRH Forward, One Trip at a Time.



Transport services are a critical operational pillar at KUTRRH. Beyond clinical expertise, the hospital relies on an efficient transport system to maintain smooth, timely, and safe service delivery. The Transport Department—led by Mr. Patrick Thiong'o—connects patients, clinicians, and administrative teams, enabling coordinated care and uninterrupted hospital operations.

The department manages 12 vehicles and a patient support golf cart, operated by a team of 10 drivers and supported by an office assistant who oversees bookings, documentation, and communication. Its services include ambulance transfers, official transport for hospital duties, outreach programmes, and internal patient mobility assistance.

Operations follow a structured framework guided by the hospital's transport policy. Departments are expected to make requests 24 hours in advance, while urgent needs require at least two hours' notice. External trips undergo a for-

mal approval chain—from the CEO through the Directorate of Administration and Corporate Services—ensuring accountability and alignment with institutional priorities.

A well-defined duty roster ensures equitable workload distribution and continuous availability of drivers across day and night shifts. In emergencies, clinical teams initiate coordination: a covering nurse assesses the patient's condition and alerts the transport officer, who promptly assigns a driver based on the rota. This streamlined system supports rapid response for emergency referrals and critical transfers.

Referrals form a substantial portion of the department's workload. Ambulance drivers follow strict safety and infection prevention protocols, including appropriate PPE, protecting both staff and patients. The golf cart service enhances patient-centered care by assisting individuals—particularly the elderly, weak, or mobility challenged—moving between the main gate and hospital

buildings. Drivers follow precautionary measures when handling potentially infectious cases.

Despite a lean workforce, the department handles high demand through effective scheduling, teamwork, and clear communication. Collaboration between clinical units and transport staff ensures timely service during peak periods. Regular briefings support coordination and operational efficiency.

Looking ahead, the hospital plans to adopt a fleet management system to enable real-time vehicle monitoring, fuel tracking, and improved oversight. Automating transport requests is expected to reduce paperwork and accelerate approvals. Further driver training in defensive



driving, emergency management, and infection prevention is also under consideration, reinforcing the hospital's commitment to quality and safety.

In a busy referral and teaching hospital where timing directly influences patient outcomes, the Transport Department—under the leadership of Mr. Thiong'o—serves as more than just a logistical unit. It is an essential support system that sustains clinical services, enhances accessibility, and drives operational excellence.





KENYATTA UNIVERSITY TEACHING, REFERRAL &
RESEARCH HOSPITAL (KUTRRH)



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KUTRRH *Tumaini Clinic*

A dedicated Sexual and Gender Based Violence (SGBV) Clinic

**NOW
OPEN**

Services offered

- Post Exposure Prophylaxis (PEP) to prevent HIV
- Emergency Contraceptives (ECP) to prevent unwanted pregnancy
- Antibiotics
- Vaccines; Hepatitis B and Tetanus Toxoid
- Pain medicine
- Wound dressing
- Mental health support

SGBV is a medical emergency! In case of Rape, US/IBLAME seek medical care within 72 hours to prevent HIV, STI and Pregnancy.

SGBV services are offered FREE OF CHARGE

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