



2ND KUTRRH ANNUAL SCIENTIFIC CONFERENCE

"WHERE IDEAS, INNOVATION, AND COLLABORATION COME TOGETHER TO SHAPE THE FUTURE OF HEALTHCARE."

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CHAMPIONING UNIVERSAL HEALTH COVERAGE:

Hon. Aden Duale Leads Launch of Ear and Hearing Care Initiatives and Scientific Conference



Cabinet Secretary for Health Hon. Aden Duale led the launch of KUTRRH's Ear and Hearing Care Initiatives and officially opened the 2nd Annual Scientific Conference, reaffirming the Government's commitment to research, innovation and Universal Health Coverage (UHC).

The high-level event brought together senior government officials, healthcare professionals, researchers, academia and development partners under the conference theme, "Care Without Gaps: Holistic Pathways to Universal Health Care." The Cabinet Secretary was received by KUTRRH's Board Chairperson Mr. James Kibugu Wambu, CEO Dr. Zeinab Gura, Director General for Health Dr. Patrick Amoth, and other health sector leaders.

A key highlight of the visit was the launch of KUTRRH's Ear and Hearing Care Initiatives, including the establishment of Kenya's first structured Universal Newborn Hearing Screening service within the public health system. The initiative is expected to strengthen early detection and management of hearing loss, improving health outcomes for children and supporting the country's broader preventive healthcare agenda.

In his keynote address, Hon. Duale emphasized that research remains fundamental to strengthening healthcare systems, informing policy decisions and improving patient outcomes. He noted that achieving Universal Health Coverage under the Government's Taifa Care programme requires sustained investment in locally generated scientific evidence and innovation. The Cabinet Secretary challenged healthcare institutions to evolve beyond treatment centres and become hubs of knowledge generation, research and continuous learning.

Hon. Duale commended the hospital for its growing leadership in specialized healthcare, research, teaching and innovation, describing the Hospital as a strategic national asset that is contributing significantly to the transformation of healthcare in Kenya. He reaffirmed the Ministry of Health's commitment to supporting research institutions and fostering partnerships that translate scientific discoveries into practical healthcare solutions.

The Cabinet Secretary also highlighted the Government's vision of positioning Kenya as a leading healthcare destination in

East Africa through investments in specialized services, modern technologies, skilled healthcare professionals and cutting-edge research. He noted that institutions such as KUTRRH play a critical role in advancing this agenda by producing evidence that strengthens healthcare delivery and improves population health.

Speaking during the event, Board Chairperson Mr. Wambu highlighted KUTRRH's continued investments in specialized healthcare, technology, research and human capital development, while CEO Dr. Zeinab Gura underscored the importance of research, innovation and collaboration in transforming healthcare and accelerating progress towards Universal Health Coverage.

The launch of the Ear and Hearing Care Initiatives and the successful opening of the 2nd Annual Scientific Conference further cemented KUTRRH's position as a leading centre for specialized healthcare, research and innovation, while reinforcing the pivotal role of scientific evidence in shaping the future of healthcare in Kenya.

ADVANCING UNIVERSAL HEALTH CARE THROUGH RESEARCH, INNOVATION AND COLLABORATION



KUTRRH successfully hosted its 2nd Annual Scientific Conference on 1st and 2nd July 2026 under the theme “Care Without Gaps: Holistic Pathways to Universal Health Care.” The conference brought together healthcare professionals, researchers, policymakers, academicians, and industry partners to exchange knowledge, share research findings, explore innovative solutions, and promote best practices aimed at strengthening healthcare delivery and advancing Universal Health Coverage (UHC).

The conference featured a rich scientific programme covering a wide range of healthcare disciplines. Discussions highlighted the importance of integrating mental health into healthcare systems, promoting holistic approaches to brain and mind care, and strengthening health systems to support equitable access to quality healthcare. Participants also explored emerging trends and in-

novations in surgery and oncology, including Kenya's National Surgical Services Strategic Plan (2026–2031), advances in cancer research, cancer registry data, and modern treatment approaches such as Stereotactic Body Radiation Therapy (SBRT). The event further showcased KUTRRH's contribution to international research collaborations, particularly in the field of oesophageal cancer.

Scientific presentations covered diverse clinical areas, including surgical management of complex conditions, hepatobiliary diseases, chronic kidney disease, gastrointestinal disorders, interventional radiology, and rare vascular diseases. A multidisciplinary symposium on obesity addressed its growing impact on public health, examining obesity as a chronic disease, its association with cancer, and the role of nutrition and lifestyle interventions in management.

The conference also provided a platform for discussions on maternal and child health, with presentations focusing on maternal mortality trends, cancer management during pregnancy, maternal and perinatal health surveillance, and community-centred approaches to improving child survival outcomes. Emergency medicine experts shared insights on disaster preparedness, disease surveillance, and strategies for responding to emerging public health threats such as Ebola and Mpox.

Innovation and technology featured prominently throughout the conference, with presentations highlighting advances in integrated healthcare, digital health systems, artificial intelligence in medicine, and cutting-edge treatment approaches. Participants were introduced to developments in Lutetium-177 PSMA radioligand therapy, digital wound assessment technologies, AI-supported management of chronic diseases, and innovations in radiopharmaceutical manufacturing at KUTRRH's Integrated Molecular Imaging Centre.

The conference concluded with the recognition of outstanding scientific abstracts and research presentations, celebrating excellence in healthcare research and innovation. Beyond the exchange of knowledge, the event fostered interdisciplinary learning, collaboration, and networking among healthcare professionals. The successful conference reaffirmed KUTRRH's growing role as a centre of excellence in clinical care, research, innovation, and evidence-based healthcare, while strengthening its contribution to improving health outcomes in Kenya and beyond.



STRENGTHENING SKILLS TO SAVE LIVES:

Advancing Emergency Maternal and Newborn Care Through EmONC Training



Every healthy birth represents a moment of hope. However, when complications arise during pregnancy, childbirth, or the immediate newborn period, that hope can quickly be threatened. Conditions such as severe bleeding after delivery, hypertensive disorders of pregnancy, and newborn breathing difficulties remain among the leading causes of preventable maternal and newborn deaths. In such situations, timely intervention by skilled healthcare professionals can mean the difference between life and death.

To strengthen the capacity of healthcare workers to respond to these emergencies, KUTRRH, in partnership with the Ministry of Health (MoH), recently conducted a two-week Emergency Obstetric and Newborn Care (EmONC) Mentorship and Training Programme. The initiative brought together approximately 40 healthcare providers and eight specialist facilitators for intensive, facility-based training aimed at enhancing emergency maternal and newborn care services.

The programme was designed around practical, hands-on learning and combined bedside mentorship, simulation exercises, supervised clinical practice, and multidisciplinary case discussions. Participants enhanced their skills in recognising and managing obstetric and newborn emergencies using current evidence-based interventions while improving clinical decision-making, communication, and teamwork in high-pressure situations.

Key areas of focus included the E-MOTIVE Postpartum Haemorrhage Response Bundle, Active Management of the Third Stage of Labour (AMTSL), newborn resuscitation, and the management of hypertensive disorders of pregnancy such as pre-eclampsia and eclampsia. These interventions are critical in reducing maternal and newborn mortality and improving patient outcomes.

According to Dr. Hilda Gikunda of CHAI Kenya, the programme supports efforts to ensure healthcare workers can identify emergencies early, make informed clinical decisions, and work effectively as multidisciplinary teams—factors that significantly improve outcomes for mothers and newborns.

Beyond strengthening individual competencies, the training reinforced the importance of continuous professional development and collaboration among healthcare professionals. As a teaching and referral institution, KUTRRH remains committed to equipping healthcare workers with up-to-date knowledge and skills while promoting a culture of life-long learning and excellence in patient care.

The programme also underscored the value of specialised referral care, where obstetricians, nurses, midwives, anaesthetists, paediatricians, and critical care teams collaborate to manage complex maternal and newborn cases. Such co-ordinated care is essential in ensuring positive outcomes for patients requiring

advanced medical interventions.

Importantly, the impact of the programme is expected to extend beyond KUTRRH. Participants will cascade the knowledge and skills gained through workplace mentorship, continuous medical education sessions, and peer-to-peer learning within their respective facilities, contributing to stronger emergency obstetric and newborn services across the country.

The collaboration between KUTRRH and the Ministry of Health reflects a shared commitment to improving maternal and newborn health outcomes through skills development, mentorship, and evidence-based practice. By investing in healthcare workers and fostering continuous learning, the programme supports national efforts to reduce preventable maternal and newborn deaths and build a stronger, more resilient health system.

As a national referral and teaching hospital, KUTRRH continues to play a leading role in advancing specialised maternal and newborn care while strengthening healthcare capacity in Kenya. Initiatives such as the EmONC Mentorship and Training Programme reaffirm a simple but powerful principle: when healthcare professionals are equipped with the right skills, knowledge, and support, more mothers and babies can look forward to a healthier future.

A Family's Thank You: Celebrating Excellence and Compassion in Healthcare



Healthcare is measured not only by the quality of treatment provided but also by the compassion, dignity, and humanity extended to patients and their families. This was recently exemplified through a heartfelt appreciation from the family of the late Hannah Wachuka Wahome, who formally recognized several staff members of KUTRRH for the exceptional care and support they provided throughout Hannah's treatment journey.

In a letter addressed to the CEO, the family expressed deep gratitude for the professionalism, kindness, and unwavering dedication demonstrated by the healthcare team and support staff. While mourning their loss, they noted that the compassion shown to both Hannah and her loved ones brought comfort, reassurance, and hope during one of the most challenging periods of their lives.

The family specifically recognized Dr. Jefferson Wanyoike, Neurosurgeon; Evalyn Mumo from the Oncology Department; Mary Musyoki from Customer Service; Peninnah Muema from the Intensive Care Unit (ICU); Mary Wothaya, Critical Care Nurse at Gala-

na Ward; and Dickson Nyaundi, Security. Each was commended for going beyond their professional responsibilities to provide personalized care, emotional support, and dignity throughout Hannah's treatment.

Mary Musyoki was praised for her exceptional commitment to patient-centered care, offering reassurance, guidance, and kindness that made patients feel valued as individuals. Evalyn Mumo was recognized for her calm demeanor and compassionate support, providing comfort and confidence during difficult moments. Peninnah Muema and Mary Wothaya were celebrated for their outstanding nursing care, professionalism, and dedication, which gave the family peace of mind knowing their loved one was receiving the highest standard of care.

The family also acknowledged Dickson Nyaundi for his patience, kindness, and readiness to assist, demonstrating that compassionate care extends beyond clinical services. Special tribute was paid to Dr. Wanyoike for his empathy, integrity, and commitment to honest communication. His ability to explain complex medical

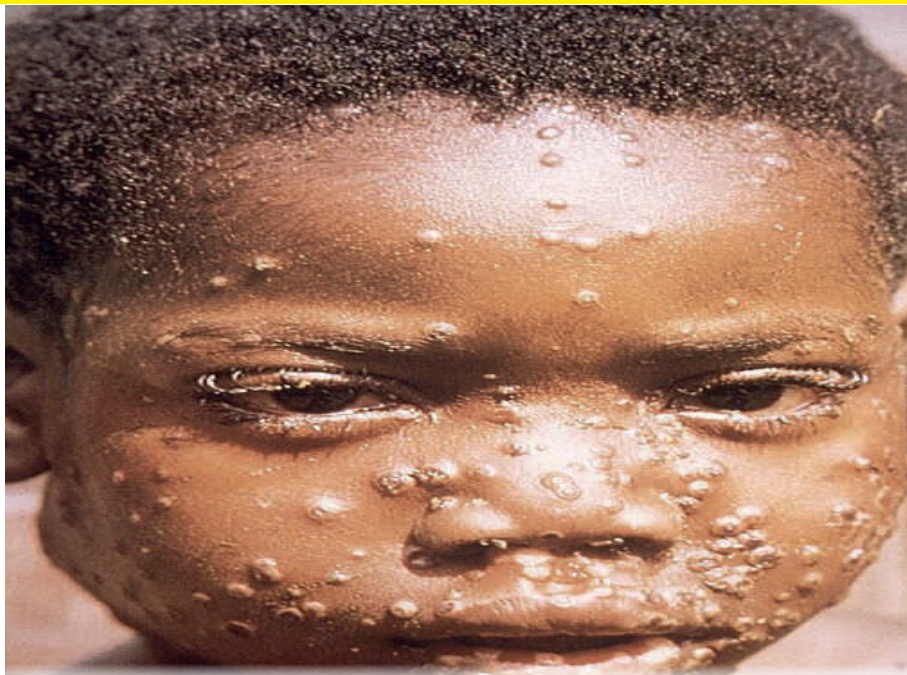
issues in a clear and compassionate manner, while prioritizing Hannah's dignity and quality of life, left a lasting impact on the family.

This touching tribute serves as a powerful reminder that healthcare is about more than treating illness—it is about caring for people. The appreciation expressed by Hannah's family reflects the values that underpin quality healthcare: compassion, empathy, professionalism, and respect for human dignity. As KUTRRH continues to advance specialized healthcare services, stories such as this reaffirm the importance of maintaining a patient-centered culture where clinical excellence is matched by genuine human connection.

In closing, the family's heartfelt message—"Kindly receive all these appreciations from our sincere hearts"—stands as a testament to the extraordinary difference healthcare workers make every day and the lasting impact of compassionate care on patients and their families.

UNDERSTANDING MPOX:

Public Urged to Stay Vigilant as Mpox Cases Continue to Be Reported Globally



As Mpox cases continue to be reported in various parts of the world, health experts are urging the public to remain informed and adopt preventive measures to reduce the risk of infection. While surveillance and response efforts have been strengthened globally, Mpox remains a public health concern, making awareness, early detection, and responsible health practices critical in limiting its spread.

According to Dr. Penina Machoka, a medical doctor at KUTRRH, informed communities play a vital role in controlling the disease. She notes that public awareness enables individuals to recognize symptoms early, seek timely medical attention, and help prevent further transmission within communities.

Mpox is a viral disease that primarily spreads through close physical contact with an infected person. Transmission can occur through direct contact with skin lesions, body fluids, or respiratory secretions during prolonged face-to-face interaction. The virus may also spread through contaminat-

ed items such as clothing, bedding, towels, and other personal belongings used by an infected individual. In some cases, infected animals can transmit the disease to humans, underscoring the importance of maintaining good hygiene practices when handling animals.

The disease typically begins with symptoms such as fever, headache, swollen lymph nodes, muscle aches, back pain, fatigue, and general body weakness. These are often followed by a characteristic skin rash that develops into fluid-filled blisters before eventually scabbing and healing. While most patients recover with supportive care and adequate rest, vulnerable groups, including young children, pregnant women, older adults, and individuals with weakened immune systems, may experience more severe illness and require specialized medical attention.

Dr. Machoka emphasizes that early recognition of symptoms and prompt medical evaluation are essential in reducing transmission and improving patient

outcomes. Seeking medical care at the onset of symptoms not only facilitates timely treatment but also helps prevent the spread of the virus to family members, healthcare workers, and the wider community.

To reduce the risk of infection, members of the public are encouraged to practice regular hand hygiene, avoid close contact with individuals displaying symptoms of Mpox, refrain from sharing personal items such as towels, bedding, and clothing, and maintain cleanliness of frequently touched surfaces. Good respiratory hygiene is also important, particularly when caring for someone who is unwell.

Dr. Machoka further advises the public to rely on accurate information from healthcare professionals and recognized public health authorities rather than misinformation circulating on social media and other unverified sources. She warns that false information can create unnecessary fear, delay treatment, and hinder disease control efforts.

She concludes by emphasizing that preventing the spread of Mpox is a shared responsibility that requires collaboration between individuals, healthcare providers, and public health institutions. By staying informed, practicing good hygiene, recognizing symptoms early, and seeking prompt medical care, communities can significantly reduce the risk of infection and contribute to safeguarding public health.





KUTRRH led by the Board Chairperson Mr. James Kibugu Wambu (5th right) with the Cabinet Secretary for Health, Hon. Aden Duale (6th left), Ministry of Health officials, and other stakeholders during the launch of the Ear and Hearing Care Initiatives and the official opening of the 2nd Annual Scientific Conference. The event, held in collaboration with the State Department for Science, Research and Innovation, underscored the Government's commitment to advancing healthcare innovation, strengthening research, and expanding access to quality ear and hearing care services across



KUTRRH team led by CEO, Dr. Zeinab Gura (6th right), with volunteers from Alina Health, led by Dr. Frederick Bw'ombongi (4th left), during the culmination of the Urology and Cardiovascular Surgical Camp. The collaboration underscored the hospital's commitment to strategic partnerships that enhance access to specialized healthcare services, build local capacity, and improve patient outcomes through quality, patient-centered care.



KUTRRH's Public Health Department hosted a Green Healthcare Learning Exchange Visit involving representatives from Kenya's Ministry of Health, the Dutch Ministry of Health, the Embassy of the Kingdom of the Netherlands, AMREF Health Africa, and the Niko Green team. The visit provided an opportunity for knowledge sharing and collaboration on sustainable healthcare practices, with participants learning about KUTRRH's innovative green healthcare initiatives, environmental sustainability strategies, resource efficiency measures, and efforts to promote climate-resilient health systems.



PICTORIAL



KUTRRH's Otologist and Cochlear Implant Surgeon, Dr. Lilian Mokoh, explains the hearing aid fitting process to the Cabinet Secretary for Health, Hon. Aden Duale, alongside Ministry of Health officials during the launch of the Ear and Hearing Care Initiatives. The initiative marks a significant milestone in strengthening access to quality ear and hearing healthcare services, enhancing early diagnosis, treatment, and rehabilitation for individuals with hearing impairments across the country.



KUTRRH Choir enthralls delegates with a captivating musical performance during the 2nd Annual Scientific Conference held at the Hospital's Auditorium. Through powerful melodies and inspiring renditions, the choir added color and vibrancy to the conference, celebrating the spirit of innovation, collaboration, and excellence in healthcare. Their performance provided a refreshing interlude for participants, underscoring the important role of arts and culture in fostering unity, motivation, and holistic well-being within the healthcare community.



KUTRRH's Gastroenterology team, led by Dr. Dominic Mutura, Gastroenterologist and Hepatologist (3rd Right), following the successful performance of a groundbreaking minimally invasive procedure that combined ERCP, Cholangioscopy, and Laser Lithotripsy to treat a complex biliary condition in the Hospital.

BRIDGING EXPERTISE AND INNOVATION: Transforming Urology and Cardiovascular Care Through International Partnership.



KUTRRH, in partnership with the State Department for Diaspora Affairs and volunteer medical specialists from the United States, successfully conducted a Joint Urology and Cardiovascular Surgical Camp from 20th to 24th July 2026. The initiative combined advanced patient care with clinical mentorship, creating an opportunity for knowledge exchange while expanding access to specialised services for patients.

The visiting delegation, led by Dr. Frederick Bw'Ombongi, was received by KUTRRH CEO Dr. Zeinab Gura and the Hospital's leadership team. Throughout the week, the specialists worked closely with KUTRRH clinicians, performing complex procedures, sharing expertise, and strengthening local capacity through hands-on training and mentorship.

In the Urology Unit, the camp focused on the management of complex kidney stone disease and urological cancers. Patients benefited from advanced minimally invasive procedures such as laser lithotripsy, percutaneous nephrolithotomy (PCNL), and ureteroscopy, as well as surgical management of kidney, bladder, prostate, and testicular cancers. According to Consultant Urologist Dr. Fred Omito, the programme was designed not only to provide treatment but also to ensure sustainable skills transfer. Working alongside Dr. Kimora Scotland of the

University of California, Los Angeles (UCLA), KUTRRH clinicians received focused training on advanced stone management techniques that will enhance the Hospital's ability to independently deliver these procedures in the future.

A significant outcome of the collaboration was the donation of specialised consumables and equipment by Dr. Scotland to support the continued provision of minimally invasive kidney stone treatment. This contribution will help reduce the need for invasive open surgeries and improve patient outcomes.

The cardiovascular component of the camp also provided valuable learning opportunities. Visiting cardiologists joined KUTRRH team during ward rounds, outpatient clinics, cardiac imaging sessions, intensive care reviews, and catheterisation laboratory procedures. Dr. Mosi Bennett of the Minneapolis Heart Institute commended KUTRRH clinicians for their expertise, teamwork, and commitment to quality

patient care, noting that the Hospital has a strong foundation for expanding specialised cardiovascular services.

Beyond clinical care, the camp reinforced KUTRRH's commitment to patient safety and quality improvement through High Reliability Organisation (HRO) training and daily safety huddles. These activities promoted a culture of continuous improvement and strengthened best practices across clinical teams.

Speaking at the close of the camp, CEO Dr. Zeinab Gura lauded both the visiting specialists and KUTRRH staff for their dedication to excellence and expressed appreciation for the donated equipment and supplies, noting that they would further strengthen the Hospital's capacity to deliver specialised healthcare services.

The successful collaboration also laid the foundation for continued partnerships in telemedicine, research, clinical exchanges, and professional training. As KUTRRH continues to strengthen its position as a Centre of Excellence in healthcare, research, and training, partnerships such as this demonstrate the value of global collaboration in expanding access to specialised care while building sustainable local expertise that will benefit patients for years to come.



BEHIND THE SCENES OF SAFER HEALTHCARE: HOW THE CLINICAL QUALITY DEPARTMENT DRIVES EXCELLENCE IN PATIENT CARE



Every successful patient outcome is supported not only by clinical expertise but also by strong systems, processes, and teams working behind the scenes to ensure care is safe, effective, and continuously improving. At KUTRRH, the Clinical Quality Department plays a central role in advancing patient safety, risk management, and quality improvement across all areas of healthcare delivery.

The department serves as a strategic bridge between clinical operations and internationally recognized best practices, ensuring that patients receive evidence-based, compassionate, and high-quality care. It works closely with multidisciplinary teams to strengthen governance, promote patient safety, and foster a culture where quality is everyone's responsibility. Guided by the vision of becoming a High-Reliability Organization (HRO), the department supports the hospital's pursuit of global standards including Joint Commission International (JCI), SafeCare, and ISO accreditation frameworks.

A core function of the department is monitoring and evaluating the quality of care delivered throughout the hospital. Through clinical audits,

real-time surveillance, digital performance dashboards, and quality assessments, the team tracks key indicators such as patient satisfaction, mortality rates, readmissions, informed consent compliance, clinical documentation, adverse drug reactions, and incident reporting. These insights help drive continuous improvement in patient outcomes and operational efficiency.

Recognizing the challenges of maintaining consistent compliance in a busy referral hospital environment, the department adopts a collaborative rather than punitive approach. Through multidisciplinary Technical Working Groups (TWGs), staff work together to identify root causes of challenges, redesign processes, and implement practical solutions that strengthen patient safety and quality of care.

Among its notable achievements is the introduction of daily safety huddles in partnership with Allina Health, USA. This initiative has enhanced communication, situational awareness, and proactive risk identification across clinical teams. The incorporation of safety moments into meetings has further reinforced a

culture that prioritizes patient safety in everyday operations.

The department also promotes continuous learning and accountability through a non-punitive reporting culture that encourages healthcare workers to report near misses and adverse events. Benchmarking and knowledge exchange with other institutions continue to support the adoption of best practices and innovative approaches to quality improvement.

Technology remains a key enabler of the department's work. Automated dashboards, digital tracking tools, advanced analytics, and internally developed reporting systems have enhanced performance monitoring, incident reporting, and complaints management. These innovations support timely decision-making, greater transparency, and improved healthcare delivery.

Looking ahead, the Clinical Quality Department remains focused on achieving internationally recognized accreditation standards, expanding digital quality monitoring systems, and strengthening staff capacity through continuous education and quality improvement initiatives. Through its commitment to innovation, accountability, and excellence, the department continues to ensure that every patient at KUTRRH receives care in a safe environment dedicated to the highest standards of healthcare quality.



KENYATTA UNIVERSITY TEACHING, REFERRAL &
RESEARCH HOSPITAL (KUTRRH)

Know The Signs

HEPATOBIILIARY & LIVER CLINIC

*Yellow Eyes?
Don't Ignore It!*



Do you have any of these symptoms?

- 🟡 Yellowing of the eyes (Jaundice)
- 🟢 Dark urine
- 🟢 Persistent body itchiness
- 🟡 Abdominal pain
- 🟡 Loss of appetite or weight loss
- 🟡 Nausea or vomiting



These could be signs of a serious liver, gallbladder, or pancreatic condition.

Visit the KUTRRH Hepatobiliary & Liver Clinic



**EVERY
TUESDAY**



**8:30 AM
3:00 PM**



**Specialized Clinic,
KUTRRH**



Early diagnosis saves lives.

Don't wait. Get checked today.

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