



KENYATTA UNIVERSITY TEACHING, REFERRAL & RESEARCH HOSPITAL

THE CHECK UP

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PROMOTING ACCESS TO ADVANCED CARDIAC CARE

“KUTRRH EXPANDS ACCESS TO COMPLEX HEART SURGERY WHILE STRENGTHENING KENYA’S SPECIALIST CARDIAC CARE CAPACITY”

INSIDE

A MILESTONE OF HOPE: KUTRRH AND MTRH CELEBRATE 10 SUCCESSFUL KIDNEY TRANSPLANT PAIRS

NATIONAL ASSEMBLY COMMITTEE ON HEALTH VISITS KUTRRH

CELEBRATING WORLD PHARMACISTS DAY 2026

45TH ANNIVERSARY OF INTERNATIONAL HOUSEKEEPERS’ WEEK 2026

MOVEMENT IS MEDICINE: KUTRRH MARKS WORLD PHYSIOTHERAPY DAY 2026



CONTENTS

- 01 Promoting Access To Advanced Cardiac Care**
- 02 National Assembly Committee On Health Visits KUTRRH**
- 03 A Milestone of Hope: KUTRRH and MTRH Celebrate 10 Successful Kidney Transplant Pairs.**
- 04 45th Anniversary of International Housekeepers' Week 2026 Sparkle and Shine: Behind-the-Scenes Heroes**
- 05 World Pharmacists Day 2026 Empowering Pharmacists for Healthier Futures**
- 06 Pictorial.**
- 07 Movement in Medicine: KUTRRH Marks World Physiotherapy Day 2026**
- 08 World Environmental Health Day 2026
Theme: Environmental Health: Standing with Science to Protect Communities**

PROMOTING ACCESS TO ADVANCED CARDIAC CARE

KUTRRH expands access to complex heart surgery while strengthening Kenya's specialist cardiac care capacity



For patients living with serious heart disease, access to timely, specialized treatment can be as important as the treatment itself. Specialist expertise, advanced facilities, affordability and proximity to care all influence a patient's journey from diagnosis to definitive treatment. The Kenyatta University Teaching, Referral and Research Hospital (KUTRRH) is strengthening this pathway by expanding access to complex cardiac surgery while building Kenya's capacity to provide advanced cardiovascular care.

From September 21-24, 2026, KUTRRH hosted a specialized cardiac surgical camp bringing together its Cardiothoracic and Vascular team and visiting cardiac specialists. The four-day initiative was designed to benefit at least 10 patients requiring complex cardiac procedures. More significantly, it provided an opportunity to demonstrate and strengthen the hospital's growing capacity to manage advanced heart conditions through a multidisciplinary approach.

The camp featured a range of complex procedures, including Coronary Artery Bypass Grafting (CABG), adult heart-valve repair and replacement, and complex aortic surgery. CABG helps restore blood flow to the heart by creating an alternative route around blocked or narrowed cor-

onary arteries. Valve repair or replacement addresses conditions that affect the heart's ability to regulate blood flow, while aortic surgery manages serious conditions affecting the body's largest artery, including aneurysms and aortic dissection.

A notable milestone was KUTRRH's first minimally invasive aortic valve replacement, performed on the opening day of the camp. The approach, where clinically appropriate, uses smaller surgical access points than conventional open surgery and may support faster recovery. This achievement represents an important step in the continued development of KUTRRH's advanced cardiac surgical capabilities.

Behind these procedures is a multidisciplinary team involving cardiothoracic surgeons, anaesthetists, perfusionists, nurses, intensive-care specialists and other healthcare professionals. Comprehensive cardiac care extends beyond the operating theatre, encompassing patient assessment, investigations, surgery, intensive care, recovery, medical management and follow-up. The collaboration between KUTRRH specialists and visiting experts also supports knowledge exchange, skills development and the strengthening of local institutional capacity. Importantly, the cardiac surgical

camp is part of an ongoing programme rather than a stand-alone event. Specialized cardiac procedures remain available at KUTRRH on referral, with support from the Social Health Authority (SHA) for eligible patients. This provides a continuing pathway for patients requiring advanced treatment beyond the camp period.

The initiative therefore represents more than four days of complex surgery. It reflects KUTRRH's broader commitment to bringing advanced cardiac care closer to patients, strengthening specialist services and developing sustainable local capacity. By combining specialist expertise, advanced infrastructure, multidisciplinary care and health-financing support, KUTRRH is helping expand access to complex cardiovascular treatment within Kenya.

As the September 2026 cardiac surgical camp concludes, its significance lies in the capacity and systems that continue beyond it. For patients and their families, the growing cardiac programme offers a pathway from referral and diagnosis through treatment, recovery and follow-up - bringing specialized heart care closer to home and strengthening Kenya's ability to manage complex cardiovascular disease.

NATIONAL ASSEMBLY COMMITTEE ON HEALTH VISITS KUTRRH

Fact-Finding Mission Highlights KUTRRH's Growing Role in Specialized Healthcare, Research and National Referral Services



The Kenyatta University Teaching, Referral and Research Hospital (KUTRRH) hosted the National Assembly Committee on Health, led by Chairperson Dr. James Nyikal, for a fact-finding visit focused on the Hospital's achievements, ongoing programmes, opportunities and challenges in delivering specialized healthcare to Kenyans.

The visit provided an important platform for engagement between Parliament and KUTRRH leadership, allowing the Committee to gain deeper insights into the Hospital's mandate, institutional development and contribution to Kenya's health system. The Committee was taken through KUTRRH's specialized and highly specialized services, as well as its role in teaching, training, research and national referral care.

As Kenya's healthcare system continues to evolve, KUTRRH remains an important institution in expanding access to advanced medical services. The Hospital receives patients referred from across the country and complements other levels of care by providing specialized services while strengthening the capacity of healthcare professionals through training and research.

The Committee also received

updates on KUTRRH's ongoing programmes and initiatives aimed at improving patient care and strengthening institutional capacity. Discussions highlighted the importance of sustained investment in infrastructure, modern medical equipment, technology, specialized human resources and research to meet the growing demand for advanced healthcare services.

Research and innovation remain central to KUTRRH's mandate. By integrating research with clinical practice and professional training, the Hospital has an opportunity to generate evidence, support innovation and contribute to home-grown solutions to Kenya's healthcare challenges.

The fact-finding mission also provided an opportunity for KUTRRH to highlight challenges affecting the delivery and expansion of specialized services. These include the need for continued investment in infrastructure, equipment, technology, specialized personnel and operational capacity. Addressing these needs will be critical to strengthening the Hospital's ability to respond to increasing demand for highly specialized care.

The engagement underscored the importance of collaboration between healthcare institutions,

policymakers and other stakeholders. Parliamentary oversight and institutional engagement provide an avenue for understanding challenges within the health sector and identifying areas requiring strategic support.

The visit further showcased KUTRRH's progress and its contribution to the national healthcare agenda, including efforts to strengthen local capacity for advanced medical care and reduce the need for Kenyans to seek specialized treatment outside the country.

As KUTRRH continues to advance its mandate in teaching, referral care and research, continued dialogue and strategic investment will be important in expanding services, embracing new technologies, strengthening research and maintaining high standards of patient care.

The fact-finding mission therefore provided a valuable platform for shared learning, accountability and reflection on the future of specialized healthcare in Kenya. The insights and discussions arising from the engagement are expected to support ongoing efforts to strengthen KUTRRH and enhance access to quality, specialized healthcare for Kenyans.

A MILESTONE OF HOPE:

KUTRRH and MTRH Celebrate 10 Successful Kidney Transplant Pairs.



Kenyatta University Teaching, Referral and Research Hospital (KUTRRH) and Moi Teaching and Referral Hospital (MTRH) have marked a significant milestone in Kenya's specialized renal care journey with the successful completion of 10 kidney transplant pairs since their collaboration began in June 2025. The milestone was celebrated on 3rd September 2026 during a KUTRRH-MTRH Transplant Team Appreciation Dinner, held at the end of a four-day joint kidney transplant surgical camp hosted by KUTRRH.

The achievement represents much more than the number of procedures completed. Each transplant has given a patient renewed hope and an opportunity for a better quality of life, while bringing renewed possibilities to their families. Equally important are the living donors, whose courage, compassion and selflessness make transplantation possible. The milestone therefore celebrates not only medical achievement but also generosity, trust and humanity.

The success of the programme is the result of multidisciplinary teamwork. Kidney transplantation requires the coordinated efforts of surgeons, nephrologists, anaesthetists, nurses, pharmacists, labora-

tory specialists, radiologists, nutritionists, counsellors, critical-care teams, transplant coordinators, administrators and other support staff. Their work spans the entire transplant journey, from patient and donor assessment and surgical preparation to post-operative care, medication management and long-term follow-up.

The KUTRRH-MTRH partnership has also created an important platform for knowledge sharing, mentorship and skills transfer. Since June 2025, professionals from both institutions have worked together through joint surgical camps and practical experiences, strengthening their competencies and institutional capacity in the highly specialized field of kidney transplantation. This collaboration contributes to Kenya's broader goal of developing the capacity to provide advanced healthcare services locally.

During the appreciation dinner, Transplant Coordinator Ms. Lucy Ndung'u and KUTRRH Lead - Head of Nephrology Dr. Njogu Maina reflected on the planning, coordination and teamwork required to make each transplant successful. Their reflections highlighted that transplantation begins long before surgery and continues well after-

wards through monitoring, medication, counselling and follow-up care.

The milestone also supports KUTRRH's wider vision of strengthening comprehensive renal care, including plans to establish a Centre of Excellence for comprehensive renal care. Such an approach would provide a continuum of services ranging from kidney disease management and preparation for transplantation to surgery and long-term post-transplant support.

Ultimately, the 10 successful kidney transplant pairs demonstrate what can be achieved when institutions combine expertise, healthcare professionals work collaboratively, and donors give generously. For the recipients, donors, families and healthcare teams, the milestone represents courage, generosity, resilience and hope. As KUTRRH and MTRH continue their partnership, the achievement provides a foundation for strengthening specialized skills, expanding access to renal services and improving patient-centered care across Kenya. Ten successful transplants mark not the end of the journey, but a milestone towards a stronger and more sustainable future for specialized renal care in Kenya.



Kenyatta University Teaching, Referral and Research Hospital (KUTRRH) joined the global community in commemorating the 45th anniversary of International Housekeepers' Week from 14th to 18th September 2026, under the theme "Sparkle and Shine: Behind-the-Scenes Heroes." The week celebrated the dedicated housekeeping team whose work often happens quietly, yet remains essential to maintaining clean, safe, orderly and dignified hospital environments for patients, families, visitors and healthcare workers. The celebration provided an opportunity to recognize their contribution while promoting staff wellbeing, professional development, safety, teamwork and appreciation.

The theme captured the important role of housekeeping within a healthcare environment. "Sparkle and Shine" reflected the high standards of cleanliness, hygiene and order expected at KUTRRH, while "Behind-the-Scenes Heroes" recognized the people who make these standards possible. Housekeeping contributes to infection prevention, patient comfort, occupational safety and an environment that supports effective healthcare delivery. Every clean corridor, prepared room, maintained workspace and properly managed waste area contributes to a safer and more welcoming hospital.

The celebrations began with messages of appreciation from hospital leadership and placed strong emphasis on staff wellbeing. A mental health and wellness session encouraged staff to recognize stress and burnout, practice self-care and seek support when needed. This reinforced the message that caring for others also requires taking care of oneself.

Occupational Safety and Health (OSH) and best housekeeping practices were also central to the programme. Staff were reminded of the risks associated with clinical waste, chemicals, spills, sharp objects and other workplace hazards. Training emphasized adherence to safety procedures and the consistent use of appropriate Personal Protective Equipment (PPE), including heavy-duty gumboots where required. Safe housekeeping practices protect not only employees, but also patients, healthcare workers, visitors and the wider hospital environment.

The week further emphasized professionalism and continuous capacity building. Housekeeping requires knowledge, discipline, attention to detail, teamwork and an understanding of healthcare-specific requirements. The training encouraged staff to view their roles as a professional and essential contribution to quality healthcare delivery.

On 17th September, the team participated in a lively team-building session involving interactive activities that promoted communication, trust, teamwork and problem-solving. The activities provided an opportunity for colleagues to relax, connect and strengthen team spirit beyond their routine duties.

The celebration was also supported by partners. Boresha Africa, represented by Mrs. Rebecca Kivuli, presented brooms,

brushes and detergents to support the housekeeping team, while Trans Nation DT SACCO, represented by Mr. Martin Muriuki, presented T-shirts as a gesture of appreciation.

The week culminated in a closing ceremony on 18th September 2026, attended by housekeeping staff, hospital leadership and partners. Representing the Chief Executive Officer, Dr. Pamleila Nthwiga, Director, Nursing Services, conveyed appreciation for the team's contribution to maintaining clean, safe and welcoming hospital environments. The ceremony concluded with a cake-cutting moment symbolizing appreciation, unity and shared achievement.

The 45th anniversary of International Housekeepers' Week was more than a celebration; it was an opportunity to reaffirm the value of housekeeping as an essential part of healthcare delivery. Through recognition, wellness, safety training, professional development, teamwork and partnerships, KUTRRH demonstrated its appreciation for the men and women whose efforts help the hospital function effectively every day.

Although housekeeping happens largely behind the scenes, its impact is visible throughout KUTRRH - in clean corridors, prepared rooms, safe workspaces and dignified environments for care. Through their commitment, professionalism and teamwork, KUTRRH's housekeeping professionals continue to make the hospital shine. To the men and women who clean, prepare, protect and care for the KUTRRH environment - thank you for being the heroes behind the scenes. Happy 45th International Housekeepers' Week!



World Pharmacists Day 2026

Empowering Pharmacists for Healthier Futures



World Pharmacists Day 2026, celebrated on Friday, September 25, 2026, recognizes pharmacists as essential healthcare professionals whose expertise helps ensure that medicines are safe, effective, accessible and appropriately used. Under the theme “Empowering Pharmacists for Healthier Futures,” the occasion highlights the expanding role of pharmacists in patient care, disease prevention, medication safety and multidisciplinary healthcare.

Pharmacy practice extends far beyond dispensing medicines. Pharmacists review prescriptions, check doses and drug interactions, consider allergies and organ function, counsel patients and monitor treatment outcomes. For people living with chronic conditions such as diabetes, hypertension and asthma, their guidance supports adherence, prevents complications and promotes better health. Pharmacists therefore serve as healthcare professionals, educators, safety champions and trusted partners in patient care.

At Kenyatta University Teaching, Referral and Research Hospital (KUTRRH), pharmacy services are central to specialized healthcare delivery. Under the leadership of Chief Pharmacist Dr. Edward M. Mbugua, the pharmacy team comprises 35 pharmacists and 20 pharmaceutical technologists, providing round-the-clock pharmaceutical care. The hospital has

seven dedicated pharmacy units supporting specialized areas including Oncology, Renal, Intensive Care, Accident & Emergency, Specialized Clinics and Theatre.

These specialized services demonstrate the critical contribution of pharmacists across the continuum of care. In Oncology, they support the safe preparation, dosing and monitoring complex cancer treatments. In Renal care, they help optimize medicines for patients with impaired kidney function. In the ICU, they contribute to medication safety for critically ill patients requiring multiple and frequently adjusted medicines. In Accident & Emergency, they help ensure rapid access to appropriate medicines, while in Theatre they support the availability and safe management of medicines before, during and after surgery.

Patient safety remains at the heart of pharmacy practice. Pharmacists provide an important safeguard against medication-related problems by reviewing prescriptions, verifying doses and interactions, checking allergies, ensuring proper labelling and supporting safe administration and monitoring. Although much of this work happens behind the scenes, its impact on patient outcomes and healthcare quality is significant.

Looking ahead, empowering pharmacists requires continuous professional development, appropriate technology, supportive working

environments and meaningful participation in multidisciplinary decision-making. Emerging areas such as clinical pharmacy, oncology, critical care, renal medicine, antimicrobial stewardship, pharmacovigilance, pharmaceutical supply management and patient education continue to expand the profession. Digital technologies such as electronic prescribing and clinical decision-support systems will further strengthen pharmacy practice, while professional judgment and human connection will remain essential.

As a teaching, referral and research institution, KUTRRH has an important responsibility to invest in pharmacy education, clinical training, research and professional development. Future pharmacists will need not only medicines expertise, but also communication, digital, clinical, research and collaborative skills.

On World Pharmacists Day 2026, KUTRRH celebrates its 35 pharmacists and 20 pharmaceutical technologists for their commitment to patient safety and quality healthcare. Their contribution extends far beyond the pharmacy counter: they provide expertise, precision, compassion, confidence and hope to patients and healthcare teams.

Empowering pharmacists strengthens healthcare. A healthier future depends not only on discovering medicines, but also on ensuring that medicines are used safely, effectively and responsibly. KUTRRH pharmacy professionals remain committed to transforming lives through knowledge, professionalism and compassionate care - one patient at a time.

“Dispensing more than medicine: safety, confidence, expertise and hope - one patient at a time.”





KUTRRH CEO, Dr. Zeinab Gura, at the World Patient Safety Day Conference 2026, contributing to the global dialogue on patient safety, quality care, and resilient health systems.



Dr. Sophie Ngung, ECSACONM National Representative, and Dr. Caroline Ngugi, KUTRRH Director, Training and Research, during the institutional assessment visit at KUTRRH. The engagement marks an important step towards accreditation of nursing and midwifery training programmes and strengthening health professional education and clinical training.



KUTRRH CEO, Dr. Zeinab Gura, meets with the Cardiac Surgical Camp team to review progress on the ongoing camp, bringing advanced cardiac surgical expertise and specialized care closer to patients in need.



PICTORIAL



KUTRRH Ag. CEO, Dr. Anthony Kamau, hosts a Kenya Ports Authority (KPA) delegation led by Dr. Rashida T. A, Head of Clinical Services, for benchmarking and discussions on potential partnerships in Imaging, Oncology, Renal and Laboratory Services.



KUTRRH was honoured to host Prof. Peter Fasching from Erlangen Germany, where he shared knowledge on the update of the changing paradigm in management of Breast Cancer. This part of KUTRRH - AstraZeneca collaboration to ensure patients get the standard of care in Kenya. Breast cancer is now the leading cancer in Kenya. At KUTRRH we have a comprehensive care center which provides one stop care for all breast conditions including reduction mammo-plasty, breast cancer and other benign conditions



KUTRRH CEO poses for a photo with the newly elected Kenya National Union of Nurses (KNUN) leaders, alongside a representative from the Union. The meeting provided an opportunity for the leadership to engage on matters affecting nurses, staff welfare, and strengthening collaboration between the Hospital and the Union.

Movement in Medicine:

KUTRRH Marks World Physiotherapy Day 2026



Every movement can represent a significant step towards recovery, confidence and independence. As Kenyatta University Teaching, Referral & Research Hospital (KUTRRH) marked World Physiotherapy Day 2026, the Hospital highlighted the vital role of physiotherapy in rehabilitation, prevention, functional recovery and quality of life.

Observed annually on 8 September, World Physiotherapy Day provides an opportunity to recognize the contribution of physiotherapists to health and functional independence. The 2026 theme, "cardiovascular disease and stroke," draws attention to physiotherapy's role in supporting people affected by stroke and cardiovascular conditions through rehabilitation, physical activity and recovery.

For patients recovering from stroke, surgery, injury, prolonged hospitalisation or illness, the return to movement is often gradual. Tasks such as sitting, standing, balancing, transferring or walking may require repeated

practice and considerable effort. Although these activities may appear simple, each improvement can represent meaningful progress towards greater independence.

At KUTRRH, physiotherapists assess patients individually and develop interventions based on their clinical condition, abilities and functional goals. Stroke rehabilitation may include walking practice, balance and coordination training, transfers, strengthening and other functional activities. Progress is measured not only by major milestones but also by smaller achievements - a patient standing independently for longer, walking a few additional steps or requiring less assistance.

The role of physiotherapy extends beyond the rehabilitation room. Physiotherapists also promote appropriate physical activity, patient education and mobility strategies that help individuals maintain or rebuild physical capacity. This is particularly important in cardiovascular

health and stroke prevention and recovery. Activity programmes must, however, be tailored to individual health conditions, abilities and clinical needs.

At the heart of physiotherapy is the relationship between the patient and the health-care professional. Physiotherapists combine clinical expertise with patience, observation and encouragement while patients contribute effort, participation and persistence. The ultimate goal is not dependence on the therapist, but greater independence for the patient - whether that means walking safely, returning to work, participating in family life or simply regaining confidence in movement.

World Physiotherapy Day 2026 therefore provides KUTRRH with an opportunity to recognize both patients who persevere through challenging recovery journeys and physiotherapists who support them. The observance reinforces a broader message: movement is central to health, function and quality of life. For many patients, recovery begins with something as small as shifting their weight or taking one step.

Movement is medicine and every movement can be a step towards function, confidence and independence.



Environmental health is fundamental to human health. The water we drink, the air we breathe, the food we consume, how waste is managed and the environment in which healthcare is delivered can either protect health or expose communities to preventable risks. As the world marks World Environmental Health Day 2026 under the theme “Environmental Health: Standing with Science to Protect Communities,” the call is to use credible evidence, informed decision-making and science-based action to protect communities.

At the Kenyatta University Teaching, Referral & Research Hospital (KUTRRH), environmental health is integral to safe, quality and sustainable healthcare. Through its Public Health function, the hospital advances disease prevention, sanitation and hygiene, food and water safety, healthcare waste management, disease surveillance, occupational safety, vector control and health education. These interventions recognize that a healthy environment is a foundation for a healthy population. Creating Safer Healthcare Environments

A safe healthcare environment is essential to patient and staff safety. At KUTRRH, infection prevention and control are a shared responsibility supported by evidence-based practices, including environmental cleaning, disinfection and sterilisation, surveillance of healthcare-associated infections, outbreak investigation, staff training and environmental-cleaning audits. These measures help reduce preventable risks and promote safer environ-

ments for patients, healthcare workers, students, visitors and support teams.

Responsible Waste Management and Sustainability

Healthcare waste can present infectious, chemical and other hazards when improperly managed. KUTRRH promotes segregation at source, safe handling, treatment and appropriate disposal, using colour-coded systems for different waste categories, including general, infectious, highly infectious and cytotoxic waste. The hospital's on-site medical waste treatment system also incorporates pollution-control measures.

KUTRRH is further advancing environmental sustainability through a heat recovery system that captures energy generated during waste treatment and uses it to heat water for hospital wards. This reduces reliance on fuel-powered boilers and demonstrates how environmental protection, resource efficiency and quality healthcare can work together.

Taking Environmental Health into the Community

Environmental health extends beyond hospital walls, with communities playing a vital role in preventing environmental risks and promoting healthy living environments. In 2026, KUTRRH participated in the Kahawa West Community Clean-Up Day, supporting street sweeping, solid-waste collection and clearing of blocked drainage systems. The activity was complimented by health education on waste management, hand hygiene, sanitation and dis-

ease prevention.

Through such initiatives, KUTRRH combines practical action with health education to promote awareness, responsible practices and sustainable behaviour. The aim is to equip communities with knowledge that enables them to identify risks and make informed choices that protect their health and surroundings.

Standing with Science

Environmental health risks continue to evolve with changing disease patterns, technologies, communities and environmental conditions. KUTRRH's Public Health function therefore integrates surveillance, research, teaching, supervision and identification of environmental health concerns to support evidence-informed decision-making. Surveillance helps identify risks, research generates knowledge, evidence guides interventions and evaluation strengthens practice. This reflects the essence of the 2026 theme: standing with science means translating reliable evidence into practical action that protects people and the environments in which they live and work. Everyone Has a Role

Environmental health is a shared responsibility. From healthcare workers practising infection prevention and staff correctly segregating healthcare waste to households maintaining sanitation and communities managing waste responsibly, everyday actions contribute to healthier environments. As Kenya and the world respond to increasingly complex environmental and public-health challenges, KUTRRH remains committed to evidence-based environmental health, safe healthcare practices, responsible waste management, sustainability, community outreach and health education.

This World Environmental Health Day, KUTRRH reaffirms its commitment to protecting health through science, responsible environmental practices and community partnership - working today for healthier, safer and more resilient communities, and a healthier environment for generations to come.



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