



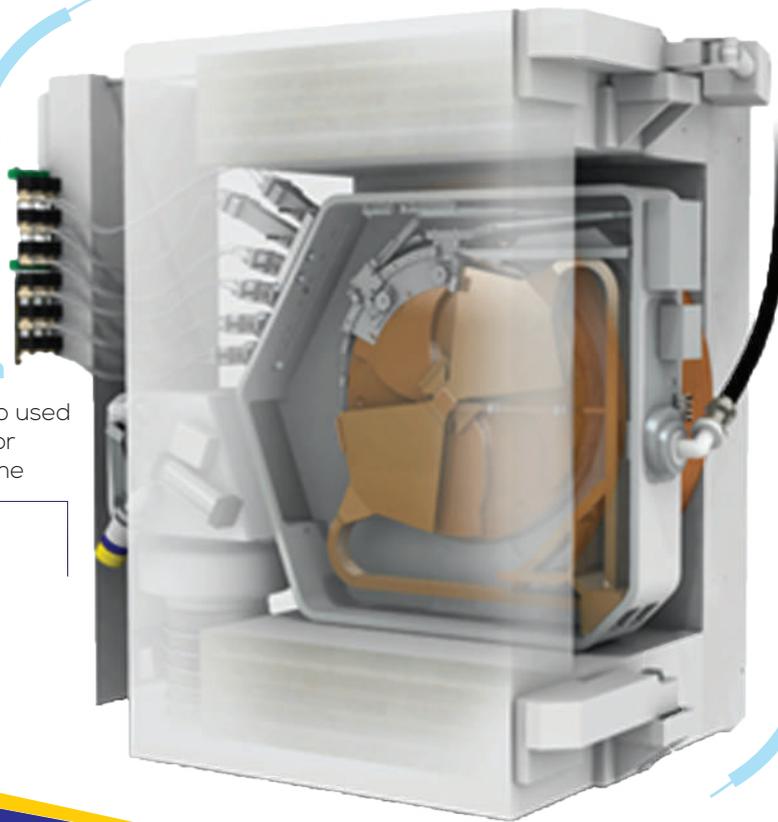
THE CHECK UP

Kenyatta University Teaching, Referral and Research Hospital
Quarterly Newsletter, Volume 2, 3rd Edition, May 2021

FIRST IN EAST & CENTRAL AFRICA

cyclotron

The radioisotopes are also used to monitor the remission or progression of cancer in the patient.



A machine that produces radioisotopes that are injected into the human body to trace cancer cells, facilitating early cancer diagnosis.



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Leadership Digest

Message from the Chairperson, Board of Directors

This past quarter we witnessed the delivery and rigging of the Cyclotron machine, the first in Eastern and Central Africa. This is the machine that produces the radioisotopes that are used as a tracer for cancer in patients. The radioisotopes are also used to monitor the remission or progression of cancer on the patient. The cyclotron comes with Radio-pharmacy equipment (hot labs) that are used to synthesize the radioisotopes to make them ready for patient administration in terms of dosage and safety.

Further, we have received two PET CT and SPECT CT machines and they are ready for installation. A PET CT is used for PET-scan which is an imaging test that helps reveal how your tissues and organs are functioning while a SPECT CT is a specialized imaging modality used for assessing muscles and bones after administration of radioisotopes. We have encouraged the county governments to acquire these two machines and KUTRRH will

be providing the isotopes from the cyclotron. This will ensure that Kenyans don't have to travel to KUTRRH but can access the same treatment from their home counties.

We have set up a team that is working on the logistics to transport the consumables (isotopes) from KUTRRH to other facilities in the country. We see this as a huge opportunity to increase access to quality cancer care by addressing existing gaps and potential future growth through innovative, care delivery models.

In addition, a 256 Slice CT Scanner and 3T MRI has been delivered, installed and user training undertaken. It is currently in use at the Imaging Department.

I would wish to thank H.E, Uhuru Kenyatta, The President of the Republic of Kenya for the immense support towards the realization of this project. The Hospital Board and management as well as the staff for

all your commitment in realizing the vision of the hospital to be a premier National Referral Hospital renowned for clinical excellence, medical training and research that enhances quality of lives for Kenyans and the regional citizens.



Prof. Olive Mugenda, Ph.D., EBS,

Message from Chief Executive Officer

The Government of Kenya has continued to implement stringent measures to contain the spread of Covid-19 Pandemic. These efforts have borne fruits with a drop in positivity rate in the Country. Nonetheless, as we are all



aware, in the previous weeks especially in March and beginning of April, the Country was hit by the 3rd wave of this virus, pushing the positivity rate beyond 15%. Hospitals became overcrowded, intensive care units were at full capacity and the country was faced the challenge of insufficient oxygen. KUTRRH was not spared as our ICU Wards remained full. Despite the situation being compounded by having different variants of the virus in the Country, our frontline staff bravely fought and went an extra mile to combat the disease and provide quality healthcare to patients. I would therefore like to commend our frontline staff for their selfless commitment to caring for our patients.

In a bid to improve healthcare delivery and patient experience, the Hospital has fully integrated the Health Management Information System (HMIS). This integration meant that the Hospital had automated its systems and was able to go paperless by 1st May, 2021 especially in clinical and nursing processes. HMIS is an important evidence-based policy-making, planning, implementing and evaluation tool of the Hospital programmes. Besides, this integration is envisaged to enhance

communication, information security and appropriate use of resources at all levels of hospital operations. The Management is keen to ensure the hospital becomes 100% paperless in all its operations and hence I encourage all staff to positively and speedily embrace use of HMIS platform.

Central to KUTRRH operations is an effort to offer customer-centric care to our patients. Towards this goal, the Management through the Directorate of ICT has established the Hospital Contact Centre. The Centre which is now operational ensures a 24 hours interaction with our clients at minimal cost. Clients across the Country and beyond can now make enquiries and bookings through toll free line by dialing 1558 or 0800 721 038, or sending an email via customer-care@kutrrh.go.ke address.

The highlighted achievements and many others that we continue to register across all sections of the Hospital cannot be realized without the concerted efforts of all stakeholders. I would therefore like to appreciate the Chairperson of the Board, Prof. Olive Mugenda, the entire Board of Directors, the Hospital Management Team, all members of staff as well as our Partners for the efforts and support to maintain KUTRRH as a world-class facility.

Dr. Victor Njom
Ag. Chief Executive Officer



KUTRRH Receives Its Cyclotron Machine Friday, March 26, 2020



The Kenyatta University Teaching, Referral & Research Hospital's Cyclotron machine was officially delivered to the Integrated Molecular Imaging Center (IMIC).

The cyclotron is the machine that produces the radio-isotopes that are used as a tracer for cancer in patients. The radioisotopes are also used to monitor the remission or progression of cancer in the patient. The cyclotron comes with Radio-pharmacy equipment (hot labs) that are used to synthesize the radioisotopes to make them ready for patient administration in terms of dosage and safety.

The delivery and rigging of this machine was witnessed by the Cabinet Secretary, Ministry of Health, Sen. Mutahi Kagwe, Chairperson of KUTRRH Board of Directors, Prof. Olive Mugenda, Chief Executive Officer for General Electric (East Africa), Ms. Brenda Mbathi, KUTRRH Ag CEO, Dr. Victor Njom, Members of the Hospital Management and staff.

While speaking during the event, the CS Kagwe lauded the hospital for the bold moves it is taking to bridge the cancer gap in the country. KUTRRH sees this as a huge opportunity to increase access to quality cancer care by addressing existing gaps and potential future growth through innovative, care delivery models.

"Let me take this earliest opportunity to thank the Board of Directors and Management for taking this bold step. This Cyclotron will be the largest in Eastern and Central Africa and has the capacity to produce consumables for domestic use in the region. Besides, a 256 Slice CT Scanner and 3T MRI

has been delivered, installed and user training undertaken. It is currently in use at the Imaging Department," Said CS Kagwe.

The construction progress is well on course. As of today, the IMIC project is 71.79% complete with the superstructure works on the ground floor, first floor and upper floor 100% complete.

The IMIC has the following unique features:

- The cyclotron which we are launching today can produce radioisotopes for PET/CTs in other hospitals in addition

The centre will therefore have the capacity to supply other hospitals in the country and the region with the required radio-isotopes

to the 2 at the facility

- The centre will therefore have the capacity to supply other hospitals in the country and the region with the required radio-isotopes

- The centre will be run on a HUB AND SPOKE model with IMIC at KUTRRH as the anchor establishment (HUB)

supporting PET/CT establishments in counties and other hospitals (SPOKES) through the provision of Radio-Isotopes and Capacity building.

- Radioisotopes will be produced at KUTRRH IMIC, packaged safely and dispatched to other hospitals locally and in the region

- Production and packaging will be done in strict adherence to the Good Manufacturing Practices deployed following regulatory requirements.

- The construction of the centre has been approved by Kenya Nuclear Regulatory Authority, and Pharmacy and Poisons Board. Licence for operations will also be issued by the two bodies.

- The IMIC at KUTRRH has a training centre that will provide training and capacity building for staff running the PET/CTs at the Hospitals in Counties and the entire region.

The Chairperson of the Hospital Board on her part noted that beyond IMIC, the hospital is also constructing the hospitality center for the patients and their relatives. This is informed by the need for accommodation when patients and relatives from far need accommodation services as patients receive treatment. The accommodation center has a capacity of 100 standard rooms.

Francis Wachira - Corporate Communications

WORLD ORAL HEALTH DAY



The History of World Oral Health Day?

World Oral Health Day was first declared in 2007 and was originally celebrated on 12th September - the birthdate of FDI founder Dr Charles Godon. However, the campaign was not fully activated until 2013, after the date was changed to 20th March to avoid conflict with the Fédération dentaire internationale (FDI) World Dental Congress taking place in September.

The new date was chosen to reflect that:

- Seniors must have a total of 20 natural teeth at the end of their life to be considered healthy
- Children should possess 20 baby teeth
- Healthy adults must have a total of 32 teeth and 0 dental cavities
- Expressed on a numerical basis this can be translated as 3/20 hence March 20

What is the purpose of World Oral Health Day?

World Oral Health Day aims to empower people with the knowledge, tools, and confidence to secure good oral health.

Why is World Oral Health Day so important?

Oral diseases are a major health concern for many countries and negatively impact people throughout their lives. Oral diseases lead to pain and discomfort, social isolation and loss of self-confidence, and they can often be linked to other serious health issues.

Theme for 2021?

The theme for the next three years sends out a simple but powerful message: Be Proud of Your Mouth. In other words, value and take care of it.

The 1st World Oral Celebrations at KUTRRH

The hospital was able to mark this day by inviting the community for a day of free dental awareness and consultation. In collaboration with Colgate and through the hospital, all 266 community members that attended received also free oral health educational materials, toothbrush and dentrifices. It was a successful day that promoted oral health awareness, proper oral hygiene practices and material to people of all ages and gender in the community. We were also able to refer patients to the Dental Clinic for follow up treatment to those that needed it.

10 tips for those that missed out?

1. Don't go to bed without brushing your teeth
2. Brush properly
3. Don't neglect your tongue
4. Use a fluoride toothpaste
5. Treat flossing as important as brushing
6. Consider mouthwash
7. Drink more water
8. Eat crunchy fruits and vegetables

9. Limit sugary and acidic foods
10. See your dentist at least twice a year

In conclusion, I would like to acknowledge all Hospital stakeholders, Colgate and the Dental Team for making the day a success.

Dr. Omanga Adrian - Dental

Celebrating 2021 World Kidney Day

World Kidney Day is celebrated globally every year to raise awareness about the importance of our kidneys in our health and health problems related to kidneys. World Kidney Day is observed on the second Thursday of March every year and in this year 2021, it will be celebrated on 11 March 2021. This year's focus is on taking charge of your health and the many factors that go into managing kidney disease.

The kidneys' function is to filter blood. They remove wastes, control the body's fluid balance, and keep the right levels of electrolytes. All of the blood in the body passes through them several times a day.

Blood comes into the kidney, waste gets removed, and salt, water, and

minerals are adjusted if needed. The filtered blood goes back into the body. Waste gets turned into the urine, which collects in the kidney's pelvis a funnel-shaped structure that drains down a tube called the ureter to the bladder.

Chronic kidney disease (CKD) is a serious condition affecting a large percentage of the population worldwide. Often overlooked until symptoms appear, CKD is progressive and can put one at risk for serious health complications including kidney failure. Adopting a healthy lifestyle can help an individual to manage and slow the progression of CKD and its complications.

Follow these healthy lifestyle tips to take charge of your kidney health.

1. Regular screening Includes testing the urine for protein and testing the blood for serum creatinine to estimate glomerular filtration rate to establish decreased kidney function

2. Manage blood pressure and monitor blood glucose levels. Work with your health care team to develop a plan to meet your blood pressure goals and check your blood glucose level regularly if you have diabetes.

3. Take medicine as prescribed and avoid Non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen and naproxen. Your pharmacist and doctor need to know about all the medicines you take.

4. Aim for a healthy weight. Create a healthy meal plan and consider working with your doctor to develop a weight-loss plan that works for you.

5. Reduce stress and make physical activity part of your routine. Consider healthy stress-reducing activities and get at least 30 minutes or more of physical activity each day.

6. Make time for sleep. Aim for 7 to 8 hours of sleep per night.

7. Quit smoking. If you smoke, take

a serious Public Health issue both in developing and developed countries. There are currently over 1.4 million patients receiving renal replacement therapy worldwide. One way to reduce the economic burden of chronic kidney disease would be early intervention.

To achieve this as we commemorate this year's (2021) theme, "Living Well with Kidney Disease," we should be able to identify individuals with an increased risk of renal disease.

Diabetes and high blood pressure are the two leading causes of kidney disease. They are also considered risk factors because having either condition increases the risk of getting kidney disease as described below;

1. Diabetes

Diabetes is one of the biggest factors that increase the risk for kidney disease and the number one cause of kidney failure.

Diabetes is a disease that causes an individual's body to have trouble making or using insulin. Insulin is a hormone that helps the body turn the sugar you eat into energy. When the body doesn't use insulin the right way, too much sugar stays in the blood, which can lead to chronic kidney disease over time.

2. Hypertension

High blood pressure is the second cause of kidney disease. High blood pressure means the heart is working too hard to pump blood. When blood flows too forcefully through the tiny blood vessels in the kidneys, this can hurt these tiny vessels. Over time, this can lead to chronic kidney disease.

As we commemorate 2021 World kidney day, it is also important to mention how the Covid-19 pandemic has badly impacted kidney patients with many having to shield at home for the past year. It has also led to more people with otherwise healthy kidneys developing problems – serious COVID-19 infections can lead to acute kidney injury. Never was there a more important time to act.

Felix Karani - Public Health

Chronic kidney disease (ckd) is a serious condition affecting a large percentage of the population worldwide. Often overlooked until symptoms appear

steps to quit.

Chronic kidney disease has become



COVID-19 VACCINATION

March 12th, 2020, will remain indelible in the minds of Kenyans. This was the day when the first case of COVID-19 was detected in the country. Since then, life has never remained the same. According to the statistics propounded by the Ministry of Health, more than 2400 people have succumbed to this invisible enemy. Furthermore, apart from the crumbling of businesses, an inordinate number of individuals have been rendered redundant. Additionally, the economy has been left in limbo.

To avert more damages, the Ministry of Health has since moved with haste and instituted a myriad of measures. Although these directives have proved handy, they haven't been definitive in curbing the devastating effects of this monster (COVID-19). This phenomenon is depicted by the skyrocketing number of deaths and hospitalizations secondary to covid 19.

Eventually, the government has succeeded in securing the vaccine. According to endless studies conducted by numerous entities, the vaccine has proved to be a game-changer in the fight against COVID-19. Apart from the expected sides effects such as headache, muscle aches, body malaise, pain at the injection site etc., the vaccine, as showcased by WHO, astronomically reduces the severity of covid thus preventing one from needing specialist treatment. Consequently, this endeavor has demonstrated to significantly reduce the mortality attributed to the virus.

According to endless studies conducted by numerous entities, the vaccine has proved to be a game-changer in the fight against covid-19

Therefore, let's embrace this olive branch and get vaccinated. Those who fall within the criteria or confines mentioned hereupon are welcomed to Kenyatta University Teaching Referral & Research (KUTRRH) for a free jab. Besides, KUTRRH is reputed for the state of the art infrastructure, highly qualified and diverse human resources and specialist care. Since its inception, the hospital has proved to be a model in the deliverance of quality care. We offer an array of specialist care that encompasses dental, surgical, medical, pediatric, gynecological etc., and now cancer care which will be the biggest and most intricate in East and Central Africa upon the completion of IMIC (Integrated Molecular Imaging Centre). You are all welcome for patient centered care. At KUTRRH, WECARE.

Evans Nyabuto - Nursing

KENYA AIRWAYS ACCREDITED - Kenyatta Memorial Funeral Home

Kenyatta Memorial Funeral Home is guided by its mission statement which is, 'To provide an unparalleled funeral service in our modern, elegantly appointed, state-of-the-art facility to families and friends at their time of need,' as well as its vision that states it wants, 'To be a leading client-centred funeral and repatriation services provider through the use of state-of-the-art technology.'

Kenyatta Memorial Funeral Home offers excellent services including, 3 spacious chapels with public address equipment, executive waiting lounges, caring and compassionate staff, ample parking, an outdoor shaded



waiting area, coffee shop as well as a fully equipped conference room.

As part of its strategic plan, one of the

needs of the funeral home, led by Dr Kimondo and Funeral Home manager, Joyce Matolo, was the need to offer repatriation services. The funeral home approached the marketing and corporate communications to engage Kenya Airways to arrange for the inspection.

On November 24th 2020, representatives of Kenya Airways, Mr. Valentine Muruli, the Ag. Regional Cargo Sales Coordinator West, Central Africa and Indian Ocean Islands and Nancy Ademo, Quality Assurance Manager, came for an inspection visit.

The representatives were taken around by the Director Clinical Services, Dr Anthony Kamau, the Head of Pathology Dr. Mutambuki Kimondo, and HOD Marketing and Corporate Communications, Mr Derek Mwathi, where they were received by the Funeral Home team and shown around the Home by the manager, Joyce Matolo. Upon inspection, the funeral home met all the requirements on the checklist.

We are proud to say that Kenyatta Memorial Funeral Home is now fully accredited by Kenya Airways and International Air Transport Association.

After signing of the service agreement between the Funeral Home and Kenya Airways, a visit was later organized for the Funeral Home staff to go to KQ to learn about the procedures,

documentation, payments and any other logistics required as a consignee of human remains from outside the country. A team of six staff attached to the funeral home, led by Mr Ben Masayi from the Funeral Home finance department, visited KQ on 12/1/2021. Other staff included two customer care representatives, one health care records officer and two morticians.

At KQ, the team was taken through the import and export processes that were clearly explained to them by Mr. Valentine Muruli. The items covered included the documentation required including the embalming certificate, burial permit, doctor's certificate among others; the packaging/ handling and transportation of human remains according to the airline requirements such as aluminium lining, clear labelling etc.; security checks where the casket carrying the remains is passed through a scanner to identify the contents inside the casket, and payments.

Mr. Muruli noted that Kenya Airways handle 20,000 repatriated bodies in a year. This means that with the accreditation Kenyatta Memorial Funeral Home has received, it can expect to handle a big chunk of this business as clients prefer it to its cleanliness and excellent service from the staff at the home.

By Ben Masayi & Derek Mwathi



H.E Governor James Nyoro inspects the progress of Gatundu Hospital. He is accompanied by the Chairperson of the Board, Prof. Olive Mugenda and Dr. Ruth Ndungu, Deputy Director Gatundu Collaboration.

GATUNDU HOSPITAL INSPECTION OF REFURBISHMENT WORKS

Ever since Kenyatta University Teaching, Referral and Research Hospital (KUTRRH) was officially launched in October 2019, it has formed partnerships and collaborations with various international and local hospitals. One such collaboration is with Kiambu County that has seen Gatundu Hospital, a 300 bed capacity hospital refurbished in order to model premier healthcare delivery at a level 5 facility. KUTRRH has thus been undertaking a number of refurbishment works at Gatundu Hospital which are meant to improve service delivery.

On Monday, 22nd March 2021, the Governor of Kiambu, the Hon. James Nyoro accompanied the Chair of the Board KUTRRH, Prof. Olive Mugenda in an inspection tour of the ongoing projects. The two leaders were joined by Ag. CEO KUTRRH, Dr. Victor Njom; Director Finance, Strategy and Development,

Mr. Samuel Mwaura; Deputy Director Gatundu Hospital, Dr. Ruth Irumbi; the Medical Superintendent Dr. Keziah Nginya and the Hospital Administrator, Mr. John Kariuki.

One of the projects that were inspected is the solar water heating system that had been in operational for more than five years. Thanks to repairs, patients are now able to access hot water, something the Hospital is very excited about.

The main building of Gatundu Hospital, otherwise known as Tower One, and the Main Gate have undergone a facelift, greatly improving the aesthetic appeal of the Hospital. Other ongoing refurbishment works include cabro works around the hospital, re-carpeting of roads and repairing of the storm drainages. The OPD, which was dilapidated has been transformed. It is undergoing a lot of repairs including roof repairs, renovation of toilets, construction of additional toilets, replacement of floor tiles, paintwork, putting up of an acoustic ceiling, electrical works and installation of CCTVs and telephones.

A new and larger kitchen is also being constructed. All these works have given the clients seeking services at Gatundu Hospital a pleasant experience.

One of the CSR projects that KUTRRH has undertaken is to build a boda boda shed on the outside of the Main Gate for the motorbikes that the patients, and the community at large, use to get to and from Gatundu Hospital.

After a boardroom meeting to discuss the progress of the projects undertaken by KUTRRH and the ones to be undertaken by Kiambu County, the Governor of Kiambu, Hon. James Nyoro, and the Chair of the Board, Prof. Olive Mugenda, addressed an eagerly awaiting media on their vision for Gatundu Hospital especially in serving the healthcare needs of the community.

KUTRRH is glad to have entered into this impactful collaboration with Kiambu County.

Dr Ruth Irumbi - Gatundu Annex





MY SEYCHELLES NURSING EXPERIENCE

On May 4th 2020, Kenyatta University Teaching, Research and Referral Hospital sent out 45 nurses through the Ministry of Health and the Government of Kenya to aid the management of the pandemic in Seychelles. The nurses were to help in the management of COVID19 in Seychelles. The pandemic had brought a lot of fear, anxiety and stigma to almost all the countries in the world, Seychelles not exempted.

It all started with a warm send-off by the CS health and the Chairperson Board of Directors and other key stakeholders. It rejuvenated our spirit to go and rock the world and to raise the Kenyan flag much higher and to Market our hospital, Kenyatta University Teaching Referral & Referral Hospital. The 4 hours flight with strict adherence to Covid19 protocol was amazing.

The island of Seychelles is full of nature that anyone can boast of; beautiful beaches, a tropical rain forest and diverse cultures. An archipelago of 115 Islands with the largest three being Mahe, Praslin and La digue with a population of 98,000.

The six months' experience was the best in my career life. In Seychelles, nurses are so friendly and responsible. We worked in harmony, unity and love, teamwork being our strength. The Seychelles government has invested much in universal healthcare with strong functional primary healthcare. In this mission, the Kenyan health care team and the WHO in Seychelles and other NGOs supporting health in Seychelles worked together to mitigate the spread of COVID-19. It's out of this team that I enjoyed my profession to its fullest.

The school health program is one of the best practices in Seychelles. Each school



has a nurse and public health officer to address the health challenges. Every school has a clinic room for first aid and it's well equipped with vital instruments and an observation bed. From time to time we rotated in schools giving health education on handwashing, social distance, cough hygiene and proper use of face mask. It was amazing.

We conducted, enjoyed and participated in several training facilitated by WHO. This boosted our knowledge to manage pandemic to its peak. We managed most of its peripheral facilities and main hospital. We were so industrious that the entire population nicknamed us as "Kenyan Covid Nurses". Our management of covid spoke volumes to the population. We also manned port of entry into Seychelles to include airport and seaport as these are the only routes landing into Seychelles.

Tourists were our focal point. We managed them through quarantine and whoever turned positive was isolated and treated. This vast experience in dealing with the multi sectors and with

the full support of the two governments in a foreign country is a rare opportunity. We are forever thankful to Kenyatta university Teaching and Referral hospital and the ministry of health for such an opportunity.

Moving forward, we encourage the government and Kenyatta University Teaching and Referral hospital to embrace more exchange programs of that nature to its health workers to attain global experience in health matters. We look forward to delivering our best through quality patient centered care.

Michael Omondi Aluoch - Nursing

MEET THE FIRST FEMALE RADIOPHARMACEUTICAL SCIENTIST IN KENYA

When you come across Dr. Elizabeth Wangari Itotia, don't let her down to earth demeanour fool you. She is the first female radiopharmacist in the country.

Radio Pharmacy also referred to as Nuclear Pharmacy is a pharmacy profession speciality focused on the



appropriate use of radiopharmaceutical drugs. The goal is to improve patient care by ensuring quality and safety in preparing and dispensing radiopharmaceuticals for therapy and diagnosis.

She has a few more accolades on her shoulders. She is the valedictorian of the University of Nairobi class of 2017 and currently works as a pharmacist in the Kenyatta University Teaching, Referral and Research Hospital (KUTRRH).

Dr. Itotia was ecstatic when she received a call from KUTRRH that detailed she had been hired for the pharmacist position. Little did she know that a few days later, she would get an offer for a fully sponsored masters scholarship from International Atomic Energy Agency.

Torn between a great fulfilling job, and an opportunity to advance her education, Dr. Itotia opted to take the job in a premier healthcare facility in KUTRRH.

Her dream to pursue the Masters in nuclear pharmacy was however rekindled during induction at KUTRRH. The management emphasized The Hospital's mission for clinical excellence, medical training and research, particularly in

the area of early cancer diagnosis.

Armed with this knowledge, Dr. Itotia approached the administration, with a proposal to pursue the Master's degree in nuclear pharmacy at Sefako Makgatho Health Sciences University in South Africa. After careful deliberation, the Hospital Board approved her proposal.

She could not get used to Pretoria's hot climate. Being far away from home was another challenge that plagued her during her stay in South Africa. However, the challenges didn't deter her from pursuing her education goals. Moreover, she was witnessing first-hand the positive impact of a public comprehensive cancer care on patient outcomes in South Africa.

Having completed her classwork, Dr. Itotia has resumed working in KUTRRH. She is eager to apply the sea of knowledge and skills she's learned working and studying at the Nuclear Medicine Centre. Her skills will come in handy in the running of the upcoming Integrated Molecular Imaging Centre (IMIC) to promote quality patient centred cancer care, particularly in regards to early diagnosis.

Dr. Itotia is deeply thankful to the Chairperson of the Board, Prof. Olive Mugenda, the Hospital Board, Management, and the Directorate of Training & Capacity Building for the opportunity to serve at KUTRRH and to train as a pioneer radio pharmacist in the country.

Erick Gichuru – Web & Media



SECURING INFORMATION ASSETS FOR QUALITY PATIENT-CENTERED CARE

Securing the privacy and confidentiality of patient data is at the heart of the healthcare sector. In the advent of digitally mediated healthcare environments, this has come into sharper focus given the intrigues of information security. Kenyatta University Teaching Referral & Research Hospital seeks to assure patients, caregivers and partners the ultimate privacy and confidentiality as well as fulfill the requirements of local and global data protection requirements.

To fulfill this aspiration and exceed the expectations of the citizens, the Hospital has benchmarked with renowned

global standards. The Hospital is implementing Information Security Management System (ISMS) based on ISO 27001. At the heart of the ISMS project is the assurance of confidentiality, maintenance of integrity and controlled availability for all data and information. The Hospital has stretched this further with the inclusion of auditability given the sensitivity of patient data and the requirements for accountability in public service.

The achievement of the ISMS will also align the KUTRRH with the requirements of the Data Protection Act 2019 as well as the European Union's General Data

Protection Regulations given the Hospital's collaboration with European entities.

The management at all levels, information security champions and implementors and all staff have trained in February and March 2021. Information assets have been identified while risk assessment is in progress. The Hospital looks forward to the completion of the project by June 2021 with continual improvement as the digital transformation agenda progresses.

With the privacy and confidentiality of data, the assurance of integrity and controlled access to authorized parties as well as effective storage, retrieval, analysis/audit, and insight, KUTRRH continues in its visionary journey of quality patient-centred care.

Dr. Mwirigi Kiula - ICT & Innovation

THAT PERSISTENT BATHROOM DASH

Gau wakes up to use the bathroom for what seems like the umpteenth time that night and many others over the past year. It is the planting season and she surely needs the energy after a good night's rest but her bladder would rather be an alarm clock. The deed isn't quite relieving either, oh no! What with all the burning and she can't quite get it all out. Getting out of bed in a huff, she reaches for her mulika- m w i z i and in a half walk-half bounce swagger, from the pain in her back, she races to the latrine.

"Dama, today you will have to proceed with the seedbed without me, I think I need to see a doctor," Gau calls in

sick. Peering at her from his small eyes behind the big glasses, Dr Kingaru offers the diagnosis, "Looks to me like yet another urinary tract infection (UTI). But, I'll send you to the County Hospital for a second opinion." A few weeks later, Cecilia darkens the doors of their County Hospital and she's handed the small container that'll carry her urine for the urinalysis; she knows the drill.

She sits there on the cold cement, distraught as people walk past her soundless, blurry and like shadows in the night. What will she do now? The doctor said it, the big C word, the scary one, yes that one. Something to the tune of bladder cancer that has spread to nearby lymph nodes – stage 3. Surely, all of two years of 'UTI'? She is angry, angry at the doctors and their antibiotics, at herself for believing them and at the world for existing; she is scared too, for Mama Mbula at home, Dama and all the plans to send her to school – cancer at 21?! A

tear breaks bank and streams down her cheek.

For Gau, the next steps were to visit the big city and possibly fundraisers to cover the bill for the medical trip to India. In Kenya today, patients are being diagnosed with stage 3 and 4 cancers due to lack of diagnostic capacity for early detection. Gau's cancer should have been diagnosed earlier. This is unlike developed countries where cancer is diagnosed early and therefore survival rates are high (80% and above compared to less than 30% in Kenya and Africa.

Cancer is a treatable disease with early detection and administration of appropriate treatment early. WHO breaks down comprehensive cancer care into a five-fold process that involves prevention, screening, diagnosis, treatment, survivorship and

waiting time, boost Cancer Care efforts of the Government, significantly reduce cancer related mortality; attract medical tourism from East, West & Central Africa; conserve foreign exchange used by Kenyans going for treatment; and while at it carve out a Centre of Excellence in Oncology research and capacity building.

So, how would KUTRRH get to Gau and others like her? It needed to bring other people on board. People like those in the County Hospital that she visited. If only they knew of an IMIC within reach, perhaps Gau's story would have been less tragic. This led to the creation of a Counties' Cancer Advisory Team at KUTRRH to look into ways to get this much needed saving grace to the Mashinani. The implementation of the IMIC would call for joint efforts with the Counties. From installing PET-CTs to streamlining the referral process.

First things first, how are the counties' managing cancer at the moment? The Advisory Team came up with a schedule for visitations to the County. On January 11th 2021, all selected champions set out for the important task for phase 1 - to market the Integrated Molecular Imaging Centre to the counties and assess their preparedness for PET CT.

As you can imagine, most Counties had pretty basic Oncology Units and no PET-CTs. A helping hand in improving the situation meant renewed hope for those treating Gau and those like her was a welcome respite.

Their people could be able to receive care right there. The County Governors and Healthcare officials all expressed excitement from their myriad of questions about the set-up and running of the IMIC project.

KUTRRH lines have been buzzing on end from that first interaction with the Counties. The partnership process is on course as KUTRRH engages and signs MOUs with the Counties to begin the enactment of the respective areas of collaboration. The plan is to assist the Counties in setting up of PET-CTs, capacity building and acquisition of the consumables for the PET-CT.

This is indeed a new age for Cancer Management in the Country and region. No more outbound medical tourism – Gau and those like her will receive comprehensive cancer care right at home!

Melissa Mwangi - Partnerships, Linkages and Resource Mobilization



palliative care. In Africa, the gap is largely at the screening and diagnosis since only South Africa and Egypt have public Molecular Imaging Centre.

It is in a bid to bridge this gap that Kenyatta University Teaching, Referral and Research Hospital (KUTRRH) proposed to build an Integrated Molecular Imaging Centre (IMIC). The Centre anticipates to tackle early diagnosis and assessment of response to treatment, accuracy in diagnosis and treatment of cancer, recurrent or metastasis of cancer, improved survivorship, reduction in

KUTRRH RESEARCH CULTURE – WHY ENGAGE IN CLINICAL TRIALS

Clinical trials entail the use of human volunteers to conduct research that will inform science intended to add to medical knowledge, primarily by improving human health and quality of lives through identifying and filling unmet medical gaps. They are considered as evidence-based practice for producing high-level scientific evidence to guide clinical practice.

Clinical trials conducted globally have proven to strengthen health systems, expand health programs and have provided evidence for future health crisis response.

All clinical trials are guided by protocols that are approved and regulated by an accredited Institutional Review Board (IRB) that ensures the clinical trial is ethical, and the rights and safety of study participants are protected. The protocols must also adhere to Good Clinical Practice (GCP) which is a standard for the design, conduct, and reporting of clinical trials. This assures that the data is accurate, reproducible, and credible and that the study participants' rights and confidentiality are protected even after the clinical trial is complete. The study participants must give an informed consent voluntarily and are free to exit or withdraw from the trial at any given time without facing any consequences.

In Kenya, clinical trials that involve drugs intervention or medical devices must be approved and regulated by the Pharmacy and Poisons Board (PPB). The National Commission for Science, Technology and Innovation (NACOSTI) regulates and assures quality in science, technology and innovation, the institution accredits research institutes and approves all scientific research in Kenya.

Who Can Participate in Clinical Trials?

All clinical trials have guidelines, known as eligibility criteria; typically, the inclusion criteria include demographic, clinical, and geographic characteristics. In contrast, exclusion criteria are defined as features of the potential

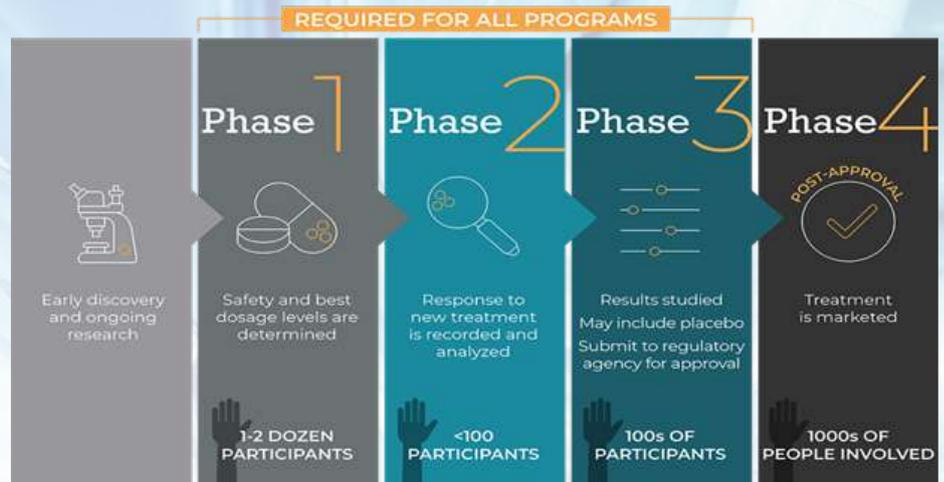


Image courtesy of <https://acromegalysupport.com/phases-of-clinical-trials/>

study participants who meet the inclusion criteria but present with additional characteristics that could interfere with the success of the study or increase their risk for an unfavorable outcome such as specific health conditions or medications that could interfere with the treatment being tested. These criteria help to reduce bias and variation in the study to get accurate data.

In summary, clinical trials are carefully designed, reviewed, and evaluated to ensure the efficacy and safety of new treatment as to the standard treatment.

International Clinical Trials Day will be celebrated on 20th May 2021, to raise clinical trial awareness and honor clinical research professionals across the globe. This day celebrates the anniversary of the first clinical trial by James Lind in 1747 into the causes of scurvy on board the HMS Salisbury. In honor of this day, we are recognizing research scientists contributing to public health, medical advancement, and improved health outcomes.

At KUTRRH, the Research and Clinical Trials Department works towards building research capacity and encouraging a research culture in the Hospital. One of our own, Dr. Daniel Kanyatta – MBChB MMed (Neurosurgery), has published a paper with the Open Journal of Obstetrics and Gynecology and a different one with Interdisciplinary Neurology: Advanced Techniques and Case Management. He is also a reviewer of the American Journal Interdisciplinary Neurosurgery-

Advanced techniques and case management.

To access these two very informative publications, use the links provided below:

1. Access to Isocitrate dehydrogenase (IDH) mutation characterization and prognostication in a Kenyan hospital – A first case. <https://www.sciencedirect.com/science/article/pii/S2214751921000888>

2. Chronic Subdural Hematoma, a Cause of Persistent Post-Dural Puncture Headache in the

Postpartum Period- <https://www.scirp.org/journal/paperinformation.aspx?paperid=107798>

For enquiries about clinical research at KUTRRH, please get in touch with the Research and Clinical Trials Department via deputydirector-research@kutrrh.go.ke and research.manager@kutrrh.go.ke

By Research and Clinical Trials Team

ICAP TRAINS KUTRRH STAFF TO BETTER RESPOND TO EMERGING PUBLIC HEALTH THREATS



In direct support of national efforts to build Kenya's capacity to prevent, detect, and respond to infectious disease threats, International Centre for Aids Care and Treatment Program (ICAP) spearheaded efforts at Kenyatta University Teaching, Referral & Research Hospital (KUTRRH)– to increase knowledge in infection prevention and control (IPC) through an e-learning campaign for clinicians.

"ICAP's work to increase completion of virtual IPC trainings among our staff here at KUTRRH is an important step in ensuring that our health workers have the expertise that they need to create a safer health care environment for patients and providers alike," said Prof. Wangari Mwai, training director at KUTRRH.

Dr. Victor Njom, CEO of KUTRRH, reiterated the importance of the training not only amid the current COVID-19 pandemic, but also as Kenya looks to the future: "We at KUTRRH are proud of our efforts, together with ICAP, to empower frontline health workers with the information that they need in order to more quickly respond to and control emerging threats to public health in Kenya."

Through peer networks and hospital communication channels, ICAP's training experts crafted a series of clinician touchpoints at each site to nudge clinicians toward module completion. Additionally, ICAP also publicly celebrated all graduates in small ceremonies where each clinician who completed the course received a certificate of completion. Thanks to the ICAP-led campaign, 62 clinical staff at KUTRRH have completed the training as of April 12, 2021. Efforts at MP Shah Hospital have just started and are on track for completion in 2021.

"Health workers who are trained to prevent and control infections are able to protect themselves and to respond to emerging threats to public health in the communities they serve," said Prof. Olive Mugenda, chairperson of KUTRRH's board. "By promoting these critical trainings in IPC practices, KUTRRH and ICAP are continuing our longstanding partnership to prevent, detect, and respond to infectious disease threats in Kenya."

The online trainings, which were co-developed by the World Health Organization (WHO), the U.S. Centers for Disease Control and Prevention

(CDC), and the University of Washington Global Health eLearning Program, provide a comprehensive overview of IPC skills and knowledge needed to help reduce the spread of health care-associated infections (HAI). Modules cover a range of topics important to effective IPC, including hand hygiene, waste management, transmission-based precautions, and HAI surveillance.

"It is important that all health care workers, both clinical and non-clinical, receive training and supportive resources so that IPC can be implemented at every point of the health care system," said Caroline Mwangi, IPC focal person at KUTRRH. "We are grateful for the ongoing IPC trainings and the partnership with ICAP, which ensures that our frontline health care workers are equipped with skills and knowledge to care for patients in the COVID-19 context safely."

C/o International Centre For Aids Care And Treatment Program (ICAP), Columbia

Comprehensive Cancer Care Right Here at Home!

COMING SOON



Brachytherapy



Cyclotron



CONTACT CENTRE



Your call/ message is important to us!
Please reach us on :

☎ 1558

SMS 1558

☎ 0748 656 297

customer@kutrrh.go.ke

GALLERY



CS Mutahi Kagwe witnessing the the delivery and rigging of the Cyclotron. He is accompanied by the Chair of the Board of Directors, Prof. Olive Mugenda, Ag. CEO KUTRRH Dr. Victor Njom and the CEO, General Electric Ms. Brenda Mbathi.



From Left; Dr. Victor Njom (KUTRRH CEO), H.E. Gov. James Nyoro (Kiambu Governor), Prof. Olive Mugenda (Board Chairperson) and Dr. Keziah Nginyo (Medical Supretendent- Kiambu) during Gatundu Collaboration meeting.



KUTRRH held successful deliberations with NHIF KENYA CEO, Dr. Peter Kamunyo. The hospital will continue working closely with NHIF to streamline health insurance in the hospital.



Bata Kenya Coutry Manager, Ms. Jeddidah Thotho presents a donation to KUTRRH Board Chair and CEO. Also present is Mr. Ngoru, Bata Kenya Chief Human Resource Officer



Variant Medical Systems Limited team equipment that will enhance the Linear Accelerator (LINAC Machine). The Varian team was headed by the Regional Manager for East Africa, Mr. Edward Maina.

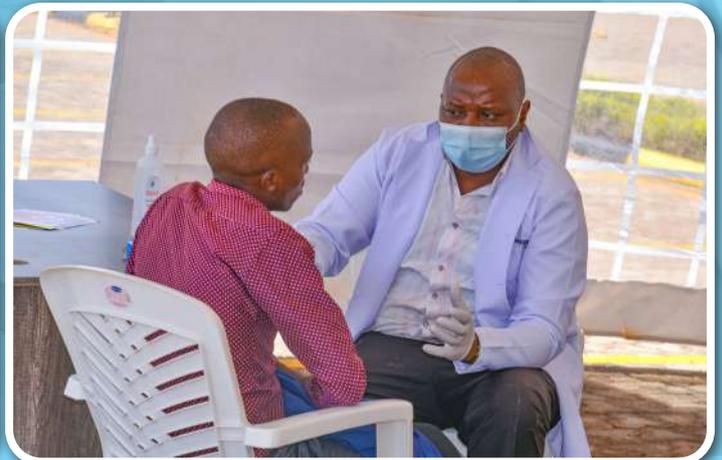
GALLERY



KUTRRH was honoured to host the First Lady for County Government of Kisumu Her Excellency Dorothy Nyong'o. The First Lady was on a collaborative visit to our Cancer Care Center. In attendance was the Mandera CEC (Health) Dr Mahamud Adan Mohamed.



The team that led the KQ accreditation of Kenyatta Memorial Funeral Home.



KUTRRH's Dental Technologist, Mr. John Chege, examines a patient during the World Oral Health Day.



Medical team from the Jaramogi Oginga Odinga Teaching and Referral Hospital visited KUTRRH on a benchmarking tour. The team was welcomed by Dr. Victor Njom, Ms. Frida Nyamu, Dr. Sarah Muma (HOD Onclogy).

Transforming Communication through Microsoft 365



By early April, the ICT department had completed the implementation of Microsoft 365 - popularly known as M365. This is a product developed by Microsoft Corporation – the largest software company in the world. M365 brings along Microsoft Windows 10 Operating System, Office 365 and a suite of productivity tools necessary for the current digital office. The completion of this project marks the beginning of a digital journey for online services and communication in the hospital.



MICROSOFT 365

M365 is an extensive cloud-based package that includes Windows 10 upgrades, Office Apps (Word, Excel, Publisher, PowerPoint) and other productivity tools. Most of us, having gone through the Computer Packages Course, are aware of these apps. M365 enables the development and editing of documents using the desktop app as well as the browser. What's more – you can invite a colleague to edit the document with you online. M365 prevents data loss by continuously saving your documents to the cloud, as such, you never lose data in case of power outage.



regularly hold video calls. It has a host of other capabilities such as document sharing, chat and tasks scheduling.

KUTRRH, being a leading research Hospital is set to benefit from the education package offered by Microsoft. This means that once the Specialized Nursing Institute enrolls students, tutors and students will be able to communicate seamlessly by sharing assignments, notes, emails exams and other material.

A BRIEF HISTORY

Even though computers existed way before, Microsoft Windows was released in 1985 in an attempt to provide an operating system acceptable to both researchers and average users. This OS, dubbed Windows 1, was spearheaded by Bill Gates and Paul Allen, the two founders of Microsoft. Over the years the company released several versions of Windows including 95, 98, XP, Vista, Windows 7, 8 and 10. This has seen improvements in both design and usability.



Microsoft Office was introduced in the 90s too. It is a suite of applications including Word, Excel and PowerPoint. They were meant to assist in document production in the office environment.

Historically, both Windows and Office were packaged independently and had little or no cloud integration.

Loss of a computer meant loss of data, which is unbearable, especially for office and research work. In this digital era, there is a demand for cloud-backup services, email communication and collaboration. This brought about the introduction of M365.



HOW TO GET STARTED

If you are yet to jump on the bandwagon, you are advised to visit ICT Offices in the Administration building first floor for account creation. After this, login to your account by visiting the link: www.office.com

By Kelvin Mwangi - ICT Web Development

M365 gives every user 1TB of cloud storage. This is an incentive enough to attract users from Google Drive which only offers 15GB. You can use this storage to back up your office documents.

We are also encouraging users to make use of Microsoft Teams for video meetings. Teams has an edge over other conferencing apps in that it is designed for corporate staff who





SPECIALIZED NURSING INSTITUTE

One of the key mandates of the Training and Capacity Building Directorate is to establish the Institute of Specialized Nursing. The process of launching this Institute is well underway in that we have:

DEVELOPED TWO (2) CURRICULA

- Started partnerships with the relevant institutions specifically the Nursing Council of Kenya and those offering palliative care for exposure of our potential students
- Identified rooms for the required training spaces such as; classrooms, Skill's Labs, and office spaces as guided by the Nursing Council of Kenya
- Advertised for most crucial positions that ought to be filled prior to the assessment

THE CURRICULA

The flagship area of the vision of KUTRRH, with the state-of-the-art equipment and highly qualified personnel, is Oncology. This choice is mainly because Cancer is a major public health issue and represents a significant burden of disease globally and in Kenya in particular. In the past few years, Cancer prevalence in Kenya has continued to rise, posing a widespread staffing problem. Kenya has continued to face rising demand

for Oncology personnel, especially nurses where the need is a minimum of 500 nurses, yet there are only a few qualified nurses in the country. Oncology, the study of cancer, is particularly relevant in Kenya. According to the Journal of Cancer Policy, cancer is the third leading cause of mortality in the country, accounting for 7 per cent of annual deaths. A 2015 Nation Newsplex review of health data showed that the rate of death from cancer in Kenya is outpacing population growth and may double by 2026.

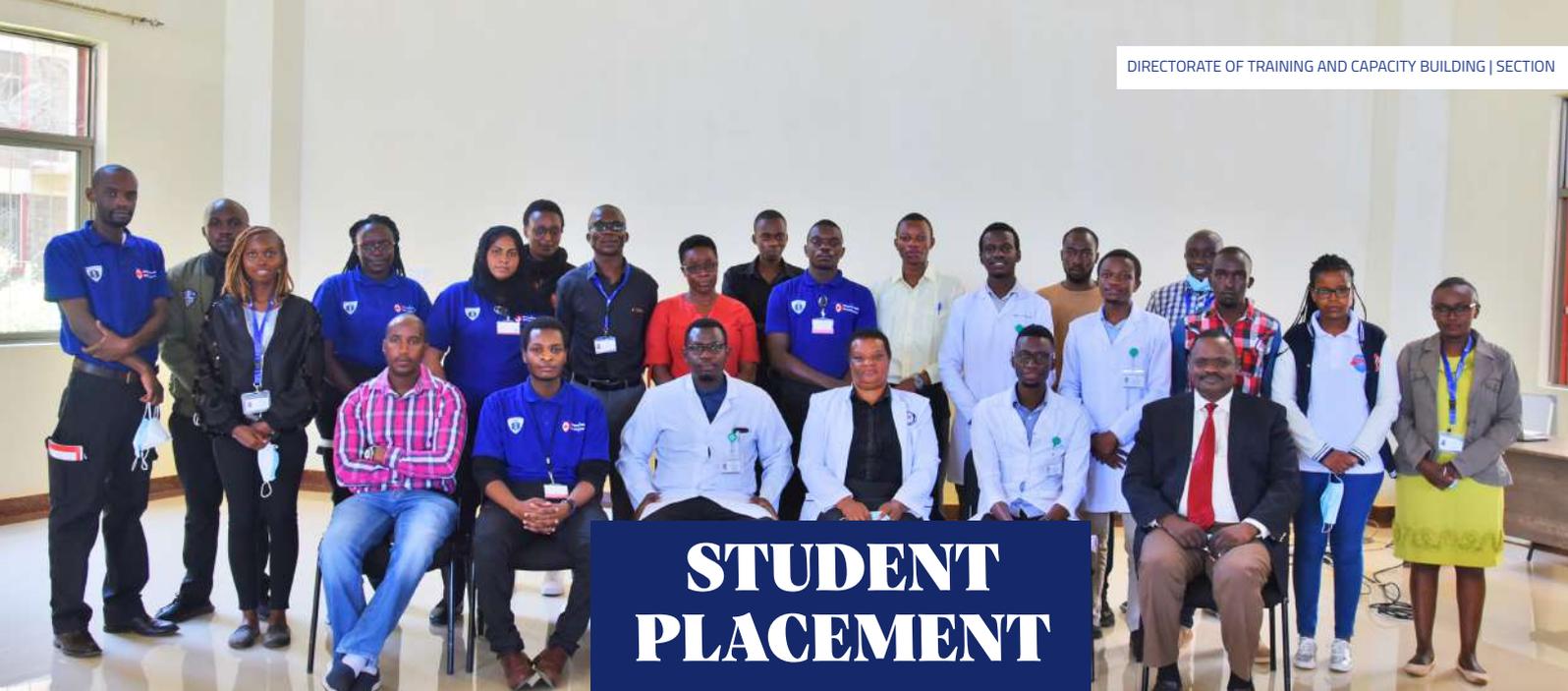
It is with the foregoing in mind that Kenyatta University Teaching Referral & Research Institute of Nursing has decided to launch a Specialized Nursing Institute (SNI) with Oncology Nursing as its flagship course. With the aid of experts in oncology, the Directorate of Training and Capacity Building developed a curriculum within the framework of the Nursing Council of Kenya guidelines. Its content reflects the future of Oncology nursing education, changing trends in the healthcare system and the expectations of stakeholders. Using a blended learning approach, this programme allows students to explore a range of clinical and theoretical issues. It also fosters the skills necessary to function as team players and clinical resources to peers.

Oncology Nursing is a speciality, whereby nurses care for people who are at risk for developing cancer, patients diagnosed with cancer, patients receiving treatment for cancer, patients in need of supportive and palliative care, serious illness, cancer survivors and their families/caregivers. Oncology nursing occurs throughout the lifespan and includes

individuals from all ages and cultures along a continuum of care and across service delivery systems. Oncology nursing occurs at primary, secondary and tertiary care levels and includes hospices and homes. The role of the Oncology Nurse is underpinned by holism and encompasses direct care to patients and families/caregivers in cancer care settings as part of the multidisciplinary team. The role is expanded to include cancer prevention and health promotion in communities, and caring for patients for whom cure is no longer possible and their families/caregivers for improved quality care.

Following closely to Oncology is our second course, namely, Critical Care Nursing. This course considers the pathophysiology of complex patient conditions requiring Intensive care, as well as assessment, monitoring and advanced therapeutics. Content at KUTRRH will focus on the care of the patient with neurological, renal, gastrointestinal, endocrine, haematological and multisystem disorders. The promotion of evidence-based practice will be integral to course delivery and clinical case review. The focus will be on the collaborative multidisciplinary management of the complex intensive care patient and the critical care nurse's role within the team. Leadership skills will be developed through workshops to prepare students to take on advanced practice roles in the intensive care unit.

Prof. Wanagari Mwai – Training and Capacity Building



STUDENT PLACEMENT

Kenya is faced with the challenge of a high rate of unemployment, particularly amongst the youth. The challenge is exacerbated by the lack of practical work experience that is demanded by the job market. The high unemployment level has led to increased dependency levels, slow economic growth, increasing poverty levels and rising national security challenges that negatively impact the realization of the dream for our global Sustainable Development Goals (SDGs) and our Nation's leadership.

To achieve economic, social and political development and secure the country's prosperity, the government has prioritized job creation and increased youth employment by promoting Student attachment and internship. The Student placement programmes aim at enabling those graduating from colleges and universities to acquire practical workplace

experience.

The attachment and Internship engagements at the Kenyatta University Teaching Referral & Research Hospital aim to bridge the gap between academic knowledge and the world of work. The Hospital being the premier level 6 hospital aims to provide opportunities for learners in a wide array of areas within the hospital as a mechanism of contributing to building Human Capital in the health sector.

Student placement at KUTRRH is guided by an Internship and attachment policy. Kenyatta University Teaching Referral & Research Hospital is committed to providing opportunities to the youth who are in their courses or have completed their courses to acquire workplace experience to enhance their employability. Further, graduates with professional qualifications will continue to

be granted internship opportunities to enhance their professional development for registration with respective bodies.

Applications from students have been overwhelming. The selection process has been thorough and the identified students mainly from institutions with whom we have signed MoUs have been engaged both in Clinical and Non-clinical areas. As we await accreditation as an internship centre by the Kenya Medical and Practitioners Council, we celebrate recognition by the Pharmacy and Poison's board.

Prof. Wanagari Mwai & Dr. John Nyambega – Training and Capacity Building

STAFF TRAINING

The Nation's development blueprint, The Kenya Vision 2030, aims at having a well-trained, developed and globally competitive workforce, to provide quality services to all. The Ministry of Health also recognizes that the Human Resources for Health (HRH) are a critical ingredient in health sector planning, service delivery and, ultimately, national health outcomes whereas the Public Service Commission is cognizant of the fact that well-trained employees are critical in enhanced service delivery which contributes to the overall development of our country.

In line with this, KUTRRH is aware that the most valuable resource is our employees and that effective staff development is not only vital to meeting the vision of the Hospital but also makes an essential contribution to the development of a responsive,

staff supportive and well-managed institution. KUTRRH is therefore committed to enhancing the skills and competencies of staff members as a means to meet the changing needs of the organization and have a workforce that is competent to carry out their roles.

Training at KUTRRH is therefore a continuous and mandatory exercise. It is carried out following a Training Needs Assessment aimed at addressing identified performance gaps to keep knowledge and skills current and to meet professional requirements that will enhance effectiveness, efficiency and improve the quality of service in KUTRRH.

Guided by the staff training policy, So far, training of staff at KUTRRH has been ongoing through the Continuous Medical Education (CMEs) and the Continuous Nursing Education (CNEs). Further, staff have undertaken short

courses mainly on the job user training. The key to meeting the desired goals has been our internally generated courses. Our key area of focus has been Quality patient experience. Towards achieving this, the following courses were offered in April:

Self-Discovery, the Kaizen Approach and Team Leadership for Heads of units and

Patient Assessment, Medication administration, Documentation and Customer Care for Nurses.

Prof. Wanagari Mwai & Fred Kariuki – Training and Capacity Building

COVID 19 VACCINE: THE JOURNEY



A vaccine is a biological preparation that provides active acquired immunity to a particular infectious disease. A vaccine typically contains an agent that resembles a disease-causing microorganism and is often made from weakened or killed forms of the microbe, its toxins, or one of its surface proteins. The agent stimulates the body's immune system to recognize the agent as a threat, destroy it, and to further recognize and destroy any of the microorganisms associated with that agent that it may encounter in the future.

Vaccines are effective in preventing disease and mortality and are the premier achievement of public health programs worldwide. Vaccines greatly reduce the risk of infection. They work by training and preparing the body's natural defenses – the immune system – to recognize and fight off targeted pathogens. After vaccination, if the body is later exposed to those disease-causing microbes, the body is immediately ready to destroy them, preventing illness.

On 30th January 2020 following the recommendations of the Emergency Committee, the World Health Organization Director General declared that the novel coronavirus (COVID-19) outbreak constitutes a Public Health Emergency of International Concern (PHEIC).

Given the urgency of the outbreak, the international community started mobilising to find ways to significantly accelerate the development of interventions. As part of WHO's response, the Research

and Development Blueprint was activated to accelerate diagnostics, vaccines and therapeutics for the novel coronavirus.

The R&D Blueprint which is a global strategy and preparedness plan that allows the rapid activation of research and development activities during epidemics aims at fast-tracking the availability of effective tests, vaccines and medicines that can be used to save lives and avert large scale crisis. The scope of the Blueprint extends to severe emerging diseases for which there are insufficient or no presently existing medical countermeasures or pipelines to produce them.

COVID-19 vaccine is intended to provide acquired immunity against severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), the virus causing coronavirus disease 2019 (COVID-19). When an individual receives the vaccine, it will trigger an immune response. If the person is infected by the virus, later on, the immune system recognizes the virus and, because it is already prepared to attack the virus, protects the person from COVID-19.

Developing immunity through vaccination means there is a reduced risk of developing the illness and its consequences. Getting vaccinated may also protect people around us because if an individual is protected from a disease, he or she is less likely to infect someone else. It is particularly important to protect people at increased risk for severe illness from COVID-19, such as the elderly and people with comorbidities.

Kenya has started the first phase of its COVID-19 vaccination strategy. This was made possible by the delivery of AstraZeneca vaccines that arrived in the country on Wednesday, March 3, 2021, as part of the COVAX facility.

Kenya's first phase is meant to run until the end of June 2021. The initial plan was to vaccinate high priority groups including frontline healthcare workers, teachers and security personnel. A few weeks into the rollout, the target group was expanded to include all Kenyans older than 58 years. This expanded the original target from 1.25 million people to about 3.2 million in the same period.

A list of locations where one can go for their Covid-19 vaccination is available on the Ministry of Health website. KUTRRH is one of the approved COVID-19 vaccination centers. Vaccination in KUTRRH commenced on 12th March 2021 with high priority groups receiving the vaccine. Vaccination is ongoing subject availability of vaccine in the facility. The COVID-19 vaccine is not mandatory. The vaccine is administered in two doses, eight weeks apart. However, considering the benefits of vaccination against severe disease and death, it is strongly recommended that all eligible persons be vaccinated.

Vaccines are a critical new tool in the battle against COVID-19: but for the foreseeable future, we must continue to adhere to public health measures put in place to reduce the spread of COVID-19. Being vaccinated does not mean that we can throw caution to the wind and put ourselves and others at risk, particularly because it is still not clear the degree to which the vaccines can protect not only against disease but also against infection and transmission.

Jane Kanyi - Public Health





THE NEW KUTRRH CONTACT CENTER: STRENGTHENING COMMUNICATION AND COLLABORATION WITH CITIZENS

The efficacy of communication and collaboration between an organization and the citizens, community or clients can make or break its success or relevance. This fact is even clearer in the digital age.

No patient needs to travel from Rusinga or Habaswein to the Hospital only to discover that the date and time of the clinic appointment is not booked. An effective referral hospital is buttressed by an effective communication system to ensure accessibility to the patients and citizens. The physician in Rusinga or Habaswein could have easily called the Hospital, provided the necessary medical records, booked the clinic definitively and instructed the patient accordingly.

Kenyatta University Teaching, Referral & Research Hospital has closed the communication and collaboration gap by rolling out a state-of-the-art citizen experience solution. The Contact Center operates on a 24/7 basis and provides a toll-free line, 0800721038, with a short code, 1558.

The toll-free line ensures that the burden of communication is released from the patient, caregiver, or the referring hospital while the shortcode ensures ease of remembrance. The Contact Center also provides access through email, customercare@kutrrh.go.ke; Short Message Service (SMS), 1558; WhatsApp, 0748 656297; Twitter, @kutrrh; and Facebook, @kureferral.

The citizen experience solution incorporates customized dashboards for issue and service monitoring and resolution. This ensures that no call is made to KUTRRH and goes unanswered or not followed up.

For the internal service management, the system integrates two important components: one, a self-service module that links with internal service desks such as ICT Helpdesk and, two, integration with the internal telephony directory and personal mobile phones. These two features ensure that internal citizen can facilitate the caregiving process more effectively.

With this solution, the Hospital just ensured the patient and their relations, the staff, the referring doctors, and the referring hospitals have easier and more effective communication and collaboration with KUTRRH towards quality patient-centered care and the transformation of healthcare in Kenya and beyond.

Dr. Mwirigi Kiula & Pauline Ashioya -
ICT & Innovation

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Fun Spot

KNOW YOUR HOSPITAL

1. How many Integrated Molecular Imaging Centres are in the Eastern and Central African region?

- a) 1 b) 2 c) 54

2. What is the function of the Integrated Molecular Imaging Centre (IMIC)?

- a) Treating cancer B. Early detection of cancer C. Monitoring treatment of cancer

3. Washing hands with only water will help prevent COVID-19?

- True.... False.... False

4. If I have already had COVID-19, I do not need a vaccine.

- True.... False.... False

5. Will a COVID-19 vaccine alter my DNA?

- True.... False.... False

DID YOU KNOW?

How Far Do Nurses Walk on Average Per Day?

A 2006 study published in MEDSURG Nursing, found that the 146 nurses studied walked an average of 6 KMs during a 12-hour shift. For comparison's sake, most people walk just 3-4 KMs during the course of an 18-hour day.

Melissa Mwangi & Jesicah Gichimu



GLOW UP/ IMMUNE BOOSTING JUICE RECIPE

Usistragooo, make this juice to boost your immunity na uglow up in the process.

1-2 Pineapples (depends on size)

2 Lemons
6-8 Carrots

50g Ginger (or to preference)

Method: Blend or use a juicer and enjoy!

Source: Terri-Ann's Kitchen

Wake up to morning routine starting with a glass of water

Plan: Manage your time well for you to leave your work at work.

Find a purpose:

- What is your why? The plan in the grand scheme of things?
- Make that a daily reminder to avoid getting stuck in a meaningless rut

Find a few passions:

- Find something that lights you up
- Get a hobby or other interests

9-5 TURNING YOU INTO QUASIMODO?

Take a sabbatical at point:

- Increase your knowledge
- Knowledge is power

Take care of your mental health:

- Curve out some quiet time
- Meditate
- Exercise and eat well (your physical health will appreciate the TLC too)

Rest:

- Get enough sleep
- Take that leave day to recharge (it is all about quality not quantity)

