



MED SCOPE



TOGETHER WE CAN: MKRH CANCER SUPPORT GROUP

As Mwai Kibaki Referral Hospital (MKRH) wrapped up its Breast Cancer Awareness Month activities, the highlight of the closing event was an emotional and inspiring support group session that brought together cancer patients, survivors, and their families.



Dr. Anne oncologist together with the oncology team during the support group forum

Inside the Issue

Page 01

Together we can: MKRH cancer support group

Page 03

MKRH marks infection prevention week 2025

Page 04

Journey of growth and gratitude

Page 05

To the power of 'R' the journey of trademarking MKRH

Page 06

Silent killer

Page 08

Positive Comments

The session, organized by the Oncology Unit, provided a safe and supportive space for participants to share their experiences, encourage one another, and reflect on their journeys. The atmosphere was filled with warmth, resilience, and hope as patients courageously spoke about their battles and triumphs over cancer.

Director of Clinical Services, Dr. Soita, commended the group for their strength and unity, emphasizing the importance of peer support in the healing process.

"Your courage and optimism are an inspiration to all of us. Through your stories, you remind us that cancer is not the end, but a journey of strength, faith, and community," he said.

The event culminated in a joyful cake-cutting ceremony led by Chief Executive Officer, Dr. Peter Mûirûrî, who expressed heartfelt appreciation to the participants and reaffirmed the hospital's commitment to quality cancer care.

"This initiative reflects our unwavering dedication to comprehensive cancer care – from prevention and early screening to treatment and emotional support. We remain committed to ensuring every patient receives the best care and compassion they deserve," said Dr. Mûirûrî.

The support group session followed the hospital's two-day medical in-reach, which offered free cancer screenings for cervical, breast, and prostate cancers. The in-reach

was part of a month-long campaign that also included health education sessions, continuous medical education (CME) forums, and community sensitization on the importance of



early detection.

The event brought together multidisciplinary teams from Oncology, Nutrition, Counseling, and Clinical departments, who worked collaboratively to offer holistic cancer care.

As the hospital draws the curtain on this year's campaign, it proudly celebrates a season of impact, compassion, and empowerment – continuing to champion early detection, quality care, and spreading hope in the fight against cancer.



MKRH MARKS INFECTION PREVENTION WEEK 2025 WITH TRAINING, EXAMS, AND RECOGNITION OF EXCELLENCE

In line with the global commemoration of Infection Prevention Week 2025, Mwai Kibaki Referral Hospital reaffirmed its commitment to promoting patient and staff safety through robust Infection Prevention and Control (IPC) practices. The hospital's IPC champions drawn from various departments participated in an intensive two-day training designed to enhance their knowledge and skills in preventing and managing infections within the healthcare setting.

The training was officially opened by Dr. Kibet, Head of Healthcare Quality, who underscored the importance of IPC as a cornerstone of quality healthcare delivery. He emphasized that effective infection prevention is not only a professional obligation but also a moral duty to safeguard patients, healthcare workers, and the community at large.

The sessions were facilitated by Ms. Annbancy from the Newborn Unit (NBU), Ms. Grace Nyawira, the hospital's IPC Coordinator, and Mr. Gideon from the Public Health Unit. They covered key topics including standard precautions, hand hygiene, waste segregation, isolation procedures, and outbreak management through interactive demonstrations, case discussions, and group activities that linked theory to practice.

At the conclusion of the training, participants undertook a written examination to assess their grasp of the key concepts. The Newborn Unit emerged as the best-performing department, closely followed by the Critical Care Unit, with the winning team receiving a trophy for their outstanding efforts in maintaining high IPC standards.

In his closing remarks, Dr. Kibet commended participants for their active engagement and reiterated management's continued support in strengthening IPC initiatives. He noted that consistent training, supervision, and accountability are key to maintaining high hygiene standards and preventing hospital-acquired infections.

The Infection Prevention Week activities served not only as a refresher for IPC champions but also as a reminder to all staff that infection control is a shared responsibility.



Through such initiatives, Mwai Kibaki Referral Hospital continues to uphold its vision of delivering safe, high-quality, and patient-centered care.

"Infection prevention begins with each one of us. Every action counts."

A JOURNEY OF GROWTH AND GRATITUDE

My three-month journey at Mwai Kibaki Referral Hospital has been inspiring and life-changing. I began my internship in the Medical Department, where I was warmly welcomed by the consultants, medical officers, and nurses. The morning ward rounds and consultant sessions were moments of mentorship, teamwork, and hands-on learning that strengthened both my confidence and clinical judgment. The night calls and weekend duties were equally valuable, teaching me to think fast, stay calm under pressure, and make sound clinical decisions. I truly appreciated the balance between responsibility and guidance that defines MKRH's training environment. Currently in the Surgical Rotation, I've enjoyed assisting in theatre, managing post-operative patients, and gaining practical surgical skills. The teamwork among the surgical team has been both inspiring and fulfilling.



*Dr. Yussuf Bishar Maalim,
Medical Officer Intern MKRH*

The diversity of cases I have encountered at MKRH has greatly enriched my

clinical exposure. From managing complex medical conditions to participating in emergency interventions, each experience has broadened my understanding of patient care in a real-world setting. The hospital's well-structured rotations and supportive learning environment have allowed me to apply classroom knowledge practically while developing essential skills in diagnosis, treatment, and communication. What stands out most about MKRH is the strong sense of teamwork and mentorship that cuts across all departments. The consultants and senior medical officers are always willing to guide and teach, while fellow interns create a supportive network that makes every challenge manageable. This collaborative spirit has not only enhanced my learning but has also shaped my professional values, reinforcing the importance of humility, teamwork, and continuous learning in medical practice. MKRH has been more than a training ground—it has been a home of growth, learning, and mentorship, and I will always carry its lessons with pride.

TO THE POWER OF 'R': THE JOURNEY OF TRADEMARKING MKRH



"A rose by any other name would still be sweet" a famous line from Shakespeare's Romeo and Juliet suggests names are just labels with no inherent meaning, however, the phrase can also imply that names carry significant meaning, identity, and cultural weight, with origins, historical associations, and personal significance. I tend to agree with the latter as names often have deep historical or religious meaning for example the name of our Hospital Mwai Kibaki Referral Hospital, named after the late third President of the republic of Kenya President Emilio Stanley Mwai Kibaki, a visionary leader who built this great facility that currently serves as the only level 6 facility in the greater Mt. Kenya region. And for that if no other reason, there is need to protect the name of this institution, that is why the hospital took on the task to trademark the

name. Organizations with well-established trademark portfolios for their products and services have better chances of achieving sustained good results as trademarks effectively promote brand awareness among consumers and business expansion initiatives. so what is trademarking and what is 'its significance?

It is the legal process of protecting a unique brand, logo, name, or slogan that distinguishes from other brands. A trademark can be a word, phrase, symbol, design, or a combination of these, and registering it grants you exclusive rights to use it and prevents others from using a similar mark on related products. In our case we are trademarking the design or combination of elements that make up our logo and the name "Mwai Kibaki Referral Hospital".

The process starts by

requesting for a search of your logo and name through the Kenya Industrial Property Institute (KIPI), to make sure that your logo, motto and name doesn't resemble any other brand. After the search then your given the green light to trade mark or amend your logo if your found to be similar with another brand. It's a meticulous process that ensures uniqueness of brands and saves you from being slapped with hefty fines and law suits.

Once you are done with trademarking your logo acquires the unique R symbol that is placed next to your logo to show that your logo is legally protected. In a society where healthcare facilities are mushrooming all around us and escalating globalization, trademarking MKRH is an invaluable asset that the hospital can harness to establish and safeguard our market identifiers

SILENT KILLER



What is Breast Cancer?

Breast cancer is the most common cancer among women and a leading cause of cancer deaths. It occurs when abnormal cells grow uncontrollably in breast tissue and may spread to other parts of the body. Although it mainly affects women, men can also get it. Early detection greatly improves treatment success and survival.

Statistics on breast cancer

Globally, about 2.3 million new breast cancer cases were reported in 2022. In Kenya, it accounts for around 16% of all new cancer cases and remains the leading cancer among women (National Cancer Institute, 2023). In Nyeri County, it ranks among the top three cancers affecting women.

Common Signs and Symptoms

- A lump or thickening in the breast or underarm.
- Changes in breast size, shape, or appearance.
- Dimpling, redness, or scaling of breast skin or nipple.
- Nipple discharge (other than milk), especially if bloody.

- Persistent breast pain or tenderness.

If you notice any of these signs, seek medical evaluation promptly. Not all lumps are cancerous, but only a doctor can confirm.

How breast cancer is Diagnosis

Diagnosis involves a clinical breast exam, imaging tests (mammogram or ultrasound), and, if needed, a biopsy to confirm cancer type and stage. Early detection makes treatment more effective.

Who is at Risk?

Risk increases with age, especially after 50. Other risk factors include:

- Family history of breast or ovarian cancer.
- Early menstruation or late menopause.
- First childbirth after 30 or having no children.
- Exposure to chest radiation.
- Inherited BRCA1 or BRCA2 gene mutations.
- Excess body weight after menopause.
- Long-term hormone therapy, smoking, and alcohol use.

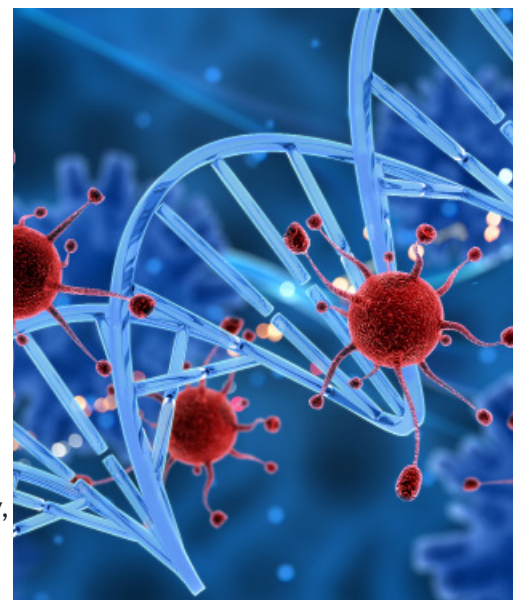
Note: Many cases occur in

women without clear risk factors.

Treatment options

Treatment depends on the type and stage of cancer and may include surgery, radiation, chemotherapy, hormone, or targeted therapy—often in combination. Supportive care enhances recovery and quality of life.

For breast screening and oncology services, visit the Oncology Unit at Mwai Kibaki Referral Hospital — early detection saves lives.





TRAVEL vaccine



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AVAILABLE

CATEGORY & NAME

- Hepatitis A Vaccine
- Adult Hepatitis B Vaccine
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- Tetanus Toxoid Vaccine
- Yellow Fever (For life)
- Yellow Fever Multidose (10yrs)
- Varicella Zoster (Chicken Pox)
- Meningitis Vaccine
- Cholera Vaccine
- Adult Polio Vaccine
- Paediatrics Hepatitis B
- Measles, Mumps and Rubella
- Flu vaccine
- Pneumonia Vaccine
- Typhoid Vaccine



Vaccination is a key component of primary health care and an indisputable human right. It's also one of the best health investments money can buy.

"Your Health Our Commitment"

For more information contact us : | +254 769 472434/ +254 782 620353 | info-knh@nyagaknhuonka |

POSITIVE COMMENTS

 **Mamake Dee** · 2w
Best best from all doctors I know from Mwai kibaki hospital, I give you five stars Evans, always friendly and polite....I can urgent all pregnant women, run to Mwai kibaki n you won't regret, Evans will make you laugh and forget the pain,, last year I delivered a baby boy and he told me "welcome again after two years"....live long Doc, May God bless you.

Reply

 **Bleashyl Kleashyl** · 2w
Evans the best doctor,,,,, his services are clean,,,,very dedicated to his work...If there is a person who doesn't take things for granted it's this man here,,,,he actually makes sure ur are comfortable,,,, thanks for the good work he does,,,may God bless him so much together with the whole team at othaya level 6,,,,Never transfer this man to another place let him stick there,,,

 **Carol Wakariko** · 1d
My child had tonsillectomy 2weeks ago,, thanks to all the surgeons & staff(cooks included)in the peads ward,, wabarikiwe sana

Reply

 **Festus Nyogesa** · 1w
That's is nice, since i left more has been achieved.thanks Mr CEO.

Reply

Thank you for your feedback



MKRH hosted a team from KEMSA led by Director Eliud Muriithi. The team was warmly received by Director clinical services Dr. Soita along other managerial team



Conducting free screening during a two day medical in-reach at Mwai Kibaki Referral Hospital



The CEO Dr. Peter Muiruri sharing a cake with cancer patients and support group during a free breast cancer medical camp held at MKRH



EDITORS NOTE:

Think back. When was the last time you asked for advice or confided in someone? How did that conversation affect you? Perhaps you felt comforted, or more capable of solving the problem you needed to address. It's important to surround yourself with positive and trustworthy people who can walk through your triumphs and struggles with you. They should be encouraging, care about your life goals, and have your best interests at heart. When you have that kind of support system, you'll be more likely to reach your goals and persevere through hardship. But these relationships must be maintained to reach their full benefit.

Mr. Julius Ita
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