



MED SCOPE



SHAPING THE FUTURE OF HEALTHCARE AT MKRH

Inside the Issue

At the heart of the serene Othaya hills lies a hospital not only known for excellence in patient care, but also for shaping the future of healthcare and hospital administration—Mwai Kibaki Referral Hospital (MKRH). As a teaching institution, MKRH opens its doors each year to hundreds of students from diverse professional backgrounds, offering a dynamic environment for learning, mentorship, and real-time exposure to the healthcare ecosystem.



Ms' Sylvia Nandwa taking the new cohort of students & interns through induction at MKRH training hall.

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Positive Feedback



From the buzzing corridors of the ICU, the precision in the renal and biomedical units, to the gentle hands-on training in nursing, clinical medicine, and medical officer rotations, MKRH has become a fertile ground for clinical students to sharpen their skills under the guidance of seasoned practitioners. The dental unit is also a frequent hub of activity, where students interact with advanced tools and technologies as they manage patient care. On the administrative side, students placed in Human Resource, Marketing and Communication, Planning, ICT, and General Administration are immersed in the critical backbone functions that keep the hospital running smoothly. These departments allow interns and attachment students to translate theory into practice—drafting reports, supporting strategy sessions, participating in community outreach programs, and streamlining internal processes.

"The mentorship is unmatched," shares one clinical intern. "You're not just another student—you're part of a team saving lives." Beyond gaining technical skills, students at MKRH are trained to embrace values of teamwork, compassion, innovation, and professionalism—qualities that are essential in both hospital and corporate life. For many, this has been the first taste of the real-world healthcare experience, and for MKRH, it's a moment of pride to contribute to their growth.

Through partnerships with universities, medical colleges, and technical institutions across the country, MKRH continues to invest in



Induction of new cohort of interns and attachees from various institutions across the country

the future of healthcare, administration, and leadership. The hospital's commitment to training is not just a service—it's a legacy. As these young professionals move forward, they carry with them the lessons, challenges, and inspirations born within the walls of Mwai Kibaki Referral Hospital—lessons that will no doubt shape the future of healthcare in Kenya and beyond.

STRENGTHENING NEONATAL CARE MKRH RECEIVES CPAP MACHINES



Mwai Kibaki Referral Hospital has received a generous donation of four bubble Continuous Positive Airway Pressure (b-CPAP) machines from Hatch Technologies, this donation marks a significant milestone in the hospital's ongoing efforts to strengthen neonatal care, particularly in the management of respiratory conditions among preterm and newborn babies. The donation was officially received by the hospital's Paediatric Team, under the leadership of the Acting Director of Clinical and Nursing Services, Dr. Kibet. This timely contribution comes as part of a broader

initiative spearheaded by Hatch Technologies, in partnership with Division of Reproductive, Maternal, Newborn, Child, and Adolescent Health (RMNCAH) and the Gates Foundation. The Vayu b-CPAP system is an innovative, low-cost, and energy-efficient respiratory support device designed for use in resource-limited settings. It plays a critical

role in the management of neonatal respiratory distress, a common and often fatal complication in premature births. The machines help keep a baby's airways open, ensuring they receive adequate oxygen without the need for invasive ventilation. Dr. Kibet commended the initiative and emphasized its potential to drastically improve newborn outcomes at the hospital. "The addition of these machines will greatly enhance our capacity to manage neonatal respiratory conditions, especially in preterm infants. We are grateful for this support, which directly aligns with our mission to provide quality and timely care to our youngest and most vulnerable patients," he noted.

This initiative not only showcases the power of partnerships in advancing public health but also reinforces the need for continued investment in neonatal care innovations to ensure every child has a healthy start to life.



Ground breaking complex procedure: **8-HOUR URETHROPLASTY**



Mwai Kibaki Referral Hospital (MKRH) continues to make strides as a national referral and reconstructive surgical hub following a complex and rare urological procedure successfully performed by the hospital's surgical team. The patient, a gentleman from Mashuru in Kajiado County, had been battling a severe case of urethral stricture, a condition marked by the narrowing or complete blockage of the urethra, impeding the normal flow of urine.

Speaking on the case, Dr. Keagan Kirugo, a urologist at MKRH, explained the unique nature of the surgery:

"We were privileged to showcase ourselves as a national referral center. The patient had sought help in several facilities, including Kajiado County Referral Hospital, before being referred to us for further management due to the complexity of his condition," he noted. Urethral strictures can be categorized into simple and complex types. This patient's case was deemed complex, with a particularly long segment of the urethra affected. The surgical intervention, which took between 6 to 8 hours, involved excising the blocked portion and reconstructing it using graft tissue — a procedure known as urethroplasty.

While the standard approach typically involves grafting tissue from the oral mucosa (the inner lining of the mouth), we faced a unique challenge:

"Due to the patient's history of cigarette smoking and khat chewing, the oral mucosa was unsuitable for harvesting. We instead used skin from the external genitalia as a graft site — a rare but effective alternative," he said. This technique, though not commonly performed, proved successful. The graft was generously harvested and used to reconstruct the urethral passage, restoring a clear urinary channel.



Dr. Keagan Kirugo- Urologist ready to start a complex Urethroplasty surgery at MKRH

Dr. Kirugo emphasized that such reconstructive surgeries require more than just technical precision during the operation they also demand patience and careful monitoring during the recovery period.

"This isn't like an appendectomy where a patient walks out after a few days. We inserted a catheter to maintain the reconstructed tunnel, just like using steel reinforcement when shaping a concrete structure. Full healing takes time, and we hope to remove the catheter after a month to allow him to urinate normally," he explained.

The patient had lived with the condition for several years, and his successful surgery marks not only a personal victory but also a testament to MKRH's growing reputation in complex reconstructive care. "We are proud to have worked



as a multidisciplinary team to ensure a positive outcome. Cases like this affirm that MKRH is steadily becoming a reconstructive surgical center, fully equipped and capable of handling advanced referrals," Dr. Kirugo concluded. This case highlights the

expertise housed within MKRH's Urology Unit and underscores the hospital's commitment to innovative, patient-centered care that places it firmly on the national healthcare map.



Dr. Keagan Kirugo (Middle) with the theatre team ready for surgery

Health Tips

Make
FRUIT
Visible



As the saying goes, "out of sight, out of mind." So, help encourage your family to reach for the fruit rather than the candy bowl by keeping the fruit where it can get seen.

Happy Holidays

For any enquiries contact us: +254 769 472434 or email us info-knhothaya@knh.or.ke

ENT CLINIC

Mwai Kibaki Referral Hospital runs a ENT clinic every Monday to Friday from 8am-4pm. The unit offers:



- Hearing loss (Adults & Newborn)
- Radiance disorder
- Acute ear infection
- Voice disorder
- Throat cancer
- Thyroid disease
- Nasal trauma (Fractures)

POSITIVE COMMENTS



Musyoka Peter · 6d

Asanteni Sana Mwai Kibaki Hospital!
Your gesture of care for our neighbors at
Othaya Law Courts is truly heartwarming.
Judicial wellness has never looked so good!



Samsilva Ndonga · 10w · Top fan

This hospital offers the best services

Reply



Stella Ngungiri · 1w

It's best government hospital so far....I loved
the place ❤️

Reply



Phyllis Wa Stano · 2w

Wow 🤔👍 and by the way, hoping I can have
an attachment slot on counselling
psychology, how about that 😊

Reply



Wanjiku Teresa · 1w

Best of the best on matters childbirth and
nursing ❤️

Reply



*Thank you for your
feedback*



Mwai Kibaki Referral Hospital held a medical camp at Othaya law courts, where staff members got free screening and check ups



Othaya Law Courts Magistrate getting free medical check up by MKRH staff.



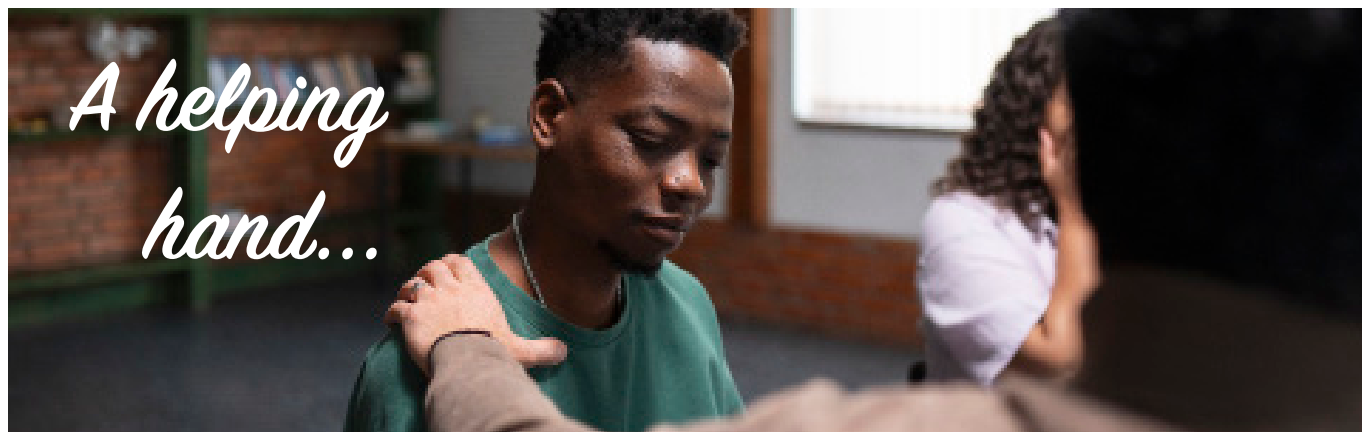
MKRH Nutritional Officer giving a talk on good healthy eating habits at the Othaya Law Courts



MKRH Ag. CEO Dr. Muiruri receives a goody bag from DeKUT Vice Ch. Prof Muchiri



DeKUT Vice Ch. Prof Muchiri gifts MKRH Board Of Directors Chairman Gen. (Rtd) Dr. Robert Kibochi



EDITORS NOTE:

So many times, we feel the unconditional love of God through other people who pass through our lives.

Often, at the most painful and frightening times, God sends someone to pick us up, comfort us, stand beside us, or lead us. That is what I believe he meant when he said not even a sparrow would fall and that he would not see it. When we are lost or in a dark place, it is good to have someone shine the light and show us the way to safety.

It only takes a tiny bit of light to make a difference in our homes and the world in which we live. But, first, we have to be willing. We can do that with a word, a touch, a listening ear, or a helping hand.

Mr. Julius Ita
Head, Marketing & Communication
Mwai Kibaki Referral Hospital



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