

MED SCOPE



WHERE KNOWLEDGE MEETS ACTION:
MKRH AT ICAHSTI 2026

Some gatherings are remembered for their speeches. Others are remembered for the conversations that continue long after the last session ends. The 1st International Conference on Advances in Health Sciences, Technology and Innovation (ICAHSTI 2026), held at Karatina University from 22 to 24 September 2026, belongs firmly in the second category



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In partnership with Karatina University, Mwai Kibaki Referral Hospital (MKRH) was proud to be part of this landmark event. Over three days, clinicians, researchers, academicians, innovators and development partners shared a single purpose: to explore how emerging ideas and solutions can build stronger, more responsive health systems for the communities they serve.

A hospital that learns, listens and leads

For MKRH, participation in ICAHSTI 2026 was a natural extension of who we are. Our hospital's leadership, including Chief Executive Officer Dr. Peter Múirúrí and Director of across the sector. Their presence reflected a conviction that runs through everything we do: excellence is not a destination but a habit, built through continuous learning, openness to new ideas and willingness to work with others.

Our own specialists also brought the front line of care into the conference hall. Dr. Ngolobe, our resident Physician and Endocrinologist, and Dr. Gachini, our resident General Surgeon and Breast Oncoplastic Surgeon, spoke about conditions that touch countless families: diabetes and breast cancer. Their contributions carried the weight of daily clinical experience, grounded in the real stories and real needs of the patients we see.



M's Susan showcasing MKRH services at the Kenya Health Summit 2026.

Awareness saves lives

If one message echoed across the conference, it was this: awareness saves lives. Many health challenges become far harder to treat simply because people do not recognise the early signs, or do not know where to turn for screening, diagnosis and treatment. Yet many of the services people need are already within reach.

The exchange of ideas was enriched by perspectives from respected institutions, including the National Cancer Institute (NCI) and the World Health Organization (WHO). Their participation was a reminder that the greatest progress happens when research, policy, innovation and clinical practice move together rather than apart.



During the International Conference on Advances in Health Sciences, Technology and Innovation at Karatina University MKRH resident Physicians/Endocrinologist Dr. Ngolobe and General Surgeon/Breast Oncoplastic surgion Dr. Gachini shared insights on their specialties

More than a conference

What made ICAHSTI 2026 stand out was the breadth of its vision. Conversations ranged from the health of mothers and newborns to the realities of disease in our own communities, and from the promise of technology and data to the importance of compassionate, trauma-informed care. Each perspective added something to a shared picture of what modern healthcare can and should be.

Events like this are valuable because they bring people together who might otherwise never meet. A researcher meets a practitioner. An innovator meets a policymaker. A single exchange becomes a partnership, and a partnership becomes a better service for a patient somewhere down the line.



From the conference hall to the community

At MKRH, we believe knowledge has little value if it stays in conference rooms. Its true worth lies in what it becomes: informed choices, early action and better health for every person who walks through our doors, and for the many more who may never need to.

As the conference closes, our team returns to our wards, clinics and communities with fresh ideas, stronger relationships and renewed purpose. We thank Karatina University for hosting a meaningful and inspiring forum, and we thank every participant who gave their time and expertise.

We connect. We learn. We innovate. We collaborate. Together, we advance healthcare.







THREE DAYS, ONE MISSION:
MKRH BRINGS CARE TO THE ASK SHOW

Mwai Kibaki Referral Hospital (MKRH) turned the Central Kenya National ASK Show into a celebration of health. Amid the livestock, the colourful exhibition stands and the crowds at the Kabiruini grounds, our stand became a favourite stop.

For three days, MKRH stepped out of its wards and into the open air of the Agricultural Society of Kenya (ASK) Show in Nyeri. The idea was simple: if the community is gathering, take the hospital to them.

Day One: Opening the Door

The first curious visitors wandered over soon after the show opened. By evening, the stand was a busy meeting point where farmers, families, students and exhibitors paused their day for something that mattered more than any prize or purchase.

Day Two: Conversations That Count

Word had spread by the second day, and people returned with friends, parents, neighbours and colleagues. Our team listened, answered questions and shared knowledge. Many visitors said they had been meaning to do this for a long time and finally had the push they needed. Myths were cleared up, and hospital staff became familiar faces rather than distant professionals.

Day Three: A Finale to Remember

The final day brought the same unmistakable energy. Whether people came to learn, to be seen or just to talk, they found a team glad to have them.

More Than a Stand

What made these days special was the connection, not the tent, banners or crowds. Every handshake and conversation reinforced a belief that guides MKRH: healthcare works best when it is close to the people it serves, and offered with respect, openness and care.

At a show built to celebrate the best of Kenyan agriculture, we were reminded that the most valuable harvest of all is a healthy community. Thank you, Nyeri and Central Kenya, for coming and engaging. Until the next one, remember that your health is worth showing up for.





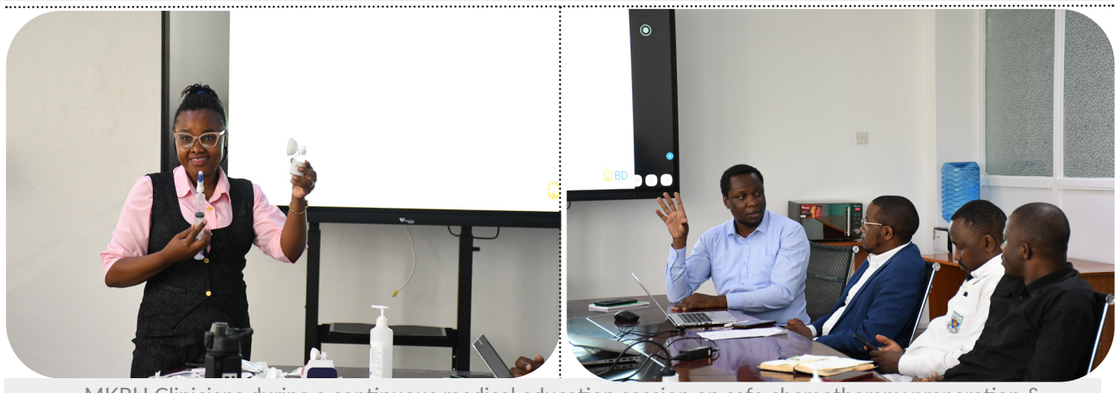
PICTURE SHOW



DCS Dr. Soita (second from right) joint the Karatina University team during the 1st International Conference on Advances in health science, technology and innovation



Wakulima dairy chairperson Hon. Muhika (middle) together with MKRH CEO Dr. Muiruri during a visit to the facility. The engagement was to explore opportunities for a meaningful partnership



MKRH Clinicians during a continuous medical education session on safe chemotherapy preparation & admimistration



EDITORS NOTE:

Welcome to this edition of the MKRH Newsline.

Two stories anchor this issue, pointing to the same idea from opposite directions: one set in a university conference hall, the other in an open showground. In both, Mwai Kibaki Referral Hospital chose to show up, listen and share.

At ICAHSTI 2026 in Karatina, our leadership and specialists joined partners to explore how innovation can strengthen health systems. Dr. Ngolobe and Dr. Gachini brought diabetes and breast cancer care into the conversation, and one message carried through: awareness saves lives.

At the Central Kenya National ASK Show, we took that message to the people. Over three days, farmers, families and students stopped at our stand to ask questions, clear up myths and meet the faces behind the hospital.

Thank you to everyone who prepared, presented and welcomed visitors.

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