



MED SCOPE



TACTICAL PARTNERSHIP: KDF Boost in Expansion Plans

Mwai Kibaki Referral Hospital (MKRH) had the honor of hosting a delegation from the Kenya Defense Forces (KDF) on 26th March 2025. The visiting team was led by Madam Colonel Mary Njoroge, accompanied by a technical team from the KDF headquarters. Their visit was warmly received by MKRH CEO, Dr. Peter Muiruri, who engaged the team in discussions regarding the ongoing infrastructure renovation projects at the facility.



Inside the Issue

Page 01

Tactical Partnership

Page 03

Taking Kidney Awareness,
beyond the MKRH walls

Page 04

Advertisement

Page 05

Positive Comments

Page 07

Picture Show



Dr. Muiruri expressed his appreciation for the collaboration and support from KDF, emphasizing the importance of infrastructural improvements in ensuring quality healthcare service delivery. He highlighted that the hospital is committed to elevating its facilities to meet national and international healthcare standards.

Madam Colonel Mary Njoroge reaffirmed KDF's commitment to supporting healthcare institutions in Kenya through strategic partnerships and technical expertise in infrastructure development. She acknowledged the critical role that MKRH plays in healthcare provision and emphasized the need for well-equipped facilities to enhance patient care. The visit marks a significant step towards the realization of MKRH's long-term vision of becoming a fully-fledged Level 6 hospital. The leadership of both MKRH and KDF expressed optimism that this partnership would yield substantial improvements in healthcare delivery

and infrastructure development.

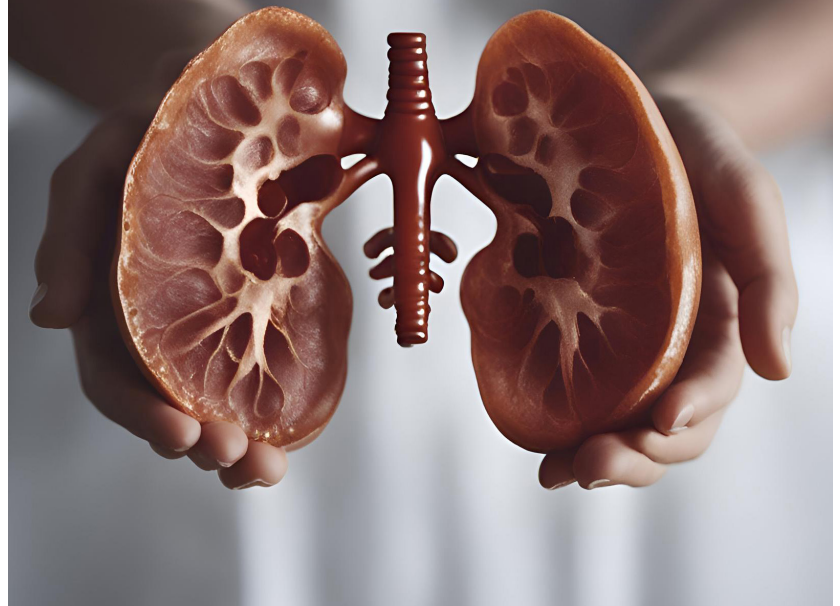
As the hospital continues to grow and serve the community, such collaborations play a crucial role in ensuring that the facility remains at the forefront of quality healthcare provision. Further engagements between MKRH and KDF are expected in the coming months to solidify plans and commence implementation of the proposed infrastructure developments.



Every year on March 13th, the world unites to raise awareness about kidney health. This year, MKRH took a hands-on approach by engaging patients at the waiting bays. Through interactive sessions, the renal unit team educated patients on the importance of kidney health, early detection of kidney diseases, and the simple lifestyle changes that can make a significant difference.

The initiative aimed to demystify kidney disease, a silent killer that often goes unnoticed. Many were surprised to learn that something as simple as staying hydrated, eating a balanced diet, and controlling blood pressure and blood sugar levels could help protect their kidneys. The team took time to answer questions and dispel myths. The commitment to kidney health didn't stop there. On March 17th, MKRH joined hands with the Catholic Church during their special event to extend the reach of kidney health awareness

TAKING KIDNEY AWARENESS, BEYOND THE MKRH WALLS



beyond the hospital walls. At the team conducted free kidney health screenings for attendees. Community members got a chance to know their kidney health status. Those identified with potential risks were advised on the next steps to

take, including lifestyle modifications and further medical consultations. Speaking at the event, Ms. Caroline Bundi, a nephrology nurse at MKRH, emphasized the importance of early detection. "Kidney disease is manageable if caught early. Our goal is to ensure that people understand the risk factors and take preventive measures before complications arise. This is why we are bringing kidney health awareness closer to the people." With Kidney disease on the rise, MKRH remains committed to educating and screening the community. Prevention is key; small lifestyle changes can protect kidney health for future.





**Mwai Kibaki Referral
Hospital**



Common signs & symptoms Of speech & language disorders?

- ◆ Voice hoarseness & raspiness
- ◆ Incomprehensible speech
- ◆ Talking too fast or too slow
- ◆ Reprtition & prolongation of words & sounds
- ◆ Loss of voice
- ◆ Difficulty in swallowing
- ◆ Difficulty in moving the mouth & tongue

**Visit our Speech & Language
Therapy Clinic**

Mon-Fri from 8:00am to 5pm

For more information contact us: +254 0110597701 or email us info-knhothaya@knh.or.ke



@mwaikibaki_hosp



mwaikibaki_hosp



mwai kibaki hospital



www.knh.or.ke

SPEECH THERAPY CLINIC

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

- Speech & Language delay
- Stammering
- Apraxia of Speech
- Dysphonia
- Aphonia
- Swallowing Disorder





POSITIVE COMMENTS





Farewell party for two of our colleagues; Madam Catherine HOD Admin & Ms. Purity HOD Finance



CEO Dr. Peter Muiruri chairing a meeting with the Kenya Defense Force at MKRH Boardroom



Business continuity training



EDITORS NOTE:

"Progress is impossible without change; and those who cannot change their minds cannot change anything." Life is a continuous process of self-assertion and the pursuit of life's purpose, emphasizing activity and the will to live. I would like to reiterate the importance of continuity in life. How much intelligent you are, how creative you are, you will be harming yourself if your direction is not continuous. Our creativity starts working when the mind becomes familiar with a situation. Move forward. Never regress, never regret. Never try to move back; in that way also you can help yourself.

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



To contribute or report to any newsworthy items, please contact the editorial team, or the Marketing & communication department

MARKETING & COMMUNICATION DEPARTMENT

Editorial team:

Julius Ita
Susan Wakiuru
Abigael Lunani
Chris Mwit

Stories by:

Chris Mwit
Abigael Lunani

Design by:

Chris Mwit

Photos:

Susan Wakiuru
Chris Mwit



Mwai Kibaki Referral Hospital

Address: 541- 10106 Othaya Nyeri, Kenya
Phone: +254 782620353/ +254 769 472434
Email: info-knhothaya@knh.or.ke

www.Knh.or.ke