



MED SCOPE



COMMITMENT TO EXCELLENCE:

Improving Patient Outcomes in Maxillofacial Care

The Maxillofacial Surgery section at Mwai Kibaki Referral Hospital continues to provide specialized care for patients with conditions affecting the mouth, jaws, face, cranium, and neck. The department runs consultant clinic every Friday and performs minor, major, and complex surgical procedures every Thursday. These include surgeries for congenital deformities of the craniomaxillofacial (CMF) region, facial trauma, tumors, and infections requiring surgical intervention.



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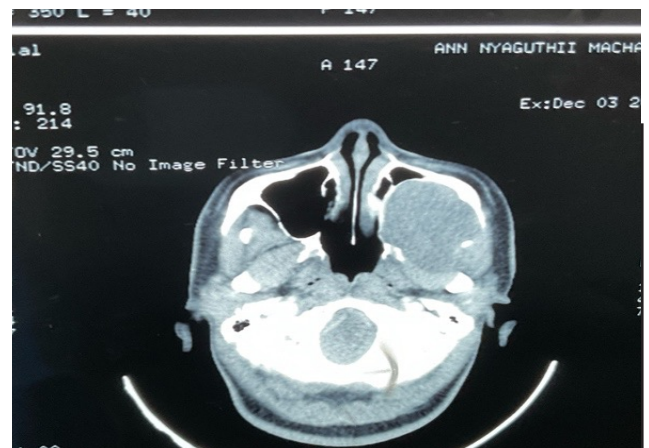
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Picture Talk

"Maxillofacial surgeons at Mwai Kibaki Referral Hospital use advanced technology and specialized procedures to ensure excellent patient recovery and outcomes."

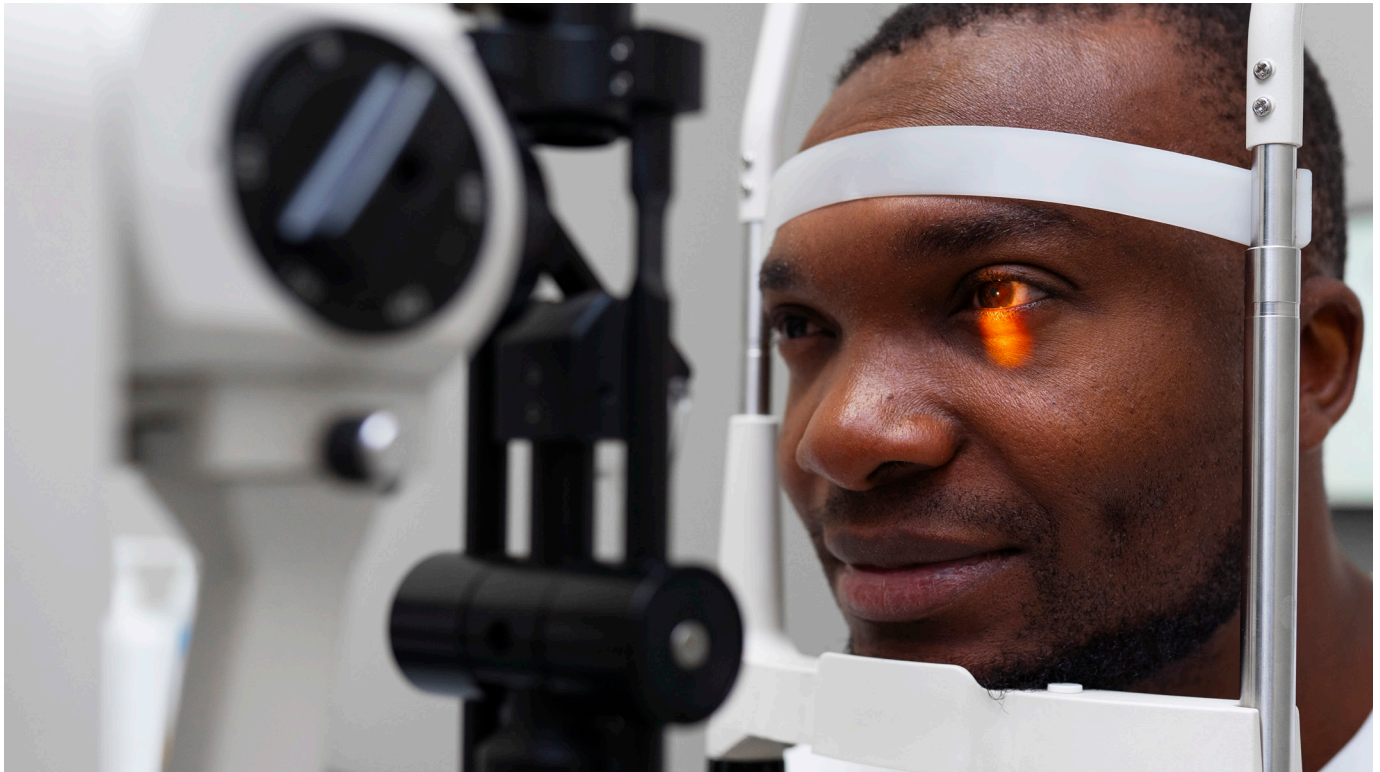


- In a recent milestone, the department successfully removed an infratemporal mass, histologically diagnosed as a neurofibroma, a benign tumor. The procedure was performed using a midface incision combined with a Le Fort I down-fracture of the maxilla—an advanced surgical approach designed to ensure complete tumor removal while preserving facial aesthetics. This method minimizes facial deformity and leaves no visible scars, enhancing the patient's post-surgical appearance and recovery. The surgery was performed by the hospital's skilled maxillofacial surgeons, assisted by a multidisciplinary team including anesthesiologists and nurses, ensuring the highest standard of care.
- The Maxillofacial Surgery section is staffed by a dedicated team of maxillofacial surgeon, supported by dental team, nurses, and auxiliary staff, all working together to provide quality and specialized surgical care. The team is equipped with advanced surgical tools and imaging technology to facilitate precise diagnosis and treatment, improving patient safety and outcomes.
- Apart from surgeries, the department also offers non-surgical interventions, including orthodontic and prosthetic rehabilitation for patients who have undergone maxillofacial surgery. Post-operative care includes specialized follow-up, ensuring patients receive the best possible recovery support, including physical therapy and counseling when needed.
- Mwai Kibaki Referral Hospital remains committed to advancing surgical excellence and improving patient outcomes. The hospital encourages individuals with maxillofacial conditions to seek early consultation and benefit from the specialized expertise available at the facility. By continuously investing in modern medical technology and professional training, MKRH strives to be a center of excellence in maxillofacial surgery, offering hope and improved quality of life to its patients.



PROTECT YOUR VISION:

Free Glaucoma Screening At Mwai Kibaki Referral Hospital



Glaucoma is a silent thief of sight, often progressing unnoticed until significant vision loss occurs. It is a group of eye diseases that damage the optic nerve, leading to irreversible blindness if left untreated. The only way to detect glaucoma early is through a comprehensive dilated eye exam. Although there is no cure, timely intervention can slow its progression and preserve vision.

As part of its commitment to eye health, Mwai Kibaki Referral Hospital's (MKRH) Eye Department is dedicated to thorough eye screening and management of glaucoma. The department offers funduscopy (a back-of-the-eye checkup), measures eye pressure, and provides treatment for glaucoma, including medications and surgical interventions for

patients requiring surgery.

To mark World Glaucoma Week, MKRH will conduct a one-week free eye screening campaign, aiming to raise awareness and promote early detection of glaucoma. This initiative seeks to encourage the public to prioritize eye health and prevent avoidable blindness.

"We urge everyone to take advantage of this opportunity for a free eye checkup. Glaucoma can go unnoticed for years, but early detection can make all the difference in preserving vision," said a representative from the Eye Department.

The free screening will be available to all members of the public at the hospital's Eye Clinic. Patients will undergo a comprehensive evaluation, including intraocular pressure measurement and funduscopy, with further management plans provided for those diagnosed with glaucoma.

Mwai Kibaki Referral Hospital remains committed to ensuring quality eye care services and improving the well-being of the community. Do not wait for symptoms—visit the hospital for your eye checkup and safeguard your vision.



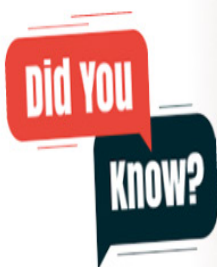


Mwai Kibaki Referral
Hospital



World Glaucoma week

9th-15th March 2025



1. Glaucoma is the silent thief of vision
2. Glaucoma is a leading cause of irreversible blindness
3. Everyone above 35 years should be screened for glaucoma

FREE EYE SCREENING

at Mwai Kibaki Referral Hospital

Venue: **Date:** **Time:**



Mwai Kibaki Referral Hospital



10th -14th March 2025



8AM -2PM

#MKRHinakujali

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mwai kibaki hospital



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EMPOWERING PRIESTS:

MKRH Champions Health Awareness at NADPA Workshop



In a show of commitment to holistic health, Mwai Kibaki Referral Hospital actively participated in the Nyeri Archdiocesan Priests Association (NADPA) ongoing formation workshop held at Irigithathi Parish, Naromoru, on 11th February 2025. The event coincided with World Day of the Sick, making it an ideal platform to shed light on critical health matters affecting the clergy and the wider community.

Recognizing the unique health challenges faced by priests, NADPA invited Mwai Kibaki Referral Hospital to deliver special talks on Men's Health and Mental Health. The hospital responded by sending a distinguished team of healthcare professionals who delivered insightful, interactive, and eye-opening sessions tailored to the needs of the clergy. **Men's Health: The Silent Epidemic**

Dr. Ian Mbaabu, led the session on Men's Health, with a particular emphasis on Non-Communicable Diseases (NCDs) – a growing concern in the region. In an engaging discussion, he highlighted the importance of regular medical check-ups, essential health screenings, and lifestyle modifications to prevent conditions such as hypertension,

diabetes, and heart disease. Dr. Mbaabu encouraged the priests to prioritize their health, embrace physical activity, adopt healthy eating habits, and proactively seek medical attention when necessary. The session was interactive, with priests sharing their experiences and raising questions about best health practices.





Dr. Ian Mbaabu led the mental health session together with Ms. Nancy Mutahi Psycho Counselor

Mental Health: Breaking the Silence

Mental health remains a crucial yet often overlooked aspect of overall well-being, especially among spiritual leaders who bear significant emotional and psychological responsibilities. Ms. Nancy Mutahi, a professional psycho-counselor, led an engaging and thought-provoking session on mental wellness. Adopting a unique group-based approach, she divided the priests into various age categories, allowing them to explore age-specific stressors and mental health challenges. This approach encouraged open discussions, helping participants recognize stress triggers, coping strategies, and resilience techniques.

Health Screening & Consultations

Beyond the informative sessions, Mwai Kibaki Referral Hospital also facilitated free health screenings, including blood pressure and blood sugar checks. The screening exercise aimed to provide the priests with vital health insights and encourage early detection of potential health risks. Priests also had the opportunity for general consultations, where they received personalized advice on managing their health effectively.

Impact and way forward

The NADPA workshop, enriched by the invaluable contributions of Mwai Kibaki Referral Hospital, was not just a day of learning but also a transformative experience. By addressing both physical and mental health issues, the event underscored the importance of proactive healthcare among clergy members, ensuring they remain in optimal health as they continue their spiritual and social duties.

HEROES IN SCRUBS WHO GIVE MORE THAN CARE



Recently, a crisis unfolded in the Oncology ward. A patient, clinging to life, urgently needed a blood transfusion. But there was a problem – the patient had O negative blood, a rare type that is often in short supply. The clock was ticking, and the search for a match seemed impossible.

Amidst the uncertainty, a staff member Ms. Rose Pascalia from the oncology team stepped forward. She volunteered to donate her own O negative blood to save the patient's life. Her act of selflessness became a beacon of hope in a moment of despair. The transfusion was a success, and the patient's condition is stabilizing, thanks to this heroic act of kindness.

In the world of medicine, the gift of life is often found in a single drop of blood. Just like Ms. Rose Pascalia, you too can be a lifesaver.



MKRH At Tetu Medical Camp participated in the sports and offered free medical screening.



CEO Dr. Peter Muiruri called for a meeting with all MKRH consultants



Oncology Unit



Fire safety skills training



EDITORS NOTE:

Life rarely offers a straightforward path, and unlike a computer, we don't have the luxury of a reset button that erases the past. However, we do have the power to pivot, redefine our direction, and take intentional steps toward growth. At Mwai Kibaki Referral Hospital, we stand at such a pivotal moment. With the appointment of our new CEO, Dr. Peter Muiruri, a new chapter unfolds—one filled with promise, transformation, and renewed leadership. The question remains—are you ready to embrace change, or are you still tethered to hesitation, questioning the “what ifs” of the unknown?

Under new leadership, let us replace doubt with determination, hesitation with action, and fear with resilience. The reset button isn't about starting over—it's about recalibrating, adapting, and thriving in the face of change. So, let's press forward, together, as we embark on this exciting new journey with Dr. Muiruri at the helm.

Mr. Ita.J

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