



MED



SCOPE



SUCCESSFUL MANAGEMENT OF ST-ELEVATION MYOCARDIAL INFARCTION

By: Chris Mwit

Mwai Kibaki Hospital continues to demonstrate its commitment to providing top-tier healthcare, with a recent success story showcasing the hospital's exceptional management of a case of ST-elevation myocardial infarction (STEMI), commonly referred to as a heart attack. A 64-year-old male patient with a known history of hypertension presented at the Accident and Emergency (A&E) unit with alarming symptoms, including severe acute left-sided chest pain, difficulty breathing, vomiting, and confusion. Upon evaluation, the patient's



condition was found to be critical, with an elevated heart rate and low oxygen saturation levels.

Further diagnostic tests, including electrocardiogram (ECG) and echocardiogram, confirmed a diagnosis of inferior wall myocardial infarction, as evidenced by ST-segment elevation on the ECG and basal inferior septal wall motion abnormalities. Additionally, elevated troponin levels signaled significant myocardial injury, further reinforcing the diagnosis of STEMI.

The hospital's ICU team immediately stabilized the patient and assessed his eligibility for thrombolytic therapy, a vital pharmacological intervention for STEMI patients. Thrombolytic therapy, which involves breaking up the blood clot causing the heart attack, was administered in the ICU using streptokinase, a potent thrombolytic agent. The patient's response to the treatment was remarkable, as follow-up imaging revealed significant improvements in heart function, and the ECG findings

Myocardial infarction (MI), colloquially known as "heart attack," is caused by decreased or complete loss of blood flow to a portion of the myocardium (heart muscle). It's one of the major causes of sudden death. Pain on the left side of the chest radiating to the neck and left shoulder is the major symptom of M.I. the major risk factors for M.I are hypertension and dyslipidemia. Clients are advised not to ignore the above symptoms. Equipping healthcare facilities with ECG machines, labs able to perform cardiac markers and thrombolytics will ensure more success stories. Said Dr. Larry Habakuk



showed a resolution of the ST-segment elevation. The success of this intervention highlights the coordinated efforts of Mwai Kibaki Hospital's A&E, ICU, and Cardiology teams, as well as the institution's state-of-the-art diagnostic and treatment facilities. The patient, whose prognosis was initially guarded, responded well to the treatment and was discharged after two weeks in a stable and significantly improved condition. This case underscores the hospital's ability to provide life-saving interventions for acute coronary syndrome (ACS) cases, showcasing both the clinical expertise and advanced medical infrastructure at Mwai Kibaki Hospital. The positive outcome not only brought relief to the patient and his family but also reaffirmed the hospital's position as a premier healthcare provider capable of managing complex cardiac emergencies. The success of this STEMI management and streptokinase treatment is a testament to the dedication and professionalism of the hospital's healthcare team, ensuring that patients receive world-class care right here in Nyeri county.

World Suicide Prevention Day: Changing the Narrative



By: Chris Mwit

Suicide is an increasing global concern, and World Suicide Prevention Day, observed annually on September 10th, serves as a critical reminder of the importance of addressing this issue. This year's theme, "Changing the Narrative", emphasizes the need to shift the way we approach conversations around mental health and suicide prevention. Through greater awareness, we can reduce stigma, foster understanding, and ultimately save lives. Suicide is preventable, and awareness campaigns



play a vital role in educating the public about the risk factors and warning signs of suicide. These efforts help communities recognize when someone may be struggling and guide them toward appropriate help and intervention. Through this awareness, people can better support their loved ones, creating a culture of care and vigilance within our homes and neighborhoods.

As Mwai Kibaki Hospital's Counseling Unit, we are proud to actively contribute to suicide prevention efforts in our region. Our team has taken bold steps to engage the public by conducting outreach programs in schools, churches, and even prisons. These initiatives have demonstrated positive outcomes, building resilience and hope in the communities we serve.

Our ongoing work is driven by a shared goal: to create a suicide-free community. The Counseling Unit remains committed to this mission, working tirelessly to ensure that no one feels alone in their struggles. Together, by changing the narrative around suicide, we can continue to make strides toward a future where mental health is prioritized, and every individual is supported.

Recognizing the warning signs of suicide is crucial for early intervention. Some common symptoms that may indicate someone is considering suicide include:

1. Talking about wanting to die or kill themselves

Expressions like “I wish I were dead” or discussing methods to end their life.

2. Feeling hopeless or trapped

Saying things like “There’s no way out” or “I can’t see a future for myself.”

3. Withdrawing from social connections

Isolating themselves from friends, family, and activities they used to enjoy.

4. Giving away possessions or saying goodbyes

Engaging in seemingly final acts, such as giving away prized belongings or visiting people to say goodbye.

5. Mood swings or sudden calmness

Extreme shifts in mood, including sudden relief or calm after a period of depression, can signal a decision to attempt suicide.

6. Increased use of drugs or alcohol

Turning to substances as a way to cope with unbearable emotional pain.

7. Engaging in risky or self-destructive behaviors

Reckless driving, dangerous activities, or deliberate self-harm can indicate a person is not concerned about their well-being.

8. Expressing feelings of being a burden

Comments like “Everyone would be better off without me” or feeling like they’re causing others pain.

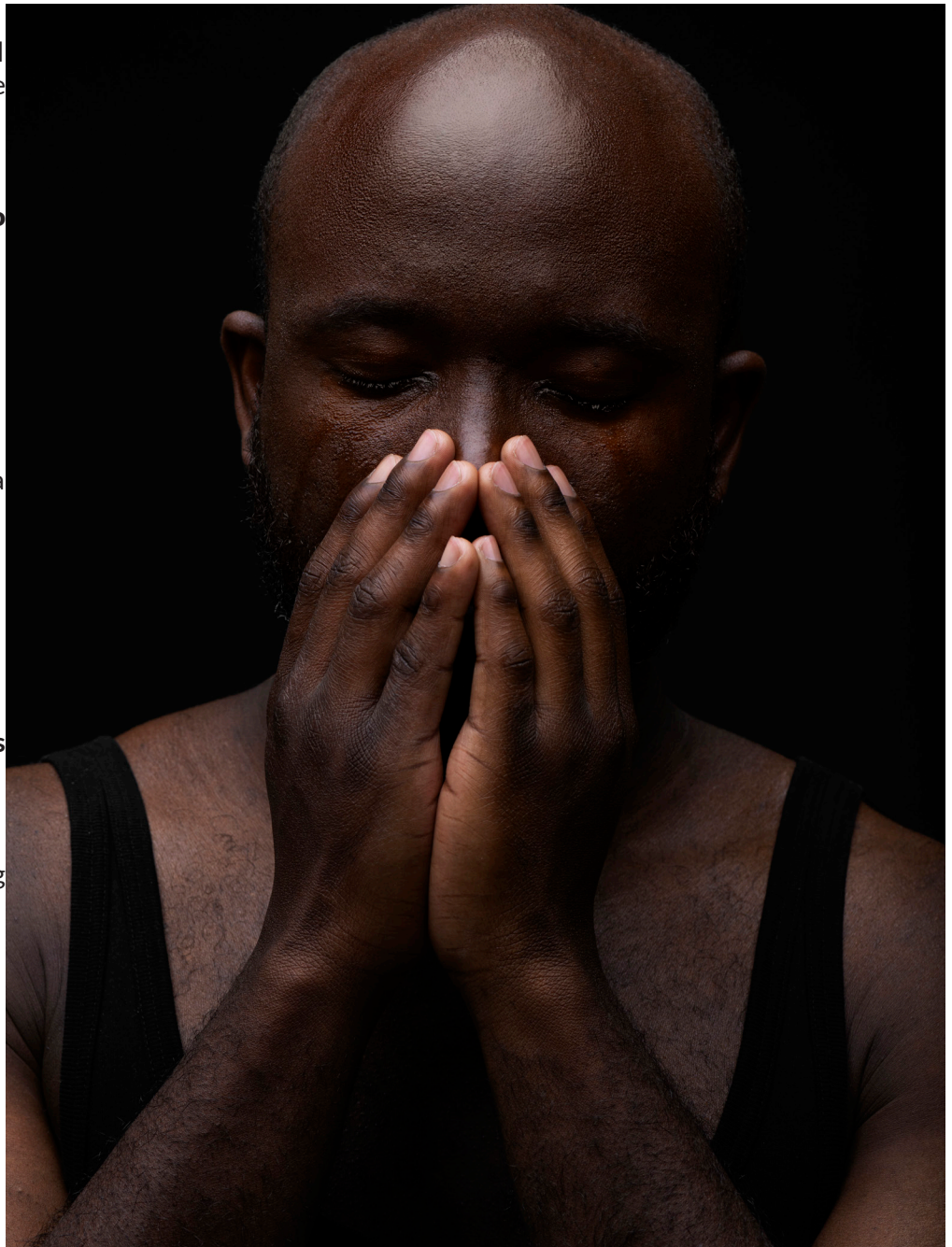
9. Changes in sleeping and eating patterns

Insomnia, oversleeping, sudden weight loss, or weight gain may reflect deep emotional distress.

10. Lack of interest in things they once enjoyed

Losing passion or motivation for hobbies, work, or school.

Let’s stand united this World Suicide Prevention Day and every day, taking the steps needed to care for ourselves and those around us. Suicide is preventable, and with collective action, we can make a difference.



MWAI KIBAKI HOSPITAL PARTNERS WITH KENYA CARDIAC SOCIETY FOR ECHOCARDIOGRAM CAMP



By: Abigael Lunani

Mwai Kibaki Hospital- KNH Annex, in collaboration with the Kenya Cardiac Society, held the second medical camp focused on providing specialized heart health services to patients with hypertension and diabetes. This initiative not only offers an opportunity for patients to have their heart conditions evaluated using echocardiogram ultrasounds but also aims to train the hospital staff on how to carry out these vital procedures.

A Lifeline for Patients with Hypertension and Diabetes

The medical camp, held at the Mwai Kibaki Hospital, drew attention from the local community and beyond, particularly from those living with hypertension and diabetes—two conditions that significantly increase the risk of heart disease.

Many patients took advantage of this rare opportunity to have their heart health assessed through echocardiograms, a non-invasive test that uses sound waves to create images of the heart, helping to detect issues such as irregular heartbeats, valve problems, and heart muscle damage and informs doctors on how to manage the patients. Eliud Mwangi King'ori a 75-year-old resident of Othaya, living with hypertension since 1997 attended the camp, he shared his experience: "I have been managing hypertension for 24 years, before coming to this camp, I only knew about the connection between hypertension and heart disease from the radio, I am happy to have the opportunity to have the echocardiogram done today and

discover how my heart is, Eliud's journey with hypertension has not been easy, but he has remained vigilant about his health. Today marks the fourth time he is having an echocardiogram. "My advice to other people living with hypertension is to get regular checks and adhere to medication," Eliud emphasized, highlighting the importance of consistent monitoring and treatment.





He expressed deep gratitude to the Kenya Cardiac Society and Mwai Kibaki Hospital for organizing the camp, which provides a much-needed service to the community. "I am grateful for this opportunity. It is reassuring to know that there are organizations committed to helping people like me understand our health better," he said.

Another beneficiary, Hellen Stephen, a 56-year-old hypertensive patient from Kiriaini, expressed her gratitude: "I was worried about the cost of getting an echocardiogram done, but this camp has made it possible for me to check on my heart without worrying about expenses. The doctors were very warm and welcoming and the process was very smooth, I now have peace of mind knowing my heart is okay."

Empowering Hospital Staff with Hands-On Training

Beyond providing care for patients, a key focus of the camp is to empower Mwai Kibaki Hospital staff with the skills needed to perform echocardiograms. The Kenya Cardiac Society brought in seasoned cardiologists and technicians who not only conducted patient assessments but also offered hands-on training sessions to the hospital's medical team.

Dr. Bernard Samia, President, Kenya Cardiac Society, explained the importance of this training: "By training the staff at Mwai Kibaki Hospital on how to do this vital test, we are building capacity within the local healthcare system. Echocardiograms are an essential diagnostic tool, and having more healthcare providers skilled in this area will greatly improve heart disease management



and outcomes."

During the training sessions, students and young healthcare professionals showed great enthusiasm for learning how to operate the echocardiogram machines and interpret the results. One of the trainees, Dr. Mwangi, a Medical Officer at Mwai Kibaki Hospital, expressed his excitement: "This is an incredible learning opportunity for me. Being able to learn directly from experienced cardiologists and apply the knowledge in real-life situations is invaluable."

A Step Towards a Healthier Future

The medical camp represented a significant step towards improving heart health awareness and care in the community. By providing both patient services and professional training, the initiative addresses immediate health concerns and builds



WORLD PHARMACIST DAY



By: Susan Wakiuru

Mwai Kibaki Hospital joined the global celebration of World Pharmacist Day under the theme, “Pharmacists: Meeting Global Health Needs.” The hospital’s pharmacists, dedicated to improving healthcare outcomes, marked the occasion by conducting a crucial sensitization on the dangers of drug and substance abuse. Targeted at hospital staff, the session highlighted the alarming dangers of narcotics and psychotropic substances, stressing the need for awareness and action within the healthcare community. The event brought attention to the often-overlooked issue of drug misuse, particularly the dangers of narcotics and psychotropic substances. These substances, initially intended to improve healthcare, have, in the wrong hands, become harmful weapons that threaten the very quality of life they are meant to protect. The pharmacists at Mwai Kibaki Hospital, in line with their professional duty, led the sensitization with a clear message: healthcare providers must be at the forefront

of preventing substance abuse both in their professional and personal spheres. The session educated staff on the impact of drug abuse, from personal health risks to its broader social consequences. By highlighting real-life examples, the pharmacists aimed to ensure that all staff members understood the severity of these substances and were equipped with the knowledge to act responsibly in their roles.

In the words of Dr. Rebecca, one of Mwai Kibaki Hospital’s distinguished pharmacists, “Pharmacists and pharmacy organizations commemorate this day through various campaigns and educational activities highlighting the importance of pharmaceutical science and drug

therapies that enhance the quality of life”. However, the misuse of drugs intended to improve healthcare can become a harmful weapon, jeopardizing the very quality of life they are meant



to protect. In keeping with the celebratory spirit of the day, the pharmacists at Mwai Kibaki Hospital concluded the event with a cake-cutting ceremony. The event demonstrated Mwai Kibaki Hospital’s proactive approach in combating drug abuse and supporting the well-being of its staff, reinforcing its position as a leading healthcare provider committed to both excellence in service and the safety of its community.





POSITIVE COMMENTS

Most relevant ▾



Susan Kingori

Congratulations team your services are excellent I love the way you handle patients with a lot of care and love, went for an echo today just 2k the experience was great thanking God so much May God bless you always for giving back to the community.

2w Like Reply Hide



Anne Ndiritu

I personally love your services

2w Like Reply Hide

Most relevant ▾



Leah Nyumu

I visited MKH yesterday n i really appreciate your good services, from reception,the doc the lab,all was top notch in comparison to 2022

4d Like Reply Message Hide



Ann Valentine Njambi

Evans ae you are the best

8w Like Reply Hide



Gachie Watai

Keep that spirit

7w Like Reply Hide



Susan Gitahi

Evans my best ever doct

8w Like Reply Hide



Felista Peter

Keep the spirit for better to best

8w Like Reply Hide



Esther Kamsoo

Evans the best

8w Like Reply Hide



Top fan

Carolinenyawira Wairimu

Evans thumbs up.....omeraa

8w Like Reply Hide



John Nnamdi

Is there long term goals for installing a Cath-Lab

2w Like Reply Hide



Luke Gathura

I appreciate the crew aiding one of my friends. He was ecstatic and sent his warmest wishes to each of you. Kudos.

2w Like Reply Hide



Susan Kingori

Thank you so much

2w Like Reply Hide

All comments ▾



Anne Ndiritu

I love everything about Mwai kibaki .

4w Like Reply Hide



Nyaluke Kibet

Great milestone.

4w Like Reply Hide

Hadassah Maina · Follow

I think this is the best place

7w Like Reply Hide

Princess Ka Wambugu · Follow

The best place to be 🙌🙌

7w Like Reply Hide

Top fan

Carolinenyawira Wairimu

Thanks so much 🍷❤️

7w Like Reply Hide

Leila Lenyy Leila · Follow

The best team ,Maternity...Kina Evans n others ,very Jovial

7w Like Reply Hide

Esther Hadassah

In think you are ok

7w Like Reply Hide

#KNHinakujali



www.knh.or.ke

Allow us to uSHA you in.

Process ni simple;

On your web browser,
open the SHA website

Go through the self-
registration process

Review the details and
finish application

To register dial *147# and follow the steps



SHA

Social Health
Authority



Celebrating world suicide prevention day led MKH DCNS Dr. Gachini



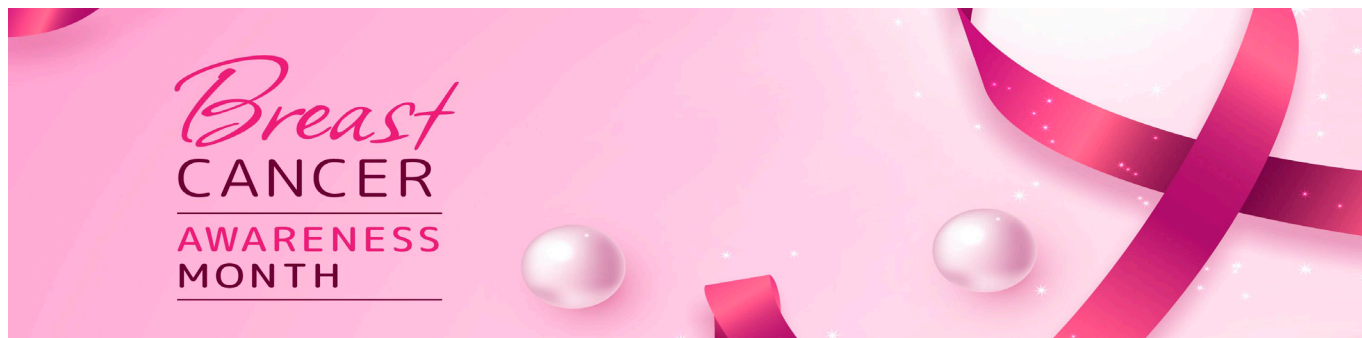
Echocardiography camp in partnership with Kenya cardiac society led by Dr. Nguchu



Showcasing essential health services at the ASK show Nyeri county



During the ASK show our booth was graced by DP Rigathi Gachagua & Nyeri Governor Mutahi Kahiga



EDITORS NOTE:

“ Cancer didn’t bring me to my knees, it brought me to my feet”.

- Michael Douglas

It takes strength and power but you are so much stronger than you know. There is a reason you are still here. You wouldn’t still be around if you didn’t have a reason why as mentioned in the quote above. Times get tough but there is always a ‘WHY’ even if we may not understand it.

Mr. Ita.J

Head,Marketing & Communication

Mwai Kibaki Hospital KNH Annex



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

MARKETING & COMMUNICATION DEPARTMENT

Editorial Team:

Chris Mwiti
Julius Ita
Susan Wakiuru
Abigael Lunani

Stories:

Chris Mwiti
Abigael Lunani
Susan Wakiuru

Design by:

Chris Mwiti

Photos:

Chris Mwiti
Susan Wakiuru



Mwai Kibaki Hospital - KNH Annex

Address: 541- 10106 Othaya Nyeri, Kenya

Phone: +254 782620353/ +254 769 472434

Email: info-knhothaya@knh.or.ke

www.Knh.or.ke