



MED SCOPE



**A STEP TOWARDS BETTER HEARING:
NEW AUDIOLOGY ROOM UNVEILED**

By: Abigael Lunani

Mwai Kibaki Hospital- KNH Annex is thrilled to announce the completion and official opening of its cutting-edge Audiology room, a significant milestone in our ongoing commitment to enhancing patient care within the region. This new addition represents a monumental addition to our hospital's services, aimed at providing comprehensive and specialized care for patients with hearing and balance disorders.

The Audiology Room at Mwai Kibaki Hospital- KNH Annex is not just a space; it is a lifeline for those suffering from hearing impairments and related issues. The facility is equipped with the latest technology and staffed by a team of highly trained audiologists and hearing care professionals. The staff are dedicated to diagnosing, managing, and treating various hearing disorders, a significant advancement in the region's healthcare landscape, bringing world-class hearing care closer to home.

Winnie, an audiologist at Mwai

Kibaki, said, "We are excited to offer a comprehensive range of audiology services in our new facility. These services include: Comprehensive hearing evaluations for both children and adults, including pure-tone audiometry, speech audiometry and tympanometry. Tinnitus management for those suffering from tinnitus, or ringing in the ears where there will be tailored treatment plans which will include sound therapy counselling and advanced management strategies to alleviate symptoms and improve the quality of life. Our goal is to provide personalized care to each patient, helping them manage and overcome their auditory and balance challenges effectively." Dr. Caroline an Ear Nose and Throat (ENT) specialist at Mwai Kibaki hospital, also said, "The launch of our audiology services is set to make a profound difference in the lives of our patients. For many, hearing and balance disorders can significantly impact daily life, leading to

challenges in communication, social interactions, and overall quality of life. By offering these specialized services right here at Mwai Kibaki Hospital, we aim to provide timely and effective care that will help our patients regain confidence and improve their overall well-being."

The opening of the Audiology Room is a game-changer for Mwai Kibaki Hospital and the community it serves. According to the World Health Organization (WHO), over 5% of the world's population requires rehabilitation to address their "disabling" hearing loss. Locally, this new facility will help bridge the gap in access to quality hearing healthcare, providing timely diagnosis and intervention, which is critical in preventing further complications associated with untreated hearing loss.

Come and experience a new era of hearing care at Mwai Kibaki Hospital—where every sound matters.



By: Chris Mwiti



HIDDEN THREAT: MPOX UNVEILED

Mpox, formerly known as monkeypox, is a viral zoonotic disease that has been gaining attention due to its recent global outbreak. Initially discovered in West Africa, Mpox has now affected over 116 countries, including Kenya, since the start of the current outbreak in 2022. As healthcare professionals, it's crucial to understand the nature of this disease, its symptoms, transmission methods, and preventive measures.

Symptoms and Transmission

The clinical presentation of Mpox can vary but commonly includes a range of symptoms such as skin rash, fever, headache, sore throat, swollen lymph nodes, body aches, and back pain. These symptoms typically last longer in individuals with weakened immune systems, increasing the risk of severe illness.

Mpox is transmitted through several routes:

- Direct contact with

infected skin, scabs, body fluids, blood, or wounds.

- Exposure to contaminated materials such as bed linen or clothing.
- Respiratory droplets during prolonged face-to-face contact with an infected person.
- Vertical transmission from a pregnant mother to her fetus via the placenta.

The characteristic rash associated with Mpox can appear on various parts of the body, including the face, mouth, throat, palms, groin, genital areas, and anus.

Diagnosis and Testing

Confirming a case of Mpox requires laboratory testing. The most reliable method is the Polymerase Chain Reaction (PCR) test, which detects the virus from a sample taken via a skin lesion swab. Accurate diagnosis is crucial for managing the disease and preventing further spread.

Preventing the spread of Mpox involves several key practices:

- Hand hygiene: Regular and thorough handwashing with soap

and water.

- Waste disposal: Safe disposal of contaminated materials to prevent environmental spread.
- Environmental cleaning and disinfection: Regularly disinfecting surfaces and objects that may be contaminated.
- Avoid sharing personal items: Clothes, towels, and other personal items should not be shared to reduce transmission risk.
- Rash management: Avoid shaving over rashes and refrain from breaking blisters to prevent secondary infections.
- Report symptoms: If you suspect you have Mpox, contact the Ministry of Health hotline for guidance.

As Mpox continues to pose a public health challenge, especially in countries like Kenya, it is essential for the healthcare community to remain vigilant. Early detection, proper diagnosis, and adherence to preventive measures are key to controlling the spread of this virus. At Mwai Kibaki Hospital, we are committed to providing up-to-date information and ensuring the safety and well-being of our patients and the broader community.



By: Julius Ita

According to the World Health Organization, medication adherence can have a more direct impact on patient outcomes than the specific treatment itself. Medication adherence can affect quality and length of life, health outcomes, and overall healthcare costs.

In medical research carried out by IJTM RPH in 2023, the findings from the study revealed that medication non-adherence is highly prevalent among hypertensive patients on follow-up in the two tertiary hospitals in Nyeri County, and therefore creating an urgent need for concerted efforts to address the problem.

"Pharmacists play a major role in curbing medication adherence prevalence because they are smack at the centre of medication administration to clients." Said Dr. Michelle Mwaniki, pharmacist intern at Mwai Kibaki hospital.

WHO defines adherence as the extent to which the persons' behavior (including medication-taking) corresponds with agreed recommendations from a healthcare provider. It includes the initiation of the treatment, implementation of the prescribed regime, and discontinuation of the pharmacotherapy.

"These two nonadherence classifications not only affect the clinical outcome but also affect the financial outcome of the health system" said Dr. Michelle. She went on to add, "Nonadherence of medication can be caused by social economic status of a patient, cultural beliefs, social stigma, health care systems that is long queues or lack of drugs at facilities, we have therapeutic regimen which could be harsh or lengthy to a patient. We also have condition dimension that is patient

MEDICATION ADHERENCE: THE ELEPHANT IN THE ROOM



"Pharmacists play a major role in curbing medication adherence prevalence because they are smack at the centre of medication administration to clients." Said Dr. Michelle Mwaniki, pharmacist intern

has depression or psychotic disorders and lastly, we have patient dimension where patient could present with hearing or sight challenges making it hard for the pharmacist to give directions."

The effects of medication nonadherence are critical and can lead to lifelong repercussions, this are antimicrobial resistance, increased chances of hospitalisation, increased changes of mortality and depreciating quality of life. For patients Dr. Michelle advises that, "Kindly finish your medication as prescribed, don't buy drugs over the counter for whatever reason, and lastly ask questions when you are being prescribed medication. This will increase your knowledge on the medicines prescribed and your

treatment regimen."

As healthcare institutions, there are various strategies that can be employed to help reduce medication nonadherence:

1. Improve patient communication especially where we have elderly patients who communicate using the local dialect.
2. Use of visual aids translated to various languages
3. Training staff on emotional intelligence to be able to discern best way to handle clients
4. Introducing medication administration techniques like pill count,

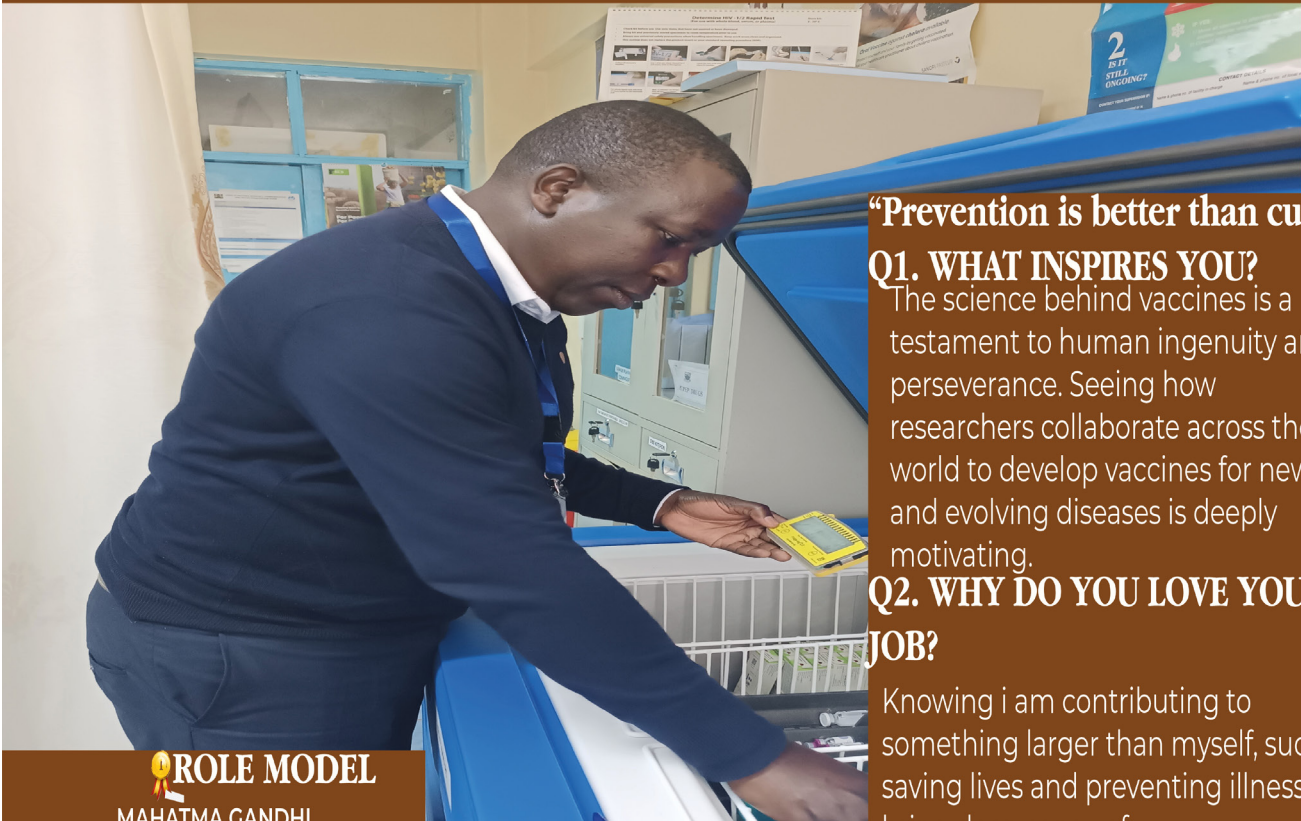
"As my parting shot, medication adherence is crucial in therapeutic outcome, take your medication as prescribed and adhere intake." Said Dr. Michelle.



Mwai Kibaki Hospital
KNH Annex

MEDSCOPE

MY INSPIRATION



“Prevention is better than cure”

Q1. WHAT INSPIRES YOU?

The science behind vaccines is a testament to human ingenuity and perseverance. Seeing how researchers collaborate across the world to develop vaccines for new and evolving diseases is deeply motivating.

Q2. WHY DO YOU LOVE YOUR JOB?

Knowing i am contributing to something larger than myself, such as saving lives and preventing illness can bring deep sense of satisfaction and pride.

ROLE MODEL

MAHATMA GANDHI

“It is health that is real wealth and not pieces of Gold or Silver”

HOBBIES

Watching football
Travelling

MANTRA

We treat but God heals





POSITIVE COMMENTS

Fredrick M Ndumia
Wonderful

12w Like Reply



Gladys Kabera
Congratulations 🎉🎉 that great

12w Like Reply



Esther Wangui
CONGRATULATIONS 🎉!MAY ALMIGHTY GOD BLESS THE WORK OF YOUR HANDS ALWAYS 🙏

12w Like Reply



Joseph Mwangi
CONGRATULATION; Even it should be given this name as ,KIBAKI NATIONAL HOSPITAL

12w Like Reply



Bianca Rozent
Wow a great job may Almighty king of Kings continue showering u His blessings 🙏🙏🙏

12w Like Reply



Lucy Njeri Nyambura
Job well done, keep it up.you are our pride in that department...

12w Like Reply

Joseph Mwangi

Congratulations to you at large for this beautiful and careful hospital as I also thank you even more better because you also took care of my child James wanarua and now he has attained 4.1yrs and now entered school.i thank you so so much.you are my hero.

12w Like Reply



Tabitha Njuguna
Congratulations 🎉🎉 for the amazing effort, hope you should waive or slash the bill to the parents as a part of thanks giving

12w Like Reply



Jones Cr
Congratulations to the entire team at large for the amazing work done, keep it up. May the Almighty God be with you all forever more. Amen 🙏

12w Like Reply



Alice Mbatia
May the Good Lord bless you all

12w Like Reply

Most relevant ▾



Anne Ndiritu
I love everything about Mwai kibaki .

5d Like Reply



Nyaluke Kibet
Great milestone.

4d Like Reply



Hadassah Maina · Follow
I think this is the best place

3w Like Reply



Leila Leny Leila · Follow
The best team ,Maternity...Kina Evans n others ,very Jovial

3w Like Reply



Esther Hadassah Leila Leny Leila Really



Princess Ka Wambugu · Follow
The best place to be 🙌🙌

3w Like Reply



Carolinenyawira Wairimu
Thanks so much 🙏❤️

3w Like Reply



Bianca Titus
In think you are ok

3w Like Reply



Felista Peter
Keep the spirit for better to best

4w Like Reply



Gachie Watai
Keep that spirit

4w Like Reply



Carolinenyawira Wairimu
Evans thumbs up.....omeraa

4w Like Reply



Esther Kamsoo
Evans the best

4w Like Reply



Ann Valentine Njambi
Evans ae you are the best

4w Like Reply



Susan Gitahi
Evans my best ever doct

4w Like Reply

Wanjohi Kanyora

I witnessed this 🙏..... thanks so much bringing that camp,quite a number benefitted.

11w Like Reply

Othaya Hideout

Kudos for this 🙏🙏

10w Like Reply

Geoffrey Gate

Good job & well done

9w Like Reply



Anne Ndiritu
I love everything about Mwai kibaki .

5d Like Reply



Nyaluke Kibet
Great milestone.

4d Like Reply



Lucy Kui
Doctor Evans on top

5w Like Reply



Rose Nyambura
Evans top

5w Like Reply



Mwai Kibaki Hospital
KNH Annex

“Beautiful smiles are
created here”

#mkhinakujali

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mwai kibaki hospital



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Handing over of the new Audiology room keys & certificate



Kamukunji grounds medical outreach in partner with Karwimbo



Kairuthi medical outreach courtesy of Othaya county commissioner



MKH Counsellor Jane sensitizing baraza la wazee on suicide awareness





EDITORS NOTE:

“ When you feel like giving up, just remember why you held on for so long.”

- Haley Williams

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

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