



A SILENT MENACE

URETHRAL STRICTURE





Dr. Keagan Kirugo MKH Urologist pauses for a photo with his team after a successful surgery.

By Chris Mwiti

Mwai Kibaki Hospital is proud to announce the successful completion of its first buccal mucosal graft substitution urethroplasty, a groundbreaking procedure led by our esteemed urologist, Dr. Keagan Kirugo. This surgery marks a significant milestone in our hospital's history, showcasing our capability to perform highly specialized surgical procedures. The buccal mucosal graft substitution urethroplasty is a sophisticated surgery that involves using tissue from the inner lining of the mouth to replace a defective segment of the urethra. This method is primarily employed to treat urethral stricture, a condition characterized by the narrowing or blockage of the urethra due to scar tissue. The procedure is considered the gold standard for addressing this condition. The patient, who had been

suffering from urethral stricture for the past five years, developed this condition following a major abdominal surgery that involved the placement of a urethral catheter. Despite undergoing multiple surgeries at various facilities, the stricture persisted, severely impacting the patient's quality of life. The procedure, which lasted approximately seven hours, was meticulously executed by Dr. Kirugo and his skilled team. The use of buccal mucosal tissue provided a reliable and resilient graft for the urethral reconstruction, promising

better outcomes and reduced recurrence rates compared to previous treatments the patient had received.

We are delighted to report that the patient is currently experiencing a smooth and uneventful recovery period. This positive outcome not only reflects the success of the surgery but also underscores the high level of care and expertise available at Mwai Kibaki Hospital. This achievement is a testament to our hospital's commitment to offering specialized and advanced medical care. As a referral hospital, we are dedicated to

providing top-notch treatment options to our patients, ensuring they receive the best possible outcomes.

We extend our heartfelt gratitude to Dr. Keagan Kirugo and the entire surgical team for their dedication and expertise. Their relentless efforts have made this pioneering surgery possible, setting a new benchmark for urological procedures at Mwai Kibaki Hospital.



PIONEERING ECHOCARDIOGRAPHY CAMP

IN COLLABORATION WITH KENYA CARDIAC SOCIETY

By Chris Mwiti

In a groundbreaking event for the medical community, Mwai Kibaki Hospital (MKH) has partnered with the Kenya Cardiac Society to host a three-day Echocardiography Camp, bringing together 40 trainees from across the country for an immersive and hands-on experience in echocardiography procedures. The camp, held at the MKH Cardiology and Medical Outpatient Clinic, promises to significantly impact both the trainees and the local community. The event commenced with a warm welcome from Dr. Peter Muiruri, Senior Director of

Mwai Kibaki Hospital. Dr. Muiruri expressed his enthusiasm for

He praised the Kenya Cardiac Society for their commitment to



the collaboration, highlighting the importance of such initiatives in advancing cardiac care and training within Kenya.

enhancing the skills of healthcare professionals and for their dedication to improving cardiac health services. "Our partnership with

the Kenya Cardiac Society marks a significant milestone for Mwai Kibaki Hospital. This camp not only provides invaluable training for our medical professionals but also extends crucial echocardiography services to our patients. It is a testament to our ongoing efforts to elevate the standard of cardiac care in our community," said Dr. Muiruri in his opening remarks. The camp's schedule is packed with both theoretical and practical sessions. The trainees, selected from various regions of Kenya, will receive comprehensive training



in echocardiography, including detailed instruction on the latest techniques and technologies in the field. Under the expert guidance of seasoned cardiologists and sonographers from the Kenya Cardiac Society, participants will engage in real-time echocardiography procedures, enhancing their practical skills and clinical acumen.

Patients at the MKH Cardiology and Medical Outpatient Clinic are also set to benefit significantly from this initiative. During the camp, they will receive free echocardiography services, ensuring that those in need have access to critical diagnostic

procedures. This aspect of the camp underscores MKH's commitment to serving the community and improving patient outcomes.

The collaboration with the Kenya Cardiac Society is part of MKH's broader mission to foster continuous medical education and improve healthcare delivery. By hosting such events, MKH aims to position itself as a leader in cardiac care and a hub for medical training and innovation. As the echocardiography camp unfolds, it is expected to leave a lasting impact on the participants and the patients they serve. The skills and knowledge gained by the trainees will contribute to

better cardiac care practices across the country, aligning with



MKH's vision of promoting health and wellness in the region.



By Abigael Lunani

As parents, guardians, or caregivers, one of our greatest joys is witnessing our children's developmental milestones. From their first smile to their first steps, each moment is cherished. Speech development is also a significant milestone in a child's life, marking their ability to communicate effectively with the world around them. However, for some children, this journey towards spoken language may not progress as expected, leading to what is known as delayed speech.

SPEECH DELAY IN CHILDREN

Speech delay refers to a delay in the development or use of the mechanisms that produce speech sounds. It can affect a child's ability to articulate words, understand language, or both. Speech delay is common and can occur for various reasons, ranging from environmental factors to underlying medical conditions.

Recognizing the signs of delayed speech is crucial for early intervention. While every child develops at their own pace, certain red flags may indicate potential speech delays:

Limited Vocabulary: Children at a certain age should have a growing vocabulary. If your child is not adding new words regularly or struggles to recall familiar words, it might signal a delay.

Difficulty Forming Sounds: Trouble pronouncing sounds or words can be a sign of speech delay. This might include substituting one sound for another, omitting sounds, or difficulty being understood by others.

Lack of Gestures or Non-verbal Communication: Children typically use gestures, facial expressions, and non-verbal cues to communicate before they develop verbal skills. A lack of these communication methods might indicate a delay.

Limited Social Interaction: Language is not just about communication; it is also about social interaction. Children with speech delays may struggle with engaging in conversations, maintaining eye contact and some children may withdraw from social interaction.

Understanding the underlying causes of delayed speech can aid in addressing the issue effectively.

While the exact cause may vary from one child to another, some common factors are:

Genetic Factors: Some children may be genetically predisposed to speech and language delays.

Hearing Loss: Hearing impairment can significantly influence speech development, as children rely on hearing to learn language.

Premature Birth or Low Birth Weight:

Premature babies or those born with low birth weight might experience delays in various developmental areas, including speech.

Developmental Disorders: Conditions such as autism spectrum disorder (ASD), Down syndrome, or cerebral palsy can affect speech and language development.

If you notice any signs of delayed speech in

your child, consider the following steps:

Consult with a Pediatrician: Your child's pediatrician can assess their developmental milestones and refer you to a speech-language pathologist if necessary.

Speech-Language Therapy: Speech-language pathologists specialize in evaluating and treating communication disorders. They can work with your child to improve speech and language skills through individualized therapy sessions.

Early Intervention Programs: Many communities offer early intervention programs for children with developmental delays. These programs provide support and resources to help children reach their full potential.

Remember, every child is unique, and progress may vary. With patience, support, and early intervention, children with delayed speech can overcome obstacles and thrive. If you have any concerns about your child's speech development, do not hesitate to seek help and support from healthcare professionals. Together, we can empower our children to communicate confidently and express themselves effectively.



INTERN EXPERIENCE



JEAN WANGUI

As time flies, the journey of our Clinical Officer Interns at Mwai Kibaki Hospital - KNH Annex has come to a fulfilling conclusion. We are proud to highlight the experiences and achievements of Jean Wangui Wairimu, an outgoing Clinical Officer Intern who has exemplified dedication, growth, and excellence throughout her internship from July 10, 2023, to June 21, 2024.

Jean joined Mwai Kibaki Hospital - KNH Annex with curiosity and anticipation, eager to gain hands-on experience and deepen her medical knowledge. Reflecting on her journey, Jean shares, "When I joined the institution, I did not know what to expect, but due to the interactions and practice I have had here, I have left a happy and satisfied person."

During her one-year internship, Jean immersed herself in various rotations, delivering medical services both within the facility and during Medical Outreach programs. Her interactions with staff from different cadres and her participation in continuous professional development training have been invaluable. Jean's commitment and enthusiasm have left a positive impact on both her colleagues and the patients she served. Jean extends her heartfelt gratitude to everyone who played a role in making her internship a success. On behalf of the 2023 Interns, she thanks:

- **Internship Coordinators:** Mrs. Nancy Mburu (RCO Pediatrics) and Mr. Antony Wafula (RCO ENT)
- **Supervisors:** Consultants and Medical Officers
- **Heads of Units (HOUs):** Across all rotations
- **Nurses, Pharmacists, Lab Technicians, Radiologists & Sonographers, Nutritionists, Medical Social Workers, Health Records Team, Marketing Team and Security Team**

Jean's journey at Mwai Kibaki Hospital - KNH Annex is a testament to the institution's commitment to nurturing future healthcare professionals. Her experience highlights the importance of a supportive and dynamic learning environment in shaping competent and compassionate clinical officers.

Thank you, Jean Wangui Wairimu, and the Class of 2023 Interns, for your dedication and contributions. Your legacy will inspire future interns to strive for excellence in their practice.





Mwai Kibaki Hospital
KNH Annex

5 INTERESTING FACTS ABOUT BREASTFEEDING

1 Your body is ready to feed your baby from the moment they are born. Colostrum, the first milk is yellow and thick. Even though there is only a tiny amount, it is all your baby needs for the first few days

2 During breastfeeding, both you and your baby produce oxytocin, a hormone that lowers stress and anxiety and makes us feel connected

3 Breastfeeding supports the development of healthy gut bacteria in your baby, setting them up with a healthy immune system for life

4 Breast milk contains antibodies that are tailored to help your baby fight infections circulating in your environment

5 Babies usually breast feed very frequently in the first few days. The more often your baby breastfeeds in the early days the quicker your body will start to make more milk

World Breastfeeding Awareness Week 1-7 Aug 2024

For more information contact us: +254 769 472434 or email us info-knhothaya@knh.or.ke



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mwai kibaki hospital



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WORLD BREASTFEEDING AWARENESS WEEK EARLY INITIATION

1. Hold your baby on skin-to-skin immediately after delivery for at least 1 hour to help your baby:

- Stay warm
- Breathe well
- Establish a strong bond
- Start breastfeeding as soon as possible

2. Begin breastfeeding immediately after delivery as it:

- Helps your baby to develop the sucking reflexes
- Helps to increase your milk production
- Provides your baby with the first milk-colostrum



Gretna university Nutrition & HIS students visit MKH to learn hospital operations



KNH CEO Dr. Kamuri tours the facility to review the ongoing projects & interacted with patients



Krishna chemists donation of a microwave to the hospital lactation room to support breastfeeding mothers



Nutritional team conducted a sensitization to staff during the breastfeeding awareness week.





EDITORS NOTE:

“It’s when ordinary people rise above the expectations and seize the opportunity that milestones truly are reached.”

-Mike Huckabee-

Think about the last time you put your heart and soul into a project or presentation, molded it into something you were proud of, and absolutely nailed the execution. That feeling of accomplishment is uplifting—but it is multiplied exponentially when others take notice. The simple act of acknowledging achievement is a major boost for staff.

A culture of recognition develops engaged and loyal employees. Making employee appreciation integral to your workplace culture can be achieved through meaningful and intentional practices. To all recognized for your outstanding and exemplary performance, Kudos, hatsoff! However dont stop there, pull other’s up to your level and bask in the glory of excellence as a team.

Mr. Ita.J

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