



**M.P. SHAH HOSPITAL**  
*A Legacy of Care*

# The HEALTH TRACK

*Healthy Insights For You*

HOSPITAL NEWSLETTER, ISSUE #4 2021



**#LegacyofCare**

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## FROM THE CEO'S DESK

**Dr. Toseef Din**  
CEO

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Dear Friends,

We thank the God almighty for endlessly showering his blessings on us and thank him for the health he has bestowed upon us to share our experiences and lessons learnt. More importantly we are all alive to tell this story with humility, confidence and plenty of gratitude.

I am Honored and privileged to be part of you all, the true leaders during these unprecedented times.

The pandemic continues to test our hospital and the health systems globally. The speculated 4th wave continues to put intense pressure on staff and resources. We continue fighting this pandemic we continue to strengthen our systems and ensuring we are providing all healthcare support in terms of specialized doctors and nurses, equipped patient wards, high-end equipment and an array of respiratory services.

During such times it is encouraged that you prioritize preventive healthcare to catch potential problems before they become real problems. It is vital to look after our mental health which can negatively affect our activity levels, eating habits, and stress levels which leads to a wide range of other health complications.

Mental health screenings disorders like depression are so important and can help you focus on resolving those issues before they cause problems in other areas of your lives.

As the pandemic continues to put pressure on our fragile healthcare system we are pleased to announce the launch of our new oxygen plant that will ensure that we provide patients with a secure and constant source of oxygen.

### Key achievements at the hospital

M.P. Shah Hospital is committed to its motto: a legacy of care. Therefore, a comprehensive, seamless home-based care has been launched to enhance patient-centeredness. In view of the COVID-19 pandemic, it has become imperative to provide home based care for patients in order to manage hospital crowding and manage the limited resources wisely. In line with the ethos of our hospital this will provide compassionate care in a home which is convenient to the patient and ensure continuity of care. The services include telemedicine, physiotherapy, pharmacy on wheels, lab on wheels, Nursing care, respiratory support and ante and post natal support.

Patient centricity remains deep-rooted in our vision and we ensure this is systematically and holistically adopted by promoting a culture of safety. Our focus remains on strengthening our patient safety protocols and ensure there is growing awareness within our staff. The hospital has embarked on several mandatory trainings to ensure a culture of quality is fostered and to confirm that we stay true to our values of providing compassionate care.

In recent times, renal disease, with our changing life styles and with an increasing level of diagnostic

awareness has become a major health concern both internationally and locally. Our hospital has been conducting Renal Transplantation for the last couple of years. This month we continue with this program and mark our 16th Renal Transplantation and we are ensuring that we recognizing the both short and long term implications, we are fully committed to sustaining both the surgical and medical necessities for it.

### Updates on strategy

On 8th June we launched our hospital strategy that will steer us forward towards our vision of becoming the premier patient-centred tertiary healthcare institution in East and Central Africa. I would like to thank the entire M.P. Shah fraternity for the zeal to deliver on our strategy, whose implementation was successfully branded Project AMUA (Actively Maintaining Uniformity of Awesome care). We have now embarked on our next phase to ensure that we align our human resources to the deliver our strategy and to achieve our mission of providing excellent healthcare everyday.

### What we should look forward to in the coming month

Sustainable growth Environmental stewardship is a shared responsibility for protecting the environment and minimizing the impact of our daily decisions. M.P. Shah Hospital is committed to reducing our environmental impact and ensuring that we are environmentally sustainable. As part of our strategic initiative of sustainable growth we will be focusing to ensure health and well-being of patients and our environment is at the forefront.

The M.P. Shah Hospital Satellite clinics at the Village Market Mall and Ronald Ngala street ensure that healthcare is accessible by bringing medical care close to communities. Over the next few weeks we shall be expanding the service offerings at the centres to ensure we are able to offer more services and extend our quality of care.

### Conclusion

I urge all to get vaccinated, and that we should continue taking the necessary precautions despite getting vaccinated. Keep wearing your masks, maintain social distance and maintain hand hygiene. The war is NOT yet over....

Finally, I thank the Ministry of Health, our staff and the board of Village Market Mall for all your efforts and good will to hold our hospitals flag high and salute you for carrying out your duties with Loyalty, Dignity and Confidence.

Warm regards,  
Dr. Toseef Din



By **GEGOANES IMBENZI**

Laboratory technologist - hematology & blood transfusion

# BLOOD TRANSFUSION AND CHEMOTHERAPY

“Voluntary blood donation”

Chloe, a 48-year-old female, mother of 4 boys and a customer care assistant at a very well paying institution in Kenya had been working so hard for 19 years and had done all she could to save adequately for her a family, then alas! Illness trickled in when she got liver cancer metastatic to the brain. All the savings she had to went to her treatment/medication with the hope that she would recover and get back to work.

This is where my short story leads- during her treatment, Chloe got so ill to the point of needing blood transfusions more than three times. Chemotherapy took a toll on her immunity, her hemoglobin level went so low, 7.0g/dl (normal levels for the female is 12 -16 g/dl). Chemotherapy treatment would not proceed until her hemoglobin level went up to at least 10g/dl. The most stressing thing was that this was not the only time she had needed blood transfusions during her 2 years of illness. What this meant was that, every time Chloe needed blood, the family members would send

donors to the facility. Chloe represents thousands of cancer patients who need blood in Kenya, and many times, they do have donors of their own.

Most institutions, including M.P. Shah Hospital, relies on family replacements (FRs) in order to replenish the blood bank. For relatives with patients undergoing chemotherapy, one of their prayers would be that their patient would never get to a point of needing blood transfusions. Chloe's husband had called out for donors to a point that he could not get anymore, hence the frustration of both patient's relatives and the patient. Chloe got to a point where she felt she was a burden to her family.

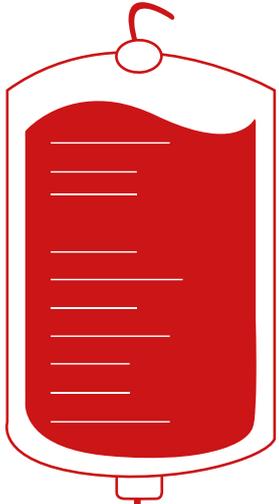
A blood transfusion is a very necessary part of a patient's treatment, in most cases, without which, most procedures will be on hold. When members of the community voluntarily choose to donate blood, without necessarily having a personal connection to a patient, it helps to cover patients like Chloe continue with their medication and relieve a good measure of stress from the family and friends. The pressure, tension, and stress that comes with trying to find blood for your relative is enough to lose a patient and even get the relatives sick. Voluntary blood transfusions by either individuals or organized groups helps health institutions to balance out their blood bank so that their patients never get to points of lacking one product of blood or another.



Let us encourage voluntary blood donation!



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# BLOOD DONATION DRIVE

A gift straight from the heart

Time: 9:00 am to 3:00 pm

**Venue:**

Main Hall - M.P. Shah  
Hospital



# PHOTOS OF BLOOD DONATION WEEK



# HEARING LOSS IN CHILDREN

By **NANCY KEMUNTO**

Audiologist

Hearing loss is partial or total lack of ability to perceive sound. It can be present at birth or acquired at a point in one's life.

WHO estimates that more than 11.5 billion people globally experience some sort of degree of hearing loss and also estimates 430 million people have moderate severe loss in the better ear. To bring it home the approximate is that 1 in 4 people has a hearing loss.

Having hearing loss may pose some difficulties in children like lack of ability to acquire spoken language, interaction with other children and may end up feeling lonely.

## **Some causes of hearing loss in children include;**

- Genetic factors
- Infections (e.g. meningitis, otitis media, measles)
- Otopoicity (medicines e.g. gentamycin, quinine cisplatin)
- Birth complications (e.g. premature birth, low birth weight, birth asphyxia)
- Prenatal infections (syphilis, rubella, herpes, HIV)
- Loud noises

The signs and symptoms of hearing loss are different with each child. Some signs to look out for in babies are like not being startled in presence of loud sound, not turning the head to source of sound at around 6 months of age and at one year they are not saying any word like 'mama' or 'dada'. In older children having or developing hearing loss may lead to them not having speech or if they have speech it will not be clear. When they are given an instruction, they may not follow and one may think that they are either ignoring you or not paying attention. They also keep saying 'huh' when they are being talked to and trying to lean their head

trying to get their ears close to you. When watching TV, they will increase the volume. It is important that parents are keen and take their children for hearing loss screening as soon as possible.

There are various ways to diagnose hearing loss and also help those that are found to be hard of hearing. When babies are born they should be screened for hearing loss with a test called Otoacoustic Emission (OAE). It is a simple painless test that takes less than a minute and will be able to give adequate results. If a baby upon screening does not get a pass they are referred to do an additional test called Brain Evoked Responses (BERA), this will give the exact hearing level of the child. Other test is Pure Tone Audiometry (PTA) where older children are given a sound signal through headphones and respond by raising their hand or doing a task to show that they have heard the signal and the results are plotted on a graph.

Children found to be hard of hearing are treated according to their degree of loss. Babies with severe to profound hearing loss undergo surgery for a cochlear implant after which they will be able to perceive sound. Hearing aids can also be given. They are programmed according to loss of the child to amplify enough sound for them to interact with others. They are also taught sign language and lip reading so as to add on to more ways to communicate.

There are ways we can prevent hearing loss in children. Prenatal care is important so that the health of the baby is guaranteed. Proper and timely immunization of the children to avoid infections that may lead to hearing loss is of great importance. Parents should also not expose their children to loud noise via headphones or earphones. Self-medication with over the counter antibiotics should also be avoided because some of them are harmful to the ear if not prescribed by the doctor for the correct dose and for the correct purpose. Care should also be taken to avoid the risk of inserting foreign objects in the ears. Use of the cotton buds to clean the ears should be discouraged for it may lead to accumulation of wax in the ear or may lead to perforation of the ear drum or bruising of the skin in the ear canal leading to infection which eventually leads to hearing loss.



**M.P. SHAH HOSPITAL**  
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# Don't Let Sinuses Dull Your Day!

Consult with the experts  
available at our ENT Clinics.

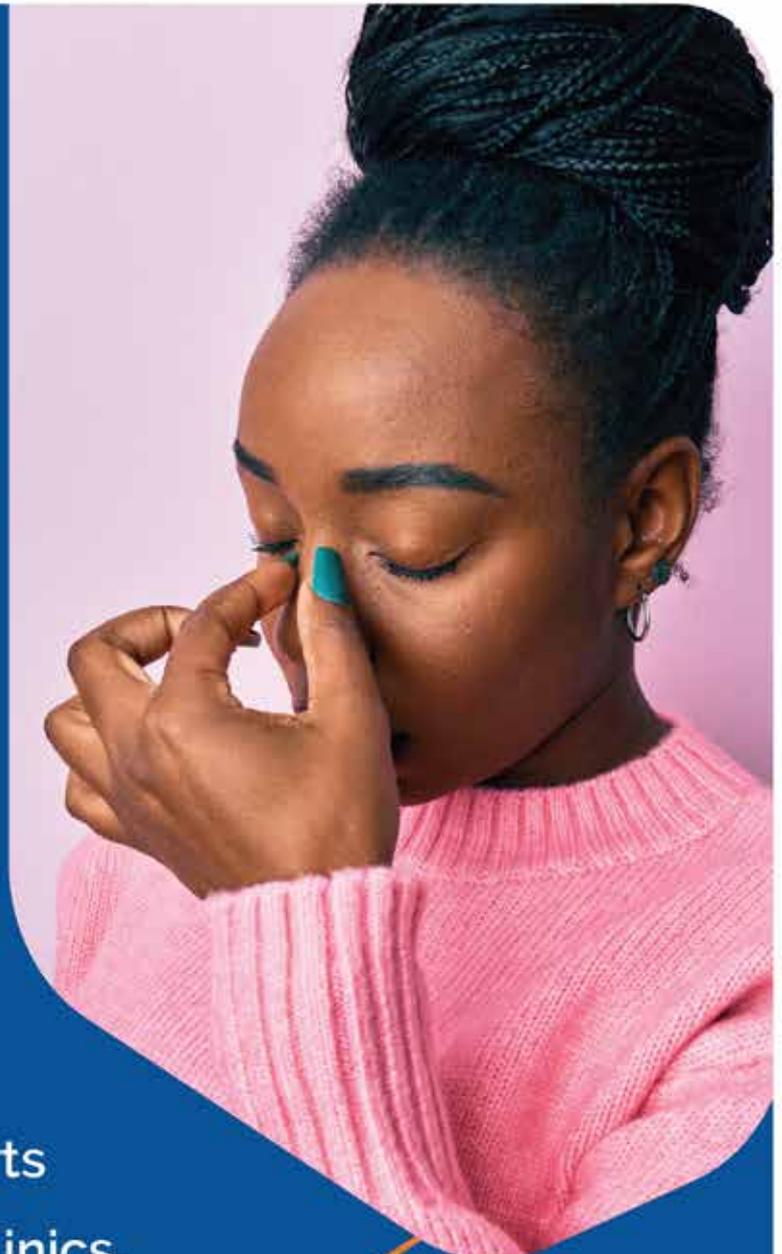
Clinic Days:

**Monday to Friday**

Clinic Timings:

**9:00 am - 4:00 pm**

**Call or  
email to book  
an appointment**



020 429 1000



clinics@mpshahhosp.org



# ARE YOU A LAMBORGHINI OR A TUK TUK

By **HIRAL MARU**  
Physiotherapist

The most commonly asked questions by many of us are **“Is it possible to lose weight around my belly? What are some of the tips and tricks I can use to get rid of my stubborn belly fat? Are there any exercises that can help?”**

**It's not as easy as taking quick fixes such as supplements and fat burners, which in turn may be harmful to your body, but instead an exercise regime combined with hard work, dedication and discipline works the magic.**

**But would any random exercises work?** There are a few things you need to know when you start your transformation towards burning the stubborn belly fat that gives you sleepless nights.

Before you begin your journey, it is important to know that there are people out there having the metabolism of a Lamborghini, and you probably have that of a Tuk Tuk. My point being we're all unique and therefore you need to stop comparing your timeline to that of anyone else.

Some people are just naturally motivated to work out while some need to develop it. If you fall within the latter category, just know you are no different and you only need to stay focused on yourself.

Again, speaking of working out, it is not advisable to conduct unsupervised exercises directly from the internet or ones that you just think about and start. You may find yourself overdoing the exercises that will in turn affect your body by increasing the wear and tear.

Do not crash-diet! You need to say goodbye to all the Keto and Intermittent Fasting. You cannot just expect to keep yourself hungry and starve for days to reduce belly fat or any kind of fat for that matter. Do not indulge into routines like skipping meals to

lose weight! Keeping a constant healthy diet and maintaining regular supervised exercise are important to expect any considerable positive change in your body.

Additionally, blindly following diets, especially the trending ones have a greater risk of weakening your muscles due to the associated deficiencies. Also, herbal medicine that's on the trend may reduce the fat in your body but will never tone your muscles!

It is probably the last thing you'd like to read about, but this is an assurance that there is no shortcut to achieving the perfect body you are wishing for. You've got to work for it! You have to work smart, respect the signs that your body exhibit to prevent overdoing exercises as that will get you to a hospital bed due to the wear and tear of the muscles. You need to get a baseline evaluation of how strong your muscles are and start exercises accordingly.

Walking or running every morning or evening is perfectly okay, you may go ahead with it. It is very good for your cardiac function and will exponentially increase your resilience. However, it only becomes best when combined with other specific abdominal strengthening exercises for the achievement of optimal results. Remember, there is no shortcut!



Walking or running every morning or evening is perfectly okay,



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# MANAGE & CONQUER PHYSICAL PAIN



020 429 1000



clinics@mpshahhosp.org



# EVENTS OF THE MONTH

**▶ HEALTH TALK FOR DHL**

**TOPIC:**  
HYPERTENSION AND  
DIABETES AWARENESS

**PLATFORM:**  
VIRTUALLY VIA TEAMS

**08:00AM - 9:00AM**

**WED | JUNE  
30 | 2021**



**Facilitator:**  
**Dr. Siara Sokwalla**  
Consultant Endocrinologist

T: 0204291000 | E: clinics@mpshahhosp.org



**▶ HEALTH TALK FOR DHL**

**TOPIC:**  
COVID-19 VACCINES  
(JOHNSON & JOHNSON)

**PLATFORM:**  
VIRTUALLY VIA TEAMS

**08:00AM - 9:00AM**

**MON | JULY  
5 | 2021**



**Presenter:**  
**Dr. Tendwa**  
Medical Officer

T: 0204291000 | E: clinics@mpshahhosp.org



**▶ HEALTH TALK**

**TOPIC:**  
ERGONOMICS

**PLATFORM:**  
VIA ZOOM

**12:30PM - 1:30PM**

**WED | JULY  
14 | 2021**



**Presenter:**  
**Deep Bayani**  
Physiotherapist

T: 0204291000 | E: clinics@mpshahhosp.org





**▶ CONTINUOUS MEDICAL  
EDUCATION (CME) FOR IMARA  
MEDIPLUS HOSPITAL, EMBU**

**TOPIC:**  
MANAGEMENT OF  
DKA IN PAEDIATRICS

**PLATFORM:**  
VIRTUALLY VIA TEAMS

**7:30AM - 8:30AM**

**WED | JUNE  
23 | 2021**



**Facilitator:**  
**Dr. Mate Rodrigues**  
Consultant Paediatrician

T: 0204291000 | E: clinics@mpshahhosp.org



**▶ HEALTH TALK**

**TOPIC:**  
MENTAL HEALTH

**PLATFORM:**  
VIRTUALLY VIA ZOOM

**4:30PM - 5:30PM**

**FRI | JULY  
09 | 2021**



**Presenter:**  
**Pauline Machio**  
Psychologist

T: 0204291000 | E: clinics@mpshahhosp.org



**▶ CONTINUOUS MEDICAL  
EDUCATION FOR KIMFAY**

**TOPIC:**  
OBSTETRICS: FIBROIDS,  
CYSTS & DYSMENORRHEA

**PLATFORM:**  
VIRTUALLY VIA ZOOM

**12:00PM - 1:00PM**

**FRI | JUNE  
18 | 2021**



**PRESENTER:**  
**DR. MURIUKI**  
CONSULTANT OBSTETRICIAN  
& GYNAECOLOGIST

T: 0204291000 | E: clinics@mpshahhosp.org



# RENAL WALL OF HOPE STORIES **CAROLINE'S STORY**



“

Upon confirmation of an End-Stage Kidney Disease, I was crushed – life for my family and I had taken a huge turn. Having to take three sessions of dialysis in a week robbed me of the chance to complete my quest for a master's degree and contributing effectively at work.

I got admitted on 5th June 2021 and received a new kidney on 7th June 2021. By 14th June, I got discharged without any complications. To me, this was like a second chance at life.

**My message of hope to those already in dialysis, all hope is not lost.**

Work closely with your doctors and be keen to take your medication as prescribed.

You are allowed to scream, allowed to cry but do not give up. Once you choose hope, anything's possible."

”

# NEW APPOINTMENTS



**DR. MARIUSZ MAREK OSTROWSKI**  
MD, PhD, FEBS (Breast)

has been appointed as the Acting  
Head of Surgery



**MILLICENT MUKASIA MUHAMBE**

has been appointed as the  
Strategy & Innovation Manager

Shivachi Road, Parklands,  
Village Market, New Wing 2nd Floor  
Uyoma Street, Nairobi CBD

info@mpshahhosp.org  
t: 020 4291000  
m: 0733 606 752 / 0722 204 427  
0733 606 113 / 0722 783 350

[www.mpsahhosp.org](http://www.mpsahhosp.org)

