The HEALTH TRACK
Healthy Insights For You

HOSPITAL NEWSLETTER, ISSUE #5 2021

#LegacyofCare
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Dear Friends,

I begin by thanking God Almighty for guiding us through these turbulent times where we all fight endlessly and relentlessly against the pandemic.

The M.P. Shah Hospital congratulates the board chairman Dr. Manoj Shah on the recent publication of his biography 'One in a million'; it highlights his life journey and various momentous achievements. It leaves with us real life experiences and inspiration to share with the next generation.

I am pleased to note that our COVID-19 Vaccination services are progressing well and we are encouraging the public to get vaccinated. We are partnering with the Ministry of Health and our staff are currently undergoing training in the administration of other vaccination brands that are going to be available in Kenya.

Key achievements at the hospital

I would like to specially mention that at our Hospital our unity at management level, within the clinical staff and support services as well as interpersonal and inter-departmental collaboration and mutual trust have held us in very good stead during the pandemic. This has translated to excellent patient outcomes and experience as well as enhance our image as a leading tertiary Health Care Provider.

Our dedicated and dependable nurses continue to spread goodwill at the hospital through formalizing and activating the M.P. Shah way of nursing model and delivering patient-centred care through revised clinical governance protocols. I congratulate them and urge them to carry on with their excellent efforts.

I am glad to inform you that we started Liver dialysis services in August and we are pleased to note that patients are benefitting. I applaud the clinical and technical teams who are behind this notable advancement in our service portfolio.

The hospital had its 82nd AGM in a hybrid virtual/physical format. I am happy to report that it was seamless and the reports were duly received and adopted.

I am particularly pleased to inform all that we have opened our first Special Inter-faith Prayer room as well. No doubt, at all times but certainly during this period, spiritual nourishment needs to be addressed and encouraged. This prayer room would act as an area for patients and staff to be able to have spiritual peace. I encourage all of you to make use of it.

Updates on strategy

As you are all aware, our strategy implementation is now in its final stages. Together with the management and staff we have specific Quality Improvement nurses who are now on board and we are all working towards our journey of operational excellence parameters. Learning is a life long process and through our strategy phase and through our continuous improvement frameworks we have ensured that this becomes a universal culture within our Hospital.

Conclusion

Finally, I encourage all of you to fill your heart, mind and soul with feelings of love, optimism and gratitude. May the Almighty keep all of us safe.

Warms Regards,
Dr. Toseef Din
Diabetes mellitus is a disease in which the body’s ability to produce or respond to the hormone insulin is impaired, resulting in abnormal metabolism of carbohydrates and elevated levels of glucose in the blood. Majority of patients in the dialysis units in Kenya and the rest of the world tend to have diabetes mellitus. This is because over time, the high levels of sugar in the blood damage the millions of tiny filtering units within each kidney. For people with diabetes, kidney problems are usually picked up during a check-up by their doctor. Occasionally, a person can have diabetes mellitus without knowing it. This means their unchecked high blood sugar levels may be slowly damaging their kidneys. At first, the only sign is high protein levels in the urine, but this has no symptoms. It may be years before the kidneys are damaged severely enough to cause symptoms.

Diabetes mellitus is multifunctional and is further worsened by high blood pressure (hypertension). Hypertension is a known risk factor for kidney disease and people with diabetes are always prone to hypertension. Almost all diabetes mellitus patients develop some degree of kidney damage, and since both diabetes mellitus and kidney disease tend to be asymptomatic, diagnosis can often be delayed, unless regular medical checkups are conducted. It is therefore important for people to go for regular medical checkups to diagnose medical conditions early in their course. Doing this helps in the prevention, slowing or completely halting the progress or reversing the complications that may come up.

In the unfortunate instance that a person is diagnosed with chronic kidney disease, among the treatment options available is dialysis, which involves either shunting the patient’s blood through a special machine (haemodialysis) that helps remove the wastes while preserving water and salts, or removing wastes through fluid introduced into the abdomen (peritoneal dialysis). Dialysis is required several times every week for the rest of the person’s life.

A healthy diet and lifestyle incorporated in one’s daily routines is key in preventing and managing both diabetes and kidney disease; alongside the related complications. Since diseases come with multiple complications, it is always important to consult the experts before incorporating any diets or lifestyle changes when managing your medical conditions. Patients with long-term illnesses such as diabetes and kidney disease require both psychological and social support in addition to medical treatment. It is therefore advisable to always seek assistance from the relevant people and institutions to better their quality of life. Diabetes mellitus and kidney disease are not the end of life.
LIFE GOES ON

24-HOUR DIALYSIS

Our dialysis service hours have now been extended. Book a session at any time of day or night at our 24-hour renal unit.
Since your little one grows so fast, teeth will be growing in his or her mouth sooner than you think. It is therefore important to be prepared for them and learn why they are important. Additionally, it is important to inculcate strong dental care to set good dental habits even as your child grows. Remember, poor oral care can lead to infection, disease and other teeth problems.

Babies’ first teeth break through the gums when they are at around six months old. The first ones are usually the front bottom teeth. The last ones to come out are usually at the back of the jaw when the child is around three years. At this age, the child is likely to be having 10 upper and another 10 lower teeth.

How, then, are they important yet they are bound to fall off one day? Well, they are needed by the baby for eating, speaking and smiling. They also assist in preserving the spaces in the jaws even as the mouth is prepared for adult teeth. The child will lose the teeth when they are around six years old when the adult teeth start growing. However, it is important to note that if your child loses their baby teeth too early, then you should consider paying your dentist a visit about the options to keep the correct space in the mouth for the adult teeth to emerge normally.

There are a variety of ways of helping care for these little smiles. First, brush them twice a day with toothpaste to prevent cavities. In the case of newborns, wipe the gums with a wet soft cloth or pad to keep the mouth clean. For the children younger than 3 years, it is recommended that you use an amount of toothpaste the size of a grain of rice. For those who are 3 and older, use a pea-sized amount of toothpaste and assist them to brush for 2 minutes until you are sure that they have brushed both sides of their teeth well.

It is also important to clean between their teeth to get rid of food particles and under the gums. Just like in brushing, it is important to assist them clean between their teeth till they are able to do it well on their own. While doing this, it is also vital to check your child’s diet because what they eat and drink can hurt their teeth. Some drinks, like fruit juice can be very high in sugar or acid, which is dangerous to the baby’s teeth. It is therefore important to limit sugary treats like cookies to prevent the enamel from becoming weak and put the teeth at a higher risk for cavities.

One of the parent’s major roles in lighting up the little smiles is to make regular visits to your child’s dentist. As soon as you see your baby’s first tooth, and probably no later than their first birthday, visit the dentist for a check-up. Through these visits, your dentist can tell if your child has plaque or cavities, and when you should expect more teeth to break through the gums. Your child’s dentist will also advise on how best to take care of your child’s teeth.
A BEAUTIFUL SMILE BEGINS WITH HEALTHIER TEETH
The Social Service League conducted its 82nd Annual General Meeting at the Shah Meghji Rupshi Hall at the M. P. Shah Hospital, Nairobi on August 27. The meeting was the second AGM of the Social Service League to be held on a hybrid virtual platform in real-time, hosted by the Chairman of the board of governors, Dr. Manoj Shah, attended by the Board Governors, Members of the League and the senior management team in person, and followed virtually by over 70 Social Service League members who had registered in advance.

The past year has seen the Hospital take a transformative role in many fields, including treating complex medical cases with a higher level of specialized care, increased bed capacity intensified distribution through satellite clinics, training, and research. The hospital departments have also been robust in the past year, with the Department of Nephrology successfully carrying out the 17th Renal Transplantation. This has served as a testament to the hospital’s ground-breaking work as reported in the meeting. With COVID-19 being the biggest subject matter for the hospital and the nation, the chairman acknowledged and recognised the COVID-19 clinical team for effectively managing the patients with excellent recovery rates.

The CEO, Dr. Toseef Din mentioned that the hospital is firmly committed to conducting Corporate Social Responsibility (CSR) events and to this end collaborated with various charities and foundations to organise medical, blood and vaccination drives. We very much appreciate the support received from our valued donors and also thank the various communities for their tremendous support and generous contributions thus enabling M. P. Shah Hospital to provide quality patient care to the community at large.

...the hospital is firmly committed to conducting Corporate Social Responsibility (CSR)...

Members of the board of governors with the Senior management team during the 82nd AGM
MENTAL WELLNESS IN SCHOOLS DRIVE

The M.P. Shah Hospital paid a visit to St. Peters’ Clavers Primary in Nairobi CBD where we conducted a health talk on Psychological changes in Adolescence. The health talk, which targeted pupils of Grade 7 and 8 was conducted by nurse Pauline Machio.

In efforts to contain the deadly COVID-19 in schools, the hospital also distributed face masks to the pupils and further educated them on how to stay safe both in school and at home to protect themselves and their loved ones from the virus.

Whitney Mutsembi of the Corporate Communications & PR Department speaks to the pupils during the event.

St. Peters’ Clavers Primary School faculty members pose for a photo with the M. P Shah Hospital staff.
This year, the World Breastfeeding Week theme of “Protect Breastfeeding: A Shared Responsibility” aimed to create awareness and reiterate its forgotten benefits in the least incurred cost, along with recognizing breastfeeding as a key to sustainable development.

The World Breastfeeding Week, which was celebrated on 1st to 7th August 2021, served to remind the public of the correlation between the diminished status of breastfeeding and rising health complications in children and adults globally. The most natural, convenient and spontaneous way of feeding newborns has been progressively neglected over the years and is unfortunately substituted by inferior replacements marketed in the name of complete baby food due to variety of factors.

The M. P. Shah Hospital took the opportunity to engage with various stakeholders to achieve the greater impact of anchoring breastfeeding support as a vital public health responsibility. In a media interview, Dr. Jane Mate noted that pregnancy and lactation are an especially vulnerable time for working women and their families. “Expectant and nursing mothers require special protection to prevent harm to their infants’ health or that of their own, and they need adequate time to give birth, to recover, and to nurse their children,” She said. She further said that no jobs should be jeopardized because of pregnancy and maternity leave.

The Hospital also distributed lactation cookies to the ladies who had delivered at the maternity wards and educated them on the benefits of breastfeeding and nurturing mother-infant interaction to prevent infection and promote health and development.
On 8th September every year, World Physical Therapy Day 2021 is celebrated to raise awareness about the important role of physiotherapists in keeping people fit and well. On this day, the contribution of physiotherapists in society and how they motivate people to stay fit and independent is celebrated. This year, the focus is on the role of physical therapists in the management and treatment of people who were affected by long COVID-19.

Mr. Deep Bhayani, the head of Physiotherapy Department urged physiotherapists to embrace tele-rehabilitation. "Physiotherapists play crucial roles in the rehabilitation process of a patient convalescing from an ailment like COVID-19." He said. "People don’t need to be physically present at the hospital all the time to access health care services. This will help individuals follow the COVID-19 principle of social distancing”

Physical therapy helps individuals to recover from an injury and develop and maintain maximum movement of the body and physical function. Through physical therapy, chronic conditions and future injuries are also dealt with. It also gives pain relief and makes amendments to recurrent problems.

Among the benefits of physical therapy include supporting pain management, assisting in recovering from trauma and injury, and helping in recovering from paralysis and stroke. Physical therapy also focuses on improving body balance and posture besides managing age-related medical issues.

The M. P. Shah Hospital is at the fore front of providing the best physiotherapy and care and ensuring that exercises are approached with care to minimise risk since activities like breathing exercises could help the lungs recover after COVID-19, as well as help in dealing with feelings of anxiety and stress. We believe that safe and effective rehabilitation is a fundamental part of recovery.
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- 30 Sessions of Physiotherapy | Ksh. 78,750

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The M.P. Shah Hospital paid a visit to Mully Children’s Family (MCF) as part of its corporate social responsibility. The visit, which took place on August 28th involved an exciting journey to Machakos County, in a small village called Ndalani, where Dr. Charles Mutua Mully has made a home for over 800 children.

Having been a patient at the hospital before, Dr. Mully described the visit as ‘a timely blessing’ to the children and himself. “I am very happy that you have decided to visit Mully Children’s Family. I have been receiving treatment at M.P. Shah Hospital for a while now and now that you have come to see me, it gives me great pleasure and shows continuity of care,” Said Dr. Mully.

The team from the hospital went bearing gifts and was warmly welcomed by the officials of the Mully Children’s Family. The team was first treated to a tour of the facility followed by a beautiful performance by the talented children. Upon receiving the gifts, the visibly elated children expressed their joy through song and dance as they thanked M. P. Shah Hospital for paying them a visit. The gifts included bales of flour, boxes of biscuits, sanitary pads, diapers among other necessities.

The Hospital continues to reaffirm its commitment to giving back to the society through such events to touch the hearts of people even as it continues to grow its legacy of care.
August has seen more people turning up at the M. P. Shah Hospital vaccination centre to get their jabs. Having vaccinated over 16,000 people against the pandemic to date, M. P. Shah Hospital continues to be committed in its endeavours to manage COVID-19 crisis.

Based on the WHO advisory, all the vaccines authorized or approved by the Food and Drug Administration (FDA) have been thoroughly tested and found to be safe and effective in preventing severe COVID-19. Even as they continue to undergo continuous and intense safety monitoring, the WHO recommends that it is in people’s best interests to be vaccinated.

The Hospital has also assured members of the public that all the vaccines are safe, and stressed the importance of receiving the jabs to contain the infection rates. Expectant and breastfeeding women are also encouraged to get their jabs to prevent their loved ones from contracting the virus.

The vaccination centre is now open from Monday to Friday from 8.30am to 3.00pm, currently administering both first and second doses of Moderna and AstraZeneca vaccines while anticipating Johnson & Johnson. Even as the vaccination campaign continues, it is important for all of us to keep safe by wearing masks, keeping social distance and sanitize our hands with soap and water.
ARE YOU EXPECTANT OR BREASTFEEDING? PROTECT YOURSELF AND YOUR LITTLE ONE(S).

Get an extra layer of defence from the COVID-19 virus in minutes with the our ongoing vaccination exercise.
Jason Mwakio was admitted at M.P. Shah Hospital in January 2020 for a kidney transplant. His condition worsened that he could not continue with his job. He attended dialysis sessions for six months before having a successful transplant in January 2021. A year and a half after his successful transplant, he is much stronger and in high spirits. His life is back to normal. He even got a new job! When we caught up with him, this is what he had to say:

“Thank you, M.P. Shah Hospital fraternity, for all the care that you have given me since I started dialysis all the way to my transplant. Special gratitude to Dr. Bagha for ensuring that I was always given the best care available. Your compassionate attention and professional care saved my life. There are not enough words for me to express my appreciation to you and all the nurses that were involved in my care while I was in the hospital. Because of your excellent care I have gotten back on my feet and I am going about my life with ease. I will forever be grateful.”
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- Multidisciplinary Care
- Procedure Covers Patient & Donor
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1. What do you like to do when you aren’t working?

I have many hobbies and when I get some time off work, I take safari game drives and frequently visit Nairobi National Park whenever I’m free.

2. What would you do (for a career) if you weren’t doing this?

Since I started medical school, my interest was pegged on being a cardiologist and the last 20 years has seen cardiology progress remarkably as compared to other specialties in internal medicine, thus sparking my interest in being a cardiologist. If I was not doing this I would be flying jets. I actually took flying lessons and flew the solo delta plane.

3. What’s a fun fact about you many people may not know?

I like adventure. I have done parachute jumping. I did 10 jumps, scuba diving, favourite was Ras Mohamed in the red sea in Egypt.

4. Where’s your favourite place in the world?

The stunning west coast of Norway! Travelling from the small villages and towns in the inner areas of the fjords to the extreme western coast and its many islands holding old settlements and fishermen’s cabins is just breath-taking.

5. If you could meet anyone in the world, dead or alive, who would it be and why?

My father as I always appreciated his advice. He made the largest contribution to who I am today. I have always done my best to follow in his footsteps.

6. What TV show/movie do you love?

The TV show, Friends. It’s about a woman who flees her wedding day and moves to her childhood friend’s apartment and joins a group of single friends in their mid-20s.

7. How long have you worked as a consultant Cardiologist?

I have been a consultant cardiologist since 2000, so 21 years. I have an MD from Sweden, a Swedish board certification in Cardiology and Internal Medicine, British Board in Cardiology & Internal Medicine and an American board certification in Cardiology. I am also in the Canadian Board of Interventional Cardiology and a fellow in European Society of Cardiology FESC, American Society of interventional Cardiology FSCAI and British Society of Interventional Cardiology BCIS too.

8. What does your job entail?

I’m a Consultant Cardiologist with sub-specialty of coronary interventions. I perform angioplasty (PCI) and am also the Head of the Department of Cardiology at M. P. Shah Hospital. Since I moved to
Kenya my motivation has been to establish a cardiac clinic with the same standards as in the developed countries with contemporary equipment and same skills as found in some of the best hospitals in the world.

9. What is unique about your practice?

Holistic view of patients. I do not only see the cardiac problem in my patients but the whole problem which could be sometimes more complex than only looking at a small part leaving the deeper part unresolved. I always try to involve the patient in his/her disease and plan together to tackle the problem, explain why it happened and how to manage it, then how to prevent it from happening again. Not only to give them instructions but to convince them and educate them medically to keep up with their health.

10. Other than just the cardiac interventions, what more do your patients get from you?

I always treat my patients as if they are my close friends, care for them not only as a cardiologist but help them with other medical conditions, as I believe the human being body is just one unit, very well connected, of course the heart is the centre but other organs are well connected.

11. What is your major contribution to heart disease in Kenya?

I have developed the Echo section and introduced Stress Echo with high level diagnostic power of coronary heart disease. I introduced new technology known as Coronary Flow Reserve to visualise the coronary artery. With my intervention, the M. P. Shah Hospital is now the only Hospital in Eastern Africa that uses the Echo Technology to detect the movement of every segment of the heart in 3D. This system allows for the detection of any anomaly in the heart in a record time of 15 minutes to allow for early diagnosis of any heart disease.

There is also a novel intervention to treat hypertension without giving drugs, using a technique called RDN (Renal Denervation). I went to Belgium to learn more about the technique which is recently introduced in US and Europe. I managed to bring the technique to Kenya to give Kenyans same chance as European and American patients. We will have the new technique available at M. P. Shah Hospital very soon.

12. What would you advise people concerning heart disease?

Most heart diseases improve with exercise, regular dynamic exercise such as walking for 409 minutes a day will improve heart disease and reduce the risk of heart failure, coronary heart disease and hypertension. Try to improve one’s lifestyle, stop smoking, reduce alcohol intake, exercise regularly and take better control of diabetes and high cholesterol for improved heart health.
MEME ZONE

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**WHEN THE SQUAD LOOKS BETTER IN SCRUBS**

Than in clubs
The chairman, Dr. Manoj Shah at the launch of his biography: One in a Million

Nurses of the KPJ unit receive certificates of appreciation for their outstanding work in caring for COVID-19 patients

Dr. Shamsa (Left) poses for a photo with the CEO Dr. Toseef Din (Centre) and Roshni of the Finance Department

Dr. Toseef Din presents a certificate of appreciation to Dr. Shamsa Ahmed as Sr. Marren Chinga looks on

Board of Governors Secretary Mr. Phil Dastur (right) demonstrates something to the assistant treasurer Mr. Imran Osman during the AGM