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Dear Friends,

Warm greetings.

We thank God almighty for His tremendous blessings and pray to Him to bless the work of our hands in 2022.

As we start this new year with a new operational planning cycle, we reflect on the past but look forward to a very positive healthcare future with positivity, strong will, and determination. In 2021 our Hospital has made huge strides in organisational change, streamlining of processes, adjustments in models of care, financial revitalisation, and successful engagement with healthcare partners and the community.

We would like to congratulate and thank our staff, our volunteers, the community, and our health partners for their collective contributions so far – but there is more to do. Our 2022 plan builds on past achievements; it recognises that we are part of a broader healthcare system and must work closely together to provide high-quality care; and it articulates the importance of investment in innovation, education, and the continued support and professional development of our workforce.

These are challenging but exciting times and we will continue our focus on ensuring timely access to emergency care, improved turn-around times, service delivery innovation across the Hospital, closing the gap in health outcomes for our patients, improving safety and quality, enabling our patients, the community and our partners to have a voice through positive engagement.

Key achievements at the Hospital.

Our region is changing. A growing, ageing population and an increased incidence of Chronic Diseases are among our greatest challenges. At the core of our business, however, is our commitment to meet these and other challenges by supporting the ‘right workforce’ with the ‘right processes’ and the ‘right resources’ to provide the best healthcare for patients and their families. This is being done through the implementation of our workforce transitioning project that instills new processes and systems into our workforce.

Technology is changing and our ICT Department envisions itself to not only provide efficient, reliable, and value-adding systems and services, but also to aid the Hospital in achieving its clinical objectives by providing intelligent information and systems for all patients and staff. Our goal is to regularly review all our systems and services at the Hospital and pursue relevant improvements within the prevalent constraints. In light of this, the Hospital has launched the Hospital Innovation Policy that states ‘Every idea is good’. The Hospital is embarking on an exciting project to upgrade its Hospital Management System Upgrade that will increase efficiencies in our service delivery.

Environmental stewardship is a shared responsibility in protecting the environment and minimising the impact of our daily decisions. Our Green365 strategy was launched in 2019 when our Chairman planted our first tree in the garden, this assures the commitment of the M.P. Shah Hospital Board and Staff in reducing our environmental impact. This month we signed our commitment to this through an MOU with United Nations Global Compact. Our environment is
a key component of our lives and we need to look after it by consciously implementing sustainable options. UNGC is the world’s largest corporate sustainability initiative that calls on companies to align strategies and operations with universal principles on human rights, labour, environment and anti-corruption and take actions that advance societal goals.

Looking after our health is important and monitoring renal function is equally imperative. This month our team of nurses and doctors held a successful Renal Camp to oversee this aspect of care along with the management of modifiable risk factors, particularly Blood Pressure and the importance of Physiotherapy.

**Updates on strategy**

With our second year into our strategy, our new Vision, Mission and Values continue to strengthen our daily outcomes. This month we launched our operations plan for 2022. It is central as a Hospital we create platforms of not only know what we intend to do but how to do it. Our operations plan sets clear initiatives and timelines and extends support to our teams to achieve our mission of providing excellent healthcare every day. The Hospital’s theme this year is based on one of our five strategic pillars which are highly engaged, patient-centric teams. Through our Employee Engagement Systems, the Hospital aims to ensure our employees are happy and committed to delivering success every day.

**Conclusion**

I extend my warm wishes to all the staff who have always been there to shoulder their responsibilities and to contribute to the success of our Hospital. I wish to emphasise that the Board is committed to realising our Vision. ‘The premier patient-centered tertiary healthcare institution in East and Central Africa.’

I wish you all a successful year ahead and may the Almighty keep all of us safe.

Warm Regards,

Dr. Toseef Din.
Supervised physiotherapy is an important element in the management of Chronic Kidney Disease (CKD) patients to treat secondary sarcopenia, improving the quality of life through enhanced cardiovascular fitness and in improving bone strength via strength training.

Physiotherapy also has a positive impact on anaemia, functional capacity, cardiovascular risk factors, dyslipidaemia and psychosocial problems in end-stage renal disease patients. Physiotherapy is a part of medical treatment after renal transplantation. It is suggested that physiotherapy reduced renal cell cancer risk by decreasing body fat, blood pressure and growth factor concentration in circulation.

In patients on dialysis, muscle mass decreases as a response to mainly inflammation, physical inactivity and acidaemia. Muscle mass can be protected by increasing dialysis frequency and giving nutritional support, regulation of acidaemia and engagement in physiotherapy.

Exercise programmes are associated with the health state of people with kidney failure. Physical activity will improve body function and physical capacity, which will benefit patients with haemodialysis and help them in their blood pressure and maximal oxygen consumption. In spite of these benefits, the other potential effectiveness of exercise is needed. The results in the included randomised controlled trials could be more comprehensive. Besides, more randomised controlled trials are required to determine the influence of physical activity on a larger sampling size.

The management of CKD involves an interdisciplinary care team that includes renal care along with physical medicine, radiology, and nutritional services. Physiotherapists can thus play a key role in the timely detection of physical impairments or mobility limitations in people with kidney disorders.

**Types of physical therapy for patients with chronic kidney disease**

For patients with chronic kidney disease, every little bit of exercise makes a difference. The intensity doesn’t matter – just getting exercise does. Some experts suggest exercise has a protective effect on the body overall, including changing the way the body processes nutrients and fluids.

People who exercise tend to practice healthier habits, which in turn affects their diet, sodium intake and bone health. Workouts can also help bones retain calcium on their own, preventing the need for supplements. Perhaps exercisers also drink more water and better monitor fluid intake overall. This prevents salts, minerals, and other substances in urine from sticking together and forming stones. Poor hydration is the most common cause of stones. Lastly, some studies emphasise that hydrotherapy is a preferred method to improve kidney function.
Recommended duration for physiotherapy

Physiotherapy programmes help in making patients’ life quality better. They are usually conducted mainly twice or three times per week and the participation time is about 1 hour. The period ranges from 3 months to 1 year. The items of the exercise contain warm-up and strength and aerobic exercises. The studies about the necessity of physical activity showed that renal failure patients have seriously reduced physical capacity and they have a high risk of cardiac and vascular diseases. Therefore, physical exercise should be considered as both prevention and rehabilitation.

FAQS

What is renal physiotherapy?
Renal Physiotherapy, also known as Renal Rehabilitation (RR) is a coordinated, multifaceted intervention designed to optimise a renal patient’s physical, psychological and social functioning, thus reducing morbidity and mortality.

Is sweating good for kidneys?
Yes. Sweat glands can support kidney function by excreting what kidneys naturally excrete. Based on prior scientific studies, several facts about Chronic Kidney Disease patients suggest that using sweat therapy can help a person lose 4.2g of Potassium per 30-minute sauna session.

Can I do physiotherapy while on dialysis?
Yes. Physiotherapy is appropriate for patients on dialysis because it can improve quality of life through physical function and mobility while addressing many of the common complaints and impairments dialysis patients commonly present with.

Is exercise bad for dialysis patients?
Many people on dialysis think they cannot exercise. The truth is, most dialysis patients CAN exercise. In fact, regular exercise is the first activity that helps many people on dialysis feel “normal” again. This is partly because exercise can help you return to the activities you enjoyed before dialysis.

What is the best exercise for dialysis patients?
You may choose continuous activity such as walking, swimming, bicycling (indoors or out), skiing, aerobic dancing or any other activities in which you need to move large muscle groups continuously. Low-level strengthening exercises may also be beneficial as part of your programme.

Can you exercise with Chronic Kidney Disease?
Absolutely. Exercise is safe for most people with Chronic Kidney Disease and it is good for you. It can maintain muscle strength, endurance and the ability to be independent in your daily activities. There are many other benefits that you may experience if you exercise regularly.

What can we offer you at M.P. Shah Hospital?
Our skilled physiotherapists manage a broad range of conditions and circumstances that affect your circulatory, respiratory, musculoskeletal and nervous systems. The services offered include:
- Hydrotherapy
- Physiotherapy
- Occupational Therapy
- Specialised neurorehabilitation
- Paediatrics (infants, children & adolescents)
- Home based care - full time therapist for Home Care services
- Sports Injury Assessment

Can a physiotherapist attend to me at home?
Through the M.P. Shah Hospital home-based care programme, our specialised physiotherapists can attend to you at the comfort of your home. This team ensures that you receive the best attention, care and support while undergoing treatment.

In conclusion, exercise has long been known to reduce the risk of health conditions that contribute to kidney stones, mainly heart disease, high blood pressure, obesity and type 2 diabetes. These health concerns increase risk of kidney issues, in general.
What are kidneys and what do they do?

Kidneys are bean-shaped organs below the rib cage, one on the left and the other on the right. Each adult kidney is about the size of a closed fist. The kidneys are connected to the urinary bladder by thin, long tubes called ureters. The kidneys work to continuously filter blood and remove toxins and make urine. This urine is stored in the bladder until it is passed out when the bladder gets full.

Each kidney has millions of glomeruli that act as filtering units. Most people are born with two kidneys, but some have only one and others have more than two and lead normal lives. A person can live a near-normal life with as low as 30% of their normal kidney function.

What are the other functions of the kidneys?

• They remove extra fluid from the body
• They adjust levels of minerals such as sodium, potassium, calcium, magnesium and phosphorus
• They synthesise hormones such as erythropoietin (helps in the production of red blood cells by the bone marrow) and activate vitamin D, a hormone required for maintaining bone strength
• Blood pressure control: the kidneys help in controlling blood pressure by removing excess salt and water and producing chemicals that act on blood vessels.

Types of kidney disease

There are two main types of kidney diseases:

• Acute Kidney Injury – happens when the kidney disease has been present for less than three months.
• Chronic Kidney Disease – this is when the kidney disease persists beyond 3 months.

Some common causes of kidney disease

a. Dehydration and excessive blood loss
b. Infections
c. Drugs and toxins
d. Herbs
e. Diabetes mellitus
f. Hypertension
g. Disorders of the organs such as liver and heart disease
h. Autoimmune diseases such as lupus
i. Obstruction of urine flow by an enlarged prostate, kidney stones or tumours

What are some of the signs of kidney disease?

Most people with kidney disease have no symptoms while others may have:

• Increased or reduced urine
• Fatigue and general body aches
• Face and leg swelling
• Itchy skin
• Abdominal pain, nausea and vomiting
• Confusion, headache and dizziness
• Difficulty to control blood pressure
• Low blood sugars

How is kidney disease treated?

• Treating and/or controlling the possible causes of the kidney injury
• Avoiding and stopping medications toxic to the kidneys where possible
• Eating appropriate foods and drinks as instructed by the team of doctors, nurses and nutritionists
• Dialysis
• Kidney transplant

What is dialysis?

Dialysis is the process of removing excess salt, water and toxins from the body. It is supportive management and does not treat kidney disease.

What are the types of dialysis?

Peritoneal dialysis – the inner lining of the abdomen acts as a natural filter.

Haemodialysis – blood is pumped out of the body to an artificial kidney/machine which has filters and fluids connected to it. The purified blood is then returned to your body.

Each type of dialysis has its pros and cons hence you have to discuss with your doctor about the availability and suitability of the type of dialysis.

What is a kidney transplant and can I have it done here in Kenya?

A kidney transplant is a surgery whereby a healthy kidney from a healthy living donor or a deceased donor is transplanted into a person whose kidneys are not functioning properly.

Before the procedure, multiple tests are carried out on the recipient and donor to ensure minimal risk of organ rejection. In the case of a living donor, the tests also ensure that they are at minimal risk of complications during the surgery and in the years following the donation.

In Kenya, we currently do related-living-donor kidney transplants. The procedure is carried out by a team of nurses and specialist doctors and support
staff. Following the transplant, the recipient is put on multiple medications to suppress their immune system to reduce the risk of organ rejection. This puts the recipient at a higher risk of infections as compared to a normal person, thus requiring close, regular follow-up with their kidney specialists.

Dr. Dhara Patel

“Dialysis is the process of removing excess salt, water and toxins from the body.”
REPRIEVE FOR KIDNEY DISEASE PATIENTS AS M.P. SHAH HOSPITAL HOSTS FREE KIDNEY MEDICAL CAMP

M.P. Shah Hospital stepped up its efforts to fight kidney disease by hosting a two-day free Kidney Medical Camp on 28th and 29th January 2022.

With estimates showing that over 500,000 people in Kenya have kidney disease and over 12,000 people are fighting end-stage kidney disease, M.P. Shah Hospital has alleviated this situation by increasing access to Kidney Education, Dialysis and Transplant Services in a bid to promote a healthier nation.

“As people’s lifestyles continue to change, the number of people contracting kidney disease is rapidly increasing. We, therefore, set up this camp to increase awareness to the public on how to prevent kidney disease and how those who already have kidney disease can prevent further damage. We also provided all services for free,” said Dr. Hussein Bagha, the Head of the Renal & Transplant Unit at M.P. Shah Hospital.

With the cost associated with the management of kidney disease being out of reach for many people in Kenya, this disease has taken a toll on many. However, it has been a relief for the over 200 people who benefitted from this free medical camp, many of whom already have underlying kidney issues or are at risk of getting kidney disease.

Through the camp, these people had free access to kidney care education, nutrition education, dialysis education, as well as strengthening via physiotherapy. They also had an opportunity for a free consultation with a kidney specialist, kidney transplant screening, BMI & blood sugar checks as well as urinalysis testing.

Kennedy from Nairobi, who is looking to get a kidney transplant described this as a life-saver since he was able to get all the information he needed in one place and for free. “I was diagnosed with Chronic Kidney Disease mid-last year. People have told me lots of things that did not make sense for me but through this camp, everything has been clarified by the experts,” he said.

According to Dr. Hussein Bagha, most patients with end-stage kidney disease are men and are advised to see a doctor if they exhibit signs related to the disease. Dr. Bagha however notes that most people with kidney disease might not show any symptoms but could develop underlying causes of kidney failure.

“As people’s lifestyles continue to change, the number of people contracting kidney disease is rapidly increasing.”
M.P. Shah Hospital has partnered with Africa Collect Textiles (ACT), a social impact enterprise that collects used textiles and footwear for reuse and recycling in Africa. This makes part of the Hospital’s Green365 initiative that aims at reducing pollution caused by dumping and burning.

Speaking after receiving the collection bin, the CEO of M.P. Shah Hospital noted that it is the Hospital’s responsibility to fight contamination, and unsustainable resources which are exacerbating ill-health among people in different locations. “Environmental stewardship is a shared responsibility in protecting the environment and minimising the impact of our daily decisions. The healthcare sector can play a leading role to reduce the carbon footprint and contribute to environmental sustainability,” she added.
The M.P. Shah Hospital has officially joined the United Nations Global Compact (UNGC) as part of its bid to promote a healthier future across the East and Central Africa. In attendance at the MOU signing ceremony were the Chief Guest, Ms. Judy Njino, Executive Director of Global Compact Network Kenya, M.P. Shah Hospital Board Members and other notable guests.

“It has been three years of working on our Hospital being pollution-free through our Green365 programme. This partnership therefore shows our commitment to better the lives of the community we live in, and as leaders we are in full support of these initiatives,” said Dr. Manoj Shah, the Board Chairman of M.P. Shah Hospital.

The UN Global Compact engages with businesses around the world to develop policies and programmes to address the pressing societal challenges to realise a more transparent global economy. In signing up to the Ten Principles of the UN Global Compact, M.P. Shah Hospital commits to work against corruption in all its forms, embrace environmental protection, support and respect the protection of human rights and eliminate discrimination in respect of employment and occupation.

“The M.P. Shah Hospital joins leading businesses leveraging healthcare opportunities to not only uphold their basic responsibilities to people and planet, but also set the stage for long-term success. The strides made today by the Hospital demonstrate its leadership commitment towards supporting the Global Goals as well as the government’s Big 4 Agenda on Universal Healthcare Coverage,” said Dr. Toseef Din, CEO of M.P. Shah Hospital.

Universal Health Coverage,” said Dr. Toseef Din, CEO of M.P. Shah Hospital.

The private sector has a special responsibility in their collective effort to build a sustainable, net-zero, resilient and equitable world, and to act on their pledges of corporate sustainability initiatives with credible timelines, targets and plans. The M.P. Shah Hospital, through this MOU, joins over 15,000 other corporates from over 160 countries committed to advancing principles of responsible and sustainable business.
Our Critical Care Units consist of highly trained inter-disciplinary teams, advanced life-support technology and monitoring equipment. It cares for some of the Hospital’s most seriously ill patients, and is divided into 2 areas:

**Intensive Care Unit (ICU)** – Is a unit within the Hospital that looks after patients whose conditions are life-threatening and need constant, close monitoring and organ support from specialist equipment and medications. Assisting in maintaining the normal function of struggling body systems, this may be in the form of a ventilator to support breathing or dialysis to support the kidneys.

**High Dependency Unit (HDU)** - As a patients’ condition improves and they need less intensive care but may still require close observation, they can be transferred to the HDU. Patients will then move to a General Ward elsewhere in the Hospital or be discharged home.

Both ICU and HDU are run by a team of Consultant Intensivists and supported by a team of doctors with a background of Anaesthesiology, Intensive Care and Medicine. A large team of highly trained nurses are dedicated to delivering safe, high quality care to our patients, along with other multi-disciplinary members who can provide specific support and therapies for individual patients.

Patients are at risk of developing chest infections if their lungs are not functioning well enough to prevent a build-up of secretions.
"The hospital you are born in is the only building you leave without entering."

**Hospitals**

The only place where the word “Positive” means a bad thing.

**Doctor:** Don’t worry kid, it’s just a cold.

**The kid’s hospital room the next day:**
1. The newly installed sign on Shivachi Road.
2. M.P. Shah Hospital’s Green365 Committee pose for a group photo during the signing of UNGC MOU.
3. CEO Dr. Toseef Din, Ms. Judy Njino of GCNK, Chairman Dr. Manoj Shah, Vice Chairman Dr. Manilal Dodhia and a representative from GNCK pose for a group photo.
4. Account Executive Whitney Mutsembi engages a client at Visa Oshwal during a vaccination drive.
5. A nurse takes the temperatures of a patient shortly before receiving a vaccine.
6. The registration and triage desk of the free Kidney Medical Camp.