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FROM THE CEO’S DESK

Dear Friends,

I begin by thanking the God almighty for showering His blessings and abundance on us and guiding us throughout this year. The world seems to be more connected and it’s quite apparent how quickly the problems of one country can ripple across borders and affect the entire world.

The ongoing pandemic is a clarion wakeup call for those who believe that what happens across the world is not relevant to them that somehow today’s most pressing issues, recognise borders. During the escalating infection rate, we urge all to not let their guard down and continue taking the necessary COVID-19 precautions.

Key achievements at the Hospital

Being a great leader will require us to evaluate ourselves and our teams and in light of this the Hospital conducted leadership training for all Heads of Departments. The training expands learning in ensuring that we must delegate, encourage and empower others around us. We must work smart not just work hard and it is training like this that fosters team spirit to nurture this interactive culture.

I am pleased to inform you that the Hospital concluded the AMUA workforce Transition programme. Transition can be challenging and complex, however with your ability and commitment we now have a new Hospital Organogram. Over the next couple of weeks, the Human Resource Department will be rolling this out, with new job descriptions. I thank you all for your support in concluding this.

This month the Hospital launched the new online Performance Appraisal System. This systematic process measures performance and is closely linked to the strategic balanced scorecard and measures your contribution to the Hospital.

The JCI Accreditation is a long-term process that demands commitment. There is a great deal of preparatory work leading up to the final survey in October 2022 and an enormous amount of improvement work is undergoing to ensure the survey is conducted seamlessly. We thank all the departments for working diligently in improving the scores to ensure our accreditation standards are maintained.

During the pandemic the Hospital developed its Business Continuity Plan. This process ensures that we have a prevention and recovery system from potential threats. The plan will be rolled out next year and will help us protect personnel and assets and make sure we can function quickly during downtimes.

Through robust financial planning, we can ensure sustainability. The Hospital is pleased to launch a new financial software called Sage which will go live in January 2022. This will aid in good financial planning and decision making.

Our environment plays a huge role in our overall health. The cleaner our environment is, the better chance we have at living healthy lives, to support this the Hospital is actively initiating green innovations to reduce our carbon footprint and I thank the Green365 committee who is making our vision achievable.
We are pleased to inform you that the Hospital is now a member of the UN Global Compact. This platform will promote greater corporate responsibility around the Hospital and is guided by ten guiding principles for corporations covering human rights, the environment, and corruption.

This month the Hospital activated its molecular services and started COVID-19 testing in-house. This will improve our turnaround times and provide quality healthcare to all our stakeholders.

**Updates on strategy**

Our strategy has helped us to adapt to whatever changes might be happening during the pandemic. We have anticipated these changes as much as possible and have now developed new scorecards and strategic initiatives for 2022. This will aid in faster decision making, seamless operations, and successfully meet our hospital’s mission of providing excellent healthcare every day.

**Conclusion**

Do not let your guard down. Play your part by sanitizing or washing your hands, wearing your mask, keeping your social distance, and getting vaccinated.

Your support has been amazing, your feedback is encouraging and uplifting. On behalf of the Board and Management, I would like to express my deepest appreciation to all staff: Your diligence and detailed approach towards work has set a benchmark for the rest of the workforce. The service you have provided this entire year has exceeded all expectations. It's been great working alongside each of you this year.

May we continue to journey together in 2022. Happy New Year!

May the Almighty keep all of us safe.

Warm Regards,

Dr. Toseef Din.
Of all the milestones in the first year of life, introducing solid foods to your baby will be an experience you will never forget. One day you will be met with an eager mouth, wide open and ready to explore different flavours and textures and the next day will be lips sealed shut with bowls of food turned upside-down and cups tossed to the ground. Yet with a cupful of overflowing love, a generous amount of patience and a steady supply of wholesome nutritious meals you can have a profound impact on your child’s health. The aim is to raise a healthy child, well rounded with a curious and adventurous palate. What to remember is no one has a greater influence on your child’s eating habits than you do.

Here is what you need to know when it comes to feeding your baby.

Your responsibility as a primary caregiver is to provide wholesome nutritious meals as frequently as possible depending on your child’s nutritional needs. Equally, your child’s responsibility is to eat the food provided. Keep in mind that you have little control over whether your child eats the food offered and how much food your child eats. Inevitably there will be a day when your child will barely eat anything. On these days do not give up and do not start to worry that your child’s nutritional needs are going unmet. Realistically their nutritional requirements will not be met in one day let alone in one meal, instead they even out over weeks and months. Keep going and keep offering a wide variety of wholesome nutritious meals.

By now you have heard of the recommendation to feed your child a balanced meal. With so many food choices and just as much information, what does a balanced diet look like in practice? Your goal for each meal is to create a balanced plate that includes:

- High calorie
- Iron-rich
- Fruit & vegetable

High-calorie foods are especially important for brain growth and development in the first 24 months of life. Caloric dense foods ensure that every bite counts especially when there is minimal intake during the first days of introducing solid feeds as well as the toddler years.

Iron is arguably the most important nutrient for children below 2 years. It helps with brain development and blood circulation among other things. Here is what to consider when serving iron. Iron from animal sources is absorbed best. Calcium is thought to inhibit iron absorption in certain instances, and we recommend serving some meals without dairy throughout the day to maximise iron absorption. Serving vitamin C with iron sources, especially plant-based iron sources can have a positive effect on how much iron is absorbed.

Dr. Mate-Rodrigues, Consultant Paediatrician.
Vitamin C is found in most fruits and vegetables. This water-soluble vitamin and antioxidant protects against cell damage, helps the immune system to work properly and aids in wound healing. Vitamin C is particularly important in boosting iron absorption from vegetable sources. Focus on offering a wide variety of fruit and vegetables to ensure that your baby’s needs are being met.

Even though the baby may be ready for solid feeds, breastmilk and iron-fortified formula will still be a major part of the baby’s diet. A baby who is just starting solids may eat only a few spoons at each sitting and should continue breastfeeding between meals. Where possible, breastfeeding is encouraged up to the age of 24 months.

While waiting to introduce top food allergens such as eggs, fish, wheat and nuts may seem like the safer route, there is growing evidence showing that introducing allergens as early as 6 months of age can reduce the risk or help prevent the development of food allergies. If there’s a family or medical history that puts your baby in the high-risk category such as severe eczema, previously diagnosed food allergies, or asthma, consult with your healthcare provider to determine the best plan of action. Lastly, a clean kitchen ensures that the baby’s food is free of germs.

Before you start preparing baby’s food, wash your hands well with soap and water, wash all produce thoroughly, use separate utensils for raw meat, poultry and seafood, promptly refrigerate or freeze baby’s food in appropriate quantities and clean all work surfaces and utensils with warm soapy water.

Go ahead and start your journey today.
Toddlers and young children like to explore, climb, walk, run, and dance. These activities put them at risk for falls and injuries. Each new learning stage for your baby requires increased attention on your part to prevent an injury. It may surprise you how fast your baby can move from one stage to the next. Being aware of your baby’s abilities and what skills he or she is likely to develop next will help you prevent injuries.

Most of the fall injuries resulting in presentation to the Paediatric Emergency Department are as a result of a fall from a height. This could be from beds, single or double beds, stairs, balconies or even tables, especially while trying to play ‘Superman’. The children will usually have mild to severe injuries which range from bruises to head injuries. The severity of these falls depends on the distance from where the fall began to where the child lands and the type of surface they land on. If the height is lower, the fewer the injuries, and if the landing-place is a hard surface, the more serious the injury is likely to be, not to mention the likelihood of falling on objects lying around.

Every parent knows how hard it is to protect a child from injuries related to falling. When a baby learns to walk, preventing falls requires constant supervision. Later, a toddler might tumble while trying to get to the cookie jar and an older child might slip while rocketing up hardwood stairs in socks. Still, there’s plenty you can do to promote fall safety and minimize injuries when falls happen.

**What should you do when your child falls?**

Try and stay calm then call any emergency numbers that you may have so that help is availed as fast as possible. Meanwhile, observe the child for any signs of altered levels of consciousness that may include difficulty in waking up or other signs such as vomiting. Check for any obvious bleeding and apply pressure on the bleeding site with a piece of cloth if any. Stay with the child until help comes. Should they begin to vomit or convulse, lay them on their left side to prevent them from choking or aspirating food contents. If you do not see any obvious injuries and choose to observe your child at home, be sure to keep an eye for excessive crying or irritability. If these are present, take them to the hospital immediately.

**How do we prevent falls at home?**

Keep all children within your eye reach as it only takes a blink for them to move to a place you never anticipated. Do not leave toddlers on adult beds unattended. If they are on their beds or cots, keep the side rails up to prevent unexpected falls. Avoid putting children on the kitchen tables as you work around the kitchen. Most of the time little distractions that take your mind away from the child could be all that leads to the accidental fall. Keep all floors dry, minimising loose rags and anything else that may be in their way as they walk around the house as this is likely to cause them to trip. Children should not be left unattended on the balconies. Hanging over the balconies to view downstairs should be highly discouraged.

Children who have fallen from higher heights should not be moved to avoid more injuries to the spine unless one knows how to. Bumps on the head can be soothed with an ice pack placed just above it. Lastly remember that accidents are never planned and can happen in the presence of either the parent or the caregiver, be calm with the caregiver who most of the time is scared, in shock and confused.

In conclusion, falls from heights can have very fatal outcomes, from permanent brain damage to death. They are also a preventable cause of death and disability and more measures should be placed in every environment that involves children. Schools, homes, parks and even children hospitals and homes should strive to keep children away from risk as possible. It is also important to note that even after a fall, children can lead a normal independent life after treatment.

Christine Kinyua, Paediatric Nurse.
Through Waridi Women’s Wellness Clinic, the M.P. Shah Hospital hosted the second edition of the Mums-To-Be Club study day. The event happened on 11th December 2021 and brought together mothers from across Nairobi who learnt more about the stages of labour and delivery.

The mothers were trained by Asha Kaberia, a midwife and Lamaze Childbirth Educator and further received goodies from Johnson & Johnson and Medela Kenya who were partners of the event. Speaking at the event, Asha reminded the mothers to be keen on their labour and initiate proper planning to avoid last-minute rush. “As pregnancy progresses, we should also put in place measures to ensure the child gets to a safe environment,” she said.

Waridi Women’s Wellness Clinic is a specialty centre for every stage of a woman’s life. Among the services offered include Psychosocial Support, Gynaecology and Pelvic Health as well as Pregnancy Care.
The M.P. Shah Hospital congratulates Dr. Manilal Dodhia, the Vice Chairman of M.P. Shah Hospital and Eng. Millicent Alooh, the Head of Biomedical Engineering upon receiving the prestigious Head of State’s Commendation, Civilian Division.
A new baby is like the beginning of hope and a dream of endless possibilities. At M.P. Shah Hospital, we were delighted to celebrate all our new-born babies delivered on 25th December. We wish all the new mums nothing but the best this holiday season.

Child by Penny Brown
New life, a little baby, a little star,
The world awaits you near and far
With guidance and loving care
That will keep you safe and happy there.

There’s family to meet,
Pets and friends to greet.
A long path with us you’ll share,
We’ll always be happy to meet you there.

Life experiences will soon unfold,
Stories now waiting to be told.
Adventures, discoveries, obstacles and dreams
All join to form your self-esteem.

Of yourself, have no fears.
Enjoy each day over the years.
Be proud of who you are, no fuss,
A unique little person loved by all of us.

Source: https://www.familyfriendpoems.com/poem/grand-child
DEPARTMENTAL SPOTLIGHT: CARDIOLOGY DEPARTMENT

The M.P. Shah Hospital envisions itself to be involved in the highest quality Cardiovascular care in East and Central Africa. We combine top Doctors and Surgeons with the finest medical skills and compassionate care, working together to provide care to all our patients. We understand that heart disease is unique to each patient, so we tailor treatment plans according to your specific Cardiology needs. Our goal is to deliver high-quality heart care that will help our patients lead active lives.

DEPARTMENTAL SPOTLIGHT: CARDIOLOGY DEPARTMENT

The Outpatient & Consultation
Services include:
- Outpatient Consultations
- Cardiovascular Health Screening
- Resting and Exercise ECG
- Echocardiography (Transthoracic & Transoesophageal)
- Ambulatory ECG and Blood Pressure Monitoring
- Blood Tests and Pathology Services
- Pacemaker Checks
- Plain Film X-Rays (Chest & Abdominal)
- Computerised Axial Tomography (CT scans)
- Magnetic Resonance Imaging (MRI scans)
- Calcium Score (CT)
- CT Coronary Angiogram
- Exercise Stress Echo
- Dobutamine Stress Echo DSE
- Tilt Test
- Advanced Echo with bullseye mapping of heart longitudinal strain
- 24-hour ECG Recording
- 7 days ECG Recording

About Our Cath Lab
Our Cardiac Catheterisation Laboratory is a modern, technologically advanced facility, the equipment comprising of state-of-the-art biplane imaging, which provides excellent quality angiograms with minimal amount of X-Ray exposure to patients and medical personnel.

The M.P. Shah Hospital has invested in a state-of-the-art Cardiovascular Catheterisation Lab.

A Cardiac Catheterisation provides very accurate and detailed information. This visualisation test provides the Doctor with a picture of the heart and allows the Cardiologist to assess blockages in the blood vessels of the heart and other parts of the body. This information will allow the Cardiologist to choose the best treatment for you.

Our Team
Our professional team of highly experienced specialists includes board-certified Cardiologists, Nurse Practitioners, Physician Assistants, Cardiac Sonographer and Registered Nurse Clinical Research Coordinators.

All of our Physicians have board certification in areas including Internal Medicine, Cardiovascular Diseases, Interventional Cardiology, Nuclear Cardiology, Adult Echocardiography and Cardiovascular Computed Tomography (CT) Imaging.

You can count on our highly experienced, caring staff to guide you through the complexities of managing any heart condition, including Coronary Heart Disease, Heart Failure, Arrhythmias, Vascular Disease, Heart Defects and Valve Disease.
Mum: an apple a day keeps the doctor away! me: okay then,

Who Would Win?

Highly skilled professional doctor of medicine capable of saving lives of many

Every time I feel a tickle in my throat.

Is that you rona?

Bad handwriting since childhood

Became a doctor

When you spy your patient doing something you specifically told them not to do
1. Santa gifts children at the M.P. Shah Children's Hospital
2. Dr. Mohsen Gaballa speaks to Rotarians at Windsor Golf Club
3. Revellers enjoying themselves during the M.P. Shah Hospital staff party
4. Sr. Marren Chunga during the staff party
5. Members of the Corporate Communications Department pose with the basket of fruits from Parklands Baptist Church
6. A baby smiles on receiving a gift from Santa.