#LegacyofCare
# Table of Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>From the CEO’s Desk</td>
<td>3</td>
</tr>
<tr>
<td>When A Heart Breaks It Doesn’t Break Even</td>
<td>6</td>
</tr>
<tr>
<td>A Holistic Approach to Sexual Health</td>
<td>9</td>
</tr>
<tr>
<td>M.P. Shah Hospital Boosts Bed Capacity as it Launches New Medical Tower</td>
<td>13</td>
</tr>
<tr>
<td>Matters Of The Heart: Cardiac Open Day</td>
<td>15</td>
</tr>
<tr>
<td>Valentine’s Day Celebrations</td>
<td>16</td>
</tr>
<tr>
<td>Celebrating Sr. Mercy Njiru &amp; Mr. Njuguna’s Retirement</td>
<td>17</td>
</tr>
<tr>
<td>Know Your Doctor</td>
<td>18</td>
</tr>
<tr>
<td>Departmental Spotlight</td>
<td>19</td>
</tr>
<tr>
<td>Meme Zone</td>
<td>21</td>
</tr>
<tr>
<td>Pictorial</td>
<td>22</td>
</tr>
</tbody>
</table>
Dear Friends,
Warm greetings.

We thank God almighty for His tremendous blessings and blessing us with health this month.

It gives me great pleasure to announce the confirmation of our new Chief Operating Officer, Dr. Joan Osoro who will now head the Operations Team. I anticipate your unflinching support to her to enable her to carry on her good work with dedication, in her new role.

As we strive towards fulfilling our projections for this year I urge all those who have M.P. Shah Hospital’s values in their hearts to wholeheartedly carry on supporting our efforts so that we become the leading healthcare institution in the country.

Going forward, we intend to continue investing our resources to improve the accessibility of quality healthcare and make it more affordable to the general public. We intend to do this through a self-sufficient business model that will generate value for all our stakeholders.

**Key achievements at the Hospital**

It has been a source of pride for us to inaugurate the KPJ Medical Centre. Our new KPJ Medical Centre will offer our patients warmth, comfort in a safe and high-quality environment. The construction of the new Centre began in November 2016 when the first stone was laid. Its primary aim is to cater to the rehabilitation, oncology, surgical and medical needs of our patients. The tower which was 80% complete last year has been a home for our long-stay COVID-19 patients. We have treated patients and repatriated them in excellent health, ably supported by our team of doctors and Nurses. Our new Medical Centre has 8 floors with an additional bed capacity of 68 beds.

For our Hospital to achieve ‘SMART’ (green + safe) status, it has to make both buildings and operations more climate-resilient, mitigate their impacts on the environment while working innovatively to reduce pollution generation at source.
In essence, this means improving resource use efficiency at our Hospital. We are pleased to inform you that we are doing this through an environmental impact assessment audit that concluded this month. The results and findings will assist our staff in consciously making resource-efficient decisions and reducing our carbon footprint.

The journey towards transforming mental health care systems in Kenya has gathered momentum following the launch of the Kenya Mental Health Act. This transformation has now been tabled in an action plan through Kenya Mental Health Action Plan (2021-2025). To support mental health and well-being at our Hospital we continue to meet and support staff through our employee support group. These groups are a care system that reaches out to our staff and helps them overcome challenges in their life.

Innovation helps institutions grow. The Hospital has made innovation its top priority and has launched the innovation platform with the theme ‘Every idea is good.’ We look forward to your engagement and your ideas to make our Hospital better with every idea.

According to WHO data published in 2018, deaths related to kidney disease, in Kenya, reached 1,1034 or 0.41% of total deaths. Our patient-focused Renal Unit, ably supported by a multi-disciplinary team, conducted its 21st Kidney transplant this month. The Hospital continues to invest in training and education to improve Renal Disease Management and Care.

Disaster drills and simulations are important to ensure that our team is ever ready should the need arise. The recent disaster simulation carried out by our Mass Casualty Incident team enabled us to strengthen our systems and protocols, with a key focus on continuous improvement.
Infrastructural projects at our Hospital realise our vision of being the premier patient-centric tertiary care hospital in East and Central Africa. Our new Nursing School and Dinshaw Byramjee Dispensary are shaping this vision and this will positively impact our communities, our health, our wealth and our welfare. The projects will be concluded in the first quarter of this year and ensure that we are committed to excellent healthcare every day.

This month two of our long-serving staff, Mr. Andrew Njuguna - our mortuary attendant and Sr. Mercy Njiru – a Nurse Manager, retired after serving close to forty years in the Hospital. We wish them all the best as they focus on the new phase of their lives. We have long-lasting memories with them and their hard work, commitment and loyalty will be forever remembered.

AMUA is the name of the M.P. Shah Hospital quality improvement programme which incorporates the KAIZEN programme. It means Always Maintaining Uniformity of Awesome Care. The Hospital has continued its partnership with the Kaizen Institute since 2015. This year we shall focus on processes that will increase sustainability and achieve exceptional stakeholder experience. We are also pleased to inform you that Sr. Jane Ngivu will be the AMUA Coordinator ably supported by Sr. Agnes Thuo.

**Updates on strategy**

It is our employees' interest, investment, and commitment to their work that determines our success. Through our highly-engaged patient-centric teams strategy pillars, the Hospital Human Resource Team has designed several activities across the year to ensure that we engage with our employees. We are confident that this will achieve optimal productivity and further commitment to the Hospital.

**Conclusion**

Finally, I wish to appreciate all our hard-working staff: doctors, nurses, support staff whose able hands realise our plans for the benefit of our patients. I encourage you all to love more intensely, forgive more, embrace more and leave the rest in the hands of the Creator.

Thank you and God bless us all. May the Almighty keep all of us safe.

Warm Regards,

Dr. Toseef Din.
The heart, for many years has been thought to be the home of emotions across many cultures. Today, however, we know that the heart is not the dwelling place of our emotions. Despite this, the field of medicine is coming to understand more and more the intimate connection existing between the heart and emotions. The heart may not be the origin of our emotions but as it stands out, it is highly affected by them. For example, we have discovered that grief or fear is able to cause cardiac injury. In other words, it is clear that the heart is sensitive to the emotional system.

Doctors, like myself, think of the heart as a machine that pumps blood throughout the body and can be manipulated using the tools of modern medicine. However, when doing this, we pay greater attention to the emotional life that the heart has been believed to contain for so many years. For instance, when you think of a broken heart, you may picture a cartoon drawing with a jagged line through it. As the script says, "When a heart breaks, it doesn't break no it don't break even." It is a scientific fact that you can die of a broken heart and that there are established ties between depression, mental illness and heart disease.

In the course of my Cardiology practice, I have met patients with a heart condition, first described in detail by Japanese doctors, called Takotsubo Cardiomyopathy or "broken heart" syndrome, in which the heart acutely weakens in response to extreme stress or grief, such as what you might experience after a romantic breakup, the death of a spouse, strong arguments, losing or winning a lot of money, divorce, job loss or financial difficulty or even a surprise party. Patients (almost always women, for unclear reasons) develop symptoms that mimic those of a heart attack. They may develop chest pain and shortness of breath, even congestive heart failure. It is also possible that unprescribed or illegal stimulants such as cocaine may contribute to broken heart syndrome.

This condition is likely to be misdiagnosed as a heart attack because sometimes the symptoms and tests are similar. In fact, all tests show dramatic changes in the rhythm and blood substances that are typical of a heart attack. However, unlike a heart attack, there is usually no evidence of blocked arteries in the broken heart syndrome. In this syndrome, a part of the heart enlarges temporarily and fails to pump as it should, while the rest of it just functions normally or with more forceful contractions. On an echocardiogram, the heart muscle frequently balloons into a distinctive shape, one that resembles a Japanese octopus-trapping pot with a wide base and a narrow neck called a takotsubo.
The most common signs and symptoms of broken heart syndrome are angina (chest pain) and shortness of breath. You can experience these even without a history of heart disease. Arrhythmias or irregular heartbeats and cardiogenic shocks may also occur in people with this syndrome. Cardiogenic shock is when a suddenly weakened heart is unable to pump enough blood to meet the body’s needs and it can be fatal if not treated right away. Other complications may include low blood pressure and a backup of fluids into the lungs.

In as much as connection does not prove relationship; it is certainly possible that stress leads to unhealthy habits — poor nutrition, less physical activity, more smoking — and that this is the real reason for the increased cardiovascular risk. But as with the association of smoking with lung cancer, when so many studies show the same thing, and there are mechanisms to explain a causal relationship, it seems irresponsible to ignore the likelihood that a causal relationship does exist.

At the moment, there are no known treatments for preventing broken heart syndrome, but learning stress management and problem-solving techniques can assist in improving physical and emotional stress such as practising yoga or meditation and taking warm baths. Depending on the source of your stress, you may consider speaking to someone about it and sharing coping skills with others who have had similar experiences. In addition, eating a healthy diet, getting regular exercise, getting enough sleep, keeping your medical appointments and stopping unhealthy choices such as smoking, illicit drug use and alcohol abuse.

As M.P. Shah Hospital, we have seen a great many success stories regarding cardiovascular health over the recent years. We continue to shift to a new paradigm for heart problems, one focused on prevention, to continue to make the kind of progress to which patients and doctors have become accustomed. In this paradigm, psychosocial factors will need to be front and centre. Treating our hearts optimally will require treating our minds, too.
A HEALTHY HEART STARTS WITH THE RIGHT CARDIAC CARE

Advanced Angioplasty available

BOOK YOUR APPOINTMENT TODAY
Man performs his actions based on two basic instincts – survival and reproduction. Society may have been sweeping the issue of sex under the carpet, yet it is a vital part of living life as a human and needs to be addressed appropriately. Medically, the physical aspect of sexual disease can be labelled in terms of diagnosis followed by targeted treatment. Emotional and mental aspects of sexual health are still not fully dealt with, yet are pertinent when it comes to all-around sexual well-being. Hence current sexual health medical programmes concentrate on comprehensive education and information, gender-based violence (prevention, support and care), prevention and control of sexually transmissible infections (HIV, Chlamydia, etc.), and sexual function plus psychosexual counselling.

As more agencies are invited into the sexual healthcare arena, the scene is ornamented with even more paraphernalia that is being used to encourage healthy sex. The current ethos is to discuss the importance of sexual health awareness as well as the empowerment of the participants. Good sexual health depends on several factors, including:

- An environment and view of self that promotes positive and affirming views of sexuality
- Access to factual, helpful and comprehensive information and resources about sexuality that leads to healthy behaviours
- Knowledge of the risks of unprotected sex and the actions you can take to make the sexual activity as safe as possible
- Access to sexual health care

One may ask what are the best ways to practice healthy sexuality? Here are a few pointers for those who are willing to take their sexual health to the next level.

**USING PROTECTION** – Protection is important regarding two areas – protection against pregnancy and sexually transmitted diseases. Against pregnancy, one may be encouraged to seek out the contraceptive method that best suits their lifestyle and choices. There are a plethora of contraceptive options and one needs to understand the pros and cons, benefits and effects and the necessary side-effects of each before deciding on which may be best for themselves and their partners. Some of these contraceptive options (condoms, especially), also prevent the transmission of disease during sexual activities.

Understanding these diseases and having access to prevention and treatment is a vital part of exploring sexuality in today’s day and age. So, if you are having abnormal pain or discharge from your genitals, then please get yourself checked – the sooner the better. The cases of Chlamydia are rising and it is important to get it treated early because it can cause complications that may reduce your chances of getting pregnant in the future.
**SEXUAL WELLNESS** - Partners who experience pain, limited libido, chronic exhaustion and even mental/emotional health conditions may benefit from medical advice as they may have medical conditions that are affecting their sexual well-being. Menopausal symptoms, HIV, STIs, and problems such as erectile dysfunction are examples that can be sexually limiting and have an answer from the medical doctors.

**CONSENT** - Sex is about emotional health, communication and mutual consent and of course physical touch. Consent involves each partner communicating whether or not they want to engage in any form of sexual activity. If you’re exploring sexual activity with a partner, it’s always good to check in with them by asking if what’s happening is okay and pleasurable. Similarly, it’s always okay to express if something is not okay or doesn’t feel the best at that time. These kinds of conversations can help promote an overall better sexual experience that’s rooted in mutual consent.

Sexual activity of any kind performed without valid partner consent is abuse. Reporting it to the authorities can lead to justice, and understandably, this is often a challenging and incredibly vulnerable thing to do. Also consider reaching out for confidential support to a trusted friend, family member or nonprofit organisation that assists with confronting sexual assault. Opening up about such events helps begin the process of healing.

**AGE** - Sex is for all ages of maturity above the legal age of consent, a fact that is especially true now that advances in modern medicine and knowledge of how to care for the human body are helping people be more active and healthier as they age. Whether you’re a young adult, a parent or an empty-nester, sex is an activity that can add enjoyment and fulfilment to life, along with reducing stress and enhancing intimacy. Every age brings with it both potential challenges and pleasant surprises to sexual activity. Young adults without familial commitments are discovering themselves and their identities, so long as sexual health is considered.

Parents, especially those who are breastfeeding or are pre-or post-birth may have varying views on sexual intimacy. Middle-aged and older partners may find their sexual desire increase or decrease depending on their life situation and hormonal changes. Each of these scenarios and more bring unique experiences to the sex scene. Therefore, it’s important to consult with your physician and partner if you have any concerns because each person’s sexual needs and abilities are different and will vary according to their stage of life.

**COMMUNICATION** - Communication is vitally important during sexual activity - proper discussion of preferences and needs enhances pleasure and enjoyment for each partner involved. While it may take time to learn how you and your partner feel comfortable discussing sex, these conversations are hugely valuable in developing a healthy sexual relationship. It helps them feel safe and comfortable and deepens the intimacy of the act and the relationship since sexual activity is usually at the center of a healthy, intimate partner relationship. Good communication during sex often leads to a heightened sexual experience. It’s also important to have these conversations outside of sexual activity, as this may be more comfortable for both you and your partner – this may help allow you to think thoroughly about how your sexual activity is affecting yourself as an individual.
**GENDER** - Different genders, forms of self-expression and personal or cultural belief systems can have a major impact on sexual health, so understanding your sexuality and gender identity is a liberating aspect of walking your path of sexual wellness. Similarly, it helps not to judge what gender your partner identifies with, and helping them support their identity is likely to lead to a more fulfilling sex life with them. Some individuals are adjusting to and being physically healthy is a transgender, genderfluid, nonbinary or gender-nonconforming (GNC) identity. It would be satisfying for such individuals not to be judged, and to be accepted as they traverse their journeys into self-identification.

**THE BODY** - Bodies come in all different shapes, sizes and types, and being confident in your body is a major part of sexual wellness. Those who are not comfortable in their bodies or who have received harmful messages from others about them may find themselves sexually limited by stereotypes, mental health issues and confusion. This can also result in changing hormones, addiction or substance abuse disorder, disordered eating, self-care decisions and even self-harm. Lifestyle behaviours have been proven to affect sexual well-being. Accepting yourself and your body and learning to make positive, self-affirming choices regarding your overall wellness will help you become more confident and healthier in your sexuality.

Healing from a negative body image can be challenging, and it is extremely rewarding to work toward a place of body neutrality and even body positivity. Experiencing healthy sexual encounters may help towards such positivity. Many find that their sexual health improves when they focus on simple wellness choices, such as getting more active, getting quality rest, making healthier eating choices and pursuing positive and affirming relationships with others. Not to be taken lightly — it’s always good to remind yourself of things your body can do outside of how it looks. These lifestyles and thought pattern shifts will also make a big difference not just in your sexual health, but also in your overall wellness.

Sexual health and reproductive health interventions must include: maintaining an individual’s privacy and confidentiality; presenting information, without coercion and in a manner that fosters informed decision-making; ensuring providers are adequately trained, competent and non-judgmental in delivering health services; and ensuring that health services utilization and stock adequate quantities of quality supplies (including commodities and equipment). Arrange an appointment at our Waridi Women’s Health Centre at the M.P. Shah Main Hospital, and experience how our Consultants can help you achieve maximum benefit out of your sexuality, using an evidence-based, respectful and positive approach.
GIVE HER A FIGHTING CHANCE

Prevent HPV related cancers with the HPV Vaccine.

Given to all girls from the age of 10-18 years. Doses administered 6 months apart. Safe, effective and reliable.

Book an appointment today.
The grand opening of KPJ Medical Centre took place on 25th February 2022 at Oshwal Centre, Westlands from 11am. In attendance were the trustees from Premchandbhai Foundation, Board Chairman Dr. Manoj Shah, CEO Dr. Toseef Din among other distinguished guests.

The new Medical Centre equipped with ultra-modern state-of-the-art medical equipment is expected to serve patients from Nairobi and beyond with different ailments including cancer, infectious diseases, skin problems and many other forms of illnesses. Among the speciality clinics is the one-stop-shop Breast Cancer Clinic that uses the Sentimag® technology to identify cancerous tissues early enough to save patients from a mastectomy. The tower also hosts some of the highly specialized, world-renown medical specialists who are prepared to attend to patients with different conditions.

"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 operations, 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.", said Dr. Toseef Din, CEO, M.P. Shah Hospital.

The KPJ Medical Centre is also home to a dedicated one-of-a-kind Paediatric cancer centre that is soon to be launched. This Cancer Centre is set to be among the largest in the country providing complex children's cancer care. The centre will also be actively participating in the research and treatment of childhood cancer, aiming for the highest standards in diagnosis, research, treatment, and support. It comprises an inpatient ward with a day oncology unit, an outpatient clinic area, a dedicated oncology pharmacy, and state-of-the-art laboratory facilities.

The launch of the 7-floor KPJ Medical Centre serves to curb the increasing demand for healthcare services by improving the current doctor-to-patient ratio that is 1:16,000, far below the WHO recommendation of 1:1000. It is hoped that the community and nation at large will benefit from the technology, expertise and presence of this medical centre.
The architectural impression of the KPJ Medical Centre.
Matters of the Heart: Cardiac Open Day

M.P. Shah Hospital held a successful two-day Cardiac Open Day at the Village Medical Centre. The open day themed “Matters of the Heart,” which was open to the public was a gift of love during Valentine's Day, and ran on 14th and 15th February 2022.

The camp saw over 100 people get free BMI, Blood Pressure, and Blood Sugar checks, Electrocardiograms and a Cardiac Consultations. This was a way of showing love even as the burden of Non-Communicable Diseases (NCDs) and Cardiovascular Diseases (CVD) are on significant rise in Kenya of which Heart Diseases cause 13 percent of deaths.

The M.P. Shah Hospital continues to endeavour in providing the best quality Cardiac Care through more of such open days aimed at educating the public on best Cardiovascular health practices to minimise the mortality rate caused by CVD.
It was a Rosy Valentine’s Day

Valentine’s Day is one of those holidays that many celebrate and observe. As a day dedicated to show love and affection, there is always lots of flowers and romance in the air as people don their favourite red dresses and shower each other with gifts.

In an email, the Hospital challenged staff to wear a dash of red and spread love around during Valentines. “Even though we believe that love should be spread and celebrated every day, we don’t always remember to do that. Wear a dash of red and spread love all around you. It could be attire, accessory or makeup.”

In the end, the housekeeping team emerged winners and walked away with amazing prizes as a show of love and gratitude for their selfless work.
Hearty congratulations to Mr. Njuguna & Sr. Njiru for their many years of dedication and selfless service to the Hospital. We will truly miss them.
1. **What do you like to do when you aren’t working?**
   Away from work, you’re likely to find me outdoors – either camping next to a water body or climbing a mountain. I am highly attracted to nature, thus my desire to spend a lot of time with nature.

2. **What would you do (for a career) if you weren’t doing this?**
   I would teach SCUBA. My experience and passion on it are both unmatched so that is the most probable career you would find me in.

3. **What’s a fun fact about you many people may not know?**
   I’m a licensed skydiver.

4. **Where’s your favourite place in the world?**
   Inside my head.

5. **If you could meet anyone in the world, dead or alive, who would it be and why?**
   Nelson Mandela, to understand how he managed to get to that place of utter selflessness despite what he underwent.

6. **What television show/movie do you love?**
   None. I avoid the television and focus on more productive activities that keep me active.

7. **How long have you worked as a Consultant Obstetrician and Gynaecologist?**
   I have worked for 16 years and counting. It is a fulfilling experience, I must admit.

8. **What does your practice entail?**
   Lots of listening. This is the first step towards understanding my patients’ needs and getting to know what the problem really is. I strive to build a good rapport with my patients by engaging in effective communication.

9. **You have been vocal about Endometriosis. What is it?**
   Endometriosis is an often-painful disorder in which tissue similar to the tissue that normally lines the inside of the uterus — the endometrium grows outside your uterus. Endometriosis most commonly involves the ovaries, fallopian tubes and the tissue lining your pelvis.

10. **Can Endometriosis be removed?**
    Endometriosis is diagnosed using a surgical procedure called Laparoscopy. Endometrial lesions (implants of endometrial tissue outside of the endometrium) can be cut away (excised) or burned away using a high-energy heat source, such as a laser (ablated).

11. **What would you advise people on Endometriosis?**
    Seek appropriate help early. The longer one waits, the higher the chances of complications regarding the urinary system, the bowel system, the fertility system and also mental health issues.
Departmental Spotlight:  
Our Laboratory

The M.P. Shah Hospital Laboratory forms an integral part of M.P. Shah Hospital's healthcare offering a 24-hour service. It is run by a highly qualified and dedicated team of Phlebotomists, Technologists and Support Staff.

The services are provided in an ultra-modern facility equipped with modern automated equipment that is well maintained. The lab provides diagnostic services in Phlebotomy, Clinical Chemistry, Special Chemistry, Haematology, Blood Bank and Transfusion, Histopathology and Cytopathology.

Our laboratory has the following sections:

Clinical Chemistry  
This section is well equipped with a modern state-of-the-art, fully automatic chemistry analyser. The analyser has a broad test menu including renal function tests, liver function tests, cardiac enzymes, lipid profile, blood sugar and glycated haemoglobin among others.

Special Chemistry  
This section is highly specialized performing mainly immunological and rare tests. The main equipment is an Immune Analyser which is fully automated. Tests performed here include Troponin, Insulin, Ferritin, Vitamin B12, Folate, Thyroid Function Tests, HIV, Hepatitis B and C, Hormonal Profiles and Tumour Markers.

Haematology and Blood Bank  
The section is responsible for Blood Counts and also ensuring that blood for transfusion is safe for patients to use. It is equipped with a fully automated analyser and a backup service for coagulation studies. The blood bank can make blood products namely platelet concentrates, fresh frozen plasma for patients when required, using a refrigerated centrifuge. Currently, the gel system is used for grouping and cross match. Bone marrows are preferred if requested by a consultant haematologist.

Microbiology and Parasitology  
The section performs standard analysis of specimens for bacterial, parasitic and T8 infections.

Histology and Cytology  
This section serves the Hospital and many other small laboratories in the vicinity. Surgical specimen is processed and read by highly qualified histo/cytopathologic, pap smear, FNA and non gynaecological cytology specimens like effusion, urine and cerebral spinal fluid (CSF) are processed to assist in clinical diagnosis and this proper management. The consultants are available for discussion with the clinician if required.

Microbiology  
This section is specialized for the diagnosis of Bacteriology, Parasitology and Tuberculosis, Aerobic and Anaerobic bacterial cultures, drug susceptibility testing, Ziel Nelson staining technique for diagnosis of TB, a wide range of Rapid Antigen detection tests e.g. Salmonella Antigen, Pylori etc. and Diphasic Blood Culture.

We are currently subscribed to the Human Quality Control program.
A-86°C freezer for preserving COVID-19 samples.

Immuno assay for serology tests.

A blood cell counter.

The bio-chemistry section.

The immunology/serology section.
Meme zone

- When you tella mom it’s possible to leave the office without antibiotics.
- Doctor: Don’t worry kid, it’s just a cold. The kid’s hospital room the next day.
- Are you involved in any dangerous sports?
- Well, sometimes I disagree with my wife.
- Me in the hospital after breaking my back tryna carry the conversation.
- Doctor: this might hurt a little
  Kid: ok
  Doctor: there’s no Santa
- “John Cena wakes up in a hospital”
  John Cena: Where am I?
  Nurse: ICU
  John Cena: No you can’t.
Nurses pose for a group photo with Sr. Mercy Njiru on her retirement party.

Chief Operations Officer, Dr. Joan Osoro-Mbui (far left) and Medical Director, Dr. Vishal Patel (Left, sitting) with colleagues from the Nairobi Hospital during a past benchmarking function.

Dr. Tatiana and a team from CCPR receives a certificate of appreciation from the Rotary Club of Muthaiga.

A nurse measures the height and weight of a patient during the Cardiac Open day at the Village Medical Centre.
A nurse takes the Blood Sugar readings of a patient during the Cardiac Open day at the Village Medical Centre.

Nurse Shillah Kagali poses for a photo with fellow Paediatric Nurses on Valentine’s Day.

Chief Operations Officer Dr. Joan Osoro-Mbui presents a gift to the Valentine’s Day dress code winner flanked by Sr. Marren Chunga, Head of Nursing and Willie Nduaci, the H.R Manager.

A member of staff looking stunning in red on Valentine’s Day.