



M.P. SHAH HOSPITAL
A Legacy of Care

The **HEALTH TRACK**

Healthy Insights For You

HOSPITAL NEWSLETTER, JULY 2025



#LegacyofCare

CONTENTS

Vital Check Wellness Package 3

M.P. Shah Hospital Shines at GAPIO Conference with Pioneering
Talks on Kidney Care and AI in Healthcare. 4

9th Infection Control Africa Network Congress 5

Mass Casualty Incident Preparedness Training. 6

Musculoskeletal Ultrasound Symposium Elevates Diagnostic
Precision in Collaboration with GE Healthcare 7

Third Annual Walk with the CEO Champions Sustainable
Healthcare Lifestyle. 8

M.P. Shah Hospital's Dinshaw Byramjee Dispensary
Activation Boosts Diabetes and Dental Care Awareness
in Nairobi CBD 9

42nd Kenya Cardiac Society Congress, Driving Heart Health
Innovation Across Africa 10

M.P. Shah Hospital and Community Partners for Life-Saving
Blood Donation Drive 11

COMING UP. 12

VITAL CHECK WELLNESS PACKAGE

This August, take charge of your health with our Vital Check wellness package, designed specifically for adults who want a fast, affordable way to stay proactive about their well-being. For just Kshs. 2,500/-, you'll receive six essential tests that deliver critical insights into your health, empowering you with early detection and peace of mind in under 30 minutes. Don't wait for something to feel off—our comprehensive screening ensures you know exactly where you stand, helping you make informed decisions for a healthier future. Act now, because when it comes to your health, it's better to know than to guess.



Main Package Ksh 2,500/-



Random Blood Sugar



Haemoglobin



Creatinine Check



Complementary Tests *(Optional)*



Thyroid Stimulating Hormone (TSH) – **Ksh 2,000**



Prostate Specific Antigen (PSA) – **Ksh 2,000**

Book today



0111 000 600



info@mpshahhospital.org

M.P. SHAH HOSPITAL SHINES AT GAPIO CONFERENCE WITH PIONEERING TALKS ON KIDNEY CARE AND AI IN HEALTHCARE

On 18 July 2025, at the Novotel Nairobi Westlands, M.P. Shah Hospital represented at the GAPIO (Global Association of Physicians of Indian Origin) Mid-Year Conference. Dr. Joan Osoro, Chief Operations Officer, M.P. Shah Hospital, presented on 'The Impact of Global Healthcare Workforce Shortages,' highlighting critical challenges and potential solutions.

Dr. Vishal Patel, Chief Medical Officer, chaired a session on 'Global Perspective on Healthcare Career Opportunities,' fostering insightful dialogue on professional pathways in medicine. Dr. Benjamin Nzoma, Deputy Chief Medical Officer, chaired a thought-provoking session on 'Keeping Pace with Progress: Robotics and AI in Healthcare,' sparking lively discussions on cutting-edge medical advancements.



Dr. Hussein Bagha, Consultant Physician and Nephrologist at M.P. Shah Hospital, delivered an engaging lecture on 'Updates in the Management of Chronic Kidney Disease in Low-Income Countries,' captivating the audience with innovative, practical solutions tailored to resource-limited settings. His expertise showcased transformative approaches to enhance patient outcomes, emphasising the need for accessible healthcare.

Dr. Bernard Samia, Consultant Physician and Cardiologist at M.P. Shah Hospital, delivered a compelling talk on 'The Silent Assassin: Cardiovascular Diseases Tsunami,' addressing the growing burden of heart disease. Their collective contributions underscored M.P. Shah Hospital's commitment to addressing pressing health challenges in underserved communities, leaving a lasting impact at the conference.

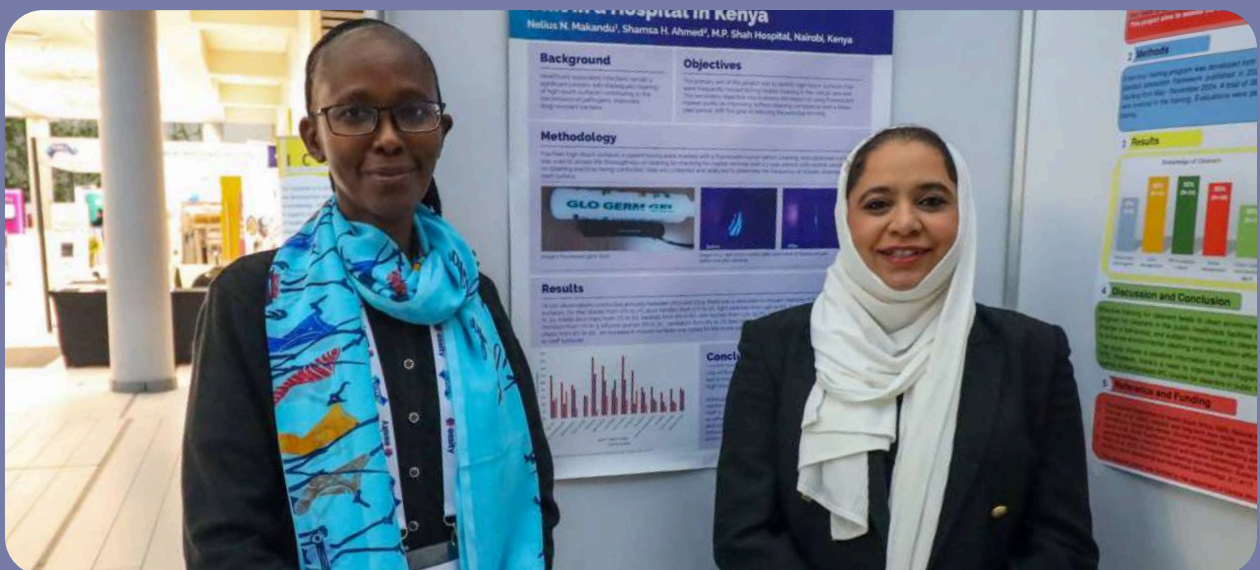


9TH INFECTION CONTROL AFRICA NETWORK CONGRESS

Between 29 June and 2 July 2025, the city of Cape Town played host to the 9th ICAN Congress, where the Infection Control Africa Network (ICAN), with over 290 dedicated members, convened to tackle the pressing challenge of healthcare-associated infections.

In a dynamic atmosphere of knowledge sharing, Dr. Shamsa Ahmed and Nelius Makandu from M.P. Shah Hospital's infectious diseases and infection prevention committee, captivated attendees with their pioneering abstract on environmental hygiene measures.

Their findings demonstrated how strict protocols dramatically reduced infection rates in critical care, markedly improving patient outcomes. The presentation resonated powerfully, thought leaders and practitioners across Africa, and cementing their work as a beacon of hope for safer, more resilient healthcare systems continent-wide.



MASS CASUALTY INCIDENT PREPAREDNESS TRAINING



Dr. Nikita Raval and Dr. Justine Odakha from M.P. Shah Hospital, alongside healthcare professionals from Kenyatta National Hospital, The Nairobi Hospital and Mbagathi Hospital, participated in a 5-day training on Mass Casualty Incident Preparedness and Management, organised by Kenyatta National Hospital in Nairobi from **June 30 to July 4, 2025**.

The intensive programme equipped participants with critical skills in risk assessment, emergency preparedness, institutional resilience, cross-sector coordination, and crisis leadership through real-world simulations. This initiative underscores a commitment to strengthening healthcare systems to deliver uninterrupted care during crises like climate change, pandemics, and natural disasters, enhancing the capacity to safeguard lives and foster community trust in resilient healthcare systems amidst global uncertainties.

MUSCULOSKELETAL ULTRASOUND SYMPOSIUM ELEVATES DIAGNOSTIC PRECISION IN COLLABORATION WITH GE HEALTHCARE

On July 26 2025, M.P. Shah Hospital, in partnership with GE Healthcare, held a pioneering Musculoskeletal Ultrasound Symposium to enhance sonographers' expertise in musculoskeletal imaging, addressing the growing needs of our new Rheumatology Clinic.

Led by distinguished experts, Sheila Brock from South Africa and our Consultant Rheumatologist, Dr. Ima-Edomwonyi Uyiekpen, the event featured engaging, hands-on training sessions.

This initiative bridges essential skill gaps, empowering our team to deliver accurate diagnostics, improving patient outcomes, and strengthening our dedication to advancing healthcare excellence in the community.



THIRD ANNUAL WALK WITH THE CEO CHAMPIONS SUSTAINABLE HEALTHCARE LIFESTYLE.



On 26 July 2025, the third edition of our Annual Walk with the CEO saw an impressive turnout of staff, uniting for a meaningful stride towards sustainability as part of our Green 365 campaign. Leaving behind the hospital corridors, our team embraced the great outdoors, fostering connection and reinforcing our commitment to eco-conscious living - a lifestyle, not merely a trend. This vibrant event not only strengthened our community spirit but also amplified M.P. Shah Hospitals' mission to champion sustainability in healthcare, inspiring positive environmental impact through collective action.



M.P. SHAH HOSPITAL'S DINSHAW BYRAMJEE DISPENSARY ACTIVATION BOOSTS DIABETES AND DENTAL CARE AWARENESS IN NAIROBI CBD

On 7th July 2025, Dinshaw Byramjee Dispensary had a successful activation drive for diabetes and dental care package in Nairobi's central business district, targeting traders and matatu operators to raise awareness of the clinic's vital services.

This impactful initiative not only highlighted the clinic's comprehensive offerings but also empowered individuals to prioritise their well-being despite their demanding schedules, fostering a culture of proactive health management.

By bringing accessible healthcare directly to the community, the activation significantly enhanced public awareness of diabetes and dental care, encouraging early intervention and healthier lifestyles.



42ND KENYA CARDIAC SOCIETY CONGRESS, DRIVING HEART HEALTH INNOVATION ACROSS AFRICA

We participated in the 42nd Annual Scientific Congress of the Kenya Cardiac Society, held from **9th to 12th July 2025** at the Pridelnn Paradise Convention Centre in Mombasa, showcasing our comprehensive services in cardiovascular disease prevention and management. Led by our esteemed Consultant Physician & Interventional Cardiologist, Dr. Bernard Samia, who also serves as President of the Kenya Cardiac Society.

Our dedicated team engaged with leading experts, exchanged insights, and played a pivotal role in advancing heart health across Kenya and Africa. This event not only reinforced M.P. Shah Hospital's commitment to cardiac care but also fostered collaborations that will shape a healthier future for the continent, significantly impacting communities by promoting cutting-edge solutions and raising awareness about cardiovascular health.



M.P. SHAH HOSPITAL AND COMMUNITY PARTNERS FOR LIFE-SAVING BLOOD DONATION DRIVE



M.P. Shah Hospital proudly collaborated with the Institute of Chartered Accountants of India - Nairobi Chapter, Hindu Council of Kenya and Maharashtra Mandal Nairobi on 6 July 2025 to organise a blood donation drive at the Hindu Council of Kenya.

This initiative saw numerous selfless donors come forward, their generosity impacting patients at M.P. Shah Hospital, where a consistent blood supply is essential for life-saving treatments, surgeries, and emergency care.

Each donated pint brought renewed hope to those facing critical conditions, reinforcing the Hospital's commitment to delivering compassionate healthcare.





COMING UP



WORLD BREASTFEEDING WEEK



Prioritise Breastfeeding

Create Sustainable
Support Systems

**1st-7th August
2025**

Join us in celebrating World Breastfeeding Week from 1-7 August 2025, as we champion the theme "Prioritise Breastfeeding: Create Sustainable Support Systems" to promote and support breastfeeding mothers across our community. It will feature engaging workshops, expert-led discussions with lactation consultants, and family-friendly activities to raise awareness about the benefits of breastfeeding and foster sustainable support networks. Don't miss this opportunity to connect with local parents, share experiences, and learn how we can collectively empower breastfeeding mothers with the resources and encouragement.

Nutrition Workshop



**16th August
2025**

Facilitator

**Dr. Hussein
Bagha**

Consultant Physician
and Nephrologist.
M.P. Shah Hospital

On 16th August 2025, Dr. Hussein Bagha, will lead a Nutrition Workshop designed to empower our staff with essential knowledge for managing chronic diseases through diet. This session will equip participants with practical skills to create balanced, health-focused menus tailored to support conditions such as diabetes, hypertension, heart and kidney disease.





Dinshaw Byramjee Dispensary Community Medical Camp

In a commitment to community well-being, M.P. Shah Hospital's Dinshaw Byramjee Dispensary is organising upcoming community medical camp dedicated to the screening and early detection of diabetes and hypertension. Set to take place at on 12 August 2025. The initiative aims to empower local residents with vital health insights, offering free screenings and expert consultations to promote early intervention and healthier lifestyles.

MAIN HOSPITAL:
Shivachi Road, Parklands

SATELLITE CLINICS:
Village Medical Centre
2nd Floor New Wing, The Village Market

SPRING VALLEY MEDICAL CENTRE:
Block C, Spring Valley Business Park

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www.mpsahhosp.org |   