



The **HEALTH TRACK**

Healthy Insights For You

HOSPITAL NEWSLETTER, AUGUST 2025



#LegacyofCare

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Proud to Go Green

1ST   **in Africa.** **3RD**  **Globally.**

We are delighted to share that we have been awarded the prestigious Joint Commission International (JCI) and Geneva Sustainability Centre (GSC) Healthcare Sustainability Certification, making us the first Hospital in Africa and the third globally to achieve this gold standard.

This recognition, granted after a thorough evaluation, celebrates M.P. Shah Hospital's commitment to sustainable healthcare through initiatives such as rainwater harvesting integrated into new infrastructure, hospital-wide LED retrofitting and motion sensor systems, recycling of linen and e-waste, the introduction of Green Champions and staff-led sustainability initiatives like "Meatless Mondays," and a strong emphasis on human sustainability through enhanced mental health programmes, a staff mentorship scheme, and a workplace culture rooted in dignity and inclusion.

This achievement highlights our dedication to environmental stewardship and the well-being of our patients, staff, and community, setting a new standard for sustainable healthcare in Africa.



SHAPING CARDIO-RENAL-METABOLIC CARE GUIDELINES FOR SUB-SAHARAN AFRICA - SCIENTIFIC EXCHANGE FORUM



On Saturday, **2 August 2025**, the Scientific Exchange Forum themed Breaking Barriers: From Guidelines to Practice in Cardio-Renal-Metabolic Care was held at Serena Hotel, Nairobi, organised by Boehringer Ingelheim.

The event brought together nephrologists, cardiologists, and endocrinologists from Kenya, Nigeria, Ghana, Botswana, Namibia, and Mauritius to develop tailored cardio-renal-metabolic care guidelines for Sub-Saharan Africa.

M.P. Shah hospital was proudly represented by Dr. Hussein Bagha, Consultant Physician and Nephrologist, and Dr. Benard Samia, Consultant Physician and Cardiologist, the forum showcased a commitment to advancing healthcare excellence and enhancing patient outcomes across the region through collaborative expertise.



CHAMPIONING RHEUMATOLOGY ADVANCEMENTS AT ARSK CONFERENCE 2025

M.P. Shah Hospital proudly participated in the Annual Scientific Rheumatology Conference 2025, hosted by The Arthrheuma Society of Kenya (ARSK) from 30 July to **2 August 2025** at Ciala Resort in Kisumu, Kenya.

Themed Rheumatology in a Changing World – The conference brought together rheumatologists, physicians, healthcare professionals, and key stakeholders from across the region to share clinical updates, insights, and innovations in rheumatology care.

Represented by our esteemed in-house Consultant Rheumatologist, Dr. Ima-Edomwonyi, M.P. Shah Hospital contributed to discussions on advancing patient care and addressing the evolving challenges in rheumatology within Kenya. This participation underscores M.P. Shah Hospital's dedication to fostering collaboration and excellence in specialised medical care.



M.P. SHAH HOSPITAL CELEBRATES NEW MOTHERS WITH LACTATION SUPPORT DURING BREASTFEEDING WEEK



As World Breastfeeding Week concluded on **8 August 2025**, M.P. Shah Hospital celebrated our inspiring new mothers by providing nutritious lactation cookies to aid their breastfeeding journey. Aligning with this year's theme, Prioritise Breastfeeding – Create Sustainable Support Systems, we reinforced our commitment to continuous care and support for mothers and their babies. This effort underscores our dedication to promoting healthy starts, nurturing thriving infants, and empowering mothers with vital resources, truly honouring the gift of life.



M.P. SHAH HOSPITAL SUPPORTS MENSTRUAL DIGNITY AT YAADEIN CULTURAL EVENT 2025



On **10 August 2025**, M.P. Shah Hospital proudly served as a Gold Sponsor for the Yaadein Cultural Event at the Visa Oshwal Community Centre, attracting over 100 attendees.

Organised by Kamini's School of Dancing and the Together for Better Foundation, the event successfully raised funds to provide reusable sanitary pad kits to schoolgirls in Nyeri, ensuring two years of menstrual dignity and supporting their education. This initiative aligns with M.P. Shah Hospital's commitment to championing women's health and empowering young girls to build brighter futures through access to essential resources and opportunities.



KOKNI MUSLIM ASSOCIATION'S 100TH ANNIVERSARY CELEBRATION: PARTNERING FOR WELLNESS AND COMMUNITY CARE



On **16 August 2025**, it was an honour to collaborate with the Kokni Muslim Association to celebrate their 100th anniversary at Nairobi Muslim Academy, marking a century of commitment to community welfare in Kenya.

Reflecting shared values of compassion and care, the event was supported by facilitating essential wellness screenings and a blood donation drive. This partnership highlights a dedication to promoting health and unity, ensuring everyone receives the care they deserve.



NUTRITION WORKSHOP: EMPOWERING HEALTHIER DIETS FOR CHRONIC DISEASE MANAGEMENT



A Nutrition Workshop was held at M.P. Shah Hospital on 16th August 2025 targeting the catering department, which was successful as it attracted a good number of specialists, doctors, and staff with a focus on using healthy eating to manage chronic conditions like diabetes, hypertension, heart disease, and kidney issues, offering practical tips for creating nutritious menus.

The workshop was led by Dr. Hussein Bagha, Consultant Physician and Nephrologist, alongside specialists in kidney care, nutrition, diabetes, and heart health. This initiative reflects a commitment to enhancing patient meals, reducing hospital stays, and improving overall health.



JOINT MASS CASUALTY DRILL TESTS HOSPITALS' EMERGENCY PREPAREDNESS



M.P. Shah Hospital, in collaboration with Aga Khan University Hospital, Gertrude's Children's Hospital, and Avenue Healthcare, successfully conducted a joint mass casualty drill On **12 August 2025**, at the Aga Khan Sports Club Pavilion. The three-hour exercise simulated a terror attack by a lone gunman in a workplace, leaving 70 people critically injured.

The Ismaili Jamati Health Board assessed and prioritised patients before their transfer to hospitals, facilitated by ambulances from M.P. Shah Hospital, E-Plus, and Rescue.co for advanced care. Observed by representatives from the US, British and Canadian embassies, alongside officials from the National Disaster Management Unit and National Police Service, the drill evaluated preparedness for large-scale emergencies, assessing coordination, response times, and inter-agency collaboration, while identifying strengths and areas for improvement.



FIRE AWARENESS REFRESHER TRAINING: ESSENTIAL FOR SAFETY AT M.P. SHAH HOSPITAL



Fire awareness refresher training, held from 18 to 22 August 2025, is essential for all hospital staff. Given the unique challenges of a healthcare setting with vulnerable patients, complex equipment, and flammable materials, fire safety is a critical necessity for saving lives and meeting regulatory requirements.



Importance of Fire Awareness Refresher Training

1. Ensures Safety of Patients and Staff

Many patients are immobile, unconscious, or reliant on life-support systems. Regular training ensures staff are prepared to safely evacuate patients during a fire, embedding safety protocols as second nature.

2. Reinforces Emergency Procedures

Fire response plans, including evacuation routes and responsibilities, can fade from memory. Refresher training reinforces knowledge of fire alarm responses, fire extinguisher use, evacuation procedures, and the location of fire exits and assembly points.

3. Promotes Proper Use of Fire Equipment

Understanding how to correctly use fire extinguishers, fire blankets, and alarm systems can prevent small fires from escalating. Training reduces hesitation and panic in real emergencies.

4. Keeps Up with Regulatory and Facility Updates

Fire safety regulations and hospital procedures evolve. Refresher training ensures compliance with local fire safety laws, health and safety standards, and accreditation requirements (e.g., JCI, OSHA).

5. Reduces Risk of Human Error

Many fires are caused or worsened by human errors, such as equipment misuse or blocked exits. Regular training minimises preventable mistakes.

6. Fosters a Culture of Safety

Ongoing training demonstrates the Hospital's commitment to the well-being of patients and staff, encouraging shared responsibility for fire safety across all departments.

7. Boosts Confidence and Readiness

In emergencies, panic can lead to chaos. Refresher training builds staff confidence, enabling swift and calm responses under pressure.

8. Promotes Proactive Safety Culture

Continuous training reinforces that fire safety is everyone's responsibility, fostering vigilance and proactive behaviour throughout the hospital.

9. Enhances Emergency Response and Evacuation

Training ensures staff are skilled in using fire extinguishers, understand evacuation routes, and follow RACE (Rescue, Alarm, Contain, Extinguish/Evacuate) and PASS (Pull, Aim, Squeeze, Sweep) protocols effectively.



COMING UP

Nanyuki Cardiac and Rheumatology Symposium

10th September
2025



M.P. Shah Hospital will have Cardiac and Rheumatology Symposium, set to take place on **10 September 2025** at the Nanyuki Sports Club in Nanyuki, Kenya.

This event will bring together leading cardiologists, rheumatologists, and healthcare professionals to share advancements and collaborative approaches in managing cardiac and rheumatic conditions. With a focus on enhancing patient outcomes through innovative treatments and interdisciplinary care.



World Patient Safety Day 17th September

On 17 September 2025, World Patient Safety Day will be marked at M.P. Shah Hospital, centred on the theme "Safe Care for Every New born and Child." This event emphasis will focus critically on importance of providing safe, high-quality medical care for infants and children.

It will feature educational sessions on safe healthcare practices, interactive workshops for parents focusing on child safety, and inspiring talks by paediatric specialists and patient advocates. The event aims to enhancing care standards, and safeguarding the health and wellbeing of every young patient in the community.



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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