

The HEALTH TRACK

Healthy Insights For You



M.P. SHAH HOSPITAL
A Legacy of Care

M.P. SHAH HOSPITAL NEWSLETTER, NOVEMBER & DECEMBER 2025

Empowering Minds: Global Mental Health Summit 2025

M.P. Shah Hospital, in partnership with Lions Club International, hosted the Global Mental Health and Well-being Summit in November under the theme Breaking Barriers, Building Resilience. The gathering brought together healthcare professionals, students, diplomats, and mental health advocates to address mental health challenges affecting workplaces, families, and society.



The 2025 Matron's Challenge

This year's Matron's Challenge, themed; Caring for the Carer, highlighted the importance of staff well-being and appreciation. The week-long event featured a hospital-wide video challenge where departments showcased teamwork, professionalism, and creativity.

Award highlights:



- **Matron of the Year:**
Lydia Weru - Accident & Emergency
- **Department of the Year:**
Accident & Emergency
- **Overall Challenge Winners:**
College of Health Sciences



A special recognition was presented to Sister Marren Chunga for her years of dedicated service. Leadership, including Dr. Toseef Din, Dr. Vishal Patel, and Mr. Kenneth Afwande, emphasised their support for an environment where caregivers feel valued and supported.

Community Sensitisation

M.P. Shah Hospital continued strengthening community ties and medical expertise through outreach and clinical training.

The hospital team participated in the Artisan Marketers Market Souk to promote the newly launched Spring Valley Medical Centre, now serving Spring Valley, Loresho, Kabete, and neighbouring areas.

Led by Dr. Caroline, the staff provided information, consultations, and free blood sugar and pressure checks to visitors and potential patients.



Professional Capacity Building

In partnership with the Kenya Medical Association, the hospital hosted a Continuous Medical Education session at Sarova Woodlands on slowing chronic kidney disease progression and improving transplant outcomes.

Led by Dr. Hussein Bagha and Dr. Saidi Farah, the session brought together 87 clinicians, demonstrating the hospital's role in building specialist capacity across the country.



International School Nurses Symposium

M.P. Shah Hospital hosted a comprehensive training session for nurses and caregivers from international schools to strengthen school health systems.

Facilitated by paediatric experts including Dr. Robert Kimutai, Dr. Alexa Nicole Monroy, Ms. Marcy Kinambo, and Ms. Pauline Machio, the workshop covered:

- Child immunisation schedules
- Managing infectious and non-communicable diseases
- Mental health awareness for learners
- Early detection of childhood cancers



Participants left equipped with updated knowledge and practical tools to support safe learning environments.

A proud Moment-Recognised for Sustainable Supply Chain Leadership



M.P. Shah Hospital was honoured at the KISM SPURS Excellence Awards for excellence in Sustainable Supply Chain Management.

The award, received by Head of Procurement Ms. Mildred Akoth Omballah, recognised the hospital's commitment to responsible sourcing, environmental sustainability, and cost-efficient operations, emphasising a culture of accountability and innovation.

Festive Cheer: The Chairman's Christmas Caravan

This past festive season, M.P. Shah Hospital continued its long-standing tradition of giving back through the Chairman's Christmas Caravan, an initiative that embodies the hospital's spirit of compassion and community care.

Led by Chairman Dr. Manoj Shah and supported by CEO Dr. Toseef Din, senior leadership, and staff volunteers, the team visited the Nairobi Children's Rescue Centre, a home that supports vulnerable and rescued children from across the country.

The visit was far more than a handover of items; it was a day of connection, laughter, and celebration.

Hospital staff cooked, served meals, and shared

meaningful moments with the children. The day was filled with storytelling, music, dancing, face painting, play activities, and heartfelt conversations that brightened the festive season for every child present.

The caravan not only brought joy to young lives but also reaffirmed M.P. Shah Hospital's commitment to social responsibility and community partnership beyond our walls. It was a powerful reminder that healthcare extends beyond clinical treatment; it includes kindness, presence, and human connection.

Staff across all departments played a role, whether through donations, volunteering, coordination, or support, making the initiative a true reflection of teamwork and shared values.



Spreading the Festive Love

To round off the festive season, M.P. Shah Hospital celebrated families welcoming new life in the Maternity Wing during the Christmas and New Year period.

The visit was led by Chairman Dr. Manoj Shah and CEO Dr. Toseef Din, accompanied by members of senior management and staff. The team moved through the ward, meeting mothers and their newborns, sharing warm wishes and personalised gift hampers.

The gesture offered comfort and encouragement to new parents spending the holidays in the hospital rather than at home. The

gifts included baby essentials, care items, and festive treats, symbolising support during one of the most important moments in a family's journey.

Beyond celebrating the babies, the visit also recognised the dedication of maternity nurses, midwives, theatre teams, and support staff who work tirelessly throughout the festive season, a period when many families are away on holiday. Leadership expressed gratitude to staff for their professionalism, compassion, and unwavering commitment to safe deliveries, patient comfort, and family-centred care.





**STAFF
KNOWLEDGE
SHARING
PROGRAMME**

Introducing the Staff Wellness & Knowledge Sharing Initiative 2026



This year, M.P. Shah Hospital is pleased to launch a unified internal programme dedicated to strengthening staff well-being, collaboration, and continuous learning across the organisation. The Staff Wellness & Knowledge Sharing Initiative 2026 brings together two core focus areas, personal well-being and professional growth, recognising that the best care begins with caring for our people and learning from each other.

The initiative will run throughout the year and is designed to support all staff, clinical, operational, and administrative, through simple, meaningful, and achievable actions. Every month will feature a wellness and knowledge theme.

The Human Resources team will share monthly themes, activities, and learning opportunities. Together, we look forward to growing stronger, staying well, and learning from within as we continue to provide excellent care every day.

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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