



NEWSLETTER

THE NAIROBI HOSPITAL

Healthcare with a difference!

JANUARY - APRIL 2023 PUBLICATION



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NAIROBI

Healthcare with a difference!

'Our nurses. Our Future'



A Word from the Chief Executive Officer



The Nairobi Hospital remains steadfast and committed to offering quality healthcare in different specialties to the satisfaction of our customers. This is only possible with total commitment by all staff, both in clinical and non-clinical areas.

The year 2023 gives us an opportunity to work even harder and achieve higher results than the previous year. Indeed, the organization performance for quarter one has shown progressive improvement compared to 2022. As management we urge The Nairobi Hospital fraternity to keep improving the tempo and maintain high resilience towards improving the corporate performance for the whole year in line our corporate objectives as espoused in the strategic plan 2019/2024, annual work-plan 2023 and performance agreement targets which all division and departmental heads have signed.

A number of activities are lined-up in the year 2023. The Cicely McDonell College of Health Sciences will be launching its Alumni Association. Since its inception in 1956, the college has graduated more than 2,800

nurses who are currently working both locally and abroad. We appreciate our Alumni keeping in mind that the road to this success is full of challenges. However, they have remained resilient despite the changing market needs, challenging enrollment trends, questions about the value of college education in Kenya, concerns about academic rigor in course offerings, declining financial aid, and the disruptions occasioned by Covid-19 pandemic.

The provision of quality healthcare is a special calling that requires conscious, selfless individuals who are not in the health profession because they need a job but are in the profession to serve humanity and save lives. Nurses play a critical role in the realization of the Government's mandate to deliver quality health services to its citizens.

The hospital will also be marking the International Nurses Day in May. This day offers an opportunity to appreciate the commitment and achievement of the entire nursing fraternity. The day is marked on May 12 each year to acknowledge the anniversary of Florence Nightingale's birthday who was born in 1820.

The management remains committed to implementing Board decision for enhanced corporate governance and performance. Indeed, the HR policy and procedures manual recently approved by the Board will go a long way to improving management of human resources thus enhancing corporate and individual performance for long term sustainable growth.

God bless you all.

James Nyamongo, MBS
Chief Executive Officer

Managing Editor's Note



An American entrepreneur, orator, and author once said, "Your life does not get better by chance, it gets better by change." Well, isn't it the reality of this fast-paced world? The Covid-19 pandemic taught us one great lesson that doing your best and hard work will not help you remain up and tall in any industry today, there is an element missing to this recipe. That element is Innovation.

From the discovery of the accidental drug-Penicillin, to the creation of development of complex surgical procedures, healthcare has come a long, long way. The Nairobi Hospital(TNH), which was established 69 years ago, has maintained the lead in medical firsts and has also not been left behind in embracing technological changes.

As we look forward to the rest of the year I believe we all have great ideas to help us move our institution to greater heights that is why in this publication we have placed a template for innovation proposal for all of us to participate and share new ideas.

When it comes to telling the stories of medical achievements, clinical advances unfolding every day at our hospital we certainly owe a debt of gratitude to our

doctors, nurses and all staff who carve out time from their hectic schedules to submit articles to us.

In this issue we highlight the newly acquired state-of-the-art Biplane Cath Lab and its capabilities. Dr. Carnjini Yogeswaran also introduces us to prostate ultra-sound guided biopsy.

With a lot of passion Dr. Rohini Patil also tells us more about the establishment of Pediatric Intensive Care Unit (PICU) and why it is a quintessential critical care unit for infants.

In the last five months to May 2023, our renal unit has performed 11 kidney transplants and even had the opportunity to host Transplant Surgeon Mr. Kumar from Sheffield Kidney Institute(USA) Dr. Khalida Soki and Charge Nurse Florence Juma(TNH) narrate to us the renal unit achievements.

A picture is worth a thousand words, get to see pictorial narrations of various events such as Cicely McDonell College of Health Sciences Alumni launch, International Nurses Week and Corporate Social Responsibility (CSR) that have been conducted so far both within and out of the hospital.

Hopefully this issue will keep you abreast with the day to day happenings at The Nairobi Hospital.

Enjoy the reading!

Nicodemus Odongo
Director Strategy and Innovation

TNH installs pioneer Biplane Cath Lab in Kenya



By Patrick Gitonga & Millicent Oloo

A cardiac catheterization laboratory is used to diagnose and treat complex heart and blood vessel diseases without surgery.

TNH Biplane Cath Lab

The Nairobi Hospital has installed a new state-of-the-art Biplane Cath Lab for cardio, neuro, and vascular treatment services which is the first one in Kenya.

The Biplane Cath Lab comes with a cone beam CT, 3D Echo and software intelligence.

The Biplane Cath Lab is equipped with two C-Arms to obtain multiple images in one swift move. This avoids the need for multiple injections of contrast dye and repeated exposure to radiation for a given procedure. Be it interventional cardiac, neurological, or vascular procedure, the two C-arms provide maximum safety.

The in-built Cone Beam CT gives specialists the rare advantage of providing CT-like images on the table within a few seconds. Moreover, clear-cut 3D images of obliquely placed organs like the liver are obtained in a single move. The 60 inches LCD screen that comes with the system and gives a clear 3D

picture of the target organs and vessels, which drastically reduces the margins of error to zero. As procedures can be performed on-table post diagnosis, the patient needs not to be moved from the CT room to the Cath Lab and back allowing for critical decisions to be made there and then without loss of time.

The machine also reduces the treatment time for a stroke patient from two hours to a mere 30 minutes. This will benefit patients brought in with symptoms of stroke that have to be treated quickly when time is of the essence.

What procedures can be done in the Biplane Cath Lab

- Cardiac Intervention Procedures.
- Neuro Intervention Procedures.
- Vascular Intervention Procedures.
- Radiology Intervention Procedures.

The Nairobi Hospital is a leader and continues to set the pace in the following procedures among others:

- Diagnostic Coronary Angiogram.
- PTCA Coronary artery balloon angioplasty and stenting.
- Balloon (mitral/ pulmonary) valvuloplasty.
- Heart Catheterization.
- Chemoport – chemotherapy delivery device.
- Temporary and permanent pacemaker implantations – single chamber, dual chamber, biventricular pacing and CRTD insertion.
- Coil and chemical embolization treatment of tumors – uterine fibroids.

- Cerebral artery aneurism coiling procedures.
- Placement of inferior vena cava filters (both permanent and retrievable) to prevent migration of blood clots from legs to the lungs in patients with Deep Venous Thrombosis (DVT).
- EVAR Endovascular Repair and stent graft into aortic aneurysm.
- Ureteric Stents.
- Biliary drain/stents.
- ASD/VSD Closure.
- Varicose vein treatment (radiofrequency ablation).
- Electrophysiology and ablation therapy for abnormal heart rhythms.

Why use The Nairobi Hospital Biplane Cath Lab?

- 1st state-of-the-art Biplane Cath Lab in East and Central African Region and the 4th in Africa.
- Cutting-edge technology for the best in cardio, neuro, vascular and radiology interventions available 24/7.

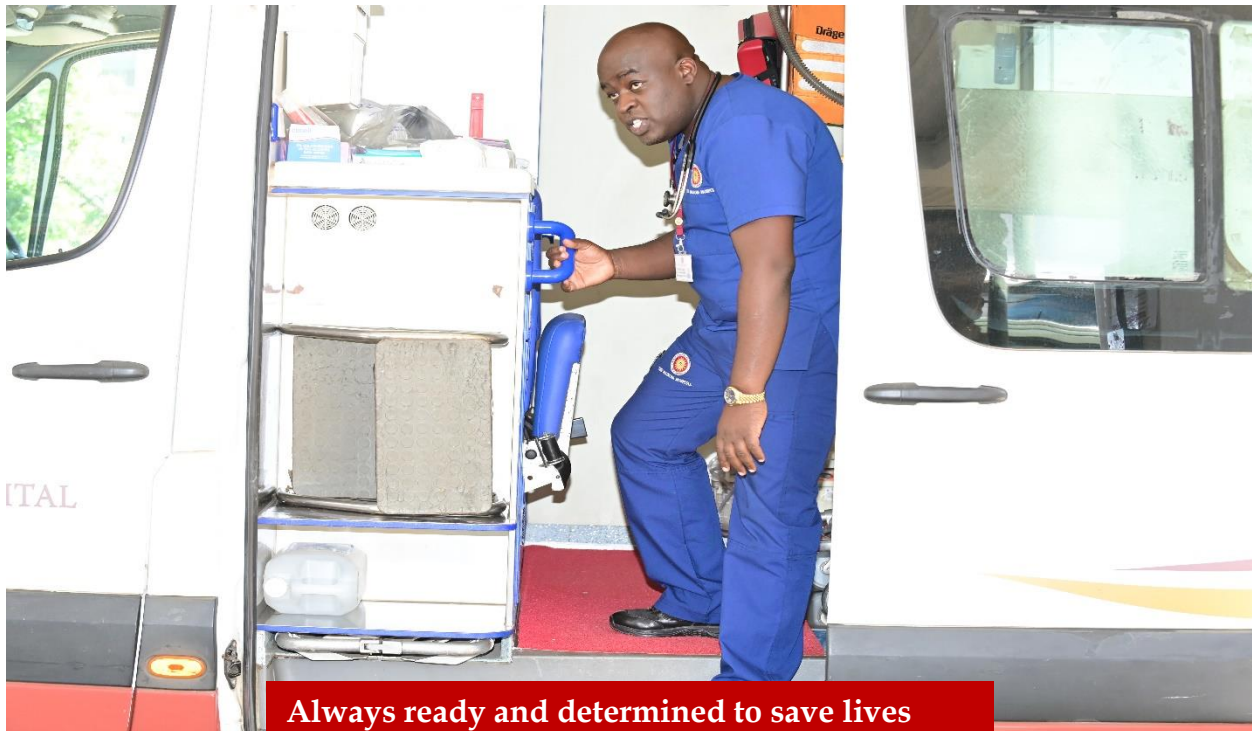
- A wealth of experience having performed these procedures from 1996 with an excellent safety record.
- A dedicated team of specialized professional staff trained both locally and abroad.
- High quality nursing care.
- Backup by a highly efficient critical care system.
- Advanced diagnostic and interventional procedures are done.
- Accurate 3D visualization.
- Faster 3D image reconstruction.
- Accurate and faster diagnosis.
- Superior care with low radiation exposure.
- Minimal contrast used proving safety to liver and kidney failure patients.
- Shorter examination time.
- Effective and less invasive treatment options.

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Always ready and determined to save lives

Renal unit: 11 transplants in five months... and counting



Transplant surgeon Mr. Kumar from Sheffield Kidney Institute taking renal nurses through a session

By Dr. Khalida Soki & Florence Juma

Since NHIF started paying for dialysis in 2016, there has been an exponential growth in the number of patients on dialysis in Kenya. As it stands the Kenya Renal Association estimates more than 6500 people are on dialysis, many of whom are below the age of 40 years.

Seeing the need, The Nairobi Hospital has stepped up by providing a way out of dialysis for this patient population by scaling up its transplant program. Kidney transplantation returns a patient's freedom of diet and movement, allowing dialysis patients to return to work and their normal lives with no more dialysis. It also has less organ complications than dialysis leaving patients much healthier.

Since the start of the year The Nairobi Hospital has successfully done 11 transplants, with many more expected. During the 2023 World Kidney

Day, TNH undertook a special project, in liaison with transplant surgeon Mr. Kumar from the Sheffield Kidney Institute, to transplant complicated patients who would have otherwise had to travel outside the country to seek assistance. These cases included complicated surgeries, patients with sensitized immune systems and patients who had various other illnesses. TNH has so far had 100% success rate in kidney transplantation, with 1-year kidney survival rate of 98 per cent.

Each transplant on average costs Sh1.8 million, of which NHIF can pay Sh600,000, leaving Sh1.2 million to be covered by insurance or other funds. Patients on average are discharged after seven days while the kidney donors are discharged 4 days after the transplant.

Kidney donors resume their normal lives, without need for medication or any limitation in their diet. However, we do recommend that they should get a review with a kidney specialist every year for the rest of their lives. As an appreciation towards our special kidney donors, TNH does not charge consultation fee for our nephrologist review.

Kidney recipients will initially need to be seen many times in the first month after transplant but subsequently, only require to be seen once every three to four months to ensure the kidney is doing well. They no longer need dialysis but they do need to continue taking their transplant medication for the rest of their lives.

TNH has a dedicated transplant clinic at the Anderson Centre run by our nephrologist Dr. Khalida Soki and her renal team.



WELLNESS PACKAGES

Warwick Outpatient Centre

THE NAIROBI HOSPITAL



0703 072 000 / 0729 110 202 / 0729 110 203

ZURI

MALE

FEMALE

- Physical Exam +Wellness Advice
- Total blood count
- Urinalysis
- Stool Microscopy
- Fasting blood sugar
- Lipid profile
- Kidney function test
- Liver function test
- Thyroid profile test
- Uric Acid
- HIV (optional)
- Prostate Screening
- Renal & prostrate Ultrasound
- Heart Electrocardiogram (ECG)
- Vitamin D
- CRP
- Mental wellness (1 sessions)
- Body composition analysis
- Nutrition review

Cost - *Sh25,000*

- Physical Exam + Wellness Advice
- Total blood count
- Urinalysis
- Stool Microscopy
- Fasting blood sugar
- Lipid profile
- Kidney function test
- Liver function test
- Thyroid profile test
- Uric Acid
- HIV (optional)
- Pap Smear (Women)
- Breast Ultrasound/Mammogram
- Heart Electrocardiogram (ECG)
- Vitamin D
- CRP
- Mental wellness (1 sessions)
- Body composition analysis
- Nutrition review

Cost - *Sh25,000*

FARAJA

MALE

FEMALE

- Physical Exam+Wellness Advice
- Total blood count
- Urinalysis
- Stool Microscopy
- Fasting blood sugar
- Lipid profile
- Kidney function test
- Liver function test
- Thyroid profile test
- Uric Acid
- HIV (optional)
- Prostate Screening (Men)
- Renal & prostrate Ultrasound
- Heart Electrocardiogram (ECG)
- Vitamin D
- CRP
- ESR
- Calcium
- Magnesium
- Glyco Hb/HBA1C
- Stool Occult blood
- Mental wellness (1 sessions)
- Body composition analysis
- Nutrition review

Cost - *Sh35,000*

- Physical Exam+Wellness Advice
- Total blood count
- Urinalysis
- Stool Microscopy
- Fasting blood sugar
- Lipid profile
- Kidney function test
- Liver function test
- Thyroid profile test
- Uric Acid
- HIV (optional)
- Pap Smear (Women)
- Breast Ultrasound/Mammogram
- Heart Electrocardiogram (ECG)
- Vitamin D
- CRP
- ESR
- Calcium
- Magnesium
- Glyco Hb/HBA1C
- Stool Occult blood
- Mental wellness (1 sessions)
- Body composition analysis
- Nutrition review

Cost - *Sh35,000*

Healthcare with a difference!



THE NAIROBI HOSPITAL



WELLNESS PACKAGES

Warwick Outpatient Centre

0703 072 000 / 0729 110 202 / 0729 110 203

WEMA

MALE

FEMALE

- Physical Exam+Wellness Advice
- Total blood count
- Urinalysis
- Stool Microscopy
- Fasting blood sugar
- Lipid profile
- Kidney function test
- Liver function test
- Thyroid profile test
- Uric Acid
- HIV (optional)
- Prostate Screening (Men)
- Renal & prostrate Ultrasound
- Heart Electrocardiogram (ECG)
- Vitamin D
- CRP
- ESR
- Calcium
- Magnesium
- Glyco Hb/HBA1C
- Stool Occult blood
- CA 15-3 (Breast cancer)
- CEA (Colon cancer)
- CA-19-9 (Pancreatic cancer)
- AFP (Liver cancer)
- Mental wellness (1 sessions)
- Body composition analysis
- Nutrition review

Cost - *Sh45,000*

- Physical Exam+Wellness Advice
- Total blood count
- Urinalysis
- Stool Microscopy
- Fasting blood sugar
- Lipid profile
- Kidney function test
- Liver function test
- Thyroid profile test
- Uric Acid
- HIV (optional)
- Pap Smear (Women)
- Breast Ultrasound/Mammogram
- Heart Electrocardiogram (ECG)
- Vitamin D
- CRP
- ESR
- Calcium
- Magnesium
- Glyco Hb/HBA1C
- Stool Occult blood
- CA 15-3 (Breast cancer)
- CEA (Colon cancer)
- CA-19-9 (Pancreatic cancer)
- AFP (Liver cancer)
- CA-125 (Ovarian cancer)
- Mental wellness (1 sessions)
- Body composition analysis
- Nutrition review

Cost - *Sh45,000*

BORESHA

MALE/FEMALE

- Physical Exam+Wellness Advice
- Total blood count
- Urinalysis
- Stool Microscopy
- Fasting blood sugar
- Cholesterol
- Creatinine (Kidney)
- Liver function test
- TSH (Thyroid)
- Uric Acid
- HIV (optional)
- Prostate Screening (Men)
- Body composition analysis
- Nutrition review

Cost - *Sh10,000*

Healthcare with a difference!

PICU: Quintessential critical care unit for infants



By Dr. Rohini Patil

Pediatric Intensive care unit or PICU is an area within a hospital specialized in caring for the critically ill infants/children from

Ages 0-18. The Nairobi hospital has established a PICU separate from the adult intensive care unit which is quintessential for providing standard care to the critically ill children. The PICU has state of art equipment and round the clock dedicated and resolute staff to provide appropriate and prompt management to sick children.

We provide two levels of care

Level I- Pediatric intensive care unit that cares for the most critically ill children with complex medical/surgical conditions.

Level II- Also known as pediatric high dependency unit that cares for patients with less complex acuity but need close monitoring.

Pediatric intensive care unit (PICU) takes care of all critically ill children with conditions inclusive but not limited to those mentioned below:

- Severe respiratory distress needing ventilator support

- Severe infections with shock needing hemodynamic support
- Complex heart conditions both congenital and acquired.
- Complex post-surgical patients requiring close monitoring
- Prolonged convulsions or complex neurological conditions
- Diabetic ketoacidosis Poisoning
- Trauma and accident
- Other life threatening conditions

Studies have shown that having a dedicated unit specific for children with experts trained to take care of critically ill children, always has good outcomes.



Members of staff stationed at St Mary's Ward



The play area at St. Mary's Ward

Cicely McDonell College of Health Sciences alumni launch

Just like the old times!



Recall, Rewind, Reunite!



TNH Specialised units



John Kiprop explaining how the linear accelerator works

By Patel Okumu

The Nairobi Hospital Cancer Treatment Centre opened its doors in July 2012 and continues to offer state of the art cancer treatment by highly qualified and motivated staff in an atmosphere of safety, comfort and trust to its clients. The oncology team is made up of medical oncologists, radiation oncologists, hematologists, medical physicists, radiation therapists, oncology nurses, nutritionists and counsellors.

The world class services that are offered in this unit include chemotherapy and targeted therapies. We have radiotherapy using some of the latest technologies, including 3D, Conformal radiotherapy, IMRT and VMAX.

We also have brachytherapy, which is either intra luminal intra cavity or interstitial for a variety of cancers, including the cervix, the prostate and the esophagus.

Radio iodine ablation for conditions of the thyroid, including graves' disease and thyroid cancer is also offered. We also have counseling and support services for patients and some of their caregivers within the unit.

The Nairobi Hospital continues to commit to being the leading health care institution in the region through the cancer treatment center by offering highly specialized services that include prostate interstitial brachytherapy, which is where a team of specialists place radioactive seeds within the prostate gland under the constant guidance of an ultrasound, this has the added advantage of reducing the patient's treatment time within the hospital and the radiation dose to some of the critical structures around the prostate.

Intensity modulated radiotherapy and volumetric modulated ARC therapy for various tumor sites in the body, including the head and neck, the brain, the pelvis, with the added advantage of protecting the normal tissues around the tumor from the harmful effects of radiotherapy.

We also have a very vibrant multidisciplinary tumor board which meets weekly. The team is made up of specialists who ensure that the highest standards of care is accorded to each patient who is managed within The Nairobi Hospital Cancer Treatment Center.

All services are covered by the major insurance companies and NHIF.

We also have Obstetrics/Gynaecology and Maternity Units

The labour ward is a continuity of the services that we offer in our outpatient clinics. At the Anderson Speciality Clinic and at our satellite clinics, we have clinics or services that take the patient step by step through the whole journey from preconception, pregnancy, and post pregnancy care.



Dr. Silvia Mruttu updating her records during her daily rounds in the labour ward

At the Anderson Speciality Clinic, we have a fertility clinic that addresses issues of infertility an antenatal clinic that is run by highly trained doctors who can manage any complications that may occur during pregnancy and a postpartum clinic where the new-born and mother can both be assessed, and family planning options be offered.

The World Health Organization describes reproductive health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity, in all matters relating to the reproductive system and to its functions and processes. The Nairobi Hospital prides itself not only in its highly trained doctors and professionals, but also in the fact that they are friendly and approachable. The Nairobi Hospital doctors are trained to look beyond the physical aspect of the patient and also to assess the psychological and emotional aspect as well. Apart from checking you and your baby's health, our doctors provide the patient with useful information on how to keep healthy during the pregnancy e.g. exercise and diet recommendations or assist the patient make a decision on the most appropriate mode of delivery e.g. help the patient decide if they want epidural (pain

free labour) during delivery etc. They are also keen to assess the patient's mental health during every visit especially during the postpartum period. The Anderson Specialty Clinic is supported by a fully equipped lab and radiology department and so all tests and ultrasounds can be done within the department.

As mentioned before, reproductive health is much more than obstetrics or pregnancy alone. At the Anderson Specialty Clinic, apart from the general Gynaecological Clinic that runs from Monday to Thursday we also have Gyn-oncology clinic (to manage reproductive cancers e.g. Ovarian, Uterine and Cervical Cancer) and the Urogynaecological Clinic (to manage issues with the bladder in women e.g. incontinence).

The Nairobi Hospital also prides itself in the state-of-art labour ward, which offers quality care, in a friendly and homely environment for expectant mothers, ensuring customer satisfaction and value for money.

The labour wards are manned by licensed, skilled midwives who are regularly trained to ensure they keep up with the current trends.

In our labour wards we offer hot baths which help relax and sooth the mother during labour pain. Epidural services for painless labour are also available at a friendly cost. The mother and child are also monitored round clock with prompt response to emergencies by readily available resident doctors.

Fetal monitoring machines, portable ultrasound machines are also available to help monitor high risk mothers with multiple gestations.

Lactation support services are readily available in the unit as lactation nurses visit and educate mothers with breastfeeding challenges, mothers are also taught on self-care, newborn care and danger signs to watch out for.

The Maternity wing also houses the theater for prompt management of obstetrics emergencies, Neonatal High Dependency Unit (NHDU) and Neonatal Intensive Care Unit (NICU) for ensuring quick transfer of critically sick babies.

The tailor made maternity packages allow customers to access quality nursing and medical services at a pocket friendly rate.

Antenatal/Gynaecological clinic

- Monday: 12 noon – 3pm
- Tuesday: 8am – 3pm
- Wednesday: 8am – 1pm
- Thursday: 1.30pm – 4pm

Antenatal/Gynaecological Clinic: Satellite

- Warwick Centre OPC Wednesday & Friday: 10am – 4pm
- Galleria OPC Wednesday: 8am – 1pm
- Capital Centre OPC Friday: 8am – 1pm
- Kiambu OPC Wednesday: 9am – 1pm
- Southfield OPC Friday: 8am – 1pm
- Rosslyn OPC Tuesday: 9am – 1pm

Fertility Clinic

- **Friday:** 2pm – 4pm
- Urogynaecology clinic
- Friday: 8am – 12 noon
- Gyn-oncology clinic
- Thursday: 2pm – 4pm
- Breast clinic
- Mondays 2pm to 4pm

Dietetic Unit



The team of dedicated nutritionists who are based at the Anderson Specialty Clinics

The Nairobi Hospital has a well-organized dietetic department run by licensed clinical nutritionists and dieticians. Clinical Dietitians/nutritionists at the hospital help patients make informed and practical decisions about food and lifestyle while offering advice on both health and disease.

With well identified nutrition needs of each patient, customized diet plans and literature is issued to ensure intake of appropriate nutrition intake based on disease condition and biochemical markers.

The nutritionists modify diets to optimize caloric targets and manage associated comorbidities. Due to the nature of our clientele; culture and meal delicacies are made available to meet the needs of our patients under the guidance of the dietetic department and our qualified catering department.

Inpatient nutrition care and therapy encompasses nutrition diagnostic, therapeutic interventions, and counseling services by a registered clinical nutritionist for the purpose of managing chronic diseases including diabetes, cancer,

cardiovascular disease, hypertensive disorders, lipid disorders, chronic and autoimmune conditions, gastrointestinal dysfunction, healthy or complicated pregnancies, disordered eating, kidney and liver disease.

Weight management services are medical and/or surgical in nature and include a number of diet regimes and lifestyle modification strategies. Meal planning and caloric targets, exercise plan and routine appointments for weight monitoring help complete the care continuum. A qualified clinical nutritionist will have a one-on-one session and/or group family sessions to create individualized nutrition plan based on personal goals and medical needs. Monthly scheduled appointments focused on providing the tools necessary to achieve sustainable lifestyle, manage challenges and behavioral change.

The program (minimum 3 months) introduces patients to appropriate eating patterns and provides necessary health information and dietary guidance needed to achieve optimal wellness.

Dietetic department scope of work is not limited to in-patient or Outpatient centers clientele but is well aligned to support patients from different clinics e.g. Oncology Centre, Executive clinic, Wellness clinic, Family health clinic, weight loss clinics and cancer support groups organized sessions.

In liaison with the Obs/Gynecologist clinic we are able to support women realize a healthy weight, manage altered Oral glucose tolerance test and hormonal related conditions like polycystic ovarian syndrome to optimal reproductive health. In our Oncology Centre, the focus is not limited to the patient alone but more on your family

and care givers with organized education sessions to include;

- Managing eating problems and symptoms related to surgery, chemotherapy, and radiation, such as weight loss, gastrointestinal disturbances, and appetite concerns.
- Appropriate oral nutrition supplements for optimal health.
- Nutrition education and guidance on various diets include meal plans as desired.
- Review and analysis of current intake to better formulate eating strategies to meet vitamin and mineral needs through diet to boost your immune system.
- Feeding regimes on specialized feeding treatments (tube feedings).
- Managing unintended weight loss or gain through lifestyle nutrition guidelines for cancer patients survivors through routine clinic follow-ups and hospital organized cancer support groups.

In the wards the clinical nutritionists are available for consultations and accept all self-referrals. One can request the nurse or personal doctor to contact us for relevant details.

Dietetic services are available throughout the week at the main hospital and outpatient centers on specific days as below.

Warwick nutrition clinic (every Thursday 9-4pm)

Capital Centre nutrition clinic days (every Tuesday 9-4pm)

Galleria nutrition clinic (every Monday 9-4pm)

Anderson nutrition clinic everyday 8-4pm and Saturday 9-12noon



Lab technologist Angela Ambei at her work station at Anderson Specialty Clinics



Capital OPC Unit Manager Isabella Ayodi and her team



Kiambu Outpatient Centre Unit Manager Catherine Makau and her team members



Picture Speak: Targeted marketing & CSR activities

Riara University blood donation drive



Nature Kenya: 'Lungs for Kenya', charity golf tournament



Free dental screening



Digitisation of medical records is the way to go



Anderson Unit Manager Margaret Njuguna going through her records

By Elvis Ondego & Lucy Ochieng

For clinical documentation to improve it will require expanding the scope of EMR and digitization and initiating programs into new areas of expertise because the traditional realms cannot meet the demand for quality information. The most paramount task to undertake as a hospital is to embrace automation. Clinical documentation focused research and analytics can serve as a means for demonstrating continued value addition and improvement of quality care at The Nairobi hospital. Clinical documentation is the information a person responsible for a patient's medical care inputs it in a medical record, which is a repository for an individual's health information.

The entries contained in the medical record may be authored by a physician, dentist, chiropractor, or other healthcare professional. Regulations, accreditation requirements, internal policies, and other

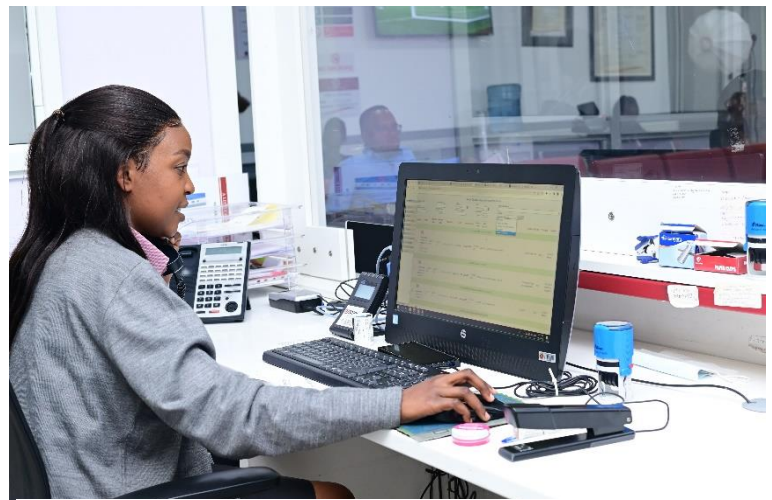
rules may define who is given access to the medical record in specific cases.

Clinical documentation improvement in essence is the process of reviewing medical record documentation for completeness and accuracy. CDI includes a review of disease process, diagnostic findings, and what makes the documentation complete. A CDI specialist often has both clinical and medical coding background.

Bridging the gap between clinical documentation and accurate coding drives CDI programs.

While reports from laboratory tests, diagnostic tests, and consultations with specialists may also be housed in a patient's medical record, "clinical documentation" in the context of CDI generally refers to the entries made by a provider, clinical staff who is responsible for the patient's care during a face-to-face visit.

A clinical documentation improvement program is a process designed and implemented with the sole purpose of achieving accurate and thorough medical record documentation.



One of the cashiers updating patients' records

The importance of CDI comes in different pathways for instance the use of electronic health record (EMR) systems has eased the burden on healthcare providers and hospitals in navigating the administrative duties surrounding patient care and claim submissions. However, the responsibility of medical record documentation and the entry of clinical information concerning care rendered to a patient – will always remain with the medical provider. To help providers succeed in this task, a CDI specialist is responsible for reviewing a patient’s medical record to ensure documentation reflects the specificity of current conditions to allow for accurate coding of the patient’s health status.

Impact and Benefits of a CDI Program in the Inpatient Setting CDI can improve the accuracy of coding and billing for inpatient facilities, which will result in more accurate reimbursement. This is the point of patient care and efficiency.

The financial impact of an inpatient CDI program is not limited to initial payment of claims. Improper claim submissions resulting from poor documentation can result in unfavorable audits, which could require facilities to pay a fine, return money erroneously collected from clients. Consequently, the role of CDI in claims processing in healthcare facilities includes both increasing the accuracy of initial reimbursement and preventing expensive consequences from reviews by authorities.

Clinical documentation can help in Revenue collection by Preventing unsupported diagnoses from being reported as a claim

The global perspective and literature across the developed countries clearly point to the value and the use of data to enhance quality of service. Clinical documentation

improvement professionals can evaluate the impacts of changes in clinical definitions and relook at how proper clinical documentations can help decrease the length of stay. Our belief is that these models may serve as a springboard within institutions and among the wider clinical documentation improvement community to make research and analytics a foundation of future in clinical documentation and adoption of EMR to foster proper clinical outcomes as a result of point of touch real time data in clinical care.



THE NAIROBI HOSPITAL

CICELY McDONELL COLLEGE OF HEALTH SCIENCES

NOVEMBER 2023 INTAKE

Higher Diploma in Kenya Registered Oncology Nursing (KRON)

PART TIME - 18 Months Course

Course modules

- Cancer biology and diagnosis of cancer
- Cancer treatment modalities
- Research methods
- Communication and counselling
- Pain & Symptom assessment and management
- Adult cancers & Pediatric cancers
- Oncologic emergencies
- Palliative care
- Community oncology
- Teaching methods and mentorship
- Leadership and management



Oncology nursing offers opportunities in:

- Cancer care centers
- Clinical trial research centers
- Community oncology centers
- Palliative/hospice centers

Study as you work!

How to apply

Application forms available on www.thenairobihospital.org

For more information, call +254 703 082 000/0730666850

Email: schoolofnursing@nbihosp.org

"Students are eligible for an education loan through the HELB & LEAP program."
T&Cs APPLY

The course will be offered on a part time basis, two (2 days) a week for 18 months.



Oral health is more than just a beautiful smile



Dr. Krupa Shah attending to a dental patient

By Dr. Luisa Mareri

At the Nairobi hospital, the dental team is passionate about oral health and provision of quality dental care to patients. Oral health is more than just a beautiful smile. It is not only limited to healthy teeth, but also involves the gums and their supporting tissues, the palate, lining of the mouth and throat, tongue, lips, salivary glands, chewing muscles, nerves and bones of the upper and lower jaws. It is a key indicator of the overall health, well-being and quality of life.

The most common threat to oral health are dental caries and periodontal disease. Dental caries also referred to as tooth decay occurs when there is demineralization of tooth structure leading to cavitation of the tooth surface. On the other hand, periodontal disease involves the gums and supporting tissues of the teeth. Majority of oral health conditions are largely preventable and can be treated in their early stages. That is why dentists worldwide recommend annual dental checkups to detect these conditions before they progress. It is important to

understand that tooth loss can be prevented as it is often the result of disease or injury, rather than an inevitable consequence of aging.

We are taught that the simple acts of brushing teeth and flossing maintain good oral health but there is more to it than that. Some helpful oral hygiene tips include:

- **Brush your teeth at least twice a day for two minutes.** Use gentle circular motions while maintaining your toothbrush at a forty-five-degree angle towards the gumline. Brushing helps to remove food debris and plaque that accumulates and sticks on the teeth. If left untouched the plaque can lead to tooth decay and gum disease.
- **Use toothpaste with fluoride in it.** The fluoride helps to strengthen the enamel and prevent formation of cavities.
- **Ensure to use a toothbrush with soft bristles and replace it every three months.** Brushes with old and frayed bristles do not clean the teeth effectively and can cause injury to the gums.
- **Floss in between the teeth at least once a day.** This helps to remove food debris from in between the teeth and those difficult to reach areas.
- **Gently brush the top of your tongue every time you brush your teeth.** Plaque can build up on the tongue and cause bad mouth odor.
- Take a balanced diet low in sweets and sugary foods.
- **Visit a dentist twice a year for general dental checkup.** Even the most dutiful brushers and flossers need to see a dentist regularly.

The Nairobi hospital has fully equipped dental clinics in Main hospital, Southfield OPC, Kiambu OPC and Galleria OPC. A wide range of dental services are offered including general dentistry, pediatric dentistry, restorative dentistry, prosthetics, endodontics and minor oral surgery. All major insurances are accepted. Take charge of your oral health today and visit a dentist for your annual checkup.



THE NAIROBI HOSPITAL

DENTAL SERVICES

Available on appointment at:

MAIN HOSPITAL DENTAL CLINIC

Monday to Friday: 8:00am - 5:00pm

GALLERIA OPC DENTAL CLINIC

Wednesday and Friday: 8:00am - 5:00pm

KIAMBU OPC DENTAL CLINIC

Tuesday and Thursday: 7:00am - 4:00pm

SOUTHFIELD OPC DENTAL CLINIC

Tuesday and Wednesday: 8:00am - 5:00pm

Sunday 1:00pm - 6:00pm



TO BOOK AN APPOINTMENT CONTACT

Main hospital: 0703 082401/0703 082000

Galleria OPC: 0703 073000/0703 086000

Kiambu OPC: 0701 442277/0715 442277

Southfield OPC: 0702 433433/0709 628000



Healthcare with a difference!

At TNH quality and safety is our primary concern



A group of staff who attended the New Auditors Training

By Isaiah Macharia

At The Nairobi Hospital, we are committed to the highest quality of care within a safe environment for all our patients, staff, visitors and other stakeholders. While receiving treatment, quality and safety is our primary concern and we want all our clients to feel safe, secure, confident and have trust in those caring for them. We always ensure that each client's need is uniquely met.

Over the years, we have embraced continuous quality improvement and have acquired and maintained ISO Certifications in various systems, i.e. ISO 9001:2015 Quality Management System (QMS), ISO 22000:2018 Food Safety Management System (FSMS) and ISO 14001:2015 Environmental Management System (EMS). Our Laboratory is also accredited to ISO 15189:2012 and we have currently embarked on Joint Commission International Accreditation (JCIA). Our commitment to quality and safety cuts across all departments, units and sections of the Hospital and is embedded in our daily work flow.

In pursuit of this, and being aware that quality is a moving target, we have put together a team of Quality Systems Internal Auditors to facilitate the process of continual improvement across all departments through quality systems internal audits. It is for this reason that the Hospital brought onboard Bureau Veritas to conduct the Internal Auditors' training to a team of fifty-one (51) new internal auditors. The training was conducted in two groups, i.e. group one between 13th and 24th February 2023 and group 2 between 7th and 18th March 2023. This has increased our head count as internal auditors to 183 which is 9 per cent of The Nairobi Hospital workforce. Our target is 10 per cent of the workforce.

We would like to take this opportunity to thank management, the team of trainers from Bureau Veritas for the success we had in the course of the training. We also congratulate the new team of internal auditors as they embark on their new journey as Quality Systems Auditors.



Head of Risk & Compliance, Ms. Audrey Onsomu reviewing the program of the training with one of the facilitators

Risks facing modern day healthcare institutions



By Caroline Mwaura

In today's world, risks are an inevitable part of every organization's operation, and healthcare institutions are no exception. The healthcare industry faces a range of challenges that threaten patient safety, financial stability, and reputation of hospitals. Today hospitals face numerous risks, including:

- **Cybersecurity** breaches resulting in loss or theft of sensitive patient information and financial data.
- **Medical errors** and adverse events resulting in harm or even death to patients.
- **Compliance violations** related to healthcare regulations, resulting in hefty fines and reputational damage.
- Inadequate staffing leading to decreased patient satisfaction and quality of care.
- **Infection outbreaks**, such as the recent COVID-19 pandemic and recently, Ebola and the Marburg virus disease (MVD) resulting in increased demand for hospital

services and overwhelming healthcare systems.

- **Supply chain disruptions** leading to shortages of critical medical equipment and supplies.
- **Natural disasters** or other emergencies, such as fires, floods, or power outages, impacting the delivery of care and patient safety.
- **Employee misconduct**, including fraud, theft, or embezzlement, resulting in financial loss and reputational damage.
- **Litigation resulting from medical malpractice** claims, labor disputes, or other legal issues.
- **Financial mismanagement** or economic downturns leading to reduced revenue and funding cuts.

These challenges require proactive risk management and contingency planning to mitigate their impact on healthcare organizations and their patients. To mitigate these risks, hospitals must have an effective risk management program in place. One key component of such a program is risk training. On March 24, 2023, a successful risk training session was conducted by the Risk and Compliance department to the Risk and Quality Champions, with a focus on risk registers.

During the training, the risk and compliance team trained risk champions on the importance of maintaining a comprehensive risk register. A risk register is a document that identifies potential risks to an organization and outlines the steps that will be taken to mitigate those risks. The risk champions were trained on how to identify risks, assess the likelihood and impact of those risks, and develop strategies to address

them as well as to communicate the risks in line with ISO 31000 standard.

The risk training was successful in several ways. Firstly, it helped the risk champions gain a deeper understanding of the importance of risk management and how it relates to the hospital's strategic objectives. By maintaining a comprehensive risk register, the hospital can proactively identify and manage risks that could impact patient care, financial performance, and reputation.

Secondly, the training was beneficial to the hospital's journey towards becoming a world-class healthcare institution. By building a robust risk management program, the hospital can demonstrate its commitment to excellence and to providing high-quality care to patients. The risk training helped risk champions understand how their role in maintaining a comprehensive risk register supports the hospital's overall mission and vision.

Going forward, the risk champions are expected to take an active role in identifying and mitigating risks. They will be responsible for updating the risk register monthly, assessing new risks as they arise, and developing strategies to address them and communicating the above to Risk & Compliance department as well as CQI department monthly. By doing so, they will help ensure that the hospital remains proactive in managing risks and achieving its strategic objectives.

To ensure that the risk culture is embedded in the organization, the Risk and Compliance department plans to carry out more training sessions for risk champions in the future. These training sessions will be focused on various aspects of risk management. The department will also work closely with other

departments in the hospital to ensure that risk management is integrated into all aspects of the hospital's operations.



THE NAIROBI HOSPITAL

CICELY McDONELL COLLEGE OF HEALTH SCIENCES

NOVEMBER 2023 INTAKE

Higher Diploma in Kenya Registered
Trauma & Emergency Nursing (KRTEN)
PART TIME - 18 Months Course

Course modules

- Emergencies affecting all body systems in adults and children
- Disaster management and response
- Infectious diseases emergencies
- Trauma and emergency care procedures
- 12 Lead ECG interpretations
- Mechanical ventilation
- Research methods and evidence based Practice
- Teaching and Learning methods
- Leadership and management



Trauma and emergency nurses work in:

- Trauma and Emergency department
- Disaster response teams
- Emergency evacuation and transport teams

How to apply

Application forms available on www.thenairobihospital.org

For more information, call +254 703 082 000/0730666850

Email: schoolofnursing@nbihosp.org

Tuition fee: Sh246,000



Study as you work!

"Students are eligible for an education loan through the HELB & LEAP program."
T&Cs APPLY

The course will be offered on a part time basis, two (2 days) a week for 18 months.

Healthcare with a difference!

HR rewards women who have impacted our society

By Sussy Wawira

As part of Human Resources Employee Recognition initiative, HR reached out to female staff on International Women's Day which is celebrated internationally on March 8, 2023 to share their stories to inspire others. A total of eleven ladies shared their stories that were all worth learning from.

A committee of four members was constituted to go through the stories to determine the top five. The stories were categorized into three: -

- **Lifestyle** - fitness and health
- **Philanthropy** - Giving to the society.
- **From Grass to Grace** Humble beginnings to great achievements.

After judges went through all the entries, the following emerged as winners

Jacinta Kariithi - Overall Winner

Grass to Grace

Her story: She struggled through her primary school. Repeated twice due to lack of school fees. Finally managed to get sponsorship for her high school and later lost her mother. Became a house help for one and a half years taking care of her siblings before her guardian (employer) sponsored her for nursing course where she excelled and enjoys contributing to improvement of quality of lives through health care management.

Winfred Ndanu - 1st Runner Up

Category - Lifestyle

Her Story: She started a weight loss journey in April 2020 when she weighed 119kgs. She was advised to work on her weight for fear

of diabetes and hypertension. She incorporated a balance diet, water, and exercises. She was consistent and determined to shed weight. At first it was not easy, especially for someone who was used to eating a lot. Through hard work, determination, and consistency she managed to lose 39kgs. The frequent headaches, back pains and knee pains have so far ceased, and she is happy with the results and wishes to encourage any overweight lady who would want to adopt a healthy lifestyle through weight loss.

Stella Owaki - 2nd Runner Up

Category - Philanthropy

Stella empowers women in the community who live in the informal settlement in Kawangware, Nairobi. She has initiated feeding programs in a church at Imara Daima where she contributes and buys food for Kwa Njenga slum women every Thursday. She has also managed to introduce table banking for the women where cash is contributed by the group every two weeks to start a business for each woman. She also feeds two hundred children every Sunday.

Sandra Kidula - 3rd Runner Up

Category - Grass to Grace

She was raised by a single parent who was always sickly and frequently in and out of the Hospital. She lost her mother in while in primary school and had challenges with school fees but later got a scholarship to study in a private school. Despite losing her mother, she excelled in her class 8 national exams. She tried looking for a scholarship at Starehe Girls without success. Amid her

application for scholarships, one of her auntie offered to pay her school fees in Alliance Girls where she had received an admission. She passed her KCSE and was enrolled at the Nairobi University to do pharmacy where she excelled.

Jackline Kiplangat – 4th Runner Up

Category - Grass to Grace

She was born in a cattle rustling society where banditry was like a norm and despite the level of desperation and destruction, she pursued her love for education. She is the 1st person in her clan to attain a Diploma in Nursing. Her plan is to give back to the society where she was raised and impact their lives positively.

Awards

Winner - Sh4000 Shopping voucher, Hospital branded merchandise plus free lunch at the staff cafeteria.

1st Runner up - Sh2500 Shopping voucher, Hospital branded merchandise plus free lunch at the staff cafeteria.

2nd Runner up - Sh2000 Shopping voucher, Hospital branded merchandise plus free lunch at the staff cafeteria.

3rd Runner up - Hospital branded merchandise plus free lunch at the staff cafeteria.

4th Runner-up - Hospital branded merchandise plus free lunch at the staff cafeteria.

All the above five winners will also receive letters of commendation signed by the CEO to go to their personal files.



THE NAIROBI HOSPITAL

CICELY McDONELL COLLEGE OF HEALTH SCIENCES

NOVEMBER 2023 INTAKE

Higher Diploma in Kenya Registered Critical Care Nursing (KRCCN)

PART TIME - 18 Months Course



Critical care nurses work in:

- Critical care units
- Emergency departments
- Cardiac catheterization laboratories
- Air transport emergency services

Course modules

- Fundamentals of critical care nursing
- Care of a critically ill patient with disorders of various systems
- Care of a critically ill child and neonate
- Nursing Research
- Pain assessment and management
- Teaching methods and mentorship
- Leadership and management

Tuition fee
Sh280,650

Study as you work!



How to apply

Application forms available on www.thenairobihospital.org
For more information, call +254 703 082 000/0730666850
Email: schoolofnursing@nbi Hosp.org

"Students are eligible for an education loan through the LEAP program and HELB." T&Cs APPLY

The course will be offered on a part time basis, two (2 days) a week for 18 months.



Healthcare with a difference!

Achieving corporate results through strategic work planning and team building



HODs at a retreat for work plan training

By Bernard Simuyu

(Manager Strategy & Transformation)

Work-planning is the process of determining and allocating collective responsibilities among members of a team. The process is hierarchical from the corporate level to Divisions/ departments/sections/units offices and persons, with a purpose to undertake specific duties within a given period of time in the work cycle (i.e., annual or biennial financial calendar). It contains the operational details that illustrate exactly what services will be delivered and to what level of quality. It is constructed within the guidance and focus of the institution's strategic plan. The resulting work plan defines goals/objectives, strategies and activities, targets to be accomplished during the given period of time.

Work planning provides a way of coordinating the work that needs to be done with an emphasis on continuous improvement and innovation within each unit. Its hallmarks are based on collective responsibility shared by each member of a team with minimal supervision from above. The team, works and acts together willingly

for a common purpose or benefit to accomplish the aim of the system which in this case The Nairobi Hospital (TNH). Work plan cannot be treated as a parallel document in our day-to-day operations. It is the guide and an integral tool for *modus-operandi* that provides a road map to the achievement of the strategic goal.

The Nairobi Hospital Board and the management adopted the performance management system which demands proper planning and forecasting, implementation and accountability. This will enhance the Hospital's functions and thus becoming essential for all staff in TNH to understand the organization's overall strategic direction and how it can be effectively actualized. The work plans therefore, provide the basis for empowering staff members to participate in planning on how their work is best accomplished with available capital and human resources.

It is critical then, that the TNH Managers develop effective work plans for their existing and new operations with a clear link to the strategic direction of the Hospital. Similarly, the Managers would use the work-plans to communicate the objectives and strategies to their respective staff members and develop individual agendas of work to all cadres within their jurisdiction. This process will provide the following benefits to TNH's divisions/departments/sections/units/persons:

Guide for action towards desired Hospital outcomes: We need effective actions that are coordinated and focused on specific hospital outcomes.

Improvement in resource utilization:

Resources are always scarce in any organizations, and hence the need to make sure the resources we have are used effectively. There is a need therefore to determine where resources are most needed so that they can be allocated where they will provide the most benefit.

Motivation and commitment: People/staff are most motivated when they have clear goals and know what is expected of them. We need to reduce uncertainty and provide clear indications on what everyone is expected to accomplish. Our TNH staff are more likely to work toward a goal they know and understand.



Management team at a training session

Set performance standards: The defined desired outcomes and mileposts do defined progress. Setting performance standards will provide the hospital standard for assessing when things are progressing and when they need correction.

Allow flexibility: Through the goal-setting process, we need to identify key resources in the hospital as well as critical external factors that need to be monitored. This is to enable us to detect change and develop mitigating strategies simultaneously on how to deploy resources to respond.

Delegation of duties: We need each other at all levels, as one's output becomes another person's input.

Therefore, my colleagues, it is critical and necessary that we adopt a system that will enable us to achieve the above effectively and efficient. This approach is not to cascade anyone down but to enable each one of us to achieve the above business environment. The implementation of our strategic plan 2019-2024 through work planning which will enhance cohesion and build on our synergy to propel TNH to greater heights. Let us plan!





THE NAIROBI HOSPITAL

0709628000
0702433433

Southfield Outpatient Clinic

- **PAEDIATRIC CLINIC**
 - Wednesday 9am - 4pm
 - Saturday 8am - 3pm
- **ANTENATAL/GYNECOLOGY CLINIC**
 - Fridays 2am - 6pm
- **FAMILY HEALTH CLINIC**
 - Wednesday 9am - 1pm
- **DENTAL SERVICES**
 - Tuesday 8am - 4pm
 - Wednesday 8am - 4pm
 - Sunday 1pm - 6pm
- **WELL BABY CLINIC**
 - Saturday 8am - 4pm
- **FREE NANNY TRAINING (On Booking)**
 - Saturdays 2pm - 4pm

NHIF

Afya Yetu, Bima Yetu

Accredited

Southfield clinic opens daily from 7am-7pm for emergencies and outpatients' care, with a fully operational laboratory, X-ray, ultrasound and dispensing pharmacy.



TheNairobiHospital



@thenairobihosp



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Healthcare with a difference!



THE NAIROBI HOSPITAL

GALLERIA OUTPATIENT CENTRE - CLINICS



0703073000
0719 155496

CLINIC SCHEDULE

- **EAR NOSE & THROAT CLINIC**
 - Thursday 3pm - 4pm
- **SURGICAL OUTPATIENT CLINIC**
 - Wednesday 2pm - 4pm
- **FAMILY HEALTH CLINIC**
 - Friday 8am - 4pm
- **GYNECOLOGY & ANTENATAL CLINIC**
 - Tuesday & Thursday 9am - 1pm, Wednesday 8am - 2pm.
- **PAEDIATRIC CLINIC**
 - Saturday 11am - 3pm
- **PHYSIOTHERAPY (On appointment)**
 - Monday to Friday 7am - 7pm, Saturday 8am - 4pm
- **WELL BABY CLINIC**
 - Daily 8am - 3pm
- **RENAL CLINIC**
 - Mondays 2.00pm to 4.00pm
- **OCCUPATIONAL THERAPY (On appointment)**
 - Tuesday & Thursday 12pm - 3pm
- **NUTRITION CLINIC**
 - Mondays 8am - 4pm
- **DENTAL CLINIC (On appointment)**
 - Wednesday and Friday 8am - 4pm

NHIF

Afya Yetu, Bima Yetu

Accredited

Galleria Mall clinic opens daily from 7am-7pm. With fully operational dispensing pharmacies, laboratory, X-ray, CT Scan and ultrasound.



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Healthcare with a difference!



THE NAIROBI HOSPITAL



0723 976587

0723 976571



capitalcentre@nbihosp.org

Capital Centre Outpatient Clinic

- **PAEDIATRIC CLINIC**
 - Wednesday 10am - 4pm
 - Saturday 10am - 4pm
- **ANTENATAL/GYNECOLOGY CLINIC**
 - Monday 8am - 2pm
 - Fridays 10am - 3pm
- **FAMILY HEALTH/WELL MAN, WELL WOMAN CLINICS**
 - Tuesday 8am - 4pm
- **NUTRITION CLINIC**
 - Tuesday 8am - 4pm
- **SURGICAL CLINIC**
 - Tuesday 2:30pm - 4:30pm
- **WELL BABY CLINIC**
 - Saturday 8am - 3pm
- **TRAVEL VACCINE**
 - Daily 7am - 4pm



Afya Yetu, Bima Yetu

Accredited



Capital Center clinic opens daily from 7am-7pm for emergencies and outpatients' care. With a fully operational laboratory, X-ray, ultrasound and dispensing pharmacy



TheNairobiHospital



@thenairobihosp



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Healthcare with a difference!



Radiology services: MRI upgrade



Mammography services

The hospital has installed a new Amulet Innovality Fujifilm Digital Mammography system with a combination of 2D and tomosynthesis. We are the third hospital in Kenya to have such a system with tomosynthesis capability. The benefits of this new mammogram include:

- Shorter scans times and increased patient throughput
- Low radiation dose
- High contrast images
- Breast tomosynthesis which is an added advantage.

The current Nairobi Hospital's Philips Achieva 3 Tesla recently underwent a SmartPath to dStream upgrade. This digital transition offers all the benefits of digital broadband architecture without an added cost and long downtime of installing a completely new system. The upgrade consists of both hardware and software upgrades with software features such as dstream, intellispace portal system and scanwise implant. The benefits accrued from this upgrade include:

- Streamlined workflow and increased productivity.
- Shorter scan times with increased patient throughput.
- High resolution diagnostic images acquired within a short time.
- Cost effective with the extension of the lifespan of the MRI scanner.



Call for innovation ideas/proposals



By Nicodemus Odongo

Medical field is one that changes rapidly. Players in medical and health sector generally must embrace change and think of innovative ways to remain relevant. The Nairobi Hospital being a market leader in provision of quality healthcare in eastern and southern region must also lead in innovation in healthcare through transformation and adoption of new technology. All staff have been called upon to share their brilliant ideas which will go a long way towards improving our world class healthcare services to our esteemed clients.

Institutionalization of innovation by involving staff creates a corporate innovation atmosphere & culture that allows staff to share innovative ideas that can transform institutions to achieve exemplary results. Innovation should easily be perceived as a product, service, business model, or strategy that's both novel and useful. Innovations don't have to be major breakthroughs in technology or new business models; they can be as simple as upgrades to a company's customer service or features added to an existing product or an improved approach to existing products, processes, and ideas.

TNH has strategically identified innovation as a key component in its success in this year's strategy implementation. The targeted

innovations are to focus on the delivery of health care that can result in more-convenient, more-effective, and less-expensive treatments for today's time-stressed and increasingly empowered health care clients. These innovation ideas should increase efficiency, improve care, and save clients' time ultimately improving stakeholders' experience.

The proposed innovation ideas should be within the three (3) TNH strategic objectives of Sustainable growth, Creation of outstanding stakeholders experience or on Provision of quality and patient-centered services to be received by or before May 31, 2023. The best & implementable three (3) ideas would attract a reward.





THE NAIROBI HOSPITAL

TEMPLATE FOR INNOVATION PROPOSAL/IDEA

Name..... Staff No.

Division..... Department.....

NO	Summary of the proposed idea. (Use a separate template for each innovation in case of more than one proposal)
1	Background of your idea: The need that necessitated the development of the idea. (Max 100 words).
2	Summary of the main idea: The solution needed solve the problem established. (Max 100 words).
3	Benefit of the proposed idea to TNH: How TNH will benefit from your idea?
4	Proposal on how to implement the idea (max 100 words). <ul style="list-style-type: none">• Road map• Timelines• Budget estimate• Other resources needed.
5	Anticipated Challenges on the implementation of the proposed idea.
6	Suggested mitigation measures to the anticipated challenges

TNH introduces new prostate ultra-sound guided biopsy



By Dr. Carnjini Yogeswaran

The Nairobi Hospital on May 18, 2023 performed the very first Local Anaesthetic Transperineal Prostate Biopsy (LATP) in Kenya, East and Central Africa regions. Dr. Carnjini who is a consultant urologist has been very instrumental in building the prostate treatment capacity at our Oncology Centre.

Prostate biopsies are performed to diagnose prostate cancer and for a long time these have been done via a Trans-rectal Route, also known as TRUS Prostate Biopsy. The limitations here are predominantly risk of sepsis due to the needle having to go through the rectum prior to accessing the prostate. In addition, there is limited ability to target certain areas within the prostate.

Whilst, we have been doing Transperineal Biopsies in The Nairobi Hospital, these have been under a General Anaesthetic as these are Saturation biopsies. LATP has not been done as the technique of administering the Local Anaesthetic in the perineum can be challenging. Most patients will not tolerate it, if not done well.

The 2023 EAU Guidelines have strongly recommended that prostate biopsies be

performed via a Transperineal Route due to lower risk of infectious complications.

This is now available at The Nairobi Hospital. It is done as a daycare, under local anaesthesia, which takes between 30-45 minutes and is affordable.

This is a great opportunity to update our patients and doctors that we are now offering this service at The Nairobi Hospital.



The oncology team in a group photo



THE NAIROBI HOSPITAL
CONVENTION CENTRE



Located at Anderson Centre, TNH Convention Centre is one of the most practical meeting facilities in Nairobi. The Convention Centre provides modern amenities at a central location that is easily accessible from any point in Nairobi.

Room Sizes

- 1 - 350 Seater Amphitheater
- 1 - 150 Seater Collapsible Room
- 1 - 80 Seater Plenary Room
- 4 - 25 Seater Meeting Rooms
- 4 - 16 Seater Meeting Rooms
- 1 - 750 Seater Ballroom

Room package

WiFi, Public Address System, Projectors & Smart Boards, full Catering Services, Secretariat and ICT support



The Nairobi Hospital, Argwings Khodhek Road,
Nairobi, Kenya

Anderson Centre 2nd & 3rd Floor

Main Hospital 24hour Switchboard: +254 (020) 2845000, +254 703 082000

Direct Line: +254 719 606473

Email: events@nbihosp.org