

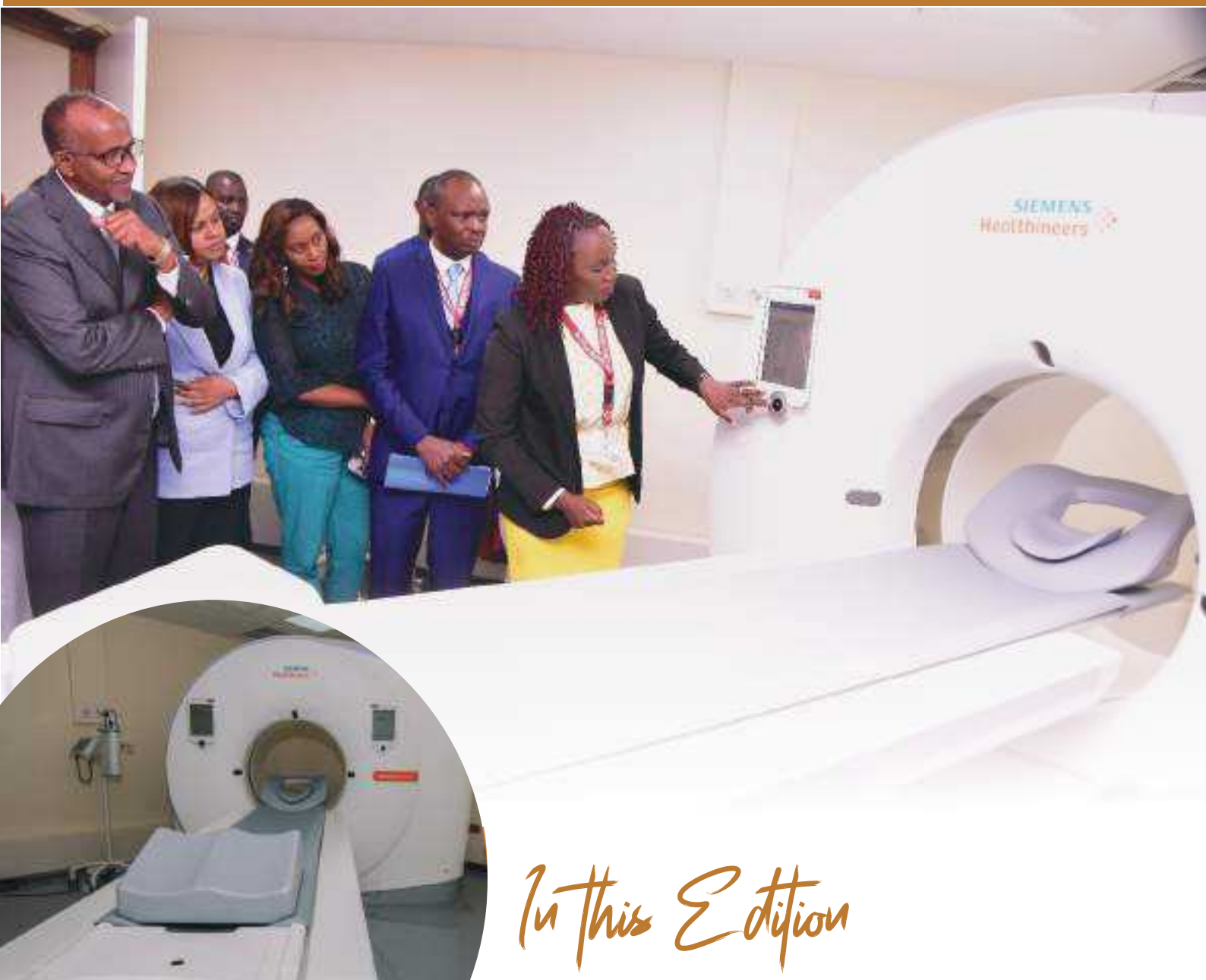


THE NAIROBI HOSPITAL
Healthcare with a Difference!

NewsLetter

April - June 2025 Edition

Enhancing Quality Diagnostic and Treatment Prowess in the region



In this Edition

**Nursing on the rise:
How NNAK Nairobi
Hospital Branch is
Redifining Excellence**



**TNH launches home
Blood Collection
Service to enhance
lab services**



**TNH represented at
ICN Congress 2025
in Finland**



THE NAIROBI HOSPITAL



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Healthcare with a difference!

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Message From the CEO



Felix Osano

Chief Executive Officer

The Nairobi Hospital

“

We continue to be inspired by the impact of the Children's Charity Heart Fund, which has made it possible for more than 400 children to access life-saving surgeries.

”

As we conclude the second quarter of 2025, I take this opportunity to express my sincere appreciation to all our staff and partners for the continued support and trust in The Nairobi Hospital.

We have collectively worked to achieve remarkable milestones that speak to our shared commitment to excellence in healthcare delivery. We officially launched our state-of-the-art Labour, Delivery, and Recovery (LDR) unit that is now offering mothers and their newborns a modern, safe, and dignified birthing experience. We also commissioned our new CT Scan machine, enhancing our diagnostic capabilities and enabling quicker, more accurate diagnosis and treatment.

Another major highlight was the valued representation of our nurses at the International Council of Nurses (ICN) Congress in Finland, where they showcased Kenya's nursing leadership and brought back invaluable insights. These insights will go a long way in strengthening patient care within the hospital and within the country.

Additionally, we took a bold step toward greater national collaboration by signing a Collaboration Framework with the Ministry of Health. This partnership will support capacity building, resource sharing, and strengthen referral pathways as we work together to advance the health outcomes for Kenyans.

We continue to be inspired by the impact of the Children's Charity Heart Fund, which has made it possible for more than 400 children to access life-saving surgeries. With the upcoming charity golf tournament in August, themed “Giving Little Hearts Big Dreams,” we look forward to rallying even more support toward this life-changing cause.

We are deeply committed to advancing Sustainable Development Goal number 3 on ensuring healthy lives and promoting people's well-being. We recognize that achieving this goal demands a robust health system that prioritizes accessibility, innovation, and resilience. By investing in cutting-edge medical infrastructure and strengthening our capacity for early diagnosis and treatment, we are working to close the health equity gap and continue delivering world-class care to every patient under our care. Our focus as a hospital remains on saving lives and improving the quality of life across the communities we serve.

As we look towards the second half of the year, we remain focused on innovation, capacity building, and patient-centered care.

Thank you for walking this journey with us.

Mr. Felix Osano
CEO, The Nairobi Hospital



Message

From the Managing Editor

This edition is a celebration of the power of connection. The kind that reaches beyond hospital walls and into the communities we serve. From meaningful partnerships with leading health institutions and insurance providers to hands-on engagement in schools, sports days, and medical camps, The Nairobi Hospital continues to lead with purpose and presence.

Our strategic collaborations reflect a commitment to care that is both global and deeply personal. At the same time, our on-the-ground outreach efforts remind us that some of the most impactful healing happens outside the clinic, in conversations, shared spaces, and acts of service.

As you turn each page, you will find stories of partnership, compassion, and progress. Thank you for being part of a mission that keeps growing, giving, and grounding us in what truly matters.

Nicodemus Odongo
Director, Strategy & Innovation
Ag Director Supply Chain

“Our strategic collaborations reflect a commitment to care that is both global and deeply personal.”

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Managing Editor
Nicodemus Odongo

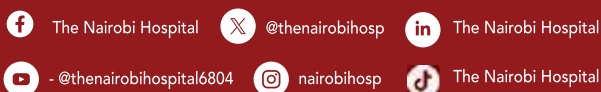
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Mr Felix Osano Confirmed as the Chief Executive Officer of The Nairobi Hospital

By The Nairobi Hospital News Team

In May 2025, the Board of Management of The Nairobi Hospital confirmed the appointment of Mr. Felix Osano as the institution's Chief Executive Officer, marking a significant leadership transition in the hospital's journey toward enhanced innovation and patient-centered care.

Mr. Osano had been serving as Acting CEO since November 2024, following his tenure as Director of Supply Chain. His elevation to the top leadership position came after a period of demonstrated operational leadership and strategic oversight within the institution.

With over 17 years of professional experience, he has built a distinguished career managing global private equity investments in healthcare across Africa and Asia. His leadership background also includes senior roles in the fast-moving consumer goods (FMCG) and healthcare sectors. Additionally, his diverse background in both the private and development sectors continues to inform his approach to healthcare transformation and systems strengthening.

Academically, Mr. Osano holds an MBA in Global Business Management from United States International University–Africa (USIU-Africa), a Bachelor of Commerce degree from Daystar University, and a certificate in Supply Chain Transformation from Strathmore University through an Executive Leadership Program. He is currently pursuing a doctorate in Strategic Management at USIU-Africa.

His professional accreditations include membership in the Chartered Institute of Procurement & Supply (CIPS-UK), Certification as an International Procurement Professional (CIPP), and qualifications as a Certified Six Sigma Practitioner. He is also a member in good standing of the Kenya Institute of Supplies Management (KISM).

Mr. Osano took over from Mr. James Nyamongo, who served as CEO until December 2024. At the time of the appointment, Chairman of the Kenya Hospital Association Dr. Barclay



Felix Osano Chief Executive Officer The Nairobi Hospital

Onyambu emphasized that Mr. Osano's strategic vision, industry expertise, and commitment to operational excellence positioned him well to guide the hospital's next chapter of growth and transformation.

The Board extended its full support to Mr. Osano as he assumed the role, emphasizing its commitment to strengthening leadership that drives patient-focused outcomes and long-term institutional excellence.

The Nairobi Hospital News Team

TNH acquires new AI Integrated 256 slice CT Scan with higher capabilities in diagnostic and treatment processes

By The Nairobi Hospital News Team



On 15th June, the hospital unveiled its state-of-the-art, AI-powered CT scanner, reinforcing its commitment to transforming diagnostic care and advancing the fight against non-communicable diseases (NCDs) in Kenya. The Siemens SOMATOM Drive 256-slice CT scanner is the latest addition to the hospital's investment in smart healthcare innovation and advanced diagnostic solutions.

The launch was presided over by the Cabinet Secretary for Health, Hon. Aden Duale, EGH, and marks a milestone in imaging excellence not just for the hospital, but for the region.

Dr. Barclay Onyambu, Chairperson of the Board of Management at the Nairobi Hospital, emphasized that the investment symbolizes more than technological advancement.

The hospital's Chief Executive Officer (CEO), Mr. Felix Osano, noted that the new CT scanner complements other recent upgrades in radiology and diagnostics. The CT Scan is more than just a technological advancement, the investment underscores our mission to deliver smarter, more compassionate care that meets patients where they are.

A CT scan is a diagnostic imaging procedure that uses a combination of X-rays and computer technology to produce images of internal body structures, including the bones, muscles, organs, and blood vessels. It is significantly more detailed than a standard X-ray, making it a valuable tool in early and accurate diagnosis.

According to Dr. Barclay Onyambu, Chairperson of the Board of Management at The Nairobi Hospital, the investment symbolizes more than technological advancement.

"This investment is a reaffirmation of our purpose to lead with compassion and excellence. This machine isn't just hardware. It represents our determination to bring global standards to Kenyan patients and enhance care anchored in dignity," he said.

The newly commissioned CT scanner features dual-source technology, dual energy spectral imaging, and AI integration, enabling faster scans, superior image quality, and reduced radiation exposure. This technology significantly lowers the time taken during diagnostic exams while increasing accuracy levels across a wide range of clinical conditions.

The CT scanner supports a wide scope of applications, including cardiovascular, oncology, orthopaedic, neurological, and routine diagnostic imaging. Its AI-enhanced systems automate key processes, including patient positioning and image capture, which improves overall workflow efficiency and radiologist reporting.

During diagnosis and imaging, the scanner captures highly accurate images within 1 to 10 seconds. The integrated modern technology makes it possible to automatically extract hundreds of measurements from each scan while eliminating manual entry errors, while allowing for future use of scans to track changes. This massively reduces the cost of anthropometric surveys.

The system will revolutionize the hospital's capacity to study physiology and anatomy and to aid in the diagnosis and monitoring of a multitude of disease states.

How Patients Benefit

- For children, the scanner enables imaging at ultra-low radiation doses without the need for sedation or hospital admission.
- For accident victims – a full-body scan can be completed in seconds, helping doctors make life-saving decisions instantly and with confidence.
- For a patient with heart conditions, high-quality cardiac images can be captured without medication or breath-holding, even in cases of irregular heart rates.
- For patients with metal implants, metal artifact reduction technology ensures clearer, more accurate images that reduce the need for invasive follow-up procedures.

The scanner is among the most advanced medical equipment in the region. For patients, this means shorter wait times, fewer repeat visits, and in many cases, more definitive answers. For clinicians, it offers a robust platform to enhance care quality and outcomes.

This latest investment aligns with The Nairobi Hospital's broader strategic direction to advance imaging capabilities across its main facility and satellite centers. The Radiology Department—where the CT scanner is housed—is one of the most comprehensive in the country, offering 3 Tesla MRI, 128-slice CT, fluoroscopy, Digital mammography with breast tomosynthesis, DEXA scans, and advanced ultrasound systems.

The department supports a wide range of procedures in collaboration with other units such as surgery, physiotherapy, and endoscopy. New services introduced recently include cardiac MRI, CT coronary angiograms, calcium scoring, and elastography for liver disease. The department also boasts 24-hour imaging and reporting services, ensuring continuity of care at all hours.

Decentralized access through outpatient centers at Galleria, Warwick, and others has brought diagnostic services closer to where patients live and work. These centers offer CT, ultrasound, and X-ray imaging, reducing congestion at the main hospital and ensuring a seamless experience.



Decentralized access through outpatient centers at Galleria, Warwick, and others has brought diagnostic services closer to where patients live and work. These centers offer CT, ultrasound, and X-ray imaging, reducing congestion at the main hospital and ensuring a seamless experience.

Benefits for Clinicians and Care Teams

Radiologists benefit from AI-assisted imaging, which improves reporting accuracy and turnaround times. Surgeons can plan procedures more precisely. Oncologists can monitor treatment progress with greater detail. Nurses and caregivers are empowered with faster, more conclusive results, enhancing communication with families and easing anxiety around diagnoses.

This latest addition underscores The Nairobi Hospital's continued commitment to its mission: offering exceptional multi-specialty healthcare services anchored in innovation, clinical integrity, and patient-centered care. The Siemens SOMATOM Drive CT scanner represents a bold step forward in that journey.



On June 15th, The Nairobi Hospital unveiled the Siemens SOMATOM Drive 256-slice CT scanner, a major leap in diagnostic care. With AI integration and ultra-fast imaging, the scanner offers clearer results, lower radiation, and faster diagnoses—benefiting both patients and clinicians.

CT Scan Official Launch Pictorials

By The Nairobi Hospital News Team



Dr. Barclay Onyambu
Chairman KHA Board of Management







The Nairobi Hospital Represented at the ICN Congress 2025 in Finland

By The Nairobi Hospital News Team

In June 2025, the Nairobi Hospital Nursing team represented the hospital at the International Council of Nurses (ICN) Congress 2025 in Helsinki, Finland.

During the Congress Acting Director of Nursing Services Margaret Muiyuro acknowledged the hospital's ongoing initiatives to become a pacesetter in healthcare, as well as stand alongside a global community in championing the role of nurses in sustaining a healthy society.

The dynamic team included:

- The Acting Director of Nursing Services, Dr Margaret Muiyuro
- Oncology Unit member, Felix Chumo
- High Dependency Unit, Charge Nurse Nelly Nabeba
- Kiambu Outpatient Center, Senior Nurse Mercy Mukubwa

The Nairobi Hospital is especially proud of Charge Nurse Nelly N. Mwenda, whose presentation on "Building a Healthy, Resilient Nursing Team: Overcoming Sickness-Related Absenteeism," earned the hospital wide recognition amongst our diaspora communities. Mercy Mukubwa also shared groundbreaking research on "Exploring Factors Informing the Choice of Caesarean Section Among Couples and Healthcare Workers: A Case of The Nairobi Hospital, Kenya" that will continue to resonate with many healthcare professionals across the world for many years to come.

The contributions of The Nairobi Hospital's team are testament to the institution's commitment to advancing healthcare excellence and fostering innovation in nursing practice.

TNH News Team

From Nairobi To Helsinki: A Nurses Journey to the Global Stage

By Mercy Mukubwa



I joined The Nairobi Hospital, I knew it was more than just a job—it was a gateway to personal growth, global exposure, and the chance to create meaningful change. At The Nairobi Hospital, nurses are not only valued but empowered, with their vital role in the healthcare system recognized and nurtured. The Nairobi Hospital has always valued the critical role of nurses and recognizes the immense economic and social contributions they make to healthcare systems.

This commitment is perfectly aligned with this year's International Council of Nurses (ICN) Conference theme: "Nurses: Power to Change the World!"—a message that The Nairobi Hospital has long embodied in its support of nursing leadership.

I was honoured to be among the nurses sponsored by the hospital to attend the world's largest gathering of nurses—the ICN Congress at Helsinki, Finland.

The Finnish Nurses Association co-hosted this year's event and was particularly special, marking the Association's centenary and the return of the congress to Finland after 10 decades. With over 7,000 delegates from more than 140 countries, the conference was a powerful reminder of the strength and unity of the global nursing community.

The conference opened with a vibrant parade of National Nurses' Associations, each showcasing their unique cultural heritage through colourful attire and captivating performances. The ever-energetic and charismatic ICN CEO, Howard Catton, brought life to the opening ceremony with his dynamic moderation, setting a warm and welcoming tone for the entire conference.

In the opening speech, the outgoing ICN president Dr Pamela Cipriano affirmed it was timely to recognize nurses' power to change the world. She emphasized that this was a time for action, advocating for a world where health care is stronger, fairer, and more compassionate.

"When we stand together, there is nothing we cannot achieve. When nurses rise, societies thrive," Dr Cipriano said

Pope Leo XIV, through a message, also acknowledged the vital role nurses play in fostering healthy communities, commending their unwavering dedication and compassion, especially in supporting the most vulnerable during times of crisis.

The five-day Congress offered an energetic environment for learning and global collaboration.





Attendees navigated multiple concurrent sessions, selecting topics that resonated with their interests — from ground-breaking research and leadership to innovation and quality improvement. The program was backed by over 10,000 abstract submissions, showcasing remarkable scientific depth. A major highlight was the unveiling of updated global definitions of “nursing” and “a nurse,” recognizing the profession's expanded role in health equity, digital transformation, and inter-professional leadership. These foundational updates are expected to shape global nursing education, practice, and policy moving forward.

The Nairobi Hospital proudly contributed four presentations—covering infection control, nurse burnout, Cancer care across Africa, and caesarean sections. Three were showcased as e-posters at the exhibition, while one, my own, was delivered as an oral presentation. I was honoured and exhilarated to present my thesis during one of the concurrent sessions, and even more so to engage with questions from an international audience.

This experience underscored ICN's dedication to uplifting nurses worldwide, regardless of their race, background, or origin. Standing on that stage, coming from humble beginnings, and sharing space with global nursing leaders was nothing short of surreal. It served as a powerful reminder—to myself and to my fellow nurses at The Nairobi Hospital and beyond—that we should never limit our aspirations. Instead, we must dare to dream bigger.

The conference concluded on a high note with a ceremonial transition of leadership, marking the official handover from the outgoing to the incoming ICN president and Board of Directors. José Luis Cobos Serrano of Spain was elected as the 30th President of the International Council of Nurses.



“My watchword is empowerment, because we are more than 30 million nurses worldwide. We are the largest group of healthcare professionals, and yet, we are often not fully recognized for all that we contribute. But think about this: if one person alone can change the course of the world in just a few hours... imagine what 30 million nurses can achieve when we work together.”
-Jose Serrano, ICN President



In his bold and inspiring vision, President Serrano emphasized the empowerment of ICN as a global health leader, the strengthening of National Nursing Associations, and the elevation of every nurse around the world. During his inaugural address, he declared, “My watchword is empowerment, because we are more than 30 million nurses worldwide. We are the largest group of healthcare professionals, and yet, we are often not fully recognized for all that we contribute. But think about this: if one person alone can change the course of the world in just a few hours... imagine what 30 million nurses can achieve when we work together.” His words struck a powerful chord with all in attendance, serving as both a call to action and a celebration of the collective strength and potential of the nursing profession.

Attending the ICN Congress was a defining moment in our careers — an experience we had once only dreamed of. None of us imagined that we would not only attend a global nursing conference but also have the honour of presenting our work on such a prestigious platform.

With sincere gratitude, we extend our heartfelt thanks to The Nairobi Hospital management, led by our esteemed CEO, Mr. Felix Osano, for the unwavering support and belief in the power of nurses. Special appreciation goes to our Director of Nursing Services, Mrs. Margaret Muiyuro, for your selfless dedication to uplifting and empowering the nursing team.

Your presence, encouragement, and moral support during our time at ICN — especially during our presentations — meant the world to us. You went above and beyond your professional role, becoming a true source of comfort and strength, ensuring we felt at home even in a foreign land.

Mercy Mukubwa, is a senior nurse at Kiambu Outpatient centre OPC



By The Nairobi Hospital News Team

The Nairobi Hospital Launches Home Blood Collection Service to enhance access to lab services

By Dr. Rahul Zode



The Nairobi Hospital launched its Home Blood Collection Service on June 9, 2025. This service is tailored for patients with acute or chronic illnesses, individuals with disabilities, pregnant women, and children who may be unable to visit a healthcare facility physically. It aims to improve access to laboratory services by bringing care directly to the patient.

The service involves trained phlebotomists collecting blood and other body fluid samples for laboratory analysis from the comfort of a client's home or office. This marks a significant advancement in patient-centered care, emphasizing convenience, efficiency, and innovation.

Patients can request the service or make inquiries by calling +254 727334335 or emailing homecollection@nbihos.org. Once a request is received, a licensed and trained laboratory professional is dispatched

to collect samples and process tests promptly. A dedicated support team is also available to assist with insurance approval procedures.

The service is accessible to all patients and is affordably priced at a minimum fee KES 200 per visit, subject to approval by insurance providers.

Chief Pathologist Dr. Rahul Zode emphasized the hospital's commitment to confidentiality and timely delivery of results. He explains that password-protected reports would be sent to patients via email, with physical copies provided upon request at a nominal additional cost. He notes that the added layers of security are key to ensuring the privacy and security of medical information while facilitating effective follow-up care.

Dr Zode emphasized the importance of timeliness of the service, particularly in light of the time constraints faced

by many and the challenges some encounter in visiting hospitals due to illness. He says the service will enable patients to access essential care from their homes or workplaces, thereby saving time and reducing inconvenience, especially for vulnerable members of society. He acknowledged the implementation of strong measures to protect patient data privacy in response to growing concerns.

The home blood collection service is gaining popularity across the world thanks to advancements in technology, increased health awareness, and the growing demand for convenient healthcare solutions.

The Nairobi Hospital's dedication to medical excellence was reaffirmed through the launch of this service as well as ongoing investments into strategic innovation to ensure sustainable healthcare for everyone in society.

Dr. Rahul Zode is the Chief Pathologist at The Nairobi Hospital



How The Home Blood Collection Works:

a) Book an Appointment: Schedule a blood collection service a day before by calling Nairobi Hospital or using our dedicated call number / email address. Clients will be required to share the test requisition via WhatsApp /email along with client details. The client can avail themselves of Cash /insurance payment options. TNH will seek offline approvals & once approval is received booking will be confirmed & communicated to the client.

b) Phlebotomist Visit: A phlebotomist with staff ID Card will arrive at your specified location at the scheduled time, ensuring minimal disruption to your day.

c) Sample Collection: The phlebotomist will perform the blood draw with the utmost care, following safety and infection control protocols.

d) Analysis & Results: Your blood sample will be sent to our laboratory for testing, and results will be shared with you electronically in a secure manner.

THE NAIROBI HOSPITAL

INTRODUCING HOME BLOOD COLLECTION

Convenient, Safe, and Reliable Healthcare at Your Doorstep

- We serve cash and insurance clients at Home & Offices
- We provide password protected email results.

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 Contact Number
 0727 334335
 Email Address :
homecollection@nbhosp.org

Booking Time
 7:00AM - 4:00PM

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TNH Staff Media Appearances



On May 14, 2025

Margaret Muiyuro, Acting Director of Nursing Services and Chair of National Nurses Association of Kenya (NNAK), brought nurses into the spotlight. She spoke about the important role nurses played in mentorship, research, and compassionate care. She explained how efforts at The Hospital have supported public health and strengthened Kenya's economy.



On June 11, 2025

Dr. Rahul Zode, Chief Pathologist, introduced the home blood collection service. He explained that trained phlebotomists would visit patients at home or work to collect blood samples. The service aims to help chronically ill patients, people with disabilities, pregnant women, children, and busy professionals.



On June 13, 2025

Dr. Francis Kiigu urged listeners to donate blood and save lives. The Clinical Pathologist highlighted the critical need for blood during emergencies and medical treatments. He also invited Kenyans to visit our main laboratory and donate as part of the national blood drive before World Blood Donor Day on June 14.



On June 20, 2025

Dr. Brigid Monda, a Consultant Obstetrician and Gynaecologist, shared insights on navigating menopause. She identified common symptoms such as mood swings, sleep changes, and hot flashes. She outlined hormone replacement therapy options and offered lifestyle tips to ease the transition, encouraging women to view menopause as a natural life stage supported by care.



On June 26, 2025

Dr. Allan Gray, ENT Surgeon, discussed ear, nose, and throat health. He explained how tonsillitis in children is treated and how to distinguish sinus infections from allergies. He warned against self-medication and advised listeners to seek specialist care when symptoms persisted.



On July 3, 2025

Dr. Evelyn Ng'ang'a reminded us that allergies are real and rising. The Paediatrician and Allergy Specialist explained how allergies, from food intolerances to dust and pollen, appear later in life for many. She noted that more Kenyans are affected now and stressed early diagnosis for conditions like eczema, asthma, and allergic rhinitis.

Corporate Partners Engagements

By The Nairobi Hospital News Team

(a) Sysmex and Sciencscope Kenya Collaboration

On July 2, 2025, our Chief Executive Officer, Mr. Felix Osano, had the honor of hosting the Sysmex Executive Management and Board Members from Japan, Germany, Turkey, and South Africa. Together with our partners at Sciencscope Kenya Ltd, we explored strategic collaborative opportunities aimed at enhancing medical devices and laboratory diagnostic solutions.



(b) UN Health Centre, Addis Ababa Courtesy Visit

On June 26, 2025, we were honored to host Dr. Sunita Panta and Dr. Eyesusawit from the UN Health Centre in Addis Ababa at The Nairobi Hospital. Their visit included a guided tour and engagement with our team, focusing on strengthening regional medical evacuation and referral networks.



(c) BUPA Global Meeting

On June 19, 2025, the Nairobi Hospital hosted a strategic meeting with our partners from British United Provident Association Limited (BUPA GLOBAL) as part of our commitment to delivering world-class healthcare. The engagement focused on strengthening collaboration, enhancing service offerings, and exploring new opportunities to ensure we continue providing exceptional care to our patients globally.



(d) International SOS

On June 18, 2025, the Nairobi Hospital hosted the International SOS team for a productive engagement marked by insightful discussions, collaborative spirit, and forward-looking initiatives aimed at enhancing patient care.



(e) SHA Courtesy Visit

On June 11, 2025, The Nairobi Hospital CEO, Mr. Felix Osano, held a courtesy meeting with SHA CEO, Dr. Mercy Mwangangi, to explore strategic partnerships aimed at enhancing the delivery of specialized medical care in support of the Universal Health Coverage (UHC) agenda. The discussions focused on collaboration in key areas including cancer treatment, renal care, cardiology, and specialized surgical services.



(f) Heritage Insurance Courtesy Visit

On June 10, 2025, The Nairobi Hospital CEO, Mr. Felix Osano, hosted Ms. Rosalyn Mugoh, Managing Director of Heritage Insurance, for a courtesy visit at the hospital. The engagement focused on strengthening stakeholder relations and exploring opportunities for mutual growth, reaffirming the hospital's commitment to providing exceptional healthcare services to its diverse clientele.



(g) AAR Insurance Courtesy Visit

On May 30, 2025, The Nairobi Hospital CEO, Mr. Felix Osano, hosted AAR Insurance CEO, Mr. Justine Kosgei, for a courtesy visit. The engagement focused on enhancing collaboration between the two institutions to ensure the continued delivery of exceptional, high-quality healthcare services to both local and international clients.



(h) Strategic Partnership with Traverze Culture

On May 17, 2025, The Nairobi Hospital was proud to announce the official signing of a strategic partnership with Traverze Culture, a landmark step in promoting medical tourism in Kenya.

This collaboration aims to provide international clients with world-class healthcare experiences, combining advanced medical services with Kenya's rich cultural heritage.

The Nairobi Hospital News Team



The Nairobi Hospital Mothers & Fathers Day

By Jemima Wanjiru & Martha Auka



enabling participants to exchange experiences and draw inspiration from one another, further reinforcing the hospital's commitment to promoting holistic family well-being.

Both celebrations served as powerful reminders of the irreplaceable roles that mothers and fathers play in shaping families and communities. At The Nairobi Hospital, pride is taken in celebrating our people, not just for their contributions but for who they are. From meaningful conversations to generous gifts, Mother's Day and Father's Day 2025 were testaments to the hospital's unwavering commitment to fostering unity, gratitude, and holistic well-being. The incredible spirit of our nurses, mothers, and fathers continues to inspire us daily with their dedication, resilience, and boundless love.

Jemima Wanjiru is the Head of Nursing at The Nairobi Hospital; Martha Auka is a Customer Experience Officer at The Nairobi Hospital

On May 8 and June 15, we joined the rest of the world in commemorating Mother's Day and Father's Day respectively. On this special dates, we celebrated the often unsung heroes of our society, fathers and mothers admitted at the hospital and those that are part of our staff.

The theme for Father's Day 2025 was "Fathers: Nurturing Resilience and Shaping Futures." This theme underscores the vital role fathers play in building emotional strength and guiding their children toward success, not just through provision, but through intentional involvement in their upbringing.

As part of the celebration, we organized a special platform at the Hospital's Amphitheatre, where fathers had the opportunity to share their personal experiences of fatherhood and reflect on what it means to be a good father in today's world.

The official theme for Mother's Day 2025 was "Celebrating Motherhood: A Timeless Bond." This theme highlights the enduring connection between mothers and their children, emphasizing the lifelong love, support, and strength that define motherhood.

It was a weekend filled with heartwarming activities, from gifting mothers in the wards and across various departments to hosting an inspiring talk led by Reverend Grace Bukachi, who encouraged mothers to be tenacious, courageous, and to uphold integrity.

The celebrations were designed to foster a sense of community and connection, encouraging fathers and mothers to articulate what it means to be a positive role model in today's dynamic social landscape. Interactive sessions and storytelling activities were incorporated,



Male staff award father's day



Patients award mother's day

Tree Planting for World Environment Day

By The Nairobi Hospital News Team



On June 5, 2025, The Nairobi Hospital marked World Environment Day by organizing a tree-planting exercise led by CEO Mr. Felix Osano.

Staff from across the hospital joined in to plant tree samplings on the hospital grounds. The initiative was shared on our social media pages under the global hashtag #BeatPlasticPollution, showcasing the hospital's focus on environmental care and cleaner air.

The exercise supported both environmental stewardship and practical sustainability. Planting trees offers a tangible way to reduce atmospheric carbon and improve the wellness of patients, staff, and the surrounding community. By tying the activity to the UN's 2025 campaign against plastic pollution, The Hospital reinforced its dedication to sustainability and its role as a community leader.



The Nairobi Hospital News Team

Kipkeino Classic World Continental Tour Gold 2025

By The Nairobi Hospital News Team



On May 31, The Nairobi Hospital proudly supported the Kip Keino Classic World Athletics Tour Gold 2025 at the Ulinzi Sports Complex in Nairobi, Kenya. To ensure the highest standards of medical care during the prestigious event, the hospital provided fully equipped ambulances and a highly skilled emergency medical team. Each of the two standby ambulances was staffed with a dedicated crew comprising a doctor, nurse, driver, and patient attendant, ready to respond swiftly to any medical emergencies on-site.

Beyond offering immediate first aid services, our team remained prepared to handle urgent medical conditions, including emergency evacuations for specialized care. Any cases requiring admission were seamlessly managed at The Nairobi Hospital, conveniently located near the sports complex.

To further support the athletes' performance and recovery, five professional physiotherapists were also on hand throughout the event. Our commitment to safeguarding the health and well-being of participants and spectators alike reflects The Nairobi Hospital's unwavering dedication to excellence in healthcare.



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The Nairobi Hospital News Team

Environmental Social and Governance Activities

By The Nairobi Hospital News Team

(a) Rophine Group of Schools Annual Sports Day ESG

On July 5, 2025, The Nairobi Hospital Southfield Outpatient Centre partnered with Rophine Group of Schools for a ESG initiative held at Ulinzi Sports Complex in Lang'ata. The event provided free medical services including health check-ups, blood sugar screenings, doctor consultations, nutritional guidance, and physiotherapy, demonstrating our shared commitment to building a healthier and more informed community.



(b) Whitestar Group of Schools Annual Sports Day ESG

On June 21, 2025, The Nairobi Hospital Southfield Outpatient Centre was proud to be on-site at the Whitestar Group of Schools Sports Day, held at Ulinzi Sports Complex. As part of our ongoing ESG commitment, our team provided ambulance standby and medical support, helping to ensure a safe and successful event for all the young athletes.



(C) International Nurses Week ESG

On May 13, The Nairobi Hospital joined the world in commemorating International Nurses Week under the official theme "Our Nurses. Our Future. The Economic Power of Care."

The day began with a special gathering at the Amphitheatre, where guest speaker Dr. Susan Njuguna, Dean of the School of Nursing at Daystar University, urged health facilities to move beyond ceremonial recognition and instead establish sustainable systems that empower nurses.

Later in the day, the hospital organized a CSR activity that saw the nursing leadership team visit various workstations, offering free health check-ups to TNH staff. Acting Director of Nursing Services and NNAK Chairlady, Margaret Muiyuro, also appeared on Classic 105 FM, where she discussed the vital role of nurses in strengthening healthcare systems and their ripple effect on the economy.

The Hospitals CEO Mr. Felix Osano spoke during the celebration saying the facility has sponsored 32 nurses to attend national nursing conferences, while 56 nurses have successfully completed courses in Basic Life Support (BLS) and Advanced Cardiac Life Support (ACLS).

One of the highlights was the recognition of Mercy Mukubwa, Nurse Educator and Researcher at The Nairobi Hospital, who was awarded a prestigious UK scholarship by the Florence Nightingale Foundation. She is among the first two Kenyan nurses to be selected for this competitive global program, marking a historic milestone for nursing excellence in the country.



(d) DEFMIS Kitale Free Medical Camp

On May 8, 2025, The Nairobi Hospital partnered with the Defense Forces Medical Insurance Scheme (DEFMIS), one of our key corporate clients, at the DEFMIS Kitale Free Medical Camp, held at the Kitale Showground in Trans Nzoia County. As part of our contribution, The Nairobi Hospital delivered an informative session on kidney health management and prostate cancer treatment using brachytherapy.



(e) World Health Day CSR, Warwick Centre OPC

On April 7, 2025, the Nairobi Hospital Commemorated World Health Day with a special activation at the Warwick Outpatient Centre on UN Avenue, Gigiri. The event offered free health checks, including body composition analysis, blood pressure and blood sugar screening, PSA testing, and doctor consultations, all aimed at empowering clients to take proactive steps toward better health.



(f) Free Dental Screening at Galleria OPC

On March 20, 2025, we had a fantastic time offering free dental screenings at The Nairobi Hospital Galleria Outpatient Centre, located on the 2nd Floor of Galleria Shopping Mall, in celebration of World Oral Health Day! A heartfelt thank you to everyone who stopped by to prioritize their oral health and take a step toward a brighter, healthier smile.



The Nairobi Hospital News Team

International Nurses Week Celebration

By The Nairobi Hospital News Team

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Dr Margaret Sirima Principal College of Health Sciences



Dr Susan Njuguna Dean of Nursing at Daystar University

The Nairobi Hospital News Team



CEO Felix Osano, Mercy Mukubwa & Dr Susan Njuguna



Celebrating Patient Experience Week 2025:

Building The Foundation of Experience at The Nairobi Hospital

By Lavender Ojowi

The Nairobi Hospital proudly celebrated Patient Experience Week from 28th April to 2nd May 2025, under the inspiring theme: "Building the Foundation of Experience." This special week brought together hospital staff, management, and patients in a shared commitment to improving patient-centered care through engagement, collaboration, and innovation.

Patient Experience Week is a global event designed to celebrate healthcare staff who impact patient experience every day. At The Nairobi Hospital, this year's celebrations were carefully planned to foster a culture of excellence, compassion, and continuous improvement.

Highlights of the week:

Day 1: Monday, 28th April 2025

The week began with patient visitation and gifting led by the Senior Management Team, a heartfelt gesture to recognize and appreciate patients across the hospital. The day also featured a Division Talk from 7:15 AM to 7:30 AM, followed by a Power Talk on Patient Experience between 7:30 AM and 8:30 AM. A fun-filled Lucky Dip activity was held in the open day area to engage both staff and visitors.

Departments showcased on this day included:

- **Strategy & Innovation**
- **Finance Division / Supply Chain & Distribution Division**
- **Risk & Compliance and Internal Audit**



Day 2: Tuesday, 29th April 2025

The second day spotlighted an Open Day Showcase of various hospital products and services, giving patients and visitors a glimpse into the innovations and care excellence at The Nairobi Hospital. The Division Talk and Power Talk on Patient Experience continued, creating opportunities for dialogue and learning.

Participating departments:

- **Medical Services & Research Division**
- **Radiology, Cancer Centre, Cath Lab, Medical Records, Laboratory**
- **Pharmacy, Physiotherapy, Dental Unit**



Day 3: Wednesday, 30th April 2025

Another Open Day Showcase took center stage, complemented by the Division and Power Talks. The hospital's clinics, wards, and special exhibitions took this opportunity to highlight their contributions to patient experience. This was a deep show of culture, love with all types of food and equipment used in each department. The display at our parking bay was excellent. The day ended with a lot of reflection on how much the hospital is performing to provide our patients International patient care.



Departments showcased:

- All Outpatient Clinics (OPCs)
- Accident & Emergency (A&E)
- Anderson Clinics
- Theatre
- Special Exhibition (Engineering & Physiotherapy)





Day 4: Thursday, 1st May 2025 (Labour Day)

The hospital observed Labour Day, giving staff a well-deserved break while celebrating their invaluable contribution to healthcare service delivery.

Day 5: Friday, 2nd May 2025 – The Grand Finale

The final day featured the last round of Division and Power Talks on Patient Experience. Staff came together for a Potluck, fostering camaraderie and team spirit across departments. The day concluded with a Grand Finale Ceremony, prize giving to the winner and all departments and staff that performed well in the year 2025 were gifted cakes, trophies and certificate, the day ended with Cake Cutting, marking the successful end of an inspiring week.

Departments featured:
Human Resource Division
Operations Division
College of Health Sciences

Lavender Ojowi is a Customer Experience Officer at The Nairobi Hospital

A Unified Commitment to Excellence

Throughout the week, hospital staff participated in exhibitions, shared knowledge, and engaged in conversations centered around enhancing patient care. From management to frontline workers, every team played a crucial role in showcasing how compassionate care, teamwork, and innovation can transform the patient journey.

The Nairobi Hospital remains steadfast in its mission to provide world-class healthcare with a human touch. Patient Experience Week 2025 has reinforced the importance of building a strong foundation of experience—one where every patient feels valued, heard, and cared for. Together, we continue to shape a future where every patient encounter is exceptional.



Nursing on The Rise: How the NNAK Nairobi Hospital Branch is redefining excellence

By Levi Juma Ndubi



At the heart of The Nairobi Hospital's healthcare system, there is a strong palpable pulse of our nurses. The Nairobi Hospital Branch of the National Nurses Association of Kenya (NNAK) has spent the past year not just sustaining this vital force, but amplifying it with bold steps in training, professional development, international visibility, and digital innovation.

Investing in what matters most: Training our own.

Professional development is not just an option; it is a necessity. Recognizing this, the NNAK Nairobi Hospital Branch has been relentless in expanding opportunities for continuous learning. Through a close-knit collaboration with hospital management, the branch has facilitated and sponsored nurses for both internal and international trainings. From life-saving short courses like Basic Life Support (BLS) and Advanced Cardiovascular Life Support (ACLS) to targeted symposiums and conferences, our members are sharpening their clinical edge every step of the way. The branch's presence and partnership have helped shape a learning culture where nurses are no longer just participants, they're leaders and innovators in the evolving world of healthcare.

Kenyan Nursing to the world

This year, the Nairobi Hospital Branch marked a significant milestone on the global stage. Four of our outstanding nurses represented Kenya at the 2025 International Council of Nurses (ICN) Conference in Helsinki, Finland, under the banner "Nursing Power to Change the World."

This was not just another conference; it was a leap into the future. Our nurses experienced hands-on simulations using Virtual Reality (VR) and Augmented Reality (AR), opening new frontiers in clinical training and patient care. Their exposure to this cutting-edge technology and international best practices is now being channeled back into our hospital, raising the bar for all.

Celebrating our own: Nurses week that made headlines

Recognition is fuel for excellence, and during this year's nurse's week, the TNH-NNAK delivered. In a powerful celebration of passion and service, the branch awarded 22 nurses for exemplary performance in healthcare delivery and leadership. These were not quiet acknowledgments. The event winner earned a coveted spotlight, featured in local dailies and broadcast across major media platforms, a proud moment that boosted not just individual careers,

but the visibility of nursing as a profession in Kenya. For the first time, the work nurses do every day, often quietly, often behind the scenes was at a center stage of news coverage.

A digital leap: Services at your fingertips.

The Nairobi Hospital Branch of NNAK has also gone digital. Our newly launched online platform now makes it easier than ever for members to stay connected and informed. Whether it's signing up for the next symposium, accessing conference details, or managing branch services remotely, our nurses now have it all at their fingertips. This is more than a convenience; it is a step toward future ready nursing.

Why TNH-NNAK Matters

Every initiative, every award, every training session is rooted in one core mission: empowering nurses to lead, innovate, and transform care. The NNAK Nairobi Hospital Branch is not just supporting nurses, it is building the future of healthcare leadership, one milestone at a time. We are proud. We are bold. We advance in confidence with justice and equality.

Levi Juma Ndubi is a Senior Staff Nurse, Critical Care Unit at The Nairobi Hospital



Intakes for August & November 2025 are ongoing for the following 2 year Specialties Higher diploma Nursing courses. The courses will be delivered via blended learning where students attend classes & Placements for 2 days in a week.

COURSES	INTAKE
Critical care Nursing	November 2025
Trauma and Emergency Nursing	August 2025
Nephrology Nursing	August 2025
Postoperative Nursing	August 2025
Oncology Nursing	August 2025
Neonatal Nursing	August 2025



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The Nairobi Hospital Welcomes Musketeers Institute Students for an Educational Tour

By The Nairobi Hospital News Team



On May 27, The Nairobi Hospital was pleased to host students from Musketeers Institute of Science & Technology, Nakuru County, for an educational tour of our Main Hospital.

The visit provided the students with meaningful exposure to hospital operations, advanced medical technologies, and best practices in healthcare delivery.

We commend their curiosity and dedication to learning, and we are proud to support and inspire the next generation of healthcare professionals.

The Nairobi Hospital News Team



The Nairobi Hospital Hosts STEM Education Tour For Lizzie Wanyoike School Students

By The Nairobi Hospital News Team



During the visit, the students explored the intersection of Science, Technology, Engineering, and Mathematics (STEM) within the healthcare environment. They gained valuable insights into cutting-edge medical innovations and observed how various hospital departments work together to deliver exceptional patient care.

The tour included interactive sessions with The Nairobi Hospital's healthcare experts and educational videos showcasing the hospital's specialized services, offering students a practical understanding of modern healthcare.

As a premier healthcare institution, The Nairobi Hospital is committed to nurturing young minds and supporting the Competency-Based Curriculum (CBC) by providing impactful, real-world learning opportunities.

The Nairobi Hospital News Team



On March 28, The Nairobi Hospital had the pleasure of hosting 154 students from Lizzie Wanyoike Preparatory & Senior School, Ruiru (Grades 7, 8, and 9) for an immersive STEM education tour.

The Nairobi Hospital Drives Kenya's Medical Tourism Growth at High-Level Forum

By The Nairobi Hospital News Team



On March 26, 2025, The Nairobi Hospital hosted the Magical Kenya Medical Tourism Forum, bringing together key stakeholders from the healthcare, travel, and hospitality industries. The forum, organized by Magical Kenya and the Kenya Tourism Board, provided a platform for discussions for growth opportunities, challenges, and the role of medical professionals, hospitals, and travel partners in enhancing Kenya's competitiveness in the global medical tourism sector.

Dr. Samuel Odede, OGW, Director of Medical Services & Research at The Nairobi Hospital hailed the potential of Kenya to attract international patients seeking high-quality healthcare services. He underscored the pride in Kenya's world-class medical facilities, skilled specialists, and advanced healthcare infrastructure.

Dr Odede further noted that through collaboration between the tourism and healthcare sectors, a thriving medical tourism industry could be developed, contributing to economic growth while enhancing healthcare services for both local and international patients.

The event featured the unveiling of Kenya Tourism Board's comprehensive Medical Tourism Strategy, outlining concrete plans to elevate the country's profile as a

healthcare destination.

A thought-provoking panel discussion moderated by Mr. Muthuri Kinyamu, CEO of Accessible Travel, allowed diverse stakeholders to share valuable perspectives. The Nairobi Hospital, reaffirmed its dedication to medical excellence and its commitment to serving international patients with top-tier care.

The Nairobi Hospital News Team

Empowering Strategic Communication at The Nairobi Hospital During a two-day Messaging and Media Training Workshop

By The Nairobi Hospital News Team



In May 21–22, 2025, The Nairobi Hospital hosted a comprehensive two-day Messaging and Media Training Workshop at Radisson Blu, Upper Hill, in a bold step toward enhancing strategic communication and brand positioning.

The sessions brought together the hospital's Senior Management Team, key staff and renowned external facilitators - Mr. Joseph Bonyo of Royal Media Services and Mr. Eric Latiff of Nation Media Group.

Day One focused on strategic messaging and stakeholder engagement, empowering participants to align communication efforts with the hospital's broader mission of delivering exceptional, patient-centered care for sustainable growth.

Interactive discussions and group exercises provided insight into crafting impactful messages, understanding stakeholder needs, and strengthening internal and external communications approaches.

Day Two delivered hands-on media training, equipping attendees with practical tools for effective media engagement. From mastering interviews to refining social media tone, the session underscored the importance of clarity, preparation, and authenticity when representing the institution publicly. Simulated interviews and real-time feedback built participants' confidence, with 90% reporting they felt more prepared to engage with media stakeholders after the sessions.

The workshop concluded with a renewed commitment, highlighting the vital role communication plays in reinforcing trust, empathy, and leadership in healthcare. Plans are underway to conduct the training annually and integrate continuous learning to maintain media readiness across all leadership levels.

The Nairobi Hospital News Team

Ms. Jessica Shiraku Champions Athlete Welfare in National Integrity Talks

By The Nairobi Hospital News Team



On March 5, The Nairobi Hospital's Chief Physiotherapist, Ms. Jessica Shiraku, participated in high-level discussions at Athletics Kenya Headquarters alongside World Athletics President Sebastian Coe, H.E Salim Mvurya, Athletics Kenya President and World Athletics Vice President Gen. (Rtd) Jackson Tuwei and ADAK Ag. CEO Peninah Wahome.

The talks focused on strengthening preventive measures against anti-doping and gender-based violence, reinforcing efforts to uphold athlete integrity. Ms. Shiraku remains dedicated to actualizing these initiatives, leveraging her expertise in physiotherapy to support ethical and professional standards in athletics.

Collaborative avenues for The Nairobi Hospital to partner with Athletics Kenya on future programs, including athlete wellness workshops and injury prevention clinics were explored.

These efforts are expected to position The Nairobi Hospital as a key stakeholder in advancing ethical sports practices, further solidifying its reputation as a leader in healthcare innovation and community impact in Kenya.

The Nairobi Hospital News Team



The Nairobi Hospital Supports Kenya's World Relay Team with Pre-competition Health Assessments

By The Nairobi Hospital News Team

On April 20, The Nairobi Hospital hosted Kenya's international athletes as they prepared to depart for the World Relay Championships in China. Comprehensive testing and musculoskeletal evaluations were conducted to assess and ensure their fitness for competition.

The event was overseen by a dedicated team of experts from The Nairobi Hospital, including Chief Physiotherapist Ms. Jessica Shiraku, whose expertise in sports rehabilitation ensured tailored assessments and personalized recommendations for each athlete.

Mr. Talam, the Sports Medicine & Rehabilitation Centre Coordinator, also played a pivotal role in coordinating the logistics of the evaluations, ensuring seamless integration of clinical and rehabilitative services.

Evans, the Lab Phlebotomist, facilitated precise and efficient blood sample collection, enabling rapid analysis to provide real-time health insights. The team's collaborative efforts were focused on optimizing athlete performance while prioritizing long-term health and injury prevention.

The assessments were complemented by educational sessions, where athletes were provided with guidance on nutrition, recovery techniques, and injury prevention strategies to enhance their performance in China.

This event further solidified the hospital's reputation as a leader in integrating healthcare with athletic achievement, fostering national pride and contributing to Kenya's success on the global stage.

The Nairobi Hospital News Team



TNH Hosts its First-ever International Telephone Day Celebration

By Rosebella Kataka



Celebrating the Power of Connection

On April 25, 2025, our department proudly organized and hosted the first ever celebration of International Telephone Day within the organization, a momentous and engaging event that highlighted the importance of one of the world's most transformative inventions in human communication, the telephone.

This inaugural event marked a significant milestone, as it brought attention to one of the most influential tools in the history of human connection. From the earliest rotary phones to today's smartphones and virtual communication platforms, the telephone has not only shaped how we connect but also continues to play a vital role in our daily work and interactions.

The celebration featured a range of engaging activities, including a brief session on the history of telecommunication, a fun "telephone trivia" quiz, and a visual display tracing the evolution of telephone technology over the years. Staff members were encouraged to share their memories and reflections, which sparked insightful conversations and a deeper appreciation for how far communication has come.

This successful event would not have been possible without the strong leadership and support from our CEO

through the Director Strategy and Innovation, Mr. Nicodemus Odongo whose encouragement helped bring this idea to life. Their commitment to fostering a culture of innovation, learning, and connection was instrumental in the event's success.

As we look ahead, we hope this celebration becomes an annual tradition at TNH, one that continues to remind us of the power of communication and the value of honoring milestones in technology and human progress. As It not only reminds us of how far we have come since Alexander Graham Bell's groundbreaking invention in 1876, but also gives us a moment to reflect on how communication continues to evolve and connect people across the globe.

Let us always remember, " One client, One call, One conversation at a time."

Rosebella Kataka is a Telephone Operator at The Nairobi Hospital

The Fasting Dilemma

By Dorcas Gichuhi



Weight management especially when it comes to shedding a few kilograms is always a good story. Nothing beats that feeling when you step on a scale and realize a slight reduction on your usual weight. The feeling will push one into weighing at the very least daily just to track progress. This goes without saying that people will attempt almost any diet for weight loss including fasting.

Fasting is an act of voluntarily abstaining from food and can be done for varied reasons including religious belief. The popularity of time restriction eating is the new norm. This includes intermittent fasting like one meal a day (OMAD), 16: 8 meaning 16 hours fasted and 8 hours' window to eat, 5:2 to mean 5 days eating and 2 days fasted. This is just to mention a few of the most common regimes used for fasting.

Wellness focuses on general wellbeing both psychological, physical and emotional. All these aspects of health contribute when it comes to disease prevention and most important management of most chronic diseases. Good health is not the absence of disease nor is it measured by drastic weight changes. The strategies used to lose weight can also affect one's health. Most of us are focused more on weight measured as part of physical assessment. However, this is not always adequate. Further assessment of your weight to identify the body composition is significant. It's one of the methods used to track body fat and muscle mass ratio.

There is always an assumption that when we lose weight, we automatically have reduced body fat which is not the case. It's possible to have elevated body fat with a normal BMI. This is usually a case especially for adults

who seem to be picky eaters when it comes to healthy meals but indulge in unhealthy foods high in refined sugar and saturated fats. Unfortunately, seemingly healthy adults also can push their total body fat depending on eating patterns and food groups combination. Eating patterns that include long periods of fasting especially late breakfast after 9am, fewer meals in a day do not get to meet their daily requirement for total calories in a day. Some people opt to avoid certain food groups entirely especially the carbohydrate class. It's important to note that protein meals without starch will affect your body composition. How we eat contribute to how the body will utilize the nutrients consumed.

Elevated body fat is a health risk to cardiovascular diseases and contributes a lot to re-gaining weight after a period of weight loss. Elevated body fat percentage is between 30-34% and considered obese even though you have a normal BMI.

Carbohydrates are our first line on nutrition; they are energy giving foods and also provide a protein sparing effect so as to allow for optimal muscle building. Meals without carbohydrate therefore means the protein consumed is converted into energy to fuel the body. This process of conversion is usually long and energy consuming and the most prudent thing for the body becomes to store some energy in form of body fat and slow down calorie burning / metabolism for sustainability. This is an adaptive mechanism from the body for self-survival.

There are also a number of ways in which we may fail to meet our macro nutrients requirement. Some of the ways include but not limited to;

- Eating a fruit to replace a starchy food during meal times
- Skipping meals during the day
- Blending fruits / vegetables as this significantly lower their fibre content

The goal therefore is to lose total body fat even as you embark into your weight loss journey, the strategies you employ therefore will be important when it comes to wellness. A body composition analysis is vital for anyone thinking of weight loss. Its only through a body composition assessment that we can relate with foods differently and begin to make health choices and diet patterns that will last long and support overall wellness.



-Fasting as a weight lose strategy will only contribute to altered body composition as this will lower muscle mass and lower body metabolism further. Fasting in itself has been shown to help in reduced inflammation, blood sugar control and general heart health. How you implement fasting into your lifestyle is what is important. Evidence suggests that fasting for a day, once a week, or a couple of days in a month will mimic some of the many different health benefits and is encouraged as opposed to food abstinence each day and every day.

Dorcas Gichuhi is a Nutritionist at The Nairobi Hospital



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Celebrating Easter With Compassion: A Season of Hope at The Nairobi Hospital

By Everlyne Kanyusu



The Easter season offered a perfect moment to reaffirm our customer-centric values. Our goal was to ensure that every individual whether inpatient or outpatient felt seen, valued, and supported. We reminded them that just like the message of Easter, there is hope, renewal, and light beyond difficult seasons.

As a hospital grounded in compassion and excellence, our Easter celebration was not only about gifts, it was about spreading joy, strengthening faith, and reinforcing the care culture that defines us.

At The Nairobi Hospital, we believe in walking with our patients not just in their treatment but in the moments that bring meaning to life. Easter 2025 was a beautiful reminder of this journey.

Easter celebration is a time to reflect on the journey from pain to purpose, from sacrifice to healing. It is a time of reflection and a powerful reminder of healing, renewal, and new beginnings.

At The Nairobi Hospital, we marked this sacred season by commemorating the death and resurrection of Christ with heartfelt appreciation for life, healing and the unwavering human spirit.

On Thursday, 17th March 2025, our hospital came alive with a spirit of compassion and connection as we visited every patient within our facility. With each visit, we shared not only warm Easter greetings but also special gifts - simple but meaningful tokens to encourage and uplift our patients during their healing journey. Heartfelt messages were shared to staff and clients through social media.

This year's Easter celebration brought joy and a sense of normalcy to patients and staff and in addition, we extended the celebration to our outpatients, where our walk in clients received a branded pen as a symbol of our appreciation and our commitment to putting our customers first.

Everlyne Kanyusu is a Customer Experience Officer at The Nairobi Hospital



A Nursing Perspective Through Maslow's Hierarchy of Needs

By Nelly Nabea Mwenda

Patients come to Hospital not just with medical conditions, but with unique social, economic, and personal needs besides unique expectations, pressures, and vulnerabilities that can be easily overlooked. Recognizing and responding to them is vital to holistic care and enhancing patients experience and overall outcomes.

Abraham Maslow's Hierarchy of Needs offers a valuable framework that can guide us in holistic, patient-centered care. Let's explore how we, as nurses, apply this model in our daily practice to ensure that patients feel genuinely cared for and supported, beyond their physical illness

1. Physiological Needs for Survival:

These form the Foundation of Care and that is where we jump into action, it's our core business

These include essentials such as oxygenation, hemostasis, hydration, nutrition, pain control, sleep, and elimination. Hand in hand with the whole of the healthcare team, patients are assessed, diagnosed before intervention and therapy. We monitor vital signs, administer medications, apply comfort measures and support the body overcome the sickness that threaten survival.

For patients fasting for procedures, we offer reassurance and communicate timelines, reducing anxiety linked to basic needs.

2. Safety Needs: Creating a Secure Environment

Safety is both physical and psychological.

We apply strict infection prevention measures, double-check medications, and ensure bed rails or alarms are in place; In our care, we shall cause no Harm' for ours is a



mission of safety and trust

Emotional safety is equally crucial — we maintain confidentiality and encourage patients to voice concerns without fear, they may be well-known in the community, in business and public circles. Therefore, we remain extra vigilant about confidentiality, respect their space and manage visitors discreetly to prevent crowding or unwanted attention. From our lips to their ears, we reassure them directly, "All your information remains strictly confidential within the care team."

3. Love & Belonging: Fighting Hospital Isolation

Illness often isolates patients from family, work, and community.

We foster connection by encouraging and supporting family visits and engaging in warm, empathetic conversations.

Simple gestures like learning a patient's preferred name or sitting at eye level build trust and a sense of belonging. Respectful, inclusive care assures Patients they're valued members of our hospital community.

4. Esteem Needs: Promoting Dignity & Respect

Regardless of status, everyone feels vulnerable in a hospital gown. We preserve modesty during examinations. Knock before entering, and introduce ourselves respectfully each time.

Acknowledging that patients are used to making big decisions, we involve patients in decision-making, explaining procedures clearly and allow them to partner in their own care, encouraging self-care activities, where safe to uphold their dignity.

We celebrate small and big milestones, such as increased mobility, and ability to speak reinforcing self-worth keeping hope alive.

5. Self-Actualization: Supporting Personal Goals

Even in illness, people hold aspirations — seeing a grandchild graduate, returning to work, or simply walking again. We support realistic goal-setting in care plans.

By coordinating with physiotherapists, nutritionists, and other teams, we help patients progress toward these personal dreams.

For some, spiritual needs are central; we arrange chaplain visits or quiet time for reflection, counseling or pastoral care.

In Conclusion, by consciously applying Maslow's hierarchy of needs, we ensure that care is not just about treating diseases but about healing human beings — respecting their unique social, economic, and cultural realities.

As nurses, we stand at the heart of this mission. Through compassionate listening, thoughtful advocacy, and individualized care, we turn the hospital from a place of fear into spaces of hope and trust.

It's not only the medication we give, but the dignity, safety, love, and encouragement we offer that truly transforms our patients' journeys and that's the difference we create in healthcare to become the center of Excellence.....Lux in Tenebris

Nelly Nabea is the Charge Nurse HDU at The Nairobi Hospital



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