



Special edition: Laikipia's LHS Specialists

Meet our Specialist Doctors



This edition provides you with a sneak peak into the profile of some the LHS specialist doctors. From anesthesiologist who mask out the pain during and after surgery, to gynecologists tasked with diagnosing reproductive and sexual health complications, to general surgeons who heed to the call for delicate operations, this coverage gives us a rare glimpse of the faces behind the names whose daily activities are often far from public limelight.

Happy Reading!

Investments in Primary and Specialized Healthcare



New MCH block at LHS Nanyuki

Over the past few years, Laikipia County has scaled up investments in healthcare in a bid to achieve universal health coverage for her people. With the efforts aimed at availing healthcare to more people with reduced out-of-pocket spending, increased investments have been focused on all the levels from primary to specialized healthcare.

Much as the focus has been on primary healthcare, infrastructures and staffing to bolster preventive health, sustained efforts have been made to diversify the array of specialist healthcare provision options at

the top of the referral system. This has seen the sustained rise in the number of specialist in the service, even as it plans to increase the numbers to provide a broader range of specialties in line with its growth plan.

Expansion of human resource at this cadre is set to be in tandem with the planned acquisition of high end facilities, such as the MRI and CT Scans for the two main hospitals, with the entry of 10 modern ambulances to overhaul our emergency response capabilities that are key to a robust healthcare ecosystem.

This special edition focuses on our Nanyuki specialists, part of the dedicated team of 17

specialist doctors at LHS tasked with providing specialized healthcare needs at our main referrals. It offers a sneak peak into their rich academic backgrounds from leading academic institutions in the country and abroad, making them a key part of the world class public service that Laikipia aspires to build.

From offering complex medical procedures to the regular clinics to review patients progress, the team plays a pivotal role offering specialist support and advise for clients referred from close to 90 LHS outlets in Laikipia, as well as others outside the county.

At the LHS Nanyuki and Nyahururu outlets, the service boasts of diverse doctors in different specialties ranging from general surgeons, orthopedic surgeons, physicians, gynecologists, and pediatricians. Others include nephrologist, anesthetists and psychiatrists.

These medical specialists work hand in hand with medical officers, nurses, clinical officers among other LHS staff to provide quality and efficient medical care services to all our clients.

Laikipia's Mender of Broken Bones



Dr. Jean Makena Mbogori—Orthopedic surgeon

Orthopedic surgery is a field of practice focused on conditions of the muscular and skeletal system.

It involves surgical and non surgical care for: muscle and bone injuries, spine diseases, sports injuries, degenerative illnesses, tumors and congenital disorders.

The Laikipia Health Service is fortunate to count Dr. Jean Makena Mbogori, one of the less than 100 specialist orthopedic surgeons in Kenya. She brings with her a wealth of experience working with high profile organizations such as the Nairobi Hospital and the Apollos Hospitals.

Dr. Makena has a masters degree in medicine, specializing in Orthopedic Surgery from the University of Nairobi, with additional qualifications in the same from COSECA (The College of Surgeons of East, Central and Southern Africa. While at LHS Nanyuki, she has been performing orthopedic surgeries in theatre, as well as running a weekly orthopedics outpatient clinic on Tuesdays at LHS Nanyuki.

All about Reproductive Health

Dr. Freda Odera is specialized on female reproductive health. In 2010, she received her master's of medicine degree in obstetrics and gynecology, paving way for her to practice both as an obstetrician and a gynecologist.

An obstetrician is a doctor who specializes in the health of a mother and her child during pregnancy, birth, and prenatal care, while a gynecologist is one who treats women and their reproductive systems.

Dr. Freda works at LHS Nanyuki's maternity unit. Her primary responsibilities include screening, examining, and treating women's reproductive health issues such as infertility, genital infections, fibroids, as well as performing caesarian sections and other surgical procedures on reproductive organs.

Every week, Dr. Freda sees patients at the high risk clinic scheduled on Mondays and gynecology outpatient clinic on Thursdays.



Dr. Freda Odera— Obstetrician gynecologist

A Cut above the Rest



Dr Ann Gakenia – General surgeon

Dr. Anne Gakenia Kimani is one of the four specialists in general surgery currently working with Laikipia Health Service. She has been stationed at LHS Nanyuki since January 2020. She works alongside Dr. Isaac Wali-

aula, also a general surgeon, and several other doctors in the Emergency department of the outlet.

In addition to her work in the Emergency department and in the surgical theatre, Dr. Gakenia runs weekly outpatient clinics every Wednesday at LHS Nanyuki. The Laikipia health Service's cohort of general surgeons, are also well supported by specialist doctors in areas such as gynecology, anaesthesiology and Orthopedics, as well as general practitioners. As they serve clients in Laikipia County across several LHS emergency

departments and surgery theaters across the county.

Dr. Gakenia graduated with a Master of Medicine in General surgery from the University of Nairobi, having also undertaken her undergraduate degree at the same institution.

Prior to joining the LHS, Dr. Gakenia had worked as a surgery resident at the dental school of the University of Nairobi College of Sciences Dental School as well being the chief registrar of surgery at this institution.

Here for that special surgery

Dr. Isaac Waliaula holds Bachelors of Medicine Degree from the University of Nairobi, and a Masters of Medicine in General Surgery from South Africa.

General Surgeons are doctors who specialize in surgical procedures and provide follow-up reviews on progress of patients following surgery.



Dr. Isaac Waliaula – General Surgeon

Common operations done by general surgeons include cholecystectomy (gallbladder removal), colonoscopy (tests to check inside your bowels and establish cause of bowel symptoms), endoscopy, (internal examinations by directing devices through body openings such as mouth) among others.

Dr. Waliaula's weekly Surgical Clinics are held Tuesdays.

Meet your Family Physician

Previously the Medical Superintendent at LHS Kimanjo, Dr. Mosiany holds Bachelors of Medicine from the University of Nairobi, and acquired Master of Medicine, Internal Medicine from the famed 'home of medicine', Cuba, on state funded exchange program. He has been serving in LHS since 2018.

Family physicians diagnose and manage chronic and acute illnesses, uncover hidden conditions, and common complaints. They recommend lab tests, screenings and medical imaging to narrow down to the specific ailment, and



Dr. Alfred Mosiany – Family physician

may work with other specialists when the condition requires.

His clinics are expected to provide relief for patients suffering from diabetes, hypertension, arthritis

among other ailments. With the expected rollout of telemedicine throughout the county, more patients are set to benefit from Dr. Mosiany services from the comfort of their home facilities.

Dr. Ruth Gathuru is concerned with your mental health

As LHS Nanyuki's Clinical Psychiatrist, Dr. Gathuru is concerned with the mental health welfare of the community, handling anything mild to fairly complex issues along that line, and in the process interacting with some of the most diverse misconceptions about mental health in the communities.

Clinical psychiatrists are medical doctors who diagnose patients' mental health issues and treat them through medication and



Dr. Ruth Gathuru – psychiatrist

various forms of therapy. Through consultation with medical professionals and patients, they offer suggestions on the best treatment methods.

Dr. Gathuru holds a Bachelor's of Medicine from the University of Nairobi and Masters of Medicine in Psychiatry from the same. She has been part of LHS since 2015.

Dr. Gathuru brings a wealth of expertise and experience in mental health care at LHS and other government agencies.

Dr. Mercy Kamau Alleviates Pain during, after Surgery



Dr. Mercy Kamau—Anesthesiologist

Dr. Mercy Kamau is a doctor specialized in pain management and provision of critical care to surgical

patients before, during and after surgery. She holds a bachelors and a master's degree in medicine (anesthesia) from the University of Nairobi. Anesthesiologist plays an important role in the whole surgical procedure from preparations to recovery of the patients.

Before surgery, Dr. Kamau together with the operating surgeon meets the patient to assess his/her health and make decisions to ensure the patient is fit for surgery and anesthesia care is safe and effective. The surgeon and the anesthesiologist take time to prepare the patients for the surgical procedure and answers their question about anesthesia and surgery. This

makes the patients feel more comfortable and confident to undergo the surgical procedure.

During surgery, the anesthetist is fully involved in managing the patient's pain and monitors the anesthesia and vital organs function. After surgery, the anesthetist makes frequent visits in the recovery room to monitor patient's recovery process such as their breathing process, blood circulation and level of oxygen. The consultant anesthetists is always available to answer question and concerns of patients and decides when he/she has recovered from anesthesia and ready to go home.

Caring for the Young: Dr. Caroline Kendi, Pediatrician

Dr. Caroline Kendi is a 'doctor of children' who graduated with a masters in medicine (pediatrics) from Mekelle University in Ethiopia. As a pediatrician she plays an important role in the health and well-being of children. She diagnoses and treats a wide range of childhood illnesses, from minor health issues to life-threatening complications.

There are a number of childhood diseases that require pediatrician examination and treatment. The conditions may include asthma, allergies, autism, and skin diseases among others. Some children are born with birth defects

while some develop some health conditions, and these are some of the areas of the doctor's specialty.

Dr. Kendi serves in newborn unit and pediatrics department. In the newborn unit, she performs screenings to diagnose and treats sick preterm babies and makes regular ward rounds at the pediatric department to assess progress of admitted children.

Pediatric outpatient clinic is scheduled on Wednesdays at LHS Nanyuki. At the clinic, Dr. Kendi attends to children who need specialist medical care to prevent, detect, manage physical, behavioural, and developmental issues.



Dr. Caroline Kendi —Pediatrician

She also performs regular health and wellness checkups to manage chronic medical conditions, track child's physical, emotional and social development as well as prescribe medication.

From Cuba with Love



LHS Nanyuki Renal Unit—work station of Dr. Jorge Elias Montero Clemente, a Cuban Nephrologist

LHS Nanyuki Renal Unit—work station of Dr. Jorge Elias Montero Clemente, a Cuban Nephrologist

Many Kenyans may be aware that over the past five years the government of Kenya has had a partnership with the government of Cuba, through which Kenya benefits from access to specialists in various medical fields, as well as giving Kenyan doctors the opportunity to further their trainings in Cuba.

Within the Laikipia Health Service, various doctors from Cuba

have over the past few years served Kenyans from our outlets. Presently the program is represented by two Specialists, namely Dr. Julio Cesar De La Torre Rodrigues, an ophthalmologist, and Dr. Jorge Elias Montero Clemente, a Nephrologist. These two were part of the cohort of doctors who were deployed to hospitals all over the nation in January.

Dr. Rodrigues, the ophthalmologist (eye specialist), works daily from his office at the Eye Clinic in the hospital where he

receives patients in need of eye care. He has a Masters degree in Ophthalmology, which he received in 2012 from the University of Medical Sciences in Havana. His colleague, Dr. Clemente, a nephrologist (kidney specialist) is stationed in the renal unit of LHS Nanyuki. He supports the unit by participating in the review of the progress of the patients in response to the dialysis sessions at LHS Nanyuki's dialysis patients, as well as assisting in diagnosis of various kidney related ailments.

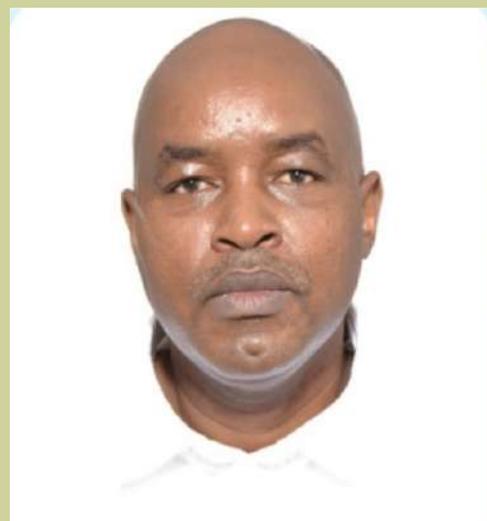
Other Medical Officers at LHS Nanyuki



*Dr. Timothy Panga – CEO & Deputy dir.
Pharmaceutical services*



*Dr Nancy Kaumbali –Senior
Pharmacist*



Dr. Peter Kinyua – Dental Specialist



*Dr. Victoria Githenya – Senior
Medical officer*



*Dr. Bernard Kamau - ass. Dir.
Pharmaceutical services*



*Dr. Joyce Chibungu –MO at
Haemophilia care clinic*



Dr. Momanyi Daniel– MO Pharmacist



*Dr. Sharon Cindy Bisieri – MO at
the Amenity*



Dr. Eric Gachathi –Medical officer