



Special edition: LHS-Nyahururu

Enhancing Health Care for People



At LHS Nyahururu, quality health care for all is a priority to the services clients get. It includes the full range of essential health services, from health promotion to prevention, treatment, rehabilitation and palliative care.

All the factors required for improving the health status of the population are integrated at the community level all. For all these efforts to be fruitful, there is need for advanced infrastructure, enough staffing and increase in number of specialists. These medical staff provide both primary and secondary care.

Recently, it received dialysis ma-

chines and beds that will go a long way to give Laikipians quality and efficient dialysis services. There is also an upcoming Mother Child Health (MCH) unit that caters to mothers and newborns.

Primary care is the initial level of contact when you have a healthcare problem and it sees to your basic health needs. It involves the treatment of minor illness or injury, the management of chronic conditions, the screening for common health conditions and the prescription of medicine. The staff in this cadre include general practitioners, medical officers, clinical officers and nurses.

Secondary care on the other hand

manages health problems that cannot be dealt with in the primary care because it needs more specialized knowledge, skill and equipment than what primary care can give.

In this special edition, we will mainly be looking into our specialists at LHS Nyahururu consisting of a passionate team of 10 entrusted with providing secondary health care at our referrals. This bulletin offers a glimpse into our specialist doctors, their rich educational background from established higher education institutions all over the world, to their previous professional experiences.

Ksh 6.1m for Governors Full Scholarship Programme



A hundred and ten students from vulnerable families have benefitted from Laikipia Governor's full scholarship programme at a cost of Shs 6.1 million over the last four years.

Governor Ndiritu Muriithi said he established the scholarship programme in 2018 under the county bursary fund targeting bright, most vulnerable and needy students for full sponsorship.

The first group of 25 beneficiaries

completed their KCSE and Diplomas in March 2022 and were subsequently replaced by other equally vulnerable students.

Speaking while handing out bursary cheques to needy students in Laikipia West, Mr Muriithi said

beneficiaries of the scholarship programme are normally identified by a bursary fund committee in every ward through rigorous vetting.

Twenty of the beneficiaries are normally rescued children under the care of Laikipia County Government.

The governor blamed the fall of BBI for the insufficient bursary funds that central Kenya region children were getting.

"The reason I was supporting the

BBI is because it was promising to double our equitable share to eight billion shillings. It was also proposing to add another constituency in Laikipia so that there would be additional resources through the NG-CDF," the governor told parents at Nyahururu Social Hall.

A total of 39,211 students have been supported under the county bursary fund in the last four years at a cost of Shs 180 million. Governor Muriithi said his administration has allocated Shs 100 million in the current financial year for the purpose.

He said his administration has employed 560 ECDE teachers on permanent and pensionable basis.

Meet your ENT Surgeon

Dr. Valerie Salano holds a Bachelors degree in Medicine and Surgery from the University of Nairobi and a Masters degree in Medicine ENT from Muhimbili University in Tanzania. Dr. Salano has worked at the LHS Nyahururu ENT department since January 2021 to date. She has ENT clinics on Tuesdays and carries out elective surgeries on Mondays. Her responsibilities include treating conditions of the ears, upper pharynx and oral cavity, larynx, nose, face and neck. She

also treats nosebleeds, tonsillitis, infected mastoids and sinusitis. Assisting patients with a limited or altered sense of smell and treating patients with tumors in the neck or head or patients with a defect in the ear, nose or throat. Dr. Salano also works in collaboration with other medical practitioners. Dr. Salano also does social work related to her field. During the most recent World Hearing Day, she and her team made efforts to educate the public on problems related to the ears

and hearing. She took to schools and markets and sought out high risk individuals like DJs and construction workers to sensitize them on how to protect their ears.



Among the three General Surgeons in Nyahururu

Dr. Lawrence Njanga is one of the three general surgeons who conduct surgical operations at the theatre in LHS Nyahururu. He holds a Bachelors Degree in Medicine and Surgery and a Masters Degree in General Surgery, both of which he attained at the University of Nairobi. He has worked at LHS Nyahururu for more than 20 years.

A general surgeon assesses patients and performs operations to treat or prevent diseases, repair damage caused by injuries and improve the functions of the hu-



Dr. Lawrence Kamande- General Surgeon

man body through the use of different surgical instruments. They also remain in close contact

with the nursing staff responsible for post-operative care to ensure their patients are on a fast track to recovery.

On Tuesdays, he conducts a surgery outpatient clinic where surgical procedures that do not require an overnight hospital stay are performed. These surgeries are less complicated than those requiring hospitalization.

For surgical operations that are complex and therefore require hospitalization, he performs them on Wednesdays and Fridays.

She Takes Care of Your Child's Health Everyday

Dr. Pauline Wambui Mukuria Buya is a resident pediatrician at Laikipia Health Service (LHS) Nyahururu. A pediatrician is a medical doctor who manages the physical, behavioral and mental care for children from birth until the age of 18.

She holds a Bachelors Degree in Medicine and Surgery from the University of Nairobi and a Masters Degree in Medicine, Child Health and Pediatrics, which she attained in 2021.

Dr. Buya has been working at Laikipia Health Service (LHS) Nyahururu since 2012. She is in charge of the daily pediatric clinics at the outpatient department.

She also goes for daily ward rounds at the pediatric ward and the New Born Unit, to check on the progress of admitted children and new born babies.

The doctor attends a wide range of children illnesses ranging from minor to critical conditions.

Conditions that may require pediatric examinations and treatment may include bronchitis, asthma, chickenpox, malaria, autism and many others.

In the New Born Unit, she tends to preterm babies by carrying out screening to determine their diseases and treat them. Dr. Buya does not only deal with

physical illnesses but also conditions that may affect behavioral and developmental wellness of a child.



Dr Pauline Wambui Mukuria Buya- Pediatrician

LHS Nyahururu Enhanced Amenity Clinic



Left: Cecilia Ngati - nurse in charge amenity clinic.



Right: Earnest Muriithi Gakure-C O amenity clinic

Amenity clinic gives outpatient care for civil servants, students, hospital staff and individual using NHIF and private health insurance. LHS Nyahururu Amenity clinic is among the transformations taking shape in the facility. It includes a proper triage, advanced waiting bay and addition of other private health insurance provider such as Kenya alliance and Aon insurance. They also deal with Sexual Based Gen-

der Violence (SGBV).

The members of staff at this clinic include Cecilia Ngatia who is the nurse in-charge and Earnest Muriithi Gakere who is a clinical officer. Earnest has worked with LHS for the last three years and has been at LHS Nyahururu since April 2022.

The amenity clinic conducts fast, all round treatment for patients. In cases of SGBV, they offer Post Rape Care (PRC) that includes;

conducting tests like HIV, Hepatitis B and C, pregnancy among other sexually transmitted infections (STIs). If need be, they administer Pep and emergency contraceptives. The victim is also taken through a guidance and counselling session.

They also fill out P3 forms to indicate the nature and extent of bodily harm sustained by a complainant in assault and rape cases and also testify in court .

The 'Knock Out' Surgeon

As an anesthesiologist at Laikipia Health Service Nyahururu since 2012, Dr. Frank Buya Ntondwe is concerned with running all theater anesthesia services in major and minor surgeries and is also a Continuing Medical Education (CME) coordinator.

He holds a Bachelors of Medicine and Surgery and a Masters in Anesthesia and Critical care from the University of Nairobi. His passion for his work

and his corroborative spirit reflects positively on the hospital theatre image.

An anesthesiologist is a doctor who gives a patient medication so they do not feel pain when they are undergoing surgery. He gives assessments in critical care units, deals in emergency patients and gives advice about pain management.

A CME helps those in the medical field maintain competence and learn about new and developing areas of their field.



Our Champion for Women's Reproductive Health



If you are looking for an obstetrics and gynaecology specialist, look no further as Dr. Solomon Michael Sambu from LHS Nyahururu has you sorted. Armed with a Bachelors Degree in Medicine and Surgery from the University of Nai-

robi and a Masters Degree in Obstetrics and Gynaecology, he is the resident Obstetrician and Gynaecologist at Laikipia Health Service (LHS) Nyahururu. Here, he has championed for women's reproductive health since 2011. Prior to this, he was at the Nairobi Hospital where he gained expertise in advanced trauma and life support.

As an obstetrician gynaecologist; he is a master of many things involving pregnancies, delivering babies and caring for women's reproductive systems in general. This includes treating a wide range of conditions such as

sexually transmitted infections (STIs) and chronic pain.

Every Monday, he conducts a gynaecological out-patient clinic (GOPC) that also cares for women living with HIV/AIDS. On Wednesdays, he runs a high risk clinic catering to expectant women with a high risk of miscarriage, pre-term labor and cesarean delivery.

By supervising interns training to be medical officers and clinic officers, he plays his role in guiding the future generations so as to create a world class public health service.

The All Round Surgeon

Dr. Elius Nditika Mburu has been part of the LHS Nyahururu group of surgeons since 2012. He holds a Bachelor Degree in Medicine and Surgery from the University of Nairobi and a Masters Degree in Medicine and Surgery from Moi University.

As a general surgeon, he is tasked with the pre-operative, operative and post-operative management of patient care. In pre-operative care; he examines patients to make a diagnosis, analyzes patient's medical history, medicine allergies, physical conditions and test results do as to verify that the operation is necessary and to determine the best

surgical procedure to perform.

In operative care he is tasked with performing surgeries such as those geared towards correcting deformities, repairing injuries, preventing and treating illnesses as well as improving and restoring patient functions.

During surgeries, Dr. Mburu is responsible for the leadership and management of his surgical team. The team includes an anesthesiologist, a certified registered nurse anesthetist, a circulating nurse, a surgical technician, a physician assistant and may include residents or medical students.

The doctor conducts surgical

outpatient clinics on Tuesdays, emergency cases daily, elective surgeries on Wednesdays and Fridays, and also goes for ward rounds.

The most common types of general surgical emergencies include; acute abdominal emergencies, urinary obstructions, respiratory obstructions and pleural disease. An elective surgery means that the surgery can be scheduled in advance.



Dr. Eunice Ndirangu: Paediatrician and a Senior Medical Specialist

Dr. Eunice Ndirangu is a paediatrician and a senior medical specialist at LHS Nyahururu who performs complex and advanced clinical patient management in the area of specialization including pathology, internal medicine and other specialties recognized by the board.

She coordinates training, coaching and mentoring of health personnel, develop intervention activities or programs for the management of diseases and conditions as well as coordinating emergency response and clinical care and manages health information systems.

She has worked with LHS Nyahururu since 2013 and holds a Bachelor degree in Medicine and



surgery from the University of Nairobi and a Masters degree in Medicine pediatrics and child health from the same University.

As a doctor treating children, she works in conjunction with other skilled medical specialist doctors in the hospital to manage the physical, behavioral and mental care for children from birth till the age of 18.

In her role as a paediatrician, she provides general medical care and conducts developmental surveillance to monitor the growth and development of infants, children and adolescents.

She also diagnoses and treats illnesses, medical conditions and injuries and eases the lives of children living with chronic conditions. Her role is also to educate parents on the expectations for their children's development and how to manage irregularities.

Dr. Ndirangu also goes for daily rounds at the pediatric ward and the new born unit to check on the progress of infants and admitted children.

Dr. Bernard Maina: Obstetric Gynecologist

Dr. Bernard Maina is one of the obstetric gynecologists (OB-GYN) at LHS Nyahururu.

He holds a Bachelor of medicine and surgery and a Masters degree in medicine, obstetrics and gynecology from University of Nairobi. He has worked at LHS Nyahururu from 2013 to date.

His specialty is in pregnancy and female reproductive health. He diagnoses and treats various medical conditions that impact women's health like menopause and cancers. To do this, he performs various tests including pelvic exams, pap smears, breast exams, blood work, STI testing and ultrasounds.

He is also tasked with caring for expectant mothers. During a pregnant mother's first hospital visit, he performs tests to look for any issues that may affect her or her baby. He educates her on



Dr Bernard Kamiri

Maina , obstetric

gynaecologist

how to care for their bodies during pregnancy to ensure a safe and healthy childbirth for both her and her child.

In case of complications and emergencies during labour and birth, he also caters to her needs. After birth, he is also there for discussions on contraceptives use and future pregnancies.

Meet Dr. Seth Jomo: Pharmacovigilance(PV) Specialist



Dr. Seth Jomo, is the chief deputy pharmacist at LHS Nyahururu. He has worked as the head of the pharmacy department since 2015. He is a pharmacovigilance (PV) specialist.

A pharmacovigilance specialist manages pharmacovigilance cases through follow ups, call intake, documentation and case

processing. They perform processing of adverse events, write accurate and complete narratives, SOPs and the Kenya safety regulations. He has a Bachelor degree and Masters in medicine pharmacology, both of which he attained at the University of Nairobi.

PV is the process of detecting and monitoring adverse drug effects (ADE) where a drug causes harm due to either appropriate or inappropriate use, adverse drug reactions (ADR) where a drug causes harm despite being used appropriately, detecting potential 'signals' through the drug/medical life cycle and also tracking trends in consumers' sentiments regarding a particular product (drug/medical service) overtime.

Pharmacovigilance plays a key role in accessing, monitoring and

evaluating interactions among drugs and their effects in humans. It is therefore critical in determining the risk-benefit ratio of medicines and encouraging their safe rational and effective use hence enhancing patient safety and care.

Dr. Jomo has participated in developing national guidelines in pharmacovigilance and trains trainees in this cadre. He is also the Laikipia west coordinator for Tuberculosis (TB) commodities and drug management for which the sub county was recognized nationally as the best in TB management in 2021.

In LHS Nyahururu, he coordinates the link with KEMSA for ordering of HIV drugs and commodities as it is the referral hospital in Igwamiti ward.

Your Mental Health Companion

Dr. Sarah Bahati Standa is the clinical psychiatrist at LHS Nyahururu. The specialist diagnoses and treats a wide range of mental health conditions. Dr. Standa holds a Bachelor degree in Medicine and Surgery and a Masters degree in Psychiatry from Moi University.

She runs mental health clinics at LHS Nyahururu on Tuesdays, Wednesdays and Thursdays. Her areas of interest are drug and substance abuse, mental illnesses like mood disorders, psychotic disorders and forensic psychiatry.

As a forensic psychiatrist, she diagnoses and treats patients with mental, emotional and behavioral disorders through psychiatric evaluations, develops treatment plans, prescribes medication and evaluates treatment results.

Dr. Standa is not only a psychiatrist but also a leader who has undertaken various leadership programmes such as the Strategic Leadership Development Programme, Neurogap Mentorship Programme and is a member of the KMA SRW committee and Kenya Psychiatrists Association (KPA).



Dr Sarah Bahati , psychiatrist

The Renal Unit: Get Checked, Love Your Kidneys



Esther Nyiha wambui -renal nurse

The renal unit provides hemodialysis for both in and outpatients with chronic or acute kidney disease requiring renal replacement therapy. The dialysis services will soon be available at LHS Nyahururu.

The ten high-end dialysis machines and ten renal beds installation is ongoing. This unit is staffed with experienced nurses supported by nephrologists, dietitian, counselors and bio-medic staff.

At the facility, there are a total number of four namely,

Mary Jebet, Esther Nyiha, Shelmith Wachira and Ann Wangui are the four renal nurses working at the facility.

A renal nurse also known as a

nephrology nurse works with patients who have kidney disease. Treating patients in the nephrology field does not necessarily mean healing them and sending them on their way. Kidney issues are often chronic, lifelong conditions that patients must learn to navigate in their daily lives. The nurses' role is to help patients in the navigation.

Some of the roles and duties undertaken by our renal nurses include dialysis nursing, helping in kidney transplant coordination and after care for a renal patient who has undergone surgery.

Mary Jebet, creates awareness on the rise of chronic renal diseases by holding community meetings

in churches and through social media platforms. She also addresses patients at LHS Nyahururu wards. Also, she monitors sugar levels, advices on the High Blood Pressure and high sugar levels, bridging the knowledge gap to better kidney care. She does not only carry this outreaches with patients but also with staff.

The renal ward advices its patients to keep fit and active while at home, keep control of their sugar levels, monitor blood pressure, eat healthy and keep their weight in check, maintain healthy fluid intake, avoid smoking and avoid over the counter pills.



Mary Jebet -Renal nurse