



MED SCOPE



BUILDING A CULTURE OF PATIENT SAFETY AT MKRH

Mwai Kibaki Referral Hospital joined the global community in commemorating World Patient Safety Day 2025, under the theme “Safe Care for Every Newborn and Every Child.” This year’s observance was marked with a series of impactful events that brought together healthcare workers, patients, and stakeholders in a collective mission to strengthen safety in early childhood care.



Mr. Julius HoU marketing MCing the patient safety event at MKRH

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The celebrations began with a Continuous Medical Education (CME) session, where over 50 healthcare workers were sensitized on essential aspects of patient safety for newborns and children. Key topics included: Patient Identification, Diagnostic & Medication Safety, Psychological Support & Family Engagement, Kangaroo Mother Care, Infection Prevention and Referral Collaboration through case studies. The CME session set the tone for the week by equipping staff with practical knowledge and reinforcing the hospital's commitment to "Patient Safety from the Start." The highlight of the week was the Patient Safety Symposium, held at the hospital grounds in partnership with the Department of Medical Services & Public Health – Nyeri County. The symposium convened healthcare professionals, stakeholders, and few community members in a dynamic forum to discuss challenges, share patient feedback, and exchange innovative approaches to ensuring safe care. The sessions featured expert discussions, collaborative learning, and interactive case reviews, all underscoring the urgent call to prioritize safety and quality in caring for the youngest and most vulnerable. The symposium concluded with a vibrant cake-cutting ceremony, a symbolic gesture of unity, resilience, and hope for safer healthcare systems. The celebration reflected not only the hospital's achievements but also the shared responsibility of all partners in advancing

patient safety.

From sensitization sessions to a successful symposium, the week-long activities were a testament to Mwai Kibaki Referral Hospital's unwavering dedication to building a culture of safety.

We extend endless gratitude to all participants, sponsors, and partners who walked with us during Patient Safety Week 2025. Together, we move forward in strengthening safer systems and keeping the torch of patient safety burning bright.



Patient safety continuous medical education conducted by ms. Bancy an NBU nurse

What is your name and what do you do?

My name is Zephania Nduku, I work as a mortician at Mwai Kibaki Referral Hospital. My journey began when I was training as an emergency nurse. While on attachment at the Accident & Emergency unit, some unconscious patients were brought in. Sadly, they passed away. I was involved in handling the deceased at that moment, and that experience completely changed my perspective.

Q: What did you do after that?

I decided to pursue formal training and enrolled at Moi Teaching and Referral Hospital, where I studied mortuary science for almost three years. I had deep interest in post mortem examinations, and was even awarded the title “assistant pathologist.”

Q: What are some of the things you have learned and experienced as a mortician?

I have learned that this profession requires both calling and resilience. I've also learned that it's critical to stay sober as stigma for this profession is real. Many people don't understand what we do, or why we do it. Passion, discipline, and inner strength are essential for survival in this field.

Q: What are some of the misconceptions that the public have about morticians

Many people assume that morticians are cold, strange, or obsessed with death. Some even believe that we are unemotional or detached from reality. Another misconception is that the job is “dirty” or “taboo.”

Q: What would you like to tell people who have misconceptions about morticians?

I want people to know that morticians are learned professionals, our work is part of the medical field, and deserve the same respect as other healthcare workers.

Q: What keeps you motivated in your work?

PASSION & PURPOSE IN MORTUARY CARE



Well, it is the sense of purpose and service. My work helps families during their most painful moments by ensuring their loved ones are prepared and presented respectfully. Each day, I remind myself that I am offering dignity and peace, things that cannot be measured in material terms.

Q: What has been the most rewarding moment for you in your career at MKRH?

One of my most rewarding moments was when a grieving family personally thanked me for the way I had prepared their loved one. They said the presentation gave them peace of mind and comfort in their final farewell.





Q: What is your name, what do you do and a small history about yourself?

My name is Jane Ngendo. I am a local nurse and currently a student of mortuary science. I was born and raised in Murang'a, later moved to Nyeri, and furthered my studies in Nairobi and the United Kingdom before returning to Nyeri to continue serving my community.

Q: What can you tell us about your career journey?

My journey has been a mix of exploration and self-discovery. One of the greatest lessons I've learned is to follow your heart and passion, rather than only doing what others expect of you. Choosing a career that aligns with your purpose makes the journey more fulfilling.

Q: So, when did you know you had a passion for this job?

My passion grew while caring for cancer patients, especially those in stage 3 and 4. Sadly, many of them do not survive long, and I often felt that my care ended halfway when they passed on. That inspired me to pursue mortuary science so that I can walk with them to the very end, offering them dignity even in death and providing a full circle of care.

Q: How has your learning experience been so far at the farewell home?

The learning experience has been both enriching and rewarding. I've gained practical skills such as embalming, suturing, dressing, and restorative art. Each new skill has strengthened my confidence and deepened my respect for the profession.

Q: What skills or lessons have you gained that you didn't expect before joining?

Beyond the technical skills, I've learned patience, emotional resilience, and the importance of compassion. Mortuary science has taught me that caring for the deceased is also about caring for the living—their families who are grieving.

Q: What challenges have you encountered during your training and how have you overcome them?

One of the main challenges has been balancing the emotional weight of the work with my studies and nursing role. I've overcome this by seeking mentorship from my trainers, practicing self-care, and reminding myself of the value this work brings to families during their most difficult moments.

Q: How do you see this experience shaping your future career goals?

This experience has solidified my desire to specialize further in mortuary science while still practicing nursing. I want to continue bridging the gap between patient care and dignified final rites, offering a holistic approach that supports both patients and their families.



MKRH MARKS WORLD HEART DAY WITH A FREE MEDICAL CAMP

On 30th September 2025, Mwai Kibaki Referral Hospital joined the world in celebrating World Heart Day by hosting a free cardiac medical camp led by our Cardiologist Dr. Karimi Nguchu. The day was a chance to reach out to our community, raise awareness, and remind everyone that protecting the heart is protecting life itself. The camp provided free screening services such as: blood sugar and blood pressure checks, uric acid tests, cholesterol level checks, ECG tests, and one-on-one consultations with healthcare professionals. For many participants, this was a rare opportunity to have a full picture of their heart health at no cost. But the day was about much more than medical tests. It was about giving people knowledge and confidence to take charge of their health



eating, simple exercise routines, stress management and mental well-being was taught by the nutrition, physiotherapy and counselling teams. By the end of the camp, 125 people had been screened and advised. Many walked away not only with medical results, but also with tools to live healthier and hope for a stronger future. The event was made possible thanks to the support of

Kenya Cardiac Society, whose generosity allowed us to extend these vital services to the community. As a hospital, we believe care should not begin only at the hospital bed. It begins with prevention, awareness, and empowering people before illness strikes. This year's World Heart Day was a powerful reminder that at Mwai Kibaki Referral Hospital, every heartbeat counts, and every life matters.



The counselling team conducted an health talk during the free medical camp led by Ms. Jane counselor



Happy **MAZINGIRA DAY**

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Building a greener, healthier nation
for the future generation.

Your Health, Our Commitment

POSITIVE COMMENTS

Lucky Blessing
 As from my experience, Mwai Kibaki is the best hospital I know. I was bedridden in several hospitals for close to 2yrs but after being bedridden for 2weeks in this hospital, this is where they were able to discover my problem. I was admitted there from a wheelchair and the day of my discharge, I walked on my feet. Who am I to talk ill about a facility that saved my life.
 Many thanks to the Doctors fraternity and to be precise Dr. Muiruri, Dr. Faisal and Dr. Nguchu. Wueh, the words of Dr. Nguchu are still fresh in my mind when she was analysing my CT scan to the fellow colleagues 🙏🙏🙏. She mentioned the name "Aspergillosis" and immediately she left, I had to goggle the meaning... wacha tu. I'm now 4yrs down the line and stable. 🙏🙏🙏

Winny Kihumba
 Congratulations to Mwai Kibaki at large And my congratulations to heads ward for they supported and encouraged me as I was a parent with a special need kid,,,,,, as all u knew Davie Daniel he struggled a lot but he won the battle May he rest in eternal peace,,,,, God bless u all as Mwai Kibaki family

MaFe PACKAGES OFFICIAL KE.
 The Services at this Facility are commendable. They serve the patients with care and diligence. Feel appreciated and may GOD Bless you all
 3w Like Reply

Lucky Blessing
 That's the way to go! Mwai Kibaki doing the best on service delivery 🙌🙌🙌🙌
 1w Like Reply

Thank you for your feedback



MKRH hosted delegates from the State Corporations Advisory Committee led by chairperson Mr. Philip Mongony who were received by the CEO Dr. Peter Muiruri



Ag. CEO Dr. Peter Muiruri guided the SCAC team on a tour of the hospital, highlighting the various units and services offered.



The Pharmacy Department commemorated World Pharmacists Day with a Continuous Medical Education (CME) session, concluding the event with a cake-cutting ceremony.



EDITORS NOTE:

To embrace a positive transition, it's crucial to acknowledge the discomfort and uncertainty that come with change while also cultivating an optimistic, forward-looking mindset. A transition is the process of shifting from one state or condition to another, and even positive changes can be stressful because they represent a departure from the familiar. During periods of change, focusing on what is within your power can help you feel more stable and grounded.

- **Establish new routines Set small, achievable goals. Focus on your core values**

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