A Welcome Note from Mary Muchendo (Mrs):

As we embark on this New Year, I would like to thank all of you – colleagues, staff, partners, and friends – for continuing to stand with us as we endeavor to accomplish the mission of AIC Kijabe Hospital together: To glorify God through the provision of compassionate healthcare, excellent medical training, and spiritual ministry in Jesus Christ.

2013 saw an increased growth in the number of outpatients seeking compassionate healthcare at AIC Kijabe Hospital. When we look back over the last decade or so, we can clearly see the rapid rate at which the numbers are growing, and we thank God for enabling this institution to keep providing excellent healthcare to those who come here so desperately in need.

<table>
<thead>
<tr>
<th>Annual Totals</th>
<th>2000</th>
<th>2013</th>
<th>2000</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inpatients</td>
<td>5,980</td>
<td>10,112</td>
<td>30%</td>
<td>100%</td>
</tr>
<tr>
<td>Outpatients</td>
<td>68,000</td>
<td>121,233</td>
<td>208</td>
<td>280</td>
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<tr>
<td>Persons Served by</td>
<td></td>
<td></td>
<td>4</td>
<td>9</td>
</tr>
<tr>
<td>Outreach Programs</td>
<td>-</td>
<td>35,854</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Number of Beds</td>
<td>208</td>
<td>280</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Operating Rooms</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Staff</td>
<td>300</td>
<td>727</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Surgeries Performed</td>
<td>4,000</td>
<td>&gt;9,500</td>
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</tbody>
</table>

AIC Kijabe Hospital has committed itself to being a leader in the training of healthcare professionals in Kenya and is recognized as a premier medical training facility, both domestically and internationally. It was selected in 2013 as the 25th case study in Harvard Medical School’s Global Health Delivery series. This past year, the hospital trained the following:

- 12 full-time residents and fellows training in various surgical specialties
- 20 medical officer and clinical officer interns
- 30 Nurse Anesthetists (15 of whom are South Sudanese)
- 209 Registered Nurses
- 40 part-time trainees and 20 medical students

With so many achievements to celebrate and continued plans for expansion to communicate, the Executive Director’s office, through the Resource Mobilization and Marketing Departments, is happy to announce the launch of a quarterly newsletter. This newsletter is designed to help improve communication about what is happening at the hospital. We want to be able to celebrate together the fact that God is continuing to bless and expand our ministry, and to look forward in anticipation at the plans that He has for this hospital.

As we enter 2014, would you please join me in prayer for this hospital and rise up your voices to the King of Kings. We beseech God for His leadership, strength and guidance, for without Him, we can achieve nothing at all. Let us wholeheartedly embrace our motto to provide “Healthcare to God’s Glory,” and let our patients tangibly see God’s people serving Him through caring for the sick and needy in this place.

- Mrs. Mary Muchendo CEO AIC Kijabe Hospital
Departmental Focus:
Outpatient Department

Kijabe Hospital’s Outpatient Department sees over 450 patients a day at three different sites – Kijabe Hospital, Naivasha Medical Center and Marira Clinic. It is responsible for general outpatient services, casualty, maternal and child health services (MCH), and numerous specialty clinics.

In all our outpatient services the aim is to provide customer centered care to God’s glory. To achieve our aim we seek to provide holistic care ministering to people’s physical, spiritual and psychological needs. We are aware of the significant overlap between these needs and how a problem, which presents physically, may stem from a deeper spiritual or psychological need.

- Within Kijabe Hospital there are general outpatient, diabetic and family (formerly maternal child health) clinics daily. In addition there are weekly surgical, orthopedic, plastic surgery and gynecological clinics. The department has a busy casualty unit where the sickest patients attending the hospital can be safely assessed and treated.

The department is always full to capacity, although the creation of a new family clinic building has had a very positive impact in terms of patient experiences. There is also a planned renovation of the Emergency Department due to take place in 2014 to increase the number of triage and examination rooms from 6 to 13 and to enable the department to deal with major traumas more effectively.

- The Naivasha Medical Centre is located on the Naivasha-Mai Mahiu road and is approximately 5km east of Naivasha town. It provides general outpatient and maternal child health services as well as having an inpatient maternity unit.

In 2012 there were over 15,000 patient visits and more than 400 mothers gave birth at the centre. Recently, a full time Medical Officer was appointed to the clinic, and weekly consultant family medicine clinics have commenced. It is hoped that in 2014 consultant surgical clinics will also begin.

Marira Clinic is located on the main Nairobi-Nakuru highway. It was established in 2007 and aims to provide general outpatient and maternal child health services. Currently it treats over 75 patients a day. It has recently started to provide dermatological and asthma clinics and there are also plans for weekly consultant family medicine clinics to commence.

Departmental Focus:
Kijabe Hospital Flag Flies High in Harare Summit

Harare, Zimbabwe, 8-10 December 2013

A workshop on Surgical Unit-Based Safety Program (SUSP) was held in Harare, Zimbabwe from 8-10 December 2013. The World Health Organization in collaboration with the John Hopkins University USA sponsored this workshop. Its aim was to work with frontline providers and to internationally adapt and test the impact of this program on surgical complications in particular African hospitals.

The objective of the workshop was to discuss and interpret the results of the hospital survey of patient safety (HSPS) undertaken at each site. This included the review of project performance milestones, the development of detailed action plans for implementing SUSP intervention and data collection from each the sites.

There were participants from 4 selected African sites within East and Southern Africa (ESA) namely:

- Kenya (represented by Kijabe Hospital)
- Uganda (represented by Mulago and Kitulizi Hospitals)
- Zambia (represented by Ndola Central Hospital)
- Zimbabwe (represented by Parirenyatwa Central Hospital)

Delegates in the SUSP workshop held in Harare, Zimbabwe. Representatives from Kijabe hospital were: Dr. P. Nthumba [standing in the third row, third from the left side], Dr. J. Barasa [standing 4th in the second row] and Ms. C. Mwangi [seated second from the left]

Kijabe Hospital’s survey on patient safety (HSOPS) was carried out between the 4th and 7th of November, 2013, in various clinical departments. Of the 400 questionnaires administered, 350 were collected and analyzed, which is equivalent to an 87.5% response rate. This excellent response surpassed the survey target of 64% response rate and Kijabe Hospital was commended as the only site which had undertaken the survey in full and which had compiled the most comprehensive results.

Patient safety is and should be a top priority for all stakeholders in the hospital and so much more should be done to work towards continuing that.
Chaplaincy Program

Health Care with God's Touch

Kijabe Hospital chaplains are fundamental members of the healthcare team, making daily rounds and are available 24 hours a day to provide pastoral care for patients, family members, and staff. They are available to deliver objective crisis intervention and spiritual support. Their main objective is to share Christ through compassionate health care. Because spirit is an important dimension of human wholeness and the healing process, its mission is to assist patients, families, and staff as they face the emotional and spiritual impact of illness and crisis. Chaplains help people deal with issues of fear, loneliness, and ethical values, questions of meaning, hopelessness and hope.

Patients Ministry: As patient numbers continually increase at Kijabe Hospital, the chaplaincy division has grown to accommodate this. The chaplaincy department shares the love of Christ in Out Patient Department (OPD) and waiting areas. In addition, there is ward spiritual ministry for all inpatients which is comprised of evangelism, crisis counseling, discipleship, encouragement, and comfort to the bereaved. All our patients have a right to receive quality spiritual care.

Ministry to Staff: One of the major goals of the chaplaincy division is to promote spiritual growth, offer moral support and spiritual assistance to all staff in Kijabe Hospital. The chaplains carry out routine home visits to staff members who request support.

Chapel Services: The Wednesday morning chapel service continues to be the main service for staff, while morning devotions, Friday and Sunday night fellowships are also open to all staff. Every evening at 7 pm there is the intercessory group meetings. Wednesday evenings are dedicated to the worship team. The hospital choir practices on Saturdays and presents in the wards every Sunday evening. The hospital choir has remained a powerful group for ward evangelism.

Outreach Ministries: AIC Kijabe Hospital is committed to fulfilling its mission of reaching out to the most needy communities within Kenya and beyond. These outreach ministries provide free medical services and evangelism. There are two major outreaches every year.

Praise and Worship Team: The worship team is contemporary, energetic and uplifting. The purpose of the praise and worship team is to lead chapel in songs that are easy to sing so that the whole congregation can praise God through music.

Intercessory Team: The intercessory team was born out of a desire to recruit an army of prayer warriors who are willing to go to the front lines of today's spiritual battle. Intercessory prayer warriors are men and women of Kijabe Hospital who believe in the power of prayer and believe that God calls us to stand in the gap for others.

Hospital Choir: The hospital choir meets every Saturday night at 7 pm for their practices. They perform in the wards on Sunday nights.

Bible Study Groups: There are currently several bible study and life groups that meet regularly during the week.
Stories of Hope
A miracle baby, who weighed one kilogram at birth, survives and thrives!

Baby A weighed only 1 kilogram at birth, and received surfactant and bubble CPAP to enable her to breathe - two therapies for her lungs which very few hospitals in Kenya are able to offer. Because of her mother’s TB she was given preventative treatment, but then developed a severe skin rash due to a vitamin deficiency caused by the medicine. After 2 ½ months she was finally able to be discharged, only to return a couple of weeks later with convulsions. She was critically ill and resuscitated in our newly upgraded newborn intensive care unit. Her spinal fluid was suspicious for TB meningitis, in spite of the medications she had been on. This time she was treated with a full four-drug TB regimen, and finally went home doing well, on her way to a complete cure.

The story of Baby A demonstrates well the story of Paediatrics at Kijabe, and how it demonstrates the core values of our hospital.

• First, she received highly intensive, excellent medical care. There are few hospitals on the continent where she could have survived, and we are thankful to be working in one of them.

• Second, her care required team work across multiple departments and services, including nurses, midwives, consultants, clinical officers, TB officers, surgeons, students, laboratory and x-ray personnel, and chaplains.

• Third, this care was provided within the context of teaching and learning. Our junior staff learned as they were given responsibility for this case, and our senior staff consulted experts abroad by email to determine the best course of care. Lastly, Baby A was truly one of the most vulnerable that Kijabe Hospital seeks to serve. Our Paediatric Department’s “Needy Children’s Fund” provided the resources necessary to subsidize what her mother was unable to pay.

The Kijabe Paediatrics Department asks you to pray that we would have adequate numbers of dedicated staff to provide the highest level of care in Kenya, that God would provide us with funds to assist patients who cannot pay, that we would teach our trainees lifesaving basics to improve child survival, and that families would sense the love of Jesus as they are cared for by our team.

Recent News
KIJABE SAVE A LIMB RUN 2014

The run helped to raise awareness of the hospital and raise money for our orthopaedic department so as to increase its capacity to treat more patients as well as subsidize patients’ fees. This year, the run attracted a number of corporate companies who gave materials and/or financial support to make the run a success. Coca Cola Company lent a road show truck to drive around the community to create awareness. Other companies who participated include: CFC Life Company, CitiBank, Kenya Commercial Bank, Equity Bank, and Kenya Defense Forces.

Hon Kabogo receives a Ksh. 100,000 cheque on behalf of the hospital from Kenya Commercial Bank.

World Paralympics’ Champion and nominated member of the county assembly Hon. Henry Wanyoike officially commenced the run on February 22nd, 2014.

Thanks to everyone who took part from the planning stage to the actual run. We thank all corporations, individuals and hospital staff that donated and participated in this year’s run.

How Can You Help?

We invite you to discover new opportunities for involvement at Kijabe Hospital. You can help in any of the following ways:

• Pray for the hospital’s staff, leadership, board of directors, general operations, patients and resource mobilization efforts.

• Be an ambassador for Kijabe Hospital to your church, friends and family – use the videos found on our website to help tell the story of what God is doing in this place.

• Encourage friends / colleagues to consider a short or long-term volunteer medical assignment at Kijabe.

• Make a financial gift via the urgent needs at Kijabe Hospital (Autoclaves are the most urgent need this quarter). Donations are now being accepted via pay-pal at: www.kijabehospital.org/?page_id=428 and via m-pesa (Business # 512901 and account # 0000 for general donations)

To have your story feature in the next issue, send your story or pictures to:

newsletter.kh@kijabe.net