Aga Khan University Hospital, Nairobi (AKUH) has once again achieved the Joint Commission International (JCI) accreditation, which is the highest international hospital accreditation. AKUH is the first hospital in East Africa that received this coveted accreditation in 2013 and then in 2016.

The audit covers key patient care indicators such as infection control, standards of physician practice, medication management, patient safety, qualifications and competencies of staff and physicians, patient education and multidisciplinary management of patients.

Also included in the standards is high levels of safety and maintenance of the facilities; including all equipment, disaster preparedness, amongst several others.

The JCI accreditation is administered out of Chicago, USA, and is only granted to hospitals globally that achieve the highest quality of patient care and safety as measured by international standards. Patients no longer need to travel abroad for services that are offered at the hospitals’ world class facility in Nairobi. The hospitals’ state-of-the-art Heart and Cancer Centre offers comprehensive quality cardiac and cancer care with the most advanced technology and the latest therapeutic and rehabilitation services delivered by a multidisciplinary team of experts. Patients who are not able to afford such world-class care are supported by the Patient Welfare Program which provides financial assistance enabling access to specialised care.

Recently, the hospital offered free radiotherapy treatment to Uganda cancer patients through an MoU it signed with the Uganda Cancer Institute and last year to Kenyatta National Hospital following the breakdown of their cancer care equipment and offered treatment through the First Lady’s office.

This was enabled by the Patient Welfare Programme that is funded by the hospital as well as generous donations from corporates, donors and wellwishers.
JCI accreditation is considered the gold standard in global health care. The Aga Khan University Hospital is the only JCI-A Hospital in Kenya. It received it in 2013 and following a successful JCI audit in 2016, we would like to congratulate our doctors, nurses and staff for their commitment, dedication and hard work that culminated in the re-accreditation to ensure our patients receive the best possible care. Thank You.
Aga Khan University (AKU), Aga Khan Development Network (AKDN), the Johnson & Johnson Corporate Citizenship Trust (Trust) and over 200 local and international health professionals held a three-day conference focused on delivering quality healthcare in East Africa.

The conference, held at the Nairobi Safari Park Hotel, also celebrated the University’s 15 years in East Africa, and the 15-year partnership between AKU, AKDN and the Trust to enhance nursing education.

The conference addressed the need for systematic approaches to quality improvement across healthcare systems from research to education, from community-based care to hospitals and the impact that focusing on health systems and quality can have on achieving the targets in the Sustainable Development Goals (SDGs).

Dr Pacifica Onyancha, Deputy Director of Medical Services who was representing Dr Nicholas Muraguri, Principle Secretary of the Kenya Ministry of Health and Chief Guest at the conference launch, commended AKU and the AKDN for the immense contribution they have made to health, education and civil society institutions in East Africa.

"The Government of Kenya is well aware of the commitment His Highness the Aga Khan has made towards the advancement of quality healthcare in East Africa – a commitment made over 100 years ago that continues today. That you are also celebrating the first 15 years of the Aga Khan University in East Africa is equally important – 15 years is a short period of time for a university to have the kind of impact you display, and for that, I commend you." She added.

"The Government is also aware of the challenges in the health sector, and I must commend you further for putting some of these challenges at the forefront of your discussions for the next three days," Dr Onyancha added.

"Matters of reproductive and maternal health, newborn and child mortality and morbidity, adolescent health issues, emerging and re-emerging diseases are among the thematic areas you will be focusing on. This is indeed encouraging and a challenge to us as a Government to renew our commitment towards supporting the efforts displayed by institutions such as yourselves."

Noting the importance of partnerships, Mr Al-Karim Haji, Vice President and Chief Financial Officer of AKU, thanked the Trust for co-sponsoring the conference and for its enduring support of the University’s School of Nursing and Midwifery in East Africa.

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Aga Khan University hosted The Preterm Birth Initiative (PTBi) symposium 2016 in Nairobi recently. The PTBi was spearheaded by research institutions including University of California San Francisco (UCSF), Aga Khan University, Kenya Medical Research Institute, Makerere University and the University of Rwanda.

Professor Marleen Temmerman, Chair of Obstetrics and Gynaecology at Aga Khan University Hospital, Nairobi and Chair PTBi Symposium, explains, “Pre-term birth has been identified as the leading cause of death among newborn babies in the sub-Saharan region and the second cause of death in children under five.” A full term pregnancy is 40 weeks whereas preemies are born before 37 weeks of pregnancy. As babies born too early may not be fully developed, they can have serious health problems at birth and many of them die, especially the very preterm (born at less than 28 weeks of pregnancy), or develop complications that can last a lifetime. The risk of health problems is greatest for babies born before 34 weeks of pregnancy.

Globally 15 million babies are born too soon; of whom 1 million do not survive; the survival gap is huge; out of all very preterm babies, only 10% survive in low-income countries as compared to 90% in high-income countries. Kenya is among the top 15 countries in the world with the highest preterm birth rate. Each year, over 193,000 babies are born before 37 weeks (12.5 per cent of all births) in Kenya, of whom 14,000 will not survive.

“The PTBi symposium platform offered an opportunity to apply scientific, clinical and community expertise to address the growing problem of preterm deliveries in Kenya and globally, and to discuss research priorities to lower the numbers of preemies, and improve their survival. Our goal is to promote in-depth conversations between University of California San Francisco and its East Africa partners and to hold interactive discussions to describe current knowledge, identify gaps and generate new solutions”, explained Professor Marleen.

A lot can be done to prevent preterm birth, as well as to improve the care of the preterm born baby. Delivering in a health facility as well as good neonatal care are crucial for preterm survival.

“Preterm birth is the leading cause of death among newborn babies in sub-Saharan region and the second cause of death in children under five.”

For the last 15 years, the Trust has supported AKU’s School of Nursing and Midwifery in East Africa,” he said. “Almost 90 percent of our more than 2,100 nursing graduates have received support from the Trust, and more than 100 of them hold leadership positions in East Africa.”

“Through the University’s Centre of Excellence in Women and Child Health in East Africa, AKU will be conducting implementation research that bridges the gap between academia, service providers and policy makers, and contributes to achieving the SDGs,” Mr Haji added.

“The Aga Khan University Hospital is also planning to construct a Children’s Hospital within the main hospital that will provide high quality specialty paediatric care together with specialty medical and nursing training programmes in child health.”

“We first came together in 2001, with the first nursing scholarships in East Africa,” said Frank Welvaert, Managing Director of the Trust. “Investing in the education and training of nurses and midwives means that better can be provided to more people and local healthcare systems can become stronger. Since then, over 2,000 nurses have graduated from the AKU and 90 percent remain in the region, with many in leadership positions, helping to empower others and transform health systems.”

“We are also committed to supporting and championing the people on the front lines who are at the heart of delivering care,” he added. “As such, we are delighted to be co-hosting this conference with AKU to make a long-lasting impact on human health in line with the Johnson & Johnson Global Community Impact mission.”

The conference is the first in a series of annual conferences on strengthening health systems in East Africa that AKU will organise.
Free Radiotherapy Treatments for Uganda Patients

Aga Khan University Hospital, Nairobi (AKUH, N) signed a Memorandum of Understanding (MoU) with the Uganda Cancer Institute to provide as many as 400 cancer patients with free radiotherapy treatment. The MoU was as a result of discussions between the two institutions following the Hospital’s commitment announced earlier in the year to help save the lives of cancer patients in need while the government of Uganda works to re-establish its radiation therapy capacity.

The MoU was signed in the presence of the Under Secretary in the Ministry of Health, Mr Ronald Segawa, Dr Jackson Orem, Director, Uganda Cancer Institute, Ambassador Amin Mawji, OBE, Diplomatic Representative, Aga Khan Development Network in Uganda, Mr Al-Karim Haji, Vice President, Finance and Chief Financial Officer, Aga Khan University (AKU) and Mr Shawn Bolouki, Chief Executive Officer, AKUH, N.

Dr Orem said “the relationship between the Aga Khan University Hospital and the Government of Uganda has been ongoing for a long while now, and when the crisis hit, AKUH responded in kind”. He added, “We are glad that outstanding issues pertaining to the clinical, administrative and financial aspects of this partnership have now been ironed out and a clear procedure will be followed to ensure that Ugandan patients receive treatment from Aga Khan University Hospital.”

Mr Shawn Bolouki emphasised the University Hospital’s commitment to increasing access to specialised care to those in need through public-private partnerships with other institutions such as the Uganda Cancer Institute.

He said, “The citizens of Uganda do not have to travel overseas to access high quality healthcare as these services are available here in our region. Our Heart and Cancer Centre has two dedicated radiotherapy units, a multidisciplinary team of specialists and provides a wide range of cancer care that meets international standards.”

“Aga Khan University’s vision is that, in time, Ugandans will no longer need to leave Uganda to receive world class healthcare.”

“AGA’s vision is that, in time, Ugandans will no longer need to leave Uganda to receive world class healthcare. This is one of the primary motivations of AKU to establish the Aga Khan University Hospital in Kampala. We appreciate the support, encouragement and confidence of the Government of Uganda to establish a teaching hospital in Kampala,” said Al-Karim Haji. Services offered at the AKUH-Heart and Cancer Centre in Nairobi include early detection and screening programmes, specialised diagnostics, chemotherapy and radiotherapy treatments, as well as palliative and rehabilitation programmes.
Equity Bank Sports and Family Fun Day: Clinical staff from Aga Khan University Hospital conduct free screening for Equity Bank staff and their families during a sports and family fun day organised by the Bank at Starehe Boys Centre and School. Tests conducted include; Blood pressure, Blood sugar, Body Mass Index, Breast cancer screening and advice on Nutrition.

Canadian Defence Minister Tours AKUH: Professor Sudhir Vinayak, Chair, Department of Radiology and Imaging Diagnostics and Dr Farrok Karsan, Section Head, Radiation Oncology at AKUH explain how an MRI and CT Simulator work to Mr Harjit Sajjan, Canadian Minister of Defence during a tour of the Heart and Cancer Centre.

Rhoche Delegation Visit: A Roche delegation led by the company’s Global Chairman Dr Christoph Franz tours Aga Khan University Hospital.
International Atomic Energy Agency Visit: A delegation from the International Atomic Energy Agency based in Vienna, Austria visited Aga Khan University Hospital for an assessment of the cancer programme. The delegation also visited other public and private cancer facilities to assess the countries’ capacity to treat cancer.

Murang’a Medical Camp: Pharmacy technologists from Aga Khan University Hospital dispense medicine from a mobile clinic to participants attending the Muranga Medical camp organised by the hospital. Right: Clinical Staff from the hospital screen participants attending the medical camp for blood sugar and blood cholesterol.

Code Green/Orange: AKUH staff take part in a drill for internal and external disasters preparedness. The drill was meant to guide all staff in the hospital, both clinical and non-clinical, on the best way to respond to such emergencies incase they happen.
Keeping out the bugs is now a daily obsession.

Infection free environment is the goal ☑
More than 1,000 JCIA measurable elements met.

The Aga Khan University Hospital
World-class care, here and now
Keeping out the bugs is now a daily obsession. Infection free environment is the goal.

More than 1,000 JCIA measurable elements met.

The Pain Management Unit of Aga Khan University Hospital organised a three-day conference on pain treatment and management for medical specialists and nurses from the East Africa region and beyond in Nairobi, Kigali and Dar es Salaam respectively. This was the fourth conference since it was started in 2012.

Themed The Rhino Model in Pain Education in Africa, these conferences introduced the Rhino model concept, the theoretical and clinical concepts of pain medicine, as well as create awareness and stimulate interest in pain medicine education and pain research in East, Central and Southern Africa region. In the three countries, similar topics and workshops were presented by the speakers, thus ensuring uniformity of the message delivered.

Explaining the conference, Dr Thikra Shariff, Pain Medicine Specialist in charge of the Pain Management Unit at Aga Khan University Hospital said, "These symposias are aimed at enhancing the knowledge and skills of healthcare professionals across the region in pain medicine, demonstrate the current evidence based management strategies for treating acute and chronic pain, promote a better understanding of the pathophysiology of acute and chronic pain, discuss an update on the management of pain in children, managing cancer pain and the challenges in pain medicine as well as challenges of setting up Pain Medicine training programmes in sub-Saharan Africa."

The forum also provided a critical review of novel diagnostic and therapeutic techniques used in the management of chronic malignant and non-malignant persistent pain in modern medicine to alleviate patient suffering including; Neuromodulation, Sacral Nerve Stimulation, Intra-Thecal Drug Delivery System (ITDDS) and Cervical and Lumber Rhizotomy procedures recently introduced in the region at AKUH. So far, a total of 62 patients have successfully undergone the procedures since their introduction at the hospital last year. The Rhino model is an academic and clinical multidisciplinary neuroscience based-pain management program model that was developed by Dr Thikra Sharif in 1998. It explores and advocates the depth of the concept of pain medicine. This requires education across the board for undergraduate and postgraduate medical fraternity, nurses and doctors. Such education is of necessity and must be based on the recent academic developments in the knowledge of pain medicine, and should be delivered by qualified pain and neuroscience team of specialists.
Aga Khan University Hospital organised a series of free diabetes awareness and screening initiatives to mark this year’s World Diabetes Day. The hospital dedicated a full day to offer free screening on November 14th from 8:00 am - 4:00 pm.

In addition, the university hospital offered FREE diabetes screening in all its outpatient clinics within the hospital including: casualty, family medicine centre, jubilee clinic, surgical consulting clinics, diabetes clinic and ophthalmology clinic the week of November 14th - 19th.

The hospital also held a FREE diabetes awareness and screening event on Saturday November 26th at the hospital from 8:00 am - 1:00 pm. With the theme - *Keeping a watch on diabetes*, the 2016 event focused on promoting the importance of screening to ensure early diagnosis of type 2 diabetes and treatment to reduce the risk of serious complications.

A team of specialists consisting of diabetologists, endocrinologists, diabetes educators, nurses, dieticians, and counseling psychologists was available for a one-on-one consultation with the specialists and share their experience with fellow participants. Screening included blood sugar, blood pressure, body mass index, waist circumference, advice on nutrition and targeted the entire public.
The Aga Khan University Hospital recently hosted the first ever palliative training with a course content specifically tailored for cancer survivors and family care givers to empower them with knowledge and skills necessary to serve patients with palliative care needs in the community.

Palliative care focuses on improving quality the of life of patients with life threatening illnesses through assessment and management of physical symptoms and attention to psychosocial and spiritual needs. There are gaps in continuity of care of cancer patients who have palliative care needs between the hospital and the community level.

The forum which had 100 participants primarily targeted cancer survivors. The forum was conducted by a multidisciplinary faculty from the hospital including; palliative physician, palliative care nurses, psychologists, nutritionists and a chaplain.

According to Dr John Weru, Consultant Palliative Medicine Physician at Aga Khan University Hospital, cancer survivors are often the only source of cancer information at the community level thus they are always called upon to share their experience and encourage cancer patients.

The hospital has planned two more cancer courses that will be part of World Cancer Day in February 2017 focusing on cancer control advocates.

David Makumi, Manager, Oncology Programme at Aga Khan University Hospital explains “There is a growing number of cancer patients in need of palliative services at the community level; hence the urgency to ensure communities have the right information and skills to take care of patients at home.

Aga Khan University Hospital is also working with religious organisations to form cancer support groups which will help improve access to psychosocial support at the community level. The hospital has two cancer support groups; a general cancer support group for all cancer patients and a colon cancer support group for colon cancer patients and survivors. Plans are also underway to introduce a cancer support group for parents of children suffering from cancer.
Aga Khan University Hospital held their annual preemies and mothers day to celebrate nine years of preemie care for babies born premature at the hospital since the event was started in 2007. The forum brought together over 300 participants including; expectant women and their spouses, new mothers, parents of babies born preterm with their babies and young couples wanting to conceive to interact freely and share their experience.

A multidisciplinary team of professionals including consultant gynaecologists, paediatric and neonatal nurses, midwives, lactation managers and counselors were available to answer questions of interest from the participants. Of importance to the participants were the current trends in delivery care, bonding and communicating with the baby, preemie parenting, the importance of touch and weaning.

New mothers were also taken through a training session on breastfeeding by the hospitals' lactation managers on the best breastfeeding positions to ensure the baby's satisfaction comfort.

Dr Wangira Musana, Consultant Gynaecologist at the hospital advised expectant women to regularly attend antenatal clinics for early identification of possible pregnancy complications leading to premature deliveries.

"Prenatal care offers the opportunity to counsel women on how best to prepare for the birth process including identifying early labor signs and symptoms such as early pregnancy bleeding, rupture of membranes and draining of amniotic fluid and early uterine contractions. All these also lead to early interventions, which can either prevent preterm births or lead to better survival of babies who are born preterm."

According to Dr Musana, a lot can be done to prevent preterm birth, as well as to improve the care of the preterm born baby. Delivering in a health facility as well as good neonatal care are crucial for preterm survival.
Aga Khan University Hospital, Outreach Services has opened a Mother and Child Medical Centre at Komarock Estate in an effort to get outpatient services closer to the people and improve access to quality medical care.

Located on the first floor of K Mall, the centre will offer quality outpatient health services to women and children provided by a highly qualified team of doctors and nurses with intensive training and experience in healthcare.

Mr Amaan Khalfan, Chief Operating Officer, Outreach Services at Aga Khan University Hospital (AKUH) explained “The centre will run a daily gynaecology clinic to offer a spectrum of women services including; ANC clinic, gynaecology consultations for infertility, abnormal uterine bleeding, pelvic masses and pelvic pain among others, pap smear screening, family planning options and ultrasound services”.

Children of all ages will also benefit from a paediatric clinic held daily by a paediatrician to offer the best medical care the hospital can provide. Services offered include; vaccination, growth monitoring, advice on nutrition, and examination for common diseases. Well baby services designed to monitor the baby’s growth through a series of wellness check-ups for newborns and infants will also be offered.

Mr Khalfan said “the centre is complete with an onsite laboratory with the capacity to handle specialised tests and a well-stocked pharmacy with a wide variety of cost effective drugs for the well-being of patients and will work closely with the main hospital to ensure smooth patient referrals and admissions where necessary”.

This AKUH Mother and Child Medical Centre becomes the 47th medical centre to be opened by Aga Khan University Hospital with others spread across the region in Kenya, Uganda and Tanzania.

"The medical centres serve as ‘satellite’ clinics to the main AKUH campus in Parklands, Nairobi. Patients seen at the main hospital can also carry on with continued care at the outreach centres close to their homes” he concluded.
Kidney Transplant Support Group
Formed to Benefit Kidney Patients

Aga Khan University Hospital has formed a Kidney Transplant Support Group to help sensitize kidney patients about kidney transplants and also promote local transplant surgeries.

The recently held support group brought together kidney patients undergoing dialysis, patients awaiting transplant, kidney donors and recipients to share their experience and encourage each other. A multidisciplinary team of specialists including consultant nephrologists, renal nurses, chaplains and nutritionists were available for a one-on-one consultation with the participants.

According to Dr Ahmed Twahir, Section Head, Nephrology at Aga Khan University Hospital, “kidney transplant is the most effective and best treatment option for patients with chronic kidney disease. Successful kidney transplant offers better quality and longer life and patient’s survival compared with dialysis. After successful surgery, the recipient is able to enjoy a normal life often referred to as the ‘Gift of Life’. The good news in Kenya is that this operation is covered by most insurance companies including NHIF.”

Dr Ahmed Sokwala, Consultant Physician and Nephrologist, Department of Medicine at Aga Khan University Hospital, explained that the hospital had carried out successful kidney transplant procedures since 1995, but the numbers of kidney transplants done at the hospital had increased since 2012. The cost compares favourably with treatment abroad, avoids travelling expenses and the patient has the support of family members and friends.

The hospital will be holding the event every year and is open to kidney disease patients within the hospital and also from other hospitals.
A misplaced decimal point can be a matter of life and death.

Zero prescription errors is the goal ✅
More than 1,000 JCIA measurable elements met.

The Aga Khan University Hospital
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Aga Khan University Hospital's corporate newsletter is published by the Public Relations Department. Please send in your comments and contributions to the editor on: Tel. +254 20 366 2170; Email: public.relations@aku.edu

ACHIEVEMENTS

Awards

Professor Marleen Temmerman, Chair, Department of Obstetrics and Gynecology and Director of the Centre of Excellence in Women and Child Health at Aga Khan University East Africa receives the award for Outstanding Female Scientist from Professor Nkando Luo, the Honourable Minister of Higher Education, Research, Vocational Training, Science and Technology of Zambia.

Professor Sudhir Vinayak, Chair of Radiology Department at Aga Khan University Hospital, Nairobi was recently given an accolade as a special honour and acknowledgement of merit of appreciation for his global contribution in the field of Radiology and Ultrasound. This award was given during the 16th Mediterranean and African Society of Ultrasound (MASU) conference in Alexandria, Egypt. Professor Vinayak is also the President of the Mediterranean and African Society of Ultrasound (MASU) as well as President of African Society of Radiology (ASR).

JCI Re-accreditation

JCI Re-accreditation: Aga Khan University Hospital staff enjoy a luncheon organised by the hospital management in recognition of staff efforts leading to its re-accreditation. AKUH is the first hospital in Kenya to receive the coveted award.