



CEO, Dr. Kelly Oluoch

Welcome to the September 2024 edition of KMTCC InfoDesk, where we bring you the latest highlights, milestones, and stories from our College community! The month was a busy one, marked by achievements that continue to define our path. As we look ahead, the remainder of the year promises to be just as active. One standout moment we are preparing for is the 93rd Graduation Ceremony, set for Thursday, December 5, 2024. This event is the highlight of our calendar, where we send competent health professionals into the workforce to make a difference. Away from that, we had the honor of welcoming the Principal Secretary for Public Health and Professional Standards, Mary Muthoni, to our Port Reitz Campus. Her visit included tours of

CHIEF EXECUTIVE OFFICER'S MESSAGE

classrooms and laboratories and an in-depth look at our academic programs. Such visits from high-profile Ministry of Health leaders reaffirm the critical role KMTCC plays in shaping Kenya's health sector. Through the College's extensive countrywide reach, KMTCC continues to lead the way in healthcare transformation by playing a key role in the rollout of the Social Health Authority (SHA) program and Social Health Insurance Fund (SHIF). This initiative seeks to ensure affordable and accessible healthcare for all Kenyans, and we are proud to contribute to this vital reform. On matters of celebration, recognition came our way when we were named Kenya's top medical training institution for our impactful digital presence. This honor has earned us a place in the East African grand finale. This milestone reflects our investment in digital transformation, helping us connect effectively with students and stakeholders. As I always say, "digitalization is the future," and our commitment is paying off. For our staff, we rolled out pension sensitization sessions across the country, focusing on retirement planning and introducing options like the Post-Medical Retirement Scheme. Preparing for the future is essential, and we are ensuring our team has the knowledge to do so.

In line with our mission to remain responsive and efficient, we have also updated our Citizen's Service Delivery Charter. This step, guided by the Public Service Commission and client feedback, ensures we provide timely, high-quality services. This is an exciting time for KMTCC, and I am deeply grateful to each of you for your contributions. Your feedback and insights (shared to info@kmtc.ac.ke) remain invaluable as we strive to grow and improve. Let us keep building our legacy together!

CORE STATEMENTS

VISION:

A globally competitive institution for training human resource for health.

MISSION:

To develop fit-for-purpose middle-level health professionals through transformative training, research, and consultancy.

CORE VALUES:

Accountability, Integrity, Responsiveness, Equity, Teamwork, Professionalism, Creativity and innovation.

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CORPORATE UPDATES

PS Ms. Mary Muthoni Visits Portreitz Campus



Principal Secretary for Public Health and Professional Standards Mary Muthoni (center), Principal Port Reitz Campus Mr. Festus Lwambi and staff during the visit.

The Principal Secretary for Public Health and Professional Standards, Mary Muthoni, visited Port Reitz Campus on September 17, 2024, for a familiarization tour. She was welcomed by the Campus Principal, Mr. Festus Lwambi, alongside staff and students.

During her visit, PS Muthoni toured key facilities, including classrooms and laboratories, where she gained insight into the institution's academic programs and infrastructure. She later engaged in productive discussions with the staff, during which the Principal shared the status of academic performance and the campus's significant contributions to the local community and healthcare sector.

On behalf of the CEO Dr. Kelly Oluoch, Mr. Lwambi expressed his gratitude to the PS for her visit, stating, "We are deeply honored that despite your busy schedule, you made time to visit." He highlighted the institution's growth and its positive impact on both the students and the surrounding community through quality healthcare training and service.

PS Muthoni reaffirmed the Ministry of Health's commitment to supporting medical training institutions, emphasizing the importance of equipping students with the skills and resources needed for success in both local and international job markets. She called upon KMTTC to explore partnerships with stakeholders to further enhance its development and undertook continued support in addressing future needs.

KMTC Partners in National Social Health Authority Rollout, Takes on Key Role



CEO Dr. Kelly Oluoch addressing staff.

The College has been designated to play a central role in the nationwide rollout of the Social Health Authority (SHA) program, a key initiative in Kenya's healthcare reform. The SHA program, set to replace the National Health Insurance Fund (NHIF), is aimed at improving access to affordable, high-quality healthcare services for all citizens.

KMTC, led by CEO Dr. Kelly Oluoch, has been tasked with spearheading the implementation of this transformative initiative in Kisumu and Homa Bay Counties. The College's role involves raising awareness and mobilizing local communities to embrace the initiative, which is expected to significantly advance Kenya's Universal Health Coverage goals.

To build capacity within the KMTC community and ensure active participation in the program, a sensitization forum facilitated by top officials from SHA was held on September 29, 2024. This forum brought together key leaders from the KMTC fraternity, equipping them with knowledge on the SHA program and highlighting their critical role in its

successful rollout. Dr. Oluoch emphasized the importance of internal preparedness, stating, "This is a transformative program, and its success relies on the commitment of every stakeholder, including our KMTC staff and students, who will play a frontline role in its implementation."

In addition to these efforts, the College has introduced a Diploma in Health Insurance Management, specifically designed to equip healthcare professionals with the skills needed to manage the new health financing scheme. This program aligns with the broader SHA goals by ensuring that healthcare workers are prepared to navigate and implement the new system effectively.

The SHA initiative is expected to make healthcare more affordable, accessible, and equitable for all Kenyans, contributing to the country's UHC agenda. By taking on a leadership role in the rollout, KMTC is positioning itself as a key player in shaping the future of healthcare in Kenya, further cementing its status as a leader in healthcare training and innovation.

College Emerges as Top Brand Creating an Impact Online



Deputy Director Academics Dr. Nyawira Mwangi (centre) and staff during the award ceremony.

KMTC was named the 2024 Digitally Fit Awards Business of the Year on September 27, 2024, for its outstanding online impact through social media, website, and other digital platforms. The College won gold in the Technical Training Institutes and Polytechnic category at the KeOnline Digitally Fit Awards held in Nairobi.

“We selected your institution after carefully analyzing your online presence, Google ranking using the keyword ‘Top Medical Training Colleges in Kenya,’ social media presence, votes, and an expert score,” said the event organizers.

This award qualifies KMTC to represent Kenya (#TeamKenya) in the grand finale against other East African businesses on December 6, 2024. Over the years, KMTC has heavily invested in enhancing its digital communication channels and embracing digital transformation to improve information flow within the institution and globally.

“We have hired top-tier digital communication experts to boost our online presence, particularly to engage our youthful clientele who prefer accessing services digitally,” said CEO Dr. Kelly Oluoch.

He also noted that the College has expanded internet connectivity across its 86 campuses, enabling over 60,000 students to easily access online services.

In a statement delivered on his behalf by the Deputy Director of Academics, Dr. Nyawira Mwangi, Dr. Oluoch thanked the Corporate Communications and ICT divisions for positioning the College to win the award.

He expressed optimism that KMTC will outshine other brands from the East African region at the upcoming grand finale.

KNOW YOUR LEADER

Q&A with Deputy Director (Academics) Dr. Nyawira Mwangi

i. What is your story?

As the academic and research lead at KMTC, I support students and faculty in fulfilling the College's mandate. My background as a doctor, research scientist, and educator, along with my interest in leadership and management in health, enriches my role. In 2022, I was awarded a Fellow of Health Systems Management (FeHSM), bringing unique personal values and knowledge to my work.

ii. How do you balance work and personal life, and what hobbies do you enjoy outside of KMTC?

Achieving academic goals requires meeting numerous targets each year. My team has consistently scored very well on all performance metrics. Despite our busy schedule, we prioritize occasional office celebrations, such as monthly cake gatherings to recognize outstanding achievements. I enjoy visiting our campuses, sharing meals with frontline teams, and engaging in cultural experiences, including museums, indigenous sites, and bookstores. My hobbies include painting, weaving, and hosting guests. I also contribute to farming and philanthropy, and serve as a guest lecturer at University College London and the London School of Hygiene and Tropical Medicine. Additionally, as an ordained pastor, I dedicate time to ministry and church administration, balancing work with annual family vacations.

To manage these various responsibilities, I utilize strategies from personal effectiveness books like *The Seven Habits of Highly Effective People* by Stephen Covey, and *Developing the Leader Within You* by John Maxwell. I am an avid reader and participate in two book clubs.

iii. What is the function and responsibilities of your office?

The Deputy Director of Academics (DDA) oversees activities related to achieving the College's core mandate as outlined in the Kenya Medical Training Act. Responsibilities include curriculum development, campus and department establishment, academic calendar management, recruitment and admissions, teaching and learning, quality assurance, research, student experience, assessments, examinations, and graduation.



iv. What is your leadership philosophy?

Leadership is essential in medical practice. Throughout my career, I have led various professional associations and editorial boards. Currently, I co-lead a National Institutes of Health (NIH)-funded multi-country study focused on artificial intelligence for early detection of retinal diseases. My leadership philosophy emphasizes empowering team members, removing barriers, and creating opportunities for growth. I strive for value-based, servant, and transformational leadership, ensuring that we lead with clear values.

v. What strategies does KMTC use to enhance academic excellence?

Our Strategic Plan for 2023-2028 outlines our commitment to six areas: People (students, staff, stakeholders), Programmes (academic and mentorship programs), Place (learning spaces), Processes (quality assurance and accreditation), Partnerships (with communities and health facilities), and Products (innovative training and research). Our vision is to become globally competitive through these strategies.

vi. What role does continuous professional development play at KMTC?

In the fast-evolving field of health and medicine, continu-

ous professional development is crucial. Knowledge decays quickly, making it essential for health workers to learn how to learn. KMTC emphasizes transformative education, encouraging students and faculty to engage in critical thinking and lifelong learning. We offer accredited courses and will focus on emergency care skills, global health, and transferable skills in the upcoming academic year.

vii. What impactful research initiatives are underway at KMTC?

We are engaged in several collaborative research projects. Our journal, the KMTC International Journal of Health Professions, publishes findings from various studies. Ongoing projects include cost-of-programs studies and randomized controlled trials on patient-centered care. For collaborative research opportunities, contact research@kmtc.ac.ke.

viii. What challenges have you faced in aligning academic programs with the healthcare landscape?

The rapid advancements in healthcare often outpace educational progress. To address this, we have prioritized digital transformation and developed a digital literacy module available on our eLearning platform. Collaborations with health facilities implementing telemedicine and artificial intelligence are enhancing our training capabilities.

ix. What personal attributes contribute to your success?

I believe my presence at KMTC is a divine assignment. Scriptures from Romans and Colossians inspire me to serve wholeheartedly. I value time management and stewardship of resources, aiming to close the know-do gap in health professions education. Reading African literature and autobiographies keeps me grounded.

x. What advice do you have for staff and students at KMTC?

We offer support and mentorship programs to help staff and students contribute meaningfully to KMTC's mission. Upcoming workshops on data analysis and academic writing will further enhance skills. To engage in transformative education, we must be intentional and integrated in our efforts.

xi. What are your proudest moments at KMTC?

I take pride in my research funded by Queen Elizabeth II and my advocacy for universal eye health at the UN. Awards like the Fellow of Health Systems Management (FeHSM) and recognition from Health Systems Management Association (HESMA) inspire me. Leading the development of the KMTC Strategic Plan 2023-28 and witnessing the success of our graduates motivate me immensely.

Staff Retirement Benefits and Pension Schemes: Member Education and Sensitization Training



A section of Staff during a Member Education and Sensitization Training.

The College has conducted a nationwide member education and sensitization training to enhance awareness of retirement and pension schemes, as well as the recent developments within the sector.

KMTC operates two pension schemes: the Defined Benefits Scheme (DBS), officially registered as the Kenya Medical Training Staff Retirement Benefits Scheme, and the Defined Contribution Scheme (DCS), registered as the Kenya Medical Training Staff Pension Scheme 2011.

During the training sessions, the Chairman of the Board of Trustees, Mr. Robert Otieno Ndalo, emphasized the Board's commitment to monitoring macroeconomic changes and adjusting investment strategies to capitalize on opportunities while mitigating risks.

The KMTC Board Chairperson, Mr. Joseah K. Cheruiyot, alongside Board Directors Ms. Hardlyne Lusui and Eng. Joseph Atonga - also serving as board of trustees - conveyed a unified message. Led by Mr. Cheruiyot, they assured members of the Board's dedication to safeguarding members' benefits, ensuring financial security in retirement. He announced a significant injection of Kshs. 100 million into the Defined Benefits Scheme and an increase in contribution rates from 20% to 27.6% to address the long-standing deficit, which has been present since 2005. This

marks the first time the deficit is being tackled under the current Board of Directors and Trustees.

KMTC CEO, Dr. Kelly Oluoch, urged members to consider making additional voluntary contributions to enhance their retirement benefits. He highlighted the College's proactive



Chairman of the Board of Trustees, Mr. Robert Otieno Ndalo (left) and CEO Dr. Kelly Oluoch.

efforts in addressing the Kshs. 2.113 billion deficit identified in the actuarial valuation report for the DB scheme. "We are committed to supporting our staff's retirement journey by ensuring compliance with contribution remittances," he added.



Board Chairperson and Board of Trustee Mr. Joseah K. Cheruiyot.

These educational forums aim to inform members about the performance of the pension schemes, introduce new products, including the Post-Medical Retirement Scheme, and provide guidance on financial planning for retirement.

The first phase of the member education initiative took place at KMTC Kilifi on September 16, 2024, gathering staff from Mombasa, Kilifi, Msambweni, Port Reitz, Voi, Lamu, Kwale, and Taveta campuses. This was followed by a session at KMTC Makindu on the September 18, 2024 which brought together staff from Makindu, Kangundo, Makueni (and Mbuvo as well as Mutyambua satellites), Mbooni and Loitokitok campuses. The third forum was held at KMTC Kitui on September 20, 2024, and included participants from Machakos, Kitui (and Mutomo satellite), Manza, Marsabit, Garissa, Tana River, Mwingi, and Mbooni



Board Director and Board of Trustee Ms. Hardlyne Lusui.



CEO and Board of Trustee Dr. Kelly Oluoch.

campuses.

The latest forums were conducted on September 30, 2024, at KMTC Meru, with staff attending from Embu, Meru, Chuka, Isiolo, Imenti, Maua, and Marsabit campuses. The second phase continued with KMTC Nyeri, Othaya, and Nyandarua campuses meeting in Nyeri on October 2, 2024. On Friday, October 4, 2024, staff from Murang'a, Thika, Kangema, Gatundu (and Matunguru satellite) convened at KMTC Murang'a for their sensitization session.

The third phase is scheduled to take place at KMTC Kisii, Kisumu, and Bungoma on October 14, 16, and 18, 2024, respectively. The fourth phase will be held at KMTC Eldoret, Nakuru, and Nairobi campuses on October 28, 30, and November 1, 2024, respectively.

Additionally, Dr. Oluoch urged the KMTC community to support the nationwide rollout of the Social Health Authority (SHA) program, which will replace the National Health Insurance Fund (NHIF).

He revealed that KMTC has been tasked with leading SHA awareness and mobilization efforts in Kisumu and Homa Bay counties. To prepare for this transition, KMTC has introduced a Diploma in Health Insurance Management to equip the healthcare workforce for the new scheme.

This initiative is expected to significantly advance Kenya's Universal Health Coverage (UHC) goals by making healthcare more affordable, accessible, and high-quality for all citizens.

PICTORIAL



Deputy Director Finance, Planning and Administration and Board of Trustee Ms. Lucy Chebunget.



Board Director and Board of Trustee Eng. Joseph Atonga (left) and Bungoma Principal Ms. Victoria Koi.



Human Resource Manager and Board of Trustee Mrs. Lilian Kemboi.



Finance Manager and Board of Trustee Mr. Elijah Mititi.



Members of the scheme following the member Education session.



Principal Mosoriot Campus Mr. Richard Korir (right) and Board of Trustee Mr. Benjamin Munala (left).

ACADEMICS

Setting Stage for 93rd Graduation Ceremony



FILE PHOTO: KMTC students during a past graduation ceremony.

The College is gearing up to celebrate its 93rd graduation ceremony on December 5, 2024, at Moi International Sports Center, Kasarani. This year's theme, "Developing a Fit-for-Purpose Health Workforce for the Achievement of Local and Global Health Goals," reinforces KMTC's critical role in strengthening healthcare.

During this milestone event, diplomas and certificates will be conferred to about 21,267 graduates, each contributing significantly to Kenya's Human Resource for Health. The current student population stands at 66,267, with graduates drawn from 18 departments spread across seven faculties. This diverse pool of talent helps bridge and augment service delivery in healthcare facilities across Kenya and

beyond.

Over the years, KMTC has consistently produced a robust workforce that meets the evolving demands of the health sector. The last graduation ceremony celebrated the success of 22,695 students, each prepared to make a meaningful impact in their communities and the healthcare sector. This achievement aligns with national and global objectives, including Universal Health Coverage, Sustainable Development Goal 3, and the Government's Bottom-Up Economic Transformation Agenda (BETA).

With a commitment to developing a fit-for-purpose health workforce, KMTC continues to expand its impact in the healthcare landscape.

GRADUATION NOTICE



KENYA MEDICAL TRAINING COLLEGE

Training for Better Health



PUBLIC NOTICE

KMTC 93RD GRADUATION CEREMONY

The Kenya Medical Training College (KMTC) is pleased to inform all graduands, students, staff, parents and the general public that the 93rd Graduation Ceremony will be held on **Thursday, December 5, 2024**. The venue is Moi International Sports Centre, Kasarani, Nairobi, starting at 8.00 a.m. The theme for this year's graduation is: ***Fit-For-Purpose Health Workforce***.

Graduation fee

All graduands are required to pay a non-refundable graduation fee of **Kshs. 4,000** through the Jiunge Platform, which integrates the College ERP with the government paybill number **222222**. A step-by-step guide on accessing this platform is available on the College website at www.kmtc.ac.ke. Direct cash payments to the College will not be accepted. Students, parents, guardians and sponsors are advised NOT to use any other mode of payment, such as direct cash to staff, money transfer to personal phone numbers/accounts, paybill accounts, or any other platform. The College shall not be liable for any revenue lost through such modes of payment and the student shall bear full responsibility.

Confirmation of Name Order

The provisional list of graduands for the 93rd graduation ceremony is available on the College website at www.kmtc.ac.ke. All graduands should confirm the spelling and order of their names, as this is how they will appear on the certificate. Corrections to the order or spelling of name should be communicated using the link provided on the College website alongside the list. The deadline for submitting these corrections is Friday, November 15, 2024 at 12 noon.

Please note that:

- i. The name should match the records in the College ERP, the admission letter, and National Identification card.
- ii. Corrections are limited to the spelling or order of name; no new name can be introduced.
- iii. No existing name can be removed from the records.

Any requests for name changes on the certificate after this deadline will attract a fee of Kshs 5,000.

Graduation Gown

Graduation gowns shall be collected from KMTC Headquarters, Nairobi, from Monday, November 18, to Friday, November 29, 2024 from 9.00 a.m. to 4:00 p.m. on weekdays only, upon presentation of the following documents: -

- i. The Clearance form from the Campus.
- ii. Receipt for payment of graduation fee.
- iii. Original National Identity card.

Graduation Book

The graduation book can be downloaded from the College website at www.kmtc.ac.ke.

Rehearsals

Rehearsals will be held on Wednesday, December 4, 2024 at 10.00 a.m. at Moi International Sports Centre, Kasarani, Nairobi.

Graduation Proceedings

The graduation ceremony will be physical, with simultaneous streaming via media platforms.

Photos and Videos of the Graduation

All persons attending the graduation ceremony will be deemed to have consented to have their photos/videos captured during the ceremony. These images may be used in College documents and on various publicity platforms.

Certificates

Certificates will be available for collection from KMTC Headquarters, Nairobi, from Monday, December 9, 2024, to Wednesday, December 18, 2024, from 9.00 a.m. to 4.00 p.m. on weekdays only, upon clearance with the College.

Return of Gowns

Gowns must be returned to the College by Wednesday, December 18, 2024, at 4:00 p.m. A late return fee of Kshs. 100 per day will apply.

Enquiries

For more information on the graduation, training programmes, intakes and application procedure, please visit the College website at www.kmtc.ac.ke, email info@kmtc.ac.ke, call Tel. 0202725711/2/3/4, 020-2081822/3, 0737-352543, 0706-541869 or @KMTCOfficial.

Dr. Kelly Oluoch,
CHIEF EXECUTIVE OFFICER.



Enhancing Service Delivery Through A Revamped Citizen's Service Delivery Charter And Automation



Staff during the Citizens Service Delivery Charter review workshop.

The College is reinforcing its commitment to efficient, customer-focused service delivery with the ongoing review of its Citizen's Service Delivery Charter. This latest phase of review, concluded on September 27, 2024, in Kisumu, marks a significant step toward improving the efficiency and timeliness of services provided to the public, reflecting the College's dedication to service excellence.

The review was conducted in compliance with Public Service Commission (PSC) recommendations and in response to customer feedback. In addition to meeting PSC requirements, the College undertook this review to ensure alignment with evolving public expectations. This comprehensive review aims to enhance service quality, maintain responsiveness, efficiency, and accountability, while promoting continuous improvement and upholding good governance.

The reviewed Charter will ensure that the College's service standards remain competitive, adaptable, and measurable, in line with customer expectations and regulatory requirements.

Since the previous review in 2021, the College has automated several key services, further demonstrating its commitment to leveraging technology for enhanced service delivery. These improvements are designed to streamline operations and ensure a seamless client experience across the College's campuses.

Speaking at the event, CEO Dr. Kelly Oluoch emphasized the importance of the Citizen's Service Delivery Charter as a cornerstone of the College's promise to deliver high-quality services. "This review reaffirms our dedication to providing efficient, customer-centered services to the public," he said. Dr. Oluoch highlighted how the introduction of automation

has transformed service delivery, improving responsiveness and client satisfaction.

The College is now banking on cutting-edge technology to make service access faster and more convenient. Whether through social media, email, phone calls, or in-person visits, clients can expect to have their inquiries addressed promptly, often within hours. "Expect to be served within the shortest time possible," Dr. Oluoch assured, underlining the College's drive to deliver services with speed and efficiency.

The review has significantly enhanced key services related to the processing of academic documents, including transcripts, certificates, and overseas document authentication. The processing time for transcripts has been improved to ten working days, while verification of academic certificates and transcripts now takes just one working day. The College has so far dispatched approximately 22,000 transcripts to various Campuses for students who completed their Final Qualifying Examinations in January/February and June/July, 2024. Devolving the issuance of transcripts will improve the turnaround time for delivering the service and reduce travel costs for students.

Additionally, authentication services for documents requested by overseas institutions will be completed within five working days, underscoring the College's commitment to providing timely and accessible services.

These developments reinforce the College's long-standing commitment to excellence in public service, as it continues to position itself as a leader in healthcare training and service delivery. Through strategic automation and a focus on customer-centric operations, the College is setting new standards for public service institutions in Kenya.

PICTURE SPEAK: SEPTEMBER 2024 ADMISSION



Embu Campus.



Nyamache Campus.



Kisumu Campus.



Kisii Campus.



Machakos Campus.



Manza Campus.



Mbooni Campus.



Kitui Campus.



Isiolo Campus.



Meru Campus.



Mombasa Campus.



Voi Campus.



Makindu Campus.

College Hosts Director of Novo Nordisk Foundation



KMTCC CEO Dr. Kelly Oluoch (2nd left) with staff and guests from the Novo Nordisk foundation during the visit.

On September 11, 2024, the CEO Dr. Kelly Oluoch hosted Mette Davidsen, the Director of Global Health Programs at the Social and Humanitarian Department of the Novo Nordisk Foundation. She was accompanied by Mr. Mathias Krarup, Director of Legal at the Novo Nordisk Foundation, Mr. Eric Mwema, Senior Commercial Advisor at the Danish Embassy in Kenya, and other officials.

The visit follows the launch in January 2024 of the Kshs 100 million Partnership for Education of Health Professionals (PEP), a collaboration among KMTCC, the Novo Nordisk Foundation, the Ministry of Health, and other partners aimed at addressing Cardiometabolic Diseases (CMD) in Kenya.

During the meeting, Dr. Oluoch expressed gratitude to the Novo Nordisk Foundation for their partnership in combating CMDs. He highlighted the project's successes, which include the establishment of a diverse technical

working group and the development of a baseline survey tool designed to enhance pre- and in-service curricula focused on CMDs.

Ms. Davidsen thanked KMTCC for partnering with the Foundation, emphasizing that the collaboration would strengthen the relationship between the two institutions. "We are partnering with KMTCC because it is a successful organization in training a competent health workforce," she stated. She added, "As a Foundation, we are committed to extending the existing PEP program to ensure that vulnerable Kenyans benefit from this collaboration."

She also noted the historic ties of KMTCC Karen Campus with Denmark, as it was donated by the Danish government in recognition of Kenya's independence.

In May 2024, the Novo Nordisk Foundation donated computers and e-learning equipment to KMTCC to support teaching and learning.

Campus Leads the Charge in Suicide Prevention Awareness



Karuri Campus Staff and Students during the event.

On September 19, 2024, Karuri Campus, in collaboration with the Ministry of Health, the County Government of Kiambu, and Jomo Kenyatta University of Agriculture and Technology (JKUAT), marked National Suicide Prevention Awareness Month with a series of impactful events. The observance coincided with global efforts to promote mental health, aligned with World Suicide Prevention Day (September 10), which underscores the importance of proactive intervention and support in preventing suicide.

Suicide remains a significant public health issue in Kenya, with a national suicide rate of 11 percent per 100,000 people, according to government data. The events at KMTc Karuri aimed to raise awareness about the warning signs of suicide, encourage open dialogue around mental health, and foster community-wide understanding of the critical need for prevention efforts.

In alignment with international best practices, the commemoration focused on breaking the stigma surrounding mental health, a key barrier to help-seeking behaviour. The Campus, together with local partners, organized community awareness marches with banners displaying suicide prevention messages. This public demonstration served as

a visible reminder of the shared responsibility in addressing mental health challenges.

Peer-to-peer support activities also played a central role, as the Campus students engaged their peers in discussions, underscoring that seeking help is a sign of strength, not weakness. The event highlighted the critical role of healthcare professionals not only in addressing physical health issues but also in providing compassionate mental health care, a priority that KMTc emphasizes through its holistic training programs.

The collaboration reaffirmed the College's commitment to educating healthcare professionals who are equipped to tackle the mental health crisis through awareness, advocacy, and action. As seen in international frameworks for suicide prevention, this multidisciplinary approach is essential for building resilient communities and offering hope to those affected by suicide.

The College continues to be at the forefront of mental health advocacy, contributing to a mentally healthier society through education, community engagement, and proactive support.

PICTORIALS



Front row L-R) KMTCC Board of Directors Mr. Paul Cheboi, Ms. Eunice Karanja, CEO Dr. Kelly Oluoch, Fred Hollows Kenya Country Director Mr. Peter Milo, Vice Chair Prof. Ciku Mathenge and Board Director Ms. Mette Kinoti, during a meeting at the KMTCC headquarters on September 17, 2024.



Baringo County Governor Hon. Benjamin Cheboi (right) with Kabarnet Campus Principal Mr. Ezekiel Kandagor at the 2024 Baringo County Trade Fair. The Campus was awarded the Best College in acknowledgment of its outstanding contributions to health training.



Mombasa Campus team during the 2024 Mombasa International Trade Fair, 2024, where the College scooped two prestigious awards - Best Tertiary Education Institution Stand (Other than University Category), and third Place for Display and Services in the Health Sector and Pharmaceuticals Standards.

PICTORIALS



Borehole drilling at Chemolingot Campus.



Governor Nyandarua County Dr. Moses Kiarie Badilisha (right) with KMTCC Nyandarua Campus Principal Mrs. Winfred Nguhi during a meeting to discuss resource mobilization and areas of collaboration.



KMTCC Makeni Principal Ms. Mary Kioko with Mbuvo Campus Principal Ms. Luciana Kaloki during handover.



Kitui Campus Principal Dr. Paul Musango receives gameskits from a team of Alumni during their visit to the Campus.

PICTORIALS



Isiolo Campus during the World Contraception Day



Makindu Campus during the World Contraception Day



CSR: Webuye Campus in collaboration with Webuye County Hospital, during a blood donation drive.



Narok Campus Principal, Ms. Techla Marindany (seated, right), led a team of staff and students in participating in Narok County's inaugural Education and Career Public Exhibition.



File photo CSR:- A Higher Diploma in Ultrasonography student - Judy Jerono Kiplagat - conducting an ultrasound examination during a College Social Responsibility activity in Nairobi Campus..



CSR: Kisii Campus in partnership with the Zuri M-PESA Foundation, the County Government of Kisii, and the Lions Eye Care Foundation organized a medical camp aimed at providing essential health services to underserved communities in Kisii County. The event saw remarkable outcomes, with over 3,000 individuals receiving medical attention.

BREAKING THE STIGMA

Understanding Medication in Mental Illness Treatment

By Mr. James Mugambi



In my short practice in the mental health subsector, one of the noticeable drawbacks in achieving optimal mental illness management is the stigma, myths and misconceptions that surround the role and benefit of medication in treatment of conditions or management of symptoms vis a vis the potential side effects.

This stigma especially is centered around the individual patients, the society and rampant misinformation, that ends up influencing individual and public attitude and perception towards these vital medicines.

This has led to many patients even the ones with seemingly treatment responsive conditions, declining or delaying the initiation of crucial function restoring medical intervention.

One of the commonest concerns is the paradoxical question from the patients on whether the prescribed medication has potential of 'messing with their brain'. Fair enough no one wishes to have the most important organ in their body messed around with, however once one presents with symptoms indicating a potential mental disorder, the most prudent way of ensuring that no further mess occurs is accurate and early initiation of crucial medical and psychotherapeutic interventions as advised by the professionals.

These concerns however have abounded for ages, and with the human brain being described as the most unique and complex structure in the whole universe, as evidenced by its intricate functionality and architecture, guessing the reason for these concerns is a no brainer.

Modern medicine has made major strides in treatment of conditions afflicting other key bodily organs like the heart, the kidneys and the liver, the human brain is still minimally

understood presenting as an endless mystery and extreme sensitivity and caution in its approach is usually employed.

Experts have toiled and moiled in a bid to come up with drugs that can work best in relieving mental illnesses symptoms while at the same time enabling one to maintain optimal motor, autonomic and cognitive abilities.

The negative perception towards the known side effects of long-term use of mental illness medication has led to non-adherence as evidenced by, self-dose reduction or discontinuation of use altogether, presenting a major challenge to the medical practitioners and policy makers.

We are cognizant of some detrimental and occasionally severe side effects posed by some variants, especially the first generation (typical antipsychotics) medication used in management of some of these ailments. However, most of the other categories like the anti-depressants for depression treatment, anxiolytics for anxiety disorders, mood stabilizers for emotional regulation, stimulants for treatment of conditions like attention deficit hyperactivity disorders, have high safety profile with the benefits of their use outweighing the potential risks.

Lest we forget, it's imperative to point out that the arrival at an effective and safe medication for any condition is a long and arduous learning journey with many twists and turns, as the pharmaceutical scientists strive for an optimally efficacious molecule with minimal undesired effects.

Even with all this, there is still no absolutely safe drug for any condition without potential side effects, and this varies with select individual's response, dosage and the molecules mode of action.

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(The opinions expressed in this article are the writer's own and do not reflect the position of Kenya Medical Training College).



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