



Kenya Medical Training College

NEWSLETTER

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Quality training of health professionals
towards realization of



Theme: *“Transformational Training of Health Professionals for UHC”*



ISO 9001:2015 Certified

Kenya Medical Training College

OUR VISION

"A model institution in the training and development of competent health professionals"

OUR MISSION

"To produce competent health professionals through training and research, and provide consultancy services"

OUR CORE VALUES

Accountability

Integrity

Responsiveness

Equity

Team work

Professionalism

Creativity and innovation

MOTTO

Training for Better Health

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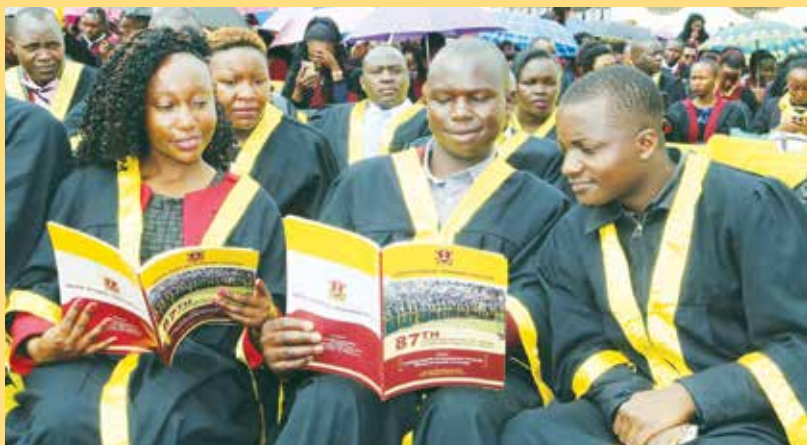
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H.E President Uhuru Kenyatta inspects a guard of honor mounted by NYS Cadets during their pass out parade in Gilgil



H.E The First Lady Margaret Kenyatta (center), accompanied by KMTCC CEO Prof. Michael Kiptoo (3rd right) and other guests in State House Nairobi



A section of graduands during the 87th Annual Graduation Ceremony



CS Dr. Miriam Muthoka (2nd right) receives the runners up award in the Corporation Secretary Year Award 2019 category

KMTC CAMPUSES

1. Bomet
2. Bondo
3. Bungoma
4. Busia
5. Chuka
6. Chwele
7. Eldoret
8. Embu
9. Garissa
10. Gatundu
11. Homabay
12. Imenti
13. Isiolo
14. Iten
15. Kabarnet
16. Kakamega
17. Kangundo
18. Kapenguria
19. Kapkatet
20. Kaptumo
21. Karen
22. Karuri
23. Kilifi
24. Kisii
25. Kisumu
26. Kitale
27. Kitui
28. Kombewa
29. Kuria
30. Kwale
31. Lake Victoria
32. Lamu
33. Lodwar
34. Loitoktok
35. Lugari
36. Machakos
37. Makindu
38. Makueni
39. Mandera
40. Manza
41. Mathare
42. Mbooni
43. Meru
44. Migori
45. Molo
46. Mombasa
47. Mosoriot
48. Msambweni
49. Mwingi
50. Murang'a
51. Nairobi
52. Nakuru
53. Nyamira
54. Nyandarua
55. Nyahururu
56. Nyamache
57. Nyeri
58. Othaya
59. Port Reitz
60. Rachuonyo
61. Rera
62. Siaya
63. Sigowet
64. Tana River
65. Taveta
66. Thika
67. Ugenya
68. Voi
69. Vihiga
70. Wajir
71. Webuye

Kilifi Campus



BOARD CHAIRMAN'S MESSAGE



**Prof. Philip Kaloki, EBS
Chairman, KMT Board of Directors**

It is my pleasure to welcome you to this edition of our Newsletter.

The Board of Directors has continued to offer policy direction, to ensure the College remains the lead-trainer in the medical field and in employability of its graduates, locally and internationally.

Over the years, the Board has embedded and strengthened a culture of good governance to ensure compliance with existing laws and regulations.

As a result, during the 10th Champions of Governance 2019 award ceremony, KMT was once again awarded the 1st Runners up position in the Public Bodies Sector category. This is proof that the Board has embraced and upheld sound corporate governance practices and provided

able leadership for efficient service delivery.

The recently held 87th Annual graduation ceremony is a significant mark of growth to the College. The College recorded **12,621** Graduates making this the biggest ever graduation ceremony to be held in the history of KMT.

In line with the Government's Universal Health Coverage goals and the Board's transformative agenda, three new campuses; Imenti, Taveta and Mbooni opened doors to pioneer Students in September, 2019, bringing the total number of KMT Campuses countrywide to 71.

Further, the Board has spearheaded transport reforms to transform the institution in service delivery. As such, this year alone, 31 new buses and 12 double cabins were added for use by Students and Faculty to access clinical training sites in preparation for the job market.

I am glad to report that through collaborations with County Governments, National Government Constituency Development Fund and other development partners, the College has continued to record growth in land, infrastructure, equipment and secondment of staff, in support of teaching and training. We thank and appreciate our esteemed partners.

On behalf of the Board of Directors, I thank the Ministry of Health led by Cabinet Secretary Sicily Kariuki (Mrs.) EGH, for the support and direction given to the College that has enabled us achieve our Vision and Mission.

Finally, I thank the Government led by H.E President Uhuru Kenyatta CGH, for the support towards growth of the College, enabling us realize our mandate.

On behalf of the Board of Directors, I wish you a happy and prosperous new year, 2020.

CHIEF EXECUTIVE OFFICER'S MESSAGE



Prof. Michael Kiptoo
Chief Executive Officer

I am pleased to welcome you to this edition of the KMTc Newsletter themed “Transformational Training of Health Professionals for UHC”.

The College being a premier middle-level medical training institution, Management has put in place the right measures to support and sustain our excellence in teaching, even as we seek to remain the best in East Africa and beyond.

As a result, we held a successful 87th graduation ceremony where a new cohort of professional Medical Workers were released to the job market.

To enable us provide internationally recognized and competitive training to our Students and help the government combat emerging and re-emerging health conditions, Management has continued to support operationalization of new campuses, develop and review our training curricula as well as implement new programs.

As a Board’s initiative of promoting national cohesion and tapping talents, Students were supported to hold various extra-curricular activities including the recently concluded National Athletics championship.

I thank the Board of Directors for allocating resources for elections of new Works Committee representatives and their continual capacity building which has enabled them represent staff labor issues well.

To keep up with evolving technology and emerging trends in training, the Board has availed funds for research, technological advancement, Corporate Social Responsibility, enhancing our transport systems, staff professional development, equipping of skills laboratories with modern equipment, computers, library books and learning resources.

We remain indebted to our Partners who have supported us through; capacity building and strengthening, equipping libraries, training equipment, exchange programmes and curricula development to enhance teaching and learning. We look forward to working with them in the new year, 2020.

I thank the Board of Directors for directions accorded to Management in the day to day running of the College. I also thank Staff, Students and Stakeholders for their contribution to the College in delivery of its mandate.

Happy New Year!

KMTC PARTNERS WITH NYS TO EQUIP 2000 SERVICE MEN AND WOMEN WITH MEDICAL SKILLS



H.E President Uhuru Kenyatta inspects a guard of honor mounted by NYS Cadets during their pass out parade in Gilgil

KMTC through the Ministry of Health partnered with the National Youth Service (NYS) and other partners to train 2,000 Community Health Volunteers.

The 2000, who were among the over 10,000 who graduated in a pass out parade presided over by H.E. President Uhuru Kenyatta in Gilgil, Nakuru County on 6th December, 2019, underwent training in Community Health, a short course under the KMTC department of Health Promotion and Community Development. The training was conducted at

the NYS Training Institute in Naivasha.

President Uhuru hailed the initiative to equip the NYS recruits with medical skills as one that would help the Government in the achievement of Universal Health Coverage goals. He urged the College to scale up the training to include all NYS recruits towards this end.

Representing the College at the pass out parade were KMTC Board Chairman Prof. Philip Kaloki, MBS and Board Director Mr. Mithamo Muchiri.

FIRST LADY TO SPONSOR 100 NEEEDY STUDENTS

Her Excellency the First Lady Margaret Kenyatta will sponsor 100 needy students to pursue Enrolled Community Health Nursing program at KMTc.

This was announced during a stakeholders meeting held at State House Nairobi on 3rd December, 2019. The invited Beyond Zero key stakeholders had joined the First Lady in celebrating the International Day of People with Disabilities, an event that saw the Beyond Zero Half-Marathon 2020 launched.

The Students to be sponsored will be drawn from Arid, Semi-Arid, Vulnerable and Marginalized groups in the country.

This cadre of beneficiaries is expected to improve the health and well-being of mothers and children in their communities in line with the Beyond Zero initiative in addition to improving maternal and child health indicators.

Since 2016, the Ministry of Health and World Bank have sponsored 1,200 students from Marginalized communities to pursue the Enrolled Community Nursing program at KMTc.

This is a continuation of the efforts to develop health human resource who will serve in their communities upon graduation.



H.E the First Lady Margaret Kenyatta (center), accompanied by KMTc CEO Prof. Michael Kiptoo (3rd right), Head of Inter-Governmental Relations Dr. Leah Bii (2nd Left) and other officials, receives the signed agreement from Roche Healthcare, Switzerland East Africa Manager Mr. Frank Loeffler

KMTC PARTICIPATES IN THE FOURTH BEYOND ZERO MEDICAL SAFARI



KMTC Nyahururu Principal Ms. Lois King'ori (left) takes H.E. the First Lady Margaret Kenyatta through some of the training Students undertake at the College

KMTC offered free medical services to residents of Nyandarua during the Fourth Beyond Zero Medical Safari, an initiative of the First Lady H.E Margaret Kenyatta, held at Engineer Stadium in Nyandarua County from 14th - 16th August, 2019.

Since inception, KMTC has been at the forefront supporting the Beyond Zero Medical Safaris, which brings together various medical specialists providing screening, treatment and referral services.

During the event in Nyandarua, 105 KMTC Students and 27 Lecturers from the College provided support to various medical specialists giving free medical services.

The First Lady thanked various partners for supporting the medical safari noting “we can achieve much if we continue to join hands and work together”. She said “we are able to offer free medical services because of the partnerships we see here”.

Ministry of Health Cabinet Secretary Sicily Kariuki (Mrs.) EGH, said “the National Government will continue to provide policy support and technical assistance in order to ensure smooth provision of standardized health care across the country”.

As part of this, the CS said that a KMTC Campus will be established in Nyandarua to train health personnel to offer services to the residents and contribute towards achievement of Universal Health Coverage agenda.

KMTC Board Chairman Prof. Philip Kaloki, MBS, conveyed the College's gratitude to H.E Margaret Kenyatta, for supporting training of 1,200 Enrolled Community Health Nursing Students from Arid and Semi- Arid areas, through her Beyond Zero initiative. “The Students are expected to go back to their communities and use the skills acquired at KMTC to serve and safeguard the health of their people” Prof. Kaloki said.

In partnership with the World Bank, the First Lady through her Beyond Zero initiative also purchased 12 buses, one utility vehicle and equipped skills laboratories for the College.

Prof. Kaloki also thanked the Health CS for the support accorded to KMTC to ensure the College achieves its mandate.

In addition to being part of initiatives such as the First Lady's Beyond Zero Medical Safari, KMTC has taken an active role in supporting bridging of human resource for health gaps in the country and beyond.



H.E President Uhuru Kenyatta, KMTCC Board Chairman, Board Directors, CEO and other Senior Managers at State House during a Presidential Award function



Former Prime Minister Rt. Hon. Raila Odinga and Board Chairman Prof. Philip Kaloki, MBS, during a College function

COLLEGE FORGES STRATEGIC PARTNERSHIPS TOWARDS ATTAINMENT OF UHC



H.E. the First Lady Margaret Kenyatta with Makueni County Governor Prof. Kibwana and his wife Nazi Kivutha during commissioning of a Maternity Wing at the County

H.E. the First Lady Margaret Kenyatta has been on the forefront in complementing the Government of Kenya's effort to eliminate maternal and child mortality and HIV/AIDS, thus contributing to achieving UHC goals.

Through her 'Beyond Zero' initiative governed by the fundamental belief that 'No woman will die while giving birth', the First Lady has dedicated her time and resources towards the goal of improving maternal and child health in Kenya, and to reduce new HIV infections among children.

It is in line with these efforts, when the County Government of Makueni led by Governor Prof. Kivutha Kibwana, was

launching its 120- bed capacity state -of- the -art mother and child hospital to boost maternal health, none other than the First Lady, Margaret Kenyatta officiated the launch. The facility offers gynaecological, obstetric, neonatal consultation and antenatal services, has a gynaecological ward and offers aqua birth services.

Under the leadership of Governor Kibwana, the County Government of Makueni also rolled out the Universal Health Care Programme, allowing residents access free medical attention at any of the County's hospitals.

KMTC has enjoyed a symbiotic relationship with the County Government of Makueni. Prioritizing the importance

of human resource for health towards achievement of UHC, the County has supported establishment and growth of KMTC Makueni, Makindu and Mbooni as well as enhanced training for the students through improving infrastructure in all its health facilities, where students undertake their clinical training.

Towards increasing access to health training opportunities and strengthen the country's health care system, KMTC has forged strategic partnerships with Beyond Zero, County Governments and other partners, to strengthen the healthcare system and train for the Counties' identified health needs, thus bridging the human resources for health gaps.

COLLEGE PARTNERS WITH MWINGI NORTH CDF TO ENHANCE HEALTHCARE IN KITUI COUNTY



Former Vice President Hon. Stephen Kalonzo Musyoka interacts with Students during a site visit of the proposed Tseikuru Campus. With him is Board Chairman Prof. Philip Kaloki, MBS

KMTC is set to get a new training site at Tseikuru in Kitui County after a site visit by KMTC Board on 8th October, 2019.

The team was received by former Vice President Hon. Kalonzo Musyoka, Mwingi North Member of Parliament Hon. Paul Nzengu among other area leaders. The KMTC team was led by Chairman Prof. Philip Kaloki, MBS who was accompanied by Board Director Mithamo Muchiri and CEO Prof. Michael Kiptoo.

Hon. Musyoka said that at least 30 acres of land next to the Tseikuru Sub-County Hospital would be given to KMTC for the establishment of Tseikuru Campus. He thanked President Uhuru Kenyatta for supporting establishment of KMTC Campuses in all parts of the country noting that “The proposed Tseikuru Campus, once up and running, will lead to further growth and development of the area,” adding that

“The hospital will have a ready supply of competent healthcare providers.”

Hon. Nzengu said he would set aside Kshs. 25 million through the Mwingi North National Government-Constituency Development Fund (NG-CDF), within the next two years for construction of 10 classrooms to start off the Campus.

Board Chairman Prof. Kaloki said the College would invest in the new Campus through employment of Staff, purchase of equipment for skills laboratory and books for the library among other resources for teaching and learning.

“The President is depending on KMTC to produce competent health workers to bridge the human resource for health gaps in the Country and we must deliver,” Prof. Kaloki said. He said the new Campus would mount courses in line with the area health needs in addition to courses with a focus on family.

CEO Prof. Michael Kiptoo said the Board and Management would work closely with the area leaders to see the dream of having a KMTC Campus in Tseikuru become reality.



Kisumu County Governor Prof. Anyang' Nyongó (2nd left) with KMTC Board Chairman Prof. Philip Kaloki, MBS (3rd left) and CEO Prof. Michael Kiptoo (right) during a College function



Mandera County Governor Cpt. Ali Roba during a visit to the College to discuss collaboration with KMTC



Board Chairman Prof. Philip Kaloki, MBS with Makeni Governor Prof. Kivutha Kibwana during a courtesy call to the Governor's Office



Kajiado County Governor Joseph Ole Lenku (left) with KMTC Board Chairman Prof. Philip Kaloki, MBS, (right) during a College function

COLLEGE SIGNS 2019/2020 PC WITH GOVERNMENT

The College signed the 16th Cycle Performance Contract (PC) that spells out targets for the year 2019/2020 in support of service delivery for attainment of UHC goals.

The PC was signed by the Board Chairman Prof. Philip Kaloki, MBS, with the Cabinet Secretary Ministry of Health Sicily Kariuki (Mrs.) EGH on 4th December, 2019 at Afya House Nairobi.

The CS noted that “Performance Contracting is an important performance management

tool for the public sector that ensures each implementation unit has clear and concise targets to achieve in a given financial year.”

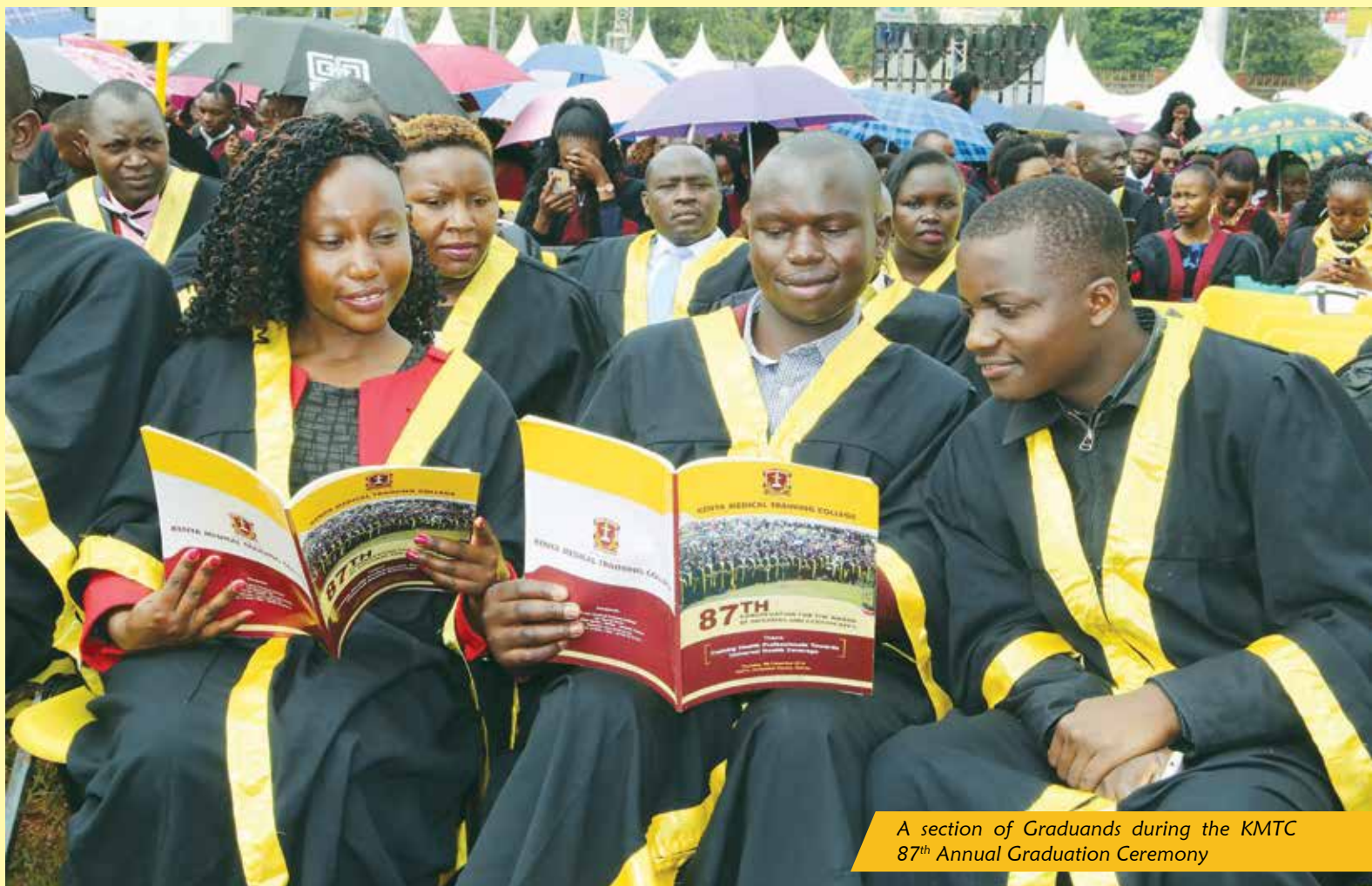
She called upon institutions under the Ministry (including KMTC) to adhere to timelines in giving feedback and prudent utilization of resources within their organizations.

Accompanying the Chairman during the signing was: Board Director Frederick Wamwaki, CEO Prof. Michael Kiptoo among others.



KMTC Board Chairman Prof. Philip Kaloki, MBS, signs the Performance Contract on behalf of the College with the Health Cabinet Secretary Sicily Kariuki (Mrs.), EGH. Looking on is Board Director Mr. Frederick Wamwaki (right)

12,621 GRADUATE AS COLLEGE HOLDS ITS 87TH ANNUAL GRADUATION CEREMONY



A section of Graduands during the KMTTC 87th Annual Graduation Ceremony

It was a day of celebration and joy as 12,621 graduated during the 87th College Annual Graduation Ceremony in Nairobi on 5th December, 2019.

The number of students graduating has been on a steady increase. In 2016, the figure stood at, 8,042 in 2017, 8,967 while in 2018 was 10,869. An increase of 16% was recorded in the number of graduands this year compared to last year.

The graduands were drawn from the seven Faculties of: Nursing, Clinical Sciences,

Pharmaceutical Sciences, Information Technology and Medical Education, Diagnostic Sciences, Public Health Sciences and Rehabilitative Sciences.

The Graduation Ceremony themed “Training Health Professionals Towards Accessible Universal Health Coverage” saw 534 awarded Higher Diplomas, 9,250 Diplomas and 2,837 Certificates.

The Chief Guest Cabinet Secretary (CS) for Health Sicily Kariuki (Mrs.) EGH, said the National Government has designed and implemented

various health care policy reforms, made deliberate efforts to increase access and demand for healthcare services, and was exploring other measures to mitigate the gaps in Human Resources for Health in the country.

She added “Adequate, skilled and fairly distributed Human Resource for Health is a prerequisite for the attainment of Universal Health Coverage, Vision 2030 and Sustainable Development Goals”.

To increase the number of health care workers in the Country, the



Health Cabinet Secretary Sicily Kariuki (Mrs.) EGH, and Board Chairman Prof. Philip Kaloki, MBS, during the 87th graduation ceremony

CS said the Ministry of Health, through the KMTC, had set up additional 43 Campuses increasing the number from 28 in 2013 to 71 in 2019 across the country.

She hailed the partnership KMTC had forged with County Governments and other Partners, which had seen the College train for the Counties' identified health needs thus bridging the human resources gaps in the country.

Board Chairman Prof. Philip Kaloki, MBS, said over the years, the Board had embedded and strengthened the culture of good governance to ensure compliance with existing laws and regulations.

He affirmed that KMTC is the lead-trainer in the medical field producing over 85% of middle level Health Professionals for the local health sector. He said the College remains the lead in employability of its graduates both in Kenya and beyond.

CEO Prof. Michael Kiptoo thanked the Board for the support given enabling the College to strengthen its quality management systems, adopt world class academic practices, harmonize academic programmes, teaching timetables and examination procedures across campuses to ensure uniformity, quality and efficiency in training is met.

He added that the College developed and implemented new programs that are market driven and in support of UHC. He also hailed the Board for improving the College's transport systems,

which has facilitated students to access practical clinical sites to complete their training in preparation for the job market.

He commended graduands for "your resilience, determination and focus", and the Graduation Committee "for the exemplary job of organizing the graduation ceremony."

As is the norm, the graduands made a Solemn Promise to uphold professionalism and ethics in their practice.

The Ceremony also saw ten graduands who won various awards during the 2018/2019 academic year awarded and 27 staff who had completed various degree and masters programs recognized.

The College's Annual graduation ceremony held once every year, was attended by Ministry of Health officials, representatives from Parliament, Senator Hon. Dr. Michael Mbiti, Chairperson Health - Committee Senate and Hon. Sabina Chege, Chairperson Health - Committee National Assembly. Also in attendance were representatives from County Governments, Government and private entities, development partners, parents, guardians among others.

The graduation ceremony culminated in the opening of the new wing of the College's Headquarters by the CS.



Health CS Sicily Kariuki (Mrs.) EGH commissions the new Administration Block



Fred Hollows CEO Mr. Ian Wishart (left) with KMTc staff during unveiling of the Skills Laboratory

SKILLS LABORATORY UNVEILED AT NAIROBI CAMPUS

The Fred Hollows Foundation (FHF) Chief Executive Officer Mr. Ian Wishart unveiled a skills laboratory at Nairobi Campus on 2nd October, 2019.

The skills laboratory is equipped with the state of the art ophthalmic equipment and computers with internet access to enable students access e-learning materials and hold interactive sessions with mentors and lecturers in the same field regardless of their geographical location.

The equipment will also be used by the students in research, which will enhance their learning and skills development.

The Foundation has been in partnership with KMTc since 2012 with an aim of increasing the number of skilled eye health personnel to provide eye health services across the country. This will in turn address the acute shortage of skilled eye health workers, especially in rural areas where there is great need. Strengthening the eye health workforce is one of the Foundation's key focus area.

In order to close the gap of eye health workers to meet the World Health Organization requirements, the Fred Hollows Foundation has so far supported training of 2,976 Students at KMTc, who have since graduated.

Ag. Deputy Director (Finance and Administration) Dr. Kelly Oluoch said more than 34 million Kenyans have eye sight problems, which are preventable. He underscored the need to upscale training and workforce to deal with the challenge.

Students who demonstrated various skills at the laboratory hailed the partnership for availing high-end equipment in eye care, which they said enabled them train more conveniently at the College.

The Foundations' Country Manager Ms. Jane Otuoma said the skills laboratory had given students more confidence while training before going to the clinical areas to deal with real patients.

Representatives from Nursing, Optometry and Clinical Medicine said the impact of the partnership was already being felt in the community, where graduates of the course were transforming eye care health.

The Fred Hollows Foundation is a non-profit organization, founded in 1992 by the Late Prof. Fred Hollows. With its headquarters in Australia, the Foundation focuses on prevention of avoidable blindness with operations in Australia, Asia and Africa.

COLLEGE PARTNERS WITH KENTALIS INTERNATIONAL (NETHERLANDS), MOUNTS NEW COURSE

The Department of Clinical Medicine and Surgery in partnership with Kentalis International Foundation (Netherlands) has mounted a Higher Diploma course in Audiology and Hearing Care Technology.

The course, started in September 2019 at Nairobi Campus, takes 18 months to complete.

Hearing loss is a silent disability and is on the rise due to increase in non-communicable diseases like diabetes and hypertension, according to Mr. Robert Njaramba the program coordinator and Lecturer in the department.

A five days Training of Trainers (ToTs) workshop was held from 7th – 11th October, 2019 at Nairobi Campus. Kentalis International Foundation Project Manager Heleen Reedjik, Erwin Baars (Clinical Audiologist) and Mirjam Van Gellenkeu (Audiologist) facilitated the workshop, which the Registrar Dr. Lucy Waweru officially opened.

The College is in the process of putting up a state

of the Art skills laboratory for the Program, Dr. Waweru said. Audiologists/Technicians trained to take care of people with hearing deficiencies are inadequate, she said, adding “The training will address a big gap since the few available Audiologists are based in Nairobi and Mombasa.”

Participants for the ToT were drawn from KMTC Nairobi, Nakuru and Eldoret Campuses, Clinical instructors from Kenyatta National Hospital, Nakuru Provincial General Hospital, Moi Teaching and Referral Hospital, interested partners from Audiologist Incus Hearing Centre and Audiologist House of Hearing.

Kentalis International Foundation also donated equipment worth Kshs.8 million including Audiometers, Sound Proof Booths, Timbanometers and an Oto-Acoustic-Emissions machine, which Registrar Dr. Lucy Waweru received on behalf of the College. The Foundation has also developed an E-learning content for the Course and are providing the platform.



KMTC Registrar Dr. Lucy Waweru (3rd right), receives Skills Laboratory Training equipment from Kentalis International Foundation Project Manager Heleen Reedjik

KMTC PARTICIPATES IN KENYA HEALTH SUMMIT 2019



KMTC CEO Prof. Michael Kiptoo (centre) follows proceedings during the Kenya Health Summit held at Safari Park Hotel, Nairobi

The College participated in the Kenya Health Summit 2019 held in Nairobi on 14th and 15th August, 2019.

Running under the theme “Partnering for UHC: Delivering Affordable Quality Healthcare for all”, the summit provided delegates with an opportunity to present and learn about new evidence-based knowledge concerning health systems, services and practices. It sought to build consensus on primary health care, partnership, legislation, policy and innovations.

The Summit was officially opened by the Cabinet Secretary Ministry of Health Sicily Kariuki (Mrs.) EGH. She said the country was in the process

of identifying key aligned reforms that would bring down the cost of healthcare to enable Kenyans access quality services.

CEO Prof. Michael Kiptoo, who was among other panelists discussing on human resource for health, said KMTC was a key institution that contributes to the largest number of mid-level health professionals in the country.

Some of the key areas covered during the forum were; health financing, leadership, governance and partnership, health data information use, health products and technology, quality and regulation among others.

KMTC IS THE LARGEST PRODUCER OF CLINICAL OFFICERS IN THE COUNTRY



Health CAS Dr. Rashid Aman when he visited the KMTC stand during the KCOA conference

KMTC is a leader in development of Human Resource for Health in Africa and the largest producer of Clinical Officers in the Country.

This was reported by the Board Chairman Prof. Kaloki, MBS, at the 21st Kenya Clinical Officer's Association and 7th Association of African Network of Clinical Practitioners Annual Scientific Conference, held in Mombasa from 18th - 20th September, 2019.

Chief Administrative Secretary in the Ministry of Health and Chief Guest Dr. Rashid Abdi Aman commended Clinical Officers for being drivers of primary health care in the country. He noted that preventive and promotive health care is the way to go and reiterated commitment of the Ministry of Health's focus of strengthening primary health care.

"I am glad to note that KMTC, with its spread and kind of courses it offers, will play a vital role in plugging the human resource for health gaps that continue to be a challenge for the Country." He noted that the College plays a

key role in provision of healthcare as Students support other health workers in the health facilities even as they train. "The cadres you train, sit in a very important place," he added.

Clinical Officers provide critical healthcare support including general and specialized medical duties such as diagnosis and treatment of diseases and injury, interpreting medical tests and performing routine medical and surgical procedures, without which, the treatment process would not be complete.

Prof. Kaloki said the College recognizes Clinical Officers as central in achieving UHC.

CEO Prof. Michael Kiptoo said "in the last five years, the College has released over 7,000 Clinical Officers to the local and international markets. This year alone, the College is expected to churn out about 2,000 fresh Clinical Officers in the 87th Annual Graduation Ceremony."

The Conference was held with a view of bringing to the forefront challenges and proposed solutions in UHC relevant to Kenya and other developing countries.

KISII CAMPUS COLLABORATES WITH MEDIA STATION TO HOLD CAREER CLINIC

KMTC Kisii in partnership with Egesa FM, a radio station under the Royal Media Services, held a Career Clinic on 18th September, 2019 at Kenya Stadium in Kisii County.

The aim of the career clinic was to sensitize the public on the need for young people to join middle-level training institutions to gain the much needed skills in the implementation of the 'Big 4 Agenda' for national development.



Kisii Campus Deputy Principal Daniel Nyakundi and students during the exhibition

The event provided a platform for the College to sensitize members of the public on training opportunities available at KMTTC. Additionally, KMTTC Staff and Students were on standby to assist those who needed help in applying to join the College.

Representing the College in the event that was attended by more than 2,000 members of the public were Principal Nicholas Rutto, Deputy Principal Daniel Nyakundi, Staff and Students from the Campus.

MEASURES IN PLACE FOR COLLEGE'S CONTINUED GROWTH AND DEVELOPMENT

KMTC Students and Staff are set to benefit from plans put in place by the Board and Management to streamline and optimize operations in the College, CEO Prof. Michael Kiptoo said.

The CEO said this when he met KMTTC Principals, Senior Managers and Heads of Department during the quarterly Academic Council meeting held in Nairobi from 25th to 27th September, 2019.

Prof. Kiptoo commended the Principals for their tireless efforts in the admission of new Students. This, he said, had borne fruits as all KMTTC programmes for the September 2019 intake were full.



KMTC CEO Prof. Michael Kiptoo, Senior Managers and Principals pose for a group photo on the sidelines of the Academic Council Meeting

Noting that it would take everyone's concerted efforts to maintain the College's upward trajectory, the CEO said "The Board was committed to ensuring continuous improvement in our training standards."

He said a harmonized teaching schedule had been finalized that would safeguard quality and relevance of training in addition to ensuring that resources available in Campuses are put to optimum use.

In tandem with the dynamic world and changing trends, Prof. Kiptoo said that the Enterprise Resource Planning would be rolled out to other Campuses to entrench transparency, efficiency and effectiveness in the College's day to day operations. Additionally, internet services

would be streamlined across the Campuses.

He said staff would have an easier time owning homes through the Mortgage Scheme and car loans would be considered in the near future. He added that the College would continue supporting Staff to undertake relevant professional training to enhance their skills.

The CEO urged all to support transfer of Staff as this was being done in line with service needs and in fulfillment of the national cohesion requirements.

As proof of commitment to students' welfare, Prof. Kiptoo said Campuses have adequate facilities to provide a conducive environment for teaching and learning. He

added that Students would also continue receiving necessary support for their extra-curricular activities.

The CEO called upon all to play their role in the continued prosperity of the College.

Several presentations were made during the Academic Council meeting including review of the KMTC Statutes, admissions, quality assurance, among others.

The Academic Council meets quarterly to deliberate on academic matters and continued sustenance of quality teaching and learning to enable the College achieve its Mission of producing competent Health Professionals.

BOARD SPEARHEADS TRANSPORT REFORMS AS SEVERAL CAMPUSES RECEIVE NEW VEHICLES

To transform the Institution in service delivery, the Board has spearheaded transport reforms, in which in the first half of the Financial Year 2019/20, several Campuses received new buses and others double cabin pick-ups for use by Students and Faculty to access clinical training sites and other extra-curricular activities trips on time.

Brand new buses for Busia, Makindu, Webuye, Mathare, Lake Victoria, Makueni, Tana River and Kombewa Campuses, were officially commissioned on diverse dates in October and December, 2019 amid cheers and dance from Students and Staff in events presided over by respective local leaders and KMTC Board Directors led by Chairman Prof. Philip Kaloki, MBS.

The area leaders hailed the KMTC Board for establishing Medical Campuses across the country which have provided an opportunity for young people to gain skills to support health services provision in the Country. The leaders undertook

to continue supporting the College to enhance training for the Students through improving infrastructure in the Campuses and in all its health facilities.

Prof. Kaloki, acknowledged the support from the local leaders and the County Governments, noting that the College would continue to work closely with them to strengthen health systems and provide a platform to empower the local youth.

The College's training is 70 percent practical and 30 percent theory, thus transportation to clinical sites is a pre-requisite in preparing Students for the job market. The Board has put in place plans to continually avail resources for improvement of transport systems, which facilitate Students to access practical clinical sites to complete their training.

The Board has remained steadfast in its commitment to ensure Students have a conducive learning environment to ensure they leave the College as qualified and competent health professionals.



Makueni County Governor Prof. Kivutha Kibwana flags off the KMTC Makueni Bus during its commissioning



Bungoma Deputy Governor Prof. Ngome Kibanani, KMTTC Board Chairman Prof. Philip Kaloki, MBS and other Board Directors lead in flagging off the KMTTC Webuye bus



Busia County Governor Sospeter Ojaamong flags off the KMTTC Busia Bus. He is flanked by Board Chairman Prof. Philip Kaloki, MBS, Board Directors and CEO Prof. Michael Kiptoo



Kisumu County Governor Prof. Anyang' Nyong'o (2nd left) joins in commissioning newly constructed classrooms and later the KMTC Kombewa Bus



KMTC Board Directors lead Students and Staff during commissioning of the KMTC Lake Victoria Bus



Mathare MP Hon. Anthony Oluoch (in black suit) flags off the KMTTC Mathare Bus as he is joined by Board Directors, Senior Managers, Principals and Students



Makueni County Deputy Governor Adelina Mwau flags off the KMTTC Makindu Bus. With her are NGAAF Chairperson Hon. Rachel Ndambuki, Makindu Campus Principal Ms. Luciana Kaloki, Board Chairman Prof. Philip Kaloki and CEO Prof. Michael Kiptoo

STAFF EMPOWERED THROUGH CAPACITY BUILDING



Participants during Labour Relations Training in Kitui Campus

Thriving in today's fast changing professional platform requires an array of skills necessitating the need for continuous capacity development for staff.

It is in line with this that the College organized and conducted several trainings aimed at empowering staff with new knowledge, skills and competencies.

On diverse dates between May and August, 2019, 2, 278 Staff underwent a competence training, aimed at strengthening human resource capacity to expand their knowledge base, encourage creativity and innovativeness, improve performance, productivity and adhere to quality standards, in support of Universal Health Coverage (UHC).

Further, between August and September 2019, labor relations training to sensitize Staff on industrial relations was conducted at KMTC Kitui, Nakuru, Mombasa and Kisumu Campuses. Additionally, in September, 25 Faculty members were taken through HIV Testing Services Training (HTS) of Trainers workshop at KMTC Nakuru. Facilitated by NASCOP, participants

were drawn from Nairobi, Lake Victoria, Machakos, Nyamache, Kitui, Homa Bay and Lodwar Campuses. The pool of trained trainers is expected to train more lecturers to meet the increasing need to enable roll out of HTS in support of UHC

In October, 179 newly employed lecturers were taken through teaching methodology at KMTC Eldoret to familiarize them with the concepts of teaching at College.

Capacity training for Internal Auditors, Accountants and Procurement Personnel was carried out in Kisumu from 18th to 22nd November, 2019. The objective of the training was to ensure the three Sections work seamlessly to enhance service delivery in the College.

Between 25th and 29th November, 2019, training on National Cohesion and principles of governance was conducted in Kisumu for 30 National Cohesion Champions from Campuses. Participants were taken through the national cohesion values, principles of governance, national integration in addition

to interventions undertaken by Government towards promotion of national cohesion and integration. The training sought to enhance implementation of national values and principles of governance across the College.

At the same time, 20 members of the Disability Mainstreaming Committee and Senior Managers were taken through a training on disability mainstreaming. The overall goal of the training was to institutionalize the disability mainstreaming principles to ensure equal access of opportunities and benefits even to those living with disabilities.

28 Senior Officers were also supported to undertake a Strategic Leadership and Development Programme at the Kenya School of Government to improve performance in the public service.

The Board has committed to continue allocating resources for the purpose of capacity building, to ensure Staff acquire necessary skills to manage the affairs of the College in order to maintain its competitive edge as well as attain the desired world class standards.

PRESIDENT HONORS KMTC BOARD CHAIRMAN



H.E President Uhuru Kenyatta with KMTC Board Chairman Prof. Philip Kaloki, MBS (centre) during a visit to State House Mombasa

KMTC Board Chairman Prof. Philip Kaloki in a Gazette notice dated 20th December, 2019 received the Elder of the Order of the Burning Spear (EBS) Presidential award.

In conferring the award, H.E President Uhuru Kenyatta said the award recognizes individuals for distinguished and outstanding services rendered to the nation in various capacities and responsibilities.

Prof. Kaloki thanked the President for the great honor noting that “The Government under the leadership of H.E. President Uhuru Kenyatta has provided full support to the College enabling it to fulfil its mandate of training for better health for

all Kenyans.”

The order is the second highest category of the awards after the Order of the Golden Heart of Kenya. These Awards are made by the President upon the recommendations and advice of a National Honours and Awards Committee in the President’s office.

COLLEGE PARTICIPATES IN VARIOUS CSR INITIATIVES TO GIVE BACK TO THE COMMUNITY



Lake Victoria Campus President's Award Members get ready to plant trees

The KMTCC Board of Directors has over the years supported efforts to give back to the community through various Corporate Social Responsibility (CSR) initiatives. The College has continued to enhance value and promote environmental sustainability, provide health and medical services, disaster response and social upliftment of the society and more specifically the deprived and underprivileged persons.

Campuses embrace environmental conservation

The College has embedded a culture of environmental conservation and as such various Campuses undertook CSR activities aimed at protecting the natural environment, conserving natural resources and where possible, to repair damage and reverse negative trends.

Lake Victoria President Award Club planted trees to commemorate Madaraka day while Karen Campus participated in a clean-up and tree planting exercise on diverse dates in September and October. Mandera, Gatundu, Vihiga, Msambweni, Nyamira, Nyahururu and Lake Victoria Campuses launched the 2019 short rains season by planting trees in their Campuses and surrounding environs on diverse dates in November and December 2019.

In the same period, Nyeri, Lugari, Ugenya, Sigowet, Nyamache, Mombasa and Machakos held clean-up and tree planting exercises in their respective Campuses and surrounding

environment. Embu Campus in partnership with Embu University and Kenya Forest Service held a tree planting exercise at the Njugiri Forest where 5,000 tree seedlings donated by the Kenya Forest Service were planted.

To help those in need by lending a helping hand especially with the recent flood cases



Vihiga Campus during a tree planting exercise

across the country, Lodwar Campus Young Catholic Students (YCS) group participated in a clean-up exercise on 4th December, 2019 at St. Teresa Pastoral center, Lodwar Diocese.

In the same month, Loitoktok Campus in conjunction with NEMA and Kajiado County officials took part in a tree planting exercise at the Entarara Forest Kajiado South Sub county.

About 2,000 seedlings were planted as a measure of conserving the forest cover. On the other hand, Eldoret Campus Environmental club students took part in a clean-up exercise within the campus and its environs, aimed at conserving the environment and keep the campus and the area within town litter free.

Other Campuses including Voi, Bondo, Molo, Rachuonyo, Murang'a, Vihiga, Kitui, Lodwar,



Chuka Campus Principal Mr. Samuel Ndukanio leads students in a tree planting exercise

Kaptumo, Karen, Kisumu, Lamu and Rera participated in other environmental conservation initiatives aimed at conserving the environment and working towards achieving the 10% forest cover by 2022.

Residents receive free Health and Medical Services

A total of 527 patients were treated and several



KMTC Molo celebrates World AIDS Day

others referred during a free medical camp organized by Isiolo Campus in July 2019, held at Ngamara, Isiolo County. In the same month, Makindu Campus participated in the World Population Day, commemorated on 11th July annually to make people aware about the growing population issues and need for family planning.

In October, 2019, Lake Victoria Campus took part in a cancer awareness walk, held a free medical camp, participated in the World Mental Health Day and launch of Human Papilloma Virus. During the events, free screening, testing, counseling, sensitization and referral services were offered to the public.

In November 2019, staff and students from various campuses congregated at KMTC Nakuru to commemorate the World Imaging and Radiography day. In another occasion, Msambweni Campus Staff and Students were joined by a team from NACADA to give a presentation on public education and awareness campaign against alcohol and drug abuse in Kenya and especially among the youth.

In the same month, staff and students from Webuye and Migori Campuses took part in a blood donation exercise, in support of Bungoma County Hospital blood bank. In another occasion, a group of Community Health Assistants at Rachuonyo Campus participated in a community diagnosis at Chiga in Kisumu where they sensitized the community on disease prevention, early diagnosis, prompt referrals and lifestyle changes.

Similarly, Isiolo Campus participated in the National Polio Campaign launch where children were given the polio doze while the public was sensitized on the need for vaccination to keep polio at bay. On the other hand, Kapenguria Campus with the support of Webuye Campus, took part in a rescue mission to the victims affected by the floods and massive landslides in West Pokot. They donated clothes, shoes, foodstuffs and provided medical care to those with minor ailments and gave referrals to main hospital to those with severe cases.

In the same breath, Port Reitz campus staff and students were trained on disaster preparedness, management and ways of recovery to lessen the impact of disaster. Facilitated by a team from the Moi International Airport, a demonstration on the use of fire extinguishers in case of fires was conducted.

In collaboration with the County Government of Baringo, Kabarnet Campus and other partners joined hands to hold a medical camp in Baringo County on 30th November, 2019. The medical camp served over 1,000 residents of Tenges Ward in Baringo Constituency. The services offered included; screening for chronic conditions, family planning, antenatal care, ENT, immunization, dispensing of drugs and others were referred for further treatment.

In partnership with Kenya Airports Authority, Mater Hospital and the County Government of Kajiado, Loitoktok Campus held a free medical camp on 29th and 30th November, 2019 at the Oloitoktok Primary School. Over 1,200 members of the public with various ailments were attended to and others given referrals.

In yet another occasion, staff and students from Nyamira, Molo, Lake Victoria and Kaptumo Campuses marked the World Aids Day commemorated on 1st December annually by sensitizing the public on risks and prevention measures of the disease

Karuri Campus staff participated in cervical cancer vaccine launch held at the Karuri health center on 6th December, 2019. More than 500 women and girls aged between 10-50 years received the vaccine. On the other hand, Manza Campus participated in the Machakos fun run on 7th December, 2019 and later held a free medical camp at Kenyatta stadium in Machakos.

As an organization, KMTC believes that sustained economic growth will be achieved with social progress and well-being of local communities and as such will continue to undertake CSR initiatives with the aim of benefiting those residing in regions of our operations.

STUDENTS SHOWCASE DIFFERENT CULTURES

Homabay and Bondo Campuses celebrated their cultural days in a unique and exciting way on 29th and 30th November, 2019 respectively; Students showcased their cultures, through food, attire, art, music, talents and participated in a beauty contest. In addition, each groups presented how they identified with their culture.

Cultural awareness and participation play an integral role in giving Students the opportunity to be involved in

culturally enriching activities, showcase special talents and enhance appreciation of cultural activities.

Such activities are aimed at providing Students with an opportunity to deepen understanding of the value of cultural diversity and to learn how to live together in harmony.

The Cultural Day events were a product of many hours invested by both Students and Patrons achieved through thorough planning, rehearsals and cross-culture teamwork. As a result, the outcome was remarkable, with prizes being awarded to the top contestants based on a specific criterion.



Homa Bay Campus Students perform a cultural dance during the Campus' cultural day



Lake Victoria Campus celebrates cultural day

BEST PERFORMERS AWARDED DURING COLLEGE NATIONAL ATHLETICS CHAMPIONSHIPS



Students take part in athletics competition during the KMTc Annual Sports Championships

The KMTc National Athletics Championship was held in Thika on 2nd and 3rd August, 2019. A total of 3,780 students drawn from 66 Campuses participated.

The track events were held in four venues: Thika Technical High School, Murang'a Teachers' Training College which had two tracks and Makuyu Boys High School. The finals were held on 3rd August 2019 at Murang'a TTC.

Nairobi Campus took position one followed by Meru Campus and Isiolo was third. Nairobi

Campus emerged the overall winner and the best performing campus in various categories of the track events which were 800m, 1500m, 3000m and the 10,000m walk and race.

The best performing Students were awarded trophies.



KMTc Nairobi Principal Mr. Mathew Kipturgo (in blue) leads Students and Staff from the Campus in receiving a trophy for emerging position one

KMTC FETED DURING THE CHAMPIONS OF GOVERNANCE 2019 AWARDS



KMTC Board of Directors led by Chairman Prof. Philip Kaloki (4th left) and CEO Prof. Michael Kiptoo (2nd left) receive the College award

Over the years, the KMTC Board has embedded and strengthened the culture of good governance to ensure compliance with existing laws and regulations.

As a result, during the 10th Champions of Governance 2019 award ceremony, KMTC was once again awarded the 1st Runners up position in the

Public Bodies Sector category at an award ceremony held on 29th November, 2019 at Sarova Panafric in Nairobi. The awards recognize institutions that emerge as champions in good governance.

The award ceremony was presided over by Head of Public Service Dr. Joseph Kinyua and attended by various public

and private entities.

The areas that were considered for the award were; transparency & disclosure, accountability, risk management & internal controls, ethical leadership and corporate citizenship, shareholder rights and obligations, stakeholder relationships, sustainability and performance management, compliance with laws and regulations.

KMTC Corporation Secretary, CS Dr. Miriam Muthoka also emerged second runners up in the Corporation Secretary of the Year Award 2019 Category.

The award is proof that the Board has embraced and upheld sound corporate governance practices and provided able leadership for efficient service delivery.



CS Dr. Miriam Muthoka (2nd right) receives the runners up award in the Corporation Secretary Year Award 2019 category

KMTC SCOOPS BEST TERTIARY LEVEL EDUCATION INSTITUTION AWARD FOR THE FOURTH TIME IN A ROW



KMTC Nairobi displays the award

KMTC scooped the Best Tertiary Education Institution award for the fourth time in a row at the 2019 Nairobi International Trade Fair.

Officially opened by H.E President Uhuru Kenyatta

on 2nd October, 2019, and graced by various government officials, this year's Trade Fair was themed "*Promoting Innovation and Technology in Agriculture and Trade*".

The Trade Fair opened its doors to the public on 30th

September, 2019 and ran until 6th October, 2019.

KMTC exhibited the various programs and courses offered in its Campuses spread across the country.

THE COLLEGE EXPANDS TRAINING OPPORTUNITIES

During the September 2019 intake, a total of 8,232 students were admitted to the College in a selection done by the College Academic Council.

To keep up with dynamics in the health sector and in fulfilment of the College's mandate to expand training opportunities to accommodate more qualified applicants, new Courses were started in existing Campuses, existing Courses were started in Campuses that were previously not offering

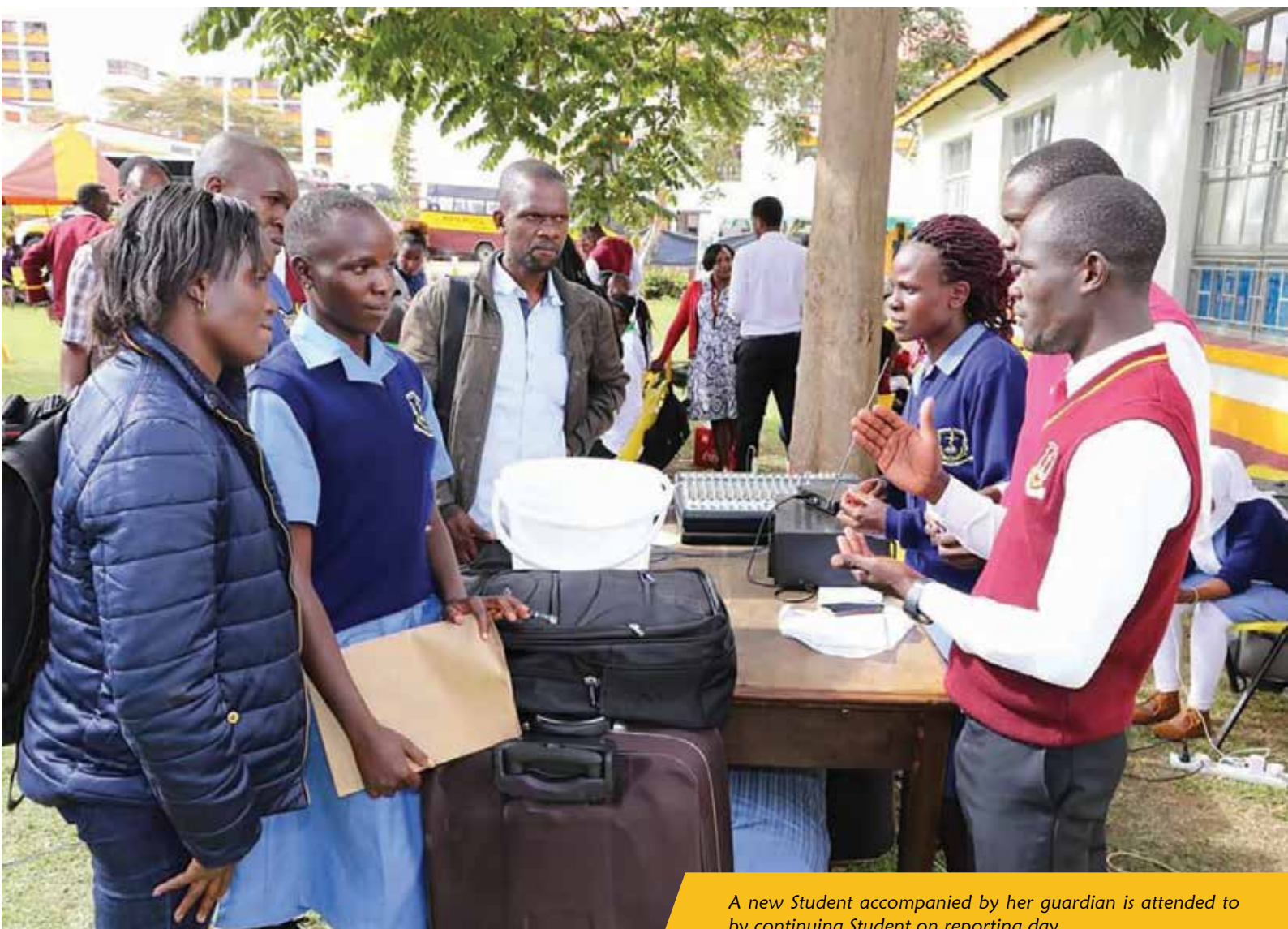
them while new Campuses were opened.

New courses were started in the department of Clinical Medicine and Surgery in Nairobi Campus as follows: Higher Diploma in Audiology and Hearing Care Technology, Higher Diploma in Emergency and Critical Care Medicine and Higher Diploma in Oncology and Palliative Care.

Nakuru started a Diploma Course in Dental Technology and Higher Diploma in Ear,

Nose and Throat Diseases, Thika Campus a Higher Diploma in Reproductive Health, Kisumu a Higher Diploma in Pediatrics and Mombasa Higher Diploma in Anesthesia.

Three new Campuses opened were: Imenti and Taveta Campuses, offering a short course in Community Health and Development and Mbooni Campus offering Certificate in Orthopedic Trauma Medicine and Community Health, a short course.



A new Student accompanied by her guardian is attended to by continuing Student on reporting day

MORE FACULTY EMBARK ON RESEARCH

Research for health is critical in generating evidence for policy decisions. To enhance research, which is one of the College's core mandate, staff have been sponsored to specifically conduct research, innovation and outreach. Various researches have been conducted, published in peer reviewed journals and presented in various conferences.

More faculty members have embarked on research and as such between July and December, 2019, the following studies were conducted;

- i. *Determinants of Effective Capacity Building at Kenya Medical Training College; by Mugambi, K.H.*
- ii. *Patients' and Family's Perceptions towards Diagnosis of Prostate Cancer in Tharaka*

Nithi County, Kenya; by Kirungia T. K.

- iii. *Prevalence and Predictors of Bedbugs Infestation in the Students' Residence at Kenya Medical Training College, Nairobi Campus; by Gatigua S. K. et al.*
- iv. *Factors influencing Visual Impairment and Blindness among Adult patients: A Case Study of Kikuyu PCEA Mission Hospital; by Muchiri, F.W.*
- v. *Partograph Completion: A Comparison between Faith-Based Mission Hospitals and County Public Health Teaching and Referral Hospitals in Eastern Kenya; by Barasa S., Miriti, A. M and Silas P.M.*
- vi. *Perceived Factors Associated with Alcohol and Substance Abuse among Kenya Medical Training College Students in Mount Kenya Region; by Kinyua, D. & Mutua, F.*
- vii. *Knowledge and Practices on Medical Ethics among Students in Kenya Medical Training College; by Gichia, P., Muange, T. & Nyamai, E.*

The following studies were funded:

- i. *Assessment of Contributory Factors to Unplanned Pregnancies among Nursing Students; A Case of Chuka and Embu KMTCC Campuses; by Nthigah A. & Siabei D. M.*
- ii. *Problem based Learning Vs Traditional Lecturer Based Learning: A Prospective Study of 1st year Nursing Students at Two KMTCC Campuses; by Mutiso U. & Kiwa M.*
- iii. *Applicability of Simulation-based Training among Kenya Medical Training College Staff and Students; by Muia, P. K et al.*



Mr. John Kyalo receives a certificate for emerging 1st runners up in the Young Researchers Forum in Nevada, Las Vegas in the USA

- iv. *Preconception Care among HIV–Infected Pregnant Women at a Selected Training Hospital*; by Michieka E. & Okuthe, G.
- v. *Factors Affecting Students’ Academic Performance: Case of Kenya Medical Training College*; by Owuor, C.M., Tshombe, D. & Musuya, A.
- vi. *Perceived Effects of Psychological Contract on Employee Performance and Retention in Health Training Institutions in Kenya: A Case Study of Kenya Medical Training College*; by Kariuki, T.
- vii. *The Impact of CHEW Training as an Intervention Measure on Maternal Health Outcomes at Community Level*; by Wambura, F.M.
- viii. *Factors Associated with HIV Positive Sero-Status among Exposed Infants Attending Mother-Baby Care Clinics in Nairobi County, Kenya*; by Mwangi. J.M.
- ix. *Factors Influencing Shortage of Human Resource for Health at Samburu County Referral Hospital*; by Omambia, S., & Nganga, N.

The College participated in the following conferences:

- i. The 3rd African Studies Association of Africa Conference held in United States International University (USIU) on 25th October 2019 in Nairobi. A scientific paper titled “*Risk Predictors of Adverse Birth Outcomes among HIV Sero-positive Pregnant Women: A Comparative Study*”; by Muthuka, J. K., was presented.

The presenter was awarded 3rd position in his cohort under Public Health.
- ii. World Nursing and HealthCare Congress held in the Embassy Convention & Conference Centre, Las Vegas USA on 12th to 14th November, 2019.

The presenter was invited as a Young Research Fellow to do an oral and poster presentation of a scientific paper titled *Correlates of Composite Adverse Pregnancy and Birth Outcomes with HIV Infection and associated Co-morbidities at Post-partum among women attending selected Maternal Facility in Nairobi Kenya*; by Muthuka J.K.

The presentation which was placed under the subtheme on *Maternal & Child Health (MCH), Neonatology, HIV/AIDS and control*, earned a second position and is to be published in the International Journal of HIV, MCH and Paediatrics. Mr. Muthuka also earned a free registration in the next conference subject to the submission and acceptance of an abstract that meets the minimum threshold of the requirements of the conference.

- iii. Academics’ World for Researchers and Scholars Conference held in Cape Town South Africa on 24th to 26th November, 2019.

A scientific paper titled *Haemoglobin level and Correlates of Low Birth Weight and Neonatal Mortality in HIV and Associated Co-morbidities among Postnatal Women Attending Selected Maternal Facility, Nairobi Kenya*; by Muthuka J.K was presented under the subtheme *Maternal & Child Health and HIV Science*.

The presentation was acknowledged and received a certificate of merit. The College was also awarded an Institutional Certificate of Participation

Mr. Muthuka earned a future free conference registration upon submission of an abstract that meets the requirements of the conference.

NOTABLE IMPROVEMENTS RECORDED IN EXAMINATIONS

The College successfully carried out the first End of Semester Exams in July 2019 based on the Revised Examination Policy (May 2019). The exams were marked and the results released by 23rd August, 2019 in all Campuses.

The College also carried out the June/July 2019 Final

Qualifying Examinations for 9,215 candidates across Departments and declaration of the results done thereafter.

Supplementary exams commenced on 9th September, 2019 which was two weeks after the release of results as stipulated in the Policy.

The Deputy Director Academics Mrs. Nancy

Michire said, “The College generates the total number of graduands from three cycles of Final Qualifying Examinations (FQEs) namely; January/February, June/July and September (supplementary)”. As a result, 12,621 graduated on 5th December, 2019 at the College’s graduation square.



Deputy Director Academics Mrs. Nancy Michire (right) with Kwale Campus Principal Ms. Kavwa Mwakharibu during a College function

STUDENTS GRADUATE WITH CERTIFICATE IN HIV TESTING SERVICES



Graduates of the course pose for a commemorative group photo

Fifty eight students drawn from different learning institutions graduated with Certificate in HIV Testing Services (HTS), in a ceremony held on 13th September, 2019 at KMTC Nairobi Campus.

HTS is a short course which aims at preparing participants to provide comprehensive HIV testing services, define target populations who may particularly benefit from HIV testing as well as strengthen linkage to care, treatment and other post-test services.

The training targets health workers or anyone interested in working in HIV/AIDS programs and possess any health related Diploma qualification. It takes three weeks to complete training, two of which are for theory

and one for field practicals.

Chief Guest, Nairobi Campus Principal Mr. Mathew Kipturgo commended the Students for selecting a course that would help them start making immediate impact in the society. “KMTC is known for producing Graduates who are hands on. You should be no exception,” he told the graduands.

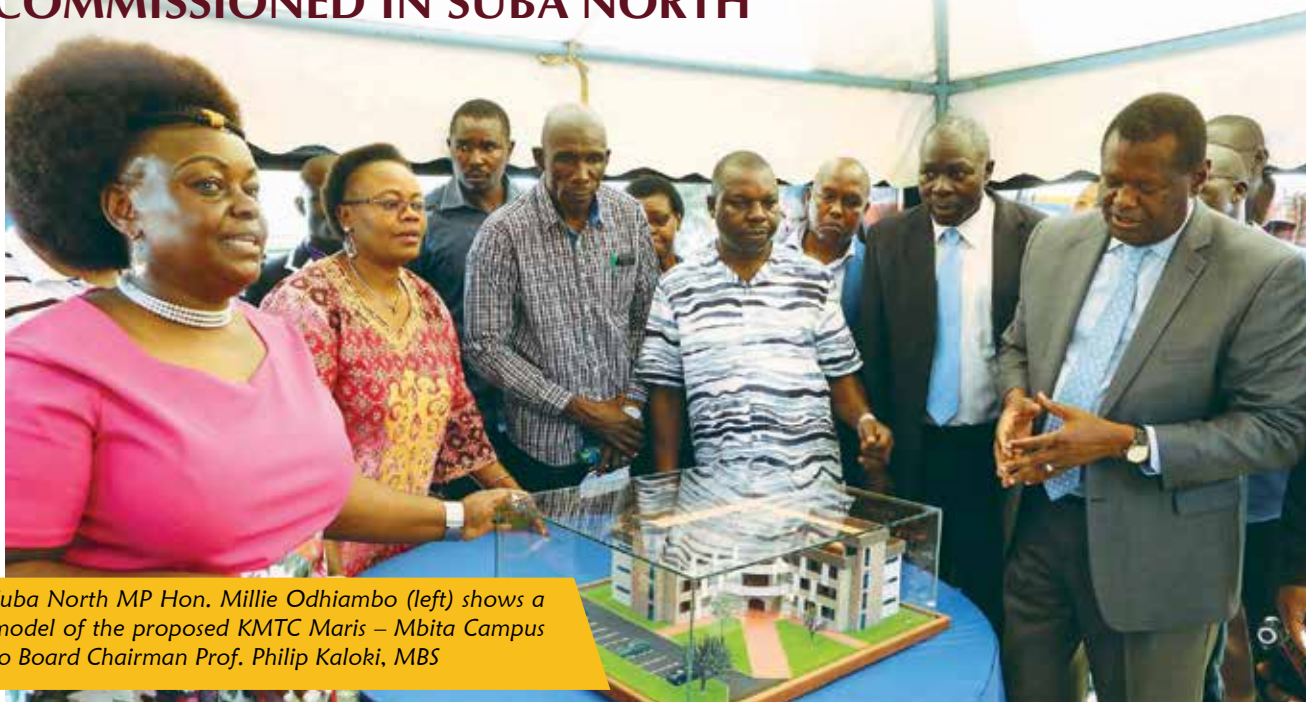
Kibra Sub-County HIV/Aids and STIs Coordinator Ms. Lillian Tiara, while addressing the Graduands said the national HIV prevalence rate was at 4.9, but was higher in Nairobi at 6.0 percent. “You have been given the requisite knowledge. Perfect your skills as you help the Government reverse this unfortunate trend in HIV prevalence in the

County and beyond,” she said.

Course coordinator Dr. Jebichi Maswan observed that KMTC responds to society needs and has been able to mount relevant courses to bridge identified health gaps. She urged the graduands to use the training to enhance service delivery.

HTS course is domiciled in the department of Health Promotion and Community Health, Faculty of Public Health, and is currently being offered in Nairobi and Lake Victoria Campuses. Kisumu, Kitui, Lodwar, Homa Bay, Siaya, Kapkatet and Machakos Campuses will soon be offering the course while plans are underway to roll out the training to other campuses.

FIRST MIDDLE LEVEL TRAINING INSTITUTION COMMISSIONED IN SUBA NORTH



Suba North MP Hon. Millie Odhiambo (left) shows a model of the proposed KMTCC Maris – Mbita Campus to Board Chairman Prof. Philip Kaloki, MBS

A new KMTCC Campus is set to be established in Kasungu Ward, Suba North/Mbita Constituency after an official ground breaking ceremony presided over by KMTCC Board Chairman Prof. Philip Kaloki, MBS, on August 12, 2019.

Prof. Kaloki said the Ministry of Health led by the Cabinet Secretary Sicily Kariuki (Mrs.) EGH, fully supported establishment of the new Medical Training College. “Establishment of the new KMTCC Maris Campus Mbita, is in line with the College’s Strategic Plan of contributing to better health care through training of competent health professionals for the country and beyond”.

Area Member of Parliament Hon. Millie Odhiambo, termed the occasion as an auspicious one for the Constituency

and the County as a whole, and one that “is coming at an opportune time when the country was battling with the cancer pandemic”. She said the idea to establish the Campus was conceived three years ago and it will be the first middle training institution in the Sub-County.

She thanked the Government for allocating land and allowing construction of the Campus to begin.

“We have set aside Kshs. 25 million through Suba North NG-CDF to kick off construction of the Campus and will be engaging the National Government for more resource allocation” said Hon. Odhiambo. On his part, Prof. Kaloki said the College would support construction and equipping of the Campus to ensure that it admits Students at the earliest opportunity.

Also present at the event was Kiambu women representative Hon. Gathoni Wamuchomba who said establishment of the Campus would spur social and economic growth. She urged residents to seek employment in the facility and encourage their children to work hard in school to attain required grades to join KMTCC.

Bondo Constituency MP Hon. Gideon Ochanda noted that the Campus would change the lives of the locals and promote delivery of health services. He called upon the residents to seize the opportunity and empower themselves academically, socially and economically.

KMTCC Maris Campus Mbita, is an invaluable addition to the growing list of campuses, increasing access to medical training opportunities.

MP PICKS UP FROM PREDECESSOR TO COMPLETE CONSTRUCTION OF CAMPUS

KMTC Mbooni will start admitting students in September 2019, Board Chairman Prof. Philip Kaloki, MBS, said when the Board toured the Campus on 8th July, 2019 to assess its preparedness.

H.E. President Uhuru Kenyatta in December 2016 laid a foundation stone that paved way for the official construction of Mbooni Campus. The Campus has been built at a cost of Kshs 79 million from the Mbooni National Government – Constituency Development Fund (NG-CDF) kitty.

Prof. Kaloki commended the sitting Member of Parliament Hon. Erastus Kivasu for picking up from where his predecessor Hon. Kisoi Munyao left off, and ensuring that the dream of the people of Mbooni to have a KMTC Campus in the area is realized.

“The KMTC Board has put in place plans to have Mbooni Campus offer courses that will address the health needs of the locals” Prof. Kaloki said.

He said the Board was working closely with the Makueni County Government to develop Campuses in the County which would spur economic growth and support provision of health care in the health facilities.

CEO Prof. Michael Kiptoo affirmed that KMTC was mandated to produce competent human resource for health towards UHC. In line with this therefore, he noted, students who would be admitted in Mbooni Campus would form part of this.

On his part, Hon. Kivasu said that he was committed in seeing the project come to fruition and would work closely with the KMTC Board to ensure the Campus grows into a fully-fledged institution.

Mbooni Campus was started as an initiative of the KMTC Board of Directors, former Member of Parliament Hon. Munyao Kisoi and the local community. Current M.P Hon. Erastus Kivasu has continued to support development of the Campus.



KMTC Board Chairman Prof. Philip Kaloki, MBS, (left), CEO Prof. Michael Kiptoo (in red tie), Mbooni MP Hon. Erastus Kivasu (in checked coat), Board Director Mr. Mithamo Muchiri (in brown tie) and Makueni Principal Mr. Gabriel Imanyara (second right) during a tour of the newly constructed KMTC Mbooni Campus

KMTC ENHANCES PARTNERSHIP WITH MERU COUNTY IN SUPPORT OF HEALTH TRAINING



Board Chairman Prof. Philip Kaloki, MBS and Meru County Deputy Governor Mr. Titus Ntuchiu (shaking hands) during a meeting in the Deputy Governor's office

New KMTC Campuses are set to be opened in Meru County. This was announced when the KMTC Board led by Chairman Prof. Philip Kaloki, MBS, on July 10th and 11th, 2019 toured Meru County and held consultations with the County leadership on proposals to establish the new Campuses in addition to

developing and enhancing the existing one.

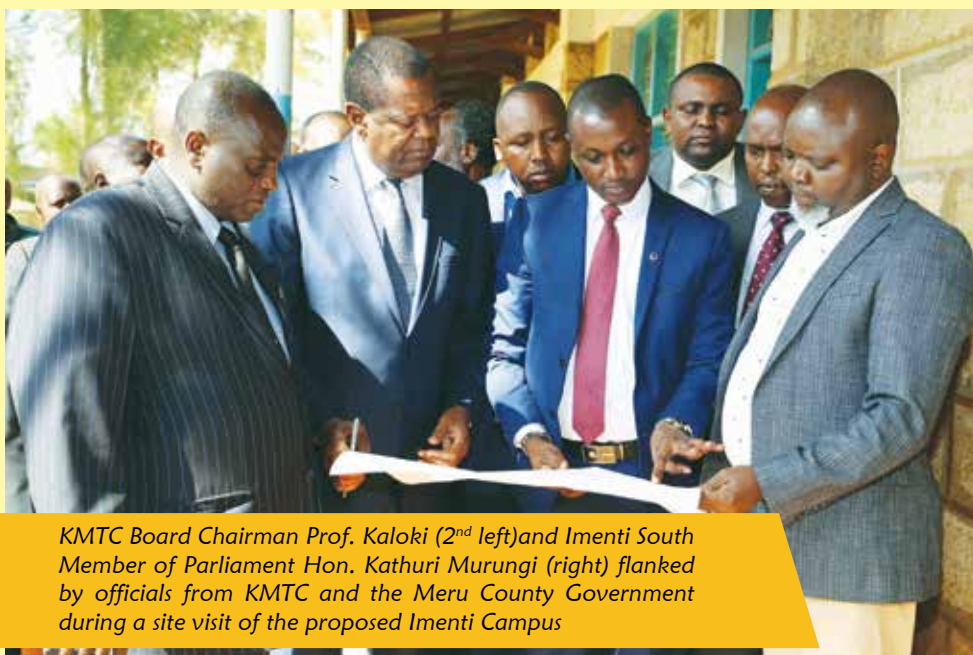
Accompanied by the respective area Members of Parliament, the KMTC team visited Miathene in Tigania West Constituency, Nyambene Level IV Hospital in Maua, Kangeta in Igembe Central and Kanyakine Ward in South Imenti Constituency, where the Campuses are set to

be established. The local leaders undertook to allocate resources to support establishment of the Campuses.

Deputy Governor Titus Ntuchiu noted that the County Government was committed and will enhance partnership between the two institutions because of the great impact the College has had on the County's health care system.

Prof. Kaloki said the College would support establishment of the proposed Campuses as part of efforts to increase access to training opportunities for health professionals towards Universal Health Coverage.

The community expressed their joy at the prospect of the new Medical College and pledged full support saying "the multiplier effect on the economy of the area will be immeasurable."



KMTC Board Chairman Prof. Kaloki (2nd left) and Imenti South Member of Parliament Hon. Kathuri Murungi (right) flanked by officials from KMTC and the Meru County Government during a site visit of the proposed Imenti Campus

COLLEGE TO STRENGTHEN HEALTH SYSTEMS IN TANA RIVER COUNTY

An ultra-modern KMTC Campus is set to be built in Hola, Tana River County after the Government allocated Kshs. 100 Million for that purpose.

Board Chairman Prof. Kaloki said this when the Board paid a courtesy call to the office of the Tana River County Commissioner Mr. Oning'oi Ole Sosio on 28th August, 2019. The Chairman also held a meeting with the County Government officials led by County Secretary Mr. Joshua Kofa to discuss areas of collaboration between the two institutions.

He said KMTC Tana River Campus was part of the efforts by the College to support the Government in strengthening health systems in the Country.

"KMTC students offer invaluable support to Hospitals and Rural Placement sites during their training and after qualification from the College" Prof. Kaloki said, adding a percentage of all admissions to the Campus will be reserved for County residents to train so that they can offer health services to their community and strengthen the healthcare system.

The Chairman said once the new infrastructure that will accommodate more students is ready, it will spur the County's social and economic growth, and create employment opportunities

for the residents. He urged County residents to encourage their children to work hard in school to attain required grades to join KMTC.

County Secretary Mr. Kofa said plans were at an advanced stage to establish the County Headquarters in a new location within the town. He reported that KMTC had also been allocated 25 acres next to the proposed site for the new Tana River Level V Hospital. The placement of the College adjacent to the Hospital is a great asset as KMTC's training is 70% practical in clinical training sites while 30% is theory.

"We are happy that KMTC has provided ample opportunities for our children to train as health professionals," the County Secretary said.

CEO Prof. Michael Kiptoo affirmed that the College was adequately prepared for training nurses and other cadres to meet the health needs of the County.

Board Director Mr. Mithamo Muchiri thanked the County Government under the leadership of Governor Godhana Dadho for considering KMTC while planning for the development of the County. He added that KMTC will work closely with the County Government to provide more training opportunities to improve healthcare services in the County.



Board Director Dr. Emily Koech addresses Students during a College function

COLLEGE TO EXPAND INFRASTRUCTURE FOR HEALTH TRAINING IN KILIFI COUNTY

Kilifi County is set to get a new KMTC Campus in Malindi next to the Malindi Sub-County Referral Hospital.

KMTC Board Chairman Prof. Kaloki said this during a meeting held in the Malindi Sub-County Referral Hospital August 29th, 2019, between the KMTC Board, officials from the Hospital and the County's Health Department.

In the recent past, the College headed by the Board of Directors embarked on a plan to expand infrastructure in its campuses across the country while setting up new ones, to provide access to health training opportunities. This is in line with the College's Strategic Plan of transformative training and research towards achievement of the UHC goals.

Prof. Kaloki said "This will be the second Campus in the County and construction would soon begin with an aim of having first admissions in 2020". In line with this, he added that programs mounted in the Campus would be tailored to address health challenges within the County and the neighboring areas.

Prof. Kaloki thanked the County Government, led by Governor Amason Kingi for the cooperation and support towards establishment of the new Campus.

The current KMTC Kilifi Campus is located in Kilifi Town next to Kilifi County Referral and Teaching Hospital. It was established in 1987 and was offering training in Medical Engineering, with an aim of solving the problem of maintenance and repair of hospital and medical equipment used for clinical, diagnostic and therapeutic care in hospitals and health centres in Kenya. The Campus has over 700 students pursuing Higher Diploma, Diploma and Certificate level courses in Nursing, Medical Engineering and Clinical Medicine & Surgery.

Ag. Sub-county Medical Officer for Health in Malindi Ms. Emily Karisa, said the area residents were eagerly awaiting the establishment of the Campus as it will not only provide training opportunities for their children, but will also open up the area to more development.



Board Director Mr. Frederick Wamwaki addresses Students during a College function

KMTC LOITOKTOK GETS MORE CLASSROOMS TO SUPPORT EXPANSION OF TRAINING



KMTC Board Chairman Prof. Philip Kaloki, MBS, commissions the new classrooms. Looking on are Kajiado South MP Hon. Metito (2nd right), College Registrar Dr. Lucy Waweru and Loitokitok Principal Dr. Caleb Mutua (right)

Kajiado South MP Hon. Katoo Ole Metito officially commissioned two classrooms built at a cost of Kshs. 3 million and 40 desks valued at Kshs. 280,000 at KMTC Loitokitok on October 24th, 2019. The classrooms were built through the support of Kajiado South National Government Constituency Development Fund (NG-CDF).

He noted that the Kajiado County Government, through the support of the National Government, had equipped the Loitokitok Sub-County hospital with ultra-modern equipment as well as improved infrastructure, which would translate into enhanced training for KMTC Loitokitok Campus Students.

“Let others know that KMTC is ready and has the capacity to offer training opportunities for those who meet the minimum qualifications,” Hon. Metito said.

KMTC Chairman Prof. Philip Kaloki, MBS, said the Board would allocate funds for constructing more classrooms to support the Campus’ capacity to offer more courses. Additionally, the Campus would get a double cabin pick up and another bus to ease transport of students and staff to clinical training sites.

He further noted that expansion of the Campus would not only benefit Kenyans but also Tanzanians, who border the Campus, in line with the East Africa Community cooperation.

Representing the CEO, Registrar Dr. Lucy Waweru urged the students to nurture the seed of knowledge that has been placed to them as well as go out and make an impact in the lives of those they serve.

Principal Dr. Caleb Mutua said the partnership between the Campus and hospital had led to improved health services at the Hospital.

CAMPUSES SIGN MoUS IN SUPPORT OF TEACHING AND LEARNING

KMTC Campuses in Eastern region signed a Memorandum of Understanding (MoU) with the County Government of Makueni and Kitui on July 24 and 5th November, 2019 respectively, to allow students from the campuses use the health facilities for clinical attachment at no fee.

The Campuses are: Makueni, Machakos, Makindu, Mbooni, Kitui, Mwingi, Kangundo, Loitoktok, Garissa, Embu, Meru, Chuka, Isiolo and Manza.

Principals from the Campuses represented the College while the County Government of Makueni was represented by County Executive Committee Member for Health Dr. Andrew Mulwa and Chief Officer of Health Dr. Patrick Kibwana. Dr. Mulwa commended KMTC for introducing courses that target health challenges in the rural areas.

The Campuses have been working closely with the medical workers in the County Government of Kitui to mentor Students while on their clinical placements in order to equip them with

more skills in their various fields.

In another occasion, Principals from the Coast region; Kilifi, Voi, Port Reitz, Msambweni, Mombasa, Kwale, Tana River and Lamu Campuses signed an MoU with King Fahd Level 5 Hospital in Lamu Island on 18th November, 2019 to facilitate use of the health facilities for Students during practical training.

The Principals also signed another MoU with Tana River County Executive Committee member in charge of health Ms. Mwajuma Hiribae on 26th November, 2019 in Hola District Hospital to facilitate Students undertake clinical placement at the facility as part of their training.

On the other hand, Voi Campus signed an MoU with St. Joseph Shelter of Hope Mission Hospital and Wesu Sub-county hospital to increase the number of clinical practicum sites where students undertake their practical training.

The College aims at cultivating stronger relationships with like-minded partners in support of teaching and learning.



Coast region Principals receive a copy of the signed MoU from Tana River Health CECM Ms. Mwanajuma Hiribae

KMTC MSAMBWENI CAMPUS GROWTH ON COURSE



Board Director Ms. Ruth Okowa (centre) during a College function

Infrastructural development worth Kshs. 75 Million currently going on at KMTC Msambweni Campus was on course.

This was observed by the Board during a visit to the Campus on 30th August, 2019 to assess progress of development projects. A multi-purpose hall for organizing various College functions; a tuition block that will house more class rooms, offices and skills labs; a gate and perimeter wall to enhance security of students and property, were under construction.

Board Chairman Prof. Kaloki commended the campus staff led by Principal Peninah Ndambuki for their good work

in making KMTC Msambweni a formidable institution. The Chairman said the government was keen on ensuring growth of the Campus so that it can contribute to the achievement of UHC goals for all Kenyans by 2022.

The ongoing infrastructural development follows an undertaking made by H.E President Uhuru Kenyatta in 2018, when students from the Campus visited him in State House Mombasa. The President undertook to continue supporting needy students to train at KMTC in addition to supporting various infrastructural development projects in the Campus.

Board Director Mithamo

Muchiri noted that the expanded infrastructural capacity will enable mounting of new programmes and courses that will be tailored to address the health needs of the County and the country as a whole and as a result, the student population would further grow.

Principal Ndambuki noted the Campus had experienced exponential growth with an increase in Student's population and additional courses. Senior Administrator in the Campus Mr. Said Darwesh thanked the Board for the increased staff benefits as a result of the re-categorization and conveyed the Staff's commitment of hard work to cement the place of KMTC Msambweni as an academic giant.

EXPANSION PLANS FOR KMTC VOI ON COURSE



Board Director Mr. Mithamo Muchiri addresses KMTC Voi Students during a Board visit to the Campus

The Board visited KMTC Voi on 21st November, 2019 to assess progress of development projects.

The Campus was established in September 2016 as an initiative of the KMTC Board, Voi Member of Parliament Hon. Jones Mlolwa and the Taita Taveta County Government.

Chairman Prof. Kaloki said Hon. Mlolwa had through the Voi NG-CDF undertaken to construct six more classrooms to allow for mounting of additional programmes in the Campus.

The Chairman said the KMTC Board would support further infrastructural development in addition to deploying more faculty to the Campus. The Campus would also get a new bus and double cabin pick up to ease transport of Students and staff to clinical training sites.

Board Director Mithamo Muchiri assured Students that the Board would continue enhancing its support to the Campus to give them the best learning environment.

TAVETA CAMPUS PIONEER STUDENTS MAKING IMPACT IN SERVICE DELIVERY

Taveta Campus which opened its doors in September 2019 to 150 pioneer students has opened up the area to more economic growth, continued to enhance and strengthen health systems in the County as well as support health services provision at the Taveta Sub-county hospital.

Speaking when the Board paid a courtesy call to the Campus on 22nd November, 2019, Prof. Kaloki hailed Taveta Member of Parliament Hon. Naomi Shaban for spearheading establishment of the Campus noting that

over a period of five years, the NG-CDF had funded construction of a state of the art multimillion Campus to a tune of Kshs. 180 Million.

The Campus currently offers a foundation course in Community Health and Development.

The Chairman further said the Campus would mount additional courses in March 2020 in support of strengthening health systems in Taveta Sub-county and the county as a whole.



Board Director Dr. Mary Nandili (3rd left) plants a commemorative tree during a College function

NEW WORKS COMMITTEE OFFICIALS ELECTED

KMTC staff elected new officials to represent them in the Works Committee for a period of two years.

The Works Committee represent staff interests in a Union of their choice, currently being KUDHEIHA, who have a recognition agreement signed in 2010 with the College on their behalf.

At KMTC, the elections begin at the Campus level where Campus representatives; a Chairman, Shop Steward and Secretary, are elected. The Campus representatives then gather in one place where they elect the National Executive Officials from amongst themselves. The National Executive Officials constitute of: a Chief Shop Steward, Deputy Chief Shop Steward and National Secretary.

The Campus representatives and the National Executive Officials constitute the College Works Committee, who handle labour issues on behalf of Staff.

The National Executive officials, Union Officials and any other co-opted member by the Union, participate in negotiation for Collective Bargaining Agreement with the College Management.

In the National elections held

at Nakuru Campus on August 15th 2019, Mr. Aden Omar Mohammed from Nairobi



Chief Shop Steward
Aden Mohamed

Campus took over as the Chief Shop Steward from Ms. Alice Waigi, whose term ended. Mrs. Cheboi Phyllis from Eldoret Campus is the new Deputy Chief Shop Steward while Ms. Ann Kanini from KMTC Nairobi takes over as the National Secretary.

To equip them with knowledge on harmonious labour relations, the elected Works Committee Officials attended an induction and familiarization workshop in Mombasa from 9th - 12th September 2019.

Speaking during the induction workshop, Board Chairman Prof. Philip Kaloki, MBS, said the Board recognizes the importance of employee welfare and is committed to

ensuring a conducive working environment for all staff.

He called upon staff to have harmonious working relationships, embrace a culture of change and positive attitude to “transform KMTC to the best mid-level College in East Africa and beyond.”

“Communication is key in addressing all staff issues to promote harmony in the work place,” CEO Prof. Michael Kiptoo said. He called upon the Works Committee Officials to respect the mandate entrusted to them and encouraged staff to air their grievances using the available communication channels to enhance good industrial relations.

Chief Shop Steward Aden Mohamed thanked Staff for electing him. He further thanked the Board and Management for initiating reforms which were bearing desired results. He said Staff had better terms of employment as a result of recategorization, which also gave them an opportunity to take up research. He added that Health workers allowances had been paid, Staff benefitted from promotions, transport reforms, mortgage and had a conducive working environment. He called upon all to support the College achieve its mandate.

TRANSITIONS

It is with great sadness that the College reports the passing on of the below Officers, which occurred on diverse dates between July and December 2019. We appreciate the services they rendered. They will be greatly missed and may their Souls Rest in Eternal Peace.



Mr. Joseph Kirui a Senior Lecturer at Bomet Campus served KMTc from 2008 until his demise on 5th July, 2019.

Ms. Mary Daniel from Kitui Campus has served the College since 2005 and had ascended to the position of Support Staff Supervisor III before her demise on 22nd July, 2019.



Mr. Francis Ochoi of Nakuru Campus has served the College since 2010 as a support staff until his demise on 3rd August, 2019.

Mr. Benson Orero of Kombewa Campus has served the College since 2008 as an Administrative Officer I until his demise on 5th August, 2019.



Ms. Grace Amayo was appointed in 1976 and until her demise on 28th August, 2019 was a Chief Librarian at Nairobi Campus.

Mr. Augustus Milai has served the College since 1991 as a Senior Medical Laboratory Technician Lecturer, and until his demise on 6th September, 2019 was serving as a head of department, Medical Laboratory Sciences in Kitui Campus.



Mr. John Kirenje from Kilifi Campus was appointed in 2010 and until his demise on 10th October, 2019 was a Support Staff II.

Ms. Eunice Kiema of Mwingi Campus was appointed in January 2019 as a Lecturer, a position she served till her demise on 11th November, 2019.



WANT TRUE HAPPINESS? MAKE IT THE MOST IMPORTANT THING IN YOUR LIFE

Everybody wants to be happy, but most people give up their happiness for just about anything.

Have you seen people do any of the following – and maybe even done something similar yourself?

Someone cuts in front of them on the highway, so they slam down the horn and shout some choice words – even though they know the other person cannot hear them. They see something negative in the news – a disaster, a crime, a political squabble – and they get upset. They may rant about how terrible everything is or frantically search the Internet for more details. They lose their job and feel like their life is falling apart. They get angry, blaming their boss, their coworkers or the economy. They panic about their future, go into victim mode, and become bitter and depressed.

We all do things like this to some degree. We lose our cool and abandon our happiness because things happen that we do not like. They seem like threats, so we feel afraid and angry.

But there is one thing you have to understand if you want to be happy: External events don't make you unhappy. You do.

Specifically, it is your mind that makes you unhappy... by creating negative stories about what is going on around you.



By Gladys Motende

How You Make Yourself Unhappy

There is a common misconception that your happiness is supposed to be affected by external factors, such as traffic, the news, or losing your job...

You may think, “I will be happy when ____.” Or “I am frustrated because ____.” Or “____ makes me so mad!”

As humans, we may have a wide range of emotions, and we feel them as reactions to what is going on around us. That is only natural, right?

Well, yes and no.

Research shows that how you think about happiness plays a big role in how happy you feel. If you think of your

happiness as fragile, temporary, or based on the conditions of your life, it will be.

Of course, we want to be able to feel all of our emotions, but that does not mean they have to control our lives. We should be able to explore the world around us and experience feelings associated with living in that world, but that does not mean we lose ourselves to those emotions.

Even if you have a moment of some negative feelings, you do not have to let it take away your baseline happiness. Happiness comes from inside of you.

Do not let outside factors determine your level of happiness as attaching your happiness to external factors is a recipe for misery.

Why You Must Prioritize Happiness

- Your Mind is not Wired for Happiness

Your mind is wired for survival, so most of the thoughts it creates are based in fear, not happiness. It is on constant alert for everything that is or could be wrong. That is its job. And we need it to do its job. We just can not let it take over every response in our life if we want to be happy, because that is not its job.

- Practice Makes Permanent (Not Perfect!)

To have true and lasting happiness, you have

to practice stepping outside the programming of your own mind.

First decide what to think about happiness, and then practice those thoughts that will help you be happy.

Your Priorities Channel Your Energy

When you choose to make happiness a priority in your life, you will notice that your thoughts will be focused and clear. You will naturally channel your energy towards things that serve you.

If you do not prioritize your happiness, you will keep focusing your energy on problems... whether real or imagined.

Bottom line, if you cannot tap into happiness on the inside, you will never be satisfied with material possessions or with anything you do in life. So let us make happiness your top priority, and let the rest of your life flow from there.

“When you choose to make happiness a priority in your life, you will notice that your thoughts are now focused and clear.”

By T. Harv Eker

About the Author: - Ms. Gladys Motende is a Senior Lecturer and Principal at KMTC Rachuonyo Campus

NATURE: THE BEST MEDICINE



By Dr. Jebichi Maswan

Tired of feeling sluggish all the time? It's time to go outdoors. The daily routine of an average urbanite: wake up at 5.00 am, make tea in a dimly lit house, pre-dawn travel to the office, spend the day tapping away in a stuffy office under fluorescent lights, in front of computers, and intermittently checking your smart phone for updates from the "outside world"; then return home at dusk to bask in the glow of a television screen.

An employee working in a typical modern desk job may spend as little as 15 minutes outdoors during the day. Instead of basking in natural sunlight, many people today bask in glowing screens, in a stressful fast-paced workplace. This sedentary indoor lifestyle puts us out of sync with the natural biological rhythm of life - a modern day tragedy taking a toll on our health and happiness.

Staying indoors is bad for our health. In trying

to cope with the shaded, sedentary world, bodies fail to make strong bones to support excess weight, eyes struggle to focus without the help of lenses, respiratory problems and allergies increase. Staying indoors all day affects our mood, causing anxiety and lack of sleep, because sunlight resets our clocks to be in tune with environmental time. Absence of natural light can throw off our internal rhythms making us restless and less productive.

Health Benefits of being outdoors

There are several science-backed reasons to go outside and enjoy the natural world:

- ✓ Nature is prescription for mental health. Walking in nature reduces risk of anxiety and depression
- ✓ Being outdoors can stop obsessive negative thoughts. The outdoor sense of peace helps settle jumbled up negative thoughts, making your head clearer
- ✓ Being outdoors has a de-stressing effect. Being outside changes the physical expression of stress in the body
- ✓ Nature walks have memory-promoting effects. A study on depressed individuals found that walks in nature boosted working memory
- ✓ Exposure to "natural environments" may reduce allergy risks by more than 90%
- ✓ Being outdoors increases your vitamin D levels. Vitamin D is vital for strong bones and overall health, including better moods

- ✓ Exposure to sun rays helps calibrate your body's circadian "clock", which regulates everything from appetite and sleep schedules to mood and energy levels
- ✓ Walking in the woods can improve blood pressure and decrease cancer risk
- ✓ Hiking can help improve Attention Deficit among children and reduces impulsive behavior
- ✓ Walking outdoors in the morning helps knock your body out of sleep mode, making you energized for the day
- ✓ Studies have found that creative problem solving can be improved by completely disconnecting from technology (including your phone) and connecting with nature
- ✓ Being in the outdoors can be great exercise. Outdoor activities such as hiking and biking are great exercise and good for the heart, lungs and muscle too
- ✓ Like meditation and other practices that promote mindfulness, spending time in nature seems to relax and heighten your focus while simultaneously clearing your mind's workload
- ✓ Being outdoors improves happiness and productivity. When you're happy, you are more productive!

Create time for outdoor

In the midst of your busy days, you can still find a way to connect with nature:

- Go outside in small doses. Spending time outdoors doesn't have to take up your entire day. Sneak in short walks during tea/lunch breaks
- Work outdoor. Take your laptop to a local green space and enjoy the sunlight while still getting work done. You can also take office meetings outdoors
- Avoid ordering things via mobile or sending the 'bodaboda' rider, and instead walk to your shopping mall
- Go on a nature retreat/holiday or better still visit your village regularly. There is something magical about spending several days in beautiful natural settings, whether a forest or farm
- Develop an outdoor hobby. Many hobbies take us outdoors. Try hiking, outdoor games, gardening, photography, or even outdoor cooking
- Schedule your outdoor time just like any important appointment that can't be canceled or rescheduled. Your time is precious, use it to enhance your health and happiness
- Take your social gatherings outside. Rather than meeting your friends at a bar, plan to go for a hike or put that beer money towards an outdoor activity. You won't have to worry about noise and crowds. Get outside with your friends and make real memories

Enjoying the great outdoors allows us to focus on our surroundings, be in awe of how beautiful creation is, and be reminded that we are a part of something far greater than ourselves.

About the Author: Dr. Jebichi Maswan is a Senior Chief Principle Lecturer and head of Institutional Advancement at KMTc.



KENYA MEDICAL TRAINING COLLEGE

Citizens' Service Delivery Charter

Service	Requirements	Cost	Waiting time
Information and Feedback			
Customer service	Enquiry	Free	Ten minutes
Attendance to phone calls	A phone call	Free	Ten seconds
Response to complaints, compliments or suggestions	Receipt of complaints, compliments or suggestions	Free	Fourteen days
Communication	Access to College communication channels	Free	Instantly
Students Admission Process			
Receipt of applications for advertised College Programmes/Courses	Online submission of application	Kshs 2,022 (application fee)	Instantly
Publication of selected applicants in the media	None	Free	Fourteen days after selection
Communication to selected applicants	None	Free	Fourteen days after selection
Admission of successful applicants	Admission letter and other documents	Prescribed fee	Reporting day
Establishment of applicants' register	Applicants' details	Free	Instantly
Teaching, Examinations and Graduation			
Teaching, learning and administering examinations	90 percent class attendance	Full payment of fees	As per Curriculum
Release of examination results (Promotional and Final Qualifying Examination)	None	Free	Thirty days after the last exam
Issuance of academic transcripts	Completion of studies and written request	Kshs 1,000	Thirty days
Graduation ceremony	Completion of studies and payment of graduation fee	Kshs 2,500	First Thursday of every December
Certification	Graduation	Free	After graduation
Verification of College Certificates	Written request	Kshs 2,000	Two days
Alumni Association			
Registration of Alumni	Completion of Alumni registration form	Prescribed fee	Instantly
Consultancy and Professional Services			
Provision of professional services and consultancy	Request and ability to meet expenses	Prescribed fee	Within sixty days
Accommodation			
Provision of accommodation (optional and subject to availability)	Accommodation fees	Prescribed fee per year	Within one day
Medical Services			
Provision of medical care to students, staff, their family members and the public	Health condition	Prescribed fee	Instantly from 8:00 a.m. to 5:00 p.m. on weekdays
Counseling and HIV Testing Services (HTS)	Willingness	Free	Instantly from 8:00 a.m. to 5:00 p.m. on weekdays
Disciplinary Cases			
Resolution of students' disciplinary cases	Appeals	Free	Thirty days after appeal
Procurement			
Tender documents/quotations, prequalification results	Collection and filling in of tender documents	Maximum Kshs 5,000	60 days after the closing date
Payment for goods and services	Duly signed invoices and supporting documents	Free	30 days
Human Resource Services			
Staff recruitment, placement & promotion	Advertised vacancies, application letter and interviews	Free	Within 90 days
Services to the physically challenged	Presentation of physical challenge	Free	Instant and continuous
Services to visually and hearing impaired persons	Visual and hearing impairment	Free	Instant and continuous

For complaints, compliments or suggestions, contact: The Chief Executive Officer, KMTC,
P.O. BOX 30195-00100, TEL: 020-2725711/2/3/4, or Fax: (+254)020-2722907, Email: info@kmtc.ac.ke, Website: www.kmtc.ac.ke,
Incase you are dissatisfied, report to the Public Complaints Office, KMTC HQ, 1st Floor Room 108, or Email complaints@kmtc.ac.ke, or call 0742478789,
Or write to the Commission on Administrative Justice, P.O. BOX 20414-00200 Nairobi, or Call 020-2270000.



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