

CHIEF EXECUTIVE OFFICER'S MESSAGE



CEO, Dr. Kelly Oluoch

I am delighted to welcome you to the November 2024 edition of the Kenya Medical Training College (KMTC) newsletter.

This issue brings exciting updates that highlight our commitment to excellence in medical training. Health insurance is a hot topic, and KMTC is actively part of the conversation. We recently hosted a stakeholder engagement forum in Nairobi, focusing on strengthening health insurance for sustainable healthcare access. With key players backing the Social Health Insurance Fund (SHIF), we are finalizing a Scheme of Service for Health Insurance Management Personnel to support career growth and professional development.

To enhance institutional sustainability, we engaged stakeholders in a workshop on our updated Human Resource instruments, ensuring our policies align with national regulations. This step keeps us competitive in attracting and retaining top talent while maintaining high standards in service delivery.

On the recognition front, KMTC's commitment to good governance and healthcare education was celebrated at the Champions of Governance (CoG) Awards, where we received the Education Sector Award and Board Chairperson of the Year Award. Additionally, we secured second place in the Education Sector category at the regional CIO100 Symposium, reinforcing our leadership in healthcare training.

Partnerships continue to drive our growth. A new Memorandum of Understanding (MoU) with the County Government of West Pokot will expand training opportunities for our students, further strengthening our impact.

We are also revitalizing the KMTC Alumni Association to enhance mentorship, networking, and professional development. Our Alumni play a crucial role in shaping the future of the College, and we are excited to strengthen these connections.

In our commitment to student well-being, the Safer Campuses Campaign is promoting inclusive learning envi-

ronments. Additionally, recognizing the critical role of boda boda riders in emergencies, we have trained over 1,000 riders in life-saving skills to improve road safety and enhance community healthcare support.

These achievements are a demonstration to the dedication of our staff, students, alumni, and partners. As you explore this newsletter, I encourage us all to continue working together to advance quality healthcare education.

Thank you for your continued support.

CORE STATEMENTS

VISION:

A globally competitive institution for training human resource for health.

MISSION:

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

CORE VALUES:

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

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Health Insurance Strengthening Forum Conducted



Ag. Director of the Directorate of Public Health and Sanitation Dr. Grace Ikahu (2nd left) with KMTTC Board Chairperson Mr. Joseah K. Cheruiyot (2nd right), CEO Dr. Kelly Oluoch (left) and the Head of Benefits Design and Claims Management at the Social Health Authority Dr. Samson Kuhora (right), during the stakeholder engagement forum in Nairobi.

The College hosted a stakeholder engagement forum on November 28, 2024, in Nairobi, focusing on strengthening health insurance for sustainable healthcare access. The event brought together stakeholders from the Social Health Authority, Kenya Medical Practitioners and Dentists Council, Kenya National Qualifications Authority, County Governments, health facilities, among others.

In a speech read on her behalf by the Acting Director of Public Health and Sanitation, Dr. Grace Ikahu, the Health Principal Secretary for Public Health and Professional Standards Mary Muthoni Muriuki reiterated the government's commitment to reducing healthcare costs through the Social Health Insurance Fund (SHIF).

"The rollout of the Social Health Authority is a demonstration to these efforts. It addresses pending National Hospital Insurance Fund (NHIF) claims, funds the Linda Mama program, and ensures capitation payments for SHA," she noted. The PS highlighted that within two months, a total of 15.3 million Kenyans had enrolled in SHIF, including

5.9 million transitioning seamlessly from NHIF. She added that over 7,800 healthcare facilities are supported, 46,911 healthcare workers are engaged, and Kshs. 3.7 billion was disbursed to facilities in the past week alone.

The PS lauded KMTTC for introducing a Diploma in Health Insurance Management, highlighting that it equips graduates with critical skills to enhance health insurance systems, manage claims, foster accountability, and improve service delivery for all Kenyans.

She however, noted that equipping health workers with specialized skills, will ensure that the health system not only thrives but also meets the needs of underserved communities.

KMTTC Board Chairperson Mr. Joseah K. Cheruiyot, highlighted the College's commitment to advancing Universal Health Coverage through its 2023-2028 Strategic Plan. "This Plan focuses on producing globally competitive health professionals by enriching the learning experience, providing practical skills, and prioritizing lifelong training," he said.

KMTC CEO Dr. Kelly Oluoch revealed that the College is finalizing a Scheme of Service for Health Insurance Management Personnel, which aims to provide clear career pathways, recognize prior learning, foster continuous professional development, and enable strategic deployment across national and county health systems.

Dr. Oluoch urged stakeholders to align policies that integrate health insurance professionals into existing health systems and mobilize resources to expand training infrastructure. He said KMTC remains committed to collaborating with partners to ensure the seamless implementation of this key initiative.

The Head of Benefits Design and Claims Management at SHA, Dr. Samson Kuhora who represented Acting CEO of

SHA Mr. Robert Ingasira, expressed gratitude to the stakeholders for their participation in the forum, noting that their contributions will play a significant role in strengthening the scheme.

“We welcome more ideas from the public and will endeavor to implement them to ensure we provide the best services for our people,” he said. “The journey to providing affordable healthcare is underway. While there may be challenges along the way, we are confident that we will ultimately succeed” he added.

The workshop concluded with the signing of a joint communique with a rally call on stakeholders to align their efforts towards sustainable and inclusive health insurance.



KMTC Lecturers Mr. James Owuor and Ms. Caroline Owino during the forum.

Advancing Institutional Excellence With Sensitization on Reviewed HR Policies



KMTTC Board Directors, Management, Staff and team of experts from Public Service Commission during the workshop in Naivasha.

The College has embarked on an initiative to enhance institutional sustainability through a sensitization of its recently reviewed Human Resource instruments. In a workshop held in Naivasha, the KMTTC Board of Directors, led by Chairperson Mr. Joseah K. Cheruiyot, and the Management team, led by CEO Dr. Kelly Oluoch, engaged with stakeholders on HR policies and procedures as approved by the Public Service Commission (PSC).

Facilitated by Public Service Commission consultants, the forum emphasized aligning KMTTC's HR policies with national regulations to meet emerging institutional needs and future-proof the College's operations. The updated instruments cover organizational structure, grading, staff establishment, career guidelines, human resource policy and manual, as well as the salary structure, ensuring that the College remains competitive in talent attraction, employee motivation, and service delivery.

The reviewed HR instruments aim to, among others, entrench the promotion and reporting of National Values and Principles of Governance in the management of human resource.

Speaking during the event, Mr. Cheruiyot highlighted the significance of these reforms: "The reviewed HR instruments are key in supporting KMTTC's ambitious expansion

goals, including the growth in number of campuses, broadening course offerings, and accommodating the increased number of students. By embedding equity, efficiency, and innovation in human resource management, these reforms enhance our capacity to deliver on our mandate while fostering a motivated and high-performing workforce."

Dr. Kelly Oluoch echoed the Chairperson's sentiments, emphasizing the role of these instruments in ensuring KMTTC's sustainability: "At KMTTC, our strength lies in our human resource. By equipping our staff with clear guidelines and career growth pathways, we are investing in a workforce that is motivated, empowered, and ready to deliver transformative healthcare education and services."

The five-day forum was held from 18th to 22nd November, 2024 in Naivasha. It highlighted the College's commitment to adopting best practices in human resource management, aligning with its strategic mission of developing fit-for-purpose health professionals through transformative training, research and consultancy.

Additionally, Ms. Emelda Mogoi, Assistant Director of National Cohesion and Values, conducted an enlightening session on National Values and Principles of Governance, as outlined in Article 10 of the 2010 Constitution.

College Clinches Prestigious Awards at the 13th Edition of the Champions of Governance Awards



KMTCC Board of Directors, Management and Staff receive the Champions of Governance Award from the Deputy Chief of Staff in Charge of Performance and Delivery Management in the Executive Office of the President Mr. Eliud Owalo.

The College has been recognized for its commitment to good governance and healthcare education, earning the Education Sector Award and the Board Chairperson of the Year Award at the 13th Edition of the Champions of Governance (CoG) Awards. The event, organized by the Institute of Certified Public Secretaries of Kenya (ICPSK), was held on November 29, 2024, in Nairobi.

The award ceremony was attended by members of the KMTCC team, including Board Chairperson Mr. Joseah K. Cheruiyot, CEO Dr. Kelly Oluoch, Board Director Dr. Hezron Omollo, Deputy Director of Finance and Planning Ms. Lucy Chebungei, and other staff.

In his remarks, Board Chairperson Mr. Joseah Cheruiyot expressed gratitude to the College fraternity for their contributions.

“These awards are a recognition of the collective efforts of the KMTCC family. They reflect our dedication to building governance frameworks that uphold accountability and transparency. I appreciate the commitment of my fellow Board Directors, whose stewardship has been critical to these achievements” he said.

CEO Dr. Kelly Oluoch highlighted the importance of collaboration in achieving governance milestones. “This recognition underscores KMTCC’s commitment to adopting governance practices that enhance operational effectiveness. I

thank our Board Directors, staff, students, and stakeholders for their continued support, which has been instrumental in our success.”

The awards and coordination of the exercise were a comprehensive undertaking, carefully organized and facilitated by the College’s Corporation Secretary, Ms. Caroline Muchina.

The CoG Awards acknowledge institutions that demonstrate excellence in governance, emphasizing principles such as accountability, transparency, and integrity, which are essential for sustainable growth and social cohesion.

KMTCC’s achievements are further reflected in its substantial role in healthcare training, with the College contributing over 85% of Kenya’s healthcare workforce. Its commitment to innovation and leadership in education was also recognized earlier this year at the 2024 Digitally Fit Awards, where it was named Business of the Year for its effective use of digital platforms and won the Gold Award in the Technical Training Institutes and Polytechnic category.

As KMTCC celebrates these awards, it looks ahead to the upcoming graduation, scheduled for December 5th, 2024, at the Moi International Sports Centre, Kasarani. During this event, 21,261 graduands will receive higher diplomas, diplomas, and certificates. Equipped with essential skills, they are prepared to contribute to Kenya’s Economic Transformation Agenda and advance Universal Health Coverage through a Primary Health Care approach.

KMTC Emerges Second at the CIO 100 Awards



KMTC ICT Manager Dr. Kenneth Riany (left) receives the CIO100 Award.

The College secured second place in the Education Sector category at the regional CIO100 Symposium and Awards, held on November 22, 2024, in Naivasha. Lagos Business School clinched the top spot, while the International School of Kenya took third place.

CEO Dr. Kelly Oluoch, welcomed the achievement, describing it as a significant milestone. He emphasized that the College's digital transformation efforts are gaining recognition. Acknowledging its performance, the College received a Silver and Bronze Mark from the event organizers.

The ICT Manager, Dr. Kenneth Riany, was recognized during the event as one of the 17 CIO of the Year 2024 finalists for his outstanding leadership in Information Technology.

Last year, KMTC emerged as the category winner, beating over 600 competitors in the prestigious awards.

The CIO100 Awards, organized by CIO Africa under dx5, celebrate organizations and individuals leveraging IT to

deliver business value. This includes; creating a competitive advantage, optimizing processes, enabling growth, enhancing customer relationships, and driving digital transformation.



New Facility Acquired to Enhance Medical Training in West Pokot



West Pokot County Governor Hon. Simon Kachapin (4th right) handing over the signed MoU with the KMTC Board of Directors, Management and Staff at the West Pokot County Government Headquarters.

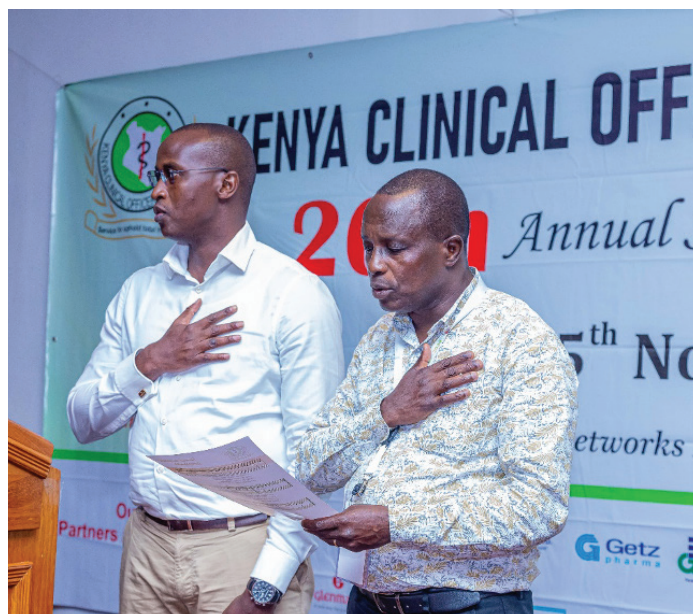
KMTC Board Chairperson Mr. Joseah K. Cheruiyot and CEO Dr. Kelly Oluoch signed a Memorandum of Understanding (MoU) with the County Government of West Pokot to strengthen cooperation and enhance medical training opportunities in the county. As part of this agreement, the County Government has allocated the former Aramaket ECDE College to KMTC, providing a new facility to support KMTC's expansion in the region.

The signing ceremony held on November 14, 2024, was graced by Governor Simon Kachapin, along with key county officials including County Secretary Mr. Jonathan SiwanYang, CEC for Education and Vocational Training Mrs. Rebecca Kide, and Chief Officer for Vocational Training Mr. Julius Lokituman.

In a unified message, Mr. Cheruiyot and Dr. Oluoch expressed gratitude for the county's support and shared KMTC's vision for further growth.

With the addition of the new facility, KMTC Kapenguria aims to increase enrollment to 2,500 students in the next academic year and expand its program offerings to meet the rising demand for health professionals in the area.

Governor Kachapin commended KMTC's contributions to expanding educational opportunities, which have enabled the county to develop a skilled healthcare workforce. He encouraged residents to take full advantage of these resources to enhance their career prospects in the health sector.



KMTC CEO Dr. Kelly Oluoch (left) with KCOA Chairperson Mr. Albert Taiti during the official opening of the Conference.

KCOA Conference Highlights Clinicians' Role in UHC

The 26th Annual Kenya Clinical Officers' Association (KCOA) Conference, themed "Role of Clinicians in Primary Health Care Networks in Achieving Universal Health Coverage," took place in Mombasa from November 13 to 15, 2024. The event brought together clinical officers, healthcare professionals, policymakers, and other stakeholders to discuss the critical role of clinicians in strengthening primary healthcare networks.

Participants explored strategies to advance Kenya's Universal Health Coverage (UHC) agenda, with discussions emphasizing innovation, collaboration, and equitable access to quality healthcare. Sessions focused on equipping clinicians with the necessary insights and approaches to enhance healthcare accessibility, improve patient outcomes, and reinforce Kenya's healthcare systems, particularly in underserved communities.

Health Cabinet Secretary Dr. Deborah Mlongo Barasa, represented by KMTC CEO Dr. Kelly Oluoch, officially opened the conference, while PS Mary Muthoni Muriuki, Principal Secretary for Public Health and Professional Standards at the Ministry of Health, presided over the closing ceremony.

As the event came to a close, participants expressed a renewed commitment to strengthening healthcare delivery and ensuring equity in access to quality healthcare services.

New Classrooms Commissioned at Bomet Campus



CEO Dr. Kelly Oluoch (center), Bomet East Member of Parliament Hon Richard Yegon (third left), Principals, staff and students during the commissioning of classrooms at Bomet Campus.

In a significant step toward enhancing teaching and learning facilities, CEO Dr. Kelly Oluoch, alongside Bomet East Member of Parliament Hon. Richard Yegon, officially commissioned four new classrooms at Bomet Campus on November 16, 2024. The project was funded through the National Government Constituencies Development Fund (NG-CDF).

Speaking at the event, Dr. Oluoch expressed gratitude for Hon. Yegon's steadfast support in upgrading the campus' infrastructure. He highlighted the broader impact of the new facilities, noting their role in enhancing the learning environment and driving local economic growth.

"The additional infrastructure, including classrooms and hostels, will enable us to introduce more academic programs and admit more students. This increased capacity will directly uplift the economic status of the surrounding community," Dr. Oluoch remarked. He also shared updates on ongoing projects, including a modern library and an ICT center, which are expected to be completed by early next year.

Dr. Oluoch further encouraged students to seize the opportunities provided by the improved facilities, emphasizing the transformative power of education in shaping their futures. He also reassured attendees of ongoing discussions in the National Assembly, spearheaded by the Ministry of Health, aimed at enabling KMTC students to access HELB loans.



Bomet East Member of Parliament Hon. Richard Yegon (left), during commissioning of classrooms in Bomet Campus.

Hon. Yegon reiterated his dedication to supporting Bomet Campus, announcing a Kshs. 20 million allocation from the NG-CDF for constructing a new administration block. Additionally, he pledged Kshs. 650,000 for an ablution block and two water tanks to further enhance campus facilities.

The event brought together local leaders, including ACC Bomet East Division Jane Maina, members of the Bomet East NG-CDF committee, KMTC Principals: Alice Ong'era (Bomet), Techla Marindany (Narok), alongside staff and students.

CEO Inaugurates Interim Office to Revitalize Alumni Association



CEO Dr. Kelly Oluoch (centre) and KMTc Alumni Committee during the meeting at the College headquarters.

In a significant step towards reconnecting and empowering former students, CEO Dr. Kelly Oluoch has officially inaugurated an interim office dedicated to revitalizing the KMTc Alumni Association. During the ceremony, the CEO pledged the College's full support to ensure the association becomes a dynamic platform for alumni engagement and growth.

The CEO emphasized that the revamped association will foster a vibrant and inclusive community, providing alumni with opportunities to participate in activities that

support professional development, mentorship, and networking. The interim team has been tasked with crafting a comprehensive strategy that will guide the association's reactivation and drive impactful initiatives, positioning it as a resourceful network for all KMTc graduates.

Through this renewed focus, KMTc is committed to strengthening ties with its alumni, ensuring that their collective skills, experiences, and contributions continue to shape Kenya's healthcare landscape.

Safer Campuses Campaign Rolled Out in Mombasa



Mombasa County Executive Member for Health Services Dr. Swabah Ahmed Omar (left), during the launch of the Safer Campuses Campaign in Mombasa Campus.

In a continued effort to ensure the safety and well-being of students in higher education, the College, in collaboration with the University of Nairobi - Mombasa Campus and UNESCO's O3 PLUS initiative, launched the Safer Campuses Campaign in Mombasa County on November 21, 2024. This event follows the national launch held at the KMTc headquarters in Nairobi earlier in October.

The campaign, aimed at fostering saf-



KMTCC students drawn from coastal region Campuses and stakeholders during the launch of safer Campuses Campaign in Mombasa Campus.

er, more inclusive learning environments, brought together students and staff from KMTCC Mombasa, Port Reitz, and Kilifi Campuses, as well as stakeholders from the University of Nairobi - Mombasa Campus. The launch featured a commemorative walk from Makadara Grounds to KMTCC Mombasa, the commissioning of a Safe Space, tree planting activities, and inspiring addresses from key leaders.

Speaking on behalf of the KMTCC CEO, Kilifi Campus Principal Mr. Alex Deche reaffirmed the College's commitment to tackling Gender-Based Violence (GBV) and other threats to student safety. "At KMTCC, we strive to ensure a secure learning environment free from physical and technological violence. This campaign reinforces our resolve to empower students and enhance their academic journey," he said.

Mr. Mamadou Lamine Sow, Chief of the Education Sector at UNESCO's Regional Office for Eastern Africa, highlighted the campaign's broader purpose. "This initiative goes beyond preventing violence. It empowers young people to make informed health choices while promoting gender equality in education. Together, we can create safer campuses and pave the way for a brighter future," he emphasized.

Representing Mombasa County's Executive Committee for Health, Director of Public Health Dr. Salma Swaleh lauded the initiative. "By creating safer and healthier campuses, we are enhancing the learning experience and prioritizing the well-being of our future leaders. This partnership is a vital

step toward a more inclusive and secure education system," she noted.

Speaking during the event, KMTCC Mombasa Principal Dr. Jacinta N. Mukonzo described the launch as a defining moment for the campus. "This launch marks a historical milestone in the history of our campus. With a high student population and the complexities of the learning environments in our society, we can no longer afford to keep quiet regarding GBV. We need to raise awareness, foster dialogue, and empower action against GBV by taking concrete and verifiable steps in our campus. No young man or woman should bear the consequences of this avoidable menace," she said.

Dr. Mukonzo further highlighted the campus' commitment to supporting students. "To this end, the campus has set up a space which any student can access, and help is at hand. We look forward to having a safe community for our students," she added.

The Safer Campuses Campaign, under the UNESCO O3 PLUS Project, is a social and behavior change initiative targeting the prevention of GBV and other forms of violence in tertiary institutions. It builds on the momentum of the Nairobi launch, where national leaders and stakeholders underscored the need for collective action to address safety, mental health, and gender-based challenges in educational settings.

Campus Unites Heritage and Connections in Vibrant Cultural and Alumni Day



Mombasa Campus Principal Dr. Jacinta Mukonzo during the event.

Mombasa Campus came alive with vibrant colors, music, and festivities as it celebrated its Cultural Day alongside Alumni Week, emphasizing the importance of embracing cultural heritage and strengthening ties with the College's alumni network.

Campus Principal Dr. Jacinta N. Mukonzo lauded the students for recognizing and honoring their diverse cultural backgrounds. She encouraged all students to register as members of the KMTC Alumni Association, highlighting its importance in fostering lifelong connections and networking.

"Students, staff, and even stakeholders can register as associate alumni of the College," Dr. Mukonzo stated, emphasizing that the alumni community plays a vital role in supporting KMTC's growth and mission.

The celebrations also featured a tree-planting ceremony, symbolizing unity, growth, and sustainability. Led by Dr.



Mombasa Campus students.



KMTC Mombasa Principal Dr. Jacinta Mukonzo (5th left) with a group of Mombasa Campus Alumni.

Mukonzo, alumni and students came together to plant trees as a lasting reminder of the event's significance.

The alumni were honored with a cake-cutting ceremony, a heartwarming moment that rekindled memories of their time on campus. The Cultural Day segment showcased a rich display of traditional attires, dances, and culinary skills, as students proudly presented performances reflecting their unique cultural backgrounds.

This event held on November 15, 2024, comes as KMTC continues to celebrate and strengthen its alumni network, following the recent launch of its Alumni Office.

Boda Boda Riders Equipped With Life-Saving Emergency Response Skills



A team of Bodaboda riders during lifesaving skills demonstration by KMTC lecturer during their training at Machakos Campus.

The College has launched a groundbreaking training initiative for boda boda riders on November 28, 2024, bringing together 100 riders from across Machakos County. The program is designed to equip the riders with essential emergency response skills, enhancing their ability to save lives within their communities.

Boda boda operators, known for their accessibility and swift response during emergencies, play a pivotal role in providing timely interventions for accident victims. Recognizing this, KMTC partnered with Bystanders Emergency Response to deliver comprehensive training. The participants were trained in critical areas, including road user safety, infection prevention and control, bleeding management, helmet removal, airway management, chest compressions, splinting, lifting and carrying techniques, and choking response.

This initiative, the first of its kind for both KMTC and

boda boda riders, is expected to significantly improve survival rates for individuals requiring emergency care in the community. It also serves as the premier activity under the KMTC@100 campaign, marking the beginning of a series of events leading up to the College's centenary celebrations.

The event, which underscored KMTC's commitment to community health, was presided over by Machakos Campus Principal Ms. Felistus Muinde, who was supported by Machakos Level 5 Hospital CEO Winfred Nzuki, Machakos Police Commandant Mr. David Ekiru, and Machakos Boda Boda Chairman Mr. Allan Musembi.

To further extend its impact, KMTC plans to roll out this life-saving initiative to other communities across the country as a way of giving back and reinforcing its role in enhancing community health and safety.

Advancing Excellence in Radiography



(L – R): Mr. Kenneth Wangari Kariuki (East Africa Sales Leader for GE PDx), Ms. Victoria Koi (Principal KMTC Bungoma) and Mr. Alex Ichelai (KMTC HoD Radiography and Imaging) during the 2024 World Radiography Day celebrations in Nyeri.

The College joined the global community in commemorating World Radiography Day 2024 under the theme, “Promoting the Profession.” This occasion celebrates the invaluable contributions of radiographers to modern healthcare, recognizing their critical role in diagnostic medicine and patient care.

CEO Dr. Kelly Oluoch led the celebrations at KMTC Nyeri. The event brought together students, staff, and stakeholders from all campuses offering Radiography courses. In his address, Dr. Oluoch emphasized the indispensable role of radiographers in healthcare, acknowledging their expertise in leveraging advanced imaging technologies to diagnose illnesses and guide treatment decisions. He reiterated KMTC’s unwavering commitment to advancing radiography education and fostering innovation to empower radiographers.

While Nyeri Campus hosted the main event, other campuses joined in marking the day through locally organized activities that highlighted the profession’s impact. These activities included community outreach programs aimed at raising awareness about diagnostic imaging, workshops and exhibitions to educate students and the public on radiogra-



A section of Manza Campus Radiography and Imaging students during the World Radiography Day 2024 in Machakos county.

phy technologies, and interactive sessions with practicing radiographers who shared insights from their experiences.

Radiographers stand at the heart of modern diagnostics, playing a key role in ensuring early and accurate diagnosis through technologies such as X-rays, CT scans, and MRIs. Their expertise is critical in supporting effective treatment plans and improving patient outcomes, making their work indispensable in any healthcare setting.

KMTC celebrates the dedication of Radiographers, whose expertise is key in saving lives and strengthening healthcare systems. Their contributions ensure better health outcomes, making them indispensable in medical care.

OPINION

MENTAL HEALTH: WHY YOU SHOULD NOT FEAR MEDICATION.



By
Mugambi Mbaabu

One of the drawbacks to achieving optimal mental illness management is the stigma, myths and misconceptions around the role and benefit of medication. This especially in the context of treatment of conditions or management of symptoms vis a vis the potential side effects. This stigma is centered around individual patients, the society and rampant misinformation, that ends up influencing individual and public attitude and perception towards these vital medicines.

This has led to many patients even the ones with seemingly treatment responsive conditions, declining or delaying the initiation of crucial function restoring medical intervention. One of the commonest concerns is the question from patients on whether the prescribed medication has potential of “messing with their brain”.

However, once one presents with symptoms indicating a potential mental disorder, the most prudent way of ensuring that no further mess occurs is accurate and early initiation of crucial medical and psychotherapeutic interventions as advised by the professionals.

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

Modern medicine has made major strides in treatment of conditions afflicting other key bodily organs like the heart, the kidneys and the liver. However, the human brain is still little understood presenting as an endless mystery. As a result, extreme sensitivity and caution in its approach is employed.

Experts have come up with drugs that can work best in relieving mental illnesses symptoms while at the same time enabling one to maintain optimal motor, autonomic and cognitive abilities. The negative perception towards the known side effects of long-term use of mental illness medication has led to non-adherence.

This is evidenced by self-dose reduction or discontinuation of use altogether, presenting a major challenge to the medical practitioners and policy makers.

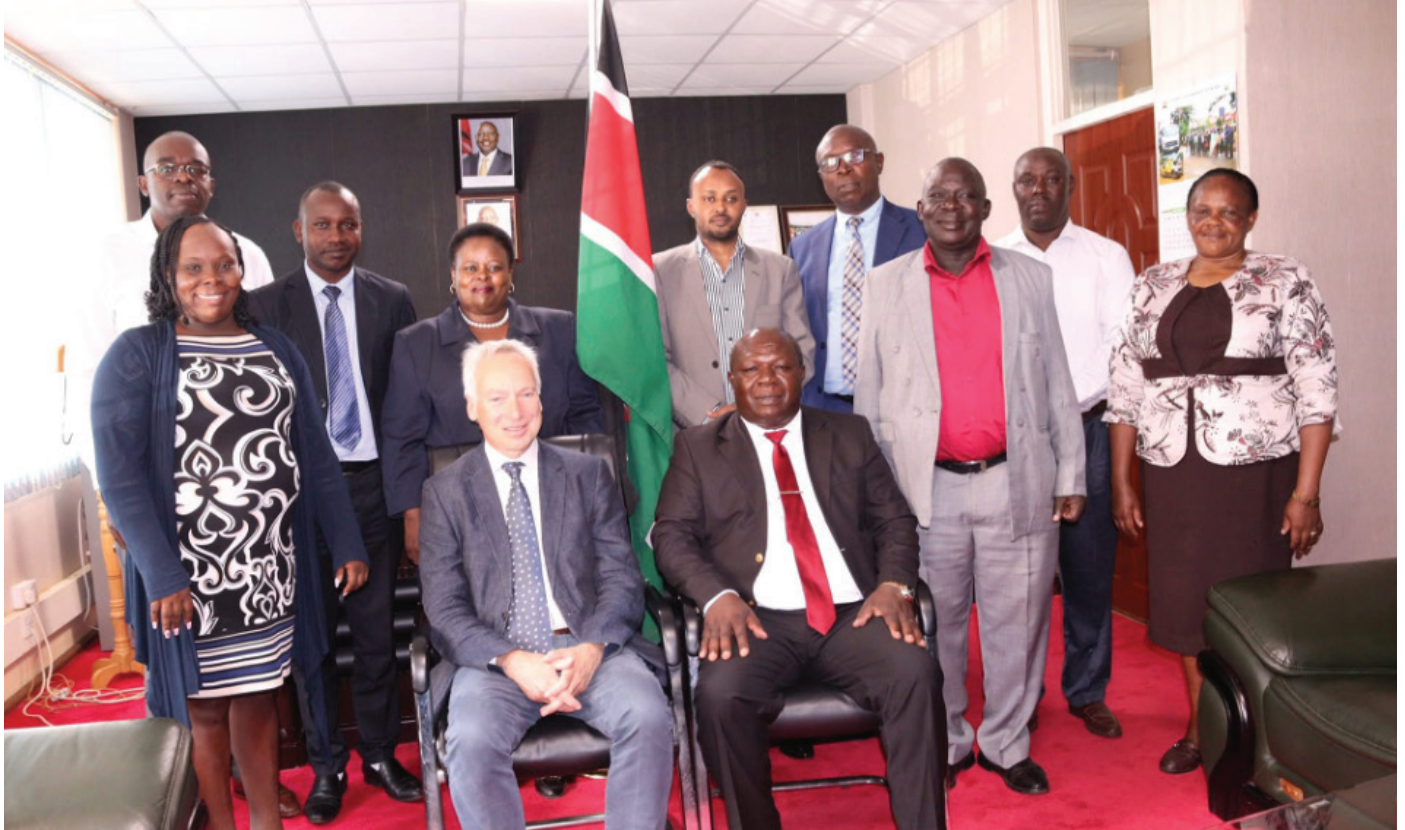
We are cognizant of some severe side effects posed by some drugs. However, most have high safety profile with the benefits of their use outweighing the potential risks.

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



The writer is a licensed Psychologist/Psychiatrist Clinical Officer and a Lecturer at KMTC Meru Campus.
(The opinions expressed in this article are the writer's own and do not reflect the position of Kenya Medical Training College).

CAMPUS CORNER



KMTc Mathari Principal Mrs. Florence Maina (standing 4th left), joined health sector leaders in Nyeri for discussions on building the capacity of non-specialist health workers in mental health care.



Kitui Campus led by the Principal Dr. Paul Musango during a meeting with the Kitui South constituency MP Hon. Dr. Rachel Nyamai, to discuss mobilization of resources.



Zone Two during a sports meeting at KMTc Mbooni Campus on November 28, 2024.

CAMPUS CORNER



Stakeholders at Lodwar Campus during a UNHCR projects site visit on November 18, 2024.



On November 9, 2024, Mathari Campus hosted Kamili Organization team and Johnson & Johnson delegates to discuss areas of collaboration in advancing mental health education and services.



Mathari Campus (November 16, 2024) during a ceremony to mark 120 years since Mathari National Hospital was established.

CAMPUS CORNER



Mr. Felix Mutua (6th left, HoD Clinical Medicine) and Dr. Everlyne Nyamai (6th right, Principal KMTC Kangema) with participants during review of the Emergency Medical Technician (EMT) Curriculum at Kangema Campus on November 4, 2024.



Manderu Campus during mobilization of Students at Manderu bus Park on November 8, 2024.

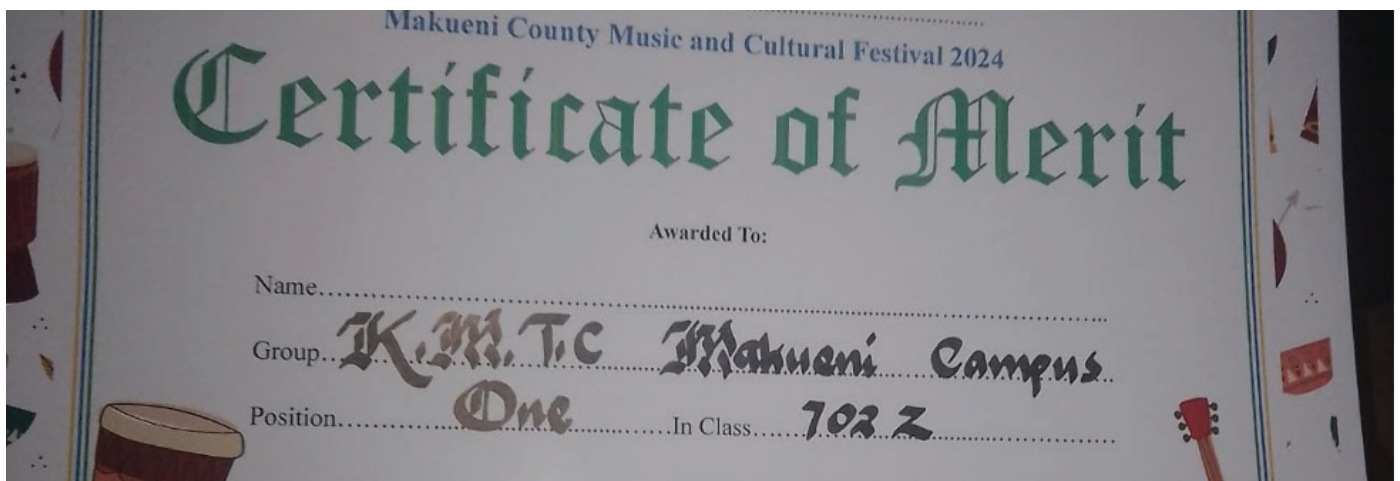


Emurua Dikirr NG-CDF hands over the site for hostel construction at KMTC Transmara Campus on November 30, 2024.

CAMPUS CORNER



Commissioning of a power generator in Isiolo Campus on November 8, 2024.



Makueni Campus Music Club earned top honors at the Makueni County Music and Cultural Festival, securing a spot at the National Festival.



Makindu Campus Football team during Alumni/Cultural Day on November 9, 2024.

CAMPUS CORNER



Mandera Campus led by Principal Mr. Dika Boru (standing 4th right) during a sensitization of SRC and Class representatives on the College Strategic Plan and other Policy documents on November 17, 2024.



Makindu Campus during Alumni/Cultural Day on November 9, 2024.

CAMPUS CORNER



A section of the PEP/APHRC Research Project team at Siaya Campus on November 13, 2024, for data collection.



Isiolo Campus during a student's sensitization forum on security vigilance on November 11, 2024.



Makindu Campus Principal Ms. Margaret Juma with Mr. and Ms. Makindu during the Alumni/Cultural Day on November 9, 2024.



A section of Campus Principals attending the World Diabetes Day celebration at KMTCC Siaya on November 14, 2024

CAMPUS CORNER



On November 8, 2024, Kwale Campus hosted Dominic Muasya (KMTC Alumnus), a Public Health Officer and Executive Director of the Kenya Education Fund, for student mentorship.



Marsabit Campus during the World Diabetes Day on November 14, 2024.



Siaya and Rera Campus during the World Diabetes Day in Siaya County, on November 14, 2024.

CAMPUS CORNER



Homa Bay Campus during the World Prematurity Day Celebration in Homa Bay County on November 17, 2024.



A section of Bomet Campus students during the World Toilet Day celebration on November 19, 2024.



Mosoriot Campus marked World Toilet Day by constructing a toilet in Sogoo, Narok County, on November 19, 2024, as part of their community diagnosis action plan to promote public health and sanitation.

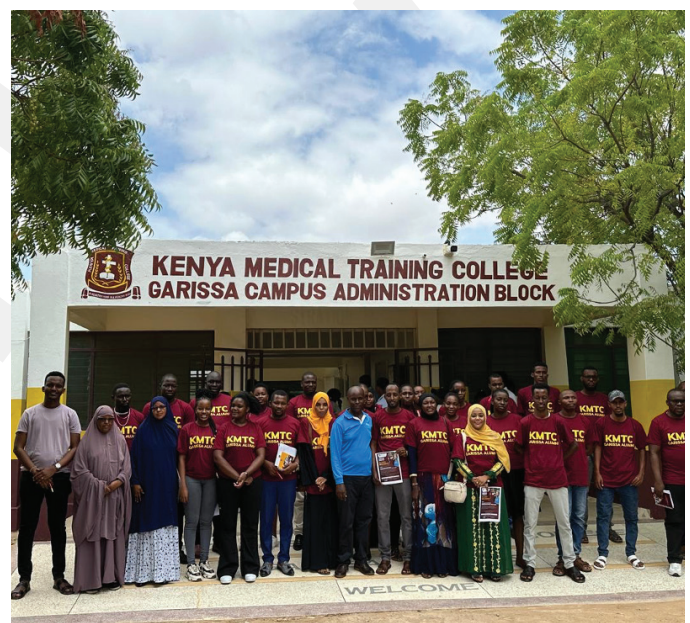
CAMPUS CORNER



Mosoriot Campus marked World Toilet Day by constructing a toilet in Sogoo, Narok County, on November 19, 2024, as part of their community diagnosis action plan to promote public health and sanitation.



Vihiga Campus students marking the World Accident Victims Day in Mbale town on November 17, 2024.



Garissa Campus during the Alumni Day held on November 20, 2024.

CORPORATE SOCIAL RESPONSIBILITY



First Responders Training for Boda Boda operators at Siaya Campus on November 30, 2024.



First Responders Training for Boda Boda operators at Rera Campus on November 30, 2024.



Nyeri Campus during a blood donation drive to mark World Radiography Day on November 8, 2024.

CORPORATE SOCIAL RESPONSIBILITY



Students and staff from Makueni campus participating in blood donation exercise on November 18, 2024.



Kitui Campus PAK team during a visit to AIC Mulango Children's Home on November 2, 2024.



Bungoma Campus staff and students joined hands with Red Cross Society during a jiggers treatment exercise in Maliki Primary on November 19, 2024.



Rera Campus during a blood donation exercise on November 27, 2024.

CORPORATE SOCIAL RESPONSIBILITY



Kangema Campus during Alumni Day. They joined the Community in cleaning Kangema Town.



Kangema Campus students during the Alumni Day.



Lodwar Campus during a community cleaning exercise in Lodwar Town, on November 9, 2024.

CORPORATE SOCIAL RESPONSIBILITY



Embu Campus joined the community during a clean-up exercise in the County November 9, 2024.



Karen Campus after medical camp on November 9, 2024.



Nyeri Campus joined the community to grow trees donated by Kingdom Bank Nyeri Branch on November 19, 2024



Bomet Campus first year students during a tree growing exercise on November 15, 2024.

CORPORATE SOCIAL RESPONSIBILITY



Chwele Campus during a visit to Sirisia Sub County hospital where they cleaned up the hospital compound and planted trees.



Kitui Campus during a tree growing exercise at Mutomo satellite on November 28, 2024.



Mbuvo Campus Principal Ms. Luciana Kaloki receiving tree seedlings from Machinery KFS.

CORPORATE SOCIAL RESPONSIBILITY



Mbuvo Campus during a tree growing exercise in the Campus compound.



Wajir Campus partnered with the Ministry of Forestry to grow 200 trees (November 27, 2024).



Maua Campus during a tree growing exercise on November 27, 2024.



Tree growing exercise in Manza Campus on November 28, 2024.

Training On Innovation and Affordable Prosthetic Solutions In Kenya

In November 2024, KMTC's Higher National Diploma (HND) students and lecturers from the Department of Orthopaedic Technology had the privilege of receiving specialized training on innovative and affordable prosthetic solutions in Kenya. The training, which focused on the Monolimb, was facilitated by Mr. Roberto Agosta, Executive Director of SwizzAbility, alongside his colleague Mr. Bernardo Gomes. SwizzAbility is dedicated to advancing prosthetic technology and improving accessibility for persons with disabilities.

As a result of this initiative, approximately 20 below-knee amputees benefited from customized prosthetic solutions tailored to their needs.

Speaking during the graduation ceremony marking the successful completion of the training, the Ministry of Health, through the Chief of Orthopaedic Technology and Head

of Rehabilitation, Mr. Alex Kisyanga, commended SwizzAbility for partnering with KMTC to provide modern and practical training in Kenya. Nairobi Campus Deputy Principal (Academics), Mr. Willy Bett, lauded the Department of Orthopaedic Technology for its dedication to improving the lives of persons with disabilities, enabling them to lead more independent lives.

Additionally, the Head of the Department of Orthopaedic Technology, Mr. Paul Aloo, who was among the 30 graduates, expressed gratitude to the College for its continuous support in producing competent professionals.

This initiative marks a significant step in advancing prosthetic technology in Kenya and underscores the commitment of KMTC and its partners to enhancing accessibility and innovation in orthopaedic care.



Higher National Diploma students during the training.



Trainees during the session.



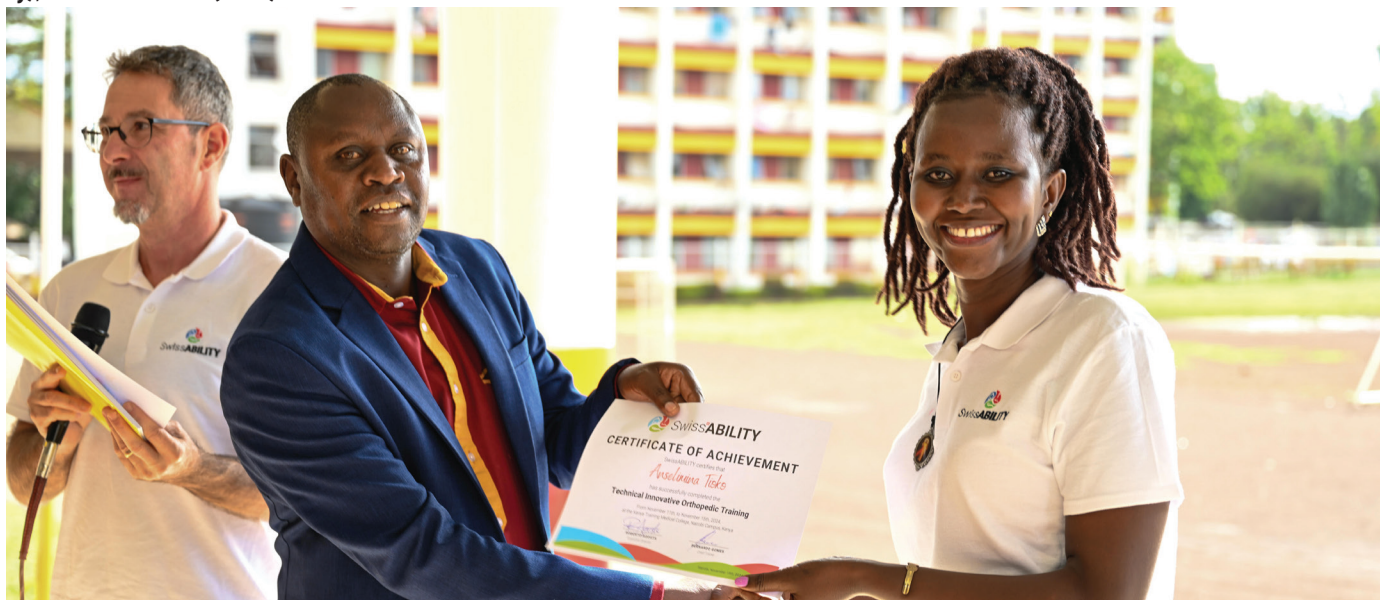
Knee Prosthetic limbs made using Monolimb Technology.



Higher National Diploma students and trainer during a session.



From Left; Jeremiah Sakuda Deputy HoD Orthopaedic Technology), Kenneth Meli (Chairman NAOTs), Paul Aloo (HoD Orthopaedic Technology), Martha Mmasi (Chief Occupational Therapy MoH), Caroline Oyugi (DPA Nairobi Campus), Alex Kisyanga (Chief Orthopaedic Technologist MOH), Roberto Agosta (SwissAbility), Lucas Paes Demelo(Alivio).



Trainees being awarded certificates during their graduation.

93RD Graduation Ceremony

Thursday, December 5, 2024

Theme: Fit-For-Purpose Health Workforce.



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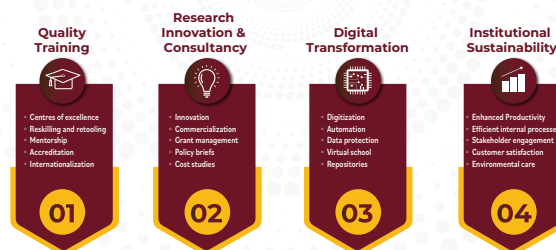
2023 - 2028 STRATEGIC PLAN

Vision

A globally competitive institution for training Human Resource for Health

Mission

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



Advancing health professions' education through transformative training, research & consultancy



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Strategic Plan

2023 - 2028

2023-2028 STRATEGIC PLAN TOWNHALL SESSIONS

to increase awareness among staff, students, and stakeholders regarding our strategic priorities and programs

The regional forums will be held virtually in eight phases as follows: -

	Date	Target campuses	Interim Chairperson
I.	November, Tuesday 26 th 2024	Mombasa, Port Reitz, Msambweni, Kwale, Voi, Taveta, Lamu, Tana River, Kilifi	Mr. Alex Deche (Kilifi)
II	December, Tuesday 10 th 2024	Machakos, Manza, Nairobi, Makeni (and Mutyambua satellite), Mbooni, Makindu, Mbuvi, Laitokot, Kangundo, Kitui (and Mutomo satellite)	Ms. Margaret Juma (Makindu)
III	December, Tuesday 17 th 2024	Meru (and Mithene satellite), Maua, Marsabit, Embu, Isiolo, Imenti, Wajir, Garissa, Chuka (and Marimanti satellite), Mwingi, Mandera	Mr. Samuel Njagi (Meru)
IV	January, Tuesday 7 th 2025	Karen, Mathara, Thika, Karuri, Nyeri, Nyandarua, Kinangop, Nyahururu, Murang'a, Othaya, Gatundu (and Mutunguru satellite), Kangema	Ms. Florence Maina (Mathari)
V	January, Tuesday 14 th 2025	Lodwar, Kapenguria, Eldoret, Iten, Masoriot, Kaputuma, Kabarnet, Chemolingot, Kitale	Mr. Daniel Kimwetich (Eldoret)
VI	January, Tuesday 21 st 2025	Busia, Teso, Bungoma, Webuye, Chwele, Kakamega, Vihiga, Lugari, Shinda, Navakholo	Mr. Nathan Masengeli (Webuye)
VII	January, Tuesday 28 th 2025	Ugenya, Ugunja, Kuria, Migori, Bondo (and Masila satellite), Rera, Homabay, Siaya, Lake Victoria, Kisumu, Rarieda, Ndihiwa, Awendo, Kombewa	Mr. Livingstone Muyonga (Kuria)
VIII	February, Tuesday 4 th 2025	Transmara, Bomet, Kapkatet, Sigowet, Malo, Nakuru, Narok, Kisii, Nyamira, Nyamache, Rachuonyo	Ms. Alice Ongera (Bomet)



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For More Information Contact:

The Chief Executive Officer, Kenya Medical Training College

P.O. Box 30195-00100, Nairobi.

Tel: 020-2725711/2/3/4, 020-2081822/3, 0737-352543 / 0706-541869

Email: info@kmtc.ac.ke.
Website: www.kmtc.ac.ke.



Photography & Creative Design
Corporate Communications

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CONTRIBUTORS

Mr. Brian Agunda
Mr. Victor Kyalo
Mr. Evans Ngara
Ms. Diana Katanu
Ms. Anne Kihima
Ms. Shelly Agosa
Mr. Mark Sang (PSC Intern)