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# Kenya Medical Training College

## NEWSLETTER

Jan - June 2019 Issue #30




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Students with Gold Standard  
Awards

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Floor Rehabilitation to Boost  
Fistula Treatment

**Theme:** "Producing Health Professionals for Universal Health Coverage (UHC)"

Quality training of health professionals towards realization of **Kenya**  **VISION 2030**



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# 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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# KMTC Programmes:

1. Clinical Medicine and Surgery (Diploma and Higher Diploma)
2. Community Oral Health (Diploma)
3. Dental Technology (Diploma)
4. Health Records and Information Technology (Certificate and Diploma)
5. Health Promotion (Certificate, Diploma and Higher Diploma)
6. Medical Education (Higher Diploma)
7. Medical Engineering (Certificate, Diploma and Higher Diploma)
8. Medical Imaging Sciences (Diploma and Higher Diploma)
9. Medical Laboratory Sciences (Diploma and Higher Diploma)
10. Nursing (Certificate, Diploma and Higher Diploma)
11. Nutrition and Dietetics (Certificate and Diploma)
12. Occupational Therapy (Diploma and Higher Diploma)
13. Optometry (Diploma and Higher Diploma)
14. Orthopaedic Technology (Diploma and Higher Diploma)
15. Orthopaedic and Trauma Medicine (Certificate and Diploma)
16. Pharmacy (Diploma and Higher Diploma)
17. Physiotherapy (Diploma and Higher Diploma)
18. Public Health (Certificate, Diploma and Higher Diploma)

## Short courses:

Short courses are offered to individuals and corporates. Enroll now in any of the following Courses to meet your Continuous Professional Development (CPD) requirements and remain relevant in your profession.

- |   |  |
|---|--|
| 1. HIV Testing Services (HTS)               | 11. Food Hygiene and Inspection                    |
| 2. Echocardiography                         | 12. Counseling Skills for Healthcare Professionals |
| 3. Monitoring & Evaluation                  | 13. Adherence Counseling                           |
| 4. Healthcare Entrepreneurship              | 14. Nutrition in Critical Care                     |
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| 6. Infection Prevention                     | 16. Women's Health – Level I                       |
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# Board Chairman's message



Prof. Philip Kaloki, MBS  
**Chairman, KMTC Board of  
Directors**

**O**n behalf of the Board of Directors, it gives me pleasure to forward this edition of the Newsletter.

During the period under review, the Board continued to provide a clear road map to steer the College towards achieving its Vision of being “a model institution in training and development of competent health professionals”. The College remains the leading mid-level health training institution in the region and beyond.

Thus the Board approved various Policies to strengthen internal processes and procedures, steering the College to enhanced training of health professionals to address the gaps that exist in the health sector, therefore supporting achievement of the President's agenda of Universal

Health Coverage.

The Board is alive of the Constitutional right to highest attainable standards of health which can only be attained by availing highly trained medical personnel. In line with the Board's transformative expansion agenda aimed at increasing training opportunities, two new Campuses: Manderla and Sigowet, were operationalized, bringing the total number of KMTC campuses countrywide to 67. The Board also recruited more lecturers, continued to absorb seconded staff from the Ministry of Health and County Governments, to support teaching and learning.

In addition to equipping campus resource centers, acquiring vehicles to ease transport of students and staff to clinical placement areas and other extra-curricular activities, the Board will enhance its support to ensure students have the best environment for learning.

The Board recognizes that human resource is the most important asset for optimal performance of any institution. In line with its calendar of events, the Board allocated resources to reward and recognize staff who recorded excellent performance. The Board will continue supporting various competence training to cushion the skills of officers to manage the affairs of the College to attain the desired world class standards.

The Board is also pleased to report that the Health Bill 2019 was assented to by H.E the President, thus amending the KMTC Act of 1990 and aligning it to other existing legislation. Thanks to the successful re-categorization and allocation of more resources, staff have continued to enjoy additional benefits through increased remuneration, ongoing promotions, sustainable contribution to the retirement scheme, mortgage facilities among others.

On behalf of the Board, I thank the National Government, County Governments, National Government CDF, development partners and stakeholders, for supporting the College in achieving its mandate.

# Chief Executive Officer's message



Prof. Michael Kiptoo  
**Chief Executive Officer**

Welcome to this edition of the January-June 2019 Newsletter, themed “Producing Health Professionals for Universal Health Coverage”.

During this period, the College implemented policy guidelines in Academics, Governance, Finance and Administration, as contained in the Policy documents approved by the Board of Directors. The Policies have continued to sharpen our strategic focus, align operations with emerging trends, strengthen internal capacity, and enhance quality management systems towards producing health professionals for the health sector.

I thank the Board of Directors for supporting Management undertake various initiatives. Through the Board's support, vehicles purchased have enhanced students' mobility, ensuring they are able to reach their clinical

practice, rural experience areas and extra-curricular activities trips on time. Further, officers in all cadres participated in competence training to expand their knowledge base, encourage creativity and innovativeness, improve performance, productivity and adhere to quality standards.

On the other hand, officers across campuses participated in a member education programme on the retirement benefits and pension scheme, aimed at appraising members on recent developments of the College by trustees.

The College appreciates its employees who are ever ready to drive the transformational agenda of the College. In line with this, the Reward and Recognition Ceremony held on 21<sup>st</sup> June, 2019 motivated staff to work harder to support the College achieve its mandate.

Towards advancing research, the College held a Symposium for health workers that provided an opportunity to various stakeholders to stay abreast of new and emerging trends in the health sector. Various research have been funded, conducted, published in peer reviewed journals and presented in various conferences.

Management has taken stock of achievements and challenges registered in the College over the last year and put in place plans for the next financial year. Several Campuses have continued to give back to the community through Corporate Social Responsibility activities, initiated efforts to kick off alumni engagement and have continued to uphold quality training.

The College forged strategic partnerships with like-minded institutions resulting to an increase resource base, reviewed/enhanced curricula to address evolving and emerging issues.

On behalf of Management and staff, I wish to thank the Board of Directors for the continued support, enabling us succeed in our day to day operations. I also thank our esteemed students, parents, guardians, partners and other stakeholders for supporting KMTc this far.



*H.E President Uhuru Kenyatta presents an award to KMTN Nairobi's Mary Goretti Gitukui. Looking on are (from left) Vice Chairman Eng. David Muthoga, Deputy Director (Academics) Mrs. Nancy Michire, CEO Prof. Michael Kiptoo, Chairman Prof. Philip Kaloki and Deputy Director (Finance and Administration) Mr. John Anyira*

## PRESIDENT UHURU FETES KMTN STUDENTS WITH GOLD STANDARD AWARDS

**H**.E. President Uhuru Kenyatta awarded KMTN students with Gold Standard Awards, during the Presidential Award- Kenya (PA-Kenya) ceremony held at State House, Nairobi, on March 20<sup>th</sup>, 2019. The Award is structured in three levels: Bronze, Silver and Gold.

The 22 students from Nairobi Campus were among the 200 members of the President's Award Scheme awarded. They underwent a vigorous programme in the Award Scheme, equipping them with practical and vocational skills for self-development. They also participated in community service.

To qualify for the Gold Level Award, the students engaged in various activities such as organizing free medical camps, giving health talks to schools and members of the public, taking part in tree planting and clean-up exercises.

Urging the students to take advantage of opportunities availed to them, President Kenyatta said he was fully committed in creating and maximizing opportunities for the youth in the country. "These opportunities include 'the Big 4 Agenda' which provides young persons with multiple avenues for self-fulfilment, economic empowerment, dignified living and service to

Kenya."

President Uhuru, who is the Patron of the President Award Scheme, said it seeks to develop the youth holistically. "I thank all those who mentor and facilitate young persons under this Scheme. Your dedication, sacrifice and commitment are helping shape a better Kenya, one young person at a time. I honor all parents and teachers who spend every day as shepherds of our children," the President said.

Board Chairman Prof. Philip Kaloki, MBS, commended the KMTN students for being members of such a noble Scheme that encourages the youth to give back to the community. "You are winners and have made KMTN proud," he said.

The President's Award-Kenya Scheme, is a self-development program that is open to young people across the country, encouraging them, among other things, to give services to others. The Scheme, which was first launched in Kenya by the founding father of the Nation, Mzee Jomo Kenyatta, is a member of the Duke of Edinburgh's International Award Association which oversees the Award programme for young people in over 120 countries in the world.



Former Prime Minister Rt. Hon. Raila Odinga commissions construction of the proposed KMTc Awendo Campus. KMTc Board Chairman Prof. Philip Kaloki (2nd right) and Awendo Member of Parliament Hon. Walter Owino (2nd left) look on.

## FORMER PRIME MINISTER PRESIDES OVER NEW CAMPUS GROUND BREAKING CEREMONY

**F**ormer Prime Minister Hon. Raila Odinga presided over a ground breaking of a new KMTc Campus in Awendo Sub-County, Migori County, on Friday April 5<sup>th</sup>, 2019.

The proposed Campus is an initiative of KMTc, the National Government through the Ministry of Health and the area Member of Parliament Hon. Walter Owino. Once opened, the campus will be the third in Migori County and the 10<sup>th</sup> in the Nyanza region.

“Health is every human being’s basic right. This right can’t be realized without well trained and competent health professionals. The proposed Awendo Campus is therefore part of the Government’s promise to ensure the health and wellbeing of its people,” Hon. Raila said.

KMTc Board Chairman Prof. Philip Kaloki said “The Government through the Ministry of Health has pledged Kshs 50 million for the construction of the proposed Campus”.

“This commitment from the Government is a strong indicator that the President is keen on ensuring successful achievement of Universal Health Coverage through provision of opportunities for training of competent health workers to strengthen Kenya’s health systems,” Prof. Kaloki added.

Hon. Owino thanked the KMTc Board of Directors for moving with haste to ensure that the people of Awendo get a KMTc campus in the shortest time possible.

Present during the event were Migori Senator Hon. Ochillo Ayacko, County Women Representatives Hon. Pamela Odhiambo (Migori) and Hon. Gladys Wanga (Homa Bay), Members of Parliament Hon. Junet Mohamed (Suna East), Hon. Tom Odege (Nyatike) and Hon. Mark Nyamita (Uriri), KMTc Board Vice Chairman Eng. David Muthoga, CEO Prof. Michael Kiptoo, Board Director Mithamo Muchiri, KMTc Principals Mr. Henry K’ombija (Migori) and Dr. Kelly Oluoch (Kisumu).

## COLLEGE PIONEERS COURSE ON PELVIC FLOOR REHABILITATION TO BOOST FISTULA TREATMENT

During the process of giving birth, some women suffer pelvic floor dysfunctions and conditions like fistula. To help with the pelvic floor rehabilitation, the College in Partnership with the Jackson's Foundation, has introduced a Pelvic Floor Rehabilitation/Women Health course to equip physiotherapists with skills to perform examination, make diagnosis and treat patients by application of the new acquired knowledge and skills.

Dr. Richard Jackson and his wife Anna Jackson of Jackson's Clinic USA, through the Jackson's Foundation has partnered with KMTC for the last seven years in the training of Physiotherapists investing more than Kshs 75 million towards the course. Dr. Jackson originally came to Kenya in 1978 as a volunteer with Peace Corps and taught in KMTC for two years, supporting development of a curriculum for the training of Physiotherapists.

The Pelvic Floor Rehabilitation and women's health course started at KMTC's department of Physiotherapy in April, 2019, is a first of its kind in Kenya and the rest of East and Central Africa. The specialized training focuses on the common pelvic floor dysfunctions experienced in Kenya and brings a paradigm shift in the management of pelvic floor dysfunctions.

The course is designed to provide a thorough introduction to female pelvic floor function, dysfunction and treatment interventions. It equips Physiotherapist with knowledge and skills in women health. The skills acquired will improve individual treatment for patients with urinary incontinence or the musculoskeletal components of uro-gynecology pain syndromes such as Chronic Pelvic Pain (CPP), vulvar pain. Interstitial Cystitis/Painful Bladder Syndrome (IC/PBS). The course is divided into three levels and covers topics such as; Urogenital and Pelvic Floor Anatomy; Pelvic Floor Muscle Evaluation Techniques; Managing Movement Part I- on Pressures & Load Transfer; Urinary Dysfunction; Pelvic Organ Prolapse; Pelvic Pain; Managing Movement Part II - Exercise Interventions in Pelvic Rehabilitation; Lumbo-pelvic screening, Fistula and Female Genital Mutilation (FGM).

The training is instrumental in the treatment of fistula, other pelvic floor dysfunctions and in management of Female Genital Mutilated related complications,



*Dr. Richard Jackson and his wife Anna Jackson.*

with great clinical reasoning using the latest evidence-based practices.

The Pelvic Floor Rehabilitation/women health course deviates from the normal Kegel which is a form of exercise in pelvic floor rehabilitation. Each Physiotherapist learns the key signs and symptoms that lead to pelvic floor impairment, functional limitations and disabilities; use an evaluation/outcome tool and perform a protocol of treatment interventions. Clinical treatment interventions taught are therapeutic exercise, external manual therapy, patient related education/behavioral instructions and electrotherapeutic modalities.

The In-service participants for the training are drawn from various health facilities, and are required to work hand in hand with doctors during and after training in the examination, making diagnosis and treatment of patients with pelvic floor dysfunctions.

The course is facilitated by health practitioners from the United States sponsored by the Jackson's Foundation. Upon completion of the course, trainees have mentorship sessions during regular patient care, to ensure they translate the skills and knowledge acquired to real life. Selected participants are mentored to develop a local pool of facilitators for sustainability of the programme.

In addition to the training in Pelvic Floor Rehabilitation/Women Health, the Jackson Foundation is supporting training of Higher Diploma in Orthopaedic Manual Therapy (OMT) since August 2012 and have so far trained 123 from KMTC. The foundation also supports the training of Higher Diploma in Neuro-rehabilitation whose pioneer class will graduate in December 2019.

# MANZA CAMPUS LECTURER ATTENDS WORLD RADIOLOGY CONGRESS



KMTC Manza lecturer Ms. Vivianne Akinyi (left) with other participants during the training in Vienna, Austria

The congress, whose theme was “The bigger picture,” aimed to, among others, teach new trends to enhance existing skills in radiography where artificial intelligence will impact the profession, updating professionals on current activities of the International Society of Radiographers and Radiologic Technologists and network with other professionals from across the world.

During the meeting, the Medical Imaging Sciences lecturer based at Manza Campus, who is Treasurer of the Society of Radiography in Kenya, also attended the International and Society Radiographers and Radiological Technologists (ISRRT) informal council meeting where the new ISRRT President Donna Newman updated the council members and society representatives on current activities.

**M**s. Vivianne Akinyi Ochiel attended the European Congress of Radiology between February 27<sup>th</sup> and March 3<sup>rd</sup>, 2019 in Vienna, Austria, which is one of the largest meetings in Europe and second largest radiological meeting in the world.

## KMTC AMONG THE EXHIBITORS AT 7<sup>TH</sup> EAST AFRICAN HEALTH AND SCIENTIFIC CONFERENCE

**K**MTC participated in the biannual East African Health and Scientific Conference held at Julius Nyerere International Convention Centre (JNICC), Dar es Salaam, Tanzania, from 27<sup>th</sup> to 29<sup>th</sup> March, 2019.

Mr. John Kyalo, from Nairobi Campus’ department of Health Promotion

presented his research work: “*Risk and correlates of HIV infection among men aged 50 to 75 years using Erectile Dysfunction Drugs at Kenyatta National Hospital: A Case Control Study, Kenya.*”

The Conference is an East African Community (EAC) event organized through the East African Health Research Commission (EAHRC). Aiming at strengthening regional cooperation in health in line with relevant articles of

the treaty for establishment of EAC, the Conferences theme was: “Technology for Health Systems Transformation and Attainment of the UN-Sustainable Development Goals.”

KMTC exhibited on the sidelines of the Conference to showcase services and programmes offered. Other institutions



KMTC Nairobi's Public Health lecturer Mr. Francis Kariuki attends to visitors who flocked the KMTC stand during the conference

included the East African Research Commission (Tanzania), Immunization and Vaccine Development Programme (Tanzania), University of Dar es Salaam, Kenya Medical Research Institution (KEMRI), and National Institute for Medical Research (Tanzania).

The College was also represented by KMTC Port Reitz department of Nursing lecturer Mr. Jacques Ngumbao, Nairobi Campus Department of Environmental Health Sciences Mr. Francis Kariuki and Corporate Communications Officer Terry Kanai.

## STUDENT LEADERS ATTEND WORKSHOP ON LEADERSHIP AND INTEGRITY IN TANZANIA

**T**hirty nine students' leaders from 39 KMTC Campuses attended a workshop on leadership and integrity in Arusha, Tanzania from 25<sup>th</sup> February to 1<sup>st</sup> March 2019.

Focusing on leadership and integrity, the workshop ran under the theme: “*Discover, Innovate, Connect: Young Leaders as the New Frontiers of Change*”.

Organized by Global Students Integrity Centre (GSIC), the workshop aimed to, among others, increase awareness of current and emerging leadership challenges in the region and beyond as

well as instill a culture of hard work, innovation and creativity in young leaders.

KMTC CEO Prof. Michael Kiptoo said the training “will help the students at this time when drugs and substance abuse has become a big challenge to the youth,” adding that such training need to also cover parents.

GSIC's CEO Mr. Eric Mang'ese said it is critical to deal with students and inculcate ethics into their lives when they are young.

Deputy Registrar Student Affairs Mrs. Agnes



*A section of the KMTTC students' leaders who attended the training*

Mualuko and Nairobi Campus Dean of Students Mrs Monica Kariuki, who accompanied the students to Arusha, hailed the training for exposing the students to leadership challenges beyond the College.

The students who took part in the Conference from 23 institutions across the region also visited the East African Legislative Assembly (EALA) and the African Court on Human and Peoples' Rights in Arusha.

## KMTC PARTICIPATES IN PAN AFRICAN CONGRESS OF RADIOLOGY AND IMAGING CONFERENCE

**K**MTC participated in the Pan African Congress of Radiology and Imaging (PACORI) Conference held in Accra, Ghana, on 13<sup>th</sup> to 17<sup>th</sup> February 2019.

The largest conference in Africa in the field of radiation, PACORI brings together radiologists, radiographers, interested partners and other local and international stakeholders to interact and share ideas and technological advancements.

Ms. Viviane Odawa, a lecturer from Manza

Campus department of Medical Imaging Sciences, represented the College at the Congress, and gave a presentation of her research findings on a study titled: 'Perceived Magnitude of Sexual Harassment in Learning Institutions: A Case of Kenya Medical Training College, Nairobi.'

The study generated a lot of interest, with presenters from Nigeria, Cameroon and Uganda saying they would replicate the study in their institutions.

## BOARD TOURS STATE-OF-THE-ART VOI CAMPUS

**T**he Board toured Voi Campus as part of efforts to support the new Campus, where expansion of infrastructure and other facilities is ongoing.

The Voi Constituency Development Fund (CDF) funded the first phase for construction of a complex in the Voi Campus, at a cost of Kshs 15.27 million. The National Government's Equalization Fund is funding the second phase at a cost of Kshs 19 million.

Speaking when he toured the Campus on 17<sup>th</sup>

January, 2019, Board Chairman Prof. Philip Kaloki expressed his gratitude to both levels of Government for the support to the College. "The Board is committed to ensuring steady growth of the Campus to support the health sector at the national and county level," he said, adding: "We shall continue to work closely with our partners in the training of competent health care professionals to support Universal Health Coverage agenda."

## NEW MULTI-MILLION KMTc CAMPUS TO BE OPENED IN TAVETA



*KMTc Board Directors led by Chairman Prof. Philip Kaloki, Principals and Taveta NG-CDF Committee during a tour of the newly opened Taveta Campus*

**A** Kshs. 345 million KMTc Taveta Campus is set to open its doors to pioneer students in September 2019.

This was announced during a meeting held between the KMTc Board of Directors led by Chairman Prof. Philip Kaloki, Taveta Sub-County Deputy Commissioner and the Taveta Constituency Development Fund Committee on 3<sup>rd</sup> May, 2019.

So far, Taveta Member of Parliament Dr. Naomi Shaban has spent Kshs. 187 million from the National Government Constituency Development Fund (NG-CDF) in the construction of the Campus. She has also set aside Kshs 28 million this year for the ongoing construction while extra allocation is expected in the next financial year. In addition, the National Government has allocated a further

Kshs 130 million from the Equalization Fund to the project.

Construction of the Campus began in 2016 as an initiative of Hon. Dr. Shaban, the National Government and the KMTc Board of Directors.

"We are fully committed to seeing this Campus start admission of students in September 2019, and that's why we have already posted a Principal here to fast track the process," Prof. Kaloki said.

The Deputy County Commissioner, Mr. Stanley Kamande said, "The community is very excited about opening of a KMTc Campus in Taita, because it will improve healthcare and boost the local economy."

# KMTC KANGUNDO READY TO ADMIT STUDENTS



*KMTC Board Chairman Prof. Philip Kaloki (left) and Machakos Deputy Governor Eng. Francis Maliti (right) tour the newly constructed KMTC Kangundo Campus*

**M**ore students will be admitted to Kangundo Campus following introduction of two new programmes: Certificate/Diploma in Community Health Nursing and Certificate in Orthopaedic Trauma Medicine (Plaster).

Through support of Kangundo National Government CDF, necessary infrastructure to accommodate new students is in place.

Speaking during a Campus tour on 27<sup>th</sup> June, 2019 to assess its preparedness to admit more students, Board Chairman Prof. Philip Kaloki noted: “In preparation to offer new programmes, Kangundo Campus has engaged the Nursing Council and Clinical Officers Council whose list of requirements have been met for approval to proceed with training”.

He said KMTC will continue partnering with Machakos County and Kangundo Constituency leadership to train more health workers to support the UHC pilot project launched in the County.

Machakos Deputy Governor Eng. Francis Maliti who

joined Prof. Kaloki during the tour said, “KMTC Kangundo Campus is the first mid-level training institution to be started in the Sub-County and will uplift the social and economic well-being of locals as well as provide required human resource in the health sector”.

**“The collaboration with KMTC will provide access to training opportunities for the County.**

County CEC Member for Health Mr. Hancet Kituku said “The collaboration with KMTC will provide access to training opportunities for the County. More than 400 Community Health Volunteers (CHVs) have already been identified for training.”

Kangundo Level IV has been identified as the main training hospital for the Campus. Among the rural training facilities identified to aid teaching and learning at KMTC Kangundo include Kivaani, Kakuyuni, Masii, Nguluni and Wamuyu Health Centres.

Kangundo Campus was started as an initiative of Kangundo Constituency in collaboration with KMTC with an aim of increasing access to medical training opportunities.

# EXPANSION OF KMTC LOITOKTOK CAMPUS ON COURSE



*KMTC Board Chairman accompanied by fellow Board Directors and Senior Managers with Kajiado County Governor Hon. Joseph Ole Lenku, community members and KMTC Loitoktok students*

**K**MTC Board of Directors held a meeting with Kajiado County Governor Joseph Ole Lenku and Imbirikani Group Ranch Committee on 11<sup>th</sup> May, 2019, to discuss possibilities of acquiring the Imbirikani facility for expansion of KMTC Loitoktok Campus in the County.

The KMTC team led by the Board Chairman Prof. Philip Kaloki, Governor Lenku and Imbirikani Group Ranch Committee, led by the Chairman Mr. Metoi toured the proposed facility that the KMTC Board is considering for expansion of Loitoktok Campus.

During the meeting, Prof. Kaloki said the proposed

facility will provide more training opportunities and provide employment opportunities for youth in the County.

Acknowledging the pivotal role KMTC plays in the health sector, Governor Lenku said his Government is keen on working closely with the College to strengthen training and health service provision in the County.

Further consultations will be made and a follow up meeting held to forge a way forward in regards to the expansion of KMTC Loitoktok Campus to the Imbirikani facility.

## LAMU CAMPUS EARMARKED FOR DEVELOPMENT

**B**oard Chairman Prof. Philip Kaloki accompanied by Vice Chairman Eng. David Muthoga, Board Director Mithamo Muchiri and Administration Manager Mr. David Ondeng, on 11<sup>th</sup> April, 2019 held a meeting with Lamu West Member of Parliament, Hon. Stanley Muthama to discuss development of KMTC Lamu.

Prof. Kaloki said “We have received a budgetary allocation of Kshs 323 million from the National Government to go towards infrastructural development of KMTC Campuses. Lamu Campus

is among the campuses earmarked to benefit from this allocation.”

Hon. Muthama thanked Health Cabinet Secretary Sicily Kariuki for sending the KMTC Board to Lamu “so that we can sit together and forge the way forward for a fully-fledged Campus that will make a difference in the health of the people of Lamu”.

The team toured the King Fahd hospital where the College is set to construct a complex to house the Clinical Medicine and Nursing departments.

# CAMPUS VITAL IN COUNTY'S HEALTH CARE



*KMTc Board Chairman Prof. Philip Kaloki (5<sup>th</sup> left), Vice Chairman Eng. David Muthoga (5<sup>th</sup> right), Board Director Mr. Mithamo Muchiri (4<sup>th</sup> left) with staff led by Principal Mr. Gabriel Kishoyan (4<sup>th</sup> right) and students from Makueni Campus*

**K**MTC Board of Directors led by the Chairman Prof. Philip Kaloki, on 2<sup>nd</sup> May 2019 paid a visit to KMTc Makueni to monitor development projects at the Campus.

Prof. Kaloki thanked the Makueni County Government led by Governor Kivutha Kibwana for the support in developing KMTc campuses in the County. The County Government has constructed classrooms for both Makueni and Makindu Campuses in addition to providing other support.

Prof. Kaloki also thanked area MP Hon. Daniel Maanzo who, through National Government - Constituency Development Fund, has set aside Kshs 2.5m for construction of two classrooms. The Makueni MP has pledged to set aside more funds in the next financial year for the same cause.

Speaking to the students, Prof. Kaloki reiterated the Board's commitment in ensuring that they have a

conducive learning environment. "The Board is putting measures in place to ensure your training at KMTc meets the highest standards in order to meet the health needs of the county and beyond" he said.

"The Government of Kenya is confident that KMTc will produce competent health professionals to support President Uhuru Kenyatta's UHC agenda", Prof Kaloki added.

Vice chairman Eng. David Muthoga encouraged the students to maximise the available resources to acquire the necessary medical skills to enable them give services to Kenyans.

Later, the Board visited KMTc Makindu where they met with the stakeholders led by Makindu MCA Alfred Kituku and held discussions on growth and expansion of the campus to provide access to training opportunities.

**"The Board is putting measures in place to ensure your training at KMTc meets the highest standards in order to meet the health need of the county and beyond"**

# VEHICLES COMMISSIONED AT VARIOUS CAMPUSES



KMTC Board Chairman Prof. Philip Kaloki hands over keys of a brand new pick up to Kakamega Campus Principal Dr. Jeremiah Ngomo. CEO Prof. Michael Kiptoo (left), Vice Chairman Eng. David Muthoga (2<sup>nd</sup> right) and Board Director Mithamo Muchiri (right) accompanied him

**T**he Board commissioned vehicles at various Campuses on diverse dates to improve access to clinical areas by students and lecturers.

Amid pomp and colour, Board Chairman Prof. Philip Kaloki, presented a new bus to Bondo and Nyamira Campuses on 18<sup>th</sup> April 2019.

On 3<sup>rd</sup> June, 2019, Thika Campus received a Double Cabin while Karen Campus received a new bus on 4<sup>th</sup> June, 2019. Further, Chuka Campus received its new bus on 7<sup>th</sup> June, Kakamega on

June 14, 2019, Isiolo Campus on 6<sup>th</sup> June, 2019 and Lodwar on May 8<sup>th</sup>, 2019.

The vehicles will enhance quality of training in the Campuses by providing means of transport for lecturers to follow up on students in their clinical practice and rural experience areas.

The vehicles also enhance students' mobility and ensures they are able to reach their clinical practice, rural experience areas and extra-curricular activities trips on time.



Board of Directors and Senior Managers from the College join Karen Campus staff and students to capture the moment for posterity



Board Chairman Prof. Kaloki (2nd left) hands over the keys to the Land Cruiser utility vehicle to Lodwar Campus Principal Ms. Rachel Lomechu (2nd right). With them are KMTC CEO Prof. Michael Kiptoo (left) and Turkana County Chief Officer of Health Dr. Robert Abok (right)



Board Director Mr. Mithamo Muchiri (standing front row 6th right) and Senior managers from the Headquarters join staff and students at Isiolo Campus for a photo



Brilliant smiles to celebrate during bus commissioning at Chuka Campus

## BISHOP DONATES COMPUTERS

**B**ishop Dr. Joseph Otieno Wasonga of ACK Maseno West Diocese donated to Ugenya Campus two desktop computers, text books in counselling and a printer on 6<sup>th</sup> March 2019. The books, according to the Principal Ms. Mary Awinda, will help students deal with their day to day life challenges and social life.



*Bishop Dr. Joseph Wasonga hands over computers to KMTU Ugenya Principal Ms. Emily Awinda*

## MOMBASA CAMPUS CONDUCTS LEADERSHIP TRAINING WORKSHOP FOR STUDENTS

**S**tudents Representative Council leaders from Mombasa Campus underwent a five-day leadership training workshop in Mombasa between January 15<sup>th</sup> and 19<sup>th</sup>, 2019.

The 48 students were trained on topics such as self-awareness, attitudes, personality traits,

leadership and academic excellence.

The workshop aimed at, among others, helping students make wise and prompt decisions, encourage and motivate team spirit, sharpening interpersonal and communication skills.

## ALUMNI COMMIT TO MENTOR AND SUPPORT STUDENTS

**O**ver 40 alumni members of KMTU Murang'a visited the Campus on 24<sup>th</sup> March, 2019 with an aim of mentoring and supporting students achieve their goals as a way of giving back to their alma mater.

They held a meeting with students where they advised them on behavior change, life skills, and expectations after College. To bond with the students, they also played a football match at Ihura stadium.

The former students, who are now working in various fields in the health sector, undertook to work with Campus Management to help the less fortunate students pay school fees as well as support accomplishment of the Campus objective of training health professionals. The alumni will be meeting annually to monitor progress and plan activities to support the Campus. They thanked the Principal Dr. John Nyaga for his assistance in organizing the meeting.

## CAMPUS HOLDS CULTURAL DAY



KMTC Nairobi Deputy Principal (Finance and Administration) Mr. Amos Kipsumbai (left) with the winners of the beauty contest

**D**ifferent communities at KMTC Nairobi Campus competed for the best prize in culture.

In a cultural event organized by the Students Representative Council (SRC) on 12<sup>th</sup> April, 2019 at the Nairobi Campus, under the theme “Our culture our health,” nine communities from the Kamba, Somali, Kisii, Luhya, Luo, Coast people, Kikuyus, Kalenjin and the Maasai showcased their cultural foods, music and dressing. In the Cultural foods category, the Luyha community scooped the best prize, followed by Coast and GEMA while Luhya, Luo and Kalenjin took position one, two and three respectively in music. SRC chairperson Sheila Mukhamia, a third-year Health Promotion student, said the event was aimed at appreciating the cultural diversity within campus and forge the necessary unity of students regardless of their background.

The event is the first in Campus and cost the Students’ Council more than Kshs 250,000, according to Ms. Mukhamia.

Campus Principal Mr. Mathew Kipturgo termed the event a necessary break away from the classes, wards and other clinical areas for the students to showcase talent and represent their cultures. “This is a way of promoting national cohesion and unity in KMTC which is a multi-cultured institution” Mr. Kipturgo noted.

Campus students’ counselor Ms. Grace Mwangi said, “The event will help the students identify the positive and negative aspects of our cultures.”

The event was crowned by a modelling session where Tevin Kamau a second year student from the department of Physiotherapy and Purity Wangare Muremi a second year student in the department of Dental Technology were crowned Mr and Miss KMTC Nairobi.

## KMTC NAIROBI CAMPUS MANAGEMENT HOLDS LUNCHEON WITH STUDENTS’ LEADERS

**N**airobi Campus Management held a luncheon with the class representatives on 17<sup>th</sup> May, 2019 at the Campus.

Organised by the office of the Dean of Students Mrs. Monica Kariuki and Ms. Grace Mwangi, the aim of the luncheon was to appreciate the student leaders for their good work over the years.

The leaders assist in mobilizing other students whenever there are activities within the campus,

by passing important information to fellow students. They also assist in monitoring class registers, academic programs and act as the link between the Management and students.

Nairobi Campus Principal Mr. Mathew Kipturgo congratulated the leaders for academic excellence and urged them to work harder.

Academics Deputy Principal Mrs. Felistus Muinde urged them to be each other’s keeper.

# KMTC KAREN CAMPUS HOLDS FIRST ALUMNI MEETING



*A section of alumni from KMTC Karen join Principal Dr. Peris Kibet (6<sup>th</sup> left) in cutting a cake during the inaugural re-union*

**K**MTC Karen held its first alumni meeting at the Campus grounds on Friday 7<sup>th</sup> June, 2019, bringing together former and current students.

Hundreds attended the meeting, which aimed at providing an opportunity for networking and intellectual discourse among alumni and continuing students, and an official launch for the KMTC Alumni Association Karen Chapter. It was song and dance as members met for the first time in a long time and as new members registered during the historic meeting.

Board Chairman Prof. Philip Kaloki said in line with the College Vision, the Board had put in place plans to establish a nutrition clinic, a breast milk bank and a fully-fledged wellness centre at the Campus, which the alumni committed to support.

AMREF International University Vice Chancellor

Prof. Marion Mutugi, who was the Chief Guest and an alumni of the Campus, termed the event “a concrete step towards cementing the place of KMTC Karen as a regional centre of excellence in the training of nutritionists, which is a stride towards supporting attainment of the Government’s Big 4 Agenda.

CEO Prof. Michael Kiptoo said a regional Centre of Excellence in nutrition would put KMTC on the global map.

Speaking on behalf of the alumni, Dr. Emmy Chesire, who is National Aids Control Council Deputy Director, lauded KMTC for providing a solid foundation for health practitioners and urged the alumni to support the College in its mandate of training.

Several Campuses have initiated efforts to kick off alumni engagement activities.

# LAKE VICTORIA HOLDS THANKS GIVING SERVICE



*Religious leaders with staff and students from KMTC Lake Victoria during the thanks giving mass*

**L**ake Victoria Campus held a thanksgiving mass on 17<sup>th</sup> May, 2019 for the achievements registered in the previous year.

The Guest of Honor was the Member of Parliament for Kisumu Central, Hon. Fred Ouda, while the Management was represented by the Deputy Registrar (Admissions) Mr. Timothy Kisukwa.

According to Campus Principal Ms. Catherine Omasaja, the event was organized as “a time to be grateful to God for the remarkable accomplishments over the years, putting the Campus on its course towards excellence.”

The Campus, the Principal said in her speech, intends to increase the number of courses

towards contributing to the increasing needs of human resource in the health sector.

Lake Victoria has 41 staff members, 22 of whom are teaching staff and 19 non-teaching staff. The student population is 422 distributed in four departments, namely: Environmental Health Sciences, Nursing, Medical Laboratory Sciences and Medical Engineering.

“A time to be grateful to God for the remarkable accomplishments over the years, putting the Campus on its course towards excellence.”

Some of the outstanding achievements of the Campus are: Initiating activities that promote interaction and cohesion amongst members of staff and students; Starting students’ clubs such as Music, Sports, Environmental, president’s Award club, Community service work and

Drama club to engage students and increased admissions.



*Meru Campus staff, students and officials from Team Environment Kenya during the tree planting event*

## MERU CAMPUS PLANTS TREES TO IMPROVE FOREST COVER

**J**ust like any institution that treasures nature, KMTTC believes that the minimum 10 percent forest cover in Kenya is achievable by 2022 if we all join hands in planting trees. For Meru Campus, this year's International Day of Forests was not just about marking the day with banners on the streets but getting down, having students

deep their hands in the mud just to ensure each plants at least ten seedlings.

Led by the Principal, staff and students had an opportunity to plant at least 10 seedlings each on 21<sup>st</sup> March, 2019 at Athiru Rujine Igembe Central.

## KMTC MIGORI PEACE AMBASSADORS CLUB HOSTS THE KENYA PEACE AMBASSADORS CHAPTER

**T**he KMTTC Migori Peace Ambassadors Club hosted the Kenya Peace Ambassadors Chapter in Migori town on 7<sup>th</sup> and 8<sup>th</sup> March, 2019.

The event, attracted participants from Rongo University, KMTTC Migori, Nairobi, Meru, and Kakamega as well as from Masinde Muliro University of Science and Technology, Mount Kenya University, Cooperative University, Kaimosi University and Rongo University among others.

The Peace Ambassadors, Kenya Chapter was started in February 2012 as a brainchild of youth from various institutions of higher learning in Kenya and the Kenya Administration Police Service who offered patronage to the initiative.

Since its inception, the organization has endeavored to grow as a formidable player in the peace building and youth empowerment sector in Kenya

# NYERI CAMPUS STUDENTS OFFERS FREE MEDICAL CAMP

**K**MTC Nyeri Campus attended to hundreds of Nyeri County residents during Nderitu Gachagua's Memorial Free Medical Camp held on 23<sup>rd</sup> February, 2019 in Karatina.

Services offered included health education and promotion, treatment, HIV AIDS counselling, laboratory investigations and referrals, according to the Principal Ms. Ziporah Njeru.

The event was sponsored by the late Governor Nderitu Gachagua's family and was attended by senior government officials and a large number of members of the public. Some of the government officials who



*A KMTCC Student Attends to Pupils During a Free Medical Camp in Makindu*

attended were: Deputy President Hon. Dr. William Ruto, Senate Speaker Ken Lusaka, Nyeri Governor Mutahi Kahiga, his Kiambu counterpart Ferdinand Waititu and several Members of Parliament.

In addition to the medical camp, the Campus showcased to members of the public courses offered at the College.

## MURANG'A CAMPUS PLANTS TREES

**K**MTC Murang'a Campus in collaboration with Murang'a Water Company (MUWASCO) and other stakeholders planted over 20,000 trees at Karii Sewerage Plant on 31<sup>st</sup> May, 2019. The sewerage plant stands on a 40 acre piece of land.

The drive was meant to accelerate Kenya's achievement of 10% forest cover as recommended by United Nations. Clad in white and green T-shirts, the students undertook to continue working with all stakeholders to increase forest cover.

## KAKAMEGA CAMPUS LEADS IN ANTI-JIGGER CAMPAIGN

**K**akamega Campus led a three-day anti-jigger campaign starting 2<sup>nd</sup> February, 2019 at Okiporo Primary School, Teso North, Busia County.

The event, which was sponsored by Access Kenya and KMTCC Kakamega saw residents throng the venue where a well-equipped and trained anti jigger team treated jigger victims and offered preventative and rehabilitative services.

The event was organized to impact the life of people within the Okiporo community and to improve the health state of young generation affected by jigger invasion.

# STUDENTS OFFER FREE MEDICAL TREATMENT TO WEST POKOT RESIDENTS



*KMTc Kapenguria Lecturer Mr. Peter Murage showcases to the First Lady H.E. Margaret Kenyatta practical lessons undertaken in students' training*

**K**MTC students offered free medical treatment to residents of West Pokot during the Beyond Zero Medical Safari, an initiative of the First Lady H.E Margaret Kenyatta.

The four-day event, which ran from 7<sup>th</sup> - 10<sup>th</sup> May 2019, saw students from Kitale and Kapenguria Campuses offer free medical services to residents.

County residents turned out in large numbers to access free medical services such as fistula repair, cancer screening, routine medical screening, counselling and testing services, universal health care household registration, sickle cell screening, eye examination, among others.

The First Lady officially launched the event on Thursday May 9<sup>th</sup>, 2019 at Makutano Stadium in Kapenguria, West Pokot County.

"I believe that everyone must reach their full potential, have an opportunity to pursue their dreams and contribute to the development of their community. This is possible with good education and access to quality healthcare," the First Lady said.

The Medical Safari, which was first launched by the First lady in 2018, is part of the Beyond Zero Initiative that involves various medical specialists providing screening, treatment and referral services in different counties across the country.

## LAKE VICTORIA CAMPUS MARKS WORLD CANCER DAY IN STYLE

**K**MTC Lake Victoria Campus partnered with various stakeholders within Kisumu County to mark World Cancer Day on 4<sup>th</sup> February, 2019. The theme of 2019 World Cancer Day was 'I am and I', and was in line with the Sustainable Development Millennium goal 3: "Ensure healthy

lives and promote well-being for all at all ages". Students participated in the procession, sang songs, and recited poems to encourage members of the community to seek early screening so as to help prevent, detect and manage cancer.

## LAKE VICTORIA CAMPUS' PRESIDENT AWARD CLUB PARTICIPATES IN CSR ACTIVITIES



*A section of the KMTc Lake Victoria President's Award Club with their patron Ms. Esther Opande (right)*

**M**ore than 30 students in the President's Award-Kenya (PA-K) from Lake Victoria Campus visited Mama Ngina Children's Home, in Kisumu City and donated foodstuffs, clothes, shoes, detergents and other toiletries on 26<sup>th</sup> of April 2019.

The students also cleaned the children's rooms, laundry and tidied the compound. They also helped the children take a bath as well as prepared for them a delicious meal.

The President's Award-Kenya (PA-K) is a self-development program available to all young people to equip them with positive life skills to make a difference for themselves, their communities, country and the world. The club exists to develop and deliver quality experiential activities that impart

positive life skills and ethical values to young people for a better society.

On 27<sup>th</sup> April, 2019, the club also visited Manyatta Estate, Kosawo and Kasawino Market for an environmental clean up. They helped the community clean their business premises, clear the drainage and educated them on how to dispose waste appropriately. The students also planted trees at Magadi Primary School.

The Club celebrated Madaraka Day on 1<sup>st</sup> June, 2019 by planting trees and flowers within the Campus compound. "Planting trees is a great way to add a touch of beautiful nature to the campus and improve its aesthetics", said the Principal Ms. Catherine Omasaja.

## LAKE VICTORIA CAMPUS PARTICIPATES IN THE WORLD' MENSTRUAL HYGIENE DAY

**E**very 28<sup>th</sup> May, the world observes Menstrual Hygiene Day to raise awareness and combat taboos associated with menstrual hygiene with the goal of enabling women and girls to achieve their full potential.

This year, the theme of the Menstrual Hygiene Day was: "It's Time for Action," which not only aimed to emphasize the urgency of this public health

issue, but also highlight the transformative power of improved menstrual hygiene to and unlock their economic and educational opportunities.

Lake Victoria Campus joined Seme Sub county and Red Cross Kenya in commemorating the Day. Staff and students gave health education talks on how to maintain hygiene during menstruation and donated sanitary towels to needy girls.

## COLLEGE PARTICIPATES IN EDUCATION DAY CAREER EXPO



*KMTC Nairobi Department of Medical Laboratory Sciences lecturer Erolls Sigei explains to high school students about KMTC courses.*

**K**MTC participated in the Kiambu County education day career expo on 15<sup>th</sup> March, 2019 at Ndumberi stadium, Kiambu County.

The expo, whose theme was “My Education, My future”, gave students an opportunity to explore and engage with KMTC and other colleges, tertiary institutions and universities on the best career choices. KMTC showcased to the secondary and primary school students and pupils respectively the 18 programmes offered at the College and guided them on career choices available.

Education Principal Secretary Dr. Belio Kipsang, who was the chief guest said the Ministry had set aside funds to enhance infrastructure and boost education.

KNUT Secretary General Hon. Wilson Sossion, said such an event gives students a chance to make informed career choices and learn more about existing institutions.

County Director of Education Ms. Victoria Mulili lauded the expo, saying such events would help improve the education performance of the county by helping students to identify their career choices and focusing on them.

Kiambu County Governor Ferdinand Waititu officially opened the event. MPs Jude Njomo (Kiambu) and Moses Kuria (Gatundu South) also attended.

## COLLEGE PARTICIPATES IN CAREER FAIR AT KICC

**K**MTC participated in a career fair organized for Universities and Tertiary Institutions held at the Kenyatta International Convention Centre (KICC) Nairobi on January 26, 2019.

The fair, which was organized by the Nation Media Group (NMG), brought together providers of mid-level and higher education across technical, professional and academic fields and other stakeholders. It was officially opened by the Permanent Secretary (PS) State Department for Post Training and Skills Development Mr. Alfred Cheruiyot.

It was an opportunity for students, parents and guardians to interact

with various institutions at the event. It was also a chance to give career advice to potential students.

The open discussions session encouraged the youthful audience to ask questions concerning careers decision, career progression, internships and finding jobs especially in competitive markets.



*KMTC admissions office staff provide information on KMTC courses to visitors who flocked to the College stand*

## MURANG'A CAMPUS PARTICIPATES IN HIGH SCHOOL EVENT

Staff from KMTC Murang'a attended a Science contest for high schools in Kahuhia Girls' High School on 25<sup>th</sup> May, 2019. The Contest, which was attended by over 25 high schools from different counties aimed at encouraging students

to improve in science subjects. The science contest provided an opportunity to introduce KMTC to high school students interested in pursuing science based courses at the College.

## COLLEGE PARTICIPATES IN ELGEYO MARAKWET MENTORSHIP PROGRAMME

KMTC participated in this year's edition of the Mentorthon in Elgeyo Marakwet County from 19<sup>th</sup> to 22<sup>nd</sup> June, 2019.

The Mentorthon event brings together professionals from the area to mentor young students to assume leadership roles early in life.

KMTC visited Singóre Girls and Chebara Boys High Schools on the first and second day respectively, where schools from the neighbourhood converged.

As KMTC marketed its courses to the more than 1,000 students in attendance, high profile



*High school students peruse through KMTC brochure during the mentorthon event in Elgeyo Marakwet*

leaders from the area addressed the students, encouraging them to remain focused in their careers of choice and work hard in school.

Students thronged the KMTC stand to learn more about the College. Deans of Students Ms. Eddah Aseta (Eldoret Campus) and Ms. Philemena Belio (Iten) explained to the students the requirements for each course and the application process.

## CAMPUSES SIGN MoU WITH COUNTY GOVERNMENT

**K**MTC Principals from Eastern Kenya region signed a Memorandum of Understanding (MoU) with the Meru County Government's Health Ministry on 8<sup>th</sup> May, 2019. The Campuses include KMTC Manza, Machakos, Kangundo, Kitui, Mwingi, Meru and Isiolo.

The MoU, which also included Garissa and Loitokitok

because of their proximity to the Campuses in the Eastern region, allows KMTC campuses in the region to utilize health facilities within the county for student practical and clinical placements.

Meru County Chief Officer of Health Dr. Victoria Kanana Kimonye, represented the County Executive in charge of Health during the signing of the MoU.



*Principals from KMTTC Campuses in Eastern region receive a signed copy of the MoU from Meru County Chief Officer of Health Dr. Kanana Kimonye (in maroon sweater)*

# BARINGO COUNTY SET TO GET A NEW KMTC CAMPUS

**P**lans to establish the new Campus in Tiaty Constituency were discussed at a meeting held in Chemolingot between the KMTC Board led by Chairman Prof. Philip Kaloki, MBS, and the area leaders led by Tiaty Member of Parliament Hon. William Kamket, on 16<sup>th</sup> April, 2019.

Assuring those present at the event of the College's unwavering commitment in supporting improvement of health care in the County, Prof. Kaloki said: "Our responsibility as KMTC Board of Directors is to join hands with leaders to support provision of better health care. This is our way of contributing to the achievement of the Government's Universal Health Coverage agenda in every part of this country."

KMTC CEO Prof. Michael Kiptoo said "KMTC will provide training opportunities for prospective health professionals from Tiaty Constituency and beyond."

Hon. Kamket said, "We are ready and willing to partner with KMTC by providing financial resources to establish a campus in Tiaty Constituency." The MP's sentiments were echoed by other local leaders, who said the proposed Tiaty Campus would revolutionise healthcare in the area.

Baringo Health County Executive Committee Member Ms. Mary Panga noted, "We have been working closely with KMTC to strengthen health care in our county. At the height of malaria outbreak in Baringo County in 2017, KMTC organized a free medical camp to fight the outbreak."



*Tiaty Member of Parliament Hon. William Kamket (in blue denim) leads KMTC and Baringo County officials and other stakeholders on a tour of the site for the proposed KMTC Tiaty Campus*

# PLANS TO INCREASE HELB FUND ALLOCATIONS FOR STUDENTS UNDERWAY



*HELB Chairman Hon. Ekwee Ethuro signs the visitors book during the meeting with KMTTC Board Chairman Prof. Philip Kaloki (left) and CEO Prof. Michael Kiptoo (right)*

**P**lans are underway to increase Higher Education Loans Board's (HELB) allocation for KMTTC students.

This was agreed in a meeting between HELB Board Chairman Hon. Ekwee Ethuro and KMTTC Board Chairman Prof. Philip Kaloki, MBS, at KMTTC Headquarters on 21<sup>st</sup> May, 2019.

Following the meeting, the two institutions agreed to sign a collaboration service contract to operationalize the KMTTC Revolving Fund that will see students get extra HELB allocations.

Hon. Ethuro said the right to highest attainable standards of health can only be achieved by availing highly trained medical personnel, something the collaboration aims to help achieve.

Prof. Kaloki said HELB is already a key partner to KMTTC, thanks to an ongoing fund dubbed Afya Elimu Fund (AEF). In the AEF, which was established in 2013 by HELB in partnership with USAID-funded FUNZO Kenya, Kenya Healthcare Federation (KHF) and the Ministry of Health, needy students from the College receive funding to complete training. The aim of the fund is to increase the number of mid-level healthcare workers that are responsive to current and future disease patterns, through provision of loans to bright and needy students.

The total amounts of the Afya Elimu Fund disbursed to KMTTC has grown from Kshs 116.3 million from inception of the funds in 2013/2014 to Kshs 331.6 million in 2018/2019, representing a growth of 185%.

# KMTC SIGNS MoU WITH BARINGO AND KERICHO COUNTY GOVERNMENTS



*KMTC Board Chairman Prof. Philip Kaloki and Baringo County Governor Stanley Kiptis exchange signed MoUs as CEO Prof. Michael Kiptoo (right), Baringo Health CEC Ms. Mary Panga (3rd right) and Board Director Mithamo Muchiri (4th right) among others witness*

**B**oard Chairman Prof. Philip Kaloki and CEO Prof. Michael Kiptoo signed a Memorandum of Understanding (MoU) with Baringo County Governor, Stanley Kiptis on 15<sup>th</sup> April, 2019, on behalf of the College and County Government respectively.

The MoU covers KMTC Kabarnet, which is currently the only campus in Baringo County, and any other that might be started in the County in future. It spells out obligations of the two institutions to enhance training of health professionals and address human resource gaps that exist in the County's health

sector.

In another occasion, Board Chairman and CEO signed yet another MoU with Kericho County Governor Prof. Paul Chepkwony on 3<sup>rd</sup> April, 2019.

The MoU covers KMTC Kapkatet and Sigowet Campuses in Kericho County, and spells out modalities of engagement between KMTC and Kericho County Government, to enhance training of health professionals and address the County's health needs.



*Kericho County Governor Prof. Paul Chepkwony exchange signed MoUs as CEO Prof. Michael Kiptoo and others from the College witness*

# GOVERNOR COMMISSIONS NEW TUITION BLOCK AT KMTC ISIOLO CAMPUS

Isiolo County Governor Dr. Mohamed Abdi Kuti commissioned a new tuition block at KMTC Isiolo on 12<sup>th</sup> February, 2019.

Construction of the tuition block has been funded by the County Government led by Dr. Kuti through the initiative of the Principal Ms. Agnes Mutuma. The new tuition block consists of six classrooms, a library, which also has a digital library section, and several staff offices.

Governor Kuti said his government was ready to provide necessary support to see the Campus grow into a world class institution. “In addition to this project, my government will fund construction of hostels at KMTC Isiolo at a cost of Kshs 50 million,” the Governor said.

KMTC Board Chairman said the College would support the County in strengthening its healthcare systems



by training the required manpower. “We are going to form a taskforce to deliberate on introducing certificate courses in health at Isiolo Campus as part of affirmative action,” the Chairman said.

The new tuition block will enable further expansion of the fast-growing campus to address health needs in the County and the country at large, added the Chairman.

## NEW CAMPUS TO BE SET UP IN CHERANGANY CONSTITUENCY

A new KMTC Campus is set to be established in Cherangany constituency.

This follows a meeting between the area Member of Parliament (MP) Hon. Joshua Kuttuny and KMTC Board Directors led by the Board Vice Chairman Eng. David Muthoga on 7<sup>th</sup> May, 2019 at Cherangany Level III Hospital.

Deputy Governor Dr. Stanley Tarus gave an assurance of the County Government’s support to both the existing Kitale Campus and the upcoming Cherangany Campus. He said land for expansion of Kitale Campus would soon be availed.

The proposed Campus, the second in Trans - Nzoia

County would be set up next to the Cherangany Sub-County Hospital and will be fully funded by the National Government, according to Hon. Kuttuny.

“This new Campus will not only ensure a steady supply of competent health professionals but will also act as a catalyst for social and economic transformation in the area,” Kuttuny said, adding, “We will work closely with the County Government to realize this.”

Eng. Muthoga lauded the MP for the decision to establish a Campus in his Constituency. “The Board will fully support this initiative that will benefit not only the people of Cherangany, but Kenya as a whole,” he said.



*Cherangany Member of Parliament Hon. Joshua Kuttuny takes Vice Chairman Eng. David Muthoga, CEO Prof. Michael Kiptoo and other stakeholders on a tour of the site for the proposed Campus*

CEO Prof. Kiptoo said the new Campus would go a step further in ensuring smooth transition from high school to College.

“The future of any community

is in its children. The proposed KMTC Campus will provide an opportunity for us to empower and invest in our children, by giving them an opportunity to train and become health professionals,” Trans-Nzoia County Commissioner Mr. Samuel Ojwang said when the team paid him a courtesy call in his office.

## OTHAYA CAMPUS TO RECEIVE LAND FOR EXPANSION, NEW BUS AND CONSTRUCTION BOOST

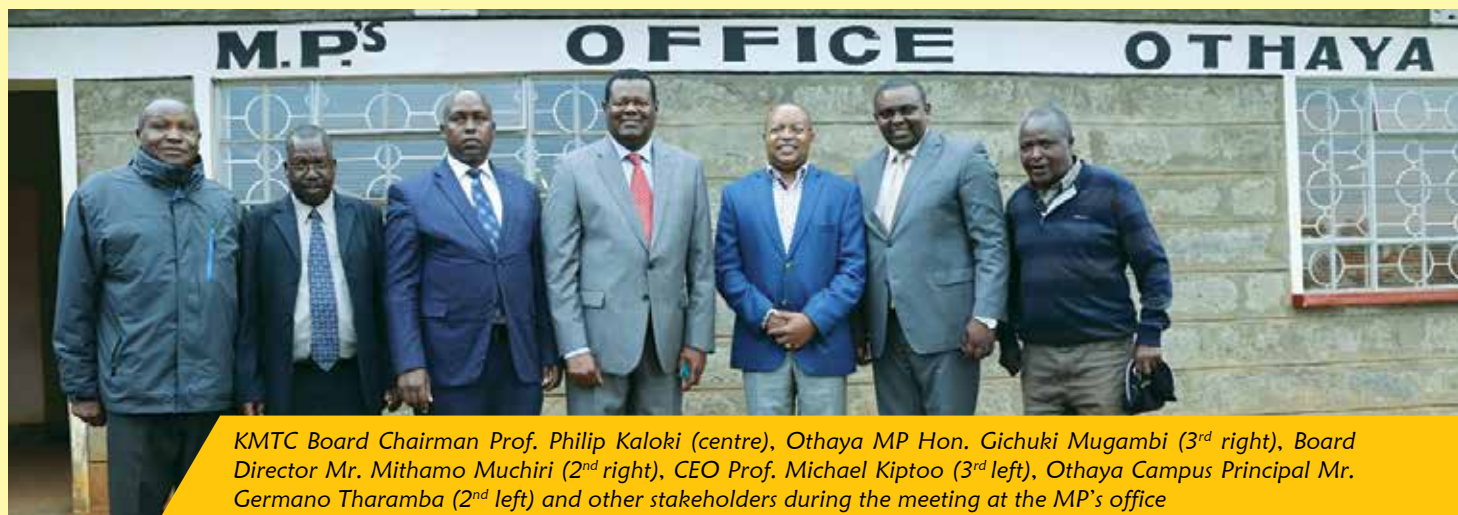
**O**thaya Constituency will donate to KMTC Othaya land for expansion, Kshs.10 million for construction of a tuition block and a new bus worth Kshs. 7 million in the 2019/2020 financial year.

Area MP Hon. Gichuki Mugambi said this during a meeting held with the KMTC Board of Directors led by Chairman Prof. Philip Kaloki in Othaya town on June 11<sup>th</sup>, 2019, to chart the way forward on the development agenda for KMTC Othaya.

“We are committed to these projects, which will support the training of health professionals who will play a key role in safeguarding the health of our people,” Hon Mugambi said.

The Board would set aside Kshs. 20 million for further infrastructural development in the Campus, which Chairman Prof. Kaloki said would spur growth of the Campus and provide more training opportunities.

The Campus, which started operations in March 2016, is set to mount two new programmes: Clinical Medicine and Nursing, once the Othaya Level VI Hospital is fully operational.



*KMTC Board Chairman Prof. Philip Kaloki (centre), Othaya MP Hon. Gichuki Mugambi (3<sup>rd</sup> right), Board Director Mr. Mithamo Muchiri (2<sup>nd</sup> right), CEO Prof. Michael Kiptoo (3<sup>rd</sup> left), Othaya Campus Principal Mr. Germano Tharamba (2<sup>nd</sup> left) and other stakeholders during the meeting at the MP's office*

# KMTC MIGORI RECEIVES NEW BUS, SET TO GET 20M FOR CONSTRUCTION & 50 ACRES FOR EXPANSION



(Holding flag from right) KMTC Board Chairman Prof. Philip Kaloki, Migori County Governor Okoth Obado, CEO Prof. Michael Kiptoo and Health CEC Dr. Iscah Oluoch flag off the bus

**M**igori County Governor Hon. Okoth Obado presided over the commissioning of a new 52-seater bus to KMTC Migori Campus on 13<sup>th</sup> June, 2019.

During the colourful event held at Migori Campus, the Governor committed to spend Kshs. 20 million towards completion of the ongoing construction of a tuition and administration block in the Campus. “To meet demand for health workers, my County Government has also set aside 50 acres of land for expansion of the Campus,” the Governor added.

KMTC Board Chairman Prof. Philip Kaloki said the College would also set aside funds for construction of another tuition block that would house a skills lab, resource centre and more classrooms. The College has developed a Policy document to enhance engagement with partners and enhance training to benefit the people of Migori and Kenya at large, he added.

CEO Prof. Michael Kiptoo said the College had put in place measures to advance training of competent health professionals for sustainable development.

County Executive Committee member for Health Dr. Isca Oluoch said the two institutions would continue working together to strengthen the health care systems in Migori.

Migori County Government was the first, under the devolved system of government, to approach the KMTC Board of Directors with an aim of starting a KMTC Campus in the County. It was also the first to enter into an agreement to train for the County’s health needs.

KMTC Migori Campus opened its doors in September 2013 through an initiative of the KMTC Board and Migori County Government.

# KMTC SET TO COLLABORATE WITH AMERICAN UNIVERSITY



*KMTC Nairobi Nursing lecturer Ms. Elizabeth Mweha (2<sup>nd</sup> right) takes Dr. Stephen Cavanaugh through practicals nursing students undertake in their training. With them are Registrar Dr. Lucy Waweru (right) and Nursing Head of Department Ms. Evelyn Nyamweya (2<sup>nd</sup> left)*

**K**MTC is set to collaborate with the University of Massachusetts Amherst, College of Nursing in the training of nurses.

The University's Dean of Nursing, Dr. Stephen Cavanaugh, who visited the College on 5<sup>th</sup> February, 2019, said "The University aspires to have an international presence and our mission is to support countries in the world build human resource capacity in various sectors".

Dr. Cavanaugh hailed the proposed collaboration between KMTC and the University of Massachusetts Amherst, as one that would provide opportunities for the two institutions to develop and share new knowledge.

"Nurses are very important in the health care system and this partnership will give an

opportunity to KMTC diploma in nursing graduates to transition to degrees at Amherst," he added.

Board Chairman Prof. Philip Kaloki said the collaboration would be beneficial to the country as it seeks to achieve Universal Health Coverage by 2022. "Considering 85 percent of middle level healthcare professionals come from the College, this will be a big boost to the country," he said.

Dr. Cavanaugh also visited the KMTC Nairobi School of Nursing where he witnessed first-hand quality training of students. His visit to KMTC follows a similar one by Chairman Prof. Kaloki and CEO Prof. Michael Kiptoo who visited the University of Massachusetts Amherst in October 2018 to discuss details of the collaboration.

## TRAINING OF TRAINERS ON BASIC LIFE SUPPORT AND ADVANCED CARDIAC LIFE SUPPORT CONDUCTED

**A** Training of Trainers (ToT) on basic and advanced cardiac life support was held from March 18 to 22, 2019 in KMTC Nairobi Campus.

The training targeted Clinical Anaesthetists and Perioperative Nurses to empower them with more skills in the field of basic life support of patients. Four KMTC lecturers from Nursing and Clinical Medicine departments facilitated the training, which is certified by the American Heart Association (AHA). AHA's facilitators Mr. Bob Culver and Ms. Leah Valvano support the lecturers during the training.

Perioperative Nurses work closely with theatre team to perform operations in theatre. On the other hand, Clinical Anaesthetists prepare patients for surgery.



*Kentalis International Foundation, Netherlands Project Manager Ms. Heleen Reedjik presents a certificate to Nairobi Campus Health Service Manager Dr. Kennedy Rateng, one of the trainees*

## PROCESS TO STANDARDIZE FINAL QUALIFYING EXAMINATIONS TEST ITEMS COMPLETE

The process to standardize Final Qualifying Examinations test items was completed in a workshop held in Nakuru on 2<sup>nd</sup> to 5<sup>th</sup> April, 2019.

Final Qualifying Exams are done at the end of the course to determine who graduates from KMTC. KMTC diploma courses take three years, with an exception of nursing, which takes three and half years, while certificate courses take two years, except nursing which takes two and a half years.

The workshop agreed on a standard structure and format of all KMTC examinations and developed common rubrics and instructions to candidates.

There is need to offer training on assessment to the examiners especially on how to set Multiple Choice Questions, the workshop resolved.

## RESEARCH OFFICE POSTS MORE SUCCESSES

The Research Section posted yet other successes between January and June, 2019. While eight studies were approved for funding, five were conducted and four research papers published in the quarter.

The research approved for funding are;

- i. Knowledge, Attitude and Practices regarding Sexual and Reproductive Health among Students in Three Kenya Medical Training College Campuses; by Miriti A. and Barasa S.
- ii. The Influence of College - organized Sports Activities on Students' Academic Performance in KMTC: A Case of Port Reitz and Mombasa Campuses; by

Opalla W. J. and Mwaniki M.

- iii. Effectiveness of Trained Community Health Assistants in Improving Coverage and Maternal and Child Health Indicators in Nyatike Ward, Migori County; by Onyango J. and Onyango D.
- iv. Utilization of Cervical Cancer Screening Services among Women Attending Maternal and Child Health Family Planning Clinic, Kwale County, Kenya: Community Approach Sensitization as KMTCS' Role in Training; by Msanzu C. S and Mwachofi A. W.
- v. Patients' and Families' Perceptions Towards Diagnosis of Prostate Cancer in Tharaka Nithi County, Kenya; by Kirungia T. K., Kiunga J. K. and Ndukanio K.
- vi. Factors Determining Delayed Diagnosis of Tuberculosis among Patients attending Gatundu Level 5 District Hospitals; by Kinyao, M & Jacinta M.
- vii. Risk, Correlates and Predictors of Adverse Infant Outcomes among Pregnant Women with Maternal HIV immune Reconstitution Inflammatory Response attending Selected Facilities in Kenya; by Muthuka, J.K.
- viii. Challenges of Off-Campus Living for Non-Resident Students in KMTCS; by Ogendo, M. et al

The studies conducted are:

- i. Challenges of Strategy Implementation: A Case Study of Kenya Medical Training College; by Muthoka, M., Mutua, C. and Kelly, O.J.
- ii. Association of Nutrition Knowledge, attitude and Dietary practices with Nutrition Status of Students attending KMTCS campuses; by Oloo, F, and Oula, J.O.

- iii. Student-Centered Learning Challenges among Lecturers in Four Kenya Medical Training College Campuses within South Nyanza Region, Kenya; by Konje., M.E
- iv. Assessment of Ultrasound Training Needs among Radiographers In Kenya Coast Region; by Ogada J.W, Ogall, F.A. & Mbatia, W.M.
- v. Prevalence and Factors associated with Substance Abuse in Medical Training Colleges in South Nyanza Region, Kenya; by Kurui, D.K.

The research papers published are:

- i. Socio-anthropological Methods to Study Feasibility and Acceptability of the Minimally Invasive Autopsy from the Perspective of Local Communities: Lessons Learnt from a Large Multicenter Study; by Maixenchs, M, Oruko, K., et.al. *Global Health Action*, 2019. Vol 12 1559496
- ii. Use of Menstrual Cups among School Girls: Longitudinal Observations nested in Randomized Controlled Feasibility Study in Rural Western Kenya; by Eijk, M.A, Oruko, K. Laserson, F. et.al *BMC Reproductive Health*. (August 2018) 15:139
- iii. Experiences of Medical Imaging Students and Clinical Learning in a Limited Resource Setting; A Qualitative Study in Rwanda; by Ondari B.O, Rajeswaran, L., et al *Journal of Global Radiology*, April 2019. Vol 2 Issue1/2 DOI 10.7191/jgr.2019
- iv. Factors and Correlates of Low Birth Weight and Preterm Birth with HIV Infection among Postnatal Women at a Maternity Hospital, Nairobi Kenya; by Muthuka, J.K., Kipturgo, K. M. et al *International Journal of HIV/AIDS, Prevention, Education and Behavioural Science* ISSN 2575-5765 June 2019

# KMTC HOLDS SYMPOSIUM FOR HEALTH WORKERS



*Ministry of Health Head of UHC Dr. David Kariuki makes his presentation during the health symposium*

**K**MTC held its first symposium at the Nairobi Campus School of Nursing Assembly Hall on 30<sup>th</sup> April, 2019. The symposium, themed “Health Care Financing Towards Universal Health Coverage (UHC)”, agreed that all stakeholders in Kenya have roles to play to make the achievement of UHC a reality.

“This symposium presents us with an opportunity to stay abreast of new and emerging trends in UHC, one of the Government’s Big Four Agenda,” said KMTC CEO Prof. Michael Kiptoo in his speech read by Deputy Director (Finance and Administration) Mr. John Anyira.

“KMTC has a key role to play in supporting the Government to achieve UHC goals by training health professionals to bridge the gaps in the health sector and we must therefore be proactive,” the CEO said, adding that the College had started a number of courses such as Family Health Nursing, Family Medicine and Community Health Extension Workers as part of efforts to reach the UHC goals.

Ministry of Health Acting Director General Dr. John Masasabi, in a speech read on his behalf by Ministry of Health’s Head of UHC Dr. David Kariuki noted that when all people have access to promotive, preventative, curative,

rehabilitative and palliative health services they need without suffering financial hardship, then UHC will have been achieved.

Other presenters were Kenyatta University Division of Family Medicine’s Dr. Joseph Thigiti, National Hospital Insurance Fund’s Mr. Daniel Mulinge, Ministry of Health’s Senior Economist Mr. David Njuguna, Retirement Benefit Authority’s Mr. John Muli Mutisya, First Assurance’s Mr. Hillary Mwangi and Purity Kiguta from Jubilee Insurance.

As a way forward, it was resolved that there was need for sustainable health financing, development of various pooling mechanisms to reduce out-of-pocket spending.

Emphasis was placed on the importance of mobilizing more domestic resource allocation to ensure sustainability of provision of health services in view of reduced donor funding.



CEO Prof. Michael Kiptoo addresses staff

**K**MTC CEO Prof. Michael Kiptoo addressed staff from Headquarters, Mathare, Karen and Nairobi Campus on a variety of issues on 2<sup>nd</sup> April, 2019 at the KMTc Nairobi Nursing Assembly Hall.

He told them that following re-categorization, the Board and Management were pursuing its full implementation, which he said was expected in the next financial year. Health workers' allowances had also been factored in the budget of the next year, he said.

The College had been in constant discussion with various authorities regarding the collective

## CEO ADDRESSES STAFF, URGES SERVICE DELIVERY

bargaining agreement, said the CEO, and would sign and start its implementation as soon as approval was granted by Salaries and Remuneration Commission (SRC), State Corporations Advisory Committee (SCAC) and the Treasury.

Urging staff to embrace technology, he reported that several modules of Enterprise Resource Planning were running successfully to enhance efficiency and effectiveness of operations at the College.

On human resource management, he reported more staff would be employed to support the College in delivering on its mandate. He added that Management was in the process of reviewing staffing in terms of competencies and numbers, which was likely to affect some staff through transfers. He assured that the rationalization would be done in line with human resource policies and procedures.

Reporting that promotions would start in the next financial year, he urged staff to continue upholding work ethics. "Let's endeavor to achieve our targets at all times."

The CEO said he would continue holding regular meetings across campuses to provide a platform for sharing information and getting feedback from staff and students. He called upon all to inculcate a culture of excellence and team work and support the College achieve its mandate.



## KMTC STAFF AND RETIREMENT BENEFITS AND PENSION SCHEME CONDUCTS MEMBER EDUCATION

The Board of Trustees of the KMTC Staff Retirement Defined Benefits Scheme (DBS) and Defined Contribution Scheme (DCS) conducted a member education programme for all members on diverse dates between March and May 2019.

The programme aimed at appraising members on scheme investments, management of the fund by various scheme advisors and recent development of the College by trustees who represent the sponsor as well as showing members how to compute their benefits. Members were also informed about the recent changes in the pension scheme. In the new changes, Britam Asset Managers and Sanlam Investments East Africa replaced GenAfrica Asset Managers for DBS and DCS respectively. The changes were effected on October 1, 2018.

Speaking on behalf of the Schemes' sponsor during one of the trainings, KMTC Board Chairman Prof. Philip Kaloki, MBS, reiterated the Board's commitment in improving terms of service for members of staff in addition to remitting the requisite contributions to the two schemes in time. This, he said, would ensure their continued wellbeing even after retirement.

"I want to appreciate the Government led by H.E President Uhuru Kenyatta for supporting the College through provision of funds for employment of additional lecturers," Prof. Kaloki further added.

The Board is committed in meeting its obligations to ensure the two schemes keep growing, said the Chairman.

Chair of the Board of Trustees Mr. Hillary Rotich thanked the fund sponsor, the KMTC Board, for "ensuring timely remittance of funds to the scheme, which has guaranteed the Scheme's smooth operations." Representatives from Minet Kenya Financial Services Limited, Sanlam Investment East Africa and BRITAM Asset Managers, who are the Scheme's service providers, took participants through the education.

The programme was divided into four phases with the first phase running from 25<sup>th</sup> to 28<sup>th</sup> March, 2019 for staff from KMTC Campuses in the Central region, the second phase from 8<sup>th</sup> to 10<sup>th</sup> April, 2019 (Eastern and Coast regions), the third phase from 6<sup>th</sup> to 10<sup>th</sup> May, 2019 (for Western and Nyanza) while the fourth phase took place between 20<sup>th</sup> and 24<sup>th</sup> May (Rift Valley, Nairobi and North Eastern).

# TWENTY-SIX GRADUATE WITH CERTIFICATE IN HIV TESTING SERVICES

**T**wenty-six participants received certificates after successful completion of a three-week short course on HIV Testing Services (HTS) during a graduation ceremony held on 16<sup>th</sup> May, 2019 at Nairobi Campus.

The in-service participants from diverse backgrounds were drawn from various organizations.

The course saw participants undertake theory and practical sessions to enable them enhance their skills and service delivery to the community. The course is currently offered at KMTc Nairobi and Lake Victoria Campuses. So far, Lake Victoria Campus has graduated seven cohorts while Nairobi has graduated one.

Nairobi Campus Principal Mr. Mathew Kipturgo urged graduands to put the training to good use. He

thanked National Aids and STI Control Programme (NASCOP) for accrediting the Nairobi and Kisumu Campuses to offer the course in addition to providing facilitators.

Short courses coordinator Dr. Jebichi Maswan said such short courses fill gaps in professional knowledge to continually increase specialization and transferable practical skills.

NASCOP Program Coordinator Ms. Beatrice Chepkwony said NASCOP was considering accrediting all KMTc Campuses to exclusively offer the HIV Testing Services course.

Other short courses offered by the College include: Healthcare Entrepreneurship, Medical Engineering, Community Health Development, Safe Phlebotomy among others.



Participants during HTS graduation

# KMTC REPORTS EXCELLENT PERFORMANCE IN STUDENT ENROLLMENT AND TRAINING



*CEO Prof. Michael Kiptoo addresses participants during the Academic Council meeting*

The College achieved more than 100 percent target in its student admissions in 2018/19 academic year. It also developed policies to improve strengthen internal processes and procedures to enhance compliance and governance as well as be in line with emerging Government reforms and the Big 4 agenda.

KMTC recorded a total of 12,942 students in this year's admission, an increase from 12,711 admitted the previous year.

CEO Prof. Michael Kiptoo said this when he officially opened an Academic Council meeting in Nairobi on 12<sup>th</sup> June, 2019.

The Academic Council holds its meetings quarterly, bringing together the College's Management, Campus Principals and Heads of Department to discuss academic affairs of the College. The Academic Council Meeting was held from 12<sup>th</sup> - 14<sup>th</sup> June, 2019.

The Board led by Prof. Kaloki has set KMTC on a path to ensure contribution to better health care through training of competent health professionals. The College is committed to ensuring that President

Uhuru Kenyatta's agenda of UHC for all Kenyans 2022 is realized, said the CEO.

He added: "The College has put in place strategies to steer a solid foundation for the training of Certificates, Diplomas and Higher Diplomas in different programmes."

Deputy Director (Academics) Mrs. Nancy Michire said the College will continue to introduce more courses and align curricular to support UHC. Corporation Secretary Dr. Miriam Muthoka said the approved policies will go a long way in upholding the quality of training and services offered to students and other stakeholders. Acting Deputy Director (Finance and Administration) Dr. Kelly Oluoch said the College had come up with innovative ways to improve service delivery and develop capacity to support the Board to deliver on the College mandate.

As is the norm, Principals, heads of academic and support departments reported progress made on matters of academic affairs including emerging issues and plans in place to support teaching and learning in their respective areas.

# KMTC BOARD HOLDS ANNUAL RETREAT, LAYS 2019/20 PLANS TO SUPPORT UHC



*KMTC Board of Directors with Senior Managers, Principals and staff members from the College*

An annual retreat to take stock of achievements and challenges registered in the College over the last year and plans for the coming financial year was held in Mombasa from 17<sup>th</sup> - 21<sup>st</sup> June, 2019.

Opening the five-day annual retreat for Board of Directors, Senior Managers and Campus Principals, Board Chairman Prof. Philip Kaloki, said the College's 2018-2023 strategic period that sets KMTC on a path to ensure contribution to better health care coincides with the Government's agenda of UHC for all Kenyans by 2022.

Going by the theme of "unlocking performance, driving change for a prosperous KMTC", the retreat serves as "an avenue to outline a framework through which the College shall apply its resources and strengths to exploit available opportunities and confront threats that might hinder the institution from achieving its objectives," said Prof. Kaloki.

The Chairman reported numerous achievements recorded in the last four and half years including: aligning the KMTC Act of 1990 to the Health Act and other governing legislations; launching the Strategic Plan 2018 -2023 and approving 47 policy documents.

Other achievements recorded included increasing campuses from 28 to the current 67; growth in student population from 19,000 to over 35,000; increase in graduation numbers from 6,394 to 10,869; infrastructural growth amounting to over Kshs. 7.5 billion and internally generated revenue growth from 1.6 billion in 2013 to 3.4 billion in 2018.

The Board also recruited over 600 teaching and non-teaching staff to fill identified gaps, spearheaded and supported the process of staff

development and competence training to promote efficient service delivery, allocated Kshs. 100 million to support implementation of staff promotion and had the College recategorized from PC 2 to PC 4A, expanding its mandate to include research.

In addition, the Board set aside Kshs. 100 million for mortgage scheme. Through collaborations and partnerships, the College acquired more land, infrastructure and staff from County Governments, and signed Memoranda of Understanding in support of training.

Prof. Kaloki thanked the Cabinet Secretary in the Ministry of Health and the Directorate of Public Service for the recent appointment of Mr. Fred Wamwaki and Mr. Samuel Arachi to the KMTC Board of Directors. The two, he said, "bring a wealth of experience in the field of finance, governance and public administration."

Chief Executive Officer Prof. Michael Kiptoo said the College, with the support of the Board, would actualize set goals and objectives.

Corporation Secretary Dr. Miriam Muthoka highlighted key issues to unlock performance and promote leadership for change observing the need to measure performance against set objectives. Ag. Deputy Director (Finance and Administration) Dr. Kelly Oluoch noted that KMTC had transformed tremendously in the last few years. On the other hand, Deputy Director (Academics) Mrs. Nancy Michire said the College had continued to enhance quality assurance systems to uphold training standards.

The retreat culminated into the 2019 College's Reward and Recognition Ceremony, which was held on 21<sup>st</sup> June, 2019, in which the Board recognized its employees, teams, and campuses for exemplary performance.

# STUDENTS TO BENEFIT FROM AFYA ELIMU FUND

**A**fya Elimu Fund has allocated Kshs. 127 million for the training of 3,319 students in Medical Training Colleges in the 2018/2019 academic year.

In an event held in Nairobi on 8<sup>th</sup> April, 2019 to allocate funding to institutions, KMTCC took the lion's share, with its 2,713 needy students being allocated Kshs. 108.5 million to pursue their education at the College, which is 82 percent of the total allocation.

The aim of the program, according to USAID's representative Peter Waithaka is to ensure that medical students finish their training and that parents have less burden to educate their children.

The 3,319 successful first-time applicants will get Kshs. 40,000 each through the Higher Education Loans Board (HELB), the body mandated to disburse the bursary funds in Kenya. The figure is due to insufficient funding and the high number of applicants, according to HELB CEO Mr. Charles Ringera. "More than 3,700 successful applicants missed the funding. We need to do more resource mobilization to cater for more students", added Mr Ringera.

The Fund, which now stands at 1.2 billion, was started in 2013 with Kshs. 100 million through the initiative of USAID through FunzoKenya and has since seen 19,241 students benefit.

The Fund has continued to improve its allocation to KMTCC. In 2013, it gave KMTCC students 80 million before raising the allocation to Kshs 194 million the following year to benefit 4,750 students. In the 2015/2016 academic year, the Fund spent Kshs 240 million on 6,136 students, while in 2017/2018 academic year, Kshs. 178 million was allocated to benefit more than 4,400 KMTCC students.

Thanking the partners for coming up with the initiative, KMTCC CEO's representative Mrs. Agnes Mualuko said the Fund had helped more than 16,000 students realize their goal of training in health. These students have a story to tell, she added.

Ministry of Health Representative Mr. Robert Masibo said the fund was helping realize Universal Health Coverage for all Kenyans, one of the Government's big four agendas. The Ministry is expected to train 10,000 community health workers by June 2019.



### **Dr. John Masasabi - Ag. Director General, MoH**



The Cabinet Secretary for Health Mrs. Sicily Kariuki, EGH, appointed Dr. John Wekesa Masasabi Acting Director General (DG) of Health in April 2019.

The DG will be the technical advisor to the Health CS, advise the two levels of government on matters of national security on public health, supervise the directorates within the ministry, among other duties.

She noted the changes will fulfil requirements of the Health Act 2017.

Until his appointment, Dr. Masasabi was the head of Performance Contracting at KMTc.

### **Mr. Kenneth Riany - Information and Communication Technology (ICT) Manager**



Mr. Riany was appointed as the ICT Manager with effect from 4<sup>th</sup> April, 2019.

He holds a Master of Science Strategic Business Information Technology from the University of Portsmouth.

He is a member of the Institute of the Management of Information Systems, the Computer Society of Kenya and Information Systems Audit & Control Association (ISACA). He is a Certified Information Systems Auditor (CISA), Certified Information Security Manager (CISM), Certified Risk and Information Systems Control (CRISC).

### **Mr. David Kinisu Sifuna – Legal Services Manager**

Mr. Sifuna was appointed as the Legal Services Manager with effect from 24<sup>th</sup> May, 2019.

He holds a Master of Arts in Governance and Ethics from Mount Kenya University and a post graduate diploma from the Kenya School of Law.

He is a member of the Law Society of Kenya, International Bar Association and Commissioner of Oaths and Notary Public.



### **Ms. Marcellah Onsomu – Corporate Communications Manager**

Ms. Onsomu was appointed as the Corporate Communications Manager with effect from 18<sup>th</sup> March, 2019.

A Master of Arts holder in Communication from the University of Nairobi, Ms. Onsomu also holds a Bachelor of Arts degree in communication from Daystar University and is currently pursuing her PhD in Communication at the same University. She is a member of the Public Relations Society of Kenya.

She comes with a wealth of experience gained over years in communication, advocacy and knowledge management.



## **Omondi Nyakodi – Chief Maintenance Officer**



Mr. Nyakodi was appointed as the Chief Maintenance Officer with effect from 24<sup>th</sup> May, 2019.

He holds a Bachelor of Science in Civil Engineering from Jomo Kenyatta University of Agriculture and

Technology, a Higher Diploma in Civil Engineering from Kenya Institute of Highways and Building Technology, a Diploma in Education and Civil Engineering from Mombasa Polytechnic and Kenya Teachers Training College respectively.

He is an associate member of the Institute of Clerk of Works of Kenya (ICWK) and a registered technical teacher with TSC.

## **Mr. Boniface Kipkemai Samati - Chief Security Officer**



Mr. Samati was appointed as the Chief Security Officer with effect from 24<sup>th</sup> May, 2019.

He holds a Bachelor of Arts in Public Administration and Security from the University of Nairobi and brings to the College a wealth of experience gained over the years in the field of security.

He has undertaken several security related training including: Recce squad, paramilitary and investigation. He is a member of International Police Association.

## **More than 1000 staff trained in various short courses**

**O**ne thousand and sixty-two (1,062) staff underwent training in various short courses in the 2018/2019 financial year, surpassing a target of 1,009 employees to be trained in the period.

The induction training course, which targeted 314 staff, trained 311 in four cohorts, to introduce new officers into the KMTc culture and inform them on, among others, code of conduct, corporate governance and terms of service.

Sixty (60) officers, comprising equal number of secretaries, implementers, and record management staff, were trained in a course on Information Security Management System to create awareness and build their capacity in their job specialties.

Forty four (44) officers were trained in leadership development, nine more of the set target of 35 for Heads of Departments. To build their capacity in leadership, 28 Senior Managers were trained in Strategic Leadership Management programme while 120 newly employed Lecturers and Skillslab Assistants were trained on Skillslab and Teaching Methodology to orient them on the handling of the skillslab.

More than 230 staff in various cadres underwent training on Quality Management System certification. Other officers were trained in various specialities in order to expand their knowledge base, encourage creativity and innovativeness, improve performance, productivity and adhere to quality standards.

# MAKING POSITIVE SUSTAINABLE PERSONAL CHANGE

Dr. Jebichi Maswan



We all have things we want to change to improve our life e.g eating habits, productivity, disempowering thoughts, negative emotions etc. What is change? Change is nothing more than the formation of a series of new habits. Most of what you do, what you think, and how you behave is habitual, developed over many years. But change is hard because most of your daily habits have been repeated enough times that it has formed a circuit in your brain.

As much as we want to become better people and improve ourselves, we often face change kicking and screaming. We are creatures of comfort, and every change

requires some level of discomfort. The more times we try and fail, the more like failures we feel and probably may stop trying.

*Strategies that can help you make sustainable personal change*

» **Identify why you want to change** – be clear about why and what you need to change. When the journey gets tough, the reasons will help you hang in there.

» **Set goals** – be specific on the goal as this will guide your choices. It is easier to postpone vague (or open-ended) goal than an abstract goal which is actionable.

» **Plan and prepare** – to succeed, you must get yourself mentally, physically, emotionally, and practically ready and ripe to be successful. This includes creating a vision for yourself of the outcome, and planning a system of triggers, accountability, support, and rewards.

» **Motivation** – one has to be motivated and committed to reach the goal. The more you want the goal, the more likely you are willing to make the efforts and sacrifices to achieve it.

» **Self-confidence** – a confident individual is more likely to persist in the face of obstacles than one with weak self-confidence. Individuals with strong beliefs are more likely to continue their efforts to master a task when difficulties arise.

» **Willpower** – this represents vitality or psychological energy that one uses to resist other temptations in order to work toward one's goal.

## Steps that can help you make sustainable personal change

**1. Start really, really small.** Take baby steps - You can often break the behavior you're trying to change into smaller, more attainable goals. Slow and gradual modification, rather than huge abrupt change, can result in permanent change.

**2. Stick to 5 minutes.** When you begin this small new habit, do it for 5 minutes only during the first 2 weeks. This will feel very easy (especially for some small habits), but it begins the process of retraining your brain to accept this new behavior.

**3. Find a trigger.** A trigger is a firmly established habit or action that you can use to "trigger" your memory to perform your new habit. You will want to perform your new habit immediately after the trigger.

**4. Set up accountability.** Most of us don't tell people when we try to change just in case we fail. But actually when you know someone is counting on you, you will try harder.

**5. Acknowledge success.** Set up a reward system for yourself that immediately follows the new habit to keep your motivation and positivity at a high level.

**6. Create a support system.** Communicate with those close to you about your plans for life change. If your new habit disrupts the lives of others, and you haven't communicated with them or gotten their support, they may sabotage your efforts.

**7. Plan for disruptions.** During the planning phase of your life change, create a "disruption contingency plan" to take care of unexpected things.

**8. Increase your time slowly.** Be sure that

your new habit is fully automatic before you increase the time past 5 minutes. Once it feels automatic, increase to 10 minutes. Keep adding time as the change feels automatic.

**9. Tackle only one new change in your life at a time.** The more difficult the habit, the longer it will take. Don't begin another one until you have the first one firmly established.

**10. Sit with the discomfort.** When you're feeling the discomfort of change, try not to run away from it so quickly. See if you can let yourself feel the discomfort and try to understand what it is that is so intolerable.

**11. Rewire Your Brain** - To change any behaviors, you must rewire your brain. This takes practice, patience, and the knowledge of how to do it.

The journey towards positive and sustainable personal change includes your entire body-mind system. Your awareness, attitudes, beliefs, and sense of direction all make a difference in the process

Personal change happens through a journey of discovery. You need to find out more about yourself; how you do things, how you have been limiting your options, how you have created your current situation for yourself. The only pre-requisite for starting this journey of discovery is that you are willing to learn.

*"God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference". Reinhold Niebuhr (1892–1971).*

### About the Author:

*Dr. Jebichi Maswan is a Senior Chief Principal lecturer and head of Institutional Advancement at KMTc.*



# Chuo cha Ukufunzi Wa Utabibu cha Kenya (KMTc)

## Mkataba wa Huduma kwa Wateja

Tumejitolea kuwahudumia wateja wetu kwa njia ya uwazi, heshima na usawa.

Huduma inayotolewa	Yanayohitajika	Matozo	Muda
<b>Habari na Majibu</b>			
Huduma kwa wateja	Kubainisha huduma hitajika	Hakuna malipo	Dakika kumi
Kupokea simu	Simu kupigwa	Hakuna malipo	Sekunde kumi
Kujibu malalamishi, pongezi au mapendekezo	Upokezi wa malalamishi, pongezi au mapendekezo	Hakuna malipo	Siku kumi na nne
Mawasiliano	Kufikia vyombo vya mawasiliano vya KMTc	Hakuna malipo	Papo hapo
<b>Utoaji wa Nafasi za Masomo</b>			
Kupokea ombi la nafasi ya kusoma	Kupokea ombi	Shilingi elfu mbili na ishirini na mbili (2,022)	Papo hapo
Kutangaza wanafunzi waliochaguliwa kupitia vyombo mwafaka	Hakuna	Hakuna malipo	Siku kumi na nne baada ya uchaguzi
Mawasiliano kwa wanafunzi waliochaguliwa	Hakuna	Hakuna malipo	Siku kumi na nne baada ya uchaguzi
Kupokelewa kwa wanafunzi waliochaguliwa	Barua ya mwiliko na stakabadhi mwafaka	Karo iliyopendekezwa	Siku ya kupokelewa Chuoni
Uundaji wa sajili ya wanaotafuta nafasi ya masomo	Habari kuhusu wanaotafuta nafasi ya masomo	Hakuna malipo	Papo hapo
<b>Mafunzo, Mitihani na Kufuzu</b>			
Mafunzo, masomo na mitihani	Asilimia tisini ya muda wa masomo	Kulipa karo yote	Mtaala wa masomo
Kutolewa kwa matokeo ya mitihani	Hakuna	Hakuna malipo	Siku thelathini baada ya mitihani wa mwisho
Utoaji wa nakala ya kitaaluma	Kumaliza masomo na kutuma ombi rasmi	Shilingi elfu moja (1,000)	Siku thelathini
Sherehe ya kufuzu	Kumaliza masomo na kulipa ada ya kufuzu	Shilingi elfu mbili na mia tano (2,500)	Alhamisi ya kwanza ya kila Disemba
Utoaji wa vyeti	Kufuzu	Hakuna malipo	Baada ya sherehe ya kufuzu
Uthibitishaji wa vyeti	Ombi rasmi	Shilingi elfu mbili (2,000)	Siku mbili
<b>Chama cha Wanafunzi Waliofuzu Zamani</b>			
Usajili wa wanafunzi waliofuzu zamani	Kujaza fomu za usajili kwa waliofuzu zamani	Ada iliyopendekezwa	Papo hapo
<b>Huduma za Kitaaluma na Ushauri</b>			
Utoaji wa huduma za kitaaluma na ushauri	Ombi na uwezo wa kulipia huduma	Ada iliyopendekezwa	Siku sitini
<b>Malazi</b>			
Utoaji wa malazi	Uwezo wa kulipa ada iliyopendekezwa	Ada iliyopendekezwa	Siku moja
<b>Huduma za Matibabu</b>			
Kutolewa kwa huduma za kiafya kwa wanafunzi, wafanyi kazi, familia zao na umma	Ugonjwa	Ada iliyopendekezwa	Papo hapo kuanzia saa mbili (8.00) asubuhi hadi saa kumi na moja (5.00) jioni, kila Jumatatu hadi Ijumaa.
Ushauri na huduma za kupima ukimwi	Hiari	Hakuna malipo	Papo hapo kuanzia saa mbili (8.00) asubuhi hadi saa kumi na moja (5.00) jioni, kila Jumatatu hadi Ijumaa.
<b>Kesi za Kinidhamu</b>			
Uamuzi wa kesi za kinidhamu za wanafunzi	Rufaa	Hakuna malipo	Siku thelathini
<b>Utoaji wa Zabuni</b>			
Stakabadhi za zabuni	Kujaza stakabadhi za zabuni	Isizidi shilingi elfu tano (5,000)	Siku sitini baada ya kufungwa kwa zabuni
Malipo kwa bidhaa na huduma	Stakabadhi za zabuni kamilifu	Hakuna malipo	Siku thelathini
<b>Rasilimali za Kibinadamu</b>			
Kuajiri wafanyi kazi, kuwapa kazi na kuwapandisha vyeo	Nafasi za kazi zilizotangazwa, barua ya maombi na mahojiano	Hakuna malipo	Siku tisini
Huduma kwa watu wenye ulemavu	Ulemavu	Hakuna malipo	Papo hapo na kuendelea
Huduma kwa watu wenye tatizo la kutoona na kutosikia	Tatizo la kutoona na kutosikia	Hakuna malipo	Papo hapo na kuendelea

Kwa malalamishi, pongezi au mapendekezo, andika kwa Afisa Mkuu Mtendaji, S.L.P. 30195-00100, Simu 020-2725711/2/3/4, au Kipepesi (+254) 020-2722907, au Barua pepe kwa [info@kmtc.ac.ke](mailto:info@kmtc.ac.ke). Tovuti: [www.kmtc.ac.ke](http://www.kmtc.ac.ke).

Usiporidhika piga ripoti kwa Ofisi ya Malalamishi ya Umma, Makao Makuu ya KMTc, Orofa la Kwanza, Chumba Nambari 108, Barua pepe: [complaints@kmtc.ac.ke](mailto:complaints@kmtc.ac.ke), Simu 0742478789. Au andika kwa: Tume ya Kushughulikia Haki za Kiutawala, S.L.P. 20414-00200 Nairobi, simu 020-2270000



ukufunzi bora wa utabibu ili kufuikia Ruwaza ya 2030

**Kenya** KENYA VISION 2030



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