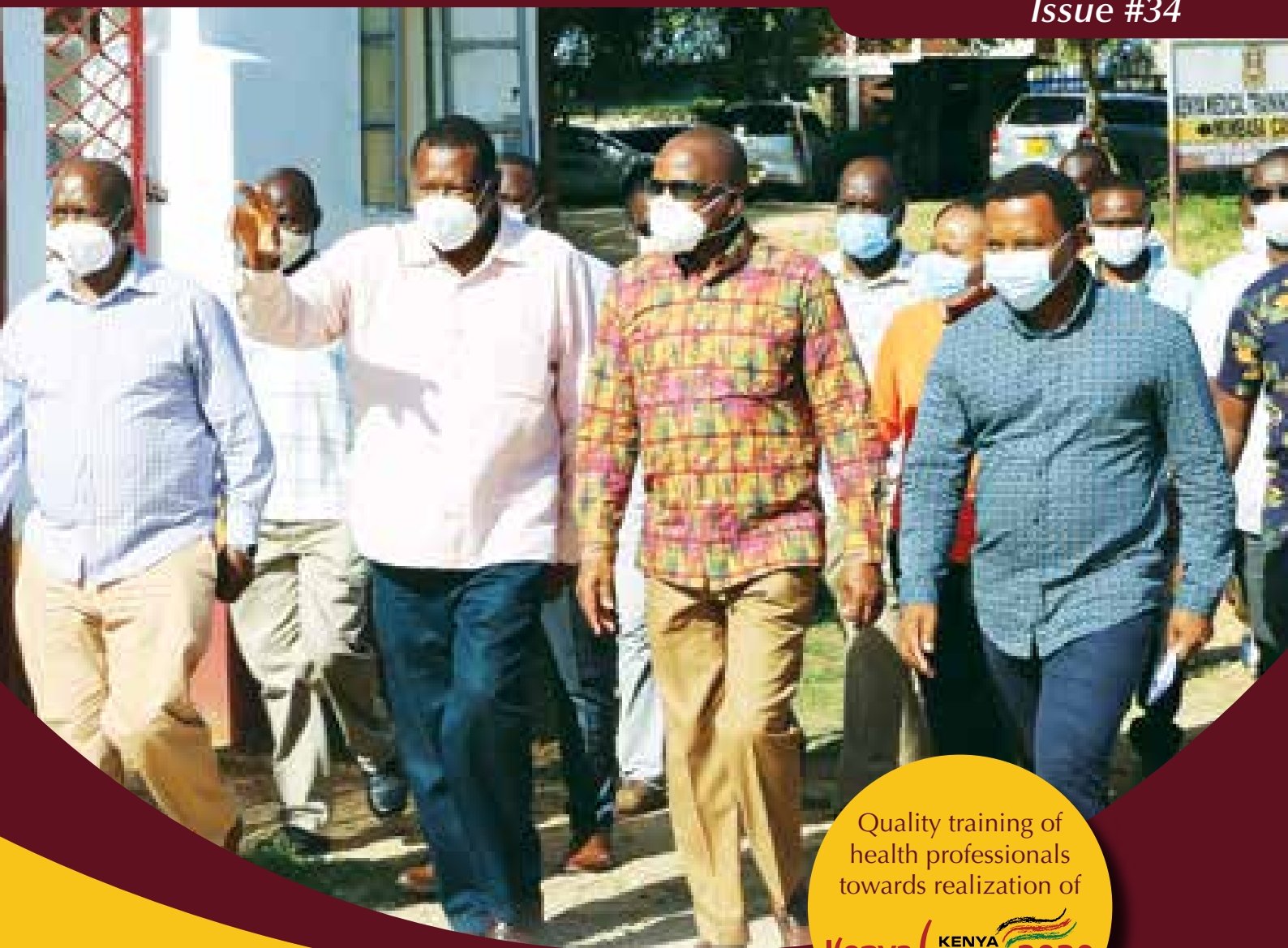


# Kenya Medical Training College

## NEWSLETTER

January - June 2020  
Issue #34



Quality training of  
health professionals  
towards realization of

Kenya (KENYA VISION 2030)

New CS at the helm  
of Kenya's Ministry of  
Health

Frontline staff trained  
to handle Coronavirus  
Pandemic

**Theme:** "Quality Training of Frontline Health Professionals for skilled healthcare service delivery"



# 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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Inauguration of Ndhiwa Campus



Official commissioning of Kisii Campus vehicle



Hand washing facility at Kawangware market in Nairobi



Students get updates from a notice board



Prof. Philip Kaloki, EBS  
Chairperson, Board of Directors

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

On behalf of the Board of Directors and the entire KMTC fraternity, I congratulate Hon. Mutahi Kagwe on his appointment as the Cabinet Secretary in the Ministry of Health. The College wishes him the best as he steers the Government's Agenda on Universal Health Coverage (UHC) and highly welcome him to KMTC.

I further, welcome our two newly appointed Directors to the KMTC Board; Dr. Pacificah Onyancha who represents the Principal Secretary, Ministry of Health and Dr. Martin Sirengo, representing the Director General Health. The two new Board Directors bring a wealth of experience in leadership, governance, public policy, programme management, reproductive health, psychiatry and administration.

In the last year, the KMTC recorded notable achievements, among them growth in the College

asset base, establishment of new campuses, recruitment of more staff, enhanced terms and conditions of service, promotions, training, staff rewards and recognition as well as strengthening of transport systems in the College and its Campuses.

Since confirmation of the first COVID-19 case in the country, the College has been highly involved in supporting Government's efforts in managing the pandemic. KMTC is a member of the National Multi-Agency Team on COVID-19 tasked with quarantine and isolation facilities preparedness. The College is also a member of the National Advisory Committee assisting in planning for COVID-19 containment interventions and strengthening of health systems for UHC in the Counties. Further, 43 of our Campuses are offering quarantine services and four are being used as isolation/treatment centers.

In the meantime, and as part of our Corporate Social Responsibility, the Board has availed resources to enable our 71 Campuses countrywide to conduct health education and promotion, donate hand washing facilities and provide mental health and psychosocial support, to mitigate the effects of the coronavirus.

Towards ensuring continuity of teaching and learning, the Board has spearheaded continual roll-out and upgrading of the E-learning platform, as well as strengthened management of Campuses by recruiting Principals to man them. The College has also collaborated with different partners in support of academic strengthening and expansion.

I thank all stakeholders and reiterate that the Board remains committed in delivery of the College mandate in support of the President's agenda on UHC as well as in the war against COVID-19.

# CHIEF EXECUTIVE OFFICER'S MESSAGE

I am delighted to introduce this issue of our Newsletter themed “Quality Training of Frontline Health Professionals for skilled healthcare service delivery.”

Last year, the College marked noteworthy milestones, including expansion of our training programmes, purchase of learning materials for students and equipping of skills laboratories. The College also rolled out the Enterprise Resource Planning software to enhance efficiency and effectiveness of operations.

The College has collaborated with stakeholders to strengthen and uphold the quality of training to match labour and market needs. On the other hand, Management has continued to implement Policies as approved by the Board to strengthen internal processes and procedures.

In order to contribute to a knowledge-based economy, as well as enhance teaching and learning, the College continues to undertake research, develop and review its training curricula as well as build capacity of faculty.

In the wake of the COVID-19 pandemic which abruptly disrupted the conventional face to face teaching method, the College enhanced the use of E-learning platform, where content is shared and lectures can interact with students. The College has further build the capacity of faculty and students on the use of E-learning tools and is providing continuous learner and content generation support. This will ensure students cover their course content, take exams and graduate without undue delay.

In response to the COVID-19 epidemic, Management distributed 191 hand washing facilities to complement government efforts in the fight against the disease. The College has also availed and trained human resource for health,



Prof. Michael Kiptoo  
Chief Executive Officer

ensured provision of critical services among them catering, laundry, waste management as well as clinical services, to provide a habitable environment to quarantined as well as isolated persons.

In preparation to receive new students, the College has put in place plans for online admission and orientation. In the meantime we have also put in place precautionary measures in compliance with guidelines and protocols issued by the Ministry of Health, to mitigate against the spread of COVID-19.

I thank all staff for their dedication in supporting the College achieve its mandate. As we aim to strengthen our relationship with partners, Management thanks the Board for putting in place strategies to ensure the College runs effectively and utilizes resources prudently.

## NEW CS AT THE HELM OF KENYA'S MINISTRY OF HEALTH



*Sen. Mutahi Kagwe (3rd right) during a visit to KMTC Kilifi*

**C**abinet Secretary Mutahi Kagwe is the new man at the helm of the Ministry of Health after he took oath of office on 28<sup>th</sup> February, 2020 effectively replacing Mrs. Sicily Kariuki who now moves to the Ministry of Water and Sanitation.

The CS comes to the Ministry with a wealth of knowledge gained over his long stint in the public sector. He holds a Bachelor of Commerce Degree in Insurance Law from the University of Nairobi and a Master degree in Business Administration from the United States International University.

Hon. Kagwe served as a Member of Parliament for Mukurweini between 2002 and 2007.

In 2005, then President H.E. Mwai Kibaki appointed Hon. Kagwe to his Cabinet as the Minister for Information Communication and Technology. It was during his tenure as the head of this Ministry that he revolutionized the internet landscape in Kenya, phasing out the use of satellite

technology and embracing fibre optic cables.

Hon. Kagwe went on to become the first senator of Nyeri County, a position he held from 2013 to 2017. In 2019, he was appointed to the Board of the Energy and Petroleum Regulatory Authority.

CS Mutahi Kagwe took over the Ministry of Health at the onset of the COVID-19 pandemic in the country effectively becoming the face of the war against the dreaded virus in Kenya. If sentiments by Kenyans are anything to go by, the CS has shown incredible leadership instilling confidence in the public on his ability to steer the key Ministry.

The KMTC Board wish to congratulate the CS on his appointment and wish him the best as he steers the health Ministry towards achieving the Government's agenda on UHC. The Board undertakes to accord the CS all the necessary support to deliver on his mandate.



## KMTC TO ENHANCE COLLABORATION IN SUPPORT OF EMONC TRAINING

**K**MTC will enter a second phase of collaboration with the Liver Pool School of Tropical Medicine (LSTM) after a meeting between representatives of the organization and the KMTC CEO Prof. Michael Kiptoo in his office on 25<sup>th</sup> February, 2020.

The partnership encompasses training of the Emergency Obstetric and Newborn Care (EmONC) component in the Nursing program and provision of training equipment.

Prof. Kiptoo conveyed the appreciation of the KMTC Board of Directors for the support from LSTM in the training of competent health professionals. “Our commitment as a College is to work closely with you to enhance our training even as we continue to enjoy the benefits of this collaboration,” the CEO said.

“LSTM continues to enjoy cooperation with the College and is grateful for the support so far,” Program coordinator Mr. Duncan Shikuku said. He reported that in the second phase of the ongoing partnership, the collaboration would be restructured to concentrate on five Campuses: Kilifi, Taveta, Eldoret, Vihiga and Garissa, which would be receiving new sets of equipment. Campuses in the previous agreement would be getting additional equipment as well.

Furthermore, 50 Trainers of Trainers (ToTs) would be trained eventually building up to the training of 250 ToTs countrywide to equip them with the requisite competencies.

The collaboration has gone beyond the two institutions, incorporating the Nursing Council of Kenya (NCK) as a third partner. As a result, NCK has reviewed the syllabus for Kenya Registered Nurse/Midwifery (KRN/M), Kenya Registered Community Health Nursing (KRCHN) and Kenya Enrolled Community Health Nursing (KECHN). Subsequently, KMTC has reviewed its curricula for the courses to address identified gaps.

LSTM Program Lead Prof. Charles Ameh emphasized the need for a shift from in-service to pre-service for EmONC based on past experience and lessons learnt during the first phase of the partnership.

In addition to training the EmONC component, LSTM has also supported the College by training Clinical Medicine lecturers as part of capacity building.

Since 2014, LSTM has worked with KMTC, where the College has benefitted by using the equipment kept in the College skills laboratories to enhance training of students, while at the same time Midwifery lecturers trained to uplift the services of maternal and child health.



(From left) Deputy Registrar Curriculum Dr. Solomon Kilaha, LSTM Country Director Lucy Nyaga, KMTC CEO Prof. Michael, LSTM Senior Clinical Lecturer & Deputy Head of International Public Health Dr. Charles Ameh, Program Coordinator Mr. Duncan Shikuku and KMTC Deputy Registrar Students' Affairs Mrs. Agnes Mualuko

## KMTC REINFORCES GOVERNMENT'S EFFORTS IN THE FIGHT AGAINST COVID-19



Launch of hand washing facility at Nyeri main stage

Since confirmation of the first COVID-19 case in Kenya in March 2020, KMTC has taken up an active role to support the Government's efforts in flattening the curve and managing the disease.

"As the Government's training arm for health professionals, the College has hit the ground running in reinforcing the Government's endeavor towards fighting the COVID-19 pandemic in the Country," KMTC Board Chairperson Prof. Philip Kaloki, EBS said.

He noted that KMTC facilities across the Country are currently in use as quarantine and isolation /treatment centers owing to the wide coverage of the College and availability of space in the Campuses.

Apart from this, KMTC Lecturers who are accomplished health practitioners in various fields are on standby to reinforce the medics already on the frontline when called upon. In the meantime, he said, the lecturers have taken up an active role in educating members of the public on preventive measures as set out by the World Health Organization (WHO).

"Our aim is to reinforce the Government's message on hand washing, keeping social distance, working from home where possible and keeping respiratory hygiene in a bid to cut transmission of the disease" KMTC CEO Prof. Michael Kiptoo said.

With its Campuses distributed across the country, the College is strategically positioned to

offer support to both the National and County Governments in strengthening the war against the COVID-19 pandemic in Kenya.

In addition, with the high number of graduates released from the College each year, there is a ready pool of health service providers to further strengthen the number already on the frontline.

Globally, the pandemic has so far claimed thousands of lives with millions reported to be infected and affected. In Kenya, the number of those infected continues to increase with others having succumbed to the disease. The various measures put in place by the College are geared towards ensuring that members of the public are doing their part for the country to reduce the statistics and finally win the war.



# FRONTLINE STAFF TRAINED TO HANDLE CORONAVIRUS PANDEMIC



*Head of Health Services Nairobi Campus Dr. Kennedy Rateng (left) during a clinical consultation session*

**T**he College has trained frontline staff to enable them respond more efficiently to the Coronavirus outbreak in the country.

The frontline clinical staff trained are nurses, health educators, public health officers, clinical officers, health records personnel and counsellors.

The training aimed at scaling up the country's preparedness and response, focused on COVID-19 infection, prevention and control measures, provision of psycho-social support and use of Personal Protective Equipment (PPEs).

Given their close contact with travellers, those infected and individuals identified through contact tracing, the clinical staff are the first link in contamination and spread of the disease. They were therefore trained and

equipped with information and skills needed to break the chain of contamination, provide mental health and psychosocial support as well as raise public awareness on social distancing and other preventive measures.

The College through its various Campuses, is currently offering quarantine as well as serving as isolation/treatment centres to affected and infected persons.

The trainings were alternated between theory and practice to allow practical assimilation and interaction between participants and facilitators.

The trainings, based on materials provided by the World Health Organization, held on diverse dates between March and June 2020 across the College were facilitated by the Ministry of Health, County Governments and other partners.

## DEBRIEFING SESSIONS HELD FOR FRONTLINE STAFF

Counsellors from Nairobi Metropolitan Services and KMTc staff providing auxiliary health related services, Mental Health and Psychosocial Support (MHPSS) to persons in quarantine and isolation at the College have undergone debriefing sessions.

The reflective debriefing sessions held on a weekly basis and facilitated by psychosocial experts, are designed to help staff ease strain caused as they offer services to quarantined and isolated clients within KMTc.

The activities undertaken include sharing experiences, counselling, education on emerging COVID-19 related issues and physical exercises as part of relaxation and stress management.

The College coordinating Counsellor Ms. Grace Mwangi said the sessions targeting

clinical, psychosocial and auxiliary staff, are designed to make them feel more supported, make adjustments to cope with the prevailing adverse circumstances and improve the services they offer during this pandemic.

“The strain brought about by COVID-19 is placing huge emotional pressures on the frontline workforce and can make them feel more anxious than usual”, said Ms. Mwangi. Adding “They not only deal with the stress while at work, but also stigma in and out of the work environment”.

She noted that some have experienced discrimination by their families and community owing to stigma or fear associated with working in a facility offering quarantine/isolation services to persons affected or infected by COVID-19.

The debriefing sessions allow

the teams to share experiences, challenges, successes and chart a way forward as they continue to offer services while managing their mental and physical health.

During the sessions, members take time to appreciate one another, sessions they say have continuously made life in quarantine and isolation services tolerable and raises the teams’ motivation.

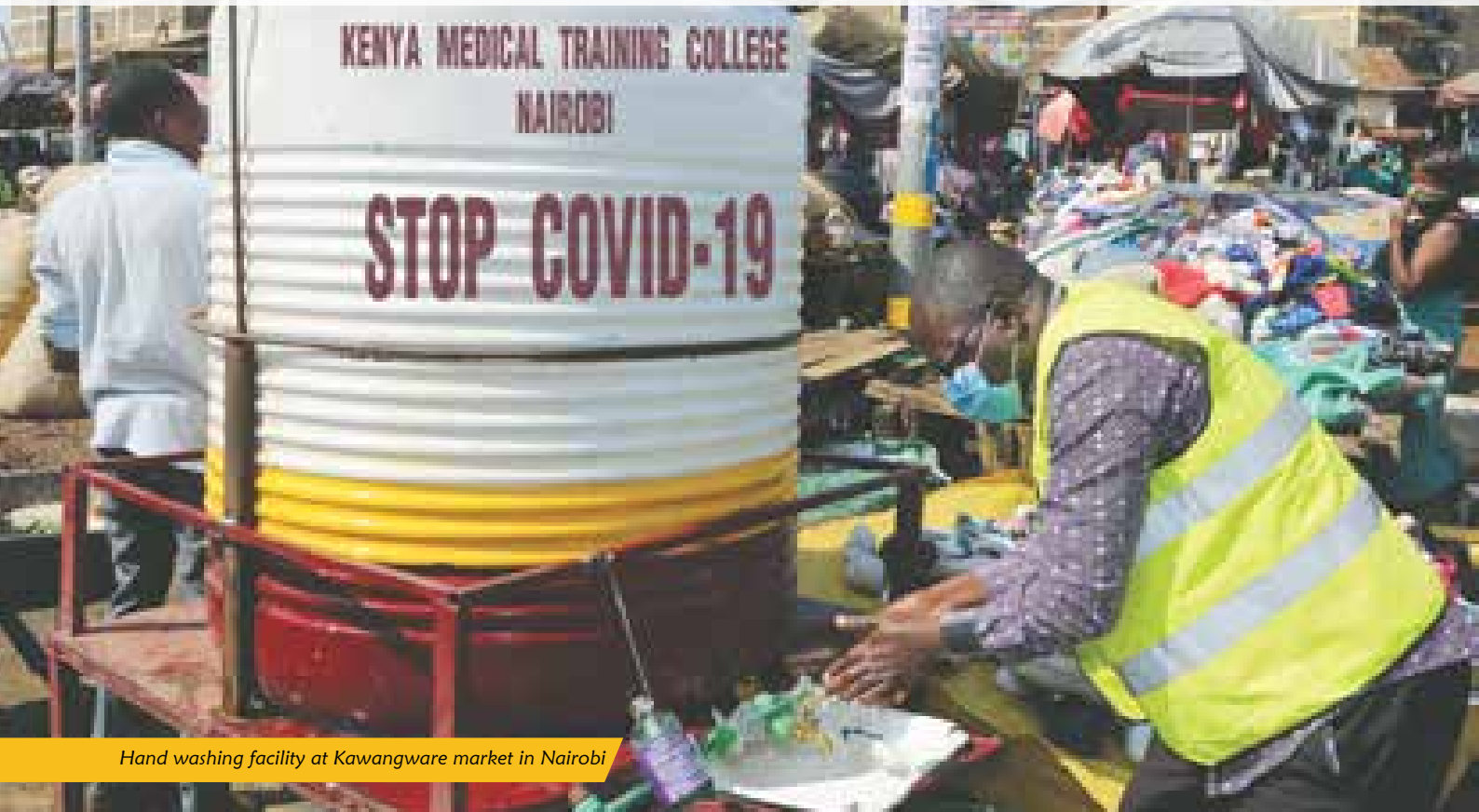
In addition, they are enlightened on the significance of their role in containment of COVID-19 and keeping the KMTc environment calm and habitable. Ms. Mwangi said the staff now “feel that what they do matters, and rather than being victims, they are heroes”.

The COVID-19 pandemic has presented unprecedented challenges, which have impacted all aspects of life including mental and social economic wellbeing. Supporting the mental health of frontline medical and affiliated healthcare workers is a critical part of the public health response.



KMTc Staff during a debriefing session

## COLLEGE DONATES HAND WASHING FACILITIES IN THE FIGHT AGAINST COVID-19



*Hand washing facility at Kawangware market in Nairobi*

**T**he College has donated 191 hand washing facilities across the country in efforts to promote hygiene and curb spread of coronavirus

The hand washing facilities have been installed in places with high human traffic like shopping centres, markets, bus termini, health facilities among other key service delivery points.

Board Chairperson Prof. Philip Kaloki, EBS, launched the initiative in Nairobi on 24<sup>th</sup> April, 2020. During the launch, 39 water tanks donated by Nairobi Campus to be mounted in low income areas, markets and estates in Nairobi county were released.

“I want to thank the President for leading the spirited fight against COVID-19 in the country,” Prof. Kaloki said. “KMTC will continue to support the Ministry of Health in its endeavour to contain the Coronavirus menace,” he added.

Chief Executive Officer Prof. Michael Kiptoo said all the 71 KMTC Campuses are leading in the hand-washing initiative, and have provided their immediate communities with water tanks and soap for hand-washing, as well as created health-related awareness to fight the coronavirus.

“Winning this war will take everyone’s concerted efforts and the College is on the frontline in supplementing the Government’s efforts,” the CEO said.

The College is working closely with local leaders, Community Health Volunteers and Community Health Assistants to keep residents safe with the hand washing units and educative messages, in all mounted areas. The teams are also reinforcing the Government directives on hand washing, keeping social distance, avoiding crowded places and keeping respiratory hygiene.

## COLLEGE STAFF CONDUCT HEALTH EDUCATION ON PREVENTION OF COVID-19



*Kitui Campus staff get ready for community health promotion*

**T**he College has sent out teams of health educators to communities around the 71 KMTCC Campuses, to sensitize them on COVID-19 health-related prevention measures.

Chief Executive Officer Prof. Michael Kiptoo launched the initiative in KMTCC Nairobi on 21<sup>st</sup> April, 2020.

Saying this is part of the College's Corporate Social Responsibility initiatives, the CEO confirmed that all the KMTCC Campuses were already conducting health education in the respective communities of operation.

Prof. Kiptoo said the country is at war, which will ultimately be won by the communities. "We can provide health promotion services, have clinical care, but stopping the spread of COVID-19, like with all pandemics, will be led by the community."

Understanding the new virus is still a big challenge to many residents, and the health promotion and education is expected to bridge this gap, the CEO said. He noted that teams will be working closely with Community Health Assistants and Community Health Volunteers to reinforce the Government directives.

KMTCC Campuses spread across the country are taking part in this initiative, with each reaching out to local residents, with the message to observe Government directives. The teams are also educating the public on the importance of wearing masks, avoiding crowded places, hand-washing, keeping social distance as well as maintaining respiratory hygiene.

With a wide network of staff members facilitating teaching and learning, and over 41,000 students taking various medical courses in the Campuses spread in 43 out of the 47 Counties across the Country, the College has capacity to offer medical support and health education in all regions.

Over its 93 years of existence, the College has capacity built health professionals who can deliver the World Health Organisation (WHO) and the Government's message on preventive measures against the Coronavirus, in a culturally acceptable manner, increasing the likelihood of communities acting upon this information.

As the entire world puts in place measures to contain the deadly Coronavirus, the KMTCC health educators shared key health messages to ensure individuals are well informed on preventive measures to take and how they can deal with the consequences.



## KMTC OFFERS MENTAL HEALTH AND PSYCHOSOCIAL SUPPORT SERVICES

Since confirmation of the first COVID-19 case in the country, KMTC has taken up an active role to support the Government's efforts in flattening the curve and combating the menace.

Among other initiatives, is the provision of Mental Health and Psychosocial Support Services (MHPSS) to quarantined and isolated clients in our Campuses across the country. This is part of efforts to manage overwhelming emotions caused by the pandemic and as a way of curbing spread of the deadly virus.

Professional counsellors and Deans of students from the College are offering the services during this period when reports indicate that the COVID-19 epidemic has caused a surge in mental health cases leading to depression, stress and anxiety.

At Nairobi Campus, which has so far hosted the largest number of quarantine clients, a team of ten counsellors led by Nairobi Campus Counsellor Ms. Grace Mwangi has continued to offer the much needed services. The Deans also continue to report positive progress in the provision of these services across Campuses.

Considering the potential negative psychological effects that may be manifested while in quarantine or isolation and lack of social support, coordinating counsellor Ms. Mwangi said intervention and provision of the service has been beneficial to the clients. "Most clients who were initially in distress due to the uniqueness and uncertainty of this pandemic, have since warmed up, with majority appreciating the service offered by the MHPSS team" Ms.

Mwangi said.

The MHPSS team is not only offering counselling services, but also referring cases that require linkages to other care providers.

In preparation to offer the service and to help them understand the new COVID-19 disease, a training was conducted for the counsellors and Deans of Students at the beginning of the programme.

The counsellors are using a tele-counselling platform to offer the service with selected clients requiring face-to-face counselling also assisted. Noting that the COVID-19 crisis will have a lasting impact on counselling services including access for populations in need, the College MHPSS team is focussing on digital platforms to enhance service delivery.



Nairobi Campus Counsellor Ms. Grace Mwangi (right) during a counselling session



# CAMPUS DONATES FOODSTUFFS TO VULNERABLE CHILDREN

**A** KMTC Campus has donated foodstuff to vulnerable children to help them deal with the effects of COVID-19.

Nairobi Campus donated bales of maize and wheat flour on 29<sup>th</sup> May, 2020 to three children homes.

The three beneficiary homes were; Bethsaida Children's Home in Githurai 44, Motherly Care Children's Home, Ruai and Riruta Shade for Orphaned Children, Riruta Satellite.

Flagging off the donations, Board Chairperson Prof. Philip Kaloki, EBS reiterated the College's commitment in joining hands with the Government to fight the COVID-19 pandemic in the Country. He noted that since the first Coronavirus case was reported in Kenya, KMTC has been at the forefront in bolstering the Government's efforts in the fight.

"I wish to thank the Government led by H.E President Uhuru Kenyatta for the concerted efforts in cushioning Kenyans against the effects of the COVID-19 pandemic", the Chairperson said. He added "The KMTC Board and Management are committed to reinforce these efforts and that's why all our 71 Campuses are actively involved in mitigation measures".



*KMTC Board Chairperson hands over a bale of flour to a representative from Motherly Care Children's Home*

Speaking on behalf of the CEO, Deputy Director (Finance, Planning and Administration) Dr. Kelly Oluoch said the College would continue implementing Government directives to prevent transmission and eventually flatten the curve.

In another occasion, Mombasa Campus staff on 17<sup>th</sup> June, 2020 donated cash and basic

supplies to a children's home in the coast region to mitigate the effects of COVID-19 in the country.

The aim of the donations was to feed vulnerable children during the difficult period of COVID-19 pandemic as part of the College Corporate Social Responsibility programme.



*Principal Mombasa Campus Dr. Marsellah Ogendo hands over a cheque to the Homes' Manager Mr. Christopher Mwawasi*

## COLLEGE RECEIVES DONATION IN THE ONGOING FIGHT AGAINST COVID-19



KMTC CEO Prof. Michael Kiptoo (right) receives donation from the Weetabix East Africa CEO Mr. Dominic Kimani



Staff share Weetabix during breakfast

**K**MTC received a donation of breakfast cereals from Weetabix East Africa in the ongoing fight against the Coronavirus in the Country.

Receiving the Kshs. 500,000 donation at the KMTC headquarters on 28<sup>th</sup> May, 2020, KMTC CEO Prof. Michael Kiptoo lauded the move observing it would go a long way in strengthening the efforts to combat the pandemic. “What you have donated today will not only be consumed by clients in our quarantine facility but also by members of staff who are at the frontline in ensuring their well-being,” he said.

Weetabix East Africa CEO Mr. Dominic Kimani appreciated the efforts of the College in taking care of Kenyans and

other nationals during this difficult period. He took note of the fact that no business succeeds in crisis, hence the decision by the company to contribute to the Government’s efforts in the fight to flatten the curve and get the Country back to normal.

Board Directors Mr. Fredrick Wamwaki and Mithamo Muchiri observed that proper nutrition and hydration improve overall health and are a vital part of fighting the Coronavirus. They expressed their gratitude for the support saying it would be a big boost in the fight to beat the virus.

On behalf of the company, CEO Mr. Kimani undertook to make further donations, a pledge which was fulfilled on 8<sup>th</sup> June, 2020, with additional 500 cartons of the breakfast cereal being received at the College.

## COLLEGE TO BENEFIT FROM DONATION TO BOOST THE WAR ON COVID-19

**K**MTC will receive a bulk of the donation made by World Vision to the Ministry of Health in a move aimed at protecting the frontline workers and strengthening the war against COVID-19 in the Country.

“KMTC has without a doubt been a pillar in the fight against Coronavirus,” said the Ministry’s Head of Special Programmes Dr. Kepha Ombacho during an event to receive the donation held at KMTC Headquarters on May 28, 2020. KMTC Campuses are currently being used as quarantine and isolation centres.

The donation included knapsack sprayers for disinfection of health facilities and public spaces, heavy duty gloves and face shields, among others.

KMTC CEO Prof. Michael Kiptoo said the donation will go a long way in ensuring that the quarantine and isolation facilities are up to standard and the service providers are well protected.

“We look forward to a continued partnership even after the Coronavirus,” the CEO said noting the importance of close collaboration with development partners in the achievement

of the Universal Health Coverage agenda.

World Vision Country Director Ms. Lilian Dzodzo noted the commendable job the Ministry of Health and its affiliates have and continue to do in the fight against the disease. “It is because of you that we all are safe and we do not take that for granted,” she said assuring that World Vision would continue to support the Ministry’s endeavour to keep Kenyans safe.



KMTC CEO Prof. Michael Kiptoo (2<sup>nd</sup> right) and Ministry’s Head of Special Programmes Dr. Kepha Ombacho receives part of the donation from World Vision Country Director Ms. Lilian Dzodzo. Looking on is the HoD, Department of Public Health at KMTC Dr. Simon Kimani.

## COLLEGE HOLDS FIRST VIRTUAL ACADEMIC COUNCIL, PLANS TO SCALE UP E-LEARNING



*Students in a past Class*

The College held its first virtual quarterly Academic Council meeting on 28<sup>th</sup> May, 2020 bringing together Principals from the 71 Campuses, Heads of Departments and Senior Managers from the Headquarters.

The meeting's main agenda was to discuss progress on scaling up the College's E-learning platform. "The College has put in place a number of interventions to ensure continuity of teaching and learning," CEO Prof. Michael Kiptoo said while addressing the meeting.

He added that the College has transitioned to virtual learning, enhanced infrastructure to support E-learning. Campuses have been connected to fast, secure and reliable internet, and library resources availed online.

The CEO said lecturers and students have been equipped with more skills and knowledge on the use of E-learning tools, faculty trained on content development and provision of learner's support.

Further to this, students are expected to continue with their research, which will be supervised online, to ensure candidates graduate as expected.

Deputy Director Academics Mrs. Nancy Michire said embracing E-learning will ensure studies are not interrupted even during the COVID-19 pandemic that has affected the whole world.

He commended Principals for their close collaboration with respective County Governments and National Government Constituency Development Fund, which has enabled the College enhance teaching and learning. He urged them to keep pursuing the

partnerships as this would help KMTC develop even further as it carries out its mandate for the benefit of all Kenyans.

He affirmed that Management will continue implementing reforms and policies as directed by the Board of Directors, to enhance staff well-being and ensure students have a conducive environment for their studies.

Additionally, the CEO asked Principals to prudently utilize resources allocated to them to ensure the public receive efficient and effective services, and for continuity of key operations in the College during this period.

As is the norm, Executive Management, Managers, Principals and heads of departments reported progress made on matters of academic affairs and specifically continuity of learning during the COVID-19 pandemic.



## CEO ADDRESSES STAFF, CHATS WAY FORWARD FOR ENHANCED SERVICE DELIVERY

A meeting involving all staff of Nairobi Campus and the Headquarters to take stock of achievements in the previous year and chat the way forward in service delivery for the new year has been held.

The meeting was held at Nairobi Campus on 15<sup>th</sup> January 2020 and was addressed by the Chief Executive Officer (CEO) Prof. Michael Kiptoo.

The CEO noted that in the last year, KMTc recorded several notable achievements. Among them were growth in the asset base of the College through support from various County Governments, National Government Constituency Development Fund and other development partners. Others were

better terms of employment for staff following re-categorization of the College, promotions, training, strengthening of transport systems in Campuses, purchase of learning materials for students and equipping of skills laboratories among others.

He added that the College had expanded training programmes to meet market demands, employed more staff as well as absorbed those seconded from the Ministry of Health and County Governments, to support the growing student population.

The CEO said plans are in place to continually recognize and reward exemplary performance

by staff and campuses, in support of the College's mandate.

He reported that in the current year, the staff mortgage scheme would be implemented to make it easy for them to own homes. "Kshs 150 Million has already been set aside for this purpose," he said.

He added that the Board was taking concrete measures to enhance sports facilities for the benefit of students and staff.

Going forward, the CEO said the College would take full advantage of technological advancement to ensure 100 percent implementation of E-learning in addition to roll out of the ERP software to enhance efficiency in service delivery.

He encouraged staff to familiarize themselves with the College's instruments of governance, air their grievances using the available communication channels, be good ambassadors of the College and work as a team to deliver quality services expected by Kenyans.



CEO Prof. Michael Kiptoo addresses staff



## CAMPUSES RECEIVE VEHICLES TO ENHANCE TEACHING AND LEARNING

The Board has spearheaded several reforms aimed at transforming service delivery which include scaling up efforts to strengthen the transport system across the College.

Consequently, KMTC Port Reitz, Sigowet, Kisii, Kapkatet and Loitokitok have joined the growing list of Campuses which received vehicles between January and March 2020, to enhance teaching and learning.

The Campuses received the vehicles on diverse dates between February and March 2020. Port Reitz Campus received a 51 seater bus and double cabin while the rest received double cabin utility vehicles.

Between July and December 2019, KMTC Busia, Makindu, Webuye, Mathare, Lake Victoria, Makueni, Tana River, and Kombewa also received vehicles.

The vehicles were commissioned by the KMTC Board of Directors led by Chairperson Prof.

Philip Kaloki, EBS. Students and staff received the vehicles with jubilation, saying they would enhance efforts to brand the Campuses and make them proud ambassadors of the College.

Prof. Kaloki affirmed the Board's commitment to continual enhancement of academics in all Campuses.

CEO Prof. Michael Kiptoo assured that Management would continue to implement the Board's Vision for the College to continually enhance the quality of training.

Board Directors Mr. Mithamo Muchiri, Mrs. Ruth Okowa, Mr. Frederick Wamwaki and Dr. Mary Nandili had a common message. They called upon the students to take their training seriously as they are the health professionals the Country is depending on to transform the health sector. They encouraged them to be ready to offer the best to the world, as this is what the College was preparing them to do.



*Loitokitok Campus double cabin pick up*



Board Chairperson Prof. Philip Kaloki, flanked by CEO Prof. Michael Kiptoo and Board Director Mr. Frederick Wamwaki, hands over the keys to a brand new pick up to Kapkatet Campus Principal Mr. Abel Onchiri



Board Chairperson Prof. Philip Kaloki, CEO Prof. Michael Kiptoo and Board Directors Mithamo Muchiri and Frederick Wamwaki flag off the KMTc Kisii pick up



*A section of the Board of Directors led by Board Chairperson Prof. Philip Kaloki and CEO Prof. Michael Kiptoo with Soin MP Hon. Kipsengeret Koros (in checked shirt) commission a new utility vehicle at Sigowet Campus*



*The Board commissions two brand new vehicles at KMTC Port Reitz as excited staff and students cheer.*

## STAFF TRAINING HELD TO ENHANCE EFFICIENCY IN SERVICE DELIVERY



*Drivers from various Campuses pose for a photo with the KMTC Board and Management on the sidelines of their defensive driving course held in Mombasa*

In an ever changing and fast paced corporate world where organizations aim at succeeding in the delivery of their mandate, staff training and development is an indispensable function.

Pursuant to this and in line with the College's strategic objectives, the College conducted several trainings, as part of efforts to enable staff acquire new skills, sharpen existing ones and improve performance.

A total of 71 Complaints Desk Officers from all KMTC Campuses were trained on complaint handling between 10<sup>th</sup> and 14<sup>th</sup> February, 2020. Senior Managers and Principals were also trained on Labour Relations during the same week. A course on Defensive Driving for drivers was also mounted for 55 drivers between 24<sup>th</sup> and 29<sup>th</sup> February, 2020.

An Institutional Management training was conducted for Principals, Administrators, Internal Auditors, Finance, Procurement and Human Resource officers, with an aim of improving management of operations in their line of duty. The five-day training which saw 359 staff trained, was conducted in two phases, and concluded on 29<sup>th</sup> February 2020 in Mombasa.

The College team that negotiates the Collective Bargaining Agreement (CBA) and national executive officials from all Campuses were trained on negotiations, from 2<sup>nd</sup> to 6<sup>th</sup> March 2020. Various consultative meetings have been held between the College Management and Union representatives as guided by the Salaries and Remuneration Commission, which will see staff benefits improved once concluded within the advised parameters, approved and implemented.

The graduation Committee held a five-day workshop to carry out an evaluation of the 2019 graduation ceremony and lay strategies for a more improved one in coming years. During the 2019 Graduation 12,621 graduated with diplomas and certificates in various medical courses.

As a capacity building requirement to provide faculty with comprehensive, cutting edge and new trends in the teaching field, two cohorts of 112 lecturers from 64 campuses were trained on Effective Teaching Methodology.

The Board has put structures and allocated resources for continual staff training and development, to ensure officers have the requisite skills to support the College achieve its mandate.

## FINAL QUALIFYING EXAMINATIONS CONDUCTED

The College carried out the January/February 2020 Final Qualifying Examinations for 4,887 candidates.

This year, the number rose by 610 from the 4,277 candidates last year, with Diploma in Community Health Nursing and Mental Health and Psychiatric Nursing recording the highest figure of 1,846 candidates followed by Certificate in Health Records

and Information Technology with 419.

Certificate in Medical Engineering Technology, with 314 candidates, came third. Higher Diploma in Medical Imaging Sciences, Certificate in Health Education & Promotion and Higher Diploma in Health Systems Management registered the smallest numbers.

To improve the efficiency and security of examinations, the College adopted a centralised examination

process with several activities, which were previously conducted at faculty level, being conducted at the College Headquarters.

Successful candidates are expected to graduate in the next Annual Graduation ceremony.



Students during an exam

## WORKSHOP ON MANUSCRIPT PREPARATION AND PUBLISHING HELD

A workshop on Manuscript Preparation and Publishing was held in KMTC Nakuru from 9<sup>th</sup> to 13<sup>th</sup> March, 2020.

The workshop organized by the College Research and Ethics Review Committee (CRERC), aimed at enhancing the technical skills of staff to develop manuscript for publication to match an increase in the provision of research funds and more research studies being conducted by faculty.

Thirty-eight Lecturers from 27 campuses who participated emerged from the workshop with enhanced knowledge on publication ethics, process and ability to develop manuscripts for review as well as submission for publication in appropriate journals, including the KMTC journal.

Plans are underway to train more staff with an aim of increasing research publications in the College.



## NEW STUDENTS REPORT FOR VARIOUS COURSES



*A new student being admitted*

**A** total of 6,068 new students reported on 10<sup>th</sup> March, 2020 to the College for the various courses.

As at 17<sup>th</sup> March, 2020 when the College physically closed following a Government directive in response to the COVID-19 pandemic, 11,472 students had been selected to join various KMTTC Campuses across the Country.

The closure affected reporting and replacement of students. However, the process of replacing the students who did not report is ongoing and they are expected to report when the College physically re-opens. Further, applications for the next intake for both Pre-service and In-service students are ongoing.

The College has since transitioned to virtual learning to ensure studies are not interrupted.

## TRAINING ON EARMOLD TECHNOLOGY HELD

**T**he College collaborated with Kentalis International of Netherlands to conduct a one-week training on Earmold in KMTTC Nairobi from 27<sup>th</sup> - 31<sup>st</sup> January, 2020. The aim of the training was to build the capacity lecturers and other stakeholders in preparation for a short course in Earmold Technology, to be mounted.

Earmold Technology is the study of audiology and hearing care including development of hearing aids.

The participants were drawn from KMTTC's departments of Dental Technology and Clinical Medicine, Kenyatta University and the Kenya Society for the Deaf.

Mr. Ronald Kleinebroich from Noizezz, Netherlands facilitated the course, assisted by Ms. Mirjan Van Geleuken and Ms. Krista Jansen from Kentalis International in teaching the Higher Diploma in Audiology and hearing care technologists students. They also helped set up the Audiology Skills Laboratory, provided equipment, training materials and consumables.

## RESEARCH STUDIES FUNDED, OTHERS CONDUCTED, PUBLISHED

**A**s the College continues to take an active role in contributing to a knowledge-based economy which heavily relies on scientific research, the number of College staff undertaking research has been on the increase.

Despite the challenges presented by the COVID-19 pandemic which has seen the KMTc 6<sup>th</sup> Scientific Conference postponed, faculty members have continued to actively develop research proposals, conduct studies and publish findings.

The research outcomes are shared in various platforms which provide an opportunity to disseminate knowledge and provide solutions to some of the challenges facing the health sector.

### **The following are the research studies funded: -**

- i. Determinants of Post-Partum Depression among Women Experiencing Perinatal Loss in Embu County and Kenyatta National Hospitals by Barasa, S. O.
- ii. Utilization and Uptake of Youth Friendly Reproductive Health Services Among Tertiary College Youths in Nairobi County; A Case of Kenya Medical Training College by Mutua, F.
- iii. Challenges Facing Expansion Strategies in Public Institutions: A Case of Kenya Medical Training College by Musango, P. C.
- iv. Factors Influencing Provision of Holistic Nursing and Healthcare to Patients Admitted in Medical Wards at Kenyatta National Hospital by Osuru, P. O.
- v. Knowledge and Self-Management Practices among Adult Asthmatic Patients at the Embu County Teaching and Referral Hospital by

Njagi, F. K.

- vi. Factors Associated with the Uptake of Routine Immunization among Children Under 23 Months in Mwingi Sub-County, Kitui County, Kenya by Mutinda, S. M.
- vii. Effects of Gambling Among Students in Kenya Medical Training College, Gatundu by Ndungu, G.
- viii. Factors Affecting the Efficiency of Performance Contracting: The Context of Kenya Medical Training College, Kenya, by Ng'eno, L.
- ix. Evaluation of Preferences of Learning Approaches among Diploma Students: A Case of Kenya Medical Training College – Nairobi Campus by Makendo, I. K.
- x. Preparedness of Auxiliary Health Personnel in the Control of COVID-19 in Quarantine Centers: A Rapid Assessment of Kenya Medical Training College Quarantine Centers by Mukonzo J. N. et.al.
- xi. Assessment of Challenges and Level Compliance to on-going COVID-19 Control Measures in Urban Informal Settlements in Kenya; A Case Study of Mapped Marginalized Communities in Nairobi, Nyeri and Kisumu Counties by Manyara, L. & Muthuka, J. K.
- xii. Experiences of Front-Line Workers in Quarantine Sites for COVID-19 in Kenya: A Qualitative Study by Oruko K. O.
- xiii. Epidemiological Model investigating the Correlation between Pregnancy Status and Severe Cytokine Storm: A systematic review and meta-analysis study by Muthuka, J. K., Barasa, S.O and Muchiri, F.

## The following research studies have been conducted

- i. Accommodation Withdrawal and its impact on academic performance of students in Kenya: A case of 8 Kenya Medical Training College Campuses by Kishoiyan, G. M & Maina, F. K
- ii. Patients' and Family's Perceptions towards Diagnosis of Prostate Cancer in Tharaka Nithi County, Kenya by Kirungia T. K.
- iii. Effectiveness of Trained Community Health Assistants in Improving Immunization Coverage and Maternal Child & Health Indicators in Nyatike Ward, Migori County by Ochieng, J. & Onyango, D.
- iv. 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.
- v. Factors determining Delayed Diagnosis of Tuberculosis among Patients attending Gatundu Level 5 District Hospitals, by Kinyao, M. and Maluko, J. M.

## The following research studies were published: -

- i. Determinants of antioxidant value and Chemical groups in Selected Medicinal plants used for Conditions associated with Herpes Simplex and Herpes Zoster infections in Kakamega County, Kenya by Radol et.al. Asian Journal of Biology AJOB 8(4) 1-10, 2019, Article no; AJOB 54049, ISSN 2456-7124
- ii. Factors Affecting HBV Vaccination in a Training College in Kenya: A mixed Method Study, by Maina, N.A., & Bii, L.C. BMC Public Health (2020)20:48 <https://doi.org/10.1186/s12889-020-8158-2> January 2020
- iii. Determinants on Levels of Nursing Faculty Support towards Student Nurse Midwives Performance during Midwifery Clinical Practice by Gatwiri et.al. Central African Journal of Public Health, Vol 5, No 5, 2019, pp 190-197 doi:10.11648/j.cajph.201900505.12

ISSN:2575-5781(ol)ISSN:2575-5773 (print)

- iv. Contribution of Completed Modified World Health Organization Partograph on Maternal foetal Mortality Reduction in Health Facilities in Makueni County, Kenya by Mutiso, U. M., Mokua, G. N. & Macharia, S. Central African Journal of Public Health doi:10.11648/j.caph.2019 Sept. ISSN:2575-5773 (print) ISSN:2575-5781 (Online)
- v. Effectiveness of Clinical Training on Improving Essential New-born Care Practices in Bossaso, Somalia; a Pre and Post Intervention Study by Amsal et.al. BMC Paediatrics (2020) 20:215 <https://doi.org/10.1186/s12887-020-02120-x>
- vi. Knowledge on Alternative Rite of Passage among Teenage Girls in Tharaka Nithi County, by Muthiria, B. et al. Journal of Health Medicine & Nursing ISSN 2520-4025 (Online) Vol 4; Issue 6, No. 4. pp43-51, 2019
- vii. Midwife's role in the Mother-to-Child Transmission Prevention Program in Primary Health Care in Yogyakarta, by Barasa, S. O et al National Public Health Journal 2019,14 (2); 88-94 DOI: 10.21/Kesmas v 14 I 2.27724
- viii. Contribution of Completed Modified World Health Organization Partograph on Maternal foetal Mortality Reduction in Health Facilities in Makueni County, Kenya by Mutiso, U. M., Mokua, G. N. & Macharia, S. Central African Journal of Public Health doi:10.11648/j.caph.2019 Sept. ISSN:2575-5773 (print) ISSN:2575-5781 (Online)
- ix. Antibacterial Activity of Solanum incanum Roots and Fruits Methanol Extracts against Gastrointestinal Bacteria Causing Food Poisoning by Kilonzi, J. M et al IOSR Journal of Pharmacy and Biological Sciences, e-ISSN: 2319-7676. Volume 15 Issue 2 Ser. 1 (Mar-Apr 2020) PP53-59 [www.iosrjournals.org](http://www.iosrjournals.org)
- x. Student Centered Learning Challenges among Lecturers In Four Kenya Medical Training College Campuses within South Nyanza Region, Kenya, by Konje, E.M and Motari. O. British Journal of Medical and Health Research Br. J Med Health Res. 2020;7(04) ISSN 2394-2967

## CURRICULUM REVIEW AND DEVELOPMENT

To enhance teaching and learning, the College has continued to develop and review its training curricula as well as build capacity of faculty.

Between January and March 2020, various curricula were developed, reviewed and shared with various institutions for implementation.

The Deputy Director (Academics) Mrs. Nancy Michire led a team of Faculty to a workshop in Nakuru from 13<sup>th</sup> to 17<sup>th</sup> January, 2020 to complete a Health Counselling curriculum, which will equip health professionals with enhanced counselling skills.

A new curriculum for a short course in Nurse Sonographer aimed at empowering nurses to provide effective obstetric emergency care, was developed in a five-day workshop held at KMTc Thika from 20<sup>th</sup> January, 2020.

An In-Service Curriculum for Medical Social Workers to support the training process was also developed as well as a Training Manual for Orthopaedic and Trauma Medicine.

Further, a five-day workshop to review the Curriculum for Kenya Enrolled Community Health Nurse (KECHN) was held at KMTc Nakuru



Deputy Director Academics Mrs. Nancy Michire in her office

from 27<sup>th</sup> to 31<sup>st</sup> January 2020. The review followed a directive from the Nursing Council of Kenya to reduce the two and half year training programme to two years. A curriculum for Higher Diploma in Peri-Operative Nursing was also reviewed.

To equip them with new skills to effectively implement practical training in the curriculum, 25 Clinical Medicine Lecturers were trained on Voluntary Male Medical Circumcision (VMMC).

Curricula for a Higher Diploma in Geriatric Nursing; Certificate in Health Records and Information as

well as KECHN; and short courses in Community Health Assistants, HIV Testing Services and a Foundation Course in Community Health, were finalized and circulated to various KMTc Campuses and institutions for implementation.

The College undertakes periodical development, review and evaluation of its curricula in line with current changes, and consistently scans the environment to ensure our training is in line with emerging trends, addresses existing gaps, complies with regulatory, quality management systems as well as policy requirements.

## OVER 18,000 STUDENTS BENEFIT FROM HELB DISBURSEMENT

A total of 18,833 KMTc students have benefitted from Higher Education Loans Board (HELB), in the financial year 2019/2020, amounting to Kshs. 736,383,820 as at June 2020.

This financial year has seen the highest number of KMTc applicants benefit from the loans, with the College receiving over

80% out of the total amount allocated for middle level health training institutions.

Between January and March 2020, 1,759 applicants received a total of Kshs. 73,127,930, while between April and June 2020, a total of 833 received Kshs. 30,207,000 to enable them finish their studies without interruptions as scheduled.

Previously, between July and September 2019, 2,492 students received a total of Kshs. 97,764,750, while between October to December, 2019, a total of 13,749 students received loans amounting to Kshs. 535,284,140, the highest allocation in the current financial year, so far.

HELB is currently supporting over 55% of KMTc students' population to meet their tuition fees.



## MP COMMISSIONS A CLASSROOM AT NYAHURURU CAMPUS

A new classroom has been commissioned at Nyahururu Campus. The classroom, which was constructed through the support of Laikipia West MP Hon. Patrick Mariru was commissioned on January 9th 2020 by the MP.

The launch was witnessed by Nyahururu Campus staff and students led by Principal Ms. Loise King'ori, Nyahururu County Referral Hospital Staff and officials from Laikipia County.

The MP encouraged the students to work hard, pass their examinations and seek to further their studies even as they serve Kenyans. He undertook

to support construction other classrooms.

The Campus has in the past received support from both the National and County Government

in infrastructural development. The Laikipia County Government has constructed five classrooms with an ablution block which are currently in use by the students.



*Laikipia West MP Hon. Patrick Mariru commissions a new classroom as Nyahururu Campus Principal Ms. Loise King'ori and students look on.*

## KMTC PARTICIPATES IN HIGH SCHOOL CAREER FAIR

The College mounted an outstanding exhibition during career fair held on 8<sup>th</sup> February, 2020, at Mang'u Boys High School in Thika.

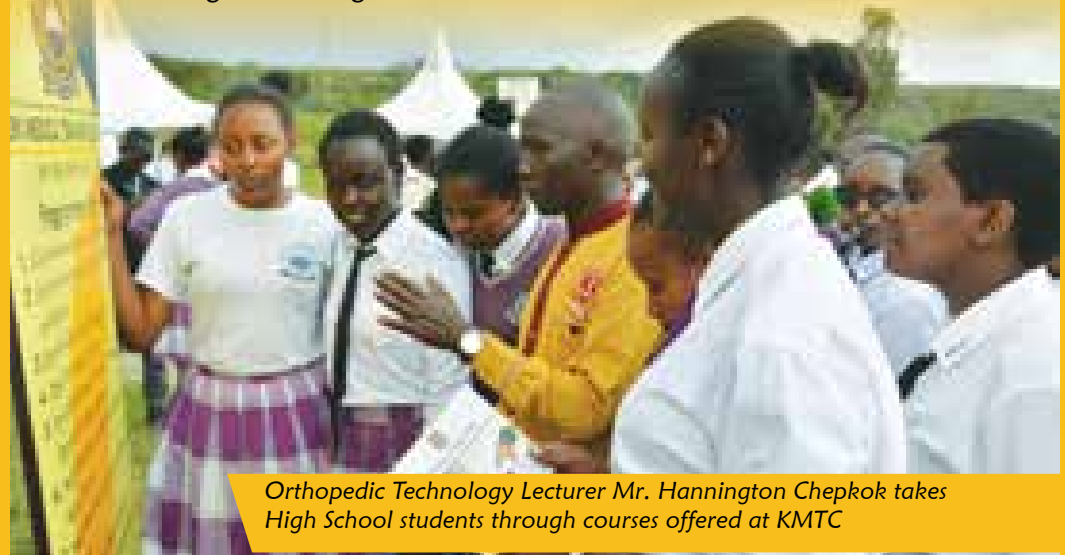
The event provided an opportunity to introduce KMTC to the students, guide them on career choices and encourage them to improve on science subjects to enable them join KMTC after their high school studies.

Students and guests who convened at the KMTC stand were apprised of the critical role KMTC plays in supporting the Government's UHC agenda, courses offered and how

qualified candidates can enroll for training opportunities available in our Campuses across the Country.

The career fair is an annual event held at Mang'u High School, that provides students with an opportunity to explore more about career choices and requirements for transitioning to institutions of higher learning.

On March 7<sup>th</sup>, 2020, another team from Nairobi Campus represented the College at a career fair held in Naivasha Girls High School in Nakuru County. The event brought together students and career guidance teachers from high schools in the Rift valley region.



*Orthopedic Technology Lecturer Mr. Hannington Chepkok takes High School students through courses offered at KMTC*



## CORPORATE SOCIAL RESPONSIBILITY



*KMTC CEO Prof. Michael Kiptoo takes H.E. The First Lady Margaret Kenyatta and CS Health Ms. Sicily Kariuki through the courses offered by the College*

In an effort to give back to the community, the Board has over the years ensured that KMTC is a socially responsible institution by supporting Corporate Social Responsibility (CSR) initiatives.

In line with this, the Board set aside resources to undertake CSR initiatives ranging from medical relief, social upliftment, environmental conservation and sustainability, with the aim of benefiting those residing in regions of our operations.

As a result, KMTC Nairobi, Mathare and Karen Campuses partnered with the First Lady's Beyond Zero Foundation to offer a wide range of specialized free healthcare services during the Beyond Zero Medical Safari held at Uhuru Park in Nairobi from 22<sup>nd</sup> to 24<sup>th</sup> January, 2020.

The medical camp, the fifth to be held as part of the medical safaris organized by the First Lady's

Beyond Zero Initiative, offers an array of free medical services to thousands of needy Kenyans.

The College also participated in the 5<sup>th</sup> edition of the Beyond Zero Marathon held in Nairobi County on 8<sup>th</sup> March, 2020. The event aims at raising funds for improving maternal and child health in the country and to reduce new HIV infections among children.

To commemorate World Cancer Day, more than 200 residents of Oljororok in Nyandarua County were beneficiaries of a cancer awareness drive held on 4<sup>th</sup> February, 2020. A team from Nyandarua Campus sensitized community members on key risk factors of cancer, how to recognize early signs and symptoms, the importance of regular screening and seeking for early treatment. Similarly, KMTC Nairobi partnered with various stakeholders within

Nairobi County to mark the day by participating in an awareness walk, distributing donations to children suffering from cancer and a fundraising through selling of branded merchandise.

In another occasion, staff and students of KMTC Lamu participated in a blood donation exercise held in the Campus on 23<sup>rd</sup> January, 2020.

KMTC Nairobi and Port-Reitz President's Award Scheme members carried out their residential project at the Port-Reitz Sub-County Hospital, from 17<sup>th</sup> - 27<sup>th</sup> February, 2020. Some of the activities the students took part in included renovations, tree planting and painting, to give the hospital a much-needed facelift.

The residential project is part of the Scheme's Award activities students are required

to carry out in service to the community and as a precursor to a Gold Standard Award by the President, in an event held at Statehouse every year.

Further, over 1,000 people from Nyamarimba and Ober Kamoth in Kisumu County, benefited from a medical camp jointly organized by KMTC Kisumu, Kisumu County Government and other partners. Students offered free medical services such as dental care, physiotherapy, cervical cancer screening, preventive oral care, health education among others, to members of the community.

In response to flooding reported leading to massive damage in the entire County, students and staff from KMTC Lodwar planted trees during an exercise held at Saint Teresa Pastoral Centre in Lodwar, Turkana County, on 17th February 2020.



*KMTC Nairobi and Port Reitz students with their patron Mr. Trevor Machasio (in blue tshirt) during the CSR activity at Port Reitz Sub-County Hospital*

In another occasion, Tana River Campus also planted trees in a bid to contribute to the 10% forest cover by 2022. Several other Campuses also participated in various CSR activities.

At KMTC, we are committed to building a stronger organization that not only meets the human resource for Health needs in Kenya and beyond, but also promotes the well-being of communities within our areas of operation, as well as enhance the College reputation while aligning CSR activities to mandate as well as set values.



*H.E. the First Lady Margaret Kenyatta during the marathon. KMTC Board Director Ms. Ruth Okowa and Corporation Secretary Dr. Miriam Muthoka (behind the First Lady) participate in the race.*

## COLLEGE SEEKS TO EXPAND TRAINING OPPORTUNITIES IN KAKAMEGA



*Navakholo Campus project management committee together with the KMTc team led by Board Chairperson Prof. Philip Kaloki (3<sup>rd</sup> right) during a tour of the proposed Campus*

The KMTc Board visited the proposed KMTc Mumias and Navakholo Campuses in Kakamega County on 17<sup>th</sup> February, 2020, to assess their preparedness to open doors to pioneer students in the near future.

Mumias Campus has been constructed on 10.5 acres of land at a cost of Kshs. 90 million in a partnership between the College and Mumias Constituency.

Speaking in Mumias, Board Chairperson Prof. Philip Kaloki, EBS, appreciated Mumias East MP Hon. Benjamin Washiali for partnering with the College to set up the Campus.

“Once open, this Campus will mount courses in line with the community’s health needs” the Chairperson assured.

Board Director Mr. Frederick Wamwaki commended Hon. Washiali and his National Government Constituency Development Fund Committee (NG-CDFC) for being visionaries. “This is a statement of what people can do when they think about the future and work together,” he said.

Board Director Mr. Mithamo Muchiri hailed the Campus as one that would impact positively on the health of the people and also the socio-economic outlook of the area.

The Board later visited the upcoming KMTc Navakholo which is a partnership between the College and area MP Hon. Emmanuel Wangwe.

The Board witnessed the upcoming infrastructural development which they termed as “an architectural marvel”. “The establishment and subsequent growth of this Campus will ensure the place of Hon. Wangwe and the CDFC in the annals of history, as people who were ahead of their time,” the Chairperson said.

KMTc will allocate more funds for further construction of an administration block,” Prof. Kaloki assured.

Board Directors Mr. Mithamo Muchiri and Mr. Frederick Wamwaki assured of the Board’s continued support to the growth of the upcoming Navakholo Campus.



*Board Director Dr. Mary Nandili during a College function*

## CHERANG'ANY TO BENEFIT FROM COLLEGE EXPANSION PLAN



*Board Chairperson flanked by fellow Board Directors Mr. Mithamo Muchiri, Mr. Fredrick Wamwaki, CEO Prof. Michael Kiptoo and Cherang'any CDF officials, during a visit to the proposed KMTCC Cherang'any.*

The KMTCC Board of Directors on 18<sup>th</sup> February, 2020 visited the proposed Cherang'any Campus to assess development progress and give recommendations on the way forward.

The visit was a follow up of another in May 2019, where the Board met with the area MP Hon. Joshua Kutuny and other local leaders to discuss

prospects of establishing a new Campus in the Constituency.

“We will work together to get the Campus up and running as part of our continued efforts to expand training opportunities for more Kenyans,” Board Chairperson Prof. Philip Kaloki, EBS said.

The Campus would be given a go ahead by the KMTCC Board to start admitting students

once it meets a list of set requirements.

Trans-Nzoia East Deputy County Commissioner Mr. Abed Mwalwa thanked the Board for their support. “Plans are at an advanced stage to set up a fully-fledged state of the art KMTCC Campus in the area,” he reported.



## A SECOND KMTC FOR MURANG'A COUNTY

**M**urang'a County is set to get a second KMTC Campus in Kigumo Constituency after a meeting held between the KMTC Board led by Chairperson Prof. Philip Kaloki, EBS and Kigumo Member of Parliament Hon. Ruth Mwaniki, in Kigumo on 13<sup>th</sup> January, 2020.

This will be an addition to KMTC Murang'a, which was started in the 1950s and currently offers a number of courses.

Hon. Mwaniki said the area CDF committee has already allocated Kshs 20 Million to start construction of the Campus with a further allocation of Kshs 50 Million expected in the next financial year. In addition, land adjacent to the Kigumo Sub-County Referral Hospital has been set aside for construction of the Campus.

Prof. Kaloki reiterated commitment of the College to be a key player in the Country's UHC agenda. "KMTC has taken up the challenge to produce competent healthcare professionals towards achievement of this agenda," he said.

Hon. Mwaniki hailed the KMTC Board for the good stewardship, noting that the College has remained a revered institution because of the integrity with which it delivers its mandate.

Present during the event were community members, officials from the Kigumo National Government Constituency Development Fund Committee (NG-CDFC), representatives from the Kigumo Sub-County Referral Hospital among other stakeholders.



*Kigumo MP Hon. Ruth Mwaniki (2<sup>nd</sup> left) takes the KMTC Board Chairperson Prof. Philip Kaloki (2<sup>nd</sup> right) and Board Director Mr. Frederick Wamwaki (left) on a tour of the proposed site for KMTC Kigumo*



## ESTABLISHMENT OF A KMTC IN MARAKWET EAST IMMINENT



*Marakwet East MP Hon. David Bowen (3<sup>rd</sup> right) with KMTC Board Chairperson Prof. Philip Kaloki (left) during a site visit of the proposed Campus*

Residents of Marakwet East are set to benefit from a new KMTC Campus to be established in Tot, Marakwet East Sub-County, Elgeyo Marakwet County.

This is after the KMTC Board on 19<sup>th</sup> February, 2020 visited Tot Health Centre to assess the suitability of setting up the proposed KMTC Kerio Valley Campus.

Marakwet East Member of Parliament Hon. David Bowen said his Constituency Development Fund, Elgeyo Marakwet County Governor Alex Tolgos and area Member of the County Assembly John Lochaa had allocated funds to support construction of the proposed Campus.

As a show of support for the Campus that is set to revolutionise growth of the area, the community donated 100 acres of land while an additional 20 acres located next to the Tot Sub-County Hospital will also be used for establishment of the

proposed Campus.

Additionally, Elgeyo Marakwet Deputy Governor Wisely Rotich said the County Government would invest massively in the Tot Sub-County Hospital to support training in the proposed Campus.

KMTC Board Chairperson Prof. Philip Kaloki noted that health is a critical pillar to development and a right for every human being. “The Board takes seriously the need to establish Campuses that provide training opportunities for qualified Kenyans who will then go back to their communities and provide healthcare all the way to the grassroots, making UHC a reality.

Hon. Bowen committed to fast track establishment of the Campus. “This Campus will benefit area residents and other Kenyans in addition to opening up Marakwet East” he added.

## COLLEGE EXPANSION IN LINE WITH GOVERNMENT'S UHC AGENDA

**T**ongaren Constituency in Bungoma County hosted the KMTC Board on 21<sup>st</sup> February, 2020 during a visit to Ndaluh Ward, to assess the site of the proposed KMTC Tongaren Campus.

Tongaren Member of Parliament Hon. Dr. Eseli Simiyu said land for establishment of the Campus had been set aside and plans to acquire additional land were underway. The MP also said Kshs. 10 million to start off construction of the Campus had been allocated with a further Kshs. 25 Million expected in the next financial year.

Hon. Eseli said he was working closely with the National and County Government to upgrade Ndaluh Health Centre into a fully-fledged training hospital.

“Expansion of KMTC through establishment of new Campuses is in line with the government’s Universal Health Coverage (UHC) Agenda,” Board Chairperson Prof. Philip Kaloki, EBS said. He added that realization of this agenda was predicated on, among others, “Availability of human resource for health with the requisite skills

and competencies to serve every Kenyan.”

The College has mounted several community oriented courses geared towards promotive, preventive, curative rehabilitative and palliative services geared towards this, he added.

Board Director Frederick Wamwaki noted that the shortage of healthcare professionals constrains not only the achievement of UHC but also health-related Sustainable Development Goals (SDGs). He said the shortage is especially dire in the rural areas due to a concentration of such workers in urban areas.

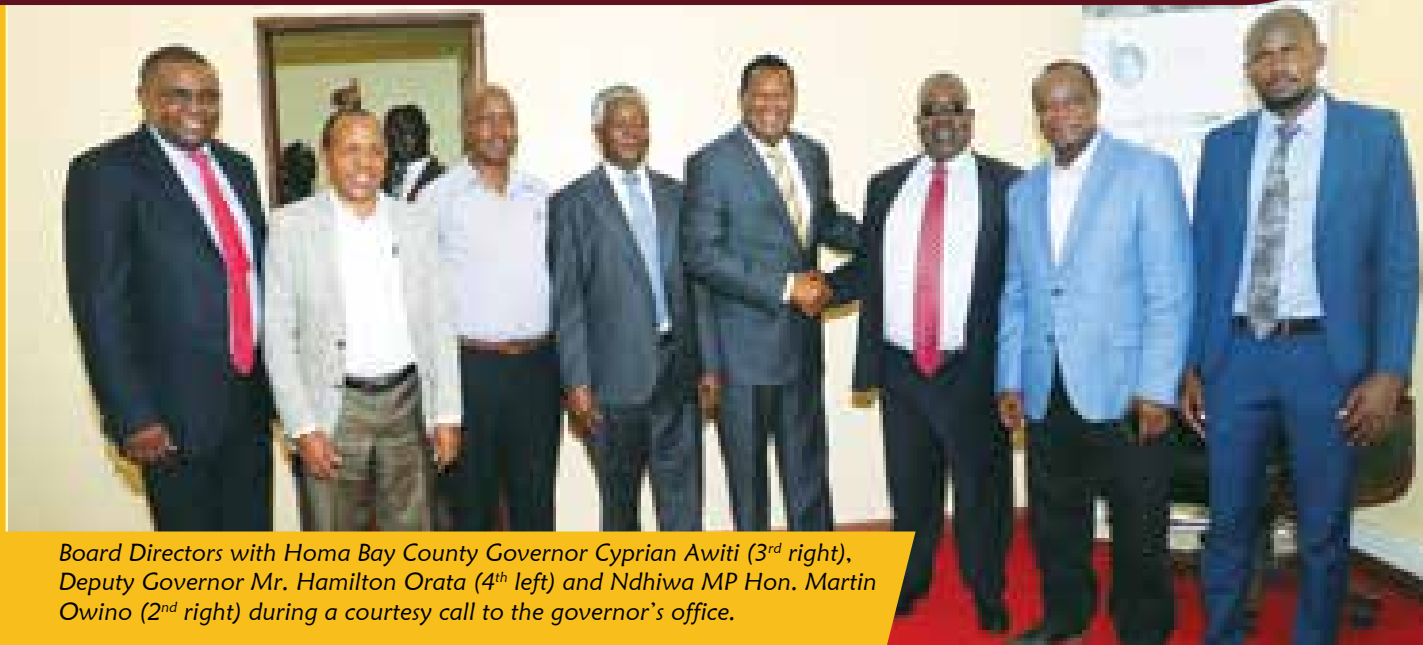
To mitigate this, he said, the College has ensured that KMTC Campuses are available across the Country to train adequate health workers with some expected to live and work in the areas they come from, thereby serving the community.

Board Director Mithamo Muchiri said the need based programs offered by the College and the large number of competent health providers released into the health sector has seen life expectancy rate go up.



*Board Directors led by Chairperson Prof. Philip Kaloki and Principals, with Tongaren MP Hon. Eseli Simiyu (front row 4<sup>th</sup> right), CDF officials and Ndaluh Health Centre officials during a site visit*

## HEALTH SERVICES DELIVERY IN HOMA BAY COUNTY TO RECEIVE A BOOST



Board Directors with Homa Bay County Governor Cyprian Awiti (3<sup>rd</sup> right), Deputy Governor Mr. Hamilton Orata (4<sup>th</sup> left) and Ndhiwa MP Hon. Martin Owino (2<sup>nd</sup> right) during a courtesy call to the governor's office.

The KMTC Board on 4<sup>th</sup> March, 2020 inaugurated the proposed KMTC Ndhiwa, bringing the total number of Campuses in Homa Bay County to three.

Currently, Homa Bay County is home to KMTC Rachuonyo and Homa Bay Campuses.

Homa Bay Governor Cyprian Awiti said the County will fully support growth of KMTC Ndhiwa into an ultra-modern institution of higher learning.

“Inauguration of KMTC Ndhiwa is in line with the Government’s UHC agenda which seeks to ensure that every Kenyan can access quality and affordable health care,” KMTC Board Chairperson Prof. Philip Kaloki, EBS said.

He encouraged area residents to take advantage of the Campus’ proximity by enrolling their children.

The County Government had allocated land for expansion of the Campus and would add extra acres for further expansion, said Deputy Governor Hamilton Orata.

Ndhiwa MP Hon. Martin Owino said his NG-CDF had allocated Kshs. 25 Million for further development of the Campus.

KMTC CEO Prof. Michael Kiptoo commended Hon.

Owino for the initiative of starting the Campus for the benefit of the Community and other Kenyans. He thanked the Homa Bay County Government for its immense support to the new Campus and the existing KMTC Campuses in the County.

KMTC Board Directors Mr. Mithamo Muchiri and Mr. Frederick Wamwaki noted that the positive spill over effect from the Campus would be felt for generations to come.



Board Director Ms. Ruth Okowa during a College function

## MP PARTNERS WITH KMTC TO CREATE MORE TRAINING OPPORTUNITIES

**R**arieda Member of Parliament Hon. Otiende Amollo has joined hands with the College to establish a KMTC Campus in Rarieda, Siaya County.

The KMTC Board visited the site of the proposed KMTC Rarieda on 5<sup>th</sup> March, 2020.

Hon. Otiende informed the Board that Rarieda CDF had allocated Kshs. 36 Million for establishment of the Campus.

“This money has already gone into construction of classrooms, a hostel block, ablutions, perimeter wall, gate and an administration block,” he said.

The MP undertook to ensure that more classrooms and a library would be completed in preparation for opening of the Campus.

CEO Prof. Michael Kiptoo requested the Siaya County Government to step in and offer support through

secondment of lecturers. He said KMTC would work with the leadership to improve the health of the people of Rarieda Constituency.

Board Director Mr. Mithamo Muchiri commended the MP for the initiative that would serve all Kenyans. His colleague Mr. Frederick Wamwaki noted that the Campus would provide a place for students from different cultures to interact.



*(From right) Rarieda MP Hon. Otiende Omollo during a celebratory dance with Board Chairperson Prof. Philip Kaloki, a KMTC student and Board Director Mr. Mithamo Muchiri*



## UNIVERSITY SEEKS COLLABORATION WITH COLLEGE



Board Chairperson Prof. Philip Kaloki EBS signs the visitors during a courtesy call to the Lukenya University Vice Chancellor Prof. Constatine Nyamboga's (left) office. The Chairman was accompanied by Deputy Registrar Examinations Mr. Gordon Agalo (2<sup>nd</sup> left) and Makindu Campus Principal Ms. Luciana Kaloki (right)

The Lukenya University will seek areas of collaboration with KMTCC upon establishment of a School of Public Health. The intent of the proposed collaboration is to provide opportunities for diploma and degree progression to KMTCC graduates at the University.

The University's Vice Chancellor Prof. Constantine Nyamboga said this during the institutions cultural day celebrations on 7<sup>th</sup> March, 2020, an event the KMTCC Board Chairperson Prof. Philip Kaloki, EBS presided over as a chief guest.

Prof. Kaloki said the KMTCC Board will explore areas of collaboration, in a bid to contribute to the Government's Big Four Agenda.

The University's cultural night was a culmination of weeklong activities celebrating cultural diversity and honoring the University's founder, the late Hon. Justice Kasanga Mulwa.

Prof. Kaloki said the events theme "Promoting Peace and Cohesion through Culture" underscores the need to appreciate and embrace cultural diversity for a peaceful and harmonious co-existence.

He encouraged the students to take part in co-curricular activities to nurture their talents for their own good and of those around them.



## KMTC THIKA EARMARKED FOR MORE INFRASTRUCTURAL DEVELOPMENT

**T**hika Campus will get a new tuition complex to support its growth in addition to a second bus to further strengthen the transport system for the benefit of staff and students.

This was said by the Board Chairperson Prof. Philip Kaloki, EBS, during a Board visit to the Campus on January 15<sup>th</sup>, 2020.

“The Board is committed to ensure smooth running of all KMTC Campuses by equipping them with the necessary infrastructure,” Prof. Kaloki said. He affirmed that the Board was taking concrete measures to enhance sports in all KMTCs to benefit each student. In line with this, sporting infrastructure such as basketball courts, indoor games arenas and football pitches, among others, will be developed in all Campuses to ensure wholistic learning for students.

Sports competitions will henceforth be held at the local level, where KMTC Campuses within the same locality will compete against each other as well as with other neighbouring institutions of higher learning.

A National Sports Championship will be held every year bringing together winners of competitions at the local level. Thereafter, best performing campuses will be awarded during the College’s Annual Reward and Recognition Ceremony, the Chairperson said.

Outgoing Principal Mr. Richard Kolute enumerated the various development projects being undertaken in the Campus to enhance teaching and learning. In the previous year, a new tuition block was completed. The Campus also received a double cabin pick up to ease transport of staff and students to clinical areas.

Mr. Kolute attributed growth of the Campus to partnership and support from various stakeholders. “The invaluable support from the Board and Management has seen the population of the Campus grow to the current 840 students,” he added.

Board Director Mr. Frederick Wamwaki assured students that the Board will provide the necessary support to enhance their training.



*A KMTC student gives an address during the visit by a section of the Board to Thika Campus*

## INFRASTRUCTURAL DEVELOPMENT TO PAVE WAY FOR MOUNTING MORE COURSES



*Board Chairperson Prof. Philip Kaloki, EBS lays a foundation stone for a new tuition block at Msambweni Campus. CEO Prof. Michael Kiptoo and other members of staff look on*

**M**sambweni Campus will have the capacity to mount more community need based courses once construction of more classrooms and a multipurpose hall currently underway is completed.

The Campus would receive a double cabin utility vehicle in the ongoing efforts by the Board to strengthen transport systems in Campuses.

This was said by the Board Chairperson Prof. Philip Kaloki, EBS during a visit to the Campus on 4<sup>th</sup> February, 2020.

He said the ongoing infrastructural development was in line with the Board's transformative agenda to equip and bring all Campus at par, for quality service delivery to the public. "The Board and Management are working to strengthen processes in the College to enhance training for present and future generations," the Chairperson said.

Urging staff to put their best foot forward in service delivery, CEO Prof. Michael Kiptoo said "If we can all do our best, we can take this institution very

far as we endeavor to serve Kenyans even better,"

Board Director Mr. Mithamo Muchiri appreciated the staff for their good work and said the Board would develop human resource capacity in the Campuses for better service delivery.

Board Director Mr. Frederick Wamwaki said the Board is committed to address issues unique to each Campus to ensure quality service delivery to the students and Kenyans in general.

## ULTRAMODERN TUITION BLOCK TO BE CONSTRUCTED IN KWALE CAMPUS

An ultramodern tuition block consisting of four classrooms and a library will be constructed in Kwale Campus, Board Chairperson Prof. Philip Kaloki, EBS, said during a visit to the Campus on 5<sup>th</sup> February, 2020.

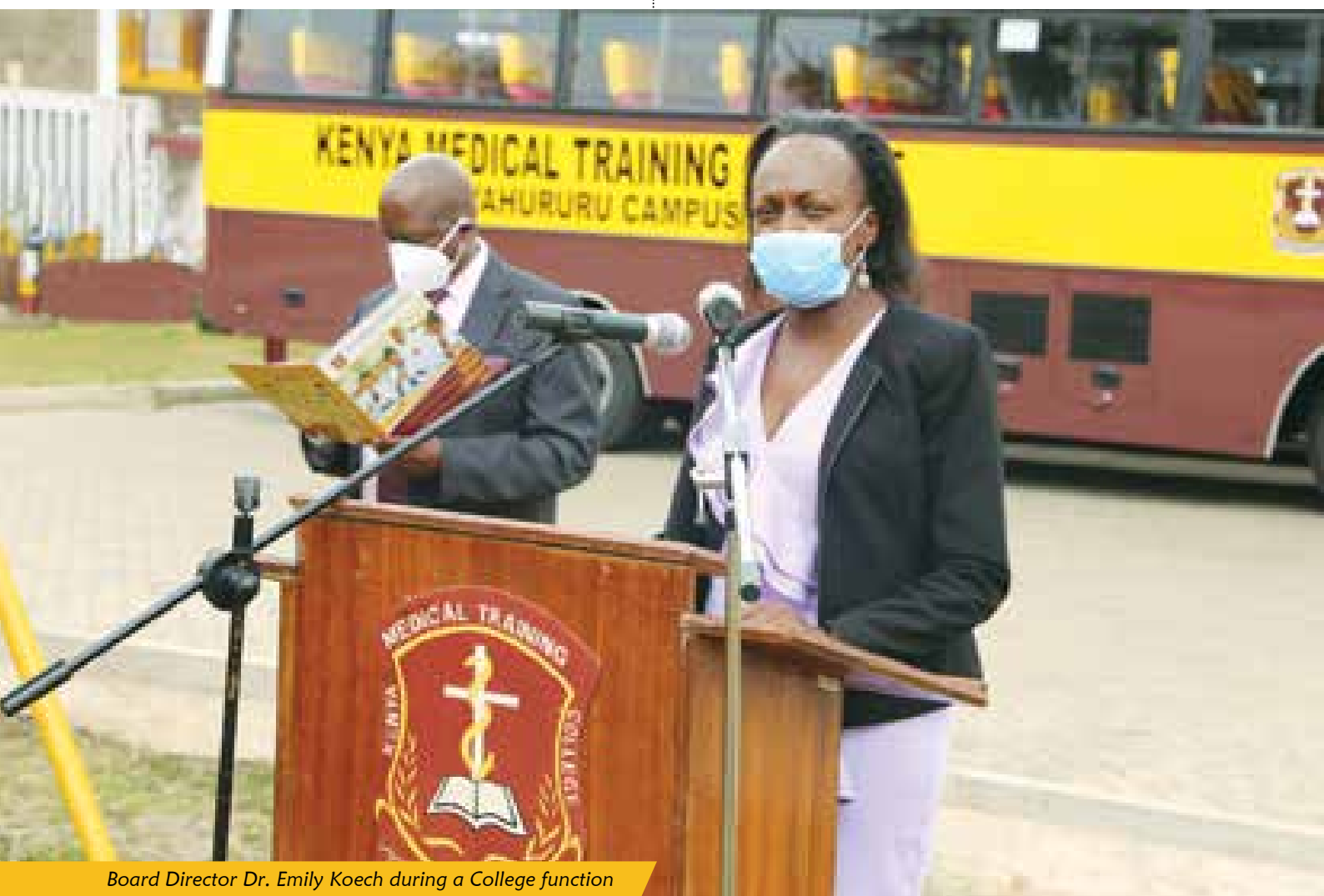
He added that a double cabin pick-up and bus would be delivered to the Campus and sports facilities enhanced.

Prof. Kaloki informed staff and students that the Board was committed to addressing any issues facing the Campus in order to maintain and enhance the high quality training the College is known for.

The Board also met Matuga Member of Parliament Hon. Kassim Tandaza during the visit. Hon. Tandaza committed to continue working closely with the Board and other partners to further develop the Campus. This, he noted, would enable the Campus mount more courses that would benefit the community.

He urged the students to work hard to acquire knowledge and skills needed to impact the lives of the people they serve.

Board Directors Mr. Mithamo Muchiri and Mr. Frederick Wamwaki called upon the students to use the opportunities availed to them to better their lives and enhance service delivery.



Board Director Dr. Emily Koech during a College function

## A NEW BUS FOR PORT REITZ CAMPUS, INCREASED BURSARIES FOR STUDENTS



*Board Chairperson Prof. Philip Kaloki EBS accompanied by Board Directors Mr. Frederick Wamwaki (left) and Mithamo Muchiri during a visit to Port Reitz. Principal Dr. Jacinta Mukonzo takes them round the Campus*

**K**MTC Port Reitz will be a recipient of a brand new bus to ease transport of students and faculty to clinical areas.

“This is in line with the Board’s transformative agenda of equipping KMTC Campuses with the necessary infrastructure to support teaching and learning,” Board Chairperson Prof. Philip Kaloki said during a visit to the Campus on 7<sup>th</sup> February, 2020.

Port Reitz Campus Principal Dr. Jacinta Mukonzo informed the Board that Changamwe Member of Parliament Hon. Omar Mwinyi was ready to sponsor 50 students to train as Community Health Assistants. This, the MP said, would be geared towards supporting achievement of UHC

in Mombasa County and the rest of the country.

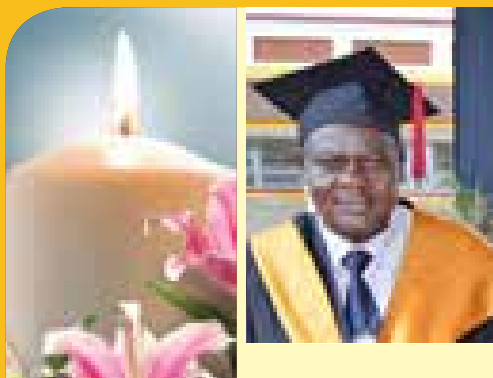
The Board later held a meeting with the Students’ Representative Council (SRC) where Prof. Kaloki said the Board was committed to students wellbeing. The Chairperson assured that more lecturers will be posted to the Campus to boost the numbers already available.

The SRC committed to work closely with the Campus Management to ensure students maintain high standards of discipline and remain good ambassadors of the Campus.

The Chairperson appreciated the overwhelming support from the area MP and community members in growing the Campus.

## TRANSITIONS

It is with great sadness and deep sorrow that we announce the untimely demise of the following officers, who served the College with zeal and dedication. They will be greatly missed and we pray that may their souls rest in eternal peace.



**Mr. Zacchaeus Rwanda  
Ngochi**

Mr. Rwanda passed on following a tragic road accident along Nairobi – Mbagathi Road on 4<sup>th</sup> January, 2020.

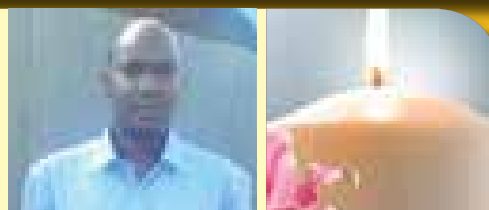
The late Rwanda joined KMTTC as a radiographer film processor on 9<sup>th</sup> September 1981. He was promoted to Radiographer II in 1990 before moving to Radiographer I in 1996.

Mr. Rwanda was re-designated to Lecturer I in 2003 and deployed as Acting Deputy Head of Medical Imaging in 2004. In 2007, Rwanda was promoted to Principal lecturer.

He was a trustee in the KMTTC Staff Pension Scheme (Defined Contribution Scheme).

Until his demise, he was a Principal Lecturer and the Deputy Head at the Department of Medical Imaging Sciences at KMTTC Nairobi.

Mr. Kimani met his untimely demise on 10<sup>th</sup> January, 2020. Born on 25<sup>th</sup> January, 1980, he joined KMTTC in 2003 as a senior subordinate support staff in the Maintenance section at Meru Campus. He was promoted to senior auxiliary supervisor in 2010, a position he served in until his demise.



**Mr. Paul Kimani Njuguna**



**Mr. James Mwangi Kiragu**

Mr. Kiragu passed on while undergoing treatment in hospital on 17<sup>th</sup> May, 2020.

He joined KMTTC in 1982 to pursue diploma in Medical Laboratory Sciences and left the College in 1985. He was posted to Moyale District Hospital and later transferred to Gatundu Hospital, where he was in charge of the medical laboratory departments.

He would join KMTTC yet again in 1988 to undertake a higher Diploma in Parasitology/Entomology, which he attained in 1989. Due to his excellent mastery of the subject, KMTTC offered him a position as a lecturer to teach Parasitology/Entomology, which he has been teaching till he met his untimely death.

Mr. Kiragu has mentored many future medical laboratory technologists since 1989.

Dr. Kabara passed on while undergoing treatment in hospital on 1<sup>st</sup> June, 2020. Until the time of his death, he was the Principal at KMTTC Manza.

Born in 1979, Dr Kabara joined KMTTC in 20008 as a Principal lecturer at Machakos Campus, where he worked till 2011 when he was transferred to Nakuru to serve in the same capacity, before being appointed as the Principal, Manza Campus.

Dr. Kabara has written and published many research articles and was undertaking his PhD studies in leadership at the Management University of Africa. He initiated a project that would see the College produce sanitizers to support Government efforts in the fight against COVID-19.



**Dr. Samuel Kabara  
King'au**





**Ms. Jackline Bii  
Chepkurui**

Ms. Chepkurui was employed in the College on 1<sup>st</sup> July, 2004 as a casual worker and later re-designated to a clerical officer. Due to her professional training and commendable performance, she became an Accountant 1 in Eldoret Campus, a position she served in until her demise on 31<sup>st</sup> March, 2020.

Mr. Shunkur's service at the College dates back to 23<sup>rd</sup> February, 2017 when he was employed and until his demise on 17<sup>th</sup> April, 2020, he was an Accountant 2 at Nyandarua Campus.



**Mr. Felix Shunkur Rankau**



**Ms. Marion Kaithia  
Kathambi**

Ms. Kathambi met her untimely death on 27<sup>th</sup> April, 2020. She was employed in the College on 1<sup>st</sup> February, 2001 as a Subordinate Staff III, and later promoted to a support staff supervisor. Until her demise, she was a support Cleaning supervisor at Isiolo Campus.

Mr. Mutunga was employed in the College on 13<sup>th</sup> May, 2008 as an Administrative Assistant and until his demise on 7<sup>th</sup> May, 2020, he was a Maintenance officer at Nairobi Campus.



**Mr. Mutunga Muthama  
Alex**

# IMPROVE YOUR IMMUNITY TO KEEP AWAY INFECTION



**DR. JEBICHI MASWAN**

The word immunity has been frequently used during the COVID-19 pandemic; that the disease is more serious and deadly among people with weak immune systems. What is immunity? Simply put, immunity is the ability of the body to resist infection.

The immune system is a complex network of cells and proteins. Organs involved in immunity include skin, bone marrow, bloodstream, thymus, lymphatic system, spleen and mucosal tissue. When functioning properly, the immune system identifies and attacks viruses, bacteria, parasites and toxins. People with weak immune systems are susceptible to diseases that would not normally affect healthy individuals.

**What weakens immune system?** Some disorders can weaken the immune system. These disorders, which range from mild to severe, can be present from birth or may occur as a result of environmental factors. HIV/AIDS, cancer, chemotherapy drugs, flu virus and organ transplant weaken the immune system. The immune system can also be weakened by smoking, alcohol, and poor nutrition. An over-active immune system causes allergies (asthma, eczema, food allergy) whereas an immune system that turns against the individual causes autoimmune diseases such as lupus, rheumatoid arthritis and type 1 diabetes.

**Age and immunity** - as you age, your immune response capability becomes reduced. While some people age healthily, the conclusion of many studies is that, compared with younger people, the elderly are more likely to contract and die from infectious diseases. Respiratory infections, influenza, COVID-19 and particularly pneumonia are a leading cause of death in people over 65 years worldwide.

## Signs of a weak immune system:

- **High stress level** - It is not a coincidence that you tend to get sick after a big project at work or a stressful situation at home. Long-term stress weakens your immune system.
- **Frequent colds** - It is normal for adults to have two - three common colds each year and bounce back within seven - ten days. Frequent cold that take long to subside is a sign that your immune system is struggling to keep up.
- **Stomach problems** - Frequent diarrhea, gas or constipation, could be a sign that your immune system is compromised. Research shows that nearly 70 percent of your immune system is located in your digestive tract in form of helpful bacteria. Low amounts of beneficial bacteria can leave you at risk to bad bacteria, viruses, chronic inflammation and even autoimmune disorders.
- **Wounds heal slowly** - Your body works to protect wounds by sending nutrient-rich blood to the injury to help regenerate new skin. This healing process depends on healthy immune cells.
- **Feeling tired all the time** - If you are getting enough sleep and still suffer from exhaustion, your body maybe trying to conserve energy to fuel your weakening immune system. Listen to your body and take appropriate action.

## How to boost your immune system: Choose a healthy lifestyle

- i. **Eat nutritious meals** – Meals should contain carbohydrates, proteins, fats, vitamins, minerals, fiber and water. Fruits, vegetables, herbs, and spices are essential to keeping your immune system strong.
- ii. **Get enough sleep** - Your body heals and regenerates during sleep. Sleep is a time when your body produces and distributes key immune cells. Adults should get at least seven to eight hours of sleep daily.
- iii. **Exercise regularly** - Physical activity makes immune system more vigilant by distributing immune cells throughout your body to fight infection and clear damaged or infected cells.
- iv. **Spend time in nature** – This supports mood, lowers blood pressure, reduces inflammation and supports immune system. Sunshine boosts vitamin D in the body, which plays a key role in boosting immunity.
- v. **If you drink alcohol, drink in moderation** - High levels of alcohol consumption can weaken your body's ability to fight infection and slow down recovery time. People who drink a lot are more likely to get pneumonia, acute respiratory distress syndrome, alcoholic liver disease, and certain cancers.
- vi. **Don't smoke** - Chemicals released by cigarette smoke; carbon monoxide, nicotine, nitrogen oxides and cadmium interferes with growth and function of immune cells.
- vii. **Manage stress** - Stress causes increased production of the stress hormone -cortisol, which is useful during short term fight-or-flight situations. But when cortisol levels are constantly high, it suppresses and blocks the immune system from fighting infection. Do at least one stress-reducing activity daily.
- viii. **Keep chronic diseases under control** - Chronic conditions like asthma, heart disease, hypertension and diabetes can weaken the body's defense system and increase risk of infections.
- ix. **Wash your hands and handle food properly** – Simple hygiene practices reduce chances of transmission of bacteria and viruses.

Your immune system is the key to good health, so the more you can do to protect it, the better.

**About the Author: Dr. Jebichi Maswan is a Senior Chief Principal Lecturer and head of Institutional Advancement at 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 KMTTC                    | Hakuna malipo                                     | Papo hapo                                                                                                 |
| <b>Utoaji wa Nafasi za Masomo</b>                                              |                                                             |                                                   |                                                                                                           |
| Kupokea ombi la nafasi ya kusoma                                               | Kupokea ombi                                                | Shilingi elfu mbili na ishiringi 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 mwaliko 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>Raslimali 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@kmttc.ac.ke](mailto:info@kmttc.ac.ke), Tovuti: [www.kmttc.ac.ke](http://www.kmttc.ac.ke).

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



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9. Medical Laboratory Sciences (Diploma and Higher Diploma)
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