



'Your Partners in Health'

Newsletter

July edition



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Get to know Metropolitan Hospital

Our background

Metropolitan Hospital was founded by a group of healthcare professionals in mid 1995. We are the most comprehensively equipped medical institution in the eastern part of Nairobi.

The hospital was founded on the belief that it is possible to offer quality, cost effective and affordable healthcare services. Since 2013, we have been on an expansion drive to raise the scope and standard of services. We are supported by a team of 350 staff and more than 150 doctors and visiting consultants.

The hospital is located on its own 3-acre site on Rabai Road Buruburu Phase III Estate.



Aerial view of the hospital

Strategic Positioning

The hospital has identified cost leadership and strategic brand positioning as the basis for its growth. The reasons for its choice are as follows;

1. We were recently accredited as a level 5 Health care institution by the Ministry of Health.
2. We are located within the large Eastlands community of Nairobi.
3. We are the largest, most equipped hospital in Eastlands. We offer more comprehensive services than our partners in this area.
4. We have over 100 contracted medical consultants who can provide the benefit of personal service within an enabling and supportive infrastructure.
5. Metropolitan Hospital has invested heavily on E-Health and ERP, which has greatly enhanced the efficiency of hospital operations.
6. We are a community owned hospital with over 500 shareholders.

Services

The hospital is currently offering a comprehensive range of services to both inpatients and outpatients.

The main services include:

1. **Casualty:** The casualty department is open 24 hours a day, with the management of well qualified and experienced medical and paramedical personnel.
2. **Pharmacy:** Operates on a 24-hour basis and provides medical and pharmaceutical items to both in and out patients.
3. **Theatre:** We have four well equipped theatres for major and minor operations, endoscopy and laparoscopic procedures. We recently completed our new ultramodern theatre, two of which are capable of organ transplants.
4. **Maternity:** Our fully equipped maternity ward with a concept of a home away from home is able to cater for every need, providing the best for the mother and the baby. We also offer fixed price packages for the maternity clients.
5. **Clinical laboratory:** We recently acquired class F accreditation. This has put us on a comprehensively coordinated quality management system that addresses all aspects of our laboratory operations to assure quality services.
6. **Diagnostic Imaging:** We have CT Scan, X-ray and a 4D ultrasound capable of performing both routine and specialized examinations.
7. **Resident Consultant Offices:** We are the only hospital of our size with resident consultant offices in key disciplines. We are in the process of upgrading our consultant plaza to new ultramodern offices. This gives both the doctor and the patient ample ambience during sessions.
8. **In-Patient:** The hospital has an inpatient department with the following units; Pediatric unit, female and male medical unit, female and male surgical unit, maternity, critical care (ICU, HDU & NICU), Dialysis (covered by NHIF), Chemotherapy (covered by NHIF)

Specialised clinics schedule 2021

To book an appointment, contact us via : 0703 655 054

Clinic/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gynaecology	10am- 3pm	10am- 3pm	10am- 3pm	10am- 3pm	10am- 3pm	10am- 3pm
Paediatric	9am- 4pm	9am- 4pm	9am- 5pm	10am- 5pm	9am- 4pm	9am- 12MD
Paediatric Surgical	9am- 11am				11am- 1pm	
Ear Nose & Throat clinic		2pm - 4pm			9am- 11am	
Orthopaedic/Orthospine	10am-5pm		10am- 4pm	9am- 12MD	9am - 1pm	9am- 12MD
General Surgery	2pm - 4pm	2pm - 4pm	2pm - 4pm	2pm - 4pm	12MD - 3pm	8am - 11am
MOPC	10am- 4pm	10am- 7pm	10am- 4pm	10am - 5pm	10am - 1pm	9am- 5pm
Dermatology	2pm - 5pm				2pm - 5pm	
Ophthalmology					2pm - 4pm	
Neurosurgery					2pm - 4pm	
Oncology					9am- 11am	
Urology	On appointment	On appointment	On appointment	On appointment	On appointment	8am - 11am
Psychiatry		2pm - 4pm			10am - 2pm	
Cardiology		7:30am - 11am				
Gastrology			9am- 11am			
Plastic surgery						1pm - 3pm
Dental	8am - 5pm	8am - 5pm	8am - 5pm	8am - 5pm	8am - 5pm	8am - 12MD
Physiotherapy	8am - 5pm	8am - 5pm	8am - 5pm	8am - 5pm	8am - 5pm	8am - 12MD
Occupational Therapy	8am - 5pm	8am - 5pm	8am - 5pm	8am - 5pm	8am - 5pm	9am- 12MD
Chronic Care Clinic	8am - 5pm	8am - 5pm	8am - 5pm	8am - 5pm	8am - 5pm	9am- 12MD
Nutrition services	8am - 5pm	8am - 5pm	8am - 5pm	8am - 5pm	8am - 5pm	8am - 12MD
Counselling Psychology	8am - 5pm	8am - 5pm	8am - 5pm	8am - 5pm	8am - 5pm	
Well baby clinic	8am - 12MD			8am - 12MD		8am - 12MD
Midwife clinic	8am - 4pm	8am - 4pm	8am - 4pm	8am - 4pm	8am - 4pm	8am - 12MD





A Breath of Fresh Air

Oxygen supply is one of the most critical necessities for any hospital or healthcare facility. A clear understanding of how to maintain these systems will enhance the facility's ability to offer quality medical services. Recently, the inadequate supply of medical oxygen has led to a crisis all over the nation due to the COVID-19 pandemic.

The pandemic has accelerated global demand for oxygen and made the delivery of oxygen supplies more urgent than ever before. The need for oxygen has increased to over 1.1 million cylinders in low to middle-income countries alone. The rapid increase of COVID-19 cases in the country has steered the consumption and supply of medical oxygen which brought about the scarcity of oxygen cylinders especially at that time they were needed the most.

The current state of affairs has led us into taking drastic measures to safeguard the well being of our patients as we strive to provide quality care. As a primary measure, we set up a duplex oxygen generating plant with a capacity of each generating 300 litres of oxygen per minute. The plant was officially commissioned to the Hospital by the Cabinet Secretary Ministry of Industrialization, Trade & Enterprise Development, Hon. Betty C. Maina on July 8, 2021. This was one of the most iconic days in our calendar days in our calendar year as part of our journey to achieving our goal as a hospital.

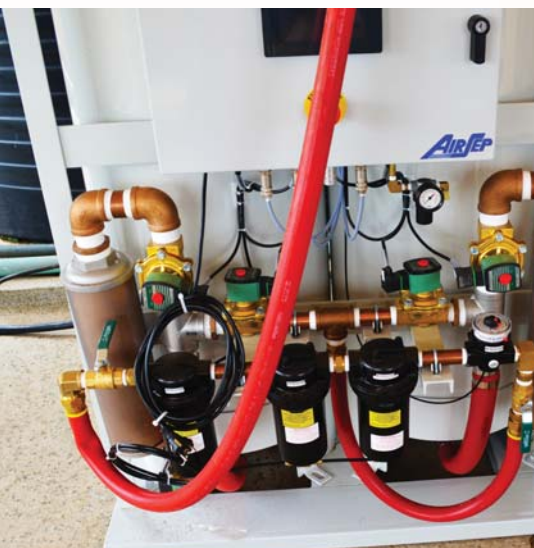
We have set up a direct piping connection from the plant to the casualty section, ICU section, theatres and every other unit that requires oxygen. The oxygen is piped to the beds directly with valve regulators to help regulate oxygen as per the needs of the patient.

In cases where the demand for oxygen is higher than the plant supply, we have in place a refilling station that can refill 50 cylinders per day. We have created a provision of 110 aluminum cylinders that act as supplements and can be used to supply oxygen to the non-piped areas.

We can now confidently serve our patients who need oxygen with ease and an assurance that oxygen is ample and readily available at the point of care.

This puts us in a self-sustaining position to provide oxygen to our patients as is our duty to ensure our clients' needs are met on time. We pride ourselves in being among the few hospitals in Nairobi that are able to generate oxygen internally.

Our ambition is to be able to supply other medical facilities that use oxygen in future.



Gallery - Oxygen Plant Launch



CS (Industrialization, Trade and Enterprise Development) Hon. Betty Maina arrives at Metropolitan Hospital



Dr K.K Gakombe (CEO Metropolitan Hospital) (left) and Dr. Lawrence Ndombi (Board Chairman) (right) receiving CS Betty Maina



Dr. K.K Gakombe (CEO Metropolitan Hospital) introducing a few of the Hospital management team and invited guests to CS Betty Maina. From right: Dr. Joyce Gakombe (a shareholder), Elijah Onger (Head of Nursing Metropolitan Hospital), Dr. Geoffrey Magada (Hospital Physician) and Dr. Lawrence Ndombi (Board Chairman)



CS Betty Maina signing the visitors' book in the presence of the Hospital Management team and invited guests.

CS Betty Maina touring different facilities of the hospital, especially areas where oxygen is needed and used

CS Betty Maina cutting the ribbon to officially commission the oxygen plant to Metropolitan Hospital in the presence of Dr. K.K Gakombe, CEO Metropolitan Hospital



CS Betty Maina switching on the newly commissioned oxygen plant.



CS Betty Maina touring Metropolitan Hospital's new world class theatre



Jemimah Mbuyi (staff - Metropolitan Hospital) presenting a gift from the hospital to CS Betty Maina



Invited guests at the launch ceremony



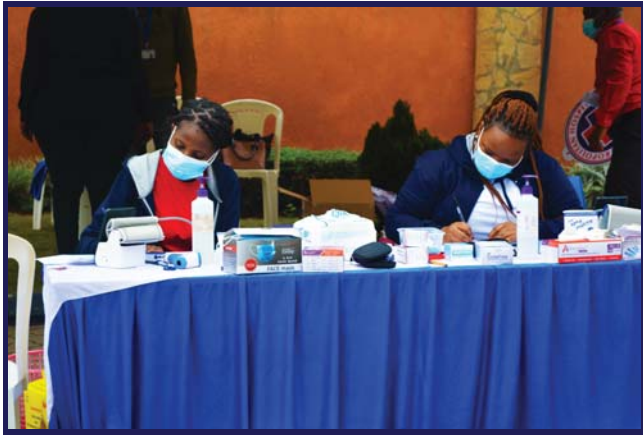
A consultative meeting between our Business Development team and a representative from Pacis Group; one of our corporate partners.



BLS and ACLS Nurses' training facilitated by Mediplus Training Limited.



The ongoing phase II of our parking lot expansion project.



For our service to the community, we had a wellness screening camp at the Full Gospel Churches of Kenya, Buruburu where we conducted free screening for blood pressure, blood sugar and Body Mass Index (BMI).



The quarterly staff forum



Ongoing rooftop construction



July Babies Birthday



PHLEBOTOMY

CERTIFICATION COURSE



Learning modules include:

- Anatomy and Physiology
- Microbiology
- Infection Prevention and Control
- Communication skills
- Safety skills
- Quality and risk management
- Clinical phlebotomy for adults
- Geriatrics and paediatrics phlebotomy
- Complications of phlebotomy
- Special collections in phlebotomy
- Blood donor collection

Job Opportunities;

- Hospitals
- Clinical laboratories
- Nursing homes
- Blood donor centres
- Clinics

We issue a Certificate of Completion to successful candidates

For more information, kindly get in touch with us via:
training@metro-hospital.com / 0782496233

COURSE DURATION: 6 weeks blended learning course

COURSE OBJECTIVE: Designed to help students gain confidence & competencies in the art of obtaining blood samples for laboratory analysis through hands-on practice and instructors feedback followed by clinical practicum.

COURSE FEE: Ksh 42,000

Modes of learning:

1. Online classes or
2. Part-time classes (5:00 pm - 7:00 pm)

Payment Plan

1. Full payment
2. A two instalment plan i.e, 50% before joining the course and the other 50% in the 5th week of study.

20% discount for any staff or any child of a staff.



'Your Partners in Health'

Metropolitan Hospital, Nairobi is located along Rabai Road, off Jogoo Road.

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