



Commitment to Women's Healthcare

## 5th Anniversary

March 2001-March 2006

### THE NAIROBI WOMEN'S HOSPITAL

*We understand today's Woman and her Child and we prove that Everyday*

# 'Mover and Shaker' of Trends in Healthcare Provision



Dr. Sam Thenya

## Word from the CEO

It's been five years since the Nairobi Women's Hospital opened doors to the members of the public. I thank God for his graciousness.

I also wish to thank all stakeholders for your continued support and participation which has been crucial to the success of the institution. We have every reason to be proud of our achievements having survived some of the most challenging times in the economy of this country.

Healthcare provision is a most unforgiving area of investment. It is never considered as a blue chip investment anywhere in the world.

We at the Nairobi Women's hospital embarked on a journey amid all risks and are proud today to be more than we could have wished, five year ago.

The hospital has grown in service, reputation and assets. The most significant happening in the brief life of the hospital has been the positive impact in healthcare provision with a genuine heart to give back to the society and a rapid brand recognition in Nairobi, Kenya, the region and all over the world. Prominent national and world personalities who have associated with us include Her Excellency the first lady; Mrs. Lucy Kibaki, Her Excellency the Right Honourable Adrienne Clarkson, Governor General of Canada, Ambassador Randall Tobias; United States Global AIDS Co-ordinator and Mrs. Deloris Jordan, mother to renowned basketball icon, Michael Jordan just to mention but a few.

No other institution in this country (definitely not a hospital) has received such an avalanche of goodwill and support. All this is a result of hard work, sound management and prayers. I take this opportunity to thank the Board of directors, management and staff for making us the "talk of the region". Without your efforts, sacrifice and support we would never have made it this far.

Lets remain one family as we have been. The future is bright for Nairobi women's hospital. We promise the Kenyan public and the world over that we shall remain the "mover and shaker" of trends in healthcare provision in the future and setting excellent standards.

— Dr. Sam Thenya,  
CEO Nairobi Women's Hospital



Photos/ Charles Kamau

Mrs. Deloris Jordan (above second right) unveils the Nairobi Women's Hospital website during the hospital's fifth anniversary celebrations. Inset left, Mrs. Dorcas Okusi, Mrs. Jordan and Mrs. Dorothy Thenya share a light moment during the hospital's fifth anniversary celebrations.



The Nairobi Women's Hospital was set up in March 2001 with the aim of providing holistic care to the women and children of the society. The hospital is the first of its kind in the East and Central Africa region. The founder, Dr. Sam Thenya, had a vision to serve God and mankind through excellence in healthcare provision.

For the last five years, we have seen the rapid growth and change of face of the Nairobi Women's Hospital in reproductive health issues that has since contributed positively to the health-care sector in Kenya.

We specialize in obstetrics and gynaecology, but are also competent to handle all other general medical and surgical conditions that require specialized care; we have consultants in all fields of medicine.

#### OUR HOSPITAL OUTPATIENT SERVICES

As one of the country's leading medical facilities, the Nairobi Women's Hospital has a wide range of services to offer its clients. We operate a 24 hour ambulatory centre that incorporates the family healthcare centre. To date, over 40,000 women and children have been treated since we opened our doors in 2001.

#### Mission

**To build a sustainable and profitable healthcare organization in the East African Region by providing value for our patients, associated doctors, employees and shareholders**

#### Vision

**To be recognized as the unequalled provider of superior healthcare services to women and children in the East African region**

#### Antenatal Clinic

Maternity remains our core business. Our antenatal clinic offers all-encompassing comprehensive care to expectant women on all aspects of pregnancy and childbirth- nutritional counselling, prenatal exercises etc., preparing the mother for childbirth and motherhood.

Experienced midwives and obstetrician gynaecologist run this clinic on a daily basis including weekends and public holidays. The antenatal mothers can come in at anytime without prior booking.

We offer free HIV/Aids testing for expectant mothers and for those who are positive, we offer free antiretroviral drugs and follow up counselling, through our Prevention of Mother to Child Transmission of HIV/Aids (PMTCT) programme. HIV positive expectant mothers are advised on delivery and alternatives to breast-feeding, to prevent transmission of the HIV/Aids virus to the baby during delivery.

#### Gynaecology Clinic

Runs daily and is managed by the resident gynaecologist. It includes the family planning clinic, infertility clinic and the Hormonal Replacement Treatment Centre (HRT). Women do not need to book for this clinic. This is a feature that sets us apart from other facilities, where women are able to walk in and see a gynaecologist without an appointment, and at no extra cost for consultation.

#### The Well Woman Clinic

Good health should be guarded jealously through regular health check-ups. This is now available at the hospital, where we carry out various examinations such as Pap Smear, Head to Toe examination, screening for various cancers, etc.

#### The Breast Clinic

At this clinic managed by a resident surgeon, women are examined and also advised on self-examination for breast lumps. This ensures patients are empowered to detect any abnormalities early enough to seek medical treatment. A breast team (surgeon, pathologist/cytologist) is always on hand to serve you. The breast clinic runs every Saturday from 10 am.

#### Well Baby Clinic

It is our pride to see babies grow into healthy citizens. This clinic is run twice a week by experienced doctors and nurses who have undergone specialized training. There is always a senior paediatrician on call, who is able to deal with any emergencies.

#### INPATIENT FACILITY

#### Home Away From Home

The Nairobi Women's Hospital has a capacity of



General view of The Nairobi Women's Hospital

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