



Official Name: Republic of Kenya

History: Gained independence from the United Kingdom in 1963

Population: ~51 million

Capital: Nairobi (largest city)

Size: 582,650 square kilometers (0.8 the size of Texas)

Climate: Varies from tropical along coast to arid in interior

Ethnic make up: Kikuyu 22%, Luhya 14%, Luo 13%, Kalenjin 12%, Kamba 11%, Kisii 6%, Meru 6%, Other African 15%, Non-African Asian, European, and Arab) 1%

Religions: Protestant 45%, Roman Catholic 33%, Muslim 10%, indigenous beliefs 10%, other 2%

Government: Republic

Top attractions: Maasai Mara National Reserve

Official Language(s): English, Swahili

Currency: Kenyan shilling (KSH)

Current exchange rate: USD \$1 = 120.00 KES

(*Subject to Change)

Embassy Contact Information

Embassy of the United States

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Canadian High Commission

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Healthcare Internship Orientation

CULTURAL NORMS

- Religion is important to a large part of the population, be aware and respectful of religious customs.
- Do not call someone by their first name unless they address you by yours first.
- People are generally addressed by their academic, professional or honorific title followed by their surname.
- The most common form of greeting is a handshake.
- Women over the age of 21 are often addressed as "Mama" and men over the age of 35 are often addressed as "Mzee". Children generally refer to adults as Aunt or Uncle, even if there is not a familial relationship.
- If invited to dinner at a Kenyan's home, bring pastries, flowers, or sweets for the hostess. In rural areas, gifts of sugar or tea are quite common.
- Kenyan table manners are relatively informal.
- Guests are expected to wash their hands before and after the meal. In some homes, a washing basin will be brought to the table. If so, hold your hands over the basin while water is poured over them.
- Treat elders with a high level of respect.
- Receive a gift with both hands.

USEFUL MEDICAL TERMINOLOGY

Hello - Jambo, Shikamoo (to superiors/elders)

What is your name? - Jina lako nani

Thank you - Asante

Come here, Come in - Njoo hapa. Karibu.

Do you speak English? - Unasema Kiingereza?

Yes, no - Ndiyo, hapana

How are you? - Habari gani

Chest cold - Nina kifua

Headache - Kichwa kinauma

Head cold - Nina mafua

Cough - Kikohozi. Kikohoo.

Diarrhea - Kuhara

Fever - Homa

Stomach ache - Maumivu ya tumbo

Nausea - Nataka kutapika

Vomiting - Kutapika

Worms - Chango. Mchango.

I was bitten by a mosquito - Niliumwa na mbu

To be with child - Kuwa na mimba

Injection - Sindano

Pill, capsule, tablet - Kidonge

Get a doctor - Umwite daktari

Welcome - Karibu

What is your name - Jina lako ni nani

Face mask - Barakoa

Sorry - Pole

Doctor - Daktari

Patient - Mgonjwa

Blood - Damu

Flu - Mafua

Pregnant - Mimba

Bed - Kitanda

Drugs/medication - Dawa

Pharmacy - Duka la dawa

Blood Pressure - Shinikizo la damu

Triage - Upunguzaji

Consultation - Mashauriano

Zahanati - Clinics

CLOTHES

In most areas of the Mombasa, you are welcome to dress as you would in the US during the Summer: short sleeve tops/shorts are usually best, but leggings are also acceptable.

- IMA Branded Scrubs (at least five pairs), purchased in advance. Scrubs will be delivered to your room upon arrival at the Program Residence.
- Comfortable, closed-toe shoes, 2+ Pairs
- Surgical Crocs for surgical theatre
- Sandals
- Pants (jeans or cargo) or longskirt/dress
- Sleepwear
- Windbreaker or rain jacket
- Modest t-shirts or tank tops
- Long sleeve for cold nights
- Bathing Suit

COUNTRY SPECIFIC

- Valid Passport - bring extra copies of all valid IDs
- Electronic Travel Authorization (eTA) - Ensure that you travel with a color copy of your eTA as provided by your Program Mentor.
- Paper Copy of Flight Itinerary
- Quick Reference Swahili to English Dictionary
- Digital or Paper Copy of Program Schedule (Contains Program Contact Information)

HEALTH

- Up to Date Immunizations
Reference: CDC Health Information for Travelers to Kenya - Traveler View
Vaccinations: up-to-date routine immunizations, cholera, Hepatitis A, Hepatitis B, malaria prophylaxis, measles, polio, and rabies vaccination
- Malaria Prophylaxis
- First Aid Kit
- Over the Counter Medications: Benadryl, Gravol, Loperamide & Advil
- Basic Stethoscope
- Surgical masks and examination gloves (1+ box)

MISC. GEAR

- | | |
|------------------------------------|--|
| ○ Towel
(Preferably Microfiber) | ○ Journal |
| ○ Insect repellent | ○ Pen/pencil |
| ○ Water bottle | ○ Hand sanitizer |
| ○ Sunscreen | ○ Sunglasses/hat |
| ○ Toiletries | ○ Unlocked Cell phone |
| ○ Flashlight/head lamp | ○ Flip Flops or Sandals
(for the Malindi/Watamu Beach Safari) |
| ○ Power Adapter | ○ Warmer clothes
(for Masai Mara) |
| ○ Camera | |

The standard voltage in Kenya is 220/240V 3A using the 3-pin plug.

MONEY EXCHANGE/CREDIT CARD USE

Most transactions in Kenya are done in cash; however, credit card use is becoming more prevalent particularly in stores in major malls and shopping centers. We recommend that our interns budget \$50-\$100/week for incidental expenses and most will bring this in US dollars which will be exchanged locally. We have relationships with banks nearby our Program Residence where you will be able to exchange money. We ask that you do not carry more than \$1000 in cash and we have safety deposit boxes where you may secure excess cash and other valuables as needed.

If you plan to bring cash, we recommend carrying U.S. dollars in denominations of \$20 or higher (2012+), as older bills may not be accepted or could be exchanged at a lower rate.

a. Casualty/Emergency/Minor Theater Department

This department caters for all emergency cases at the hospital and includes a Casualty Ward, a Pediatric Emergency Ward and a Minor Operating Theater. Nearly all surgical referrals at CGTRH originate from the Casualty Department. Doctors in all specialties will be found in this department as it caters for a diversity of cases. Please note that maternal emergencies are not handled in the Casualty Ward and are referred to the Maternity Department. Historically, the Casualty Ward has been the busiest department within CGTRH.

Number of Doctors attending this department is approximately 4.

Number of Nurses attending to this department is approximately 6 per shift.

Doctor In Charge of the Department (Consultant): Dr. K. Murithi

b. Maternity Department (Obstetrics and Gynecology)

This department is divided into a number of different areas including the Labor & Delivery Unit, The Millennium Theater for maternal surgeries such as C-sections, a New Born Unit (NBU), Antenatal and Postnatal Units, Gynaecology Ward, Gynaecology Out-patient Clinic and a Maternal High Dependency Unit (HDU). This department has 16 delivery rooms and 2 operating theaters. The OB/GYN is one of the busiest departments within CGTRH. In recent years, the OB/GYN Department has received increased funding from the Japan International Cooperation Agency (JICA); consequently, the facilities within this department are among the most modern at CGTRH.

Number of Doctors attending this department is approximately 8.

Number of Nurses attending to this department is approximately 20 per shift.

Doctor In Charge of the Department (Consultant): Dr. A. Nawal

c. Pediatrics Department

This department is divided into various wards with a capacity of 40 beds and caters to the specific medical needs of children, the Maternal and Child Health (MCH) and other Outpatient Clinics. This area within the hospital is commonly overcrowded with multiple patients sharing beds. Please note that all pediatric surgery cases fall under the Surgery Department.

Number of Doctors attending this department is approximately 3.

Number of Nurses attending to this department is approximately 4 per shift.

Doctor In Charge of the Department (Consultant): Dr. S. Bakari

d. Surgical Department

This department is divided into various wards and units including the Male and Female Surgical Wards with a capacity of approximately 100 patients, the Main Theater, the Minimal Invasive Theatre, an Intensive Care Unit (I.C.U), a Burn Unit with approximately 20 beds, and an Orthopedic Ward with approximately 50 beds. There is also a dialysis unit within this department.

Number of Doctors attending this department is approximately 4.

Number of Nurses attending to this department is approximately 18 per shift.

Doctor In Charge of the Department (Consultant): Dr. B. Okanga

e. Internal Medicine Department

This department includes a general ward, the medical Intensive Care Unit (ICU), outpatient clinics such as the catheterization laboratory and a renal ward for male and female patients. This area of the hospital primarily focuses on the management of chronic illnesses and also provides some preventative wellness services.

Number of doctors attending this department is 6.

Number of Nurses attending to this department is approximately 16 per shift.

Doctor In Charge of the Department (Consultant): Dr. V. Vaghella

f. Comprehensive Care Clinic (CCC)

This department focuses on the management of region-specific tropical and communicable illnesses including malaria and HIV/AIDs. The department also provides voluntary counseling and testing for HIV and includes a pharmacy which primarily dispenses antiretroviral drugs. Within the Comprehensive Care Clinic, there is a Dermatology Department which primarily treats opportunistic skin infections resulting from immunodeficiencies. Most of the activities of the CCC are funded by NGOs such as the Afya Pwani under the Path Finder International Umbrella.

Number of doctors attending this department is 4.

Number of Nurses attending to this department is approximately 3 per shift.

Head of the Department: Sr. RN. A. Mwangemi

g. ENT Department

The Ear, Nose and Throat department deals primarily with patients who have disorders of the ear, nose, throat, sinus, head and neck. This department shares a surgical theater with the Dental Unit.

Number of Doctors attending this department is approximately 6.

Number of Nurses attending to this department is approximately 4 per shift.

Doctor In charge of the Department (Consultant): Dr. G. Mbogho

h. Radiology Department

This department caters for all diagnostic imaging services including x-rays- both simple and specialized. The department also has a CT scanner, MRI machine and an ultrasound machine which are all operated by qualified hospital staff. These machines are routinely overwhelmed prompting the doctors to refer some of their patients who need urgent medical attention to privately owned radiology centers.

Doctor In Charge of the Department (Consultant): Dr. N. Tima

g. Dental Unit

This department takes care of all dental problems in the facility and it also has a theater for dental surgeries. Some of the procedures include, tooth extractions, root canals, cosmetic repairs, and maxillofacial surgeries amongst other oral/dental procedures.

Number of Doctors attending this department is approximately 6.

Number of Nurses attending to this department is approximately 1 per shift

Doctor In charge of the Department (Consultant): Dr. J. Mbinga