Powered by radmed.co.ke

Bi-Monthly Issue #03 | Jan-Feb 2025

A WISE

MEDIC STAR ★ MAGAZINE

A Kenyan Radiographers Insight Magazine

RSVP
300 KSh

VISION

INSPIRE, EDUCATE AND INFORM

MISSION

FOSTER HARMONY THROUGH FREE INFORMATION AMONG RADIOGRAPHERS IN THE COMMUNITY OF KENYA

Sponsored by SPONSORED BY

RadMed

A New Year of Growth and Innovation

Exclusive Interview

with

Ambrose Ithiga

Discover how Ambrose turned his passion for Radiography into a thriving business

Giveaway!

Participate in our trivia questions to win prizes!

Special Features

Shocking Revelations in Healthcare pg3

Inside Look in the JKUAT White Coat Party

A Letter From the Chief Editor

How to Equip your Healthcare Facility Easily using radmed.co.ke

1

Go to our Website

www.radmed.co.ke

2

Medical Categories

Click on the category to filter out the Medical categories.

3

Add to Cart

Click on the product you would like to buy and add it to your cart.

4

Checkout Easily

Checkout with WhatsApp and have your ordered packed and ready to go.

5

Track Your Order

Login to your account and track your order.



WWW.RADMED.CO.KE

Radmed Connect Ltd is commited in Customer Satisfaction first and the delivery of Products and services of high quality to enable you to run your Health Care facility better.

Call us Today

0717520168

OUR EXTENSIVE PORTFOLIO INCLUDES:

- Radiology Supplies and Equipment



Buy from our Website

- Radiology Machines Service and Maintenance



Buy from our Website

RadMed

- Medical Supplies and Equipment.



(Dental, Theatre, Maternity, Laboratory.)

- Teleradiology, PACS and Hospital Information Systems.



Buy from our website

A WISE MEDIC

LETTER FROM THE CHIEF EDITOR

INSPIRE ★ EDUCATE ★ INFORM ★

Dear Radiography Fraternity,

Happy New Year!

It is with immense gratitude that we bring you this January – February edition of ***Wise Medic Star Magazine***. We sincerely thank you for embracing this magazine and making it an essential platform for growth, connection, and knowledge-sharing within our profession. Your unwavering support and enthusiasm inspire us to continually improve and deliver a publication that truly reflects your needs and aspirations.

As we begin this new year, we reaffirm our commitment to providing even better quality in every edition as we look to transition to a fully digital platform. With your partnership, we aim to make this project bigger and better, showcasing the evolving excellence in radiography. Your feedback has been invaluable, and we encourage you to keep sharing your insights, stories, and suggestions. Together, we can continue to build a publication that strengthens our profession and its impact.

This edition's theme, **Navigating New Laws and Practices to Enhance Care and Professional Growth**, underscores the dynamic nature of our field. Adapting to new regulations and practices is essential for delivering better care and achieving personal and collective development as radiographers. Let's embrace these changes with a spirit of learning and innovation and continue upholding our professional ethics.

As you turn the pages of this magazine, may you find inspiration, practical tips, and fresh perspectives to make your year more productive and fulfilling. Let's continue to partner together, pushing the boundaries of what we can achieve as a community

Wishing you a successful and rewarding 2025!



Yours
Didakus Machuka Mochache
Chief Editor, Wise Medic Star

General Health Care News

Upholding Professionalism in Radiography:

A Reflection on Ethical Challenges

The recent incident at Plainsview Hospital, Ruiru, where a radiographer was accused of sexually assaulting a patient, highlights the critical need for ethical vigilance in medical practice. The accused, Robert Kiplangat, faced charges stemming from an alleged act during a pelvic scan. While investigations continue, the case has sparked broad discussions about professional conduct and patient safety in healthcare.

In conversations with the hospital staff, one anonymous colleague expressed skepticism: *"Looks like the patient had other intentions. I don't believe he did it as the incident happened during the day, with other patients in the queue. Trying to rape a patient at such a time doesn't make sense, especially as the radiology room is near the consultation area and emergency gate."*

On November 24th, Plainsview Hospital management issued an official statement via Instagram, expressing shock and emphasizing their full cooperation with authorities. They confirmed the accused was undergoing internal investigation, aligning with their commitment to upholding professional standards.

Navigating Ethical Dilemmas in Radiography

The allegations underscore the need for radiographers and all healthcare professionals to uphold ethical practices while navigating increasingly complex healthcare environments.

Adherence to professional codes of conduct ensures trust, safety, and care quality for patients.

Professionalism and the New Legal Landscape

With Kenya's 2023 laws governing radiography now in effect, radiographers must adapt to heightened regulatory expectations while enhancing care delivery. These laws emphasize transparency, accountability, and the protection of patient rights—principles directly challenged by allegations such as those at Plainsview Hospital.

Building a Culture of Integrity

To reinforce professionalism:

- **Continuous Ethics Training**: Ongoing education on ethical standards is crucial, especially in light of evolving legal frameworks.
- **Reporting Mechanisms**: Institutions should establish clear and confidential reporting pathways for unethical behavior to protect patients and staff.
- **Patient-Centered Care**: Radiographers must prioritize respect, dignity, and the well-being of patients in every interaction.

A Call for Leadership and Accountability

Wise Medic Star Magazine firmly condemns any form of misconduct in healthcare and calls upon radiographers to lead in maintaining ethical and professional excellence. By aligning with regulatory standards and prioritizing patient welfare, the radiography profession can grow in integrity and trustworthiness.

This incident is a stark reminder of the responsibilities medical professionals carry and the significance of ethical practices in building a safe and reliable healthcare system.



LEAH MAINA

ASSISTANT EDITOR, DIGITAL MARKETING EXPERT – RADMED CONNECT LIMITED

FINANCIAL WORRY AND STRESS AMONG KENYAN RADIOGRAPHERS:

A CLOSER LOOK



James Gitonga Ndungú.
BSc Radiography, Msc Public Health

Many of us feel stressed when facing financial difficulties, and healthcare workers, including radiographers, are no exception. Many Kenyans are feeling more financial pressure because the cost of everyday goods and services has gone up, along with higher taxation rates and deductions. Unfortunately, most people's incomes and wages have not increased to keep up with these rising costs.

In a recent study, titled *"*Evaluating the Impact of Financial Worry on Mental Health: A Cross-Sectional Study Among Kenyan Radiographers,"* the effect of financial worries on mental health among radiographers in Kenya was investigated. An online survey was conducted between December 2023 and January 2024, collecting responses from 245 radiographers.

The responses showed that many radiographers were stressed about common financial concerns, such as saving for retirement, paying medical bills, and affording daily living expenses. About 4 in every 10 radiographers showed signs of stress. The analysis revealed that radiographers who were worried more about their financial well-being were more likely to experience stress compared to those not worried.

The survey also found that social support played an important role in reducing the possibility of experiencing stress.

Radiographers who received strong social support from family and friends were less likely to experience stress compared to those who lacked enough social support. Additionally, radiographers from larger households were less likely to be stressed compared to those from smaller households, possibly because members of larger households may share financial responsibilities and also offer emotional support to each other, helping to ease individual burdens.

Based on these findings, several recommendations were made on ways to improve the well-being of radiographers in Kenya:

Financial Education: Offering financial training to radiographers can help them better manage their finances, regardless of their income. This can reduce stress related to financial worries.

Salary Adjustments: Employers should consider adjustment of salaries and wages from time to time to match inflation rates. This will help radiographers maintain their purchasing power, ensuring their income keeps up with rising living costs.

Social Support:

Building a strong community of support is essential. Creating peer support groups, promoting mental health awareness, and making counseling services more accessible can all help reduce stress among radiographers.

Further Research: Future studies should look into how financial stress might affect the quality of care radiographers provide to patients. This could help improve the quality of care they provide.

By addressing these issues, we can support the mental health of radiographers, ensuring they remain healthy and capable of providing the best care to patients.

Summary prepared by **James Gitonga Ndung'u,** Radiographer and Public Health Specialist. (Bsc Radiography Msc Public Health)

Based on the original article: *Ndung'u, J.G., Bíró, É. *Evaluating the Impact of Financial Worry on Mental Health: A Cross-Sectional Study Among Kenyan Radiographers*. BMC Public Health 24, 3354 (2024). https://doi.org/10.1186/s12889-024-20863-5.

BUY FROM RADMED

www.radmed.co.ke

Call Us Today : 0717520168

Email Us: radmedconnectlimited@gmail.com















A Journey in Radiography: From Kenya to the Diaspora



Wallace M. Mbatia,

Dip, Medical Imaging Sciences, Higher Dip, Ultrasound, Bsc Radiography, Msc, Radiography

Wallace M. Mbatia's story is one of dedication, adaptability, and passion for the field of radiography. Having practiced in both Kenya and the United States, his journey highlights the value of resilience and the importance of staying open to new opportunities.

Foundations in Kenya

Mbatia shared that his career began in Kenya, where he pursued a Diploma in Medical Imaging Sciences and later a Higher Diploma in Ultrasound. These qualifications, earned in Nairobi, provided him with a strong foundation in imaging and patient care. He explained that his decision to further his education with a Bachelor of Science in Radiography at JKUAT allowed him to deepen his understanding of the field and opened doors for greater opportunities.

Transitioning into teaching, Mbatia stated that he worked at KMTC Mombasa and KMTC Nairobi, mentoring aspiring radiographers. He described this phase of his career as deeply rewarding, as it allowed him to share knowledge while continually refining his own skills.

Teaching, he noted, reinforced the importance of collaboration and lifelong learning in radiography.

Embracing Opportunities in the Diaspora

Discussing his decision to practice outside Kenya, Mbatia said that an opportunity to relocate was the driving force. He explained that pursuing a career in radiography overseas was the most practical choice, as switching to an entirely new career would have required significant time and financial investment. Fortunately, he remarked, radiography was a profession he loved, which made the transition smoother.

Mbatia described working in the United States as an enriching experience. He noted that exposure to advanced technology, structured protocols, and diverse procedural methods has enhanced his skills and broadened his professional perspective.

However, he acknowledged that adapting to the highly integrated hospital technology systems was initially a challenge. He emphasized that it required quick learning and an open mindset to keep pace with the advanced systems.

Contrasting Practices: Kenya vs. the U.S. When comparing radiography practices in Kenya and the United States, Mbatia expressed pride in Kenya's competitive training standards. He commended Kenyan radiographers for their high level of skill and professionalism.

However, he also highlighted the technological advancements in the U.S., such as digitized patient records and the use of high-end imaging machines, which streamline workflows and enhance patient safety.He pointed out that the U.S. healthcare system places a strong emphasis on regulation and patient safety. According to Mbatia, radiographers are required to undergo thorough training for every new protocol or piece of equipment, ensuring they remain up-to-date with industry standards.

Navigating Challenges

Mbatia acknowledged that transitioning from teaching to working in a pediatric department posed unique challenges.

He explained that handling clients in this specialized setting required a combination of technical expertise and emotional intelligence. Language barriers, he noted, were another obstacle, which made clear communication with patients and their families especially critical.

Advice for Kenyan Radiographers

Speaking to radiographers in Kenya, Mbatia encouraged them to keep an open mind about technological advancements, particularly in artificial intelligence and new devices. He advised them to put effort into acquiring new skills and to embrace change. He also urged them to specialize in a specific area of radiography and to join professional groups within and outside Africa for networking and exposure. Above all, he reminded Kenyan radiographers never to underestimate their potential, stating that their training and expertise are world-class.

Life Beyond Work

Outside his professional life, Mbatia revealed that he prioritizes spending time with his family. He described himself as a soccer enthusiast who enjoys both playing and following the sport. Additionally, he shared that he devotes time to reading and enhancing his skills through online resources.

Parting Wisdom

Mbatia emphasized humility as key to growth, sharing, "Even a spoilt watch is correct twice a day," reminding us that everyone has value.

His journey in radiography reflects perseverance and embracing challenges, inspiring professionals to strive for excellence and adapt to change. Mbatia's dedication highlights humility, resilience, and lifelong learning as the foundation for success.

Big Win For The Radiography Fraternity: Stanley Musyoki Appointed to Mwai Kibaki Referral Hospital Board

The radiography community is beaming with pride as one of its own, Stanley Musyoki, takes up a prestigious position as a board member at Mwai Kibaki Referral Hospital. This remarkable achievement marks a significant milestone for the Society of Radiographers of Kenya (SORK) and the entire radiography fraternity, underscoring the growing recognition of radiographers as key players in the healthcare ecosystem.

As Wise Medic Star Magazine, we extend our heartfelt congratulations to Stanley on this well-deserved appointment. His unwavering dedication to advancing radiography practice and his exemplary leadership have made him a trusted and respected figure in the industry.

Stanley's new role is not just a personal accomplishment but a beacon of hope for improved service delivery at Mwai Kibaki Referral Hospital. His deep understanding of radiology services and patient centered care positions him perfectly to champion innovative solutions that will benefit both patients and healthcare professionals alike.

The radiography fraternity is confident that his appointment will herald a new era of excellence at the facility, with advancements in radiology services and an emphasis on quality care. As Wise Medic Star, we trust Stanley to uphold the highest standards and contribute to the hospital's vision of becoming a leading healthcare provider.

We look forward to seeing the positive changes his leadership will bring and encourage all radiographers to rally behind him as he embarks on this important journey. Once again, congratulations, Stanley Musyoki—you've made us all proud!



Stanley Musyoki



LEGISLATIVE CORNER

Understanding the Radiographers Act, 2022: Training and Registration of Radiographers



Did you know that as a radiographer in Kenya, you must meet specific legal requirements to practice? The Radiographers Act No. 28 of 2022 lays out these guidelines, with Part III focusing on training and registration. But what exactly does this mean for you?

Section 14 spells out who is eligible to register as a radiographer. You need a recognized diploma, degree, or equivalent certification in radiography and must demonstrate competence, good character, and ethical adherence as determined by the Radiographers Board of Kenya. Do you meet these standards?

Section 15 details the process of getting registered. Applicants must pay a registration fee, and once approved, their names are added to the official register. But here's the catch: failure to renew your practicing certificate, non-payment of fees, or professional misconduct can lead to removal from the register. Could this a ffect your career if you're not vigilant?

Recently, a lively discussion unfolded on a radiographers' WhatsApp group about the cost of registration. Many new practitioners expressed concern that the registration fees were steep. In response, SORK officials assured members of a flexible payment plan and emphasized the importance of union membership. "Becoming a member of SORK gives you a voice and ensures your issues are addressed collectively," they said.

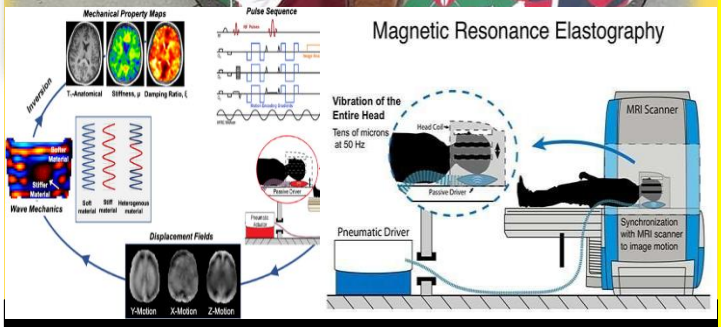
Adding to this, SORK issued a memo on November 5, 2024, informing members that the Kenya Nuclear Regulatory Authority (KNRA) has been temporarily stopped from collecting licensing fees through a conservatory order issued on October 30. This demonstrates how SORK is not just a regulatory body but also an advocate for its members' rights. Could this development ease financial concerns for radiographers?

The Radiographers Act sets the stage for professional growth and accountability. As the field evolves, are you prepared to align yourself with these standards and join forces with SORK to shape the future of radiography in Kenya?

SCIENTIFIC SECTION

USE OF MRI ELASTOGRAPHY TO EXAMINE BRAIN STIFFNESS AS POSSIBLE BIOMARKER FOR ALZHEIMER DISEASE





Magnetic resonance MR elastography is a non-invasive imaging technique that measures the mechanical properties of tissues such as STIFFNESS and viscosity
According to recent research, MR elastography has shown promise in detecting and monitoring the progression of Alzheimer Disease.

A new interdisciplinary study at the University of Delaware sought to study AD by examining changes in the arteries and brain tissues in midlife adults of 50s, and 60s.
The findings were able to identify the earliest mechanisms linking vascular aging to the loss of brain tissue integrity, leading to new targets for interventions aimed at preventing age related cognitive impairment
According to Christopher Martens, the lead investigator of the study; “people who develop high blood pressure or stiffening of the aorta and carotid arteries in midlife, are at a much higher Risk for developing cognitive impairment or dementia in late life"

As we age, a lot tends to happen in our brain factory and so there's need to pinpoint the timing and exact mechanisms that cause these changes in midlife. The hypothesis is that midlife increases STIFFNESS of blood vessels, which causes damaging pulsatile pressure to enter the brain, a leading cause to cognitive issues in old age

With high resolution Magnetic resonance elastography MRE, it is possible to pinpoint the exact location of brain damage and the specific brain structures that may be affected.

From an MRI perspective, most researchers are therefore looking at Alzheimer Disease. and other neurodegenerative disorders like **multiple sclerosis MS** with an emphasis on detection in a hospital setting. With the help of MRE researchers are seeking to learn whether STIFFNESS causes the kind of cognitive impairment seen in Alzheimer Disease. or whether the decline is associated with a loss in integrity of brain tissue.
If it can be proved that arterial stiffness is playing a causal role in cognitive aging, that would provide further support for focusing on blood vessel health as an intervention for delaying Alzheimer Disease. or other forms of dementia as opposed to solely focusing on the brain. It goes without saying, therefore that correlating blood-based biomanars of Alzheimer WITH MRI interventions could have huge implications for non-invasive imaging and to track disease progression

Alzheimer Disease. is now a nightmare for many patients. The fear of losing memory is ubiquitous, and what are we "if not a collection of memories “? as aptly captured by: Mary Kramer a biomedical engineer and one of the researchers! Current therapies aimed at slowing the progression of Alzheimer Disease. include removing amyloid plaque buildup in the brain. While this is worthwhile, it is a late signal in the progression of the disease

Vascular changes happening outside of the brain in midlife may well be one of the earliest sign events that lead to a build in of amyloid plaque in the brain later in life. It's therefore worthy noting that early detection, especially with MRE, goes a long way in preventing Alzheimer Disease.

Alzheimer is a devastating disease that starts decades before symptoms show. Studying midlife adults especially with MRE is a pathway to ultimately cure Alzheimer Disease.
It goes without question that equipping hospitals with modern day radiological equipment’s, gives hospitals the capacity to detect Alzheimer Disease. and other degenerative brain disorders early enough. Early detection ensures proper preventive and curative measures.

Source : **Juma Nyongesa Jonas**, Diploma in Ultrasound, Clinical Medicine and Community Health, B.Sc. in Clinical Medicine, Public Health, Postgraduate Diploma in Natural Medicine, M.Sc. Candidate in Radiography

ENTREPRENEURSHIP SECTION

A Journey of Vision, Grit, and Growth : *An Exclusive Interview with Ithiga Munyi*

In this edition, we explore the inspiring journey of Ithiga, Munyi a seasoned radiographer and successful entrepreneur, whose story embodies determination, vision, and a commitment to excellence in radiography.



Kindly introduce yourself and share your academic background.

I am Ithiga Munyi, a radiographer and entrepreneur. I earned a diploma and higher diploma at KMTC Nairobi, a BSc at JKUAT, and a master's degree focused on Research Methods. My business journey began early, selling timber from Eldoret, inspired by mentorship from Mr. Simon K. Mwihoti to pursue entrepreneurship alongside radiography.

What inspired your venture into medical imaging entrepreneurship?

I saw a gap in Kenya's radiology services and established private facilities for underserved communities, inspired and guided by Mr. Simon K. Mwihoti of Premium X-Ray Services, Kariobangi.

How would you describe your transition from employment to entrepreneurship?

My career began at a private facility in Pangani, where I was referred by Mr. Alex Ichelai, now Head of Faculty at KMTC Nairobi. Over the years, I gained experience at various private institutions. A pivotal moment came at St. Scholastica Hospital, where I rose to become a senior advisor and later Deputy Director and helped transform it into a level 4 hospital. In 2014, I opened Micelt Health Solutions in Kasarani. After selling it and quitting KMTC, I returned to St. Scholastica Uzima Hospital before founding Pinnacle Ultrasound Centre in Embu in 2022 which specializes in ultrasound and X-ray services.

What major challenges did you encounter along the way?

Venturing into entrepreneurship as a radiographer in a clinician-dominated field was challenging. Support from my medic wife and guidance from Mr. Mwihoti helped me navigate and reinvest effectively, ensuring success.

Where do you see your facility in the next 5 years?

I envision growing **Pinnacle Ultrasound Centre** into a one – stop diagnostic hub within five years.

What inspiration do have for the next Generation?

To young radiographers: "Overcome fears, stay focused, and seize opportunities in radiography and beyond. Radiography is highly profitable, and I encourage venturing into imaging entrepreneurship for growth and success not only in diagnostic imaging and medical supplies, but also in to Dosimetry Labs and Private Teaching Institutions."

In line with this edition's theme, what insights would you offer fellow radiographers to navigate new laws and practices, enhancing care and professional growth?

As a former committee member of **PDERC, SORK**, I emphasize supporting young radiographers. I advocate for:

- ✓ Mentorship programs for fresh graduates.
- ✓ Onboarding initiatives to integrate young radiographers.
- ✓ Fair licensing and monitoring workplace conditions.
- ✓ Collaboration over competition to strengthen **SORK** and the profession.

When you are not at Pinnacle Ultrasound Centre what else do you do?

"In my free time, I enjoy playing golf, teach at KMTC Embu campus (Clinical Medicine department) as part time lecturer and I also run other several businesses balancing professional growth with personal passions".

Your Parting Shot?

Radiography is rewarding and profitable. Overcome your fears and venture into imaging entrepreneurship. I embody the possibilities that emerge when ambition aligns with opportunity and inspire others to follow the path of success".

LEADERSHIP CORNER

Leading the Way: Caesar Barare's Impact on Radiography



Caesar Barare
Assistant Chief Radiation Therapist, Kenyatta National Hospital

Please Introduce yourself and give us a little background information.

I am Ceasar Barare, a radiation therapist with 30+ years in medical dosimetry. As Covenor of PEILAC under SORK, I address legal issues to enhance radiography. I facilitated Stanford's visit to Kenya National Hospital and served as SORK Chair (2008-2014).

As PEILAC Covenor, how do you view radiography's transition in Kenya?

Radiography in Kenya is evolving. The Radiographers Act 2022 opens opportunities in forensic, veterinary, and industrial radiography. Despite challenges, this transition offers a chance to improve patient care and expand the profession's societal impact.

How does the committee assist radiographers in adapting to the Radiographer's Act

The committee provides workshops, webinars, and resources tailored to radiographers across specialities. We emphasize legal and ethical guidance, advocacy, and collaboration with stakeholders to align practices with the evolving professional landscape.

What is significant about the Radiographers Act 2022?

The Act sets standards for licensing, CPD, expanded practice, and interdisciplinary collaboration, highlighting radiographers' critical healthcare roles.

How is PEILAC assisting radiographers in navigating the evolving legal landscape?

We simplify legal frameworks into accessible guidelines, host expert discussions, and offer workshops/resources to help radiographers align with new regulations confidently.

What initiatives /resources has the committee developed for radiographers?

We've launched initiatives like the Radiography Resource Portal, specialized training, and compliance guides for diagnostic, therapeutic, forensic, veterinary, and industrial radiography.

How does the committee support radiographers' compliance concerns?

We provide feedback forums, sector-specific helplines, and compliance kits. Collaborating with employees ensures workplace policies support smooth transitions.

How have these changes improved radiographers' patient care?

These changes have improved patient care by enhancing diagnostic accuracy, ensuring better forensic evidence documentation, providing better veterinary care, and promoting safer industrial radiography practices.

How does PEILAC support radiographers' growth?

We encourage specialization, align with global standards, and foster inclusivity and innovation in radiography.

How does the Act promote professional growth?

The Law promotes specialization, education, collaboration, and excellence in niche areas for radiographers.

What challenges do radiographers face with new laws?

Challenges include understanding regulations, resource limitations, and resistance; addressed through mentorship, training, and advocacy.

How will changes influence radiography's role?

Radiography enhances care, investigations, and safety, positioning Kenya as a field leader.

What has been the rewarding aspect of leading the committee?

Seeing radiographers embrace opportunities, excel, and inspire continued advocacy for the profession.

Message for radiographers adapting to new practices?

Embrace transformation to innovate, lead, and redefine radiography, shaping healthcare's future with courage and adaptability.

Parting Shot

Radiography is vital to healing, impacting health, justice, and safety. Stay committed to excellence—the future of radiography is in your hands

OUTSTANDING LECTURER PROFILE

Insights from Eric Kithinji Gichuru



Eric Kithinji Gichuru

Dip Medical Imaging Sciences, Bsc Diagnostic Radiography, Msc Project Planning and Management

Section 1: Personal and Professional Journey

Eric Kithinji Gichuru graduated from Nairobi KMTC in 2005 with a diploma in Medical Imaging Sciences. He later earned a Bachelor's in Diagnostic Radiography and a Master's in Project Planning and Management. **Currently pursuing a PhD, he serves as Deputy Head of Radiography and Imaging at KMTC Nyeri**. Inspired by childhood hospital visits, Eric sees his journey as a blessing.

Key Achievements

Eric mentor's radiography students, blending academic courses and certifications to shape successful professionals and supervise research effectively.

Academic Contribution

Eric stays updated on medical imaging through international courses and facility visits, ensuring his teaching methods remain innovative and relevant.

Challenges and Opportunities

Eric faces the challenge of balancing students' high expectations, including personal and financial issues, with his professional responsibilities. He also navigates the pressure to self-fund academic advancements despite occasional employer support.

Opportunities for Students

Eric envisions a promising future for radiography, encouraging students to reach the highest levels of the profession. He emphasizes clinical exposure to bridge theory and practice, preparing students for success. He foresees greater specialization and stronger regulations to enhance radiography quality.

Life Lessons

Eric advises students to focus on education early, obtain certifications, and seize opportunities before responsibilities grow.

Parting Shot

He commends Wise Medic Star for uniting radiographers and leaves this advice: "Dedication and integrity will shape the future of radiography. Embrace every opportunity."

VOICE FROM RETIREMENT



Margaret Muthoni Njuwe

Margaret Muthoni Njuwe's career in radiography spans decades, reflecting both personal dedication and the evolution of the profession in Kenya. Her journey began in 1980 when she joined the Medical Training College (MTC) at Nairobi, the sole campus offering radiography at the time. Balancing family responsibilities, she completed a four-year diploma program in 1984, accredited by the University of Nairobi.

Margaret's professional journey commenced at the Provincial General Hospital (PGH) in Nyeri before transferring to Gatundu Hospital in 1984. By 1989, she had moved to Kenyatta National Hospital (KNH), where she served until her retirement in 2019. Her growth in the profession was marked by significant milestones, culminating in her role as Chief Radiographer.

Professional Milestones and Contributions

Margaret specialized in CT and MRI, becoming a pioneer in these imaging modalities. In the early 1990s, she underwent specialized training in the Netherlands alongside three other Kenyan professionals. Upon her return, she established the first CT scan unit at KNH and played a pivotal role in training radiographers in MRI. Her expertise extended to a private facility on Ngong Road, which housed Kenya's sole MRI machine in 1995.

She also trained as a Quality Management Systems (QMS) expert through ISO certification, progressing from Radiographer III to Deputy Chief Radiographer, and eventually Acting Chief Radiographer. Margaret contributed to the education sector by training KMTC students in CT and MRI, and in 2014, she earned a Bachelor of Science in Radiography from JKUAT, becoming one of the first graduates of the program. She later pursued a Master's degree in Health Systems Management at KEMU.

Advancing Radiography Education

Margaret's commitment to education extended beyond her career at KNH. She has served as a part-time lecturer at JKUAT, specializing in CT and MRI. Her advocacy for higher education in radiography underscores the need for diverse academic opportunities, including master's and PhD programs, to propel the profession forward.

Challenges and Evolution of Radiography

The early years of Margaret's career were marked by slow growth in radiography education, with most practitioners holding diplomas. Limited awareness about the profession posed challenges in onboarding and collaboration. Over time, these hurdles were addressed with the introduction of degree programs and clearer boundaries between radiologists and radiographers. Margaret highlights the importance of the Radiographers Act in addressing malpractice and fostering professional development.

Reflections on Retirement

Margaret remains active in retirement, balancing her role as a part-time lecturer with managing family and hospitality businesses. She emphasizes the importance of staying engaged after retirement, not necessarily for income but for mental and physical occupation. Her advice to retirees is to embrace new roles, integrate into the community, and leave behind career hangovers.

Inspiration and Values

Passionate about patient care, Margaret derives immense satisfaction from mentoring students and contributing to the profession. Her values—integrity, respect, and faith—have guided her throughout her career. At 52, she exemplified her commitment to lifelong learning by pursuing a Bachelor's degree, followed by a Master's.

Advice to Young Radiographers

Margaret urges young radiographers to seize opportunities and explore the diverse avenues within the profession. She stresses the importance of professional bodies like SORK, encouraging active participation to foster unity and growth. As a former Chairman (Now equivalent to President) of SORK (1998–1999), she advocates for stronger efforts in disseminating information and engaging radiographers.

Legacy and Vision

Margaret's legacy is one of dedication to the radiography fraternity. She envisions a profession characterized by diversity, academic excellence, and collaboration. Her parting shot: "Long live radiography and radiographers. Let us maintain the family spirit and mentor the next generation."

Margaret remains optimistic about the future of radiography and affirms that, if given a chance, she would choose the profession all over again. "There is magic in radiography," she says, reflecting her enduring passion and commitment to the field.

Honouring 129 Years of Transformative Innovation

Nov 8th World Radiography Day:



Jevas Kenyanya,
President SORK

World Radiography Day 2024 marked 129 years since Wilhelm Conrad Roentgen's ground breaking discovery of X-rays, a revolutionary innovation that transformed healthcare by enabling precise diagnosis and treatment.

Speaking during the celebrations in Nakuru, the President of the Society of Radiography in Kenya (SORK), Mr. Jevas Kenyanya, reflected on the remarkable evolution of radiography. He highlighted how the profession has advanced from its humble beginnings to today's cutting-edge, digital tools designed for safety, efficiency, and precision.

The theme for last year, **"Promoting the Profession,"** took centre stage as Mr. Kenyanya encouraged radiographers to embrace digital advancements such as artificial intelligence and machine learning. These innovations, he noted, are key to improving patient care and enhancing diagnostic accuracy. He also emphasized the importance of excellence in academia, research, and clinical practice, urging radiographers to position themselves as leaders both locally and globally.

Mr. Kenyanya celebrated the **enactment of Kenya's Radiographers Act in 2022** as a major milestone in formalizing the profession. He acknowledged SORK's active role in advocating for the Act's full implementation and pushing for the Ministry of Health to gazette board members, ensuring professional accountability and regulation within the field.

During the event, Mr. Kenyanya commended the vibrant participation of the Nakuru County Radiographers Branch, led by Mr. Adenomayon Richard, in World Radiography Day activities. He urged radiographers to continually advance their skills, foster collaboration, and champion the profession for future generations.

The event was officially hosted at **KMTC Nyeri Campus**, bringing together participants from the eight major KMTC campuses offering radiology courses. It provided an exciting platform for students to showcase innovative projects that demonstrated their creativity and technical skills in advancing radiography.

Mr. Kelly, the CEO of Kenya Medical Training College, joined other stakeholders in applauding the students' efforts. He emphasized the importance of nurturing talent and innovation within the radiography profession to drive its future growth and success.

As the "eye of medicine," radiography remains integral to healthcare, and World Radiography Day serves as a powerful reminder of its enduring impact on patient care and the broader medical field.

GERMAN MEDICAL CENTRE CLINIC



The German Medical Center in Nairobi is a comprehensive medical and diagnostic facility located at KMA Centre, Mara Road, and Upper Hill.

It was established by healthcare professionals with extensive international and local experience, aiming to provide all medical and diagnostic services under one roof – a concept they refer to as a "One Stop Clinic."

The center is equipped with high quality equipment and conducts regular quality control to ensure reliable and valid test results. Their mission is to offer excellent and affordable medical services of international standards based on medical evidence, striving for maximum client satisfaction.

Our Services



CT Scan



Ultrasound



X-Ray



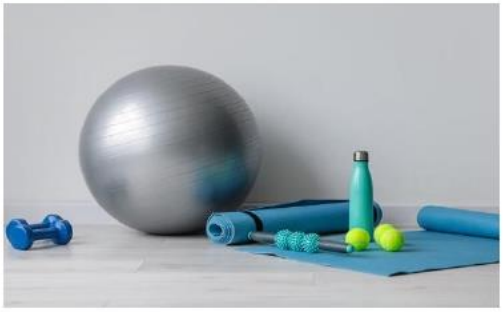
Dental Clinic



Laboratory Services



Pharmacy



Phsiotherapy

GERMAN MEDICAL CENTER

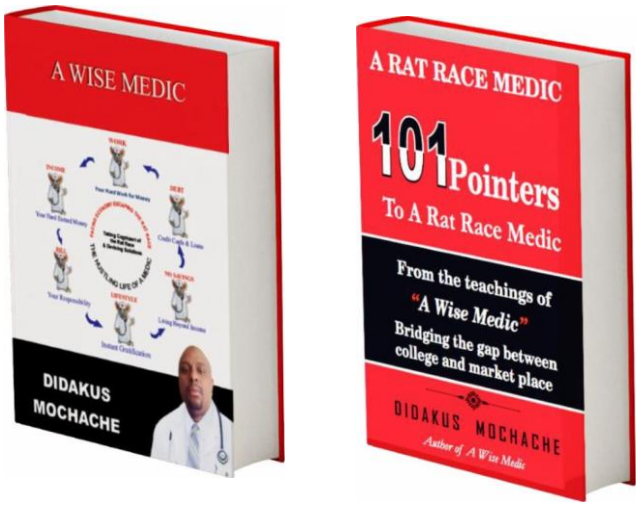
24/7 CALL US

0727588770

OR

0737227099

SERIALISING A WISE MEDIC



Drawn from pages 41 and 42 of A Wise Medic

Introduction

Welcome to a serialized segment of A Wise Medic book authored by Didakus Mochache, a transformative guide that challenges traditional narratives about the financial lives of medical professionals. This book is a call to action for medics ready to move beyond living paycheck to paycheck and embrace a disruptive approach to financial independence. With rising costs and evolving challenges in healthcare, A Wise Medic emphasizes that true success lies not in loyalty to an employer alone but in expanding your horizons, investing in yourself, and taking bold steps toward financial freedom. Through practical insights drawn from the author's extensive experience in teaching and working with medics, this book equips you to escape the rat race, embrace entrepreneurial thinking, and thrive in the information age. It's a wake-up call to disrupt outdated beliefs and build a purposeful fulfilling life.

Facing The Economy Escaping The Rat Race

HOURS WHICH MATTER

Vital hours, as vital as they are, are hours which bring you money. Hours which if well utilized they add value in your life as a medic. Look at the hours, the important hours, the hours you are outside that hospital, the hours you are outside that diagnostic centre, the hours you are not seeing the corridors of your employer's hospital. The hours you are out of the government's hospital, a level 4 or level 3 hospital.

These are the critical hours that will dramatically transform your life. The hours you spent at your employer's facility are equally important hours because they will help you organize better the hours you are out of your employer's facility. Time is money. I'm not good in managing time either however, I have noticed your most important time is the time you aren't at your employer's place. Whatever you do or you plan to during this important hour is very critical in defining your future.

Take a moment and analyse how you spend your free time. Time after working for your employer. If you find you spend it cheering friends or visiting them or watching movies at home, think twice. You will certainly regret this time in future. It is not long before you reach the ripe age of forty years and start seeing whatever I'm writing now starting to make sense and important.

Usually this is the time when you started realizing that time has gone and indeed the job didn't change me much. It was only the rat race. The early you manage your time properly and use most of your free time to mind your business, the better. Make the time you are outside your workplace useful. Invest in thinking. Thinking along the strategies to mind your business. To expand your means and horizon. Think along the strategies of beginning to be your own central bank. Minding your money. Money working for you as opposed to you working for money.

STUDENT CORNER

Celebrating Aspiring Radiographers: The JKUAT White Coat Party 2024

On November 22nd, 2024, the Jomo Kenyatta University of Agriculture and Technology (JKUAT) marked a significant milestone for its medical students during the White Coat Party held at Maxland Hotel in Juja. The event was a vibrant celebration of students transitioning into practice, symbolizing their dedication to serving in healthcare.

The ceremony was graced by notable professionals from academia and the medical field, each bringing valuable insights and inspiration to the future healthcare practitioners.

Among the esteemed guests were:

- **Mr. Antony Mamati** – From Mindray Kenya segment and former lecturer,dedicated and passionate about molding the next generation of healthcare professionals.
- **Mr. Sidney Njau** – GE Accounts Manager, offering insights on cutting-edge medical technologies.
- **Dr. Margaret Njuwe** – A lecturer and radiographer known for her commitment to advancing radiology education.
- **Dr. Catherine Adema** – The radiographer in charge, a role model in clinical excellence.
- **Dr. Mwaura** – A radiographer and lecturer combining academic rigor with clinical expertise.
- **Karen Machanga** – A radiographer dedicated to ethical practice and patient-centered care.
- **Dennis Tudoyang'** – A practicing radiographer who embodies professionalism and adaptability in the field.

The guests shared profound advice tailored to inspire the graduands as they embarked on their professional journeys:

In her closing address, Secretary General Ruth Mukoya of the Jomo Kenyatta University Radiography Students' Association expressed heartfelt gratitude to everyone who attended the White Coat Party and contributed to its success. She highlighted that the event was more than just a gathering—it was a platform for connection, idea-sharing, and collective motivation toward professional excellence.

"Your active participation and engagement embody the spirit of collaboration and ambition that defines our student community," she remarked, emphasizing the impact of the invited speakers and guests whose words of wisdom have left a lasting impression.

The White Coat Ceremony not only celebrated the achievements of the students but also reminded them of the responsibilities they now carry. The symbolic white coats represent more than just clinical practice; they signify a pledge to uphold the principles of medicine—compassion, dedication, and excellence.



TRIVIA QUESTION

Can You Answer It?

Which imaging technique is commonly used to detect fractures and bone abnormalities, and is considered one of the most basic forms of medical imaging?

a) MRI
b) X-ray
c) Ultrasound
d) CT Scan

To participate, send your answers to radmedconnectlimited@gmail.com with a copy of you holding the magazine or with a screenshot of the Emagazine and stand a chance to win Prizes from Radmed Connect Limited.

We would like to congratulate the last winner of Issue 2 of A Wise Medic Magazine Stella Khabosi, who won 2000 Ksh. Stella a Second Year Nursing Student from Moi University provided the answer below



"The primary purpose of using contrast agents in imaging studies is to enhance the visibility of specific structures, improving the clarity and detail of the images for accurate diagnosis."

A Wise Medic Star

A KENYAN RADIOGRAPHERS INSIGHT MAGAZINE



SPONSORED BY RadMed

Naivasha Road,
Naivas Suites, First Floor, A1.
0717520168
www.radmed.co.ke
info@radmed.co.ke