Bi-Monthly Issue No #03, March - April 2025

Medicwise Star ★ MAGAZINE

A Kenyan Radiographers Insight Magazine



VISION

INSPIRE, EDUCATE AND INFORM

MISSION

FOSTER HARMONY THROUGH FREE INFROMATION AMONG RADIOGRAPHERS IN THE COMMUNITY OF KENYA.

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Revolutionizing Healthcare

How Jionee Mobile Ultrasound is changing lives on the move. Pg.8

Giveaway!

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Special Features!

Tips for Radiographers approaching retirement. Pg. 17

How Gen-z are revolutionizing radiography profession. Pg. 14

Private Practice or Legal Pitfall for Radiographers. Pg.11

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LETTER FROM THE CHIEF EDITOR

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Dear Esteemed Readers,

It is with gratitude and excitement that I welcome you to the 4th edition of **Wise Medic Star Magazine**, now transitioning into **Medicwise**—a publication that will be inclusive of all medical professionals moving forward. This rebranding marks a new chapter in our journey, ensuring that we broaden our reach, amplify diverse voices, and foster collaboration across all fields of medicine. While we remain committed to delivering insightful, thought-provoking content, **Medicwise** will serve as a platform for all medics, uniting professionals with shared knowledge and innovation.

This edition's theme, **"Breaking Stereotypes: Redefining Roles in Radiology and the Healthcare Sector,"** reflects the positive changes happening in our field. It comes at a timely moment, especially as we celebrate **International Women's Day 2025**. On this special occasion, we extend our warmest wishes to all women for their dedication and contributions to healthcare. This issue highlights inspiring professionals, with a special focus on those challenging norms, embracing diversity, and driving innovation. These changes are not just shaping careers but also improving patient care and outcomes.

To our readers, your engagement and passion fuel our mission—thank you for being part of this journey. To our partners, sponsors, and contributors, we deeply appreciate your continued support, and we encourage you to keep collaborating with us as we embark on this exciting transformation. **Medicwise** will continue to thrive with your insights, submissions, and involvement in initiatives that drive progress in the healthcare sector.

As we step into this new phase, we also take a moment to send our best wishes to **the members of the Society of Radiography in Kenya (SORK) as they hold their 2025 AGM**. Your dedication to advancing radiography is commendable, and we celebrate your efforts in strengthening the profession. May this AGM bring forth fruitful discussions, impactful resolutions, and a vision that propels radiography to greater heights.

As you explore this edition, I hope you find inspiration, knowledge, and a renewed sense of purpose. Let's continue to break barriers, challenge stereotypes, and build a brighter future for healthcare together.

With appreciation,

Didakus Machuka Mochache

Chief Editor, Medicwise Star Magazine

Understanding the Quality of Care Bill 2025: Perspectives from Kenya's Health Unions

The Quality of Care Bill 2025, proposed by Kenya's Ministry of Health, has sparked significant debate among healthcare professionals. The bill aims to merge various health associations and unions into a single regulatory body, a move intended to streamline operations and enhance healthcare delivery. However, this proposal has been met with resistance from health unions concerned about its implications.

Health Unions' Concerns

The Kenya Union of Clinical Officers (KUCO) has been vocal in its opposition. They argue that the bill could undermine specialized oversight and compromise the quality of care. In a recent statement, KUCO officials expressed their readiness to take industrial action if their concerns are not addressed. They issued a 14-day ultimatum to the government, warning that if their demands are not met, they will mobilize all cadres for a nationwide strike.

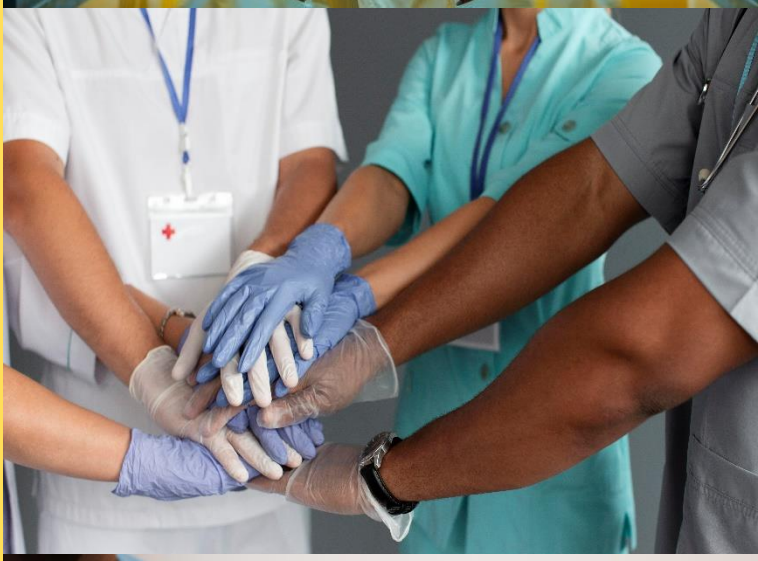
Additionally, the Kenya Medical Practitioners, Pharmacists and Dentists Union (KMPDU) emphasizes the importance of uniting doctors of all cadres to promote quality healthcare and strengthen their collective bargaining power. Their mission includes ensuring effective representation of doctors in both public and private sectors, which they believe could be affected by the proposed bill.

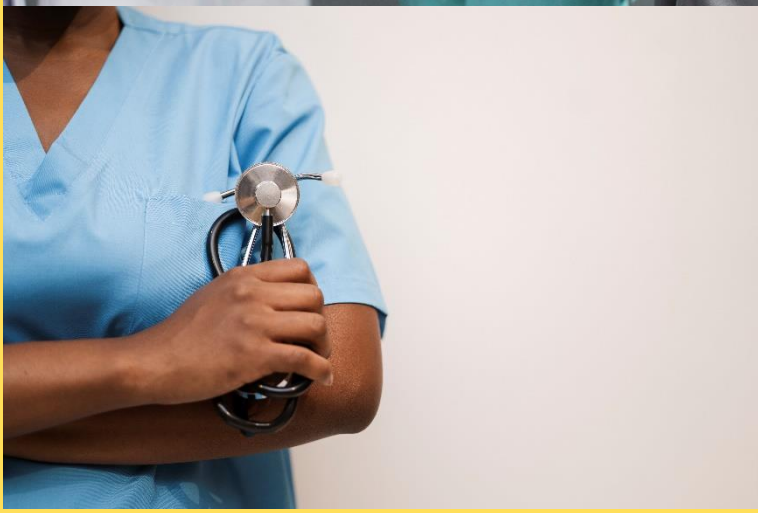
The government maintains that the Quality of Care Bill 2025 is a pivotal component of its broader Universal Health Coverage (UHC) agenda. President William Ruto recently signed into law several bills aimed at transforming healthcare, including the Social Health Insurance Act, which seeks to establish the Social Health Authority and introduce funds to ensure equitable access to quality health services.

These big questions however remains, How might the consolidation of health regulatory bodies impact the quality of specialized care in Kenya? How can the government and health unions collaborate to ensure that healthcare policies benefit both providers and patients? Let us know your view.

As the debate continues, it is imperative for all stakeholders to engage in constructive dialogue to reconcile these differences and ensure that the reforms ultimately benefit the Kenyan populace.







Technology Corner

Healthcare Startups Leveraging AI To Solve Healthcare Challenges In Africa



1. LifeBank: located in Nigeria, utilises an AI-powered platform to facilitate the connection between hospitals and essential medical supplies such as blood and oxygen. The company uses AI to efficiently match hospital requests with the nearest sources and coordinate swift delivery, significantly reducing the time needed to access and transport lifesaving supplies and ensuring that hospitals have timely access to the vital resources they require.

2. Zipline: uses drones to transport medical supplies to remote locations, operates in Rwanda and Ghana.

3. Baobab Circle: provides personalised health advice and disease management plans for chronic conditions like diabetes and hypertension through the Afya Pap app in Kenya.

4. Dr. CADx: pioneers the development of an AI-powered diagnostic tool to assist radiologists and doctors in interpreting medical images more accurately in Zimbabwe

5. mPharma: primarily focuses on using AI technology to manage pharmaceutical inventory for pharmacies and hospitals, preventing medication shortages and ensuring consistent access to necessary drugs for patients. The company operates in multiple African countries, with its headquarters in Ghana.

6. Permeateq Hospital Management System

Permeateq HMS is a modern, comprehensive hospital automation software designed to streamline hospital operations. It includes over 25 modules and supports 8 user roles, such as doctors, admins, and patients. Key features of Permeateq HMS include:

- **Billing & Charges**: Separate billing module, hospital charges, and unit-specific charge tracking.
- **Appointment & Referral**: Doctor appointment scheduling, referral commission management.
- **Patient Management**: Queue system, patient dashboard, and certificate/ID card modules.
- **Pathology & Radiology**: Multi-test billing for pathology and radiology departments.
- **Communication & Notes**: Integrated chat, nurse notes, and customizable forms.
- **Advanced Reporting & Payment Integration**: New reporting features, support for local & global payment gateways, and multiple SMS gateways.
- **AI Integration**

Serializing Chronicles of A Medicwise

Escaping the rat race beyond the scrubs

Fulfilment is Diverse

In this edition of *Medicwise Star Magazine*, we are excited to serialize an excerpt from ***Wise Medic***, a thought-provoking book by **Didakus Machuka Mochache.** Titled **"Fulfillment is Diverse,"** this section delves into the varied paths and experiences that define fulfillment in the medical field. Through rich insights and personal reflections, Machuka Mochache highlights the diverse ways healthcare professionals find meaning and purpose in their careers.

Stay tuned as we continue to share more from this inspiring book in future editions!

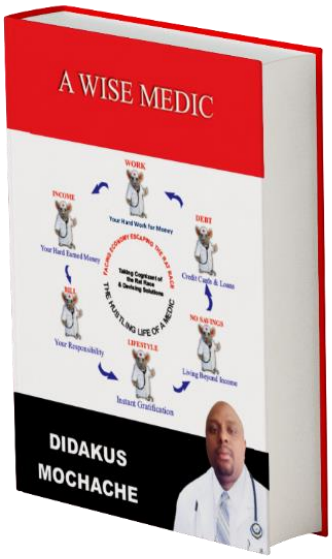
The issue of fulfilment is diverse like day and night to every individual. We are not all fulfilled by the same achievements. We are as diverse in image as we are in fulfilment. Note that whatever fulfils your heart or that which makes you feel you have achieved or you have accomplished is very distinct amongst the human race. One could be gratified by the education.

Meaning if he studies to PHD, he would be fulfilled. Another could be fulfilled by building his home meaning if he has achieved the dream of his home he has a fulfilment in life. Another can't badge till he achieves his political dream. Leading and serving others and if he achieves that, his heart is fulfilled. Another could be fulfilled by buying his dream ride.

The moment he buys his dream car and he becomes fulfilled in the heart. Others have aspirations and are gratified by achieving career progress and going up the corporate ladder. People have diverse dreams which will certainly fulfil their hearts once they're accomplished. Equally in people's dreams priorities also differ. One will wish to have a house before he gets a dream car. All this also depends on one's financial muscles.

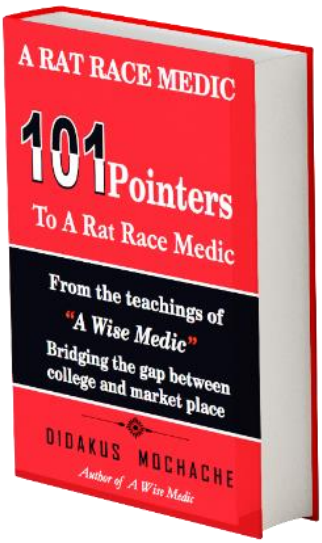
This being the case, you must be careful not to blindly follow people in whatever they achieve in life. It is not a competitive universe. Don't see your close friend has bought his dream car and you start also working towards achieving the same even if it wasn't your priority at that moment.

Find what fulfils your heart and purposely work towards it without following the social wave of your colleagues at work or friends or family.



A Medicwise Book, 109.

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Scientific Section

M.P. SHAH HOSPITAL
A Legacy of Care

Stroke Imaging by Caleb Siocha

Photo Courtesy of MP Shah Hospital

A stroke occurs when blood flow to the brain is interrupted or reduced, leading to brain tissue damage.

Classification
Stroke is classified based on etiology, vascular territory, and clinical course.

1. **Etiological Classification**
   a. *Ischemic Stroke*: Caused by obstruction of blood flow. Subtypes include:
   - *Thrombotic Stroke*: Clot forms in brain arteries.
   - *Embolic Stroke*: Traveling clot from another site.
   - *Lacunar Stroke*: Small vessel disease.
   - *Cryptogenic Stroke*: Unknown cause.
   - *Other Causes*: Dissection, vasculitis, coagulopathies. b. *Hemorrhagic Stroke*: Due to vessel rupture.
   - *Intracerebral Hemorrhage (ICH)*: Bleeding into brain tissue.
   - *Subarachnoid Hemorrhage (SAH)*: Bleeding in subarachnoid space.
2. **Vascular Territory Classification**
   - *Anterior Circulation Strokes*: Internal carotid, MCA, ACA. Symptoms: hemiparesis, aphasia, neglect.
   - *Posterior Circulation Strokes*: Vertebral, basilar, PCA. Symptoms: visual issues, dizziness, ataxia.
   - *Watershed Strokes*: Occur in border zones due to hypoperfusion.

3. **Clinical Course Classification**

- *TIA*: Temporary symptoms (<24 hours).
- *Evolving Stroke*: Progressive symptoms.
- *Completed Stroke*: Stable symptoms.

Clinical Evaluation & Imaging

- *Symptoms*: Weakness, numbness, speech difficulty, vision loss, imbalance.
- *Physical Exam*: Vital signs, neurological function.
- *Stroke Scales*: NIHSS, FAST.
- *Imaging*: CT, MRI, Carotid Doppler.

MRI Protocol for Stroke

- *Key Sequences*: DWI, ADC, FLAIR, SWI, TOF MRA, PWI.
- *Advantages*: Early detection, differentiation, perfusion assessment.

Laboratory Tests & Management

- Blood tests, ECG, lipid profile.
- Stroke treatment based on etiology.

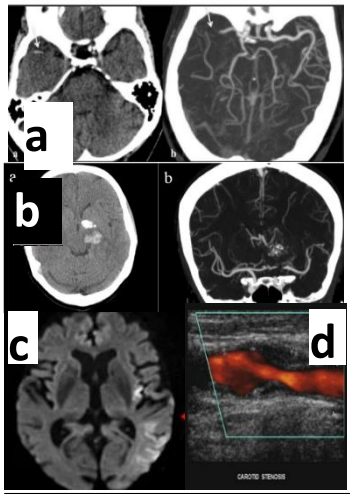
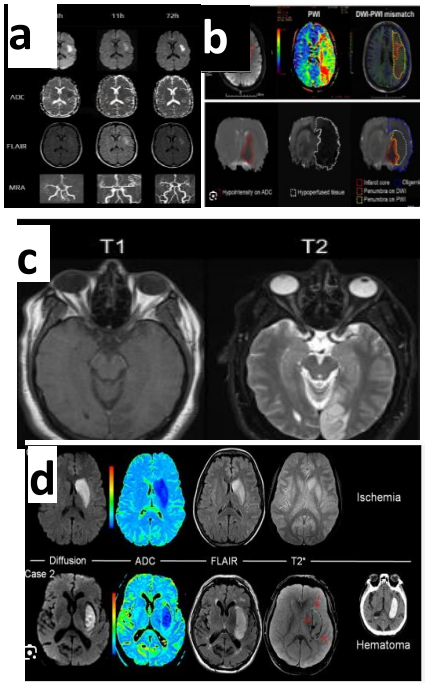
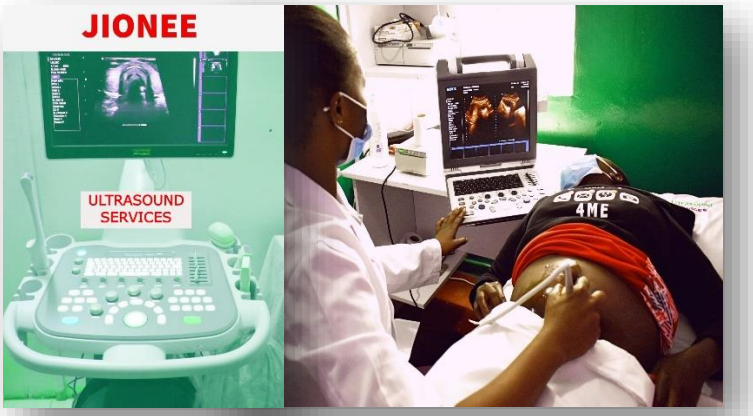


Figure a. shows a non-contrast CT (NCCT) revealing hyperdensity along the right middle cerebral artery, with CT angiography (CTA) confirming the diagnosis. Figure b. presents NCCT findings of a left basal ganglia hemorrhage and a nearby calcific lesion, which CTA suggests may be an arteriovenous malformation. Figure c. is an MRI-DWI displaying bright areas indicative of stroke damage. Figure d. demonstrates carotid stenosis detected on carotid ultrasound Doppler.



Figures illustrate stroke progression and imaging modalities. Figure a. shows the temporal evolution of stroke using DWI, ADC, FLAIR, and MRA to distinguish salvageable tissue (penumbra) from irreversible damage (core infarct), guiding treatment. Figure b. highlights the DWI-PWI mismatch, emphasizing the importance of identifying salvageable brain tissue for personalized stroke management. Figure c. presents T1-weighted imaging for anatomical details and chronic stroke detection, while T2-weighted imaging identifies water content changes in acute strokes. Figure d. underscores the value of combining imaging techniques for stroke differentiation. MRI sequences (DWI, ADC, FLAIR, T2*) provide tissue insights, while CT remains essential for rapid hemorrhage detection.

Inside Jionee Ultrasound Mobile Services: Revolutionizing Diagnostic Healthcare in Nairobi



In the evolving landscape of healthcare, mobile diagnostic services are becoming a game-changer. One company at the forefront of this innovation in Kenya is Jionee Ultrasound Mobile Services Ltd (JUMS).

We sat down with the founder to discuss the journey, challenges, and future of mobile medical diagnostics in Nairobi.

Q: What inspired you to start Jionee Ultrasound Mobile

The idea arose from a need I observed as a radiographer—many patients struggled to access ultrasound services. In 2018, I started with one unit, expanding to mobile services by 2019.

Q2: How does the mobile ultrasound model work?

We bring ultrasound services to patients, eliminating travel hassles. Partnering with nursing homes, hospitals, and individuals, our mobile team performs scans on-site, delivers real-time results, and collaborates with doctors for further analysis.

Q3: What were some of the challenges you faced in establishing this business?

Funding was a challenge due to expensive equipment, requiring bootstrapping and reinvestment. Gaining trust was another hurdle, but we ensured quality by hiring experts and using advanced imaging technology.

Q4: How has the business grown since its launch?

Since 2018, we've grown from serving 30 patients monthly to operating 24/7 across multiple locations. Expansion was driven by word-of-mouth referrals and strong partnerships with healthcare facilities.

Q4: What types of diagnostic services do you offer?

We now offer mobile ultrasound X-rays, ECGS and echocardiograms 24 hrs, 365 days.

Q5: What sets Jionee Ultrasound apart from other diagnostic centers?

We prioritize accessibility and convenience by bringing diagnostic services to patients, removing travel barriers. Our focus on affordability and quality ensures more people can access essential imaging services.

What are your long-term goals for Jionee Ultrasound?

Our vision is to be the leading provider of mobile medical diagnostics in Kenya and beyond. We plan to expand our fleet of mobile units, incorporate more advanced imaging technology, and partner with more hospitals. Ultimately, we want to redefine how diagnostic healthcare is delivered, making it more patient-centered, accessible, and efficient.

Parting Shot

I am prou of the fact that Radiographers are now willing to enter into mobile radiography unlike before. They are now participating in real time intervention care to patient at hospitals and at home. This has enhanced care to intervening doctors and also a good frontier of making some money.

Spotlight on Excellence: Kevin Warega A Radiographer Making Waves in the UK

Kevin Warega: A Radiographer's Journey from Kenya to the UK Pursuing a Global Career

Wise Medic Star Magazine proudly features Kevin Warega, a dedicated radiographer whose journey from Kenya to the UK is truly inspiring. With two years of experience, Kevin now works as a diagnostic radiographer in London and is on a path to specialize in MRI.

From JKUAT to the UK

Kevin's passion for radiography began at Jomo Kenyatta University of Agriculture and Technology (JKUAT). After graduating in 2021, he practiced at RFH Healthcare in Kenya before pursuing a Master's in Medical Imaging at the University of Aberdeen, Scotland. Inspired by lecturers Antony Mamati and Martin Kamanda, he sought advanced training in a country with cutting-edge technology.

University of Aberdeen: A Hub of Innovation

Kevin chose Aberdeen for its pioneering role in medical imaging, including the development of the first lower-tesla MRI scanner. After completing his master's, he registered with the UK's Health and Care Professions Council (HCPC). Following a six-month licensing process, he secured a radiographer position in London.

Rewards and Challenges Abroad

Kevin values the UK's strict adherence to protocols and patient care standards. "Everything is by the book, ensuring consistency and high-quality care," he says. He also appreciates strong radiation protection measures backed by UK laws. However, adapting to a new culture was challenging. "The culture shock was real, but learning and adapting helped me integrate," he reflects.

Radiology in Kenya vs. the UK

Kevin notes the UK's technological advancements. "AI is now assisting in reporting and patient positioning, reducing manual work," he explains. While Kenya is progressing in medical imaging, he believes more growth is needed. "AI is a complement, not a competitor. It improves efficiency and patient care," he adds.

Emerging Trends in Radiology: A Call to Action for Africa

Kevin urges African radiographers to embrace emerging trends, particularly hybrid imaging, where multiple modalities combine in one session. "Multiparametric MRI, for instance, diagnoses prostate cancer in a single session, reducing costs and improving patient outcomes," he explains. By embracing innovation, Africa can enhance radiology and patient care. Kevin Warega believes that adopting advanced medical technologies in Kenya and other African countries could significantly reduce the need for patients to seek treatment abroad. "We have the talent and potential. What we need is investment in technology and training," he emphasizes.



Kevin Warenga,
BSc Radiography -JKUAT,
MSc Medical Imaging, **University of Aberdeen, Scotland**.

Advice for Radiographers Considering Opportunities Abroad

African radiographers seeking international careers should embrace the challenge. Kevin advises: "Go for it, but be ready to work hard." He emphasizes the importance of online resources, asking questions, and ensuring compliance with international regulatory bodies like the HCPC.

Beyond Radiology: Hobbies and Personal Reflections

Outside work, Kevin enjoys reading, writing, and nature walks, which help him maintain a healthy work-life balance.

A Message to Readers

Kevin encourages *Wise Medic Star* readers: "Thank you for celebrating our profession. To my fellow radiographers, keep striving—radiology is rewarding, and together, we can achieve more."

Final Thoughts

Kevin Warega's journey exemplifies perseverance and growth. In honor of International Women's Day, he pays tribute to Ms. Sheila Kamotho of Aga Khan Hospital, Mombasa, and his mother for shaping his career. *Wise Medic Star* proudly celebrates his achievements and future milestones.

Outstanding Lecturer Profile: Betty Kibet



Betty Kibet :
Diploma in Radiography from KMTC Nairobi,
Higher Diploma in Ultrasound, and a Bachelor of Science in Radiography from Jomo Kenyatta University of Agriculture and Technology (JKUAT).

Shaping the Future of Radiography Education

Betty Chebet, a dedicated radiographer and lecturer at Kapkatet KMTC, has played a pivotal role in training the next generation of radiography professionals. Her journey in radiography began in 2006 when she completed a diploma at KMTC Nairobi. She later pursued a higher diploma in ultrasound and eventually earned a Bachelor of Science in Radiography from Jomo Kenyatta University of Agriculture and Technology (JKUAT).

A Journey Inspired by Circumstance, Driven by Passion

Betty initially aspired to become an educator, but her parents encouraged her to join KMTC. At the time, radiography was one of the available courses, and she decided to pursue it. Despite the unexpected start, she has never regretted the decision. Over the years, she has come to love and appreciate the profession, finding deep fulfillment in her work.

Significant Achievements in Education

One of Betty's greatest joys as a lecturer is witnessing her students progress through training and transition into skilled professionals. Seeing them serve others in the healthcare sector keeps her motivated and committed to excellence in teaching. Her own experience as a practicing radiographer before becoming a lecturer significantly influences the quality of professionals she helps shape.

Challenges in the Profession

Betty acknowledges that a lecturer shortage increases workload, leaving little time for research and career growth. Despite this, her passion for education and student success keeps her motivated.

Balancing Family, Work, and Social Life

As a wife and mother, balancing work and family was initially challenging, especially with long hours and frequent travel. Over time, she learned to manage time effectively, dedicating weekends to family and optimizing after-work hours.

Opportunities for Radiography Students

Betty advocates for expanding training in specialized areas like CT and MRI and ensuring fully equipped labs for hands-on learning. Limited resources sometimes hinder optimal training, but opportunities in radiography remain vast.

Guiding Students from Training to Clinical Practice

She emphasizes real-life clinical exposure, actively following up during student attachments. Through mentorship and practical training, she equips students with essential skills and confidence.

Advice to Aspiring Radiographers

Betty urges students to be proactive, disciplined, and hands-on in clinical practice. She encourages setting clear objectives and striving for excellence to stand out in the profession.

Legacy and Vision for the Future

Her husband encouraged her to pursue teaching, a decision that has brought immense fulfillment. Her vision is to shape competent, compassionate professionals who excel in both career and patient care.

Motivation and Personal Interests

Betty finds motivation in watching her students' progress into skilled professionals. Outside work, she enjoys motivational speaking, art, singing, and dancing in church.

Life Lesson and Closing Remarks

Her key lesson: "Always be kind to yourself and others—everyone desires kindness and fairness." She expresses gratitude to Wise Medic for providing a platform that empowers and inspires others.

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Off-Duty Corner

Reflections Beyond the X-Ray

It was one of those days when you long for 27 hours to finish the work that never ends, but alas, the Almighty in His wisdom has bestowed upon us only 24. And within those 24 hours, it's said that time divides into three parts: one-third for work, one-third for rest and sleep, and one-third for leisure.

Mr. Eliezer Muok Odidi believes the true difference lies in how you spend that leisure time. For me, that's my off-duty—my time, a quiet moment to gaze, like a salamander, at the universe's wondrous mysteries.

With the current scorching sun, the late Mr Arthur Bwonya would say it brings about pocketitis. ideas of Part-time work to earn even in foreign currency flow. Well, not good at the moment, because, If you've never realized how close you are to judgment day, try converting your current salary into dollars or pounds. In that moment, you may very well meet Angel Gabriel and Saint Paul, awaiting you to discuss the many times you had to repeat exposure due to poor positioning, all the while explaining to your patient that you simply wanted a clearer view of the disease. Whatever that means!

And now, here we are, my first column in The Wise Medic. Breaking the ice is always the hardest part, yet the Lord is my shepherd, and I shall speak my truth. Sometimes, feeling blank is the most natural thing in the world. But the real question is: In that blankness, what are you doing?
Let me put it another way: if you do nothing for an hour each day, you are building a behavior—a reward for inertia. Over time, your creativity will fade, and the line between broad focus and fine focus will blur.

The philosophy of radiography is curved from the stone of creativity. Some say it's a science wrapped in art; others argue it's art driven by science. Whoever is behind the wheel, one thing remains: movement. That movement is what makes the profession grow. That movement is what shapes you. That movement, ladies and gentlemen, is the pulse that beats within patient-centered care.

Friends, How you spend your leisure time shapes your creativity and well-being. Don't let moments of blankness turn into wasted time—use them to recharge, reflect, and improve.



Reflections by Mamati A.B

Perhaps you ask, "Where do I go, boss? I've got my job, my salary arrives on time. My significant other sees me as the best thing since sliced bread. My village holds me in pride."

To which I say, please, STFU. Movement isn't about one direction. Maybe you've moved in the direction you think is best for your career and you are at the point you are who you think you are, and that's fair. But is it too much to ask to offer someone else a hand, so they, too, can see the light?

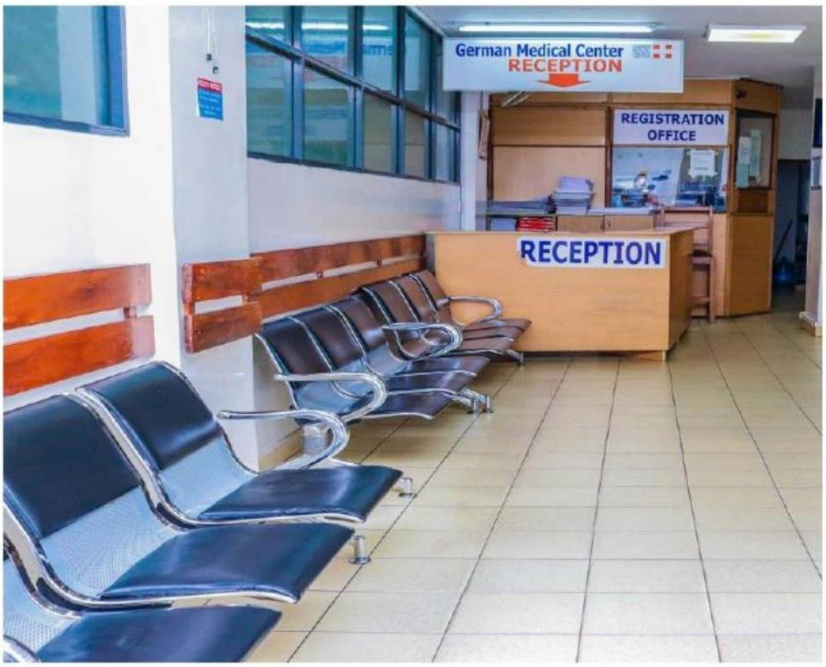
Is it too much to listen when a friend needs an ear? Be that professional. Even in your moments of quiet blankness, you're still radiating positive energy. Be the best. Always.

Share your thoughts on what topics you would like a blank mind to talk about in the next issue.

I remain yours professionally.

Tony.

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



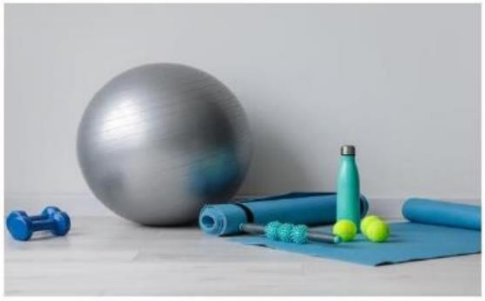
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Revolutionizing Practice: How Gen Z are redefining the Professional World.

Across industries, Gen Z is making its mark—challenging traditions, integrating technology, and reshaping the way professionals approach their work. Whether in healthcare, finance, engineering, or the creative sector, this generation isn't just stepping into the workforce; they're transforming it with **innovation, confidence, and a deep sense of purpose**.

Radiography is one of many fields experiencing this shift. The new generation of radiographers is bringing a fresh perspective—leveraging technology, advocating for better workplace environments, and prioritizing patient-centered care. But their influence doesn't stop at clinical practice. Many are using **digital platforms to educate, inspire, and connect**, giving a fresh perspective on what it means to be a modern professional.

For them, radiography isn't just about taking images—it's about being an active part of the **diagnosis and treatment journey**. Armed with technological skills, they are integrating advanced tools like **AI, 3D imaging, and digital workflows**, making procedures more efficient and precise. Their adaptability to new technology is driving improvements not just in healthcare but across all professional fields.

Beyond their technical skills, many young professionals are leveraging **content creation and social media** to educate others about their careers. **Mary Naimeri**, a dental radiographer, is a prime example. She documents her daily experiences on YouTube, offering an insider's perspective into the world of radiography.

"I want to show people what radiography is really about—it's not just pressing buttons. It's about care, precision, and making a difference," she explains.

This storytelling approach is reshaping public perception, helping break stereotypes, and making complex professions **more accessible and relatable** to the next generation.

Despite their innovation and drive, Gen Z professionals still face **deep-seated biases and outdated expectations**—especially in traditionally male-dominated fields. **Margaret Musalia Ijaza**, another radiographer, understands this struggle all too well.

"You walk into a room, and people assume you're the assistant, not the radiographer. But that's where confidence kicks in. You own your space, let your skills do the talking, and soon enough, respect follows."

This experience is not unique to radiography. Young professionals across industries, from law to engineering to IT, often find themselves proving their expertise in spaces dominated by older generations. But through resilience and mentorship, they're forging their own paths and redefining leadership.

Mentorship is shaping the careers of Gen Z professionals. Margaret credits her mentor, Madam Vivian Ochiel Odawa, for inspiring her to lead and drive change. ***"She's been a rock, a mentor, and proof that women in this field can break barriers,"*** **she says.**

This culture of mentorship helps young professionals navigate workplace challenges, develop leadership skills, and push for inclusivity. Unlike past generations that valued long hours and rigid structures, Gen Z prioritizes work-life balance, mental health, and flexibility. To them, success isn't just about working harder—it's about working smarter and making a meaningful impact.

"Radiography isn't just a course—it's a career with endless possibilities. But you have to be passionate because patients can feel it when you truly care,"

says Mary. This human-centered approach defines Gen Z across industries, from healthcare to education. Mary recalls a powerful moment with a breast cancer patient: ***"She held my hand and said, 'Don't ever forget me.' That moment stays with me."***

With their fearless mindset, tech-savvy approach, and commitment to change, Gen Z is rewriting the rules of professional success. They aren't waiting for change—they are the change.



By Leah Maina

Assistant Editor

Legislative Corner

Navigating Private Practice Under the Radiographers Act 2022: What You Need to Know

Imagine this, you've spent years honing your skills as a radiographer, gaining experience, and now you're ready to set up your own private practice. But before you take that leap, have you considered what the **Radiographers Act 2022** says about it?

In our previous three editions, we've been breaking down this critical legislation, ensuring that every radiographer understands its implications. We've explored its impact on professional standards, training, and licensing. This time, we turn our attention to **private practice**, a topic that many radiographers are eager to understand.

Section 18 of the Act is clear: private practice isn't just about setting up a clinic and offering services. It requires strict adherence to licensing, professional standards, and ethical obligations. The first major hurdle? **Obtaining a license from the Radiographers Board of Kenya.** Without this, practicing privately is illegal, no matter your qualifications. Have you thought about what it takes to secure this approval?

Beyond licensing, maintaining **high professional standards** is paramount. The Act emphasizes that private practitioners must ensure their equipment is well-maintained and that their facilities meet regulatory expectations. This raises a critical question—if an audit were conducted today, would your practice meet the required standards?

Then there's the issue of **continuous professional development (CPD).** Radiography is an ever-evolving field, with new technologies emerging regularly. The law requires that private practitioners stay updated through CPD programs to retain their licenses. When was the last time you attended a workshop or enrolled in an advanced imaging course?

Ethical considerations also take center stage. Patient confidentiality, informed consent, and professional integrity are not just moral responsibilities—they are legal requirements under the Act. Have you put systems in place to ensure your patients' data remains secure and that they fully understand their procedures before imaging?

For those already in private practice or considering it, the Radiographers Act 2022 is not just a set of rules—it's a framework designed to ensure safe, professional, and high-quality radiographic services.

As we continue breaking down this law in each edition, we invite you to reflect: **What part of the Act do you want us to tackle next?** Stay tuned as we uncover more in the coming issue!



Leadership Corner: Gadson Amusavi Lugalia Appointed Radiology Manager at Aga Khan Hospital, Kisumu: A Milestone for Kenyan Radiography





We are delighted to announce the appointment of **Gadson Amusavi Lugalia** as the Radiology Manager at the Aga Khan Hospital, Kisumu. This significant achievement not only highlights his professional dedication but also brings immense pride to the Society of Radiography in Kenya (SORK), of which he is a distinguished member.

Established in 1952, the Aga Khan Hospital in Kisumu has evolved from a modest 8-bed general ward into a leading 116-bed facility. The hospital offers advanced clinical programs in cardiology, oncology, neurosciences, and critical care. Its radiology department is equipped with state-of-the-art technology, including a 256-slice dual-source CT scanner and both 3T and 1.5T MRI machines, ensuring precise diagnostics and patient care.

Mr. Lugalia's appointment comes at a pivotal time, aligning with the hospital's recent expansion and commitment to providing top-tier medical services in the region. His extensive experience and dedication to radiography are expected to further enhance the department's capabilities, ensuring that patients receive the highest standard of diagnostic imaging services.

As a committed member of SORK, Mr. Lugalia has consistently demonstrated a passion for advancing radiographic practices in Kenya. His new role not only signifies personal growth but also serves as an inspiration to fellow radiographers, emphasizing the importance of leadership and continuous professional development in the medical field.

We extend our heartfelt congratulations to Mr. Lugalia on this remarkable achievement and look forward to witnessing the positive impact of his leadership at the Aga Khan Hospital, Kisumu.

The Voice From Retirement

Life After Retirement: Navigating the Next Chapter for Radiographers

Retirement marks a new phase for radiographers, transitioning from hospital routines to flexible opportunities. While some fully retire, others stay active in consultancy, education, or business.

Exploring New Roles

Leaving clinical practice can be an adjustment. Many opt for part-time consultancy, mentoring, or academia. Margaret Muthoni Njuwe, a retired Chief Radiographer from Kenyatta National Hospital, shares, "Retirement isn't stopping—it's about contributing in new ways."

Staying Updated in a Changing Field

Radiography has evolved from film-based X-rays to AI-driven imaging. Lifelong learning remains vital for mentoring and staying relevant. Dr. Solomon Kilaha, an educator with over 40 years of experience, states, "Even in retirement, radiographers shape the field through research, curriculum development, and policy advocacy."

Financial and Social Well-being

Many retirees diversify income through private practice, consultancy, or business. Some take leadership roles in organizations like SORK. Staying socially engaged—whether through mentorship, community work, or non-medical passions—enhances mental and emotional well-being.

A Fulfilling Next Chapter

Retirement is a chance to redefine one's impact, whether through teaching, advocacy, or business. As Margaret puts it, "Stay engaged—not just for income, but for well-being."

Are you a retired radiographer with a story? Reach out for a feature in our next issue!



Tips for Radiographers Approaching Retirement

- ✔ Plan early—ensure financial stability, healthcare, and engagement.
- ✔ Stay active—teach, consult, or mentor.
- ✔ Keep learning—radiography evolves, stay updated.
- ✔ Invest—explore business opportunities.
- ✔ Network—stay connected with SORK.
- ✔ Prioritize health—maintain well-being.
- ✔ Discover hobbies—enjoy a fulfilling life.

Radiography Finalists Celebrate Milestones at KMTC Nakuru and Nairobi

The journey of radiography students at KMTC Nakuru and KMTC Nairobi reached a celebratory climax as finalists marked the end of their academic journey with grand send-off parties.

The two events, held in January and February 2025, respectively, were filled with joy, nostalgia, and anticipation for the future.

At KMTC Nakuru, the event brought together students, lecturers, and guests from the radiography profession. It was a moment to reflect on years of dedication, sleepless nights, and hands-on clinical training.

The excitement in the air was palpable as speeches highlighted the significance of radiography in modern healthcare. Graduating students expressed gratitude to their mentors, whose guidance had been instrumental in shaping them into competent professionals.

The KMTC Nairobi celebration in February carried the same energy, blending entertainment, inspiration, and camaraderie. Keynote speakers encouraged the graduates to embrace continuous learning and uphold excellence in medical imaging.

Alumni shared real-world experiences, offering valuable insights into transitioning from school to the professional field.

As these young professionals' step into the field, the radiography community welcomes them with open arms, ready to support their growth and innovation.

Congratulations to the KMTC Nakuru and Nairobi radiography finalists—your journey is just beginning!



KMTC NAIROBI



KMTC NAIROBI



KMTC NAKURU



KMTC NAKURU

TRIVIA QUESTION

Can You Answer It ?

On a supine chest X-ray, what is the term for the abnormally deep costophrenic angle that suggests a subtle pneumothorax?



To participate, send your answers to radmedconnectlimited@gmail.com with a copy of you holding the Magazine or with a screenshot of the E-Magazine and stand a chance to Win Prizes from Radmed

We would like to congratulate the Winner of Issue #03 who is Sammy Musyoki and the correct answer provided was X-ray as it is considered the most basic imaging modality for bones.

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