

## Maisha Mazuri Januar 2019



### Since 2018 a lot has changed !!

After our last mission in March 2018, we all quickly realized the need and demand for medical care, not only for the Maisha Mazuri children and our team, but also for the residents of the entire community.

Our decision was therefore not difficult, and we agreed immediately that we would like to come back – FOR SURE.

The focus this time was not only to provide a second medical camp, but we also wanted to offer training, in collaboration with Dr. Ngethe and her team at the Nguluni Health Center. We concentrated in 3 main areas: Pediatrics - Obstetrics - Prenatal care.

Dr. Johannes Leidinger and myself arrived in Nairobi on Saturday, January 13, 2019 and used the first week for preparation. On Monday we were together with Philips at the Aga Khan University Hospital in Nairobi (<http://www.agakhanhospitals.org/Nairobi>).

Philips will work together with two departments from the clinic and with the support of a partner university in Toronto in order to train teams in five health centers near Nairobi over 2 years. The organization did agree to include the Nguluni Health Center in this program.

Two days later we went to the Moi Teaching and Referral Hospital in Eldoret (<http://www.mtrh.go.ke/>).

There we also had the possibility to work with the local team in collaboration with doctors from Canada. Members from the Nguluni Health Center could attend continuous education twice a year to deepen their knowledge.



Back in Nairobi we wanted to use the remaining time to buy blankets and covers for the children from Maisha Mazuri. A wish that the association had for a long time, but its implementation was not as easy as we imagined.

There is neither an IKEA nor a department store in and around Nairobi, where you get enough blankets, not to mention the covers. There are only blankets and sheets, which did not really correspond to our common imagination. So spontaneously another solution had to be found. Pierre Godard from France has agreed at very short notice to get everything at IKEA in Paris and to bring it on the plane the next day.

It turned out quickly that this was an interesting adventure !!! 😊

With 60 kg of excess baggage, we got him out of the customs in Nairobi with great difficulty and were happy when everyone sat together in the car, on our way to Maisha Mazuri on Saturday night, after the rest of the team had landed.

|                    |                          |
|--------------------|--------------------------|
| Dirk Wackernagel   | Pediatrician from Sweden |
| Albrecht Brückner  | Pediatrician from Bonn   |
| Pierre Godard      | Gynecologist from Paris  |
| Johannes Leidinger | Gynecologist from Sweden |

On Sunday morning we were already expected and welcomed with open arms by happy children at breakfast. A wonderful feeling !!!

Then I went with Kira - currently an agricultural intern - to Tala, because we had decided to have a barbecue with the children in the evening.

After we had packed all the sausages in the supermarket, ordered samosas for everyone, stacked soda, popcorn corn and bread in the shopping carts, we were of course immediately assigned to Maisha Mazuri 😊 and accompanied by an additional shopping cart to the cash register.

With the local motorcycles and fully packed, we went back to the orphan's house. At our arrival the kids wanted to know why we bought so much.

When the children learned that we are going to do a barbecue together at the fire, small sticks were carved, the tables and chairs carried out and popcorn made on the open fire ... They could hardly wait !!





The pot of about 150 sausages was empty within a few minutes. It was nice to see the pleasure the kids had doing a barbecue and to eat together outside in the garden.





Motivated we went towards the Nguluni health center on Monday morning!!



Together with the team of Dr. med. Janet Ngethe we spent 3 days, divided into 2 groups, providing intensive training in pediatrics, neonatal behavior, neonatal resuscitation and prenatal care, pregnancy risks and birth preparation.







Special thanks go to Dirk, Albrecht, Johannes and Pierre, who adapted the training material with great commitment to the given situation.

For pediatrics, we brought dolls and training material from Laerdal, which was already recommended and partially introduced in Kenya by the Ministry of Health.

For the preparation of gynecological and prenatal training, Johannes has put together the best possible documentation through all his experience from other projects. In the afternoon we provided hands on training. Many pregnant patients waited patiently until they were examined.







During our stay in the health center about 70 pregnant women were examined. Except for 2 cases, which were transferred to the nearby hospital, all fetuses and mothers are doing fine.

Dr. Ngethe's team







On Thursday and Friday, January 24th and 25th, the second medical camp was offered at the Health Center in Nguluni. Overall, about 1200 patients were examined in the two days.

#### **MEDICAL CAMP SUMMARY**

|                                     |             |
|-------------------------------------|-------------|
| MEDICAL CONSULTATION                | 625         |
| MCH/FP ATTENDEES                    | 225         |
| SPECIAL CLINICS                     | 350         |
| <b>TOTAL MEDICAL CAMP ATTENDEES</b> | <b>1200</b> |

The cost of the camp is 4000 euros. This includes:

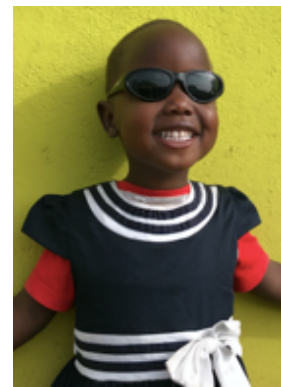
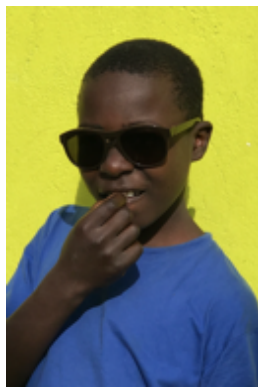
- the training in advance and the necessary material
- the execution of the camp, including the tent, which served as a waiting room
- medical care in all areas
- the extra truck for breast cancer / cervix medical check-ups
- the laboratory
- all medications
- the care of all employees and patients with food on both days

In the pediatrician examinations the acquired knowledge could be implemented immediately. Dirk and Albrecht were very pleasantly surprised by how intensively and with how much commitment the local team examined the children and what influence the 3-day training already had.



For the ophthalmological examinations we had brought about 150 glasses. In the first two days already about 15 of them were distributed to parishioners, who faced us with bright eyes.

The sunglasses were immediately taken by the children from Maisha Mazuri. Unfortunately, we did not have enough for everyone. We had to promise to bring more sunglasses at the next visit.



In the dental examination room mainly all teeth were pulled. Everyone who came to the examination was allowed to go home with a new toothbrush and toothpaste. The assistants told the Kenyans how to care for and maintain their teeth. Certainly, there is still great potential for further education in dental care and tooth preservation. We will integrate this into the upcoming camp.





In prenatal care, Johannes and Pierre provided ultrasound examinations to the pregnant women and projected the pictures on the wall via a video projector, so that the mothers could watch everything closely. Some tears of joy were also shed!



The local team will need some more training before they can provide this kind of exams themselves. However, in cooperation with the university in Nairobi and our team, this should be feasible in the coming months.

GE Healthcare of Nairobi has provided us with an ultrasound machine for the entire week.

In summary, the week was a great success. The training was received with great interest by the local team, they asked many questions and most of all they enjoyed the practical exercises. The organization in the Health Center was well structured. Here is a special thanks to Dr. Janet Ngethe, who provided a large team and had an open ear for all our wishes and suggestions.

The team from Maisha Mazuri has provided food, not only to us but also to all patients during the camp. Many thanks to Jimmy, Marsy, Michael, Joseph and all our dear cooks !!

Some of the highlight from Maisha Mazuri

1. Nutrition

After our discussion in 2018 and the follow-up visits of various members of the association, the topic of nutrition was raised again and again and we noticed a significant improvement. At least during our stay there was daily fresh fruit and vegetables, every 2 days eggs for all children, fresh milk from our cow, in the morning bread, sweet bread or Mandasi and the tea contains only half of the sugar. The last examination of the children shows a clear improvement in their health. Only 2 of the children need a nutritional supplement. Our impression was also that the children are much more balanced.

Training for nutrition and processing of the vegetables were organized !!

In the association we agree, however, that we should continue to pay attention to it and might also encourage additional training.



1. Housecleaning

The cleaning in the morning before breakfast is now taken over by the staff. The children can sleep longer and the breakfast is taking place under good conditions. The tidying of the rooms is much better and usually the bedrooms are in a decent condition.

2. Washing

Showering and brushing your teeth is part of the daily routine. The kids are proud of their new towels. The state of the baths and toilets has already been discussed in the circle of the association and we are convinced that this should be improved in any case. Some suggestions are already available.

3. Home Visits

Marsy and Joseph have organized some home visits for families who did not have the opportunity to come to the camp. The pregnant women of 2018 have all born healthy children 😊. In part, however, it was so tight in the houses that the documentation had to take place outside







Asante Sana



During our barbecue on the first Sunday and the farewell breakfast we all ate together outside in the garden. This is very special for the kids, sitting outside together and taking time to eat. It also gives them the opportunity to interact with students from the boarding school. We passed this suggestion on to Jimmy. A beautiful seat with fixed benches around the fireplace would certainly be a good and meaningful project for the future.



Distributing the new inlays and covers for the beds as well as towels was also a particularly nice and emotional moment during the week. The kids could not wait to get into their cuddly bed in the evenings and every day we had to look how nicely they made their bed. For us something very natural, something very special for our children in Maisha Mazuri, which they are very proud of.





The last morning we sat together with the whole staff. The feedback from the whole week was incredibly positive and we also feel that the current team is very harmonious.

We would like to sincerely thank everyone from Maisha Mazuri for the great time and dedication of each one. Thanks to Jimmy, Marsy, Joseph and Michael for your personal support.

Your respectful and attentive spirit as well as the happiness and the love in Maisha Mazuri is a wonderful gift.



From our deepest heart we all want to thank you on behalf of the association  
 "Hand in Hand for Kenya"  
 and also on behalf of children and the staff from Maisha Mazuri  
 for all your material and your financially donations !!

Asante Sana