

NAIROBI HOSPICE

'Put life into their days, not just days into their life'



Nairobi Hospice is still committed to support patients (Adults & Children) and families faced with life threatening conditions like Cancer and HIV/AIDs.

We provide Palliative Care by addressing physical symptoms including pain, psychological support, spiritual care, legal and social aspects. We are also involved in advocacy, training, awareness creation and research.

These services are delivered through; Outpatient, Community outreaches, Hospital visits and Home-based care.

THANK YOU!

We are extremely grateful to our partners, friends of Hospice and well-wishers who have helped us during this challenging time. The support we have received has enabled us provide medical care to our patients and provide basic supports including medical supplies. "You are God sent, I couldn't sleep last night due to pain. We only took porridge last night since I did not have anything else to cook" Comment from another patient during a home visit.

CLINICAL REPORT

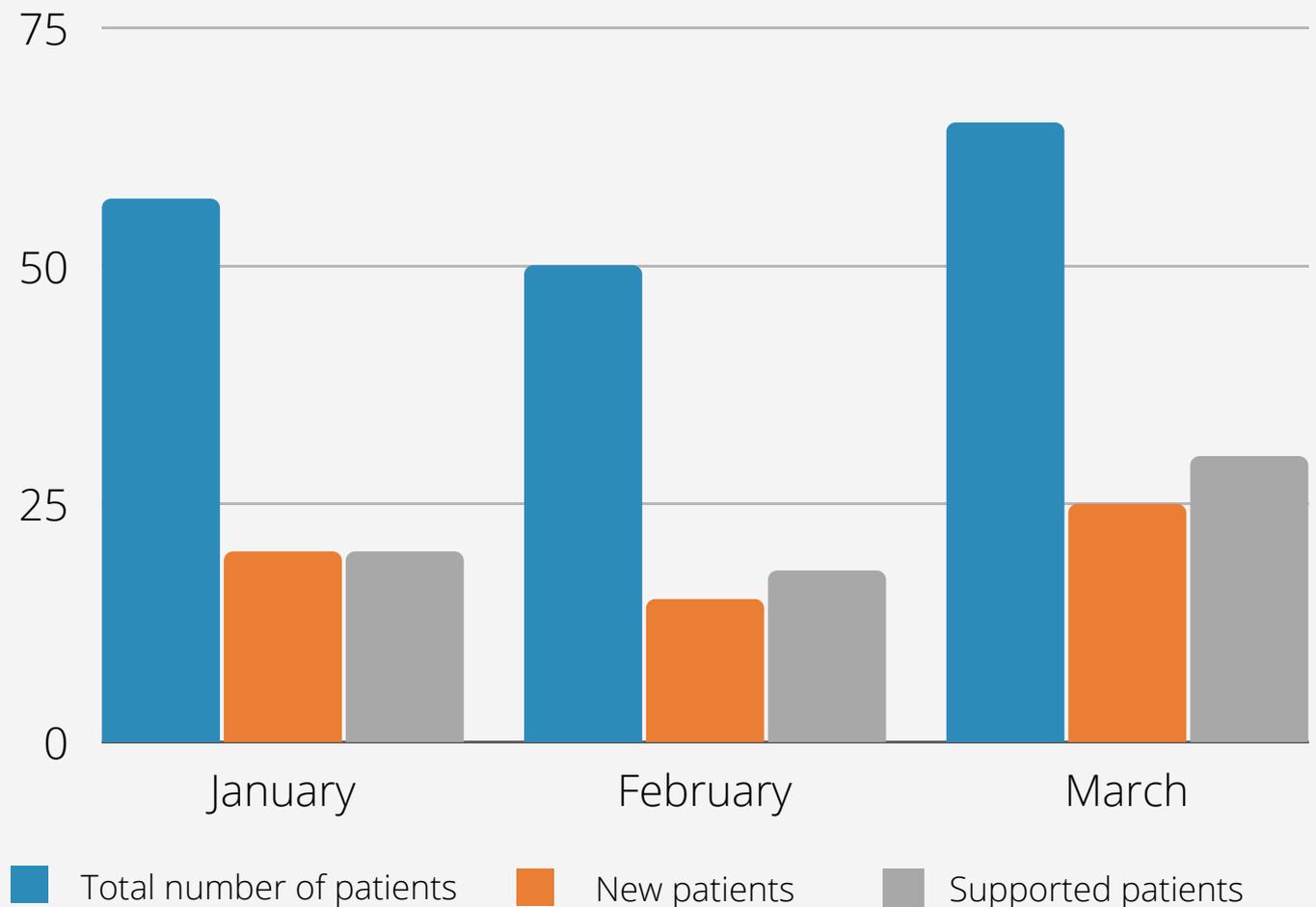
Kenya is experiencing the dual burden of diseases from communicable and Non-Communicable Diseases. Approximately 50% of hospital admissions are attributed to NCDs like cancer, organ failure, diabetes, cardiovascular complications among others. COVID-19 pandemic has made the situation worse since majority of patients with the severe form of disease require hospitalization. To address the challenge of cost of care the government of Kenya introduced the Universal Health Coverage that aimed at reducing hospital charges. This encourage people to seek medical care hence overstretching the already overburdened health care system.

Health care is a devolved function and managed by the county governments apart from the national referral hospitals. The devolved functions had several challenges including health care workers strike, inadequate supply of essential medical supplies among others. This has significantly affected the quality of care offered to patients.

COVID-19 pandemic negatively affected people's health seeking behavior especially for individuals with pre-existing medical conditions. Health care workers also discouraged patients from visiting health care facilities. This resulted to fewer patients accessing care and worsening of preexisting medical conditions. To address this challenge Nairobi Hospice team employed innovative approaches to reach out to patients. This included mobile telephone consults, use of courier services for non-opioids refill and use of Personal Protective Equipment during clinic and home visits.



Our Statistics



Education report

To scale up palliative care there is need to empower both health care and non-healthcare professionals on key knowledge and skills to deliver these services. Nairobi Hospice has incorporated training as a key component in its strategic plan. The hospice host different types of training including; Higher Diploma in palliative care in collaboration with Oxford Brookes University, short course for health care workers and short course for Community Health Volunteers (CHVs)/ non-healthcare professionals.

Between January to March 2021, Nairobi Hospice team trained; 14 Healthcare workers, 50 CHVs and 12 non healthcare professionals. There is also an ongoing higher diploma training, participants will be graduating in June 2021.

"The knowledge and skills I have gained from this training will assist me follow up some sick patients in my ward, thank you Nairobi Hospice" Feedback from one of the training participants.

For more information regarding our training programs please get in touch with the Head of Education through; 0202712361/2719383, +254732690077 or Email: education@nairobihospice.or.ke

CAREGIVER AT 2 YEARS 'MAMA DAWA'

Elizabeth (not her real name) is two years old, the only child in her family. Her parents are in their late 30s` both in informal employment. Her mother was diagnosed with breast cancer when she was 4 months pregnant. Doctors advised her to terminate the pregnancy and get aggressive treatment but she declined. By the time Elizabeth was being born, the breast cancer had progressed to stage 4. Her mother commenced treatment immediately after delivery, she underwent mastectomy (surgery to remove the breast) and chemotherapy. Unfortunately, Elizabeth did not breastfeed as most of the time, her mum was away from her, seeking treatment from the national referral hospital.

Elizabeth has taken up care givers' role at a tender age, she runs around the house looking for painkillers when her mum is in pain, hence nicknamed- "mama Dawa" (mums medicine). These are the words Elizabeth has mastered. She barely sleeps at night, if her mum wakes up at night to take her medicines, Elizabeth also wakes up. Elizabeth is afraid of getting out of the house to go and play with her friends. She spends most of the time sitting next to her mother.

**YOU CAN MAKE YOUR DONATIONS VIA;
CHEQUES PAYABLE TO: NAIROBI
HOSPICE**

BANK DETAILS:

BANK: NCBA

ACCOUNT NUMBER: 8109630015

OR

MPESA PAYBILL NO; 982650

ACCOUNT NAME; DONATION



Elizabeth is afraid of getting out of the house to go and play with her friends. She spends most of the time sitting next to her mother.

Children like Elizabeth are holistically (physical, psychological and spiritually) affected by their parents' illnesses. In some instances, these children end up with delayed or regression of milestones. The Nairobi Hospice team has initiated some interventions to support Elizabeth to cope with her mum's illness. This will ensure that she is able to grow and develop normally despite the challenges at home. Policy makers, care givers, teachers and society in general need to appreciate the challenges faced with children having a family member with a life threatening illnesses and institute measures to support these children.

**NAIROBI HOSPICE
P.O. BOX 74818 – 00200
NAIROBI
TEL; (020)2712361, +254732690077
EMAIL;
INFO@NAIROBIHOSPICE.OR.KE
WEBSITE;
WWW.NAIROBIHOSPICE.OR.KE**