Bi- Monthly Issue No #05 | July – August 2025

Medicwise Star MAGAZINE

A Kenyan Medical Insights Magazine



VISION

INSPIRE, EDUCATE AND INFORM

MISSION

FOSTER HARMONY THROUGH FREE INFORMATION AMONG MEDICS IN THE COMMUNITY OF KENYA.

VISION

Shocking

Confessions of a Radiography Lecturer: The Struggles, Sacrifices & Triumphs

Pg 12

Giveaway!

Participate in our Trivia Questions to win Prizes!

Scan Me

Special Features!

From Dentistry to Destiny: Can one man's vision reshape the future of healthcare education in Kenya? **Pg 10**

Beyond the Scan Room
37 years in radiography—what lessons does Reverend Mary's leap of faith hold for medics?
Pg. 7

Will Technology Replace Radiographers
— or Make Them Stronger?
Pg. 4

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LETTER FROM THE CHIEF EDITOR

INSPIRE | EDUCATE | INFORM

To our esteemed Readers, Authors and reviewers. It is with great pleasure that I address you as the editor of MedicWise Star magazine. This letter serves as an opportunity to reflect on our achievements in the health sector through collaboration with medical students at KMTC besides addressing other emerging trends in the medical field.

First, I would like to express my sincere gratitude to all of you for your continued support. Your engagement as readers, your dedication as authors and your critical eye as reviewers are the bedrock upon which this journal is built. We are particularly encouraged by the increasing number of submissions we have received, a true testament to the growing recognition of MedicWise Star magazine, as a valuable platform for disseminating high quality medical news.

In this sixth edition, we have published an in depth exploits on the emerging trends in radiography field, our hands on professionals' opinion, legal perspective is greatly referenced in the legislative corner together with veteran's opinion in the voice from retirement section

Thank you once again for your invaluable contributions to the MedicWise Star magazine We are excited about the future of our journal and the important work we will continue to publish together.



Together, we move healthcare forward.

Warm regards

Didakus Machuka Mochache
Chief Editor, Medicwise Star Magazine
Email: ceo@radmed.co.ke
Phone: 0707 795772

Legislative Corner

Understanding medical negligence in the health sector

Regulating telemedicine and personalising healthcare: an overview of the latest revision to the Kenyan Public Health Act



Kenya's Public Health Act,Digital health bill 2023 is being amended to incorporate provisions for telemedicine. The proposed amendments aim to regulate and standardize the use of telemedicine and m-health services, ensuring patient safety, data privacy, and quality of care

1. Prioritisation of Electronic Health Records (EHR)

The revised PHA emphasizes the importance of EHRs over traditional paper-based records. This shift aims to reduce the administrative burden on healthcare providers, improve data quality, and ensure comprehensive health information management. Key points include:

. Mandatory EHR for all medical activities: All medical activities, regardless of how they are financed, must be recorded in the electronic health record of each Kenyan citizen. This ensures that all health-related information is centralised and easily accessible for the healthcare providers.

. Evaluation of medical software: Medical software will now be evaluated for ease of use and proper integration with EHR systems. The evaluation aims to ensure that the software is user-friendly for the medical professionals and that the data submitted through these systems are accurate, but also adequately protected.

. Verification of data entry: The National Health Information System will have the capability to verify the data entry, helping to reduce errors in the recording of medical activities. This feature is expected to enhance the reliability of the recorded health data.

2. Comprehensive digital health management

The amendments introduce several measures to streamline digital health management, such as:

Regulation of telemedicine: The PHA now formally regulates telemedicine, allowing for diagnostic and other medical activities to be conducted remotely using information technologies. This regulation aims to expand access to healthcare services, especially in remote areas experiencing a shortage of healthcare providers.

Preliminary data checks: All health-related data will be checked before being entered into the health insurance system. This measure aims to reduce the risk of penalties and arbitrary actions during subsequent audits.

Online appointment booking: The PHA introduces a digital scheduling system for medical appointments in public hospitals, aiming to integrate the intrahospital doctors' schedules and thus simplify appointment booking. Patients will be able to book appointments in public healthcare facilities online. Currently, this is an option for private hospitals and practices only. Now a similar system (as a common platform) will be available for doctors working in Public or County Referral hospitals and private hospitals, reducing the need for patients to wait without knowing when they will be seen.

3. Improving patient care

How the revision of the PHA will improve patient care:

Ease for parents and patients: The telemedicine and the digital scheduling system will benefit patients with special needs or in remote areas who need to see specific medical specialists. It will also improve patients' access to healthcare. Currently, many patients are referred to private practices, which can be financially burdensome. The new system will make it easier for them to secure appointments with medical specialists in public healthcare facilities where the services are covered by public funds.

Regulation of private practice during working hours: The amendments also clarify that while all doctors in Kenya have the right to practice in private clinics, this should not occur during their working hours if they are employed in National or County hospitals. This regulation aims to ensure that public healthcare resources are used efficiently and that patients will receive timely care.

Scientific Corner

CURRENT TRENDS IN RADIOLOGY

Radiology is experiencing fast daily transformation which calls for both radiological technicians and radiologists to adopt to the fast changing technology in order to improve precision, patient care and delivery of timely and accurate imaging and diagnosis.

Some of the currents trends in radiology include:

1. **Use of AI assisted patient radiology information system** in order to monitor radiology patient's data easily. This systems help in tracking the patient data and radiology information like previous images for comparison.

2. **AI integration in radiology imaging and image reporting.** Artificial intelligence has significantly improved imaging and radiological diagnosis. For instance use of AI assisted imaging to reduce image noise and improve contrast resolution as well as image quality in MRI, CT scans and some modern X-rays.

Some of the AI tools include:

A. MRI enhanced AI
B. Attenuation correction in Ct scans.
C. AI enhanced X-ray analysis and reporting.
D. Fibro-scans and Ultrasound Elastography

3. **Currently there is no automation of machines in radiology** which helps the technician to perform procedures in a very short time.

4. **There is integration of new technology like photon counting computed tomography**. Photon counting computed tomography uses photon counting detectors to register individual X-ray photons, offering improved image quality with potentially lower radiation doses compared to conventional CT scanners.

5. **The use of portable machines** that are easy to carry to the patient's location.

6. **There is the use of teleradiology** where images are uploaded to clouds and reported online.



Sammy Musyoki
Former KMTC Graduate
Tel: 0114525166

Some of the current trends in Kenya include:

AI powered 256 slice CT scanner in Nairobi, AI assisted MRI, AI enhanced X-rays, and the Kenya Navy's new radiology complex.

All these current trends and new innovations each day improve patient experience, enhance precisions and accuracy professionals. radiology complex. as well as timely diagnosis in radiology.



Nairobi Hospital unveils AI-powered Siemens SOMATOM Drive 256-slice CT scanner to boost disease diagnosis

Serializing Medicwise Chronicles

Cashflow Quadrants: Breaking Free from the Rat Race

Why This Matters for Medics

In this edition of Medicwise Star Magazine, we're excited to feature a serialized excerpt from Medicwise Chronicles by Didakus Machuka Mochache. Titled **"Cashflow Quadrants,"** this section explores the different income types and how they influence financial freedom. Mochache encourages medics to reassess their financial strategies and take purposeful steps toward independence.

Inspired by Robert Kiyosaki's Cashflow Quadrant, the concept divides income into four categories:

- ***E (Employee)*** *– You earn a salary, but income stops when you don't work.*
- ***S (Self-Employed)*** *– You work for yourself, but your time still equals money.*

These two represent the **rat race**, where most medics remain stuck—earning only when they're active.

On the other side:

- ***B (Business Owner)*** *– You build systems (e.g., hospitals or labs) that generate income even when you're not present.*
- ***I (Investor)*** *– Your money works for you through investments like property or stocks.*

Bottom line: Not all income is equal—true freedom comes from shifting to the right side of the quadrant.

A Medic's Wake-Up Call

Most medics start out in the E quadrant, later venturing into S through private clinics. But true freedom comes when we transition to the right—**B and I.** That's where security lies when sickness, retirement, or unexpected life changes come knocking.

History has shown us that hospitals outlive their staff. From Kenyatta National Hospital to county facilities, countless medics have served faithfully but retired struggling financially. The institutions remain, but the workers move on, often without the means to sustain their lives.

The Challenge to Medics

1. **Don't rely on salary alone.** Build systems and assets that work beyond your physical presence.
2. **Diversify your income.** Aim to earn from multiple quadrants.
3. **Expand your means.** Instead of living below your means, grow your capacity.
4. **Protect your future.** Think beyond employment and prepare for financial freedom.



Medicwise Chronicles Book, Page 52

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The Voice From Retirement



Reverend Mary Nashibela S. Bwonya

My journey in the medical field began on June 30th, 1978, when I was admitted to the Kenya Medical Training College (KMTC) in Nairobi. I was one of 17 students chosen to pursue a rigorous three-year course in Diagnostic Radiography. This was a period of intense study, practical training, and personal growth. My class was a close-knit group, and we were fortunate to be guided by experienced lecturers who instilled in us the values of discipline, precision, and compassion—values that would shape our future careers.

I graduated in 1981 with a Diploma from the prestigious College of Radiographers in London, an achievement that filled me with immense pride. My efforts were further recognized when I was awarded the Best Practical Student in my class, a title that reflected my dedication and hard work throughout the course. One of my notable classmates was Dr. Solomon Kilaha, who went on to make significant contributions to the field of radiology.

As I advanced in my career, I received on-the-job training in ultrasound and mammography, and attended workshops that expanded my knowledge in radiography. In 2006, my dedication was recognized when I was voted Best Employee in the Radiology Department, leading to a promotion.

The highlight of my career came in 2016 when I was appointed Chief Radiographer at KNH after completing strategic training. I was the first woman to hold this position, overseeing the transition to digital radiography. After 37 years, I retired in 2018, proud of my contributions to healthcare and mentoring young professionals.

Retirement has been a time of reflection and renewal. In 2019, I pursued my passion by enrolling in Bible School and was ordained as a Reverend in 2022. I now teach at the Spirit of Faith Bible Training Ministries, guiding others in prayer. This journey has taken me to various places, including Narok and Nairobi.

Reflecting on my life, I'm grateful for the experiences that

The Voice From Retirement



Reverend Mary Nashibela S. Bwonya

Profession: *Diagnostic Radiographer | Trainer | Ordained Reverend*

Education

- ***Diploma in Diagnostic Radiography***
  College of Radiographers, London — 1981
  - *Awarded **Best Practical Student** at Graduation*

Professional Experience

Radiographer
Kenyatta National Hospital — 1981 to 2022

- *Over four decades of dedicated service in diagnostic radiography*
- *Contributed to patient care, imaging excellence, and departmental development*

Trainer of Trainers (ToT) in Radiography

- *Mentored and trained upcoming radiographers*
- *Played a key role in capacity building and knowledge transfer within the radiography profession*

As I advanced in my career, I received on-the-job training in ultrasound and mammography, and attended workshops that expanded my knowledge in radiography. In 2006, my dedication was recognized when I was voted Best Employee in the Radiology Department, leading to a promotion. The highlight of my career came in 2016 when I was appointed Chief Radiographer at KNH after completing

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teach at the Spirit of Faith Bible Training Ministries, guiding others in prayer. This journey has taken me to various places, including Narok and Nairobi.

Reflecting on my life, I'm grateful for the experiences that shaped me. To all students in training, both men and women: Make the most of your student days, strive for excellence in everything you do, and trust in God. The secret to a fulfilling life lies in trusting the Lord and following His guidance. Retirement is a blessed time to focus on the soul and embrace new opportunities, so APPROACH each stage of life with an open heart and a willingness to grow.

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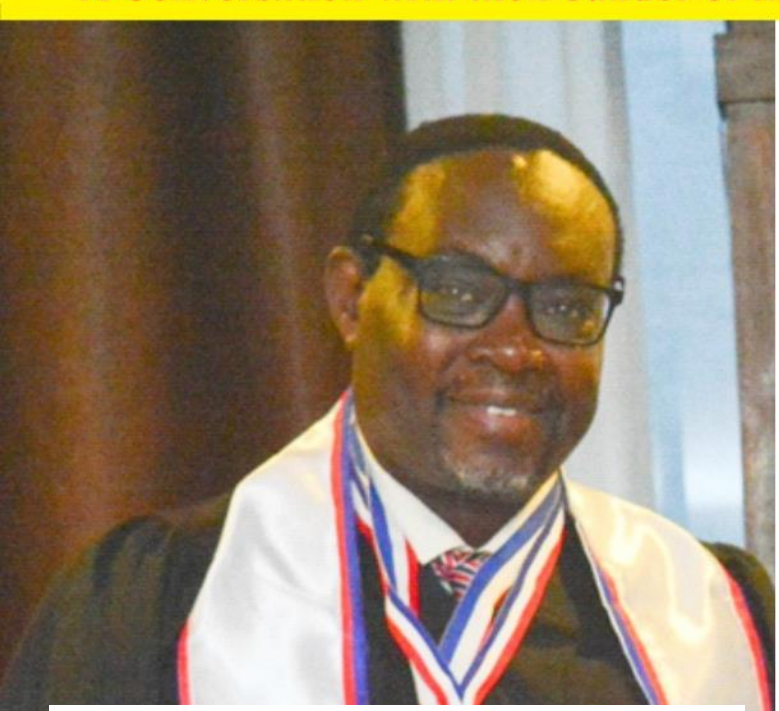
"Entrepreneurial Vision in Healthcare Education
A Conversation with the Founder of the Institute of Healthcare Management"



Dr. Ocholla

Founder: Institute of Healthcare Management

Tel: +254722763433

1. ***Can you tell us a bit about your personal journey professional background and what inspired you to start the Institute of Healthcare Management?***

I graduated from the University of Nairobi with a degree in Dental Surgery way back in 1984. After a short stint working as a dentist with the Government, I was invited to join the University of Nairobi School of Dentistry as a Tutorial Fellow. I later did my masters in Dental and maxillofacial radiology at King's College London and later Fellowship with the Royal College of Radiologists and another Fellowship with the South African College of Medicine. I have been a Senior Lecturer at the University of Nairobi since then where I train undergraduate and postgraduate medical and dental students in imaging, radiology and forensic science.

In 2001, me together with other partners founded the Institute of Healthcare Management which is a private middle level medical college to train Dental Assistants as well as other healthcare support personel. That college has been instrumental in providing a huge majority of dental health auxiliary staff in the country and region.

2. ***What gap in the healthcare education sector were you aiming to fill when founding the college?***

At the time, all dental care support staff were trained on the job and thus there was a huge skills gap in the sector which led to very unpredictable care standards particularly in dental care settings. Iam now proud to say that as we speak practically all dental assistants, nurses and hygienists working in dental clinics and hospitals are required to have been trained and licensed by the relevant authorities.

3. ***Did you have any entrepreneurial or healthcare background prior to launching the institute?***

Our objective of launching the Institute at that time was to produce personnel who could provide the necessary dental nursing support in our individual clinics. We realized only later that the demand for this cadre was growing and that we had to invest in new skills such as business and college administration, curriculum development, social sciences and psychology.

IHM

Courses offered

Category	Courses
Certificate	Community Health, HIV/AIDS Management, Health Records Management, Dental Assisting, Home Care Assisting, Computer Packages & IT
Diploma	Dental Technology, Community Health, Health Records Management, Radiography & Sonography, Biomedical Technology, Dental Hygiene, Dental Assisting, Fitness & Nutrition, Chiropractic Assisting





General Healthcare News

There have been emerging trends in the health sector, that which prompted the Health Cabinet Secretary Hon Aden Duale, to make some declarations.



Health Cabinet Secretary Hon. Aden Duale has issued a stern warning to Mediheal Group of Hospitals CEO, Dr. Swarup Mishra, over alleged malpractice in the health sector. The CS stated that the CEO faces possible prosecution, deportation, and revocation of citizenship under the Kenyan Citizenship and Immigration Act, pending the adoption of the Independent Investigation Committee's report.

Cs Duale made the announsement while presiding over the grand finale of the 15th Kenya Medical Training College (KMTC) National Sports Competition at Chebisaas Boys High School in Uasin Gishu County.

Held under the theme "Sports for Health and Cohesion — #StrongerTogether", the event brought together over 2,250 KMTC students from across the country and highlighted the government's commitment to addressing the growing burden of non-communicable diseases, expanding mental health services, and promoting national unity.

In his address, the CS reaffirmed the Ministry's commitment to strengthening the health workforce. He announced a partnership with the National Treasury to prioritize sustainable financing for KMTC students through the national budget cycle—aimed at enhancing equitable access to medical training and ending financial exclusion.

The Ministry is also working closely with KMTC to recruit additional tutors and lecturers to meet rising enrolment, while maintaining quality standards in mentorship and supervision.

CS Duale further highlighted progress in the ongoing abolition of clinical attachment fees and commended Moi Teaching and Referral Hospital (MTRH) for leading the way. He called on other public hospitals to follow suit.

He urged KMTC to continue investing in sports infrastructure, nurturing talent, and building cross-sector partnerships to support the physical, mental, and social well-being of future healthcare professionals.

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CALL FOR ABSTRACTS

The committee will accept only a limited number of papers that meet the criteria of orignality, presentation quality and topic relevance. The structured abstracts should be between 250 - 300 words. The deadline for abstract submission is 31st March 2025 and Abstracts should be submitted by email only to: **pacorikenya2025@gmail.com**

Registration Fees

	Early Bird 30th April 2025	After 1st May 2025
PACORI Members	**Kshs. 19,000** (150 USD)	**Kshs. 25,000** (200 USD)
International Delegates	**Kshs. 25,000** (200 USD)	**Kshs. 32,000** (250 USD)
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LECTURER CORNER



Mirriam Munovi Koki
Tel.0796863084

Lecturer-Radiography & Imaging, Kenya Medical Training College

Nairobi Campus

Can you tell me about yourself?

I am **Miriam Munovi Koki**, **Lecturer — Radiography & Imaging** at **Kenya Medical Training College**. I hold a **Diploma in Medical Imaging Sciences (KMTC, 2009)**, a **Higher Diploma — Medical Imaging Sciences (Ultrasound) (KMTC, 2015)**, and a **BSc Radiography (Diagnostic) (JKU, 2024)**. I also have certificates in **Echocardiography (KMTC)** and **Monitoring & Evaluation**, **Project Management**, **Conducting Research Responsibly**, and **Leadership & Management** — all from the **University of Washington**.

What Inspired you into a radiography lecturer?

Working as a radiographer and seeing how **quality imaging improves patient outcomes** inspired me. I want to **share skills** and train professionals who can handle evolving imaging technologies.

What is your teaching philosophy?

I use a **student-centered** approach that emphasizes **practical skills**, **critical thinking**, and **patient care** in an inclusive, hands-on environment.

How do you incorporate technology into your teaching?

I use **online platforms** for interactive case discussions and encourage students to explore **digital tools** like **AI-based image analysis**.

How do you handle students with different learning styles?

I mix lectures, hands-on labs, and visual aids, assess needs early, and adapt my delivery so every student grasps the essentials.

How do you assess student learning?

I use written exams for theory, practical/clinical evaluations for skills, and case-based discussions for critical thinking — plus timely, non-judgmental feedback.

What are your strengths and weaknesses as a lecturer?

Strengths: I'm **approachable**, **knowledgeable in diagnostic imaging**, and skilled at **linking theory to practice**. I create a **supportive classroom**.

Weakness: I sometimes spend too long on complex topics, which slows pacing —

How do you stay up to date with the latest advances in radiology?

I'm working on balancing depth with efficiency. I follow journals and online resources, attend conferences and workshops, and collaborate with clinical colleagues to learn about new modalities.

Describe a time you dealt with a challenging student

A student feared making clinical mistakes. I gave one-on-one mentoring, broke tasks into steps, and used simulations. Their confidence grew and they improved in practical exams.

What is your view on remuneration for a radiography lecturer?

Pay should reflect expertise, responsibility, and impact. It must be competitive to attract and retain skilled professionals and support ongoing development.

Where do you see yourself in five years?

I see myself as a senior lecturer, leading curriculum development, contributing to research on advanced imaging, and mentoring students — while staying active clinically.

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



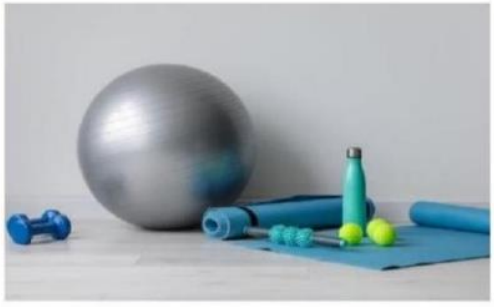
Dental Clinic



Laboratory Services



Pharmacy



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GERMAN MEDICAL CENTER

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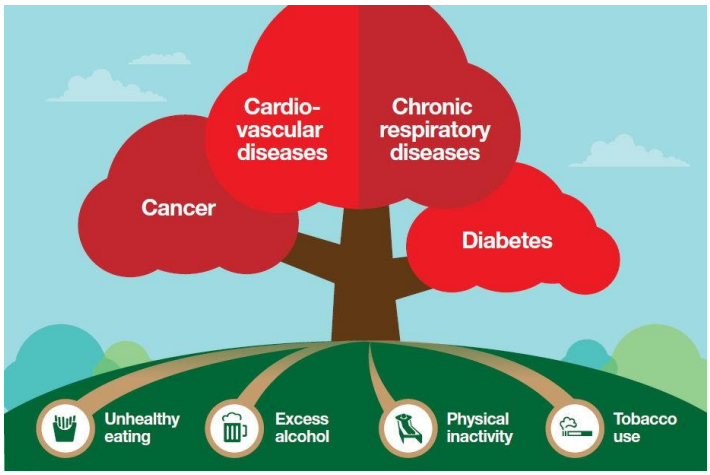
By Oduor Kevin
NCD Advocate
Founder, Afyalytics and Chief Programs Officer, Stowelink Foundation

Leadership in the Fight Against NCDs Amidst Dwindling Health Funding



The global health landscape is undergoing a major transition. *Non-communicable diseases (NCDs)—including cardiovascular diseases, cancers, diabetes, and chronic respiratory conditions*—are now the leading cause of mortality worldwide, accounting for over 74% of all global deaths annually. In Kenya, NCDs are responsible for approximately 39% of total deaths, with projections indicating a further rise as the country moves through the epidemiological transition from communicable to non-communicable diseases.

This growing burden comes at a time when health funding is increasingly constrained. Changes in foreign policy, particularly by the United States—a major global health funder—have shifted priorities away from traditional aid. As donor fatigue and global economic strain reduce the availability of external resources, the urgency for effective leadership and stewardship in NCD response has never been greater.

Proper stewardship means not only mobilizing new resources—from domestic budgets, private sector partnerships, and innovative financing mechanisms—but also ensuring optimal use of existing resources. This includes integrating NCD services into primary healthcare, maximizing efficiencies in supply chain systems, and promoting prevention through public health education. Evidence shows that every $1 invested in NCD prevention yields a return of up to $7 in health and economic gains, yet most African countries allocate less than 5% of their health budgets to NCDs.

Leadership must also champion NCDs as a "must-engage" topic in health and development agendas. The impact of NCDs goes beyond health—it affects economic productivity, deepens poverty, and weakens resilience to future pandemics. Without deliberate action, the rising tide of NCDs threatens to reverse the gains made in maternal and child health, infectious disease control, and universal health coverage.

Now more than ever, it is decisive, accountable, and visionary leadership that will determine whether we stem this tide. Leaders in government, civil society, and the private sector must unite behind evidence-based policies, advocate for increased domestic funding, and ensure that NCDs remain front and center in global and national discourse. The future of public health depends on it.

SORK PRESIDENT SPEECH DURING 1ST YEAR WELCOME AND 3RD YEAR FINALIST PARTY ON 4TH JULY, 2025.



Jevas O. Kenyanya

President of the Society of Radiography in Kenya (SORK) and Vice President of Pan African Congress of Radiology and Imaging (PACORI) 2025

Good morning/afternoon/evening. Greetings from the Society of Radiography in Kenya (SORK). It's an honour to speak to you—especially our first- and final-year students. As a KMTC alumnus I thank the college management for shaping Kenya's health professionals.

SORK, founded in 1962, represents and advocates for Kenya's radiographers, with about 2,000 registered practitioners.

To Our First-Year Students

On behalf of the Society of Radiography in Kenya, I warmly welcome you to this noble profession of radiography and imaging. You will be trained to become an essential part of healthcare, utilizing science, technology, and human compassion to diagnose, monitor recovery, treat diseases, and save lives. As you step through the doors of KMTC, remember that this is more than just a course, it's a calling. Once again, congratulations on choosing a noble and impactful career.

Radiography and Medical Imaging is not only a science but also an art—the art of seeing what others cannot, and using that insight to save lives. As you begin this journey, remember you are not alone. SORK is your professional body, your home as a future radiographer. We are here to represent your interests, offer mentorship, promote high standards of practice, and ensure your voice is heard on matters affecting our profession. We encourage you to join SORK early. Get involved in our mentorship programs, attend Continuous Professional Development (CPD) events, and start building your professional network now. The future of Radiography in Kenya depends on bold, ethical, and informed students like you.

As the African proverb says, A stew tastes better the longer it simmers." The journey you have just begun will challenge you mentally, physically, and emotionally. Your parents will also feel stretched financially, but like a well-cooked stew, it takes effort and time to develop a great radiographer patiently nurtured through learning, practice, and experience.

The journey aims to refine you into a professional over a couple of years. Along the way, you will learn that radiography is more than just capturing images and treating diseases; it's about gaining insight. It's more than machines, it's care, and more than procedures, it's professionalism. I encourage you to build strong ethical values, learn actively, and approach patients with humility and empathy. Remember, every image you produce could be the first step in saving a life.

Finally, I encourage you to get involved beyond the classroom. Attend conferences, join student radiography forums (MISSA), register as associate members to SORK, read journals, and engage with mentors.

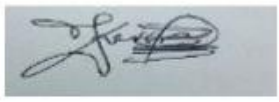
The Society is your professional home. We are here to support, guide, and empower you. Choose your friends wisely, and respect your lecturers and clinical mentors. That way, you 3 of 3 will get it easily, and surely you shall enjoy the experience under the circumstances of high expectations. Let us walk with you on this exciting journey toward becoming Kenya's next generation of imaging professionals.

To our Final Year Students

As you prepare to transition from the classroom to the clinical world, allow me, on behalf of the Society of Radiography in Kenya, to say, well done. You have endured the academic rigor, long clinical hours, and numerous assessments. The training and the preparation you have received have given you a threshold of a career filled with meaning, responsibility, and growth. Joining the radiography workforce at this level or exploring further studies, please be reminded that your knowledge must always be paired with integrity, compassion, and a commitment to excellence. Kenya needs radiographers who not only operate machines but also think critically, advocate for quality services, and lead with purpose. 'We look forward to your active participation as professionals who uphold the image of the profession through patient-centered care, proper radiation safety, ethical decision-making, and continuous learning. By so doing, you will be contributing to advancing the radiography agenda both locally and globally. T urge you to maintain good standing with the SORK. Through your SORK membership, you gain access to licensing support, professional recognition, educational resources, and a strong voice in national policy. I encourage many of you never to see this qualification as final, but a stepping stone to higher qualifications. Beyond the sky is the limit.

Closing Remarks

The journey of aradiographer is one of continuous learning, compassion, and integrity. Whether you are just starting or preparing to graduate, remember: SORK walks with you. Let us grow together. Let us lead together. And let us radiate excellence in everything we do. Thank you all, and may your journey ahead be bright and impactful.



JEVAS KENYANYA (PRESIDENT SORK)

Radmed Celebrating Finalist Radiographers in Various KMTC campuses























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Medicwise Star MAGAZINE

A Kenyan Medical Insights Magazine





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