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Bi-Monthly | Issue No #02 Nov-Dec 2024

A Kenyan Radiographers Insight Magazine



VISION

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SORK LATEST NEWS!

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LETTER FROM THE CHIEF EDITOR

INSPIRE ☆ EDUCATE ☆ INFORM ☆

Dear members of the radiography fraternity, welcome again to yet another issue of the Bi monthly magazine Wise Medic Star. We are delighted for the correspondences we have received from quite a number of you on the inaugural issue.

This issue covers November and December. November is predominantly a critical month in radiography profession where we celebrate the ***world radiography day on 8th November****. We wish you a successful World Radiography Day 2024.*

Your words of encouragement and positive criticism were much welcome after our inaugural issue. It is our pledge that this will help us solidify our commitment to serve you better. A Wise Medic Star seeks to ***Inform****,* ***Inspire*** *and* ***Educate.***

In this second issue we have devoted to expand our informative segments to help bring you much desired news of the radiography profession.

The inaugural issue also witnessed intense digital magazine uptake with many positive comments received on our side. Please note that Wise Medic Star will largely be a digital magazine so please keep track of our link on Facebook and Instagram for you not to miss out on every issue of the magazine.

From the editorial team I wish you an exceptional issue of the Bi-monthly magazine, A Wise Medic Star magazine for the month of November and December. Allow me wish you a Merry Christmas and prosperous New Year in advance. As we look forward to our next issue in January 2025, Aluta continua in all that you do in serving the nation as medical professional in the field of imaging.



YOURS CHIEF EDITOR

Mr. DIDAKUS MACHUKA MOCHACHE

General Health Care News

NAVIGATING THE SHIFT FROM NHIF TO SHA

In October 1st the government of Kenya in pursuit to provide affordable, accessible, and quality healthcare services replaced National Hospital Insurance Fund (NHIF) with Social Health Authority (SHA). This reform intends to address disparities in healthcare access by reducing out-of-pocket expenses with a finalized comprehensive benefit package. This is according to the announcement made by Health Cabinet Secretary Dr. Deborah M. Barasa during a media breakfast meeting held at Sarova Panafric on Sep 18th 2024 Nairobi.

However, there has been an uproar as patients and health facilities experienced challenges with the migration. One of the major challenges being the significant funding gap. While the government allocated Ksh 6.1 billion to kicks-tart the SHA, this only covers 4% of the estimated KSH 168 billion required to fully implement this new program. This raises an eyebrow on the sustainability and effectiveness of the program in providing quality and comprehensive healthcare services. This inadequate funding limits the scope of services offered and delaying the initial purpose of reducing the healthcare cost for Kenyans. Service delivery interruption, lack of proper public awareness about SHA and immediate benefit after the transition among others are some of the challenges experienced.

On the other hand unlike NHIF, SHA focuses on preventive care services especially for outpatient setting. SHA will offer a broad coverage on chronic illness like diabetes, asthma and hypertension. Consultation, diagnostics services and medication are now more available under SHA in level 4 and 6 hospitals.

The transition from NHIF to SHA is a bold move by the government in pursuit of achieving Universal Health Coverage and SDG 3 (Sustainable Development Goals) in Kenya.

The success of this program however depends on the strategies the government will employ to address challenges witnessed since the roll out. Sustainable efforts and collaboration from the government, healthcare providers and public will greatly impact the full realization of the program. The big question however remains; how long will it take until Kenyans enjoy smooth SHA implementation? Will SHA curb the inefficiency and corruption previously experienced with NHIF or will this be carried over?



Leah Maina,
Assistant Editor, Digital Marketing Expert -Radmed Connect Ltd.

GENERAL NEWS



SCAMMING IN A RADIOGRAPHY WHATSAPP GROUP

Altercation rose in Gusii Radiographers Whatsapp group. This was following instances of scamming in which one of the member's number was used to scam a number of radiographers.

The said member was put to task to explain circumstance leading to his being used to conning other members particularly junior radiographers. Over five members had fallen victim of this scamming cartel.

In his defense the member replied as follows, I quote "Hello all Gusii rads am aware of the issue, I apologize for everything happened it shouldn't have happened. I was sick and used to live with my cousin who is a medic. He did all this scams, some five people sent 1500 KSh to my phone number. He withdrew and used the money, he knew my pin. I only realized late, but the matter is with police for investigation. Whoever sent the money reach out with messages, we plan the refund. To the people who judge without listening to both sides, they need to do investigation before public opinion court. Good night all."

However, the explanation of the individual involved elicited firebrand reactions of members condemning the action of scamming. One member by the named Sironga replied and I quote "don't be politely rude. It's not an issue of people being loud we are only asking you to do the right thing and maintain the basic integrity as a professional, Period."

Incidents of scamming in Whatsapp groups have proliferated in the recent past, A Wise Medic Star urges radiographers at large to be cautious on who they are dealing with and avoid colliding with the law through engaging in scamming other members in Whatsapp groups.

This message from the member raised furore of aggressive reaction from members.



Society of Radiography in Kenya (SORK)

In Pursuit Of Quality Radiography

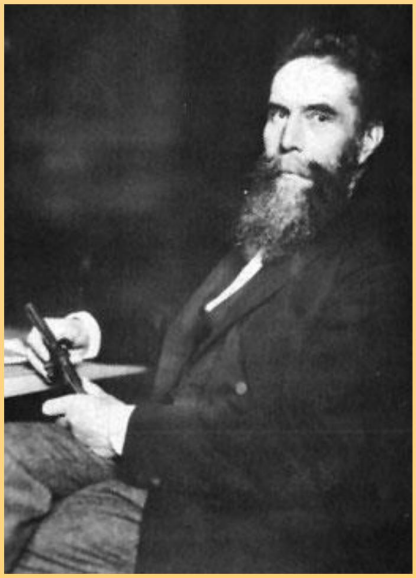
Sork Latest News

In Pursuit of Quality Radiography

As we enter the last quarter of 2024, the Society of Radiography in Kenya (SORK) continues to spearhead initiatives aimed at enhancing the standards of radiography practice across the nation. Under the leadership of President J. Kenyanya and the dedicated team of officers, including Hon. Secretary N. Onyancha and Hon. Treasurer S. Njau, SORK is committed to fostering professional development through a series of events outlined in the SORK calendar.

Upcoming Events

November 2024 is a particularly significant month for our members as we celebrate World Radiography Day (WRD) on the 8th. This year's celebrations will include a CSR initiative and a free medical camp aimed at providing essential healthcare services to the community. Activities are scheduled to take place at KMTC Nyeri, where radiographers and radiography students will come together to serve patients. This initiative not only demonstrates our commitment to community health but also highlights the vital role radiographers play in the healthcare system. The budget allocated for the WRD celebrations is USD 6,000, while the medical camp is projected to cost USD 8,000.



Wilhelm Röntgen, 1845-1923

A Wise Medic Star Assistant Editor recently spoke with Mr. Ichelai, the Convener of the Professional Development Education and Research Committee of SORK, who confirmed the above information. He added that on November 7th, there will be a walk around Nyeri town to raise awareness about the importance of radiography in healthcare. On November 8th, the celebrations will feature talks and speeches from renowned radiographers, making this World Radiography Day in Kenya a memorable occasion.

In December 2024, SORK will host its much-anticipated End Year Dinner and Symposium. This event will bring together all interested radiographers for a night of reflection, networking, and planning for the upcoming year. The End Year Dinner, budgeted at USD 5,000, will take place in Nairobi, alongside a consultative forum aimed at addressing key issues and strategies for 2025, budgeted at USD 7,000. Additionally, SORK will hold New Year Prayers in January 2025, fostering a spirit of unity and hope among its members.

SORK remains steadfast in its mission to enhance the quality of radiography through various consultancy services, journals, seminars, and training workshops. The upcoming events, including specialized workshops on CT/MRI and ultrasound, continue to provide essential learning opportunities for radiographers looking to advance their skills and knowledge in the field.

We extend our gratitude to all members and sponsors who have supported SORK's initiatives thus far. Your commitment to improving radiography standards in Kenya is invaluable. We encourage all radiographers to participate actively in these upcoming events and contribute to the ongoing dialogue surrounding quality healthcare delivery.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Legislative Corner

Salient Features of the Radiography Board

Radiographers board has a chance to borrow money from you, what a chance for professional development.

Interesting times await the profession as ope-rationalization of the radiography act come closer to being a reality.

Article 2 of the radiography act which is awaiting
ope-rationalization after being signed into law in the year 2022 has very interesting revelations which you might wish to know.

The board shall have powers to sue and prosecute you if your practice wouldn't prove to be following the standards which will be set.

However, what is of more interest is the fact that the board shall have powers to borrow and lend money. Question arise will this make the profession of radiography more financially endowed?

And does it herald an era where the board shall be strong in supporting its members in succeeding in radiography entrepreneurship? All this anticipation is a wait and see experience.

Reforms that align with global best practices, Kenya can build a healthcare system that truly serves the needs of its diverse population.



Caesar Oburu Barare,

Covener, Professional Ethics, Integrity and Legal Affairs Committee (PEILAC)

(2) The Board shall be a body corporate with perpetual succession and a common seal and shall in its corporate name, be capable of —

(a) *Suing and being sued.*

(b) *Taking, purchasing or otherwise acquiring, holding, charging or disposing of both movable and immovable property*

(c) *Borrowing and lending money*

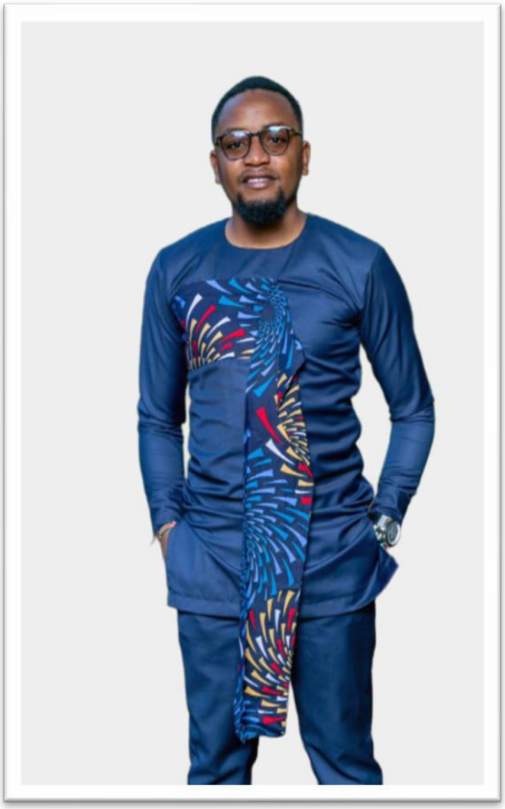
(d) *Entering into contract and*

(e) *Doing or performing all such other acts necessary for the proper performance of its functions under this Act, which may be lawfully done or performed by a body corporate.*



Scientific Section

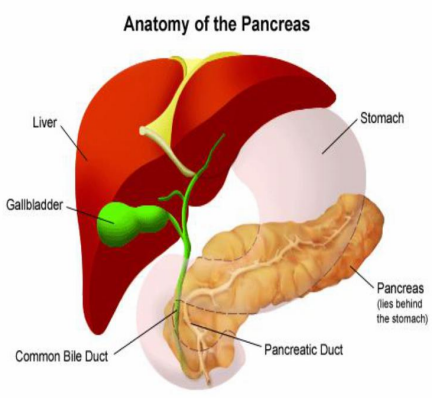
Pancreas Imaging in CT: A Comprehensive Overview



Caleb Siocha *CT/MRI Technician*
Courtesy; Mp Shah Hospital

Introduction

CT is crucial for evaluating the pancreas, offering high spatial resolution, rapid cross-sectional imaging, and tissue differentiation. It supports diagnosis, staging, and follow-up of conditions like pancreatitis, cysts, and cancer, providing detailed anatomical insights.



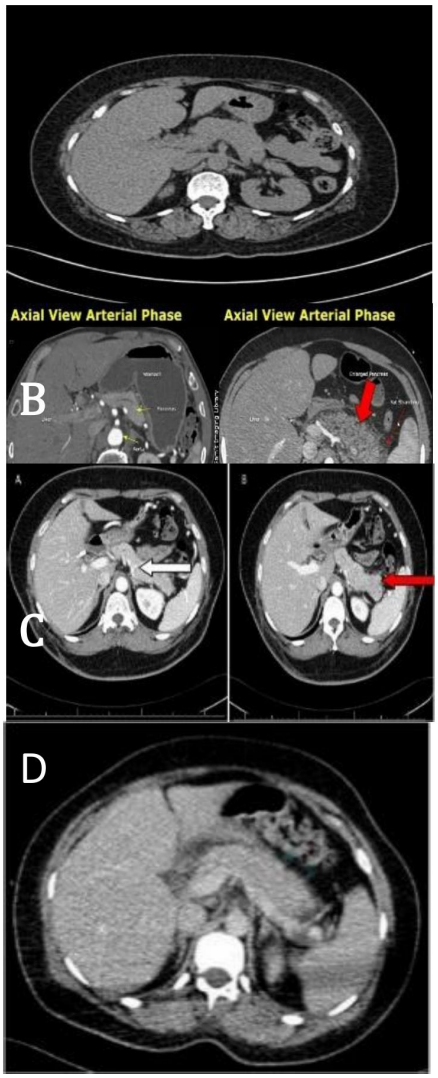


Fig. a., *non-contrast scan of a normal pancreas*. Fig. b., *arterial phase of a normal pancreas*. Fig. c., *pancreas parenchymal image demonstrating beginning of splenic vein tumor thrombus (A, white arrow)*. Fig. d., *venous phase showing a mild swe''ing of the pancreas, uniformly enhanced.* Fig. e., *delayed phase of the pancreas showing a hyper-enhancing lesion.*

Patient preparation (departmental protocols apply)

• 2 Glasses of water negative contrast 500ml – to distend the stomach wall
• Cannulation; choice of cannula should be gauge 20>
• IV contrast positive contrast; 1.5ml/kg, average 80-120ml
• Pump flow rate 3 -5 ml/s, depending on choice of cannula, patient size/weight and quantity of iodinated contrast positive contrast being administered.

Indications for Pancreatic Imaging in CT

•Acute and Chronic Pancreatitis
•Pancreatic Neoplasms
•Pancreatic Cysts and Pseudocysts
•Pancreatic Trauma
•Evaluation of Obstructive Jaundice

Imaging Study

A chest X-ray reveals patchy consolidation in the right lower lung zone, raising concerns of a severe bacterial infection or drug-resistant tuberculosis. To gain further clarity, a contrast-enhanced CT scan of the chest is performed.

CT Protocol for Pancreatic Imaging (Scan area is upper abdomen only just above anterior superior iliac spine (ASIS))

1. **Non-Contrast Phase:** Initial images are obtained without contrast to identify calcifications (common in chronic pancreatitis) and assess pancreatic and peri-pancreatic fat.
2. **Arterial Phase (15-25 seconds after contrast injection):** Optimizes visualization of pancreatic arterial supply and hyper-vascular lesions, such as neuroendocrine tumors. Useful in detecting early enhancement in small pancreatic tumors.
3. **Pancreatic Parenchymal (Late Arterial) Phase (35-50 seconds):** Helps visualize the pancreatic parenchyma and detect hypo-enhancing pancreatic adenocarcinomas.
4. **Venous (Portal) Phase (60-70 seconds):** Evaluates the portal vein and its tributaries, liver metastases, and the pancreas itself. Essential for assessing the venous structures and staging pancreatic cancer.
5. **Delayed Phase (2-5 minutes):** Occasionally used to differentiate between cystic lesions and solid tumors, as cysts may show delayed enhancement. Useful in identifying fibrosis or late enhancement of some lesions.

Normal Pancreatic Anatomy on CT

The pancreas is a retroperitoneal organ divided into four main parts:
1. Head: Located within the curvature of the duodenum.
2. Neck: Narrow portion between the head and body, lying anterior to the superior mesenteric vessels.
3. Body: Extends transversely across the abdomen, anterior to the aorta and splenic vein.
4. Tail: Lies close to the spleen.

On a CT scan, the normal pancreas appears as a homogeneous, soft tissue structure with a slightly higher attenuation than the liver due to its glandular nature. The pancreatic duct, which should be no more than 2-3 mm in diameter, may be visible in some cases.

Pancreas Grading in CT Imaging

Pancreatic grading in CT is primarily applied in the context of acute pancreatitis to assess the severity of the disease and identify complications.

1. Balthazar Grading System

This system categorizes the severity of pancreatitis into five grades (A to E) based on the appearance of the pancreas and the presence of fluid collections.

Grade	CT appearance	Significance
Grade A (Normal pancreas)	The pancreas appears normal with no signs of inflammation or swelling	Minimal likelihood of complications.
Grade B (Focal or diffuse enlargement of the pancreas)	The pancreas is swollen but has homogeneous parenchymal enhancement, with no peripancreatic Inflammation.	Mild acute pancreatitis with minimal risk of complications.
Grade C (Peripancreatic inflammation)	Pancreatic enlargement with mild peripancreatic inflammatory changes (e.g., fat stranding around the pancreas).	Moderate acute pancreatitis; risk of local or systemic complications increases.
Grade D (Single fluid collection)	In addition to pancreatic enlargement and peripancreatic inflammation, a single peripancreatic fluid collection is present.	Severe acute pancreatitis, higher risk of complications like pseudocysts.
Grade E (Two or more fluid collections and/or gas in or adjacent to the pancreas)	Extensive pancreatic inflammation with multiple peripancreatic fluid collections, or the presence of gas in or around the pancreas (suggesting infection or abscess).	Very severe acute pancreatitis, associated with a high risk of complications, including necrosis or infection.

2. CT Severity Index (CTSI)

The CT Severity Index (CTSI), also known as the Modified Balthazar Score, as developed to improve upon the Balthazar grading system by incorporating the extent of pancreatic necrosis along.

Balthazar Grade	Pancreatic Necrosis
Grade A- 0 points	No necrosis- 0 points
Grade B- 1 point	<30% necrosis- 2 points
Grade C- 2 points	30-50% necrosis- 4 points
Grade D- 3 points	>50% necrosis- 6 points
Grade E- 4 points	

CTSI **Scoring**

The CTSI score (0-10) indicates pancreatitis severity and risk of complications:

- **Mild (0-3):** Minimal inflammation, no necrosis; low complication risk.
- **Moderate (4-6):** Inflammation with necrosis or fluid collections; moderate risk.
- **Severe (7-10):** Significant necrosis, multiple fluid collections; high risk of systemic complications.

Dual-energy CT (DECT)

DECT improves pancreatic imaging by enhancing lesion detection, vascular involvement, and pancreatitis complications. It offers better contrast resolution, reduced artifacts, and detailed tissue characterization, supporting both diagnosis and treatment planning.

MRCP vs. CT

MRCP excels at visualizing ducts and is ideal for patients avoiding radiation. CT is superior for detecting solid masses, assessing pancreatitis, and trauma. These modalities often complement each other based on clinical needs.

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ENTREPRENEURSHIP SECTION

An Interview with Shem Onchuki: The Journey of an Imaging Entrepreneur



Mr. Shem Onchuki
Founder of Pioneer Radiology Centre.

Q: Could you tell us about your background and education?

A: I am the eldest of seven from a humble family; my father was a mason, and my mother, a small-scale farmer. Growing up, I helped with farm work while excelling in school, particularly in math and physics. This passion led me to pursue radiography, and after A-levels, I graduated from KMTC (formerly the College of Health Professions) in 1987 with a diploma in Diagnostic Radiography, ranking among the top three in my class.

Q: How did your career in radiology begin, and what challenges did you face?

A: I began at Homabay District Hospital in 1987, advancing to manage radiology at Kisii Teaching and Referral Hospital and serving as Kisii County's radiographer. In 2004, I joined KMTC's first ultrasound training for radiographers. Despite challenges, including workplace backlash and transfers, I gained vital hands-on experience under Dr. Kouko's mentorship at PGH Kisumu.

Q: What inspired you to pursue imaging entrepreneurship despite the difficulties?

A: Despite financial constraints, job security concerns, and fear of competing with senior colleagues, I saw a need for better imaging services, as government hospitals often lacked essentials like X-ray films and faced repair delays. Driven by a desire for professional freedom and quality, I courageously founded my own imaging center to provide reliable, high-standard services.

Q: How did you go about setting up your imaging center?

A: In 2001, I visited private imaging centers to gain insights. With a Sacco loan, I bought my first ultrasound machine and set it up in a friend's clinic. After initial challenges and relocations, I upgraded equipment in 2010 and launched Pioneer Radiology Centre in Kisii in 2012, offering X-ray, ultrasound, and ECG services. My next goal is to add a CT scan and MRI.

Q: What role did mentorship and networking play in your journey?

A: I had the privilege of learning from incredible mentors and colleagues. Senior radiographer Simon Mwihoti gave me valuable advice and guidance when I was starting. Dr. Kouko allowed me to practice at his facility, while Mr. John Nabiswa, another mentor, provided continuous support. I am also grateful to Dr. Miraya Odhiambo, who supervised my early ultrasound practice. Building these relationships was essential to my success. I am particulary grateful to Mr. Didakus Mochache for assisting me to get a new and modern ultrasound machine currently in use. Also, for giving me a chance to express myself in this book and many other mentors.

Most importantly, my wife, Dinah, was my rock—she took care of our family while I worked late hours and ran errands. Her support kept me going through the toughest times.

Q: What advice would you give to young medical professionals and aspiring entrepreneurs?

A: Starting a business in medical imaging is not easy due to the high costs, but it's achievable with focus and persistence. I encourage young professionals to use their time wisely, build strong connections, and grow steadily—there are no shortcuts to success. Always maintain professional integrity and keep learning. I have attended countless workshops, seminars, and conferences to stay ahead of industry trends. Success comes from continuously seeking knowledge and improving your craft.

Q: Any final thoughts or acknowledgments?

A: Success is not a solo journey. I owe much of my progress to the people who believed in me and supported me along the way. I appreciate mentors like Mr. Mwihoti, Dr. Kouko, and Mr. Nabiswa, as well as colleagues who encouraged me when I felt low. I am especially grateful to my wife, Dinah, whose unwavering support made all the difference. Finally, I want to emphasize the importance of reading—knowledge is power. I've built a personal library and make sure to attend conferences like RASCO to stay updated. Remember, your present situation is not your final destination. With dedication, you can achieve anything you set your mind to.

LEADERSHIP CORNER



***Richard Kipkemoi**, BSc. Rad, Dip. Rad, Diagnostic Ultrasound – Chief Radiographer, Nakuru Referral and Teaching Hospital*

Spotlight: Richard Kipkemoi

In this edition of *Wise Medic Star Magazine*, we feature Richard Kipkemoi, a radiographer with over 20 years of experience. At 44, Richard leads the radiology department at Nakuru Referral and Teaching Hospital, driving innovation and mentoring the next generation of radiographers.

Richard began his career with a diploma, later earning a degree in radiography from JKUAT. Currently, he is pursuing a Master's degree in Diagnostic Ultrasound at a university in Kampala, Uganda. His blend of practical experience and continuous learning has shaped him into an effective leader.

Managing both clinical and administrative roles, Richard emphasizes skill development and mentorship. "I aim to leave behind radiographers ready to excel in any environment," he shares.

However, his leadership is not without challenges. Inadequate staffing and limited access to advanced education are ongoing struggles. Richard calls on local institutions to introduce Master's programs, supporting radiographers' growth within Kenya.

Under Richard's leadership, Nakuru Referral and Teaching Hospital has become a trailblazer in radiology by adopting AI-assisted reporting. We are proud to be the first hospital in Kenya to integrate AI into radiology, he shares. However, Richard is quick to clarify that AI is not a replacement for radiographers. AI enhances the quality of our work. It helps clinicians interpret images more accurately and supports radiographers in delivering better care.

To keep the department at the forefront of technological advancements, Richard advocates for regular equipment upgrades. He is actively involved in decision-making processes, ensuring the hospital acquires high-end equipment that meets both patient and professional needs. Frequent maintenance and proper consultation are essential before purchasing new equipment, he adds.

Richard places a high priority on patient care and safety. It's essential that every radiographer in my team understands how to operate the equipment properly, he says. He ensures that every procedure room meets the required safety standards and that radiographers follow all necessary protocols to protect patients.
To foster professional growth, Richard encourages his team to attend conferences, CMEs (Continuing Medical Education), and workshops. Staying updated with industry trends is essential to delivering the best care, he emphasizes. What vision does he have and the legacy is he looking to live behind?

Looking ahead, Richard's vision is to make Nakuru Referral and Teaching Hospital a role model in patient care and radiology excellence. On a broader scale, he hopes to see master's programs in radiography introduced in Kenyan institutions. SORK (Society of Radiography in Kenya) and other stakeholders must push for this change, he says. He also advocates for the eradication of quackery in the field, urging the Radiation Protection Board to ensure only qualified professionals practice radiography. Additionally, he calls on radiology equipment suppliers to play a role in training professionals on new technologies to keep the field moving forward.

Outside of work, Richard enjoys farming and finds relaxation in playing the guitar. He also teaches pathology as a part-time lecturer, sharing his knowledge and inspiring future healthcare professionals.

To those considering a career in radiography, Richard offers practical advice: "Radiography is a great profession, but it requires dedication and hard work. You need to read widely, see a lot of images, and never stop learning. A smart radiographer consults and strives to be the best.

Richard Kipkemoi's leadership journey reflects not only his passion for radiography but also his commitment to advancing the profession. Through his dedication to patient care, innovation, and education, Richard is setting an example for
radiographers across Kenya. His vision of excellence and growth serves as an inspiration, reminding us that with the right mindset, we can transform challenges into opportunities.

Lecturer of The Month

Meet Damaris Kobina, a passionate educator and seasoned radiology professional. She holds a higher diploma in echocardiography from KMTC Nairobi, a degree in radiology, and a master's degree in medical education. Since graduating in 1997, Damaris has risen through the ranks and currently serves as the Head of the Radiology Department at KMTC Eldoret Campus.

When we asked what inspired her to pursue radiology and later transition into teaching, Damaris humbly says, "I believe it's God's plan, combined with passion and the desire to help others become better. Mentoring the younger generation is very fulfilling."

For Damaris, her role is not just about academics, it's about shaping well-rounded professionals. "I ensure my students are both mentally and practically prepared by instilling discipline and being both a teacher and a mother to them. I build bonds with my students, and when someone isn't okay, I go beyond books to ensure they're doing well emotionally." She believes that creating a supportive environment makes learning easier and more meaningful.

Managing deadlines, pressures from management, and the demands of her position are no small feat. However, Damaris has mastered the art of planning and organization. She says, "I plan myself accordingly to meet all targets and stay on top of responsibilities," she shares confidently.

In today's fast evolving medical field, staying up-to-date with technology is essential. Damaris acknowledges that being in an academic environment gives her access to the latest information and opportunities to network. She also ensures that her students benefit from advancements by regular curriculum reviews. "I attend CMEs (Continuing Medical Education) and our headquarter work with stakeholders to integrate new technologies within the curriculum," she explains.



Damaris Kobina

Masters Holder in Medical Education

Head of Radiology, KMTC, Eldoret Campus.

Damaris recalls one of her most cherished moments in her career: "When my students scored 100% twice, KMTC rewarded me with a trip to Mombasa. It was a proud moment that affirmed my work as a teacher and mentor."

Her advice to young lecturers? "Teaching is like parenting, sometimes you have to be strict, other times friendly. The key is to instill confidence in your students and build a relationship with them so you can understand their needs better."

Damaris appreciates the love and unity among radiographers, she especially loves how selfless radiographers are. She urges the fraternity to keep the fire burning and to keep supporting each other.

Through dedication and care, Damaris Kobina has not only excelled in her field but has also become a beacon of inspiration for the next generation of healthcare professionals. She appreciates the love and unity among radiographers, she especially loves how selfless radiographers are. She urges the fraternity to keep the fire burning and to keep supporting each other.

Diaspora Segment



Mr. Nyachienga Ongaga Tito, Senior Radiographer and Diagnostic Imaging Specialist



BEYOND THE BOARDERS
The Radiographer's Path: Choices, Challenges, and a Dash of Humor

In this edition, Wise Medic Star connects with Nyachienga Ongaga Tito, a Botswana-based radiographer. His vibrant personality and easy humor illuminate a journey filled with choices, sacrifices, and meaningful moments.

Weighing Choices, Making Moves
We asked Tito what inspired him to pursue radiography and what keeps him motivated. "Radiography is full of opportunities," he reflects. "But to get anywhere, you have to weigh the pros and cons and be ready to compromise." Having navigated various career hurdles, Tito knows success requires careful planning. "It's not just about passion—you need to meet job market demands, whether locally or overseas, with the right qualifications and paperwork."

When the X-rays Are Done, What's Next?
Outside work, Tito unwinds with a mix of wanderlust and humor. "I love traveling—it resets my mind," he says with a grin. But he also enjoys staying in with a good book or movie. "And I sing too—though, if my life depended on it, I probably wouldn't make it!"

Words to Live By
As we wrapped up, he shared his favorite scripture: "The steadfast love of the Lord never ceases... they are new every morning" (Lamentations 3:22-23). "Life doesn't always go as planned," he said calmly, "but each morning offers a new chance. Be patient, think things through, and trust the process."

Tito's story reminds us that being a radiographer isn't just about mastering machines—it's about mastering life, one decision at a time. As we near the end of our chat, we asked if he has any advice to share with our readers—something from the heart, whether related to radiography or life in general.

After thoughtfully pausing he quoted his favorite scripture:

"Lamentations 3:22-23 - The steadfast love of the Lord never ceases; His mercies never come to an end; they are new every morning; great is Your faithfulness."

Leaning back, his voice calm and rreassuring. "Life will always throw decisions your way, and things don't always go as planned. But that's okay. Every morning gives you a new chance. Just be patient with yourself, make decisions carefully, and trust the process."

Final Thoughts

There was something deeply grounding about our conversation with Mr. Nyachienga.

His story is a reminder that being a radiographer isn't just about mastering machines, it's about mastering the art of living. His journey is filled with choices, compromises, and the wisdom to take life one day at a time.

So, the next time you find yourself at a crossroads whether professionally or personally remember this radiographer's advice: Sit yourself down, think it through, and know that even if things don't work out perfectly, tomorrow is another day. And if you ever catch him on his day off, maybe, just maybe, he'll serenade you with a tune. It might not be perfect but it will definitely be worth the laugh.

VOICE FROM RETIREMENT:

Reflections from **Dr. Solomon Kilaha** A Trailblazer in Radiography



Dr. Solomon Kilaha,
| PhD (Medical Education, Moi University)
| MSc (Medical Education, University of Dundee)
| HDip (Medical Education, KMTC)
| DipCR (College of Radiographers, London)

Dr. Solomon Kilaha, now sixty-seven and three years into retirement, shares his inspiring journey in radiography, which spans over four decades. Born in Vihiga County, and later on migrated to Nandi County, Dr. Kilaha is grateful to God for sustained good health and a smooth journey into retirement, after forty-one fulfilling years at the Kenya Medical Training College (KMTC). He is most humbled for the recognition of being the first radiographer to obtain a PhD in Medical Education in East Africa and expresses gratitude to God for this significant achievement.

He is also thankful for the opportunities to serve three terms as the Hon. Secretary in the then Kenya Association of Radiographers (KAR), and the now Society of Radiography in Kenya (SORK) in various capacities, including; Convener RASCO scientific committee, Member of PEDRC committee, Member SORK Electoral Board, Member Radiographers' Bill, Convenor Awards Committee, and now Convenor Scientific Committee. He has merited and received several Awards and Commendations by SORK for his exemplary performance.

Dr. Kilaha's path to radiography was marked by challenges. After excelling in EACE with a first division at Friends' School Kamusinga in 1977, his calling letter to continue with Advanced Level at Lenana High School was received much later during the term dates. Undeterred, he joined, in 1978, KMTC Nairobi, the only college for training of radiographers in Kenya at that time. He completed an intensive three-year radiography training program and sat for the United Kingdom-based examination in March 1981 and graduated the same year with a Diploma of the College of Radiographers (London). Dr Kilaha began his diagnostic radiography career at the Provincial General Hospital in Kisumu, where, in his first year of work, he was quickly made the in charge of weekly duty rotter allocation.

Education has been a cornerstone of Dr. Kilaha's career. While teaching in the Department of Radiography, he pursued a Higher Diploma in Medical Education in, which earned him a Higher Diploma in Medical Education in 1992. He merited and earned a scholarship to study for a two-year Post graduate degree program with Dundee University – Scotland, which earned him a Masters' Degree in Medical Education in 2001. In 1916, he enrolled for doctoral studies with Moi University, which earned him a PhD in Medical Education. His academic scholarly contributions to the health training fraternity is the pivotal role he played in reviewing and innovating the curriculum for radiography training into the first ever Competency-Based Curriculum. The ripple effect of this innovation in radiography resulted subsequent review of all the eighteen health professional curricula in Kenya Medical Training College through the guidance of Dr Kilaha.

Dr Kilaha has equally served in various leadership roles during his working life at the KMTC, among them, Lecturer in the Department of Radiography – Nairobi Campus, Head of Department of Medical Education – Nairobi Campus, Head of Department of Radiography – Nyeri Campus, and Deputy Registrar In-charge of Curriculum – KMTC Headquarters where he took of chargeship/overseeing curriculum processes across the seventy-three campuses then.

Throughout his career, Dr. Kilaha has witnessed significant advancements in radiography. He recalls performing, with passion, complex procedures like carotid angiography, hystero-salpingography, pneumo-encephalography, percutaneous trans-hepatic angiography, retrograde pyelography, hypocycloidal and linear movement tomogram unit, base of skull views, special angulation of both the patient and x-ray tube to obtain the internal auditory canal, just to mention a few. Imaging technology has tremendously transitioned to a more digitized world of imaging that incorporates Artificial Intelligence (AI). Despite technological changes, Dr Kilaha asserts that "AI will never replace radiographers, especially in terms of empathy, attitude and the value of radiographer- patient interaction.

Dr. Kilaha cherishes the greater efforts of great men and women who overwhelmingly support the development and reviews of Kenya's health professions' competency-based curricula including the envisaged many facets in radiography training; medical, therapy, forensic, veterinary and industrial.

Since retiring in 2022, he has remained active in consultancies, focusing mainly on training, research, and curriculum processes. He is currently leading the training needs assessment (TNA), desk review, development of short courses and review/innovation of six pre-service curricula in Government and Faith Based Organizations in the Denmark-Kenyan Partnership for Education of Health Professions (PEP) Project.

Dr. Kilaha advises aspiring radiographers to embrace the profession with dedication and intellect. "Radiography and imaging is a noble profession that demands of you total and ultimate commitment to utilization of the competencies your well learned during training. Enjoy the practice and cherish the journey ahead of you in pursuit of excellence," he encourages. He also emphasizes the importance of complying with The Radiography Act of 2023, urging all radiographers to join SORK and actively contribute to the profession's growth other than focusing on the benefits that comes with joining the society.

He looks forward to an era in radiography where the government and the regulatory bodies will be able to reach out to all facilities offering radiography and imaging services to ensure professionalism and excellence. As a parting short "Indeed, Radiography is a noble profession to jealously guard. With the Radiographers' Act in place, the regulation of training and practice is all we need to scale up professional heights and uphold professional standards for purposes of the professions' growth" concludes Dr Kilaha.

The HIGHER DIPLOMA IN MRI AND CT FIRST INTAKE HAPPENS IN KMTC.

The profession of radiography is evolving so fast as you may imagine

This has seen tremendous growth in radiography training within the country. In a milestone development, the first class on MRI and CT higher diploma has commenced earnestly in KENYA MEDICAL TRAINING COLLEGE

NAIROBI.

The aim of the two courses commencing is to enhance radiography training and bolster knowledge in CT scan and MRI techniques so that students can realize competency in diagnosis.

This will see radiographers develop two new specialties in professional practice. One being in CT scan and another being in MRI. The course shall take two years of training to graduate with diploma in CT or MRI radiography profession.

Lauding the achievement, the head of faculty, Mr Ichelai, has urged young radiographers in the country to take advantage of this development and apply for admission. He envisages that this will position radiography training for the Kenyan market and globally.

By the time A Wise Medic Star magazine went on air admission for the two courses was Ongoing and the department hoped to realize a reasonable course uptake for the first cohort. Training commences immediately and the faculty hopes for demand in course uptake in subsequent years.

MEDICAL TRAINING COLLEGE
KENYA
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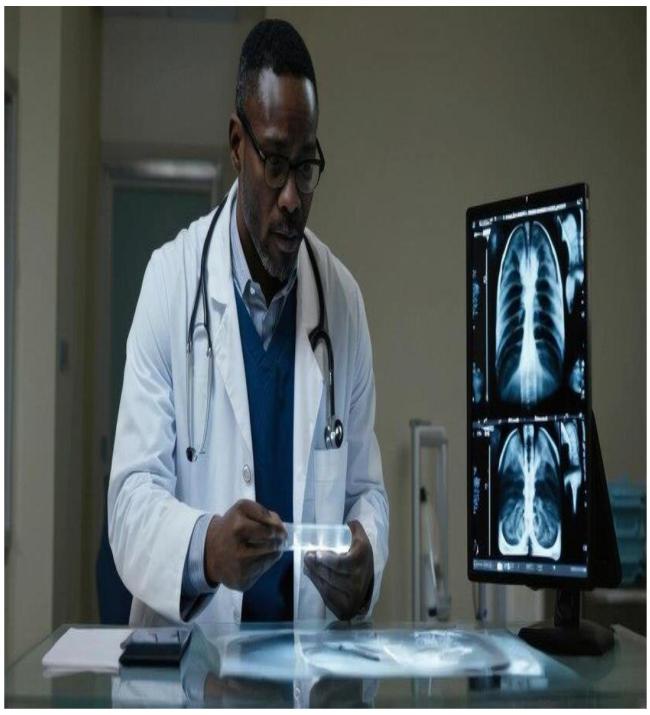

TECHNOLOGY CORNER

Technology Advancement in Africa: Transforming Radiology and Creating Opportunities

Technology is reshaping radiology across Africa, addressing longstanding challenges and unlocking new healthcare possibilities. Portable devices, like mobile X-ray and ultrasound machines, now bring essential diagnostic services to remote areas, reducing the need for long patient journeys. Teleradiology has grown rapidly, enabling radiologists to interpret images from anywhere, facilitating faster diagnoses and better clinical decisions through global collaboration.

Digital transformation is also taking hold, with Picture Archiving and Communication Systems (PACS) streamlining the storage and sharing of medical images. Cloud-based systems ensure easy access to patient records, fostering consultations between specialists across facilities. Advances in radiotherapy, particularly with linear accelerators (LINACs), offer precise cancer treatments that minimize damage to healthy tissues, greatly improving patient outcomes.

Low-cost innovations are providing solutions for resource-limited regions. Portable X-ray and ultrasound machines, along with solar-powered imaging equipment, are proving essential in rural areas where infrastructure is limited. In addition, training initiatives are helping radiologists and radiographers stay up-to-date. E-learning platforms, workshops, and collaborations with international partners offer access to advanced techniques and tools, ensuring the continued development of expertise in the field.

Technology is transforming African radiology by expanding access to diagnostic tools, improving accuracy with AI, and enabling remote consultations. Though challenges like cost and infrastructure remain, the potential for continued progress is immense. Ongoing collaboration between African healthcare institutions and international partners will be crucial in ensuring these advancements reach the communities that need them the most.



By Sixtus Okuku Owire

Radiographer/Cardiac Sonographer, German Medical Centre, Machakos

KMTC DEVELOPS MRI/CT CURRICULUM







In the week running from October 14th to Friday 18th 2024. Kenya Medical Training College lecturers in the department of radiography and imaging together with prominent stakeholders in the radiography profession gathered in the city of Nakuru to develop higher diploma in CT and MRI curriculum.

Among the stakeholder's present was Mr. Martin Kamanda, the radiology manager and chief radiographer at Nairobi Hospital. Society of radiography in Kenya (SORK) was also represented by madam Nancy Chepkwony, the Head of Radiography and Imaging at KMTC Nakuru.

Representing the medical education fraternity was Dr. Franklin Lewa. Kenyatta National Hospital was represented by Mr. Eric Sunera and madam Winnie who were very active in MRI curriculum development. The exercise was organized and coordinated by the head of faculty of radiography and imaging Mr. Ichelai Alex.

In his closing remarks Mr. Ichelai reiterated the need to strengthen curriculum in radiography training in the country so as to meet the global standards of professional market place requirements so as to position Kenyan radiographers for the international radiography.

SORK CALENDAR

MONTH	ACTIVITY	TARGET GROUP	BUDGET (USD)	VENUE	SPONSOR
2024					
OCTOBER	CT/MRI CME/WORKSHOP	INTERESTED RADIOGRAPHERS	3,500	NAIROBI CITY (KENYATTA NATIONAL HOSP)	SORK/WILLING SPONSOR IN SORK SPC
OCTOBER	ULTRASOUND CME/WORKSHOP	INTERESTED RADIOGRAPHERS	2,500	BUSIA TOWN - HYBRID (ONLINE & ONSITE)	SORK/WILLING SPONSOR IN SORK SPC
NOVEMBER	WORLD RADIOGRAPHY DAY (WRD) 2024 CELEBRATIONS	RADIOGRAPHERS AND RADIOGRAPHY STUDENTS	6,000	KMTC NYERI - (ONSITE)	SOR & KMTC/WILLING SPONSOR IN SORK SPC
	WORLD RADIOGRAPHY DAY (WRD) 2024 CSR/FREE MEDICAL CAMP	RADIOGRAPHERS & RADIOGRAPHY STUDENTS & PATIENTS	8,000	TO BE CONFIRMED - (ONSITE)	SORK/WILLING SPONSOR IN SORK SPC
DECEMBER	SORK END YEAR DINNER	ALL INTERESTED RADIOGRAPHERS	5,000	NAIROBI CITY - (ONSITE)	SORK MEMBERS/WILLING SPONSOR IN SORK SPC
	SYMPOSIUM	ALL INTERESTED RADIOGRAPHERS	7,000	NAIROBI	SORK
	CONSULTATIVE FORUM	ALL INTERESTED RADIOGRAPHERS	AS PER SORK CONSTITUTION		
2025					
JANUARY	RADIOGRAPHERS NEW YEAR (2025) PRAYERS	ALL INTERESTED RADIOGRAPHERS	2,000	ONLINE	SORK
FEBRUARY	CT/MRI CME/WORKSHOP	ALL INTERESTED RADIOGRAPHERS	5,000	MOMBASA CITY - HYBRID (ONLINE & ONSITE)	SORK/WILLING SPONSOR IN SORK SPC
MARCH	SORK ANNUAL GENERAL MEETING	SORK MEMBER IN GOOD STANDING	5,000	NAIROBI CITY - HYBRID (ONLINE & ONSITE)	SORK/WILLING SPONSOR IN SORK SPC
APRIL	RADIOTHERAPY AND DOSIMETRY	ALL INTERESTED RADIOGRAPHERS	5,000	NAIROBI - HYBRID (ONLINE & ONSITE)	SORK/WILLING SPONSOR IN SORK SPC
APRIL	FORENSIC RADIOGRAPHY	ALL INTERESTED RADIOGRAPHERS	5,000	VENUES: TBC - HYBRID	SORK/WILLING SPONSOR IN SORK SPC
MAY	ULTRASOUND CME/WORKSHOP	ALL INTERESTED RADIOGRAPHERS	5,000	KISII TOWN - HYBRID (ONLINE & ONSITE)	SORK/WILLING SPONSOR IN SORK SPC
MAY	VETERINARY RADIOGRAPHY	ALL INTERESTED RADIOGRAPHERS	5,000	VENUE: TBC - HYBRID	SORK/WILLING SPONSOR IN SORK SPC
JUNE	CONSULTATIVE FORUM	AS PER SORK CONSTITUTION	7,000	NAIROBI	SORK
JULY	CT SCAN CME/WORKSHOP	ALL INTERESTED RADIOGRAPHERS	5,000	KAKAMEGA TOWN - HYBRID (ONLINE & ONSITE)	SORK/WILLING SPONSOR IN SORK SPC
AUGUST	THERAPY & NUCLEAR MEDICINE WORKSHOP	ALL INTERESTED RADIOGRAPHERS	5,000	NAIROBI CITY - HYBRID (ONLINE & ONSITE)	SORK/WILLING SPONSOR IN SORK SPC
AUGUST	INDUSTRIAL RADIOGRAPHY	ALL INTERESTED RADIOGRAPHERS	5,000	VENUES: TBC - HYBRID	SORK/WILLING SPONSOR IN SORK SPC
SEPTEMBER	CT/MRI CME/WORKSHOP	ALL RADIOGRAPHERS	5,000	ELDORET - HYBRID (ONLINE & ONSITE)	SORK WILLING SPONSOR IN SORK SPC
SEPTEMBER	PACORI	ALL INTERESTED RADIOGRAPHERS	150,000	INTERNATIONAL CONFERENCE	WILLING SPONSORS
OCTOBER	ULTRASOUND CME/WORKSHOP	ALL INTERESTED RADIOGRAPHERS	5,000	NAKURU TOWN - HYBRID (ONLINE & ONSITE)	SORK/WILLING SPONSOR IN SORK SPC
NOVEMBER	WORLD RADIOGRAPHY DAY (WRD) 2024 CELEBRATIONS	RADIOGRAPHERS AND RADIOGRAPHY STUDENTS	6,000	KMTC KAPKATET - (ONSITE)	SORK & KMTC/WILLING SPONSOR IN SORK SPC
	WORLD RADIOGRAPHY DAY (WRD) 2025 CSR/FREE MEDICAL CAMP	RADIOGRAPHERS & RADIOGRAPHY STUDENTS & PATIENTS	8,000	TO BE CONFIRMED - (ONSITE)	SORK/WILLING SPONSOR IN SORK SPC
DECEMBER	SORK END YEAR DINNER	ALL INTERESTED RADIOGRAPHERS	6,000	NAIROBI CITY - (ONSITE)	SORK
	SYMPOSIUM	ALL INTERESTED RADIOGRAPHERS	2,000	ONLINE	SORK
	CONSULTATIVE FORUM	ALL INTERESTED RADIOGRAPHERS	7,000	NAIROBI	SORK

Serializing

A Wise Medic

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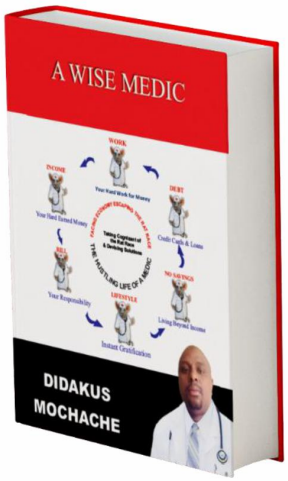

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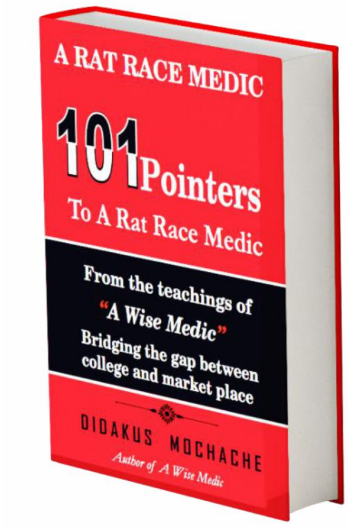


THE MAGIC OF PATIENCE

In the world of business, patience isn't just a virtue—it's a necessity. Just as the body relies on a network of arteries to deliver blood to vital organs, your financial aspirations should be sustained by multiple streams of income. Relying on a single source, much like a single artery, is risky and often insufficient. When you embark on a business venture, especially as a medic, understand that success is not immediate. It requires time, dedication, and, most importantly, patience.

Starting a business is rarely a smooth journey. You'll face obstacles and setbacks that might tempt you to give up, but this is where patience becomes your greatest ally. It's about understanding that growth takes time. Just as a seed needs to be nurtured before it becomes a tree, your business requires consistent effort and time to flourish.

Moreover, patience extends beyond just waiting for profits. It involves being patient with the people around you, particularly your family. They might not always understand your vision, and they may feel the strain of financial sacrifices made during the early stages of your business. However, your patience with them, and with the process, will eventually yield rewards. Remember, a wise medic knows that success isn't just about immediate gains. It's about the long-term rewards that come from

STUDENT CORNER







It was an event full of merry and characterized by celebration mood. this was during the echocardiography students course completion party. On Friday 6th September the eight echocardiography students gathered at Kenya Medical Training College headquarters radiography office for this party. This cohort consisted of 8 students from various parts of Kenya successfully going through this program among them two clinical officers.

Gracing the occasion was Dr. Auka a radiologist and lecturer at KMTC Nairobi Radiography and Imaging department. In his speech Doctor Auka urged the students to spread the roots through mentoring other professionals willing to participate in echocardiography training. He urged them not to be selfish with sharing knowledge attained through the echocardiography training.

The echocardiography course is undertaken in KMTC Nairobi and takes a duration of 6 months to attain a certificate in echocardiography. The course attracts tuition fees of KSH 150,000. Intake is twice a year in the month of March and September.
Also, in attendance was Mr. Didakus Mochache a lecturer and author who awarded every student a free copy of A Wise Medic Star magazine and a copy of his book A Wise Medic book.

Mr Towett a lecturer in radiotherapy course was also present to encourage the echocardiography team.

A Wise Medic Star magazine encourages young radiographers to consider taking up this course in order to advance skills in their ultrasound practice. The following were members who successfully completed the course.

Brian Kariuki Mbugua is affiliated with Mbagathi Hospital, while Ondieki Rocky Venter works at AAR. Fransis Machecha Thiongo serves at Murang'a County Hospital, and Joseph Ombasa Onyancha is associated with Forces Memorial Hospital. Benton Kimwetich Yatich is at Kabarnet Level 5 Hospital, and Lewis Kipleting is part of Chesongoch Hospital. Margret Gachie Woki is connected to Nyeri County Hospital, and Fredrick Muteti works at Lifecare Hospital Kikuyu. Together, these professionals contribute significantly to the healthcare landscape across various institutions in Kenya.

All grandaunts poured intense praise to their teacher Madam Carol Chepkemoi who was also present for being consistent and of great help during the entire period of their studies.

CLASSMATE SEARCH CORNER

We shine a spotlight on a heartfelt classmate search. Kemboi Isaac is on the lookout for his long-lost friend and former classmate, **Japet Kiprono**, hoping to reconnect and reminisce about their time together.

The two were enrolled in the **Medical Imaging program** at the **Kenya Medical Training College (KMTC) Nairobi Campus**, class of **2016**. Their shared journey through the demanding coursework and practical sessions left behind cherished memories and lifelong friendships. Unfortunately, as the years passed, life took them on different paths, and Isaac lost contact with Japet.

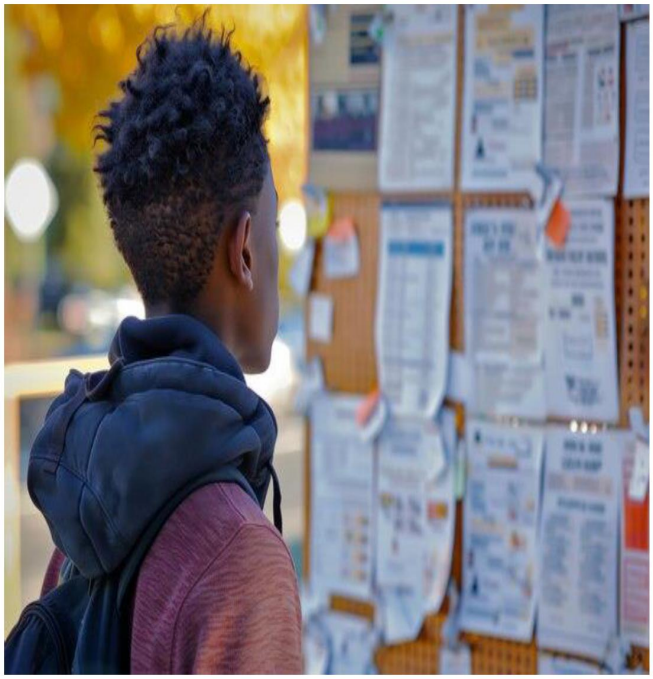
If you know the whereabouts of Japet Kiprono or have seen him recently, Isaac would love to reconnect. Whether it's just to catch up, exchange career stories, or revive old friendships, this reunion would mean the world to him.

Let's help make this reunion possible! If you have any information, kindly reach out and spread the word. After all, friendships forged in radiography school are connections worth keeping.

Seen Japet Kiprono? Reach out today and help bring two classmates back together!

Have you seen Japet Kiprono?

Talk to A Wise Medic Star Magazine through our sponsor, Radmed Connect Limited on *radmedconnectltd@gmail.com*





We invite our readers to submit their burning questions for our panel of experienced experts to provide you with answers and insights.

How to participate: Submit your answers or topic suggestions related to Radiography or healthcare by emailing us on radmedconnectlimited@gmail.com ,be sure to include your name . Selected questions and answered will be featured in our next issue



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TRIVIA QUESTION

Can You Answer It?

What is the primary purpose of using contrast agents in imaging studies?

Prize Giveaway

Participate in A Wise Medic Star Trivia Question and stand a chance to Win prizes.

To participate in the competition, send your answer and mobile number to

info@radmed.co.ke

WITH A PICTURE OF YOU HOLDING THE MAGAZINE

A Wise Medic Star is proud to congratulate Richard Muthee for winning the previous competition. The correct answer was Ultra Sound.



To participate in Nov-Dec Trivia Question, please follow all instructions to the letter to win.

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A Kenyan Radiographers Insight Magazine



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