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HUBERT KAIRUKI MEMORIAL UNIVERSITY

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FOUNDER'S DAY

On 6 February 2019, Hubert Kairuki Memorial University and the Kairuki Hospital celebrated the Twentieth Anniversary of the death of the founder of Kairuki Health and Education Network (KHEN), the late Prof. Hubert Clemence Mwombeki Kairuki. Kairuki Health and Education Network incorporates Hubert Kairuki Memorial University, Kairuki Hospital

and the Kairuki School of Nursing. This network was established for the purpose of providing health and education services.

Since his death in 1999, Kairuki Health and Education Network has been commemorating this day with a series of planned events that bring together students, staff and other stakeholders.



Presentation on going during the 10th Hubert Kairuki Memorial Lecture marking the 20th Anniversary of the passing of the late Prof. Hubert C.M Kairuki.

During the founder's celebrations of this year, the following activities were done to mark the day. These activities included free medical examinations at Mbagala Kiburugwa that were held for three consecutive days from 4-6 February 2019. As part of the medical examination there was breast cancer screening and counselling, HIV testing, TB

screening, BMI measurements and blood pressure checking. All these were provided free of charge to the Community.

The climax of the celebrations on 6 February 2019 was marked by the delivery of the Tenth Hubert Kairuki Memorial Lecture by HKMU Alumni. During the Public

lecture, the following papers were presented:

- ❖ A rare epithelioid sarcoma of the jaw mimicking pleomorphic rhabdomyosarcoma: case report and literature review.
- ❖ Prevalence and factors associated with anxiety and depression among women diagnosed with breast cancer at Ocean Road Hospital and

Telemedicine in Tanzania.

- ❖ Telemedicine in Tanzania

The lecture was attended by invitees from around Dar es Salaam in different areas of expertise to mention a few; Health, Education, Business, Finance, Agriculture, Politics and others.



A guest airing his views during discussion session at the 10th Hubert Kairuki Memorial Lecture.

The founder's Day was also honoured by staff from Hubert Kairuki Memorial University and Kairuki Hospital and students by participating in academic and sports competitions held at the university campus.

Other activities included presentations of trophies to presenters, award giving to best students in the academic competitions and winners in the sports competitions.



The management of Hubert Kairuki Memorial University presenting awards to best students in the academic competitions during the 20th Anniversary of the passing of the late Prof. Hubert C.M Kairuki.



The management of Hubert Kairuki Memorial University presenting awards to winners of sports competitions during the 20th Anniversary of the passing of the late Prof. Hubert C.M Kairuki.

HIGHLIGHTS FROM THE PSYCHOSOCIAL WELLNESS CENTRE

The Psychological wellness centre at the Hubert Kairuki Memorial University in collaboration with Kairuki Hospital Care and Treatment Centre runs a support group for youth born with HIV. The purpose of this program is to give the targeted group an opportunity to share experiences, reduce stigma and discrimination. The program also focuses on enhancing them with coping skills and encouraging adherence to treatment.

The centre meets with the group members every month as they come for treatment at the Kairuki Hospital. The support group for people living with HIV (PLHIV) has been integrated into care and treatment programmes as a means for increasing patient literacy and intervention to address the psychosocial needs of patients.

Furthermore, the members in the group network through various platforms such as WhatsApp where information about HIV and AIDS is shared and group concerns are extensively and confidentially discussed.

The centre also offers an opportunity for the members in the groups to request for counselling sessions with facilitators, if there are personal issues that need to be resolved and also if there is immediate attention from facilitators to group members.

The program is offering a platform where a lot of information about HIV is provided and shared from a range of health professionals, people living with HIV and social workers.

Student's Initiative – 'Afya yangu' Film



A clip from 'Afya Yangu' film showing an expectant woman in labour being taken to the hospital on a bicycle.

'AFYA YANGU' is a film produced by students from Hubert Kairuki Memorial University in collaboration with the Community Health Education Group (COEG). The group was established in June 2017 and registered with the National Arts Council (BASATA) under section 2323 of 1984.

The aim of producing 'Afya yangu' is to show the challenges faced by expecting women in rural areas including long distances to health facilities, poor infrastructure, poor health practices and consequences of teenage pregnancies. The genre is to educate the community on what is happening and also show what should be done to improve the situation.



A clip from 'Afya Yangu' showing the influence of cultural practices in the community.

The film also portrays the role of parents in the overall growth and development of a child including physical, emotional and psychological states. Controversial issues like teenage pregnancies and unsafe abortions

could be avoided if parents and the community played their part in raising children well. The movie goes on unveiling the effects of illicit acts that are shunned from the public.



A clip from 'Afya yangu' showing a health practitioner and relatives attending a patient.

'Afya yangu' officially launched on February 2019, was set at Kairuki Hospital. The launching was attended by government officials, Hubert Kairuki Memorial University Leaders, Representatives from Kairuki Hospital, HKMU Student Association, Community Health Education Group (COEG) and several artists from Dar es Salaam.

EVENT IN PICTURES

HKMU students under supervision of the university management organised a continuous medical education session themed, "Controlling uncontrolled growth", screening and management of cervical, breast and prostate cancer.



A group picture of staff and students during the continuous medical education session at the University Campus.



HKMU student presenting a topic during the "Controlling uncontrolled growth" continuous medical education session.



A HKMU student demonstrating breast cancer screening during the continuous medical education session on screening and management of cervical, breast and prostate cancer.



An instructor demonstrating on cancer screening during the continuous medical education session.



HKMU students demonstrating on cancer screening to attendees during the continuous medical education session.



HUBERT KAIRUKI MEMORIAL UNIVERSITY

70 Chwaku Street, Regent Estate, Mikocheni | P.O.Box 65300, Dar es Salaam, Tanzania.

Telephone: +255 22 2700021/4 | Fax: +255 22 2700017/2775591,

Email: info@hkmu.ac.tz | Web: www.hkmu.ac.tz