

Wellness Program

The Karen Hospital offers a comprehensive wellness program that combines a friendly schedule where you get to choose the best time for your appointments, a serene environment with a relaxed ambience and the state of the art technology. We also provide you with specialist consultant doctors and nurses who conduct your wellness check-up with the utmost professionalism and confidentiality.

A wellness check-up provides a 'snapshot' of the functioning of your body. Understanding what goes on in your body is essential for us to help you reduce the chances of medical conditions arising without any warning signs or symptoms. The program will help you to manage your work, leisure and lifestyle better and therefore look forward to years of good health.

Day Surgery

The Day Surgery unit at The Karen Hospital is a fully integrated unit that offers clients pre and post operative care. This unit caters for all patients who require minor surgeries and do not need admission into the wards. Patients are operated on, observed until well enough to go home.

Wound Care

The Wound Care Centre at The Karen Hospital is a centre of excellence for wound management. This is the only centre that offers comprehensive wound management manned by a specialized medical team. Our highly qualified team is able to assess the wound and choose the right treatment plan for you. Your journey with us shall then begin and we promise to hold your hand through it all.

Key Procedures

- Removal of ingrown toe nail
- Removal of lump in the breast
- Excision of Lipoma
- Post surgery dressing
- Suturing
- Removal of Ganglion
- Circumcision

Some of the wounds we treat

- Diabetic Wounds
- Venous Ulcers
- Arterial Ulcers
- Burns
- Trauma Wounds
- Chronic Wounds
- Pressure Sores
- Irradiated Wounds

Dental Services

The Karen Hospital offers the opportunity for general dental care by a dentist. After the initial consultation our resident dentists will inform you of the relevant treatment that you will need. Our state-of-the-art dental equipment, up-to-date techniques and materials ensure that we provide our clients with best dental services.

Key Procedures

- Preventive, Curative and Restorative dental services
- Paediatric Dental Treatment
- Fillings
- Root Canals
- Full Mouth Scaling
- Extractions

Imaging Services

The Karen Hospital has the state-of-the-art imaging department with a 3 Tesla Digital MRI and 128 Slice CT Scan in addition to Duo diagnostic for X-ray for general x-ray and fluoroscopy, X-ray, mammogram, ultrasound and OPG machines. The department is manned by highly specialized and experienced imaging specialists (radiologists) and radiographers.



Consultant Clinics

The Karen Hospital multispecialists clinics run six days a week by appointment. These clinics ensure continuity of care for our esteemed clients who can access all types of specialists under our roof. We make it easier for the patient by bringing the doctors to run specialty clinics in The Karen Hospital in a time share consulting rooms. External consultants travel to the hospital to provide the services as well as to carry out any diagnostic or treatment modality within the hospital.

The Karen Hospital has the following clinics

ENT

Monday at 10am, Wednesday at 8 am
Thursday at 12.30pm, Friday at 8am

Physician

Monday - Saturday at 9am

Chest Specialist

Wednesday at 2pm

Reconstructive, Plastic And Cosmetic Surgeon

Friday at 3pm

Dermatology

Every alternate Wednesdays at 2pm
Thursday at 3pm

Nephrology

Thursday at 9am

Gastroenterologist

Tuesday at 10am and 2pm
Wednesday at 9am, Thursday at 10am

General Surgeon

Tuesday at 10am and 2pm, Wednesday at 9am, Thursday at 10am, Saturday at 9am
Friday at 8am

Orthopedic Surgeon

Monday at 3pm, Tuesday at 11am,
Wednesday at 10am, Saturday at 9am

Urology

Friday at 2pm, Monday at 3pm

Maxillofacial

Thursday at 2pm, Monday at 2pm

Obstetrics and Gynaecology

Monday, Wednesday and Friday from 8am
Tuesday at 9am, Thursday at 8am and at 2pm, Friday at 3pm, Saturday at 9am

Ophthalmologist

Tuesday at 3pm

Dental

Monday - Saturday from 8am.
Saturday the dental clinic runs until 1pm

Rheumatologist

Friday at 10am

Neurologist

Thursday at 2pm

Hematologist

Wednesday at 2pm

Endocrinologist

Tuesday at 8am

Cardiology

Monday - Saturday from 8am. On
Saturday the clinic runs until 1pm

Nutrition

Monday - Saturday from 8am. On
Saturday the clinic runs until 1pm

Paediatric clinic

Monday - Saturday from 8am

Comprehensive Care Clinic

Monday - Saturday from 8am



www.karenhospital.org

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Cardiac Services | General Surgery
Orthopaedic and Spine | Gastroenterology
ENT | Paediatrics | Urology and Renal Care
Obstetrics and Gynaecology | Package Services
Plastic and Cosmetic Surgery | Surgical Oncology
Wellness Program | Day Surgery | Wound Care
Dental Services | Imaging Services
Consultant Clinics

About The Karen Hospital

The Karen Hospital is a multi-specialty healthcare facility providing emergency and critical care, acute medical and surgical services, diagnostics, rehabilitation, mental health, palliative care as well as undertaking research and educating the next generation of healthcare professionals.

The Karen Hospital strives never to lose sight of what makes our service unique. We understand that each patient is an individual with their own hopes and fears. We acknowledge the whole person, not just their illness. The essence of The Karen Hospital lies in our approach to bringing quality healthcare to our people hence establishing eight Satellite centers in different parts of the country; these day-to-day interactions with our community being the defining moments that transform care from good to exceptional.

Department of Cardiac Services

The Karen Hospital offers a full range of cardiac services, including emergency treatments of heart attack, high blood pressure, diabetes and heart failure, management of heart diseases, surgery and rehabilitation.

Heart Surgery is carried out in a purpose built open heart surgery theatre.

Cardiac procedures are carried out in our outpatient specialist cardiac clinic as well as in our state-of-the-art Catheterization suite within the hospital with the aid of 2D Digital Equipment.



Key Procedures (Open Heart Surgeries)

1. Valve Replacement
2. Coronary Artery Bypass Grafting
3. Closure of VSD and ASD
4. Aneurysm Resection
5. PDA Closure

Key Procedures

ECG, Echo Cardiogram and Stress Test
Coronary Angiogram
Angioplasty and Stenting
Pace maker Insertion
CRTD Implantation
Balloon Valvuloplasty
Device Closures (ASD & PDA)
Paediatric Cardiac Catheterization

Department of General Surgery

The internationally recognized surgeons at The Karen Hospital department of general surgery provide consulting, diagnostic, and surgical care for procedures involving the endocrine system, gastrointestinal tract and colon, the liver, pancreas and rectum.

Key Procedures

Laparoscopic Cholecystectomy (gallbladder removal)
Laparoscopic Appendectomy (appendix removal)
Hernia repair (recurrent, inguinal, incision, umbilical, hiatus)
Anal and colorectal surgeries: (haemorrhoids, fissures and fistula)

Department of Orthopaedic and Spine

Surgical Care at The Karen Hospital spans the entire spectrum of Orthopaedic and spinal disorders including joint replacements, arthroscopy, spinal deformities, degenerative diseases, tumors and spine infections. Our surgeons use advanced procedures to treat spinal conditions. They also emphasize non-invasive treatments. Our Orthopaedic department encompasses the latest high definition arthroscopic systems, joint replacement instrumentation and an orthopaedic operating table.

Key Procedures

Arthroscopic surgeries (Knees and Shoulders)
Joint Replacements (Hip and Knee)
Minimally invasive spine surgery
Specialized physiotherapy and rehabilitation
All Trauma surgeries

Department of Gastroenterology

Disorders of the digestive system and gastrointestinal diseases are treated at The Karen Hospital through surgeries in gastroenterology. The stomach, oesophagus and intestines are operated on in these surgeries as well as gallbladder, pancreas and liver.

Key Procedures

Gastroscopy
Colonoscopy
Endoscopy
Duodenoscopy
Sclero therapy
Polypectomy
Gastric Banding
Percutaneous Endoscopic Gastrostomy
Cholecystectomy (gallbladder removal)

Department of Ear, Nose and Throat (ENT)

Problems relating to the ear, nose and throat warrant a high level of precision in surgical care. The Karen Hospital has the state-of-the-art 3D High end Vario 700 operating microscope that allows for minimally invasive surgeries that are safer and allow patients to recover faster. Our ENT specialists use years of expertise along with high-tech equipment to diagnose and treat both common and individual

Key Procedures

FESS and balloon sinuplasty
Laser assisted surgery for ear, nose and throat problems
Tonsillectomy and adenoidectomy
Mastoidectomy
Tympanoplasty
Laryngeal papillomas, cancer
Benign laryngeal and malignant lesions
Phonosurgery (vocal cord surgery)
Thyroidectomy
Nasal Septal procedures
Endoscopic sinus surgery

Department of Paediatrics

The Karen Hospital Paediatrics Department comprises a comprehensive Outpatient Clinic and Inpatient Unit. We understand that the comfort of your child comes first. Our Paediatrics unit has a friendly atmosphere and is manned by our resident paediatricians. The outpatient clinic is opened six days a week to cater for all outpatient ailments and immunizations while our inpatient facility is a home away from home designed and furnished specifically for children. We ensure that the children are comfortable, safe and entertained during their stay with us.

Our Services

Paediatric Outpatient
Vaccination and Immunization
Paediatric Inpatient Unit
Pediatric Dental Services
Pediatric Cardiology Services
Well Baby Clinic
New Born Unit/ Nursery
ENT Clinic
Parents and Nannies First Aid
Training

Department of Urology and Renal Care

The Karen Hospital has a very versatile urology department which is managed by doctors with expertise in a wide range of surgical interventions. All urological conditions are treated with expert care and advanced technology from stone removal, strictures and oncological problems to congenital anomalies.

Key Procedures

Transurethral resection prostate (TURP)
Holmium laser 100 watts enucleating prostate (HoLEP)
Green light laser Vapourisation (PVP)
Treatment of urinary incontinence (TVT-O)
Surgery of urethral strictures

Department of Obstetrics and Gynaecology

Our services include gynaecological care, nutrition, and wellness programmes. Our gynaecological specialists as well as our sub-specialists in gynaecological oncology, reproductive endocrinology and infertility and urogynecology utilize both classical and minimally invasive surgical techniques to deliver the best possible outcomes in medical care.

Key Procedures

Antenatal and Post natal Clinics
Normal Deliveries
Caesarian Section
Abdominal, vaginal or laparoscopically assisted vaginal hysterectomy (LVAH)
Abdominal or Laparoscopic myomectomy
Laparoscopic salpingectomy
Laparoscopic salpingo oophorectomy
Hysteroscopic resection of myomas and septa
All minor procedures
We do NOT conduct procedures resulting in TERMINATION OF PREGNANCY

Department of Plastic and Cosmetic Surgery

The Karen Hospital Cosmetic Surgery department is manned by highly trained expert surgeons to deliver the best results in cosmetic surgery. The use of minimally invasive and advanced aesthetic technologies reduces hospitalization and improves recovery time. The Karen Hospital ensures patients privacy and confidentiality. Our surgeons combine plastic surgery with ancillary disciplines to provide the best surgical and post-operative care to patients.

Reconstructive Surgery

Cleft Lip and Palate
Breast Reconstruction
Trauma Reconstructive Surgery
Cancer restoration surgery
Plastic surgery for birth defects

Key Procedures

Botox
Fillers
Face Lift
Neck lift
Cheek Augmentation
Nose (Rhinoplasty)
Tattoo Removal
Breast Augmentation
Breast Lift
Breast Reduction
Gynecomastia Surgery
Hips and buttocks enhancement
Tummy Tuck
1. Lipoabdominoplasty
2. Abdominoplasty
3. Mini-Tuck
Fat Injection
Palm/Axillary Hyperhidrosis (sweating)
Hair Transplant
Hand Surgery

Our Package Services

Maternity Packages

Normal Delivery
Ward Bed - Kshs 90,000
Private Room - Kshs 100,000

Caesarian Section
Ward Bed Kshs - Kshs 150,000
Private Room - Kshs 180,000

Cardiac Packages

Single Valve Repair - Kshs 750,000
Double Valve Repair - Kshs 950,000
ASD Closure - Kshs 600,000
VSD Closure - Kshs 600,000
PDA Closure - Kshs 300,000
CABG - Kshs 850,000

Department of Surgical Oncology

The Karen Hospital's oncology department is a multi disciplinary cancer management service. It comprises of surgical oncologists, chemotherapy and reconstructive surgery. Pain management specialists using various modalities are incorporated to ensure better pain relief.



Key Procedures

Amputation for peripheral tumors
Breast conservation surgery
Chemoport insertion
Diagnostic Laparoscopy and biopsy
Treatment of early stage lip and oral cancer
EUA for gynaecological cancer
Hemithyroidectomy
Total radical thyroidectomy
Modified radical mastectomy
Simple mastectomy
Tissue biopsy for any organ
TURP and biopsy for bladder cancer
Wide excision for skin tumors
Management of gastric intestinal and colonic tumors