

PRODUCTS & SERVICES

THE KAREN HOSPITAL

Leadership in Healthcare



www.karenhospital.org



**THE
KAREN
HOSPITAL**
Leadership in Healthcare



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.

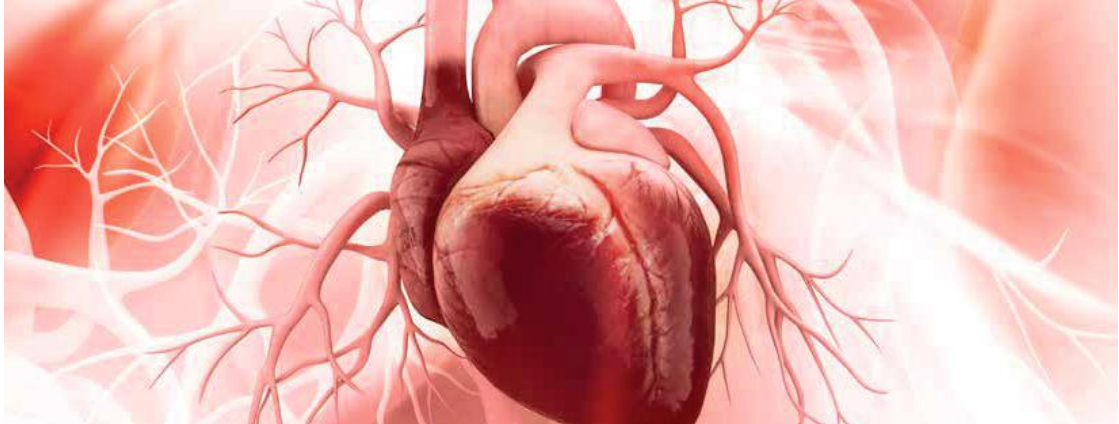
At The Karen Hospital we strive never to lose sight of what makes our service unique. We understand that each patient is an individual with their own hopes and fears. We acknowledge the whole person, not just their illness.

The essence of The Karen Hospital lies in our approach to bringing quality healthcare to our people hence establishing 8 Satellite centers (one upcoming) 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.



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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 state-of-the-art open 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)

- Valve Replacement/repair
- Coronary Artery Bypass Grafting
- Closure of VSD and ASD
- Aneurysm Resection
- PDA Closure
- Thoracic Surgery
- Chest Trauma

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 Cardiology
- 24hour Holter Monitor
- Electrophysiology study and ablation diagnostic Catheterization Services

VASCULAR AND ENDOVASCULAR SERVICE

Vascular and Endovascular Service is a specialized unit that provides state of the art treatment for a comprehensive range of vascular diseases. The team of surgeons' extensive experience in both open and minimally invasive endovascular therapy makes them expertly qualified to manage all vascular surgical patients.

Our clinical services

The TKH Vascular and Endovascular Service team evaluate and manage patients with following vascular symptoms /complaints:

- Aneurysms and Dissections
- Diabetic limb and peripheral vascular disease
- Visceral arterial occlusive disease
- Carotid disease
- Dialysis access in renal failure patients
- Vascular malformations
- Thoracic outlet syndromes (TOS)
- Lymphatic

Conditions We Treat

1. Aortic aneurysms (thoracic, thoracoabdominal and abdominal)
2. Acute and chronic aortic dissections
3. Peripheral and visceral aneurysms
4. Carotid atherosclerotic disease and stroke prevention
5. Carotid body tumours
6. Carotid aneurysms
7. Peripheral vascular disease
8. Diabetic foot disease
9. Mesenteric and renovascular disease
10. Varicose veins
11. Venous ulcers
12. Deep vein thrombosis
13. Dialysis access for haemodialysis and peritoneal dialysis
14. Thoracic outlet syndrome
15. Arteriovenous malformations
16. Vascular trauma
17. Vascular graft infections
18. May Thurner Syndrome
19. Popliteal Artery Entrapment Syndrome (PAES)
20. Vena caval filters



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, rectum etc.

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)





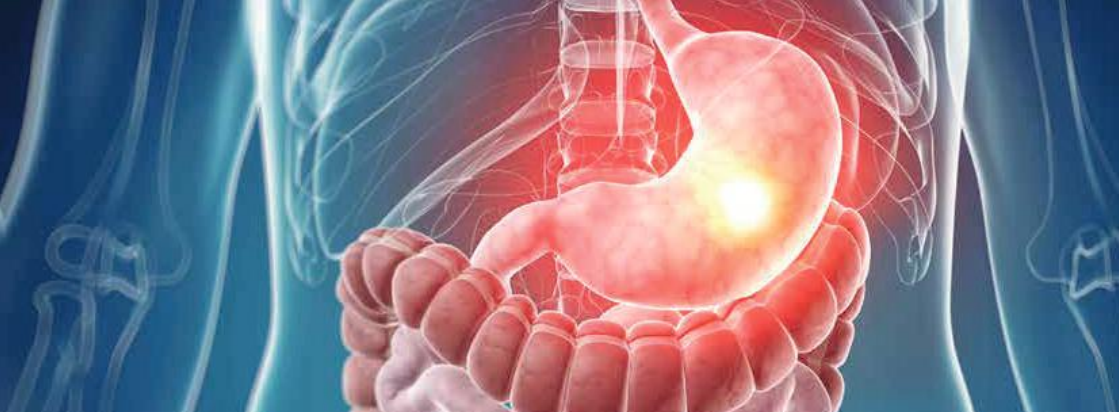
DEPARTMENT OF ORTHOPAEDIC & SPINE

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

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

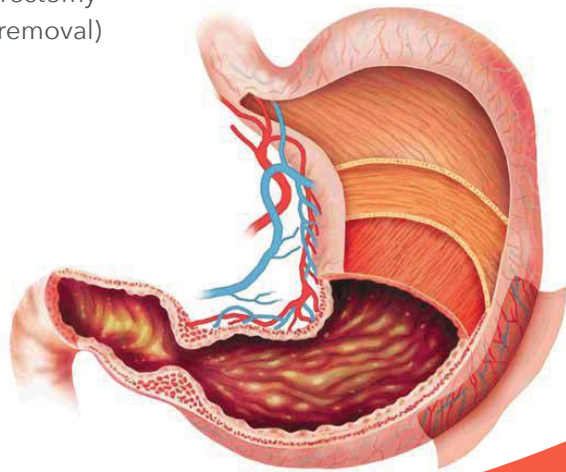


DEPARTMENT OF GASTROENTEROLOGY

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 routinely as well as gallbladder, pancreas and liver.

KEY PROCEDURES

- Colonoscopy, Gastroscopy Endoscopy
Duodenoscopy (Endoscopy)
- Sclero therapy
- Polypectomy
- Gastric Banding
- Percutaneous Endoscopic Gastrostomy
- Cholecystectomy (gallbladder removal)
- Therapeutic Endoscopy
- Liver Biopsy
- Hernia Repair
- Pancreatic Surgery
- Colon Rectal Surgery
- Liver Resection
- Oesophageal Surgery





DEPARTMENT OF EAR, NOSE & 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 all types of ailments

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 among others





DEPARTMENT OF PAEDIATRICS

The Karen Hospital Paediatrics Department comprises of 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
- Paediatric Dental Services
- Paediatric Cardiology Services
- Well Baby Clinic
- New Born Unit/ Nursery
- ENT Clinic





DEPARTMENT OF UROLOGY & 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
- Nephrology
- Renal Screening
- Haemodialysis
- Kidney Transplant
- Renal Nutritional Counselling





DEPARTMENT OF OBSTETRICS & GYNAECOLOGY

Our services include gynaecological care, nutrition, and wellness programmes. Our gynaecological specialists as well as our sub-specialists in gynaecologic oncology, reproductive endocrinology and infertility and urogynaecology 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
- Caesarean 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 & 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 postoperative care to patients.

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
- Lipoabdominoplasty
 - Abdominoplasty
 - Mini-Tuck
- Fat Injection
- Palm/Axillary Hyperhidrosis (sweating)
- Hair Transplant
- Hand Surgery
- Cleft Lip and Palate
- Breast Reconstruction
- Trauma Reconstructive Surgery
- Cancer restoration surgery
- Plastic surgery for birth defects



DEPARTMENT OF PHYSICAL MEDICINE AND REHABILITATION

The Physical Medicine and Rehabilitation Department at The Karen Hospital provides services to both our inpatients and outpatients. These services help in prevention, treatment and management of options given to the patients.

- Physiotherapy which includes: Orthopedic manual therapy, Physiotherapy in pelvic and women health, Cardiopulmonary Physiotherapy and Neuro- rehabilitation
- Hydrotherapy
- Orthopedic- Technology
- Occupational and Speech and Language Therapy was designed to address the following conditions
 - Autism Spectrum
 - Articulation sound disorder
 - Attention Deficit Hyperactivity Disorder (ADHD)
 - Development of language disorders
 - Cerebral Palsy
 - Expressive and Receptive skills
 - Down Syndrome
 - Feeding and oral motor skills
 - Club foot
 - Return to work post-accident
 - Delayed speech
 - Post-stroke functional therapy
 - Learning Disabilities (dyslexia, Dyscalculia)
 - Assessment for school placement
 - Brain Injuries
 - Assistive technology aids
 - Hand injuries



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



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.

KEY PROCEDURES

- Comprehensive Adult Wellness Check-Up
- Domestic Staff Wellness Check-Up
- Pre-Employment Check
- Adolescent Wellness Check-Up
- Check-Up Below 35
- Check-Up Age 35-50
- Check-Up +50





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.

Key Procedures

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





WOUND CARE CENTRE

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.

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
- Dental Implants
- Braces
- Crown and Bridges
- Teeth Replacement
- Teeth Whitening
- Disimpaction
- Space Maintainers



IMAGING SERVICES

The Karen Hospital has the state-of-the-art Imaging Department with a 3 Tesla Digital MRI and 128 Slice CT Scan which is one of its kind in Kenya. This is 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.

KEY PROCEDURES

- 3T-MRI
- CT-128 Slice
- Ultrasound
- General (Abdominal, Pelvic)
- Obstetrics
- Intracavity
- Mammography
- Cardiac MRIs
- CT Angiogram
- MRI Defecography
- General X-Ray
- Barium meal and swallow
- Barium enema
- Fluoroscopy
- Dental X-Ray and OPG
- Fluoroscopy studies



DEPARTMENT OF LABORATORY

The Karen Hospital advanced laboratory with up-to-date diagnostic equipment, qualified personnel in laboratory medicine and phlebotomy provide explicit and timely patient's results. It serves as a referral centre for the diagnostics services for our satellites and other medical facilities. We adhere to the stipulated quality control measures to ensure high standards in the services.

Our lab is accredited and certified by KENAS and hence continuously offers accurate, reliable and timely diagnostic services that meet the needs of our users. The laboratory assures the validity of examination results by using examination procedures that are validated and verified for fitness of purpose in line with the requirements of ISO 15189. processes

The lab provides diagnostic services in

- Phlebotomy
- Clinical chemistry,
- Special and routine chemistry
- Haematology
- Histology and cytology,
- Microbiology and parasitology
- Blood bank and transfusion.
- Molecular PCR Lab
- Serology
- Immunology
- Specimen collection

PHARMACY DEPARTMENT

We operate 24 hours providing quality, genuine and affordable drugs and surgical items both for inpatient, outpatient and prescribed drugs for clients. The Pharmacy is well stocked with a wide range of quality generic and branded medicines

Our pharmacists help patients understand the role of medication in their overall treatment plan. They also believe in providing them with the relevant information on their prescribed medications as this will ensure they take their medications regularly and work with the doctors to manage their medical problems. The department also provides medication management services to patients who have difficulties with multiple prescriptions as well as to help resolve any drug-related problems.

We provide the following services:

- Optimisation of medication therapy
- Medication counselling and dispensing
- Medication reconciliation
- Surgical items sale

24 -HOUR AMBULANCE SERVICE

The Karen Hospital provides emergency road ambulance services and institution ambulance services. The ambulance forms an integral part of the emergency unit. The vehicles are fully equipped with the following;Emergency medicines, State of the art emergency equipment such as cardiac monitors, ventilators, defibrillators, suctions equipment among others.All ready to save lives before patients arrive at the hospital. The institution's critical care ambulances have also been fitted with full patient life support during transportation from the site to the hospital.

]In addition to the above evacuation services, the hospital also facilitates and makes arrangements for air ambulance.





BARIATRIC OBESITY

Karen Hospital obesity program provides a comprehensive care for overweight and obesity. Our treatment programs are individualized to meet your health needs. Beginning treatment early is an essential part of success. Our specialized doctors and nurses will advise you on the following treatment strategies.

Proper Nutrition

Nutrition plays a significant role in the management of overweight and obesity. Supervised proper nutrition either alone or in combination with other treatments is key to weight reduction. The aim of this dietary program is to achieve a balance between energy intake and expenditure. A nutritionist will carry out dietary assessment, advise and supervise on food choices, portion and meal plan.

Physical Activity

Physical activity is useful in weight reduction and maintenance of weight loss. Before beginning exercise, doctors perform a comprehensive medical examination. Exercise program are individualized to achieve the best outcome in weight reduction.

Medical Treatment

Some patients with overweight/obesity will benefit from prescription medicines.
Endoscopy (Gastric balloon)
Metabolic and Obesity Surgery

Gastric Sleeve

CONSULTANT CLINICS

The Karen Hospital multi-specialists 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.

ENT

Monday at 10am, Tuesday 9am

The Karen Hospital has the following clinics

Orthopaedic Clinic

Monday: 9:00 am – 2:00 pm

Wednesday: 9:00 am – 2:00 pm,
2:00 pm – 5:00 pm

Thursday: 9:00 am – 12:00 pm

Friday: 9:00 am – 12:00 pm

General Surgery & Gastro Clinic

Monday: 9:00 am – 1:00 pm

Tuesday: Theatre Day

Wednesday: 9:00 am – 11:00 am,
1:00 pm – 4:00 pm

Thursday: Theatre Day

Friday: 9:00 am – 1:00 pm (Clinic),
Theatre Day

Saturday: 9:00 am – 1:00 pm

Urology Clinic

Monday: 11:00 am – 2:00 pm

Tuesday: 9:00 am – 12:00 pm

Thursday: 9:00 am – 12:00 pm

Friday: 9:00 am – 12:00 pm

Neurosurgery Clinic

Monday: 9:00 am – 12:00 pm

Thursday: 2:00 pm – 4:00 pm

Dental & Maxillofacial Clinic

Monday – Friday: 8:00 am – 5:00 pm

Saturday: 8:00 am – 1:00 pm

Plastic & Reconstructive Surgery Clinic

Monday: 9:00 am

Tuesday: 10:00 am (Clinic/Surgical Day)

ENT Clinic

Monday: 3:00 pm

Tuesday: 12:00 pm

Thursday: 2:00 pm

Paediatric Surgery Clinic

Monday: 8:00 am

(Surgical day subject to booking)

Ophthalmology Clinic

Wednesday: 1:00 pm – 3:00 pm

Thursday: 9:00 am – 12:00 pm

Psychiatry Clinic

Monday: 2:00 pm

Dermatology Clinic

Tuesday: 10:00 am – 5:00 pm

Friday: 8:00 am – 12:00 pm

Paediatric Clinic

Monday – Friday: 8:00 am – 5:00 pm

Saturday: 8:00 am – 12:00 pm

CONSULTANT CLINICS

Paediatric Cardiology Clinic

Tuesday: 1:00 pm – 4:00 pm

Thursday: 2:00 pm – 5:00 pm

Obstetrics & Gynaecology Clinic

Monday – Friday: 9:00 am – 5:00 pm

Wednesday: 8:00 am – 10:00 am

Saturday: 9:00 am – 3:00 pm,

9:00 am – 12:00 pm

Rheumatology Clinic

Tuesday: 9:00 am – 12:00 pm

Wednesday: 10:00 am – 12:00 pm

Neurology Clinic

Monday: 2:00 pm – 4:00 pm

Tuesday: 1:00 pm – 5:00 pm

Wednesday: 10:00 am – 12:00 pm

Paediatric Neurology Clinic

Thursday: 2:00 pm – 5:00 pm

Psychology Clinic

Monday – Wednesday:

2:00 pm – 5:00 pm

Chest / Pulmonology Clinic

Monday: 2:00 pm – 5:00 pm

Tuesday: 9:00 am – 11:00 am

Oncology Clinic

Monday: 2:00 pm – 4:00 pm

Wednesday: 9:00 am – 11:00 am

(subject to booking)

Paediatric Endocrinology Clinic

Tuesday: 2:00 pm

(subject to booking)

Nephrology Clinic

Monday: 3:00 pm – 5:00 pm

Tuesday: 8:00 am – 9:00 am

Endocrinology Clinic

Monday: 8:00 am – 10:00 am

Immigration Medicine / IOM Physician

Monday – Wednesday:

9:00 am – 11:00 am

Vascular & Cardiothoracic Surgery Clinic

Friday: 10:00 am – 12:00 pm

Family Medicine / Infectious

Diseases Clinic

Monday – Wednesday:

8:00 am – 12:00 pm

Haematology Clinic

Monday: 2:00 pm – 4:00 pm

Audiometry Clinic

Wednesday: 10:00 am – 1:00 pm



**THE
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THE KAREN HOSPITAL CONTACT LIST

Main Hospital

The Karen Hospital – Langata Road-Karen, Nairobi, Kenya

Phone: 0709 382 000/1 | Email: info@karenhospital.org

Ambulance: 0702 222 222 | Nurse Covering: 0702 999 222

Customer Care: 0714 830 449

Branches:

KARATINA BRANCH

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NAIVASHA BRANCH

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THE KAREN HOSPITAL CHILD SPEECH, OCCUPATIONAL & PHYSIOTHERAPY CENTER

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THIKA BRANCH

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Call us on: 0709 382 000/1

 The Karen Hospital  @_KarenHospital  the_karen_hospital  The Karen Hospital

***BRANCHES OPEN: MONDAY – FRIDAY 8 AM – 6 PM | SATURDAY 8:00 AM – 1:00 PM**

***CLOSED SUNDAYS & PUBLIC HOLIDAYS**