



## TAKING CARE WHEN IT MATTERS THE MOST

Centre of Excellence:  
**Critical Care**





Critical illness is the most severe stage of acute illness and, if left untreated, often leads to a poor outcome or death. Critical health conditions – whether due to acute, life-threatening illness or injury – result in millions of deaths each year globally. However, the level of critical care infrastructure across different countries is far from satisfactory.

Across the globe, we have seen developed, well-equipped countries face shortages in health equipment and trained personnel when it comes to critical care. In Africa too, most countries have limited critical care capacity available to cope with potential emergencies in critical care.

However, critical care has grown substantially over the past decades backed by global technological advancements. In the African continent, it is being recognised as a life-saving and dynamic branch with the responsibility of managing the sickest of patients.

In view of this, we, at Mediheal Group of Hospitals, have equipped ourselves to address critical and life-threatening scenarios by providing the most comprehensive and technologically advanced care through our chain of healthcare facilities across Kenya and Rwanda.

Mediheal Group of Hospitals provides critical care services round the clock with a team of highly qualified, skilled and experienced intensivists and nurses. The plan of care for the patient is prepared in consensus with the admitting of specialist, the patient and the family. Periodic multi-disciplinary briefings on patient's condition are provided to his/her family.

The Intensive Care Team practices Evidence-based Medicine and follows international protocols and quality indicators like 'FASTHUG' to enable good outcomes and decreased hospital stay. The ICU outcomes are monitored with tools like 'APACHE' scoring and SMR (Standardised Mortality Ratios) that help the department benchmark outcomes against internationally reputed ICUs. Infection control protocols to prevent Healthcare Associated Infections (HCAI) like Ventilator Associated Pneumonia (VAP), Catheter Related Blood Stream Infection (CRBSI) and Catheter Associated Urinary Tract Infection (CAUTI) are followed rigorously.

The ICU at Mediheal Group of Hospitals provides retrieval services to patients from other hospitals that do not have similar facilities. It involves transporting critically ill patients from other healthcare facilities in a well-equipped ambulance with a team including an intensivist and an ICU nurse depending on the seriousness of the patient.





**“ We have been leading the healthcare segment with high-quality medical services and have participated in inspiring improvements with our patients in mind. ”**

Africa is the youngest continent today, developing very fast, hosting about one billion people, which is 14% of the world population, and compatible with the smart electronic age. Complementing the great African dream with comprehensive healthcare support, is Mediheal Group of Hospitals.

We have been leading the healthcare segment in Africa with high-quality medical services and have participated in inspiring improvements with our patients in mind. Thanks to their incessant trust and support, our spectrum of services is spread across Kenya, Uganda, Tanzania, Rwanda and Burundi.

As I look back on the years of successful development and aspirations beginning with the establishment of Mediheal Group of Hospitals, I feel proud and excited about the future. As a progressive healthcare provider, we aim to keep expanding with new facilities and continue the momentum as one of the fastest growing healthcare groups in Africa.

The ongoing COVID-19 pandemic has exposed the lack of critical care infrastructure in most of the developed countries and continents in the world, let alone the African continent. Most low and lower middle-income African countries have had limited critical care capacity available to cope with potential surges in demand due to COVID-19 outbreaks. However, prompt government actions and the contribution of the healthcare institutions, across the African continent, have put admirable efforts to keep fatalities within check.

As far as Mediheal Group of Hospitals are concerned, we have been working closely with the local governments and their able support has enabled us to emerge as one of the premier healthcare providers even during the pandemic. We are constantly looking to attract highly-qualified medical professionals, who live up to the high standards we set for ourselves. We always procure state-of-the-art equipment that is being used across the world, and make sure that our critical care diagnostic and treatment capacities meet international standards for accuracy and reliability.

We look forward to serve the people of the African continent, irrespective of whether the world is fighting a pandemic or any other healthcare challenges. To this end, we have built our healthcare delivery support system in a way that serves in a seamless manner. We will continue to evolve to serve the larger cause of the African continent and we are confident that with the support of the respective local authorities, we will always be at the forefront of healthcare delivery in the African continent, including in the field of critical care.

**Dr. S. R. Mishra**

MS - Obstetrics & Gynaecology (India)  
Dip. Gynae Endoscopy (Germany)  
Chairman, Mediheal Group



“ **Mediheal Group of Hospitals has gone a long way in providing the most ultra-modern patient-monitoring facilities for ventilated and non-ventilated ICU, HDU, intra-operative and post-operative patients.** ”

In the developed countries, critical care comprises a large proportion of healthcare spending. However, in developing countries, with a greater burden of both illness and critical illness, there is little infrastructure to provide care for these patients. The same was the case in the countries of the African continent. Critical Care in the African countries has been hampered due to poor funding and corruption. However, over the past few years, the scenario has improved with the government's pro-active approach and willingness to invest more in healthcare.

At Mediheal Group of Hospitals, we are adept at delivering comprehensive care due to adoption international standard treatment practices, driven by technology, in a comfortable patient-focused environment. We operate as a team, work closely with clinicians of different departments and support staff, aiming for results par excellence every single time.

I have over fourteen years' experience in Critical Care and have attained a firm grasp at clinical skills after working meticulously in intensive care, emergency medicine and advanced trauma life support. My areas of expertise include Sepsis, Vascular Access, Critical Care Toxicology, Intensive Care, Mechanical Ventilation, Difficult Airway Management, Paediatric Anaesthesia and Neuro Anaesthesia.

I am associated with Mediheal Group of Hospitals as a Group Chief Intensivist. I am an MBBS, Doctor of Medicine (MD) in Anaesthesiology and Critical Care. I have an Indian Diploma in Critical Care Medicine (IDCCM) and a Post Graduate Diploma in Disaster Preparedness and Rehabilitation (PGDDPR). I am also ACLS, ATLS, FCCS and MCCRC certificate holder.

Prior to joining Mediheal, I was associated with Yatharth Super-Specialty Hospital, Noida; Max Super-Specialty Hospital, Saket; and Dr. Ram Manohar Lohia Hospital PGIMER, New Delhi, India.

Mediheal Group of Hospitals has gone a long way in providing the most ultra-modern patient-monitoring facilities for ventilated and non-ventilated ICU, HDU, intra-operative and post-operative patients.

We are renowned for bringing quality healthcare services to the region. We are an exception in Intensive and Critical Care. The critical care units at the Mediheal are a combination of many specialities and technologies, offering higher possibilities of survival to patients, who are acutely and critically ill. Our ICUs are designed and managed based on the fact that methodical organisation of critical care services influences overall outcome measures such as mortality, length of stay and infection rates. There are multi-disciplinary ICUs as well as ICUs dedicated to post-cardiac surgery patients, stroke patients, post-transplant patients, as well as special ICUs for neonates and paediatric cases.

**Dr. Chanchal Singh**  
MBBS, MD, IDCCM, PGDDPR



**“ We believe in making advanced critical care treatment affordable and accessible in Africa. ”**

Due to rapid advances in medical care and technology, the steadily increasing prevalence of non-communicable diseases and rising public expectation for broader availability of critical care, a strong impetus exists for building critical care capacity in Sub-Saharan Africa. The resources, infrastructure and policies necessary to provide comprehensive critical care are being made available at hospitals such as our institution.

ICUs at Mediheal Group of Hospitals use evidence-based medicine and follow international protocols for multiple conditions, which require critical care support. Some of these include heart attack, poisoning, pneumonia, surgical complications, burns, trauma, premature birth and stroke. The critical care team includes a diverse group of highly-trained professionals, who provide care in specialised care units and work toward the best outcome possible for the seriously ill.

I have nearly five years' experience as an anaesthesiologist and critical care intensivist in cardiac and medical intensive care units, emergency and surgical departments of leading healthcare institutions. I am skilled in managing post-operative surgical ICU and sepsis patients, managing and treating changes in critical life functions, continuous monitoring for critically ill or injured patients, life support measures for patients with multi-organ failure, post-operative care to transplant patients, non-invasive and invasive ventilation, dialysis, percutaneous tracheostomies, chest drain insertions and fibre-optic bronchoscopies, multi-disciplinary meetings for complicated patients, retrieval services, ETT intubation and advanced airway management, continuous advanced cardiac output monitoring, defibrillation and cardioversion, CVP, PAC, HD catheter and arterial line insertion, abdominal paracentesis, PEG, lumbar puncture, bedside USG, bedside 2D Echo, post-operative pain management and in diagnosing and treating any medical problem arising during and immediately after surgery. I gained extensive experience through clinical rotations at top-rated medical facilities and research centres in respiratory, cardiac, paediatric, obstetrics-gynaec, neurological, uro-surgical, gastro-surgical, cardiothoracic and trauma critical care units.

Prior to my association with Mediheal Group of Hospitals, I was associated with Head of Department of Critical Care at Plexus Cardiac Hospital, Shree Jalaram Raghukul Hospital, Rajkot, Gujarat, India and Narayana Hrudalaya Hospital, Ahmedabad, Gujarat, India. I am a certified ACLS holder. I am also certified for COVID-19 management and was appreciated by the Government for managing the situation during the pandemic.

We, at Mediheal Group of Hospitals, believe in making advanced critical care treatment affordable and accessible in Africa. As an effort towards that direction, we are leveraging latest research, advanced technology and expert clinicians with multiple years of experience in treating patients of all age groups and genders.

**Dr. Keyur Zatakiya**  
MBBS, MD  
Critical Care Intensivist



**“ In the African continent the scenario of development Critical Care is fast catching up due to initiatives, education and training programmes of the respective governments. ”**

Critical Care is rapidly emerging as a distinctive specialty and can no longer be considered a contributory part of anaesthesia, Medicine, surgery or any other specialty. It now possesses its own evolved team in terms of clinicians, nursing staff and other support personnel who are adept to the challenging necessities of the specialty.

In the African continent the scenario of development Critical Care is fast catching up due to initiatives, education and training programmes of the respective governments. Growth has been achieved in area of infrastructure, human resource development, protocol, guidelines formation and research which are relevant to African circumstances.

I have done a comprehensive critical care course (4c) accredited by ISCCM (Indian Society of Critical Care Medicine) and also am a certified ACLS holder accredited by AMERICAN HEART ASSOCIATION. I have successfully managed critically ill trauma, cardiac, renal, general medicine, post-operative general surgery and neurosurgery patients. My expertise lies in evaluation and stabilization of critically ill patients; providing organ support like ventilator, and dialysis care, and in dealing with all kinds of complications in patients on a ventilator. I am experienced in ICU procedures like endotracheal intubation, CVC line insertion and hemodialysis catheter insertion with or without USG guidance, bedside percutaneous tracheostomy, and chest drain insertion.

I completed my post-graduation (MD Anesthesia) from MIMSR, Latur, India. Prior to my association with Mediheal Group of Hospitals, I serviced in the capacity of Critical Care Registrar at Meditrina Institute of Medical Sciences, Nagpur, India. I was an Indian Diploma of Critical Care Medicine (IDCCM) Fellow at Suretech Superspecialty Hospital, Nagpur, India.

At Mediheal Group of Hospitals, we are specially staffed and equipped to manage patients with life-threatening illnesses, injuries and complications, and monitor potentially life-threatening conditions. We hold special expertise and provide facilities for support of vital functions and use the skills of trained and experienced medical, nursing and other personnel to treat these problems.

**Dr. Shruti Turkar**

Consultant Intensivist, Mediheal Group of Hospitals, Eldoret



**“ We have fully equipped neonatal care units where we are taking care of extreme premature babies and extreme low birth weight babies. ”**

Developing countries like Kenya have witnessed high neonatal and infant mortality rates. However, improvement in maternal and child health services and the availability of fully equipped neonatal intensive care units are ensuring that neonatal and infant mortality rate is gradually going down. We, at Mediheal Group of Hospitals, provide ultra-modern neonatal and paediatric intensive care services in our NICU and PICU units. We have fully equipped neonatal care units where we are taking care of extreme premature babies (upto 25 weeks gestation) and extreme low birth weight babies. We are taking care of all types of neonatal diseases and providing all intensive care services for neonatal and paediatric age group.

I have over 15 years of experience in paediatric and neonatal intensive care work. I am an MBBS and DNB in paediatrics and specially trained in NICU in SDMH, Jaipur. I have also done NALS & PALS certification.

**Dr. Mahesh Chand Gupta**

Consultant Paediatrician  
MBBS, DNB





**“ Our patients remain the centre of all our endeavours as we evolve with changing times. Thousands of smiling Africans bear testimony to our dedication... ”**

We, at Mediheal Group of Hospitals, have always strived to raise the bar for healthcare in Africa to meet the highest international medical standards. A warm and friendly ambience, high-quality medical services and personalised nursing care have always been the hallmarks of our hospitals.

Our patients remain at the centre of all our endeavours as we evolve with changing times. Thousands of smiling Africans bear testimony to our dedication, to the quality of care and sensitivity to everyone, who walks through our doors. The continuum of care is an added edge that we offer as we aim to elevate overall health of the society.

With eminent doctors leading each practice, we are committed to delivering world-class healthcare to an increasing number of people, who have come to consider Mediheal as their preferred choice. We recruited doctors with training and experience at top international hospitals and implemented evidence-based protocols that are followed by leading global institutions. They provide treatment, supportive care and preventive measures spanning over 15 specialities and super-specialities. We receive a large number of international patients every year, trusting our expertise and services.

We believe technology plays a vital role in delivering superior healthcare and hence have made effective outlays in procuring the best of equipment to serve our patients. We have introduced several cutting-edge technologies and procedures to the people of Africa which improved the clinical outcomes significantly.

As we evolve, we try to sustain the highest level of competence through various academic programs and initiatives for our staff. Together, we aim to bring our vision for Africa to life by embarking on a journey to redefine healthcare in Africa.

**Mr. Gokul Prem Kumar**

Vice President - International Patient Services



## WHAT IS CRITICAL CARE?

Critical Care Medicine (CCM) is a speciality that involves management of patients with life threatening, complex medical and surgical illnesses in a specialised Intensive Care Unit (ICU) or similar facility. A modern ICU represents the pinnacle of any hospital's approach to highly technological and sophisticated in-patient care.

The CCM physician, also called an Intensivist, has the necessary training and expertise in the evaluation and management of these critically ill patients. These patients may have dysfunction or failure of one or more organ systems, including cardiac failure, pulmonary failure, neurologic failure, liver failure, kidney or gastrointestinal system failure.

## WHAT TYPES OF CONDITIONS REQUIRE CRITICAL CARE?

There can be multiple conditions, which require critical care support. Some of these include heart attack, poisoning, pneumonia, surgical complications, premature birth, and stroke. Critical care also includes trauma care – care of the severely injured – whether due to an accident, a fall or burns.







Patient	Status	HR	BP	SpO2	RESP	PVC	PLETH
Bed 5	No patient admitted	92	118/78 (88)	100	14	0	14
Bed 6	No patient admitted	99	120/68 (79)	96	17	6	17
Bed 7	CVP	111	171/58 (85)	?	14	0	14
Bed 8	No patient admitted	82	112/66 (77)	?	20	1	20

## **WHO ARE THE MEMBERS OF A CRITICAL CARE TEAM?**

The critical care team includes a diverse group of highly-trained professionals, who provide care in specialised units and work toward the best outcome possible for seriously ill patients. Members of this team may be asked to teach patients and / or their families strategies to improve health, healing, coping, and well-being specific to their area of expertise.

Although the members could vary between hospitals, an optimal team would include Intensivists (Critical Care Specialists), Critical Care Nurses, Pharmacist or Clinical Pharmacologist, Registered Dietitian, Respiratory Therapist or ICU Technicians, Physiotherapist and Occupational Therapist.

## **HOW IS CRITICAL CARE DIFFERENT FROM EMERGENCY MEDICINE?**

Critical care clinicians treat patients, who suffer from life-threatening conditions. Emergency room physicians treat patients, who suffer from relatively minor emergencies like sprained ankles, broken arms etc., to major problems like heart attack. In the emergency department, patients are stabilised and transported to the ICU or other area of the hospital for further treatment. The long-term management of critically ill and injured patients is provided by critical care professionals, often in the ICU.



## MULTIPLE ORGAN DYSFUNCTION



Multiple Organ Dysfunction Syndrome (MODS) is defined as the progressive physiological dysfunction of two or more organ systems. The risk of ICU death increases as the severity of organ dysfunction increases, be it the number of organs failing or the overall degree of dysfunction.

At Mediheal Group of Hospitals, we provide treatment for Multi-Organ Failure, which is a condition that involves failure of vital organs. Our specialists are trained to provide a balanced care in order to get the best possible outcomes. In fact, the Critical Care department at Mediheal takes pride in having one of the best outcome rates in treating patients with multi-organ failure.

Below are some of the conditions that require intervention by the Critical Care Department.

## **ACCIDENT & TRAUMA**

Medical ICU specialises in delivering utmost care and comfort to the patients suffering from major health problems such as:

- Acute Respiratory Failure
- Major Trauma
- Kidney Transplant
- Sepsis & Septic Shock
- Stroke
- Burns
- Poisoning
- Liver Diseases
- Neurological Problems





**24x7  
Emergency  
Care**





## CRITICAL CARE READINESS DURING COVID-19

Mass critical care has been the predominant problem of the acute respiratory syndrome, corona. It has led to a dramatic strain on intensive care in many countries around the world. The situation was aggravated by a lack of staff and essential supplies.

At Mediheal Group of Hospitals, we believe that preparation and hospital emergency planning are crucial factors in order to successfully handle such a challenging situation. We focussed on infection control, clinical operational challenges, ICU surge capacity, staffing, ethics and maintenance of staff and patients' wellness. The protocols developed focussed on clinical decisions regarding intubation, the use of high-flow oxygen, engagement with infectious disease consultants and cardiac arrest. Mechanisms, to increase bed capacity and increase efficiency in the ICUs, were implemented.

Education and communication remained key in our attempts to standardise care. We overcame the challenges through interdisciplinary collaboration and iterative surge planning as ICU admissions rose.

We have been successful in maintaining pace with the COVID-19 control programme, which is synchronised not only with the national but also with the international guidelines such as WHO, CDC etc. Considering the restricted mobility issue, Mediheal responded quickly by offering solutions such as tele-medicine, facilitated through online consultations. At Mediheal, a large team comprising of efficient clinicians work round-the-clock with patient safety protocols to deliver advanced, committed, and safe care.

## **ADVANCED CRITICAL CARE SERVICES AT MEDIHEAL GROUP OF HOSPITALS**

Our centres are staffed with a multi-disciplinary team of clinicians, who are competent and trained to deal with medical emergency situations. The team of doctors is supported by an equally competent team of well-trained nurses, qualified dosimetrists, medical physicists and other support staff. At Mediheal Group of Hospitals, we are equipped with world-class infrastructure to help our doctors deliver advanced critical care to the people of Africa.

Our priority is to save as many lives as possible within realistic expectations. To meet the highest standards, we try to provide total care to the patients by involving doctors from different specialities as may be deemed necessary.



## SEPTICEMIA

Septicemia, commonly known as sepsis, is blood-poisoning by bacteria. Sepsis is a medical emergency and needs urgent medical treatment. Without treatment, sepsis can quickly lead to tissue damage, organ failure and death.

Infections most often associated with sepsis include lung infections (pneumonia), urinary tract infections, skin infections and intestine or gut infections. Sepsis is a common cause of mortality in Africa, with rates higher than those reported from industrialised countries. This is due to insufficient early sepsis care characterised by delayed presentation of sepsis patients to the

hospital, and subsequently to the ICU if they make it or if such facilities are available.

Sepsis is a life-threatening emergency that needs immediate medical attention. People with sepsis are hospitalised and treated as quickly as possible. Treatment includes antibiotics, managing blood flow to organs, and treating the source of infection. Many people need oxygen and IV (intravenous) fluids to help get blood flow and oxygen to the organs. Depending on the person, help with breathing using a ventilator or kidney dialysis may also be needed. Sometimes surgery too is used to remove tissues damaged by the infection.



## STATE-OF-THE-ART ICU

The Intensive Care Unit is a state-of-the-art unit with 20 Critical Care beds segregated into different ICUs to provide a more focussed care as per the established protocols. Our ICUs are managed with the belief that well planned Critical Care Services and implementation does influence overall outcomes and quality parameters like morality, ICU length of stay, infection, rates etc.

We have isolation cubicles with positive/negative pressure airflows, and 1:1 Nursing Care round-the-clock. We have the latest equipment for patient management including high-end Central Nursing Monitoring Station, ECG monitoring, Advanced Ventilators for Invasive/Non-Invasive Mechanical Ventilation, Fresenius Kabi syringe pump for precise drug delivery, Defibrillators, fully-equipped Dialysis Unit for Renal Support in ICU, highly trained Cardiology Unit for any need for IABP, LVAD etc.

ICU



We have a point of care ultrasound machine to assist in all the bedside procedures related to patient management. There is also availability of Conscious Advanced Haemodynamic Monitoring to assist in assessment and management of critically ill patients. We also have fluid and patient warming system to optimise and monitor temperature management of ICU patients. There is also a provision for Bedside Bronchoscopy in the ICU to aid in the treatment of lung infection cases.



## SPECIALISED ICUs

- Medical Intensive Care Unit
- Stroke & Brain Trauma Unit
- Respiratory Care Unit
- Cardiac Critical Care Unit
- Surgical Intensive Care Unit
- Renal Intensive Care Unit
- Paediatric Intensive Care Unit
- Neonatal Intensive Care Unit

## HIGHLY TRAINED CRITICAL CARE TEAM

The trained critical care team makes every effort to optimise the nutrition status of the patient in consultation with the in-house dietician. Our goal is to practice Evidence Based Medicine and incorporate the latest guidelines in patient care management to achieve best possible patient outcomes.

In the ICU, procedures used to support and identify the cause of the critical illness include endotracheal intubation, central venous catheterisation, arterial cannulation, pulmonary artery catheterisation, bronchoscopy, lumbar puncture, thoracentesis, paracentesis, chest tube thoracostomy and percutaneous tracheostomy. Specialists from anesthesia, general medicine, pulmonology and surgery can undergo further training in critical care medicine to become a CCM physician.

Department of Critical Care and Emergency Medicine at Mediheal Hospitals provides critical care services on 13 beds in three medical/surgical critical care units and six beds in a High Dependency Unit (HDU). It also provides resuscitation services in floor beds and emergency rooms.

The ICU is staffed in a nurse-to-patient ratio of 1:1. All ICU nurses are given training in critical care and they undergo regular teaching programmes, conducted or arranged by the Department of Critical Care & Emergency Medicine, to promote critical nursing skills and knowledge throughout their stay in the ICU.

## SERVICES OFFERED

- Continuous monitoring for critically ill or injured patients.
- Life support measures for patients with multi-organ failure.
- Post-operative care for transplant patients, critically ill patients and surgical patients.
- Non-invasive and invasive ventilation.
- Dialysis, percutaneous tracheostomies, chest drain insertions and fibre-optic bronchoscopies.
- Multi-disciplinary meetings for patients with complications.
- Retrieval services.

## PROCEDURES CONDUCTED

- ETT Intubation & Advanced Airway Management
- Invasive & Non-Invasive Mechanical Ventilation
- Continuous Advanced Hemodynamic Monitoring
- Defibrillation & Cardioversion
- Per Cutaneous Tracheostomy
- Bedside Bronchoscopy
- CVP, PAC, HD Catheter & Arterial Line Insertion
- ICD Tube Placement
- Abdominal Paracentesis
- PEG
- Lumbar Puncture
- Bedside USG
- Bedside 2D ECHO
- Bedside Renal Replacement Therapy
- Post-Operative Pain Management



## STATE-OF-THE-ART NICU AND PICU



Our Neonatal Intensive Care Unit is a state-of-the-art unit with 16 critical care beds and fully trained staff. It is also equipped with 8 cradles and warmers, Incubators, 4 Ventilators, 2C-PAP, 6-Phototherapy, HFNC, bedside portable X-ray, bedside ABG and 3 bedded PICU.

It is testimony to our modern infrastructure and facilities that we have been able to discharge a 25 week old baby (600 gm) in a fully healthy state without any morbidity. We also perform all neonatal and paediatric surgeries.



## SERVICES OFFERED

- Invasive and non-invasive Ventilation
- PPV
- Phototherapy
- Exchange Transfusion
- Central Line Insertion
- Umbilical Vein and Artery Catheterization
- Advance Hemodynamic Monitoring
- Lumbar Puncture
- Bone Marrow Aspiration & Biopsy
- Paediatric and Neonatal 2D ECHO
- Nutritional Assessment and Management

## BEST-IN-CLASS RICU



The Renal Intensive Care Unit at Mediheal Group of Hospitals provides comprehensive care to the patients suffering from acute and chronic kidney diseases including dialysis and kidney transplant. Our team of trained clinicians is recognized for its superior medical skills and for treating all categories of patients of all age groups. We have a reputed team of kidney transplant specialists, nephrologists, urologists and the technical expertise needed to meet the challenges in conducting numerous lifesaving procedures. We offer the most advanced diagnostics, comprehensive pre-operative evaluation and dialysis support, the latest facilities available in procedures, and complete post-operative care to minimize chances of infection.

At Mediheal Group of Hospitals, we believe that critical care should form an integral part of hospitals in all countries, and should be intended for patients irrespective of age and gender. Evolved critical care has the potential to improve care and reduce preventable mortality substantially.

We, at Mediheal Group of Hospitals, are adept at delivering precise care due to adoption of international standard treatment practices, driven by technology, in a comfortable patient-focused environment. We operate as a team, work closely with clinicians of different departments and support staff, aiming for results par excellence every single time.



## **CPR - CARDIOPULMONARY RESUSCITATION/ CARDIAC MASSAGE**

Cardiopulmonary Resuscitation (CPR) is an emergency technique used to treat patients, who have gone into sudden cardiac arrest. CPR can be performed by a healthcare professional or any trained person. CPR is conducted until a advanced emergency care arrives. Performed immediately, CPR increases a person's likelihood of survival by more than 40%.

## **IMPORTANCE OF CPR**

By performing CPR, blood circulation continues in a person, whose heart is not working. This allows adequate perfusion of blood to brain, heart, kidney, liver etc. And the person can be shifted to hospital in a viable condition.

## **WHY SHOULD A LAYMAN LEARN CPR?**

Serious illnesses like heart attack, stroke etc. can strike anybody, any time. Many patients may develop cardiac arrest and collapse. CPR is a must for such patients till ambulance / medical aid arrives. If you learn CPR, you can be very helpful to a family member, neighbour or anybody and fulfill your duty as a human being.

## HOW TO PERFORM CPR/ HANDS ONLY CPR?

One thing to remember is, assuming that you are alone, when you find someone down, first establish if they really need CPR:

1. Are they breathing?
2. Do you see any signs of movement?

If you do not see any signs of life, then it's time for CPR.

Look, listen and feel for normal breathing and look for signs of life.

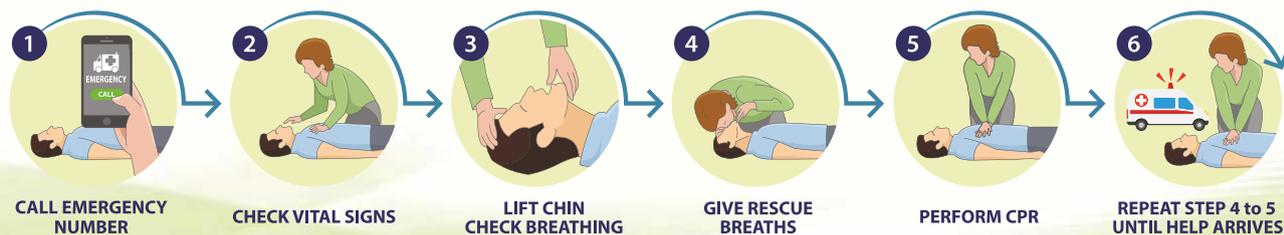
The victim should lie on a flat (hard) surface.  
Follow the chain of survival.

## HOW TO PERFORM CHEST COMPRESSION?

- Put your hand in the centre of the person's chest, between the nipples. Place one hand on top of the other.
- Perform chest compression at the rate of at least 100/min to compress the sternum by at least 4-5 cms and to allow full recovery after each compression.
- Do not perform mouth breaths at all and continue only chest compression.
- Use Automated External Defibrillator (AED) at the earliest.

As per new guidelines, mouth to mouth breathing is not mandatory for CPR. If you are not trained or not comfortable then please continue only chest compression without interruption.

## FIRST AID CPR



## STATE-OF-THE-ART DIAGNOSTIC FACILITIES



### High-end facilities in...

- Histopathology
- Cytology (Gynaec & Non-Gynaec)
- Clinical Chemistry
- Hematology
- Immunoassay
- Micro-Biology
- Clinical Pathology
- Blood Banking and Transfusion



## FULLY-EQUIPPED BLOOD BANK



**MEDIHEAL HOSPITALS  
DOCTORS PLAZA - ELDORET**



**MEDIHEAL HOSPITALS - EASTLEIGH**



## **MEDIHEAL GROUP OF HOSPITALS**

### **MEDIHEAL HOSPITALS AND FERTILITY CENTRE, ELDORET**

Nandi Road, P.O. Box: 7905 - 30100, Eldoret, Kenya  
T: +254 723 578 895 / 735 864 169  
E: info@medihealgroup.com/ info.eldoret@medihealgroup.com

### **MEDIHEAL HOSPITALS (PARKLANDS), NAIROBI**

P.O. Box: 39698 - 00623, Parklands Mediplaza  
3<sup>rd</sup> Parklands Avenue, Opp. Aga Khan Hospital, Nairobi, Kenya  
T: +254 73663 8073 / 722 218 416  
E: info@medihealgroup.com / customerservice@medihealgroup.com

### **MEDIHEAL DIAGNOSTIC, DIALYSIS & DAY CARE CENTRE, NAIROBI**

P.O. Box: 39698 - 00623, Real Tower, Hospital Road, Next to KNH  
Upper Hill, Nairobi  
T: +254 712 935 390  
E: info@medihealgroup.com

### **MEDIHEAL HOSPITALS, NAKURU**

Nakuru - Nairobi Highway, P.O. Box:17226 - 20100, Nakuru, Kenya  
T: +254 735 000 735 / 78027 8000  
E: info@medihealgroup.com / info.nkr@medihealgroup.com

### **MEDIHEAL HOSPITALS, EASTLEIGH**

1<sup>st</sup> Avenue, Section 3, 19<sup>th</sup> Street, Opp. Bafra Estate  
Adj. to Delta Petrol Pump, Eastleigh  
T: +254 781 445 566 / 740 445 566  
E: info@medihealgroup.com

### **MEDIHEAL DIAGNOSTICS & FERTILITY CENTRE, KIGALI**

Plot No. 252, Kimihurura Main Road, KN 14 A7, Near Cadillac Club,  
P.O. Box: 958, Kimihurura, Kigali, Rwanda  
T: +250 78918 4444 / 72660 2020  
E: info@medihealgroup.com



[www.medihealgroup.com](http://www.medihealgroup.com)

---

**For International Patient Department queries, please contact:**

+254 710701708 / internationalpatientservice@medihealgroup.com