



St. Camillus Mission Hospital  
P. O. Box 119 - 40401  
Karungu, Kenya  
Tel: + 254 736 808080  
E-mail: [stcamilluskarungu@gmail.com](mailto:stcamilluskarungu@gmail.com)  
[www.karungu.net](http://www.karungu.net)

# MILOME

## Newsletter from St. Camillus M. Hospital *Year 2019*

Dear friends,

We welcome you to our special issue of “Milome” dedicated to St. Camillus M. Hospital, Karungu. As a reminder; Milome is a Luo word meaning “News”. St. Camillus M. Hospital remains focused on delivery of quality health services efficiently and effectively and with compassion to all our clients. According to our Mission and the teachings of our founder, St. Camillus de Lellis, we do our utmost day in day out, to “put more heart in our hands”.

We hereby present to you the major notable activities and occurrences from different hospital departments and affiliate projects during the year 2019.

We also take this opportunity to express our heartfelt gratitude for all the collaboration and support that we have received from our donors and partners in all aspects during the year 2019.

Fr. Emilio



## Free Medical Camp 2019

St. Camillus mission Hospital hosted a free medical camp from 8<sup>th</sup> February to 9<sup>th</sup> of February 2019. The medical camp was dedicated to eye clinic and dental clinic.

There were 5 doctors from Masinde Muliro University. One ophthalmologist, named Mr. J.A. Okech and Professor John Okech a nurse. One medical laboratory technician Mr. Victor. 2 Dentist Volunteers from Germany Mr. Stephan Dessan and Mrs Steffi Schatz. They were warmly welcomed by the hospital director Fr. Emilio Balliana who offered them accommodation for the 2 days during their stay.

In general, the medical camp saw a good attendance of people mainly from Karungu and its suburbs. The attendants were very enthusiastic and appreciated a lot the services offered.

The medical camp was attended by people of age from: 3 months to 70 years old. There was ample time for consultations and medical tests of the clients that made themselves available.

There were about 60 clients for eye clinic (37 females and 23 male). 42 clients for the dental clinic (25 males and 17 females). All of them were well attended. However those (clients) with complicated cases were referred to other locations where they possibly could get support. A great number of people requested the extension of the medical camp but this was not possible due to time constraints and other logistics that were in place.

The Dala Kiye orphaned children were also brought by their foster mother for the physical examinations and treatment. Most of them with dental issues underwent tooth extraction. On the second day of the medical camp, the dentist visited Dala Kiye children home and explained dental hygiene to the children.

The medical camp ended on 9<sup>th</sup> of February 2019 at around 17.35. The medical camp group promised to come back soon if any opportunity arises. They left on 10<sup>th</sup> of February 2019. Although with some challenges, the medical camp turned out to be a successful exercise and we are looking forward to organize a medical camp again at St. Camillus Mission Hospital. Thank you!





## ST. CAMILLUS M. HOSPITAL

### PHYSIOTHERAPY DEPARTMENT

St. Camillus Mission Hospital Physiotherapy department was opened in May 2018 and is solely dedicated to restoring, maintaining and promoting the best physical bodily function possible.

The qualified staff working in this department diagnose and treat movement dysfunctions. The role of the department is to prevent development and progression of functional limitations and physical disabilities caused by disease, trauma and medical conditions or disorders.

Currently, the department is manned by 2 qualified physiotherapists who see between 150 - 210 patients every month, a very impressive number of clients from both the wider Migori and Homabay Counties. The physiotherapists attend to both the in and out patients and children with cerebral palsy and other movement dysfunctions.

The department is well equipped with mechanical treatment devices such as advanced therapeutic couches, hydro collator packs etc. It also has electrotherapy devices like stimulation machines, ultrasound therapy machine and moderately equipped gymnasium.

St. Camillus Mission Hospital provides physical treatment to all clients professionally and with compassion, we strive to provide quality treatment to achieve better progression and speedy recovery to our patients.





## ST. CAMILLUS M. HOSPITAL CHAPEL

After a long time, with the plan in mind and looking for the best place, St. Camillus M. Hospital Chapel was officially opened on 29<sup>th</sup> May 2019 at the hospital Out Patient Department.

The chapel offers a place for the Camillian community, staff and patients to gather for meditation, prayers and small religious services. The Chapel is not well attended as we would wish because Catholics are a minority in this community, but it remains a sign of our presence first as Catholic faithful's and second as Camillians.

The Camillian community gathers at the Chapel before lunch for the recitation of Camillian prayers. Holy Mass, attended by staff and patients is also celebrated 3 days per week before lunchtime. The chapel is also used by the lay Camillian family who comprise mostly of our staff for prayers and spiritual gatherings.



## DR. BERTHA NYIRARUHANGO (1949 – 2019)



With so much sadness, that I learned the news of Dr. Bertha's recent and unexpected death which occurred on 26<sup>th</sup> June 2019. As the oldest volunteer physician attending the Camillian Mission in Karungu, I have the privilege of conveying memories of the doctor while having known her since she first entered the hospital in the early 2000s.

We met regularly every year during the periods of my stay in Karungu in a climate of meaningful collaboration and mutual esteem. In the line of procedures/protocols of the medical profession, she understood and had an exclusive interest in the daily routine of the hospital.

These were the years when the AIDS epidemic was rampant in Kenya. In particular, in the Nyanza region, the prevalence of H.I.V virus, especially in the female sex, was more than 40%. The inevitable consequence of this situation was expressed in the presence of an ever-increasing number of orphans, innocent victims of AIDS, often also HIV-positive. The Dala Kiye Children Welfare Home, a center that welcomes orphans according to a project that Father Emilio Balliana, a Camillian Priest and Superior of the Mission, had boldly dreamed about and wanted, was planned and soon built, a center that has progressively grown in all its functions and remains the flagship of the entire Mission.

Dr. Bertha's was involved in many Hospital functions but focused particularly on the patients of the infectious diseases department, mainly affected by AIDS and Tuberculosis (a daunting task requiring total commitment and the seriousness that the diseases required). We began during the periods of my presence, a close collaboration supported by scientific curiosity and the necessary professional update on diagnosis and therapeutic treatment.

Those who had long been discriminated against and marginalized for many reasons and prejudices could finally find a reception facility to be cared for, regain their dignity and glimpse a hope linked to the introduction of the programmes of therapy with antiretroviral drugs.

To complete the existing facilities (Hospital, Dala Kiye and schools) the ART Department carried out various services for the initial recognition of AIDS cases, their treatment and periodic follow ups, under the direction of Dr. Bertha, who is undoubtedly credited with the success of so many years of service. My memory is linked to the visits to the sick, tour of the infectious diseases department and the preparation of the reading materials for the occasion of the World TB and AIDS days, in which we combined our mutual medical knowledge.

I can say that Dr. Bertha's commitment to her patients was the most authentic expression of her curiosity and professionalism in a good job lived full-time with a spirit of service and above all the most beautiful testimony of charity a Christian in a mission exercised according to the charisma of St. Camillus.

I very much hope that her work can continue without interruption according to her beautiful example.

To you, dear Bertha, a great thank you for all you have been able to do with solidarity and love.

**By Dr. Giuliano Bacheca**  
**Volunteer doctor**



# ST. CAMILLUS M. HOSPITAL

## HHA (*Healthy Heart Africa*) PROJECT 2019

### INTRODUCTION

Astrazeneca's HHA (Healthy Heart Africa) is an innovative programme committed to tackling hypertension and the increasing burden of cardiovascular diseases across Africa. HHA was launched in Kenya in October 2014 through a memorandum of understanding with the Ministry of Health. It was found that nearly 30% of African adults were estimated to have high blood pressure and this contributes to high percentage of premature deaths caused by cardiovascular complications of which hypertension is one of them.

Due to high prevalence rate of high blood pressure, the programme narrowed down to providing hypertension programming across public, private and faith based health facilities. This led to introduction of HHA in our facility in August 2018.

### PILLARS OF HHA

- Training and guidelines – regular CME in our facility has contributed to more awareness among the health professionals and also are kept updated on the guidelines of comprehensive treatment of hypertension.
- Education and awareness – health talks to our patients on preventive measures and how to live healthy lives as well as seeking screenings and diagnosis when needed is key.
- Access and affordability – Astrazeneca has always strengthened the supply chain of necessary anti-hypertensive drugs and ensuring patients have easy access.

### INTERVENTIONS

The hospital has put in place measures which includes free screening, both within the hospital set up and at the community set up through our community health volunteers. This is made possible through availability of enough BP machines for blood pressure recordings.

In the hospital set up, every entry point such as OPD, MCH, ART and the wards have been put measures to check blood pressure for everybody who walks into the facility. The hospital has also introduced support groups for the patients with hypertension and diabetes in order to give them time to share their experiences and help us at the facility to make better changes for our patients.

### SERVICES OFFERED:

- Screening at every entry point
- Outreaches
- Linkages
- Treatment – either diet, lifestyle changes or medications

In comparison, before HHA was introduced in our facility, we had approximately 100 regular patients on follow-up. However, after HHA introduction, it has led to more people being diagnosed with hypertension and we have over 300 clients on regular follow-up. This means that this programme has made a reasonable change in the society and has led to saving so many lives.



# ST. CAMILLUS MISSION HOSPITAL

## MALARIA VACCINE REPORT

Research in 7 sub-Saharan countries showed that children who received 4 malaria vaccine doses suffered less malaria.

In countries with a high burden of malaria, this translates to a very large number of malaria cases averted and significant public health impact. This research revealed that every 10 minutes, 2 children are dying of malaria.

Malaria vaccine is an additional new prevention intervention. This vaccine reduces malaria including life threatening episodes. Kenya, alongside Ghana and Malawi are implementing the phased introduction and evaluation of the malaria vaccine. All 3 countries expressed interest to participate in the phased introduction and were selected based on a stringent criteria.

The geographical area has been agreed as 8 Counties in western part of Kenya, i.e. Kakamega, Vihiga, Bungoma, Busia, Kisumu, Homabay, Siaya and Migori.

These selected Counties have the following characteristics:

- Moderate to high malaria transmission
- Good immunization and malaria program functionality
- Not currently implementing seasonal malaria chemo prevention or plans for implementation in the coming years.
- Able to provide sufficient number of children within a period.

Randomization was done to determine which Counties to introduce earlier or later. Before randomization, Sub Counties were matched based on the following criterion:

- Malaria disease burden,
- Malaria and immunization program performance,
- Health facilities providing immunization
- Number of in-patient facilities
- Number of children in each cluster.

This information was run in a computer program to generate a list of balanced options on which Sub Counties were early or late introducers. In Migori County, only 2 sub counties were lucky to be selected, i.e. Nyatike and Awendo sub counties. All the health facilities in Nyatike and Awendo Sub County are practicing malaria vaccinations.

The vaccine was introduced on 1<sup>st</sup> September 2019. It is given as a 4 dose vaccine, for a child to be fully immunized, he/she must receive a total of 4 doses. The first dose is given at 6 months, the second dose is given 4 weeks after the first dose and the 3<sup>rd</sup> dose is given 8 weeks after the 2<sup>nd</sup> dose. The 4<sup>th</sup> dose is administered after 15 months or at 2 years since it began at St. Camillus M. Hospital.

The total number of children who have been given the malaria vaccine at St. Camillus are as follows:

- 1<sup>st</sup> dose – 142 children
- 2<sup>nd</sup> dose – 59 children
- 3<sup>rd</sup> dose – 36 children
- 4<sup>th</sup> dose – not yet given

## KENYA, MERCY IN PROGRESS

The testimony of Father Emilio Balliana engaged in running a Mission hospital and a center for orphans.

NEWSPAPER- Vatican insider by Luciano Zanardini, October 31, 2019 Rome.



"The more you give, the more you receive." The motto of Father Emilio Balliana, a missionary in Kenya for last 31 years, is a rule of life that works at all latitudes, but perhaps becomes even more evident just where poverty is rampant.

"On the periphery I have learned that nothing is taken for granted and that things must be done together, empowering each one in life. You can really live with little and be happy." First as a nurse in the Missionary Hospital of Tabaka (the Diocese of Kisii) and today as Superior of the St. Camillus Mission of Karungu (Diocese of Homa Bay) he saw up close the effects of "Providence" that allowed him to carry out so many projects. There are three Camillian religious working in two facilities on the shores of Lake Victoria: a 100 bed capacity hospital and the Dala Kiye Center for Orphans.

AIDS still claims many victims and breaks down families; In Karungu alone (population of approximately 30,000) there are 800 widows and 5,000 children who have lost their parents to AIDS. Many children, thanks in part to remote support, are now able to find a roof to sleep in, something to eat and attend school to study. In this work of social reintegration, the community that often willingly tends to exclude HIV-positive people is also involved in a real way. The Camillians, who also have a Novitiate, are called to proclaim Christ in everyday life through work, although many of the 170 employees themselves (they are mostly "Seventh-day Adventists") are "still waiting for the coming" of the Savior. But there is a mutual respect. The same is true with patients who are often and willingly charmed by the different sects of the moment (a hundred in the country). The action of care becomes an extraordinary opportunity for evangelization.

The teachings of St. Camillus, who identified Christ suffering in the sick so much as to call them "my Lords and Masters", are still alive. Following the example of the founder, missionaries seek to pay attention to both spiritual and bodily needs, while also focusing on the school of charity for those who share the task of supporting.

The presence of the religious has brought enormous benefits; the social situation itself has improved since we arrived. We have invested a lot of resources and we are working with many organizations that have given us their trust in our means of operations. Their field of action encompasses health, agriculture and education. In addition to the hospital, where they offer basic care, they follow 3,500 patients in antiretroviral therapy. The "Mercy" programme provides home care in collaboration with the Catholic Relief Services, offering food, health care, education, counselling and guidance for appropriate use of local resources. Camillians support more than 20 primary schools for all eight school years with the total involvement of 9,000 children.

At Dala Kiye (60 hosted orphans) have also started a chicken breeding project with the sale of 600/700 eggs per day, while St. Camillus Catholic Bookshop supports the parishes within the 2 dioceses. The Mission, with funding support undertook the construction of a clean water system channeled to water Kiosks strategically placed to serve the people Karungu and Sori. Not to mention all the hours spent in the training of teachers, caregivers and parents. Because of AIDS Fidel, Faith and Alphonse no longer have a father and a mother, but they have a community that protects them, helps them grow and build a different future.



**ST.CAMILLUS M HOSPITAL  
ART PROJECT/KENYA AIDS RESPONSE PROGRAM  
(KARP)**



**MIGORI COUNTY WORLD AIDS DAY 2019**

St. Camillus Mission Hospital, Karungu, is not only a PEPFAR sponsored KARP implementer but a premium actor in health care services within the County. KCCB- KARP representation at the County World AIDS Day Planning committee by Mr. Meshack Obillo, HIV Services Lead (HSL) at St. Camillus explains the institutional recognition.



*Migori World AIDS Day Procession.*



*St. Camillus KARP Adolescent, Violet.*

One month's planning was a period enough to witness a colorful commemoration of milestones made within Migori County towards HIV prevention, care and treatment. The event was held on November 29<sup>th</sup> 2019 at Migori Primary School in Migori Town. Competing priorities of the Governor could not allow for the occasion to take place on the 1<sup>st</sup> of December 2019 as is internationally slated.

A procession led by 'Jeshi La Wokovu' Band commenced from Migori Teaching and Referral Hospital through town center to the venue. Informative, Educative and Communicative skits and dances marked the day. A keynote Testimony was given by a St. Camillus adolescent over her experience with Care and Treatment thus encouraging youths and the general public towards early access to HIV services. Her testimony blended well with 2019 World AID Day Theme of "*Towards Universal Health Coverage, Communities United For Free Generation*"

The role of development partners was acknowledged more so during planning for the occasion. KARP gave a speech on behalf of other partners.

In his speech, which was read by Chief Executive Committee (CEC) member for health department, the Governor highlighted that 179,146 people live with HIV in Migori County where HIV prevalence rate is 13.3%. He emphasized the need for regular tests for HIV and early initiation into ARVs if positive.

***Reported by;***

***Obillo Meshack, HSL***

**Dear Friends,**

We hereby present to you a poem, written by Philip Nyalele in commemoration of World AIDS day 2019. Philip is among the first children to be enrolled in Dala Kiye foster care in the year 2004. With support from Dala Kiye, Philip underwent his primary, secondary and college education and is now working as an English teacher in Ethiopia, Addis Ababa.

### **Happy 15th Anniversary\***

Hey Mr. Virus,  
It's been long since we last shook hands.  
How's life in your shrunk cells?  
I hear that your community has been cut down to less significant population in me.  
Well am sorry about that but, kinda serves you right.  
Why, you ask?  
Let's have a stroll back in time.

15 years ago, there was this young boy,  
Who loved to dodge Maths lessons by feigning sickness  
Unfortunately each time he did this it turned out he was actually sick and had to be admitted.  
This continued for a long time till  
The men in white robes and female in stripped white and green dresses  
Secretly took my blood for testing.  
I never knew a thing. On the contrary such were the times I enjoyed best,  
coz I was shielded from the never ending Math problems.

Days after the test, I was moved into a foster home.  
Man, this place was heaven to us.  
We had 6 meals a day, had hot shower, took nature walks every Sunday.  
Literary everyone at school envied the life we lived in there.  
Then one evening,  
In the curiosity to test the pleasure arousings of the young boys and girls we were becoming,  
A bombshell was dropped.

Mama Beldina called the 15 of us to Tai House living room,  
She undressed the reality to us.  
'Who amongst you can tell me why Fr. Emilio has brought you to live in Dala Kiye Foster home?' She roared.  
None responded.  
Was she going to prick us with her sharp tongue and looks

For trying to practice what we learnt in Class Six Science   
'You are all here because you are sick.'  
All of you are infected with the HIV virus. So, just keep engaging in bad manners!

What!!!!

Sleep evaded me that night. I wasn't sure if this was a dream or  
Mama Beldina was just threatening us.

A week later, we walked into the auditorium  
To watch Pocahontas.  
When everyone had settled,  
They showed us what you do to people instead of the funny Pocahontas.  
They showed us how you love to eat our flesh to your fill  
They showed us how you attack our immunity and  
Make us vulnerable to opportunistic infections  
They showed us how you leave young kids as orphans to provide for them  
They also showed us how you make our friends to discriminate us  
Because they are afraid we will infect them with you

But...

They also taught us how to fight down your armies  
With Anti Retroviral drugs  
Living good and staying healthy,  
By eating well and doing exercises regularly  
They taught us also not to be bitter with those who don't have you yet  
Because as they say \*war among grasshoppers, delights the crow\*  
Meaning that no one should benefit from the misfortunes of others.  
We learnt to protect the ones we love.

Today I stand here proud enough to say  
I have made you harmless in me.  
I have made sure you don't infect any of my friends again  
I have made sure that I continue taking my ARVs  
And above all that my viral load is undetectable,  
Which means you can never harm me again,  
You can never continue multiplying in me.

Happy 15th Anniversary my most harmless enemy





**ST. CAMILLUS M HOSPITAL  
ART PROJECT/KENYA AIDS RESPONSE PROGRAM  
(KARP)**



**OPERATION TRIPPLE ZERO (OTZ) CAMP 2019  
6<sup>th</sup> -7<sup>th</sup> December 2019**

Adolescent and Young People (AYP) account for 20% of those on HIV care and treatment in Kenya. At St. Camillus M. Hospital Karungu, the number is 416 with 87% Viral Load Suppression against WHO recommendation of 90%. Numerous strategies are engaged for mitigation. One such is an adolescent Support Group or Club where the youth share treatment experiences and showcase socio-economic participation within the society.

In this year's regional KARP OTZ Camp held on 6<sup>th</sup> and 7<sup>th</sup> of December in Kisii town for Kisii and Migori Counties, 11 KARP facilities participated with over 200 adolescent and youths in attendance. The two days focused on watching informative and educative videos acted at sites levels by the adolescent and life skills development.



*Life Skills Session*

At the climax of the event, best performing sites in various categories were recognized with trophies and certificates of appreciation. St. Camillus Karungu scooped number one trophy for the best Youth Messaging Videos. Six adolescents were also appreciated with certificates for Viral Load Suppression during the year.



*OTZ N°.1 Trophy received at St. Camillus*



Our sincere appreciation goes to A.R.T. Project Adolescent focal persons, the Management of Dala Kiye Children Welfare Home, KCCB-KARP and Fr. Emilio Balliana, Director St. Camillus Mission Hospital, Karungu, for exemplary support in ensuring A.R.T. Project achieves desired goals and objectives.

*Reported by;*

**Obillo Meshack**  
**KARP Coordinator**

## This is a Crib .....

There is a place in the heart of Africa where time is punctuated by the sound of chisels.

Hundreds of unspoiled hands patiently sculpt the stone, telling their land.

This crib is carved entirely by hand in soap stone (steatite) from Tabaka in Kenya, a type of stone similar to marble but much more tender to work with.

The beauty of these statues lies in their uniqueness, in fact, each of them is characterized by unique lines, colors, shades and veins.

This type of craftsmanship is an important opportunity for the people of Tabaka to work and earn money.

Father Emilio Balliana brought with him the crib. A Camillian father directly from Karungu in Kenya where there is the Mission that offers opportunities for better life to the sick and many orphaned children.

It is a traveling crib, which with each new Christmas finds a place in a different location and this year we have the pleasure to have it here in Treviso Hospital Chapel as a sign of friendship and collaboration with St. Camillus Mission Hospital, Karungu.

It reminds us that Jesus was born in our hearts to reach the smallest and most unfortunate, the orphaned children, the sick, all the poor of whom, for more than 30 years now, Father Emilio also takes care of with the support and steadfast help of many friends, doctors and nurses who from Italy reach the Mission on the shores of Lake Victoria.

