

Administrative Team,

Thank you for your commitment to be a part of the Administrative Team traveling to Kenya. Your team will be made up of leaders who are interested in learning about the health system in Kenya and our collaborative efforts to serve the surrounding communities. You will visit several projects at Kendu Adventist Hospital near Lake Victoria.

Trip Description

Country: Kenya
(KAH)

Institution: Kendu Adventist Hospital

Level 4 teaching and referral hospital serving the western region of Kenya. The hospital is a Christian community committed to excellence in provision of compassionate care, spiritual ministry, and training for service to the glory of God. KAH is a major referral facility with a wide range of surgical, medical, maternity and pediatric services. General wards have an average capacity of 20 beds. Semiprivate rooms with private baths are available. Three operating rooms along with a recovery room provide facilities for a wide range of surgical services. The maternity unit contains 35 beds, two delivery tables, and an operating room. The neonatal nursery cares for infants who are sick or premature. All other infants stay with their mothers.

The outpatient department includes maternal child health, surgical, dental, diabetic, HIV, and tuberculosis clinics, in addition to the general outpatient clinic. Laboratory, x-ray, physiotherapy, and ultrasound provide diagnostic and rehabilitative services. The Kendu Adventist School of Medical Sciences (KASMS) continues to train scores of Kenyan registered nurses and clinical officers each year. KAH serves as an internship training site for both medical and clinical officer interns.

Setting: Rural

Number of Patient Beds: 170

Departments/Specialties:

- Laboratory (hematology, biochemistry, and microbiology)
- Imaging (x-ray and ultrasonography)
- Rehabilitation and Physiotherapy (physical therapy, massage therapy, occupational therapy, hydrotherapy, clubfoot clinic)
- Outpatient (maternal and child health, immunization clinic)
- Accident and Emergency
- Comprehensive Care Center (HIV and TB services for the region)
- Dental Clinic
- Non-Communicable Disease Clinic (cardiovascular disease, diabetes)
- Specialty Clinics (general surgery, internal medicine, preventive and lifestyle medicine)
- Inpatient Wards (maternity/labor and delivery, surgical, private, medical, pediatrics)
- Nutrition and Dietetics
- Operative Theatre
- Ancillary (maintenance, laundry, grounds, kitchen, biomedical, housekeeping, sanitation)

Languages Spoken: English, Swahili

General Information:

Visit the US government website for country specific information [here](#). You will need to obtain an eVisa prior to boarding your flight. Visitors to the Republic of Kenya can now apply for their eVisa services in a simple, secure, and convenient way. It's a 3-step process. Visit the eVisa website [here](#).

Vaccinations:

Make sure you are up to date on all your routine vaccines. You can find a list of those [here](#). Routine vaccinations protect you from infectious diseases such as measles that can spread quickly in groups of unvaccinated people. Many diseases prevented by routine vaccination are not common in the United States but are still common in other countries

- a. Hepatitis A (approx. \$85)
- b. Hepatitis B (approx. \$66)
- c. **Covid Vaccine (fully vaccinated and boosted)** [OBJ]
- d. **Yellow Fever is required**

Preparing a Travel Health Kit:

Items to include in your health kit should be ones you may need while in Kenya, especially items that may be difficult to find at your destination. Include your prescriptions and over-the-counter medicines to last your entire trip, plus extra in case of travel delays. Depending on your destination you may also want to pack include insect repellent, sunscreen (SPF15 or higher), aloe, alcohol-based hand sanitizer, and your health insurance card (AdventHealth Global Missions will provide basic travel insurance). More information regarding insect repellent and sunscreen can be found [here](#).

Consider including these supplies:

- First-aid supplies
- Extra pair of prescription glasses
- Toilet paper
- Sewing kit
- Zip-top bags
- Menstrual supplies

Climate:

January is a **hot, dry** month; however, temperatures are bearable compared to later in the spring. The capital sees daytime highs of roughly 75°F to 80°F while nighttime lows drop to about 57°F to 62°F. The evenings can be chilly so pack a jacket to wear at night.

Dress: As healthcare professionals and as representatives of AdventHealth, dress and decorum should be appropriate. Further details about dress and decorum can be obtained from the Project Director. Jeans, shorts, t-shirts, and other casual clothing are acceptable during the optional tourist excursions. Please be sure to pack one business casual outfit for your time with our Kenyan partners.

What to Bring:

Documents

- Passport
- Color photocopy of passport
- Health documentation (shot/yellow card)
- Copy of your flight itinerary
- Credit card (Visa/Mastercard)
- Cash (crisp, non-folded bills)
- CDC Vaccine Card

Toiletries

- Brush/Comb
- Shampoo/Conditioner
- Deodorant
- Makeup/Moisturizer
- Shaving Kit
- Toothbrush/Toothpaste
- Sunscreen
- **Bug Repellent (30% + Deet)**
- **Surgical Masks**

Clothing

- Quick Dry Pants and Shirts
- Sun Hat/Ball Cap
- Lightweight Rain Jacket
- Jeans/Khakis or Shorts
- Comfortable Shoes (preferably waterproof)
- Walking Shoes
- Hiking Shoes for Excursions
- Underwear/Socks
- Swimsuit
- One Professional Outfit
- Fleece or Jacket
- Long Sleeve Shirt
- Sleepwear
- Sun Hat/Ball Cap

Medications

- Lip Balm
- Malaria Pills
- Personal Prescriptions
- Personal Hygiene Items
- Band-Aids
- Benadryl Gel/Neosporin
- Diarrhea Medicine – Imodium
- Hand Wipes/Sanitizer
- Probiotic
- Pepto Bismol Tablets
- Benadryl Tablets/Pills

Packing a smaller day pack is ideal for daily activities and excursions. Be sure to carry your essentials for the day. You will be allowed one carry-on and one smaller item such as a purse on the plane. Include a change of clothes in your carry-on just in case your checked luggage is late. Most people choose a large backpack as a carry-on.

- RFID Money Belt/Flat Fanny Pack
- External Phone Charger
- Phone with International Calling
- Electrical Converter/Adaptor
- Energy Snacks/Power Bars
- Large Zip Lock Bags for Wet Clothing
- Books/Writing Materials
- Laundry Soap in a Zip Lock
- Plastic Hanger with Clips for Drying
- Small Day Pack for Essentials
- Water Bottle
- Hand Sanitizers

During the Week Tips:

Your meals - All meals are included during the mission week except during travel in airports. Breakfast is included with the hotels. Non-alcoholic beverages are included.

Money – Plan to bring new/crisp non-folded US dollars to pay for items. If a bill is torn or wrinkled in any way, the recipients may refuse to take it. Plan on small denominations like 1's and 5's for tips. Larger bills can convert to Kenyan shillings. You will only need your own money to shop or tip during the mission week.

Tips - Plan to contribute tips for excursion translators or guides. About \$10-\$20 US per person/per day. Tip drivers \$10 per person/per day. Plan for \$1-\$2 dollar per bag for the porters. If you go on the excursions, plan to tip every time a person handles your bags - \$1 US per bag.

Other Suggestions

Jewelry – Leave your expensive jewelry at home. Only bring small earrings/posts or anything you can afford to lose. Bring a cheap watch, rings, etc. Leave your diamond wedding rings at home.

Luggage: Your personal luggage with contents should not exceed 50 lbs. or you will have to pay a fee/or risk having it rejected by the local airlines. Luggage that has wheels will make it easier to move around. Plan to check your larger luggage and have your backpack or small carry on for the flights. You can have one bag per person for this trip, you may be asked to include some gift items for our Kenyan partners.

Packing a smaller day pack is ideal for excursions and hikes. Be sure to carry your essentials for the day. You will be allowed one carry-on and one smaller item such as a purse on the plane. Include a change of clothes in your carry-on just in case your checked luggage is late. Most people choose a large backpack as a carry-on.

PC's: You can bring a personal computer, but make sure you have a converter for your power cord. Most people bring only an IPAD/tablet for reading and connecting to the internet.

Internet: The internet is spotty and usually only available at the hotels.

Toiletries: Plan to bring enough of your toiletries to last the entire trip. There may be some small items provided in the hotels, so if you are partial to your own brands, bring enough.

Electricity: The associated plug type is **G, which is the plug that has three rectangular pins in a triangular pattern**. Kenya operates on a 240V supply voltage and 50Hz.

Water and Food: Bottled water should be used for drinking and brushing your teeth. Do not drink from any faucet and do not swallow the water from any shower. Only eat foods that you can peel and from reputable restaurants. Your team leader will advise you what is ok to eat.

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Before You Depart for Your Trip:

- Schedule your Yellow Fever vaccine ASAP
- Fill a prescription for malaria
- Confirm your immunizations and vaccines up to date
- One week prior to departure, apply for your Kenyan eVisa
- Prepare all travel documents: Yellow fever card, COVID vaccine card, printed flight itinerary, passport, and eVisa
- Bring crisp, unmarked bills for exchange
- Pack smart, do not overpack
- Photocopies of important documents, such as your passport and medical license (leave copies of these documents at home with a loved one).

BE READY TO HAVE AN INCREDIBLE TIME and DREAM TOGETHER