

# REPUBLIC OF KENYA



## COUNTY GOVERNMENT OF NYANDARUA DEPARTMENT OF HEALTH SERVICES



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OL' Kalou

**H.E. THE FIRST LADY**

**NDANDARUA COUNTY**

### **CANCER SURVIVORS SUPPORT IN NYANDARUA COUNTY NOVEMBER 2020**

#### **Introduction**

Nyandarua County is one of the 47 counties in the Republic of Kenya. The county has an area of 3245.25 sq. km. It is on the lee-ward side of the Aberdare ranges and has high altitude which influences temperature, rainfall and humidity. It is generally wet throughout the year and this enables the residents to practice crop farming and animal husbandry both on large and small scale. The average annual rainfall received is between 700 and 1500mm.

It borders the following counties;

- ) Nyeri to the east,
- ) Murang'a to the south east,
- ) Laikipia to the north,
- ) Kiambu to the south and
- ) Nakuru to the west.

According to the 2019 census the population for the county was 638,287 consisting of 315,032 males and 323,257 females.

There are five Sub-Counties, namely;

- ) Kinangop,
- ) Kipipiri,
- ) Ol' Kalou,
- ) Oljoroorok and
- ) Ndaragwa.

At the moment the county has the following county-owned health facilities;

- ) Beyond Zero facilities are 2
- ) Level II are 51
- ) Level III are 27
- ) Level IV are 2

### **Cancer Burden**

In Kenya, cancer is estimated to be the third leading cause of death after infectious and cardiovascular diseases.

Among the NCD related deaths, cancer is the second leading cause of death accounting for 7% of overall national mortality after cardiovascular diseases (WHO 2014 NCD country profile 2014).

The annual incidence of cancer is close to 37,000 new cases with an annual mortality of over 28,000. The leading cancers in women are cervix uteri (40.1/100,000), breast (38.3/100,000) and oesophagus (15.1/100,000). In men, prostate (31.6/100,000), Kaposi sarcoma (16/100,000) and oesophagus (20.5/100,000) are the most common cancers (Ferlay et al 2013).

### **Cancer management in Nyandarua County**

Screening is being actively done routinely and in outreaches for some cancers in all our county, Faith-based and some private-owned facilities. This mainly includes breast, cervical, prostate among others.

For treatment we offer cryotherapy for precancerous cervical lesions in eight facilities. Very soon we are starting treatment for early cervical cancer for we have acquired Loop Electrosurgical Excision (LEEP) and Colposcopy Machines.

Most cancer clients are managed outside the county and only coming back for follow-up including for palliative care.

### **Palliative Care.**

In the county we have a palliative care centre at the County Referral hospital with over 100 clients on follow-up. We are starting a second centre in our 2<sup>nd</sup> level IV hospital before the end of the year.

The services on offer in palliative care center include

- ) Medical
- ) Emotional
- ) Spiritual
- ) Mental
- ) Financial
- ) Physical particularly fitness
- ) Home visits among others

With support from nyandarua county First Lady, palliative care clients have formed a Community Based Organization (CBO) with a membership of over 60 members. The benefits the clients are accruing include

- ) Self-supporting
- ) Member follow-up
- ) Sourcing partner support among others.

Through the office of First Lady, the County Government is supporting the clients as follows;

- ) Engaging them in county government activities
- ) Giving medical and psycho-social updates
- ) Individualized social support for specific clients.

### **Social Support**

The county government through the First Lady has started financial support to every palliative care client and cancer survivor of Kshs. 2,000 every quarter to meet their basic needs. With time this will be done on monthly basis after formal/legal documentation has been finalized.

There are plans to issue this client with annual NHIF cover for those who don't have a medical cover.

Other support areas under consideration include provision of the following;

- ) Breast prosthesis
- ) Adult diapers
- ) Wigs and
- ) Compression stockings.

Report by

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**Ambulance and Referral Services Coordinator,**

**Non Communicable Diseases Coordinator**

**Nyandarua County**