



HEALTH SERVICES DEPARTMENT

## SENSITIZATION ON KIDNEY DISEASE TO THIKA SUB COUNTY SCHOOLS

21ST MARCH 2016, KENYATTA PRIMARY SCHOOL AND MUGUMOINI PRIMARY SCHOOL



Mugumoini Primary school Pupils while been taken through the Kidney disease preventive and control measures.



Mr. Gakuru Macharia sensitizing pupils from Kenyatta primary school on the kidney disease.

## **Introduction**

The Kidney disease sensitizations were held at Kenyatta primary school and mugumoini primary school. The sensitisation was done by Mr. Gakuru Macharia who was accompanied by the Head of Programs, school health Programme coordinator and the communications officer all from Kiambu County. Both schools have a population of 2530 pupils and over 70 teachers.

## **Achievements:**

- 2600 pupils and teachers were sensitized on the kidney disease and the preventive and control measures.
- They were also informed of the dialysis clinic at Thika level 5 hospital and services being offered.
- The head teachers were supplied with brochures on kidney disease and also posters on the body of a smoker.
- The pupils were very happy to receive the information as depicted in the video clip

## **Challenges:**

- Time allocated for the sensitization was very short.
- The brochures were few as compared with the population

## **Lessons learnt:**

- School children are good change agents since they were able to learn fast and thus should be used to pass the information on kidney disease.
- Majority of the people are not aware specifically about the kidney disease and the exact location of kidneys.
- Kidney disease is a disease for all and thus preventive and control messages should be widely disseminated.

## **Recommendation:**

- The messages should be disseminated to all the schools in Kiambu County through the comprehensive school health programme.
- The scouts association should also be used to pass the messages since they are over 40,000 people registered in this association and includes pupils from class one and up to the university level.
- Planning for the next year world kidney day should start as early as now and over 500,000 brochures to be printed and distributed one month prior to the commemoration date.
- Peer educators who have had the kidney disease to be used as the schools are being sensitized to address on the real life experience.
- Strengthening and capacity building of the school health club members, school health teachers and school health programme coordinators who in turn will be able to pass the message to the rest of the pupils.

Pupils from Kenyatta primary keenly following the Kidney talk



Mr. Gakuru Macharia taking the Pupils through the kidney disease talk



Special unit class was not left behind

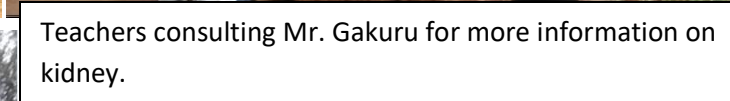




TOP: Mr Gakuru demonstrating to the pupils.



Head teacher Mugumoini primary school introducing the Team from the County accompanying Mr. Gakuru



Teachers consulting Mr. Gakuru for more information on kidney.



**Teresia Wanjiru Kariuki**  
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