

KOGS is a leading advocate for women's sexual and reproductive health and rights in Kenya. As part of its mission to ensure that everyone has access to high-quality healthcare, KOGS has been actively involved in the process to safeguard women's rights. The organization recognizes that access to sexual and reproductive health care is a fundamental human right and is committed to promoting policies and programs that advance women's health and well-being. Despite the progress made, KOGS remains steadfast in its goal of ensuring that every person in Kenya has access to quality sexual and reproductive health care.





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PRESIDENT'S MESSAGE

Dr. Kireki Omanwa KOGS PRESIDENT

Greetings,

As we usher in 2025, I extend my warmest greetings to all members of the Kenya Obstetrical and Gynaecological Society (KOGS), our partners, and stakeholders. The past year has been a testament to what we can achieve when we unite around a shared vision for improving maternal and child health in Kenya. It gives me immense pride to reflect on our collective accomplishments while anticipating the exciting milestones ahead.

In 2024, we witnessed remarkable progress in advancing maternal and reproductive healthcare. Among the many highlights was the world's first Postpartum Hemorrhage (PPH) Run, held on October 6, 2024. This groundbreaking event brought together healthcare professionals, policymakers, and the public to raise awareness about PPH - A leading cause of maternal

mortality. Esteemed guests, including Kenya's Top Athelete Faith Kipyegon, CS Ministry of Health, Hon. Dr. Deborah Barasa, and FIGO President Prof. Kihara Anne Beatrice, joined us in championing this crucial cause.

October was also a dynamic month as we marked Menopause Awareness Month with our impactful "Beyond the Pause CME Series," and spearheaded Breast Cancer Awareness Month through digital campaigns emphasizing prevention, early detection, and treatment. KOGS' pivotal contributions to policy development were evident in the launch of the Uhai wa Mama na Mtoto Project and the unveiling of the O-POCUS Guidelines, which aim to improve maternal health outcomes nationwide. Additionally, we actively participated in the development of transformative guidelines to reduce cervical cancer cases and save countless lives. These achievements underscore our commitment to systemic reforms and the betterment of healthcare delivery.

Our Leadership Development Initiative (LDI) Project has also made significant strides. The highlight of the fourth quarter was LDI's participation in the launch of KEWOPA's "STOP OBSTETRIC VIOLENCE" Call Center.

We celebrate the remarkable achievements of our members. Dr. John Ong'ech was honored with the Moran of the Order of the Burning Spear (MBS) by The President of Kenya, His Excellency Dr. William Samoei Ruto, and Prof. Moses Obimbo Madadi was named among the "100 Most Influential Africans of 2024" by New African Magazine. These recognitions highlight the exceptional talent within KOGS and our collective impact on the global stage.

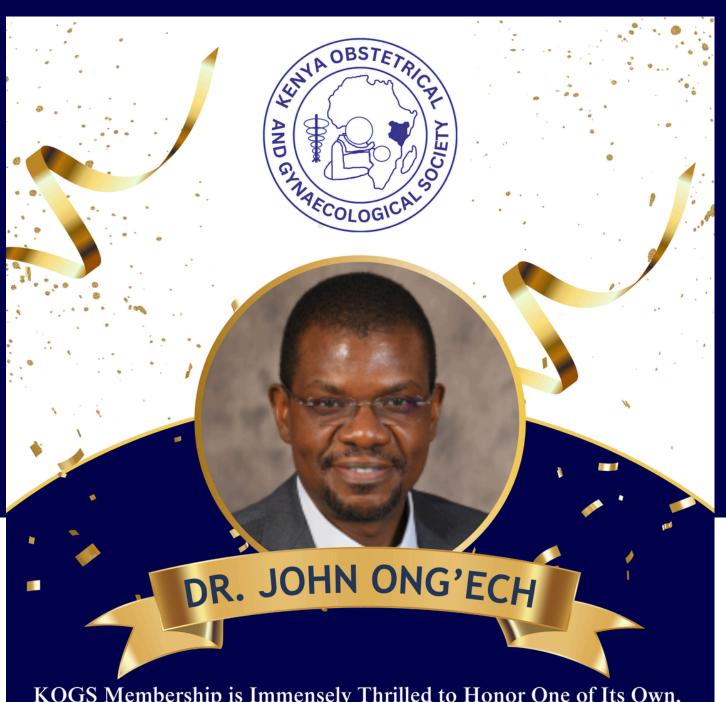
As we step into the new year, we look forward to even greater collaboration and innovation. I am thrilled to invite you to the 49th KOGS Annual Scientific Congress, set to take place from February 17th to 21st, 2025, at Sarova Whitesands Hotel, Mombasa. This year's theme, "Collaborative Partnerships for Maternal Health: Building Alliances Between Stakeholders to Prevent Maternal Mortality, Share Best Practices, and Drive Systemic Change Through Innovation," underscores our commitment to fostering partnerships that make a tangible difference.

Let us all make plans to attend this premier event and contribute to shaping the future of maternal and reproductive health in Kenya and beyond.

As we navigate 2025, let us remain steadfast in our mission to ensure every woman in Kenya has access to dignified, high-quality healthcare. Together, we will continue to advocate, innovate, and lead the charge in maternal health transformation. I thank each one of you for your dedication and resilience, which have been the backbone of our success.

Here's to a year of meaningful partnerships, groundbreaking achievements, and a brighter future for maternal and reproductive health in Kenya.

Warm Regards.



KOGS Membership is Immensely Thrilled to Honor One of Its Own, Dr. John Ong'ech, For being Conferred The Esteemed

'Moran of the Order of the Burning Spear (MBS)'

By His Excellency Dr. William Samoei Ruto, The President of the Republic of Kenya.

Congratulations!

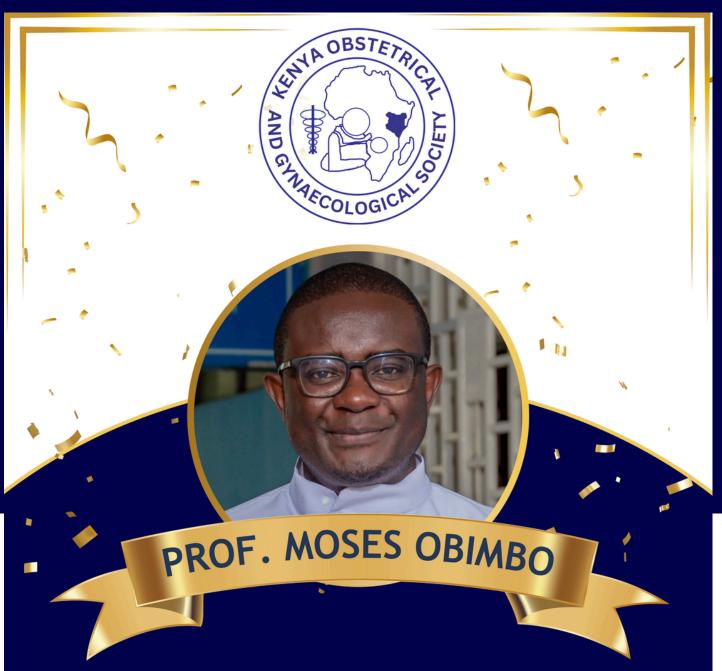












KOGS is Absolutely Elated to share that Our Distinguished Hon. Sec. Prof. Moses Obimbo Madadi, has been Honored as One Of The

'100 Most Influential Africans of 2024'

Globally celebrated in the Prestigious Science & Academia category!
by The London-based New African magazine

Congratulations!

WORLD'S FIRST END PPH RUN



Rules of 'R': Recognize, Be Ready, Respond & Review!

On October 6th, 2024, KOGS in conjuction with the University of Nairobi proudly hosted the world's first End Postpartum Hemorrhage (PPH) Run at the Ulinzi Sports Complex in Langata. This groundbreaking event brought together influential leaders, health advocates, and hundreds of participants united by one goal: to end postpartum hemorrhage and save mothers' lives.

a's flag, representing

Kenya's Top Female Athlete, Faith Kipyegon

The event was graced by an array of distinguished guests whose presence underscored the significance of this cause.

Olympian and Kenya's top female athlete, Faith Kipyegon, served as the chief guest, inspiring all with her powerful message of hope and determination.

Former Chief Justice David Maraga and the Governors of Homa Bay and Nakuru Counties, Hon. Gladys Wanga and Hon. Susan Kihika, respectively, lent their unwavering support to this critical initiative.

A special highlight was the attendance of Hon. Dr. Deborah Barasa, Cabinet Secretaru for Health, whose dedication to improving maternal health motivated participants to

> to take actionable steps toward eradicating PPH. As Hon. Dr. Barasa passionately stated, "Together, we're stepping up to END PPH. Other dignitaries included Women Representatives, Senators, and Members of Parliament, who joined hands in solidarity to raise awareness about PPH. The collective support demonstrated

the power of collaboration in tackling maternal health challenges.



WORLD'S FIRST PPH RUN













FIGO President, Prof. Anne Beatrice Kihara, delivered a compelling address emphasizing the critical steps in combating postpartum hemorrhage: "Rules of 'R': Recognize, be Ready, Respond & Review! That is what will save every mother who is bleeding after childbirth." She further noted the tragic reality that, "No woman should die giving life, yet each year, more than 14 million women experience excessive bleeding after childbirth, known as PPH, with 70,000 women losing their lives."

Adding to the weight of the discussion, **Prof. Obimbo Moses, PPH Project Lead**, highlighted the urgency of addressing this global health issue. "Postpartum hemorrhage continues to claim the lives of thousands of mothers annually. Through partnerships, research, and innovations, we can reverse this trend," he stated.

Dr. Laura Oyiengo, UNICEF Health Specialist, introduced a game-changing innovation, the Non-pneumatic Anti-shock Garment (NASG), a low-cost compression suit designed to reduce blood flow and prevent death from PPH. "This suit can save lives within 30 minutes and provide up to 48 hours for treatment," she explained.

The event also celebrated the achievements of the day's champions. Charles Mule claimed victory in the men's category, while Ruth Wangui emerged as the women's champion, embodying the spirit of resilience and determination.

As we reflect on the success of this historic event, we extend our heartfelt gratitude to all participants, stakeholders, and partners who came together to make the End PPH Run a resounding success. Your unwavering support, dedication, and shared vision have demonstrated the power of collective action in addressing one of the most pressing challenges in maternal health. Together, we have taken a monumental step toward safeguarding the lives of mothers, raising awareness about postpartum hemorrhage, and ensuring that no woman dies while giving life. This event marked not just a moment but the beginning of a movement, reaffirming our commitment to protecting and empowering women everywhere.

Click Here for More Photos









Collaborative Partnerships For Maternal Health:
Building Alliances Between Stakeholders To Prevent Maternal Mortality,
Share Best Practices, And Drive Systemic Change Through Innovation



17[™] To 21[™] February 2025



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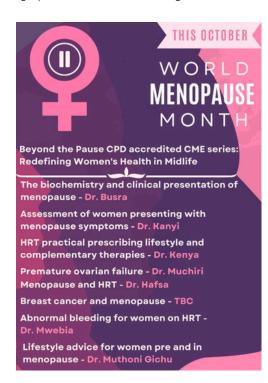
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NON-MEMBER	KES 45,000	KES 50,000	KES 55,000
ASSOCIATE MEMBER / NURSE / REGISTRAR / CLINICAL OFFICER	KES 20,000	KES 25,000	KES 30,000
INTERNATIONAL	USD 450	USD 450	USD 475

MENOPAUSE AWARENESS MONTH: BEYOND THE PAUSE

In October, KOGS joined the global community in observing Menopause Awareness Month. Partnering with our Central and Coast Branches, we launched a dynamic initiative titled "Beyond the Pause CME Series: Redefining Women's Health in Midlife."

This multifaceted campaign aimed to spark meaningful conversations about menopause, a pivotal yet often overlooked stage in a woman's life. The campaign featured a robust digital presence, leveraging social media platforms to disseminate accurate information, debunk myths, and promote awareness about the unique healthcare needs of women in midlife.

In addition to the digital outreach, the initiative included a series of Continuing Medical Education (CME) webinars, which brought together healthcare professionals, researchers, and advocates to explore various aspects of menopause. Topics ranged from managing symptoms and understanding hormonal changes to addressing the psychological and social dimensions of this life stage.



BEYOND THE PAUSE CPD ACCREDITED CME SERIES:
REDEFINING WOMEN'S HEALTH IN MIDLIFE

Topic: Assessment of Women Presentingwith Menopause Symptoms



Dr. Grace Kanyi
PRESENTER



Dr. Amanda Kenya
MODERATOR



AND GAMECOLOGICALS

CENTRAL BRANCE

7th Oct. 24 (Monday)

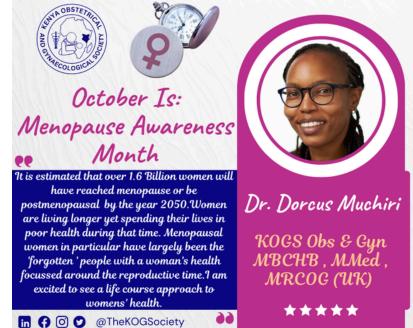
🕒 7:00 pm - 8:00 pm

Mode: Virtual CME

REGISTER NOW! >







The webinars provided a platform for insightful discussions and knowledge sharing, equipping participants with tools and strategies to better support women navigating menopause. The series underscored the importance of recognizing menopause as a natural transition and advocating for accessible, compassionate care tailored to the needs of women in midlife.

KOGS extends its sincere gratitude to each and every individual who participated in and contributed to the resounding success of this vital campaign. Your involvement, whether through active participation, sharing information, or offering support, has been instrumental in achieving our shared goals.



Please Submit your Abstract For the '49TH KOGS Annual Scientific Congress'



to <u>www.jogeca.com</u> by '31st December 2024'.

'23RD January 2025'.

Only Electronic Submissions will be accepted.

Collaborative Partnerships For Maternal Health:
Building Alliances Between Stakeholders To Prevent Maternal Mortality,
Share Best Practices, And Drive Systemic Change Through Innovation

SUB-THEMES:

- Maternal Fetal Medicine Innovations.
- Pelvic Health And Rehabilitation.
- Policy and Advocacy For Maternal Health.
- Data Sharing And Research Collaboration.
- Gynecological Oncology And Maternal Health.
- Reproductive Endocrinology Innovations.
- Maternity And Quality Improvement.
- Digital Health Solutions And Maternal Health.





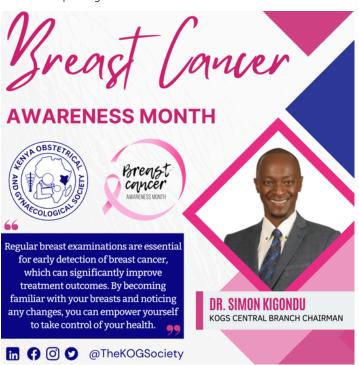
AMPLIFYING THE FIGHT AGAINST BREAST CANCER

In October, KOGS actively participated in Breast Cancer Awareness Month with a digital campaign aimed at educating the public and fostering greater awareness about breast cancer. This initiative brought together renowned doctors and specialists who shared invaluable insights on prevention, early detection, treatment, and support for those affected by the disease.

The campaign utilized KOGS's digital platforms to disseminate expert opinions, practical advice, and evidence-based information, reaching a diverse audience across Kenya. Topics covered included the importance of regular breast self-examinations, recognizing early warning signs, understanding risk factors, and the critical role of screening methods such as mammograms.



By featuring healthcare professionals at the forefront of cancer care, this campaign not only highlighted advancements in breast cancer treatment but also debunked myths and addressed common misconceptions. The doctors' contributions underscored the significance of a multidisciplinary

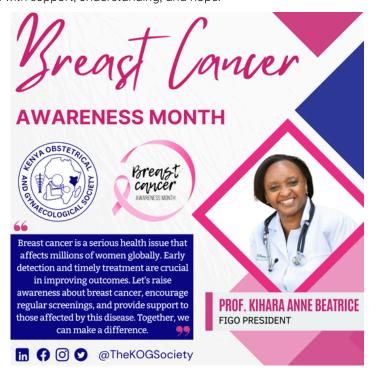


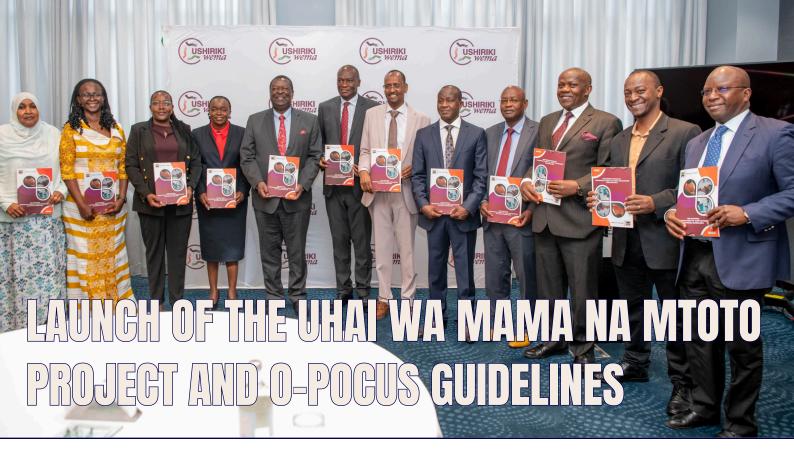


This month of reflection and action also serves as a reminder of the work that remains to be done. We must continue to champion awareness and inspire action at every level - from communities to policymakers, from healthcare providers to individuals. The fight against breast cancer calls for a comprehensive approach: investing in research, improving access to diagnostic and treatment facilities, and fostering a supportive environment for patients and survivors.

Let us continue to champion awareness, inspire action, and work tirelessly toward a future free of breast cancer—a future where no woman loses her life to this disease and every survivor's journey is met with support, understanding, and hope.







OGS proudly participated in the landmark launch of the Uhai Mudavadi calls for decisive action to wa Mama na Mtoto (UMM) Project and the National Obstetrics Point-of-Care Ultrasound (O-POCUS) Guidelines, officiated by the Prime Cabinet Secretary/Cabinet Secretary for Foreign and Diaspora Affairs Hon. Musalia Mudavadi and the Cabinet Secretary for Health Hon. Dr. Deborah Mlongo Barasa. This groundbreaking initiative underscores Kenya's commitment to reducing maternal mortality and ensuring

equitable access to quality maternal healthcare across the nation. In her keynote address, Hon. Dr. Mlongo Barasa outlined the significant barriers to maternal health services in Kenya, including limited access to ultrasound technology due to equipment shortages, insufficient training, and prohibitive costs. These challenges have disproportionately impacted underserved regions, contributing to preventable maternal and newborn deaths.

The newly launched National Obstetrics Point-of-Care Ultrasound (O-POCUS) Guidelines aim to address these barriers bu:

- Standardizing the use of ultrasound services across healthcare levels.
- Providing a comprehensive framework for training healthcare workers.
- Ensuring early detection and timely intervention for pregnancy complications.
- Facilitating prompt referrals, critical to saving the lives of mothers and their newborns.



reduce maternal deaths



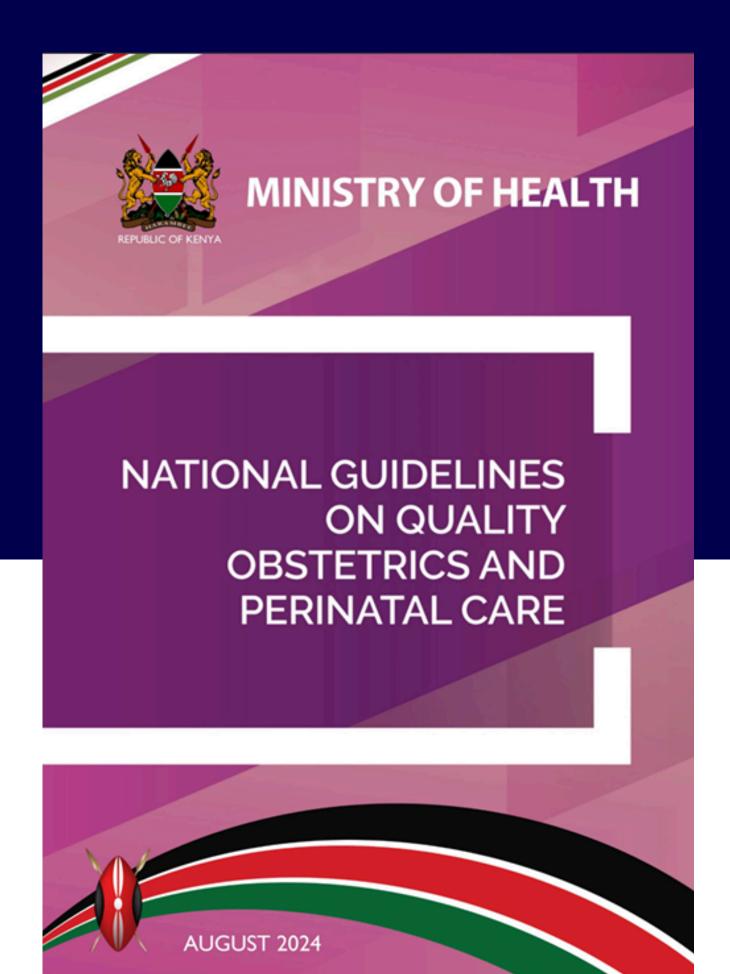




As a key stakeholder in Kenya's maternal health landscape, KOGS has been instrumental in advocating for evidence-based policies and supporting initiatives that improve maternal and newborn outcomes. The society applauds the Ministry of Health for introducing the O-POCUS Guidelines and remains committed to their successful implementation.

The UMM Project complements this effort by addressing systemic gaps in healthcare infrastructure and service delivery. KOGS recognizes the transformative potential of this initiative, particularly in underserved communities, where access to quality maternal care is often

Together, we are laying the foundation for a stronger, more resilient healthcare system that prioritizes the health and well-being of every mother and child across Kenya.

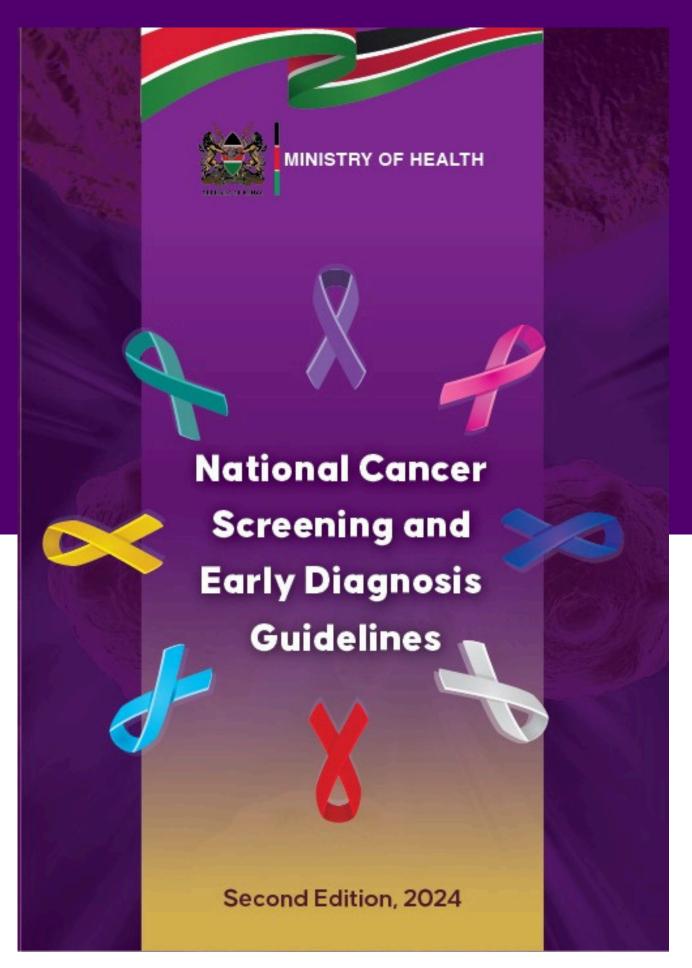


KOGS is proud to have actively contributed to the development of the National Guidelines on Quality Obstetrics and Perinatal Care, spearheaded by the Ministry of Health.

Access the guidelines here:

https://drive.google.com/file/d/1En9FHigyj8Wljnq1N0Ngi3wp7tuM_jl9/view?usp=sharing...





We are proud to actively contribute to the development of these transformative guidelines aimed at reducing cervical cancer cases and saving lives.

Learn more about cervical cancer screening and these guidelines here:

https://drive.google.com/file/d/1908bmi1WQfVVjGvaXO3AFQvBtVwk1pil/view

PROLENCE WOMEN WOMEN WOMEN MANAGEMEN MAN

Over 11 million women in Kenya, or 20% of the population, have experienced physical or sexual violence from an intimate partner during their lifetime.

NOVEMBER THROUGH

- On average, one woman is killed daily in Kenya due to genderbased violence.
- The Nairobi Women's Hospital reports receiving approximately 4,000 GBV cases every month, highlighting the scale of the crisis in urban areas.
- During the COVID-19 pandemic, reported cases of GBV in Kenya surged by 300%, exposing the vulnerability of women during emergencies.
- 97 femicide cases were reported in Kenya in just three months in 2024, underscoring the deadly consequences of GBV.
- In 2023, the government of Kenya reactivated special desks at police stations to fast-track GBV cases, but systemic challenges remain.
- Cultural norms and stigma prevent many GBV survivors in Kenya from seeking help or reporting their abusers.
- Only 7% of Kenyan men believe women should have equal decision-making power in households, reflecting deep-seated gender inequality.

- Survivors of GBV face additional hurdles, such as a lack of safe houses and limited access to legal and psychological support.
- Child marriage remains prevalent, with 23% of girls in Kenya married before the age of 18, increasing their vulnerability to violence.
- Female Genital Mutilation (FGM) is still practiced in some communities in Kenya, affecting 21% of women and girls aged 15-49.
- 30% of women aged 15-49 in Kenya have experienced physical violence, and 14% have faced sexual violence.
- GBV has severe economic costs, with survivors often losing jobs or income due to trauma, injuries, or stigma.
- Organizations like Usikimye provide essential safe houses and counseling, but more resources are needed to support survivors
- 16 Days of Activism aims to bridge gaps between policy and action, ensuring survivors' voices are heard and justice is served.
- Ending GBV in Kenya requires a collective effort from individuals, communities, organizations, and policymakers to create a culture of zero tolerance for violence.

LDI:REACH

Right care, every birth

LDI ACHIEVES REMARKABLE MILESTONES

LDI: ADVANCING MATERNAL HEALTH AND GENDER EQUITY

eadership Development Initiative (LDI) Project has achieved remarkable milestones in the fourth quarter of 2024. By focusing on advocacy, capacity building, and systemic reforms, LDI continues to lead efforts to improve maternal healthcare and address gender inequities in Kenya.

One of the significant highlights of this quarter was LDI's active participation in the launch of KEWOPA's 'STOP OBSTETRIC VIOLENCE' Call Center. During the event, Dr. Benjamin Odongo Elly delivered an impactful address emphasizing the importance of gender equity in healthcare. He highlighted constitutional provisions such as Article 27(3), which guarantees equal treatment and opportunities for both genders, and the 2/3 Gender Rule outlined in Article 81(b). Despite its repeated implementation challenges, Dr. Odongo noted that this rule remains a vital step toward achieving gender parity in decision-making and access to healthcare resources.

Dr. Odongo passionately addressed the pressing issue of obstetric violence, a deeply rooted challenge in maternal healthcare. He defined it as the disrespect, abuse, and systemic negligence that women endure during pregnancy, childbirth, and postnatal care. This form of gender-based discrimination often reflects the unequal power dynamics in healthcare systems and disproportionately affects women in underserved and marginalized communities.

Obstetric violence not only strips women of their dignity during one of life's most vulnerable moments but also directly violates their constitutional right to the highest attainable standard of health





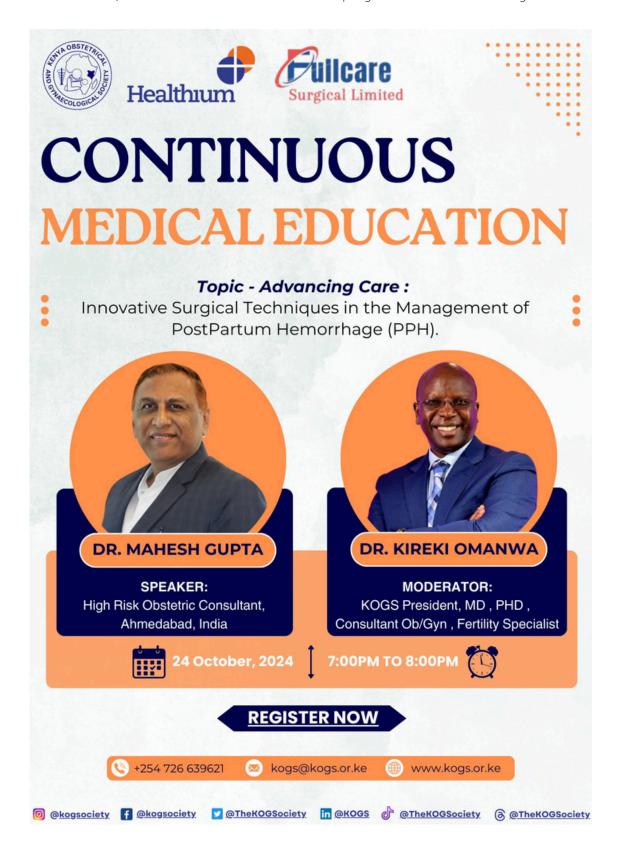
,as enshrined in Article 43(1)(a) of the Kenyan Constitution. In addition to its advocacy efforts, LDI hosted a CPD-accredited webinar on 22nd November 2024, titled "Capacity Building, Reducing Barriers, and Fostering Advocacy: Empowering Young Gynecologists for Maternal Health Transformation." This session, led by Dr. Maina Ngoigo and moderated by Dr. Benjamin Odongo Elly, focused on equipping young gynecologists with the tools to overcome barriers in maternal healthcare and foster a culture of advocacy.

Through these initiatives, LDI remains steadfast in its commitment to transforming maternal health in Kenya. By addressing systemic gaps, building capacity, and advocating for equity, the project is paving the way for a future where all women have access to dignified, high-quality healthcare.



KOGS in collaboration with Healthium Medtech LTD and Fullcare Surgical LTD, recently hosted a highly informative Continuing Medical Education (CME) session on 24th October 2024 focused on "Advancing Care: Innovative Surgical Techniques in the Management of Postpartum Hemorrhage (PPH)." The event brought together healthcare professionals to explore the latest advancements in addressing this critical obstetric emergency.

The session featured a presentation by Dr. Mahesh Gupta, a renowned High-Risk Obstetric Consultant from India, who shared his extensive expertise and insights into cutting-edge surgical techniques and was expertly moderated by KOGS President, Dr. Kireki Omanwa, who ensured a smooth flow of the program and facilitated insightful discussions.



ACKNOWLEDGMENT





We extend our heartfelt gratitude to the Journal of Obstetrics and Gynaecology of Eastern and Central Africa (JOGECA) and the African Journals Online (AJOL) for their invaluable contributions to advancing academic scholarship and clinical practice in obstetrics and gynecology.

JOGECA publishes high-quality, relevant works encompassing clinical and basic science research, health informatics, health policy, and implementation science. These articles are disseminated online in quarterly releases, fostering knowledge-sharing in our field. Read more on JOGECA.

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Official Newsletter of Kenya Obstetrical and Gynaecological Society

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For any advertisement inquiries, please feel free to email us at (kogs@kogs.or.ke). We are always looking for new opportunities to collaborate with like-minded organizations and individuals who share our passion for advancing women's health. Join us today and be a part of this important mission!



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