



Driven By Quality

THE MONTHLY DOSE

For us. By us.

Injeeeect..



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Core Mandates:

Quality Assurance Services

Supply Chain for HPTs

Health Systems Strengthening

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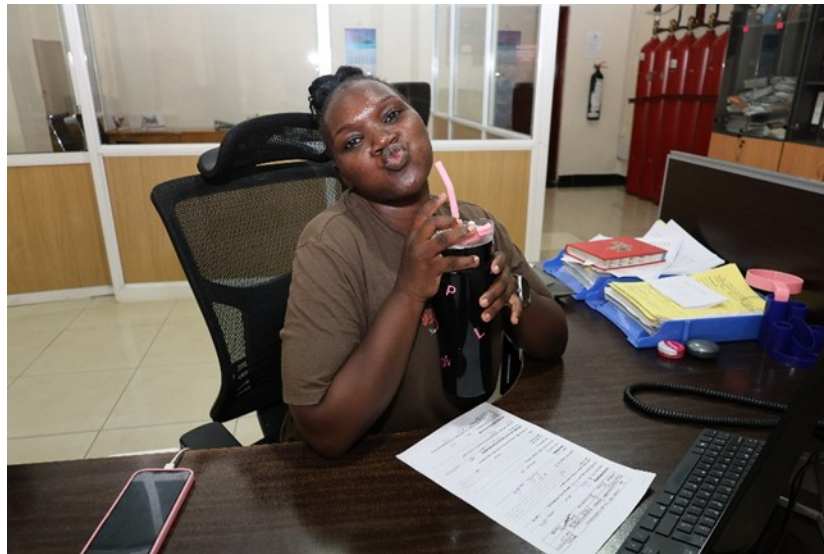
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OUR CHRISTMAS, OUR STORIES

By Daniel Mumo

Christmas is often wrapped in laughter, lights, and shared moments. It is also a season that reminds us of what truly matters. In this edition, we pause to listen to the voices of our people: stories of celebration, togetherness, and quiet gratitude from across the team. Alongside these moments of joy, we also honor the memory of a colleague we laid to rest, a reminder that even in seasons of cheer, we carry one another in both happiness and loss. This is our Christmas, told honestly, gently, and together.

1. SharonLizzy-Client Relations Assistant



In one word, how would you describe the Christmas Season?

Refreshing. Rewarding. Fulfilling. Joyful.

What's that one moment that made this festive season memorable for you?

Climbing a Mango tree and plucking mangoes. A simple test yet joyful moment that reminded me to enjoy life's little wins



OUR CHRISTMAS, OUR STORIES

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What festive habit did you enjoy the most this season?

Road trips, especially the one to Rusinga Island and spending quality time with loved ones.

One thing you're carrying into the New Year from this season.

Embracing joy in simple moments and remembering that effort and courage often lead to sweet rewards

2. Nafula Nyongesa-Client Relations Assistant



In one word, how would you describe the Christmas Season?

Therapeutic.

What's that one moment that made this festive season memorable for you?

Swimming in the River (Duf-mpararo)

What festive habit did you enjoy the most this season?

Family times- Dancing with Grandma and Sleeping in the living room with my siblings

OUR CHRISTMAS, OUR STORIES

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One thing you're carrying into the New Year from this season.

YOLO (You Only Live Once). Live life to the fullest.



3. Justus Bosire-Warehouse Assistant (Picking)



In one word, how would you describe the Christmas Season?

Joyful. It gave me break from my work routine, allowing me to fully enjoy the moment with buddies

OUR CHRISTMAS, OUR STORIES

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Visiting **Two Rivers Mall** with my friends. We spent time window shopping, sharing different meals and drinks, taking photos and simply talking and laughing. We also had some time to watch movies together.

What festive habit did you enjoy the most this season?

Hanging out with friends, late outings with some enjoyable activities like playing pool, good food and relaxed conversations.

One thing you're carrying into the New Year from this season.

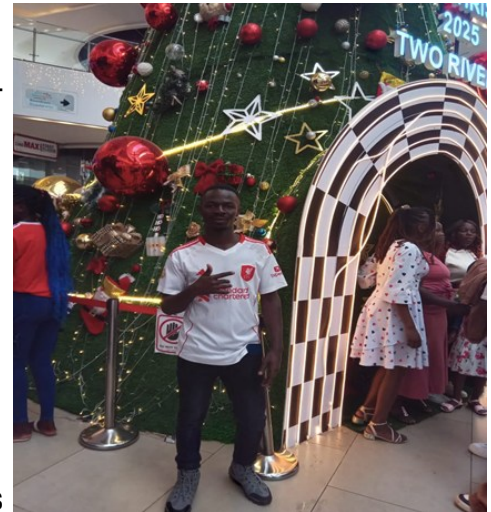
FTB (Find The Balance). Work Hard but also make time for rest, fun and meaningful relationships.

4. Lorine Obia-Warehouse Assistant (Order Processing)



In one word, how would you describe the Christmas Season?

A moment of Gratitude



OUR CHRISTMAS, OUR STORIES

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What's that one moment that made this festive season memorable for you?

Game nights that turned competitive quick. Jenga blocks falling like New Year's resolutions. Truth or Dare exposing secrets we may never recover from, and laughter that echoed louder than Christmas carols.

What festive habit did you enjoy the most this season?

We invented a new festive sport: Random neighbor visits. Officially we were just saying Hello. Unofficially? Our eyes were locked on the sumptuous meals simmering in the kitchens, pure intentions, slightly distracted motives.

One thing you're carrying into the New Year from this season.

Joy and Forgiveness. Joy multiplies when shared, forgiveness lightens the heart, and sometimes the best memories are made when you stay put, show up and laugh hard and timing your visits around mealtime.

5. Milton Ogendi-Warehouse Assistant (Dispatch)



In one word, how would you describe the Christmas Season?

Awesome

What's that one moment that made this festive season memorable for you?

Preparing meals with family like Mandazi.

What festive habit did you enjoy the most this season?

Gisting with friends and family till late nights.

One thing you're carrying into the New Year from this season.

Smart goals. Come up with well-defined strategies to achieve all you set for in 2026.

OUR CHRISTMAS, OUR STORIES

By Daniel Mumo

6. Hedwick Shivachi-Warehouse Assistant (Receiving)



In one word, how would you describe the Christmas Season?

Joyful

What's that one moment that made this festive season memorable for you?

Kitchen became my fav place. I enjoyed preparing meals for my family.

What festive habit did you enjoy the most this season?

Gifting and sharing meals with family, friends and rela-

tives

One thing you're carrying into the New Year from this season

It's never too late to begin again. The best time to start was yesterday. The next best time is now. Age is no barrier when purpose leads the way.

OUR CHRISTMAS, OUR STORIES

By Daniel Mumo

7. Hellen Sewe Send-Off



We came together in solidarity to lay to rest our colleague, Mum Hellen Sewe, a long-serving employee of our organization. Her commitment, humility, and presence left a lasting mark on all who worked with her. We extend our sincere gratitude to everyone who contributed their time, resources, and support to ensure her burial was dignified and well-

coordinated. In unity, we honored her life, and in remembrance, her legacy lives on.



OUR CHRISTMAS, OUR STORIES

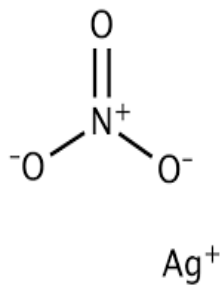
By Daniel Mumo



To Sum Up, this Christmas reminded us that our greatest strength lies in our people, in the moments we celebrate together and the challenges we face as one. We end the season grateful for the stories shared, the memories made, and the bonds that continue to define us. As we step into the new year, let us carry this spirit forward, staying connected, supporting one another, and showing up with purpose. I wish you all a prosperous 2026!!

SILVER NITRATE, THE NEW WOUND SOLUTION!

By Dr. Shadrack
Meme, Ph. D



Silver Nitrate: Emerging Gold Standard in Wound Management Over Silver Sulfadiazine

Silver nitrate formulations, especially 25ppm gels and solutions with emulsifying agents, deliver precise antimicrobial effects while promoting faster healing in clinical settings. These low-concentration options minimize cytotoxicity compared to silver sulfadiazine (SSD), supporting a shift toward evidence-based wound care protocols. This article synthesizes clinical pros, cons, and transition rationale from silver sulfadiazine to silver nitrate.

Mechanisms of Action

Silver nitrate dissociates into silver ions (Ag^+) that disrupt bacterial cell walls, DNA replication, and biofilms via oxidative stress. Emulsified 25ppm gels ensure sustained ion release, penetrating deeper than SSD's larger silver-sulfadiazine complexes. SSD relies on slower silver release bound to sulfadiazine, effective against gram-negative bacteria but prone to resistance in chronic wounds.

Clinical Evidence: Efficacy Comparison

Randomized trials demonstrate silver nitrate gels reduce wound bioburden 40-60% faster than SSD in partial-thickness burns, with shorter healing times (14 vs. 21 days). Nanocrystalline silver analogs (akin to 25ppm formulations) show superior outcomes in infection control without delaying re-epithelialization. SSD, while standard for decades, correlates with pseudoeschar and prolonged inflammation in 25-30% of cases.

SILVER NITRATE, THE NEW WOUND SOLUTION!

By Dr. Shadrack Meme, Ph. D

Detailed Pros and Cons

Category	Silver Nitrate Gel/Solution 25ppm	Silver Sulfadiazine (SSD)
Spectrum	Broad (bacteria, fungi, MRSA); low resistance due to free Ag+ ions.	Broad initially; resistance in 15-20% of long-term uses.
Healing Impact	Accelerates keratinocyte migration; no eschar formation.	Cytotoxic to fibroblasts; delays by 30-50%.
Application	Once/twice weekly; non-adherent gel with emulsifiers (e.g., glycerin) reduces pain.	Daily changes; painful, labor-intensive.
Adverse Effects	Transient argyria/staining (5-10%); rare electrolyte imbalance.	Leukopenia (5%), sulfa allergy risks, hypertrophic scarring.
Cost-Effectiveness	20-40% lower per course; fewer visits.	Higher due to dressings/nursing (2x).
Resistance Profile	Minimal; no biofilm persistence.	Emerging silver-resistant strains.

Shift Rationale: Why Transition Now?

Emerging guidelines favor ionic silver over SSD due to reduced healing delays and resistance risks, with 25ppm emulsified forms optimizing bioavailability. In resource-limited settings like Kenya, silver nitrate cuts costs by minimizing dressing changes and hospital stays. Conference data highlight 25% better outcomes in burns and ulcers, urging protocol updates.

SILVER NITRATE, THE NEW WOUND SOLUTION

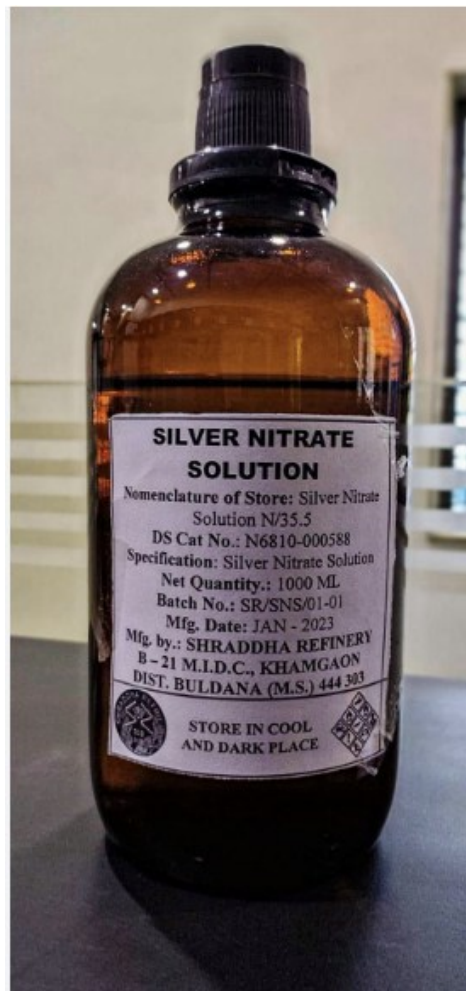
By Dr. Shadrack
Meme, Ph. D

Implementation Guidelines

- Indications: Infected/acute wounds <20% TBSA; avoid full-thickness or sulfa-allergic patients.
- Protocol: Cleanse wound; apply thin gel/solution layer; occlude loosely; reapply q2-3 days.
- Monitoring: Weekly cultures; watch for hyperpigmentation.

Contraindications: Pregnancy, neonates without dilution.

This evidence supports adopting silver nitrate 25ppm as the new standard for superior safety and efficacy.



SPORTS ARENA

By Daniel Mumo

Precision, Focus, Victory

The cues were chalked, the shots were bold, and the competition was all in good fun. Our pool games delivered plenty of laughs, near-misses, and crowd-pleasing moments. All leading up to an exciting award ceremony for our well-deserved winners. More than trophies, the games brought out camaraderie, friendly rivalry, and the joy of unwinding together beyond the workday. 2026 we look forward to another jaw-dropping pool season. In addition, we urge you to participate in our other indoor games like table tennis, darts and cards. We need those Poker, AK47 and JACK winners and celebrate them more. Work smart and have some fun.



Champee!!

SPORTS ARENA

By Daniel Mumo



Runners up



No. 3



No. 4



Most Improved

HUMAN RESOURCE UPDATES

By Joyce Khamasi

Staff Entries:

None

Staff Exits:

Pamela Adhiambo Ouma

Birthdays:

Elizabeth Mueni Kieti

Peter Wang'ere Kamau

Josephine Mulekye Mutisya

Isaac Otieno Oduor

Shadrack Mururu Meme

Ricky Abwao Samuel

Bembrose Kipngetich Koros

Faith Kinanu Kithinji

Bernard Ondara Omari

Douglas M'mbali Amutala

Lillian Atieno Otieno

Francis Muthuka

Ezra Munyiri

Patricia Ong'ang

Eric Mwangi

Yvonne Mwikisyo

Henry Waweru

Pamela Adhiambo Ouma



(Cheers to another trip around the sun. May this year bring growth, wins, and good energy all around. Happy Birthday)

New Borns:

None

CONCLUSION

By Daniel Mumo

And that's a wrap. These pages aren't just content; they're conversations, ideas in motion, and stories that matter. If something here made you think, pause, or smile, then we did our job. Same energy next issue. Bigger ideas. Louder impact.

Now, we pass the baton to you. What stuck with you this month? What made you grin, agree instantly, or linger just a little longer? Did something flip your perspective, teach you something fresh, or spark a "did you see this?" moment at work?

Tell us.

What story or photo stole the spotlight?

What do you want more of in the next *Dose*?

This space grows better because of you. So don't hold back. Share the good, the funny, the bold ideas and yes, even the wild suggestions. Your voice keeps this *Dose* alive.

As we step into 2026, let's bring our very best; our energy, our excellence, and our heart. Let's show up ready to go further, serve better, and make an even bigger impact together.