



 **KDA**

ISSUE 004 QUADRANT 4 2021

# Odontologue

MAGAZINE PUBLICATION OF KENYA DENTAL ASSOCIATION



*Merry  
Christmas*

AND A HAPPY NEW YEAR 2022

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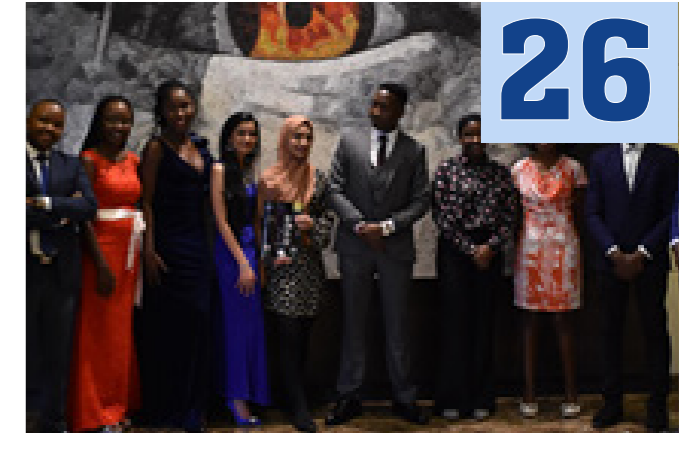
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# Letter from The Editor



It is with immense pride that we present the 4th Edition of the Odontologue for the year 2021. At least we get to finish a full set. It has not always been the case with the previous attempts. We hope to continue with production long into the future.

It is also a blessing that we do not have any obituaries in this edition. It is not something that we wished to keep doing. We however, needed to remember our fallen colleagues. We still will keep them forever in our hearts.

This edition focuses on the festive season and what it means to us as dentists and as a people.

Dr Anbar tells us how to use this festive season to reflect and discover. We get to see the various events that happened since the last edition including a successful 38th Scientific Conference and Exhibition.

To our beloved KDA members, the editorial team in conjunction with the National Governing Council does take this opportunity to wish you all a Merry Christmas and a happy new year 2022.

Cheers.

Dr. Douglas D. Oramis  
**Editor-In-Chief**  
Odontologue

# Message from The President



To go with this is professional reflection. Simple daily reflections on priorities and to-dos can bring huge difference on focus and productivity. We generally go into our week with a broad idea of what we are going to do but we seldom stop to ponder if I will do it better than I did it last week or last month. Will I act on the feedback my patients give? Will I observe the trends of my clinical outcomes. Will my team be better because I am in it? I found that asking questions led to better introspection and what I needed to do became clearer. It also helps drown the fears we inherently face. Asking what do I have to do today to get there is better than wallowing and asking will I ever get there.

The third is building and maintaining relationships. One of the longest studies on human development and happiness has shown people are generally happy if the relations they enjoy with those close to them are doing well. Children whose parents read to them bedtime stories and are encouraged to do leisure reading on their own have a better scholarly experience. Being deliberate with the relations you assign as important means increasing contact time and engaging in common interest activities. What I have observed in my reading especially of biographies and interviews of prominent personalities is that the one regret they carry is wishing they spend more time with their family, friends and other close relations.

The last is physical and mental health. Daily meditation can be a lifesaver restoring some order and balance in disordered and imbalanced times. Carving out time of your day to still your thoughts goes a long way in staying healthy. I picked up recreational running a few years ago and this year I did not run as frequently as I would liked. I, however, kept it to an average of twice a week doing around 800kms this year.

As you reflect with me allow that I thank the great team that has worked with me at the national governing council. They have been amazing. We wish you a merry Christmas and happy new year. I will leave you with the words from Frank Sinatra's My way.

*For what is a man, what has he got  
If not himself, then he has naught  
Not to say the things that he truly feels  
And not the words of someone who kneels  
The record shows I took all the blows  
And did it my way*

Tim Theuri,  
**President, KDA**

**W**e come to the end of yet another pandemic year that has had a lot of things to learn and life adjustments continue. We have seen our resilience as a people and the indefatigable spirit we have shown has carried us through. History is not what happened but what has survived the shipwreck of time and chance. As we get into the festive season I have few reflections that have occurred to me as I look back through my year. Life suddenly got busy for me when I took up the role of steering our great Association and quickly I had to restructure my life. I had to learn new habits and unlearn old ones and relearn some forgotten ones. They generally fall into four categories

Personal reflection. This may be different things for different people and I encourage you to find one that works for you. It may include scriptural study, meditation and prayer for people of faith or religiously agnostic habits like keeping diaries, gratitude journals, planners. This helps us process life's events and remain joyful as you sail through time that life as accorded us. This helps us listen to the thoughts that we should be at home with,our own. It goes a long way in being at peace with our realities.



# KDA

## Mission

To promote the interest of oral healthcare professionals and the public in oral health matters and to set high standards of service delivery



<b>President</b>	Dr. Tim Theuri
<b>Vice President</b>	Dr. Kituku Mumo
<b>Secretary General</b>	Dr. Douglas Oramis
<b>Treasurer</b>	Dr. Thomas Munyao
<b>Assistant Secretary</b>	Dr. Arnold Malit
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	Dr. Nelson Malenya
	Dr. Teddie Matundura
	Dr. Mercy Branice Munyasa
	Dr. PJ Muriuki
	Dr. David Mundia
	Dr. Andrew Wetende -Co-opted
	Dr. Anbar Ganatra- Co-opted



# The Holiday Season: A time to love, reflect and rediscover



Anbar Ganatra

## CHRISTMAS APPROACHES:

I love the beautiful lights, the buzz in the malls, the rush through the shops. As shopping carts filled with gifts. Ah! The excitement as the holiday season approaches.

Now, I don't partake in Christmas festivities. Neither do I buy gifts for anyone around this time ( I think I have done my fair share of that during the Year ), but I love what Christmas brings.

## A TIME TO SLOW DOWN

We have spent the whole year in a waking-up-going-to-sleep cycle. The patients that must be treated, the targets we must hit to be "successful", the school fees that must be paid, the sports we must partake in to keep fit. The daily grind as we call it!

Now comes a time that forces us to slow down. The patients are fewer (or are they?). Major projects



are postponed to the next year. Ah, As Kenyans, we take our holidays seriously, even the workaholic has to give in!

Do you slow down?

## A TIME TO REFLECT:

I don't love having any major assignments during this time. The quiet time allows me to journal. I write about my achievements during the year and my setbacks ( I no longer call them failures) and learning lessons. Most of all, I try and align my journey during the year with where I want to be in five years and ten years. I ask myself whether I am on the right track? We all tend to sway, opportunities come by that were not part of

your plan, and you grab them! ( remember opportunities are very rare). You meet new people and discover yourself. This is the time to ask yourself whether the direction your life is taking will lead you to where you want to be in the long term. What are the changes you would want to incorporate? What are the projects you want to drop (Whether they are successful or not) and what would you like to focus on?

More often than not, whatever decisions I make during this quiet time will most often be focused on during the first half of the year. Perhaps we need a mid-year Shut down too, where everyone shuts down?! What are your thoughts?

## A TIME TO REDISCOVER LOVE:

This time is so different from the annual leave that you take. During this time almost everyone is on holiday. ( I am talking about the majority here. There are of course some of us who have to work during this time). I find it so blissful to wake up and talk to family and bond. Sure we do not have the Christmas Dinners but we have family meals. No one is in a rush to get somewhere after grabbing a quick meal! We can't claim to be Busy (We have been busy all year!). We watch movies together, discuss philosophy, or watch Netflix shows back to back. We learn about each other as we realise that one year is a long time. We have grown. We rediscover love.





**A TIME TO FALL IN LOVE WITH NAIROBI:**

I am one of those people who stay back in the city during Christmas. I fall in love with the city all over again. The deserted streets, the no traffic! It is bliss! I choose the restaurants I love to eat at and visit the CBD ( Which is usually a nightmare during the year) to have my favorite Ice cream! As I write this I am already looking forward to all the places I will visit this December, some of which I visited a year ago!

**AND ITS BACK TO THE GRIND:**

Before you know it, the Holiday season is over, the mad rush begins! January is usually a short month, with heavy bills to pay. We feel the pinch of letting go in December, but hey, it is part of the fun! The letting go, the Holding on tight!

Let go this year, Enjoy your holidays!



WHICH IS THE ODD ONE OUT THIS FESTIVE SEASON?



# Thank You

To every KDA member who attended and made it the awesome event it was. We also extend Special Thanks to all the Speakers, Exhibitors and members of the organising committee who worked tirelessly to ensure the event was the success it was.

Asante Sana!



Dr. Tim Theuri  
KDA PRESIDENT



Dr. Douglas Oramis  
CONFERENCE CONVENOR

 Kenya  
Dental  
KDA Association

# 38th

**KENYA DENTAL ASSOCIATION  
SCIENTIFIC CONFERENCE AND EXHIBITION**

*The Future: Paradigm Shifts in Dentistry*

Dates: October 21st to 23rd

Venue: Pride Inn Paradise Beach Resort, Mombasa





# The 38th KDA Scientific Conference & Exhibition; Sun, Sand, Beautiful surroundings & Unforgettable Interactions.



Members of the KDA National Governing Council and Scientific Committee pose for a photo.

After a Covid-Induced hiatus, the Kenya Dental Association had its 38th conference at the Pride Inn Paradise Resort and Convention Centre at the Coast of Kenya on the days of 21st to 23rd October 2021. It was a well attended conference and a successful one at that. It was the first ever Hybrid conference organized by the Kenya Dental Association.

The new President Dr Tim Theuri got a chance at presiding over his first conference. The conference convener happened to be yours truly. As the Americans might say, 'It was one helluva an experience'.

There was an array of speakers with multiple topics covered ranging



The PoKDA (President of KDA) Dr. Tim Theuri gives his opening remarks



The Dean School of Dental Sciences UoN Dr Walter Odhiambo receives a speakers' gift from the Chief Dental Officer, Dr Miriam Muriithi



from endodontics to welfare of the association. Notable was the emphasis on preventive dentistry which has always taken a back seat in previous conferences. The Chief Dental Officer gave an impassioned keynote speech on the need for every dentist to incorporate some form of preventive dentistry in their practice.

The Chief Guest was Dr Mercy Mwangangi, the Cabinet Administrative Secretary (CAS) Ministry of Health, Kenya. Also in attendance were representatives from the KMPDU and KMA such as Dr Abidan Mwachi, Chairman of KMPDU, Dr Davji Bhimji, Secretary General KMPDU, Dr Were Onyino, President KMA. Inadvertently we had Chairman of KMA Sacco, Dr Kennedy Koech in attendance as a delegate. We had our own Dr David Mundia, Vice Chairman of KMPDU also in attendance.

We had speakers from all over the world from countries such as Brazil, Australia, South Africa, India, Nepal, USA. We also had exhibitors both local and international show casing various products from forceps to insurance to loupes among many others. There were plenty hands on courses for the work in progress dentist. We had hands on training on endodontics, restorative dentistry, orthodontics, photography and



PoKDA Dr Tim Theuri takes the Chief Guest Dr Mercy Mwangangi on a tour of the exhibition hall. Behind them is The Vice President Dr Kituku Mumo and the Secretary General KMPDU Dr Davji Bhimji



implantology.

Delegates took advantage of the President's directive that ended the 11pm curfew and went to explore the surrounding locales. The Organizing committee did feel the need for cocktails. Whether it was a form of welfare or a form of thank you, one thing was clear. The delegates were a thirsty lot. It came at the detriment of the plenary sessions with lateness being the norm.

The Gala Dinner was a swashbuckling affair with good food, nice music and all round great ambiance. The delegates took the dress theme (Caribbean-Holiday) very seriously. All shades were represented. The delegates showed their swagger on the dance floor. Led by the Chief Rabble Rouser Dr Kituku Mumo, who proceeded to anoint half of the audience to the dance floor. Dr Patience Ombija took a break from being a Zumba instructor and quickly donned her Brenda Fassie impressions and led delegates through some hits. Overall it was a beautiful evening.

Of course, some delegates needed to festoon the rest of the evening with targeted perambulations. They would be last seen the following day. It was a good learning experience overall. The association continues to thank members who graced the occasion-both physically and virtually.



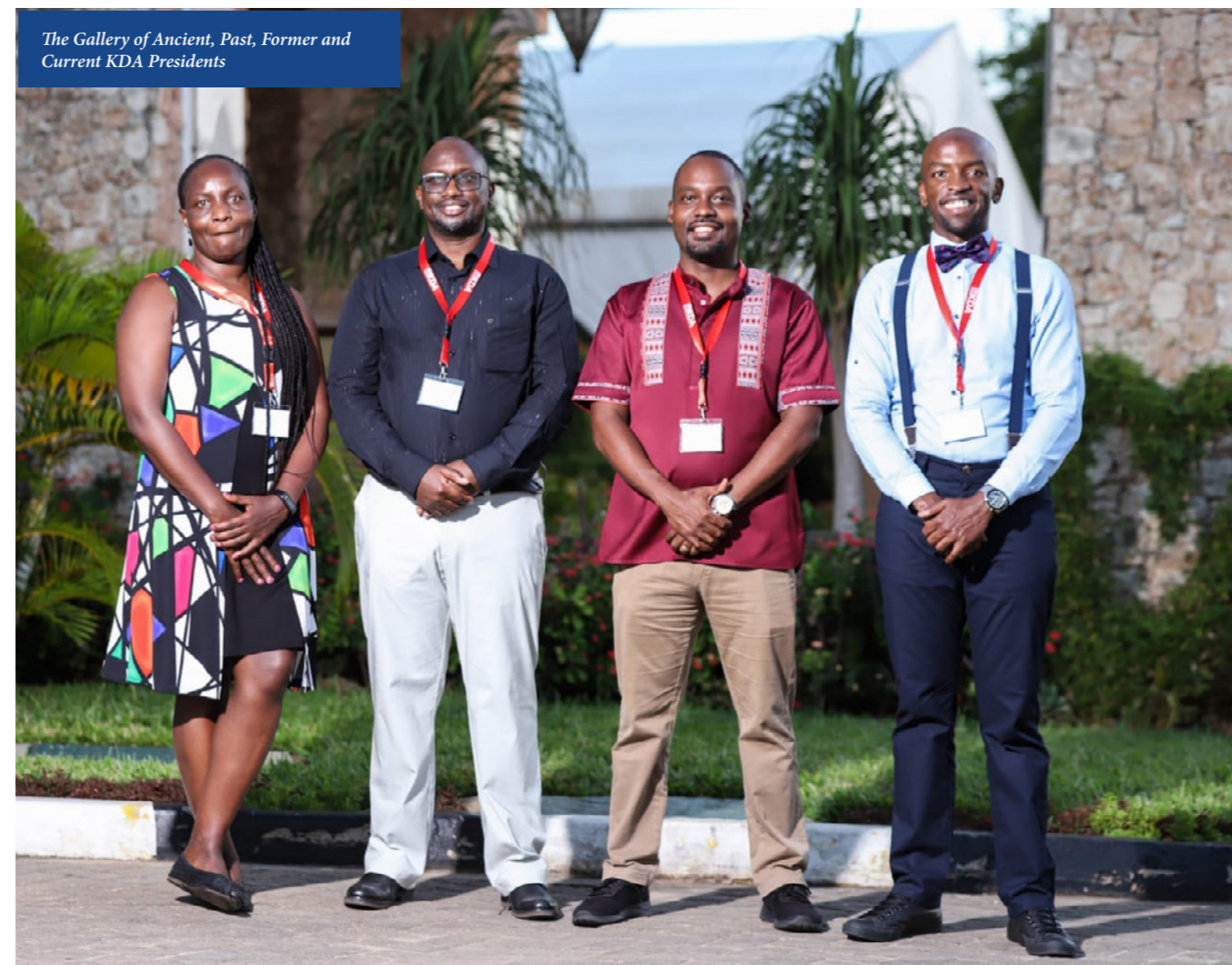
The Stage was set for the Gala Dinner...



Professor Peter Nganga giving his Rotten Tomato score of the conference. We gather he certified it fresh



Dr Joan Marubu, Dr Patience Aseka and Dr Peter Njane were all smiles and merry



The Gallery of Ancient, Past, Former and Current KDA Presidents



L to R: Dr Ronald Kalu, Francisca Mwikali, Krishan Sarna, Dr Immaculate Naisaki, Veronicah Orina and Elton Arunga were ready for their close up

**SPECIAL THANKS TO ALL THE CONFERENCE EXHIBITORS & SPONSORS  
OF THE KDA 38TH SCIENTIFIC CONFERENCE & EXHIBITION**



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**CORE VALUES**



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Social Responsibility



Integrity & Dialogue



Accountability & Transparency



Good Moral Standards & Social Upbringing



Teamwork & Collective Responsibility

[www.kda.or.ke](http://www.kda.or.ke)



## Advocacy At Work NHIF BILL 2021



The President, KDA Dr Tim Theuri has been following up closely on the proceedings with the NHIF Bill. He attended numerous stakeholder engagement sessions that took place. The position of KDA is imperative. Oral Health is an important part of General Health. The quest for universal health coverage(UHC) should not bypass Oral Health. It is important, in this regard that KDA advocates for proper allocation in service provision and proper reimbursement to the dentist for quality oral healthcare. (Pictorial pg 20)



## Dental Amalgam Phase Down



Ever since Kenya signed the Minamata Convention in 2013, it was inevitable that we would need to come up with strategies to combat Mercury and Mercury containing products. It was resolved that Kenya would do an Amalgam phase down rather than a phase out. As a result, there have been workshops to discuss the strategies of phasing down amalgam. Over the week of 8th November, stakeholders were in Naivasha to deliberate and come up with the Dental Amalgam Phasedown Institutional assessment tool and Strategy for 2022-2027. Dr Douglas Oramis, Secretary General represented KDA. Other members present were the Dr Miriam Muriithi (CDO) Dr Linus Ndegwa (Kemri), Dr Jane Wamai (Nairobi), Dr George Kariuki

(MoH), Dr Regina Mutave (UoN) and Dr Olivia Osiro (UoN). The result was the formation of a Technical Working Group to spearhead the development and distribution of the two documents. This TWG is being chaired by Dr Miriam Muriithi (CDO). Kenya is yet to ratify the convention, with hopes that it would do so in the next few years. As part of its commitment KDA has plans to deliver more CPDs on knowledge and skills on alternatives to dental amalgam such as GIC, Composites and other tooth coloured restorations.

## Cost Of Healthcare



The PoKDA also attended the invitation by the departmental committee on health to consider the stakeholders recommendation on cost of healthcare in Kenya. In attendance, too was Dr Linus Ndegwa our immediate PoKDA. During the meeting four committees (4) were established and tasked with deliberating further.

As a result PoKDA was appointed to the TWG looking into the effect of Professional Fees on healthcare costs.

## IRA

TKDA Council Member Dr David Mundia attended a meeting organized by Insurance Regulatory Authority (IRA). The aim of the meeting was to streamline the process of procuring healthcare services from third party persons like NHIF and insurance companies. There was a preliminary report presented during the meeting. More stakeholder input was needed. Dr Mundia is on hand to make sure that Dental services are properly costed and risks factored well in this policy document being prepared. He will submit a written submission on behalf of KDA.



## KEMSA Board Restructuring



The PoKDA also attended a meeting to discuss the restructuring of the KEMSA Board. He advocated for the medical professionals appointed to the board and at KEMSA to maintain their employment contracts unless personally indicted for graft. He also championed for expansion of the essential medicine list with regards to oral health products. He also championed for representation at KEMSA by dentists who are part of the major stakeholders at KEMSA.

## Annual Health Summit



The PoKDA was at hand to attend the Annual Health Summit organized by the Kenya Healthcare Federation of which KDA is a member at the Strathmore University Auditorium. It was held on the 18th and 19th of November. The theme was Innovation and sustainable solutions for Health in Africa: Resilience beyond the pandemic. He was part of the panelists that discussed how we could achieve vaccine manufacturing in Kenya.



## HONOURS

TKDA Council Member Dr David Mundia attended a meeting oKDA congratulates members of its fraternity who were bestowed upon honours by the President Uhuru Kenyatta in the recent Jamhuri Day celebrations. These are Prof. Symon Wangombe Guthua on being honoured with the Elder of the Burning Spear (EBS) and Col. Nicholas Njuguna Mugweru with the Moran of the Burning Spear (MBS).





# KMPDC Noticeboard

**M**OH conducted an inspection exercise of the registered COVID-19 vaccination centres countrywide. The objective was to assess the HR capacity, current vaccines being provided and the reporting system. KMPDC was the head of the secretariat, and a good number of representatives from KDA were able to be part of the exercise. The overall report will be forwarded to the PS, Health before dissemination.



**T**he Departmental Committee of Health, National Assembly invited KMPDC and KDA to a workshop to provide submissions on cost containment strategies for healthcare. Both organizations highlighted the high cost of training for oral health care, the deficiency in the workforce and the challenge in assessing oral healthcare. There needs to be a drive to train more oral healthcare workers and focus more on oral health prevention.

**T**he Departmental Committee of Health, National Assembly invited KMPDC and KDA to a workshop to provide submissions on The Health Amendment Bill (2021) as part of public participation. There is a proposal to remove the professionals in the regulatory bodies. KMPDC has come out to defend that the composition should remain as is. KDA also submitted proposals to retain healthcare professionals in those regulatory bodies.



**T**he recently passed final years from UoN SDS are awaiting internship posting. Machakos Level 5 hospital and JOOTRH in Kisumu have been suspended as internship training centres awaiting re-inspection. There is a dire need to increase the number of dental internship centres.

**T**here has been an issue with the Commission of University Education (CUE) and various regulatory bodies regarding which institution is mandated with the regulation of the university curriculum. The MOE and MOH came together and decided to form a TWG to address this curriculum issue and provide an MoU.



**T**he scope of practice for COHOs, medical and dental practitioners is yet to be finalized as a draft before the stakeholders meeting. There is a planned workshop coming up where this draft should be completed. The team has managed to relate the scope of practice to the curriculum.

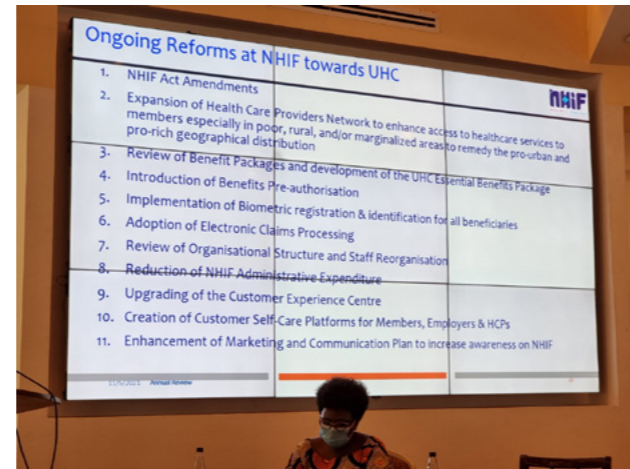
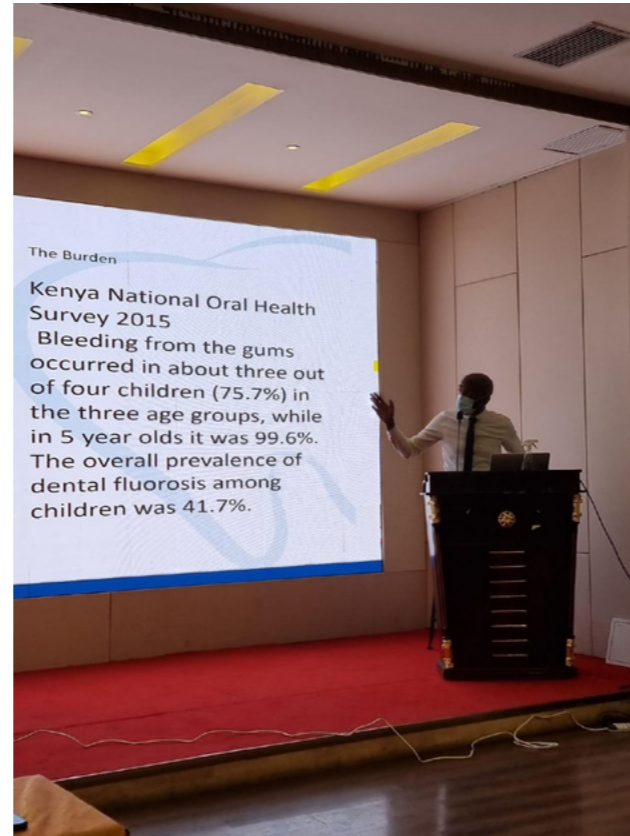


**FDI 2022, Mumbai, India**  
**World Dental Congress**  
**September 29 - October 2**  
Reunite & Rebuild Dentistry in the City of Dreams



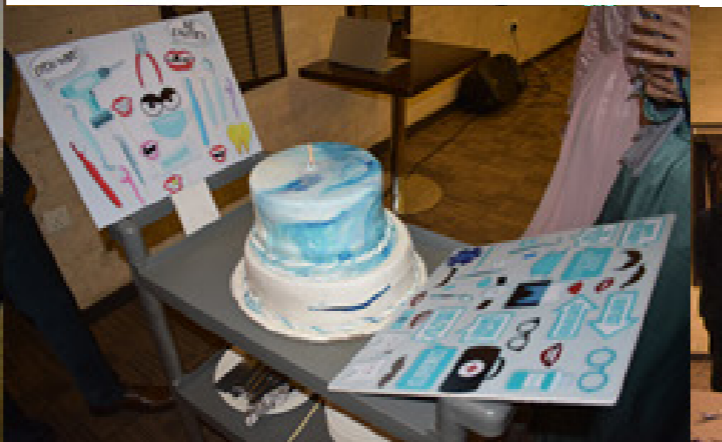


# Advocacy At Work by KDA





**UON BDS V Dinner 2021**  
 The 5<sup>th</sup> year BDS students come doctors celebrated their finalist dinner in style at the Double Tree by Hilton on 18<sup>th</sup> September. It was a time of pomp and glamour. Honourable invited guest like the Dean, Dr Walter Odhiambo and President KDA (PoKDA) Dr Tim Theuri, among others were in attendance.





It's shared with 3.  
One person can share the virus with 3  
people by average.  
Its still with us, stay safe this festive  
season.  
#Social Distance  
#StayHome

 Kenya  
Dental  
**KDA** Association



## KDA NORTH RIFT

The KDA North Rift Branch in partnership with Moi University and Dentists for Africa held a 2 day symposium at the Eka Hotel in Eldoret. It was a combination of lectures and hands on training delivered with panache from various members of the KDA North Rift Fraternity. It was officially opened by the Dean Moi University School of Dentistry Prof Maged Lofty. We had presentations in Periodontics, Endodontics, Pedodontics and Conservative Dentistry from Dr Irari, Dr Weboko, Dr Makhanu, Dr Akama, Dr Mwikali and Dr Rop. There were knowledge and tips filled hands on training offered to the participants through an innovative within-the-plenary hall system. The students were not left behind as they too were given a few tricks to improve their clinical skills. The KDA Northrift branch led by its able Chairperson, Dr Lilian Apadet did a good job in organizing the symposium. The Chairman of the Scientific Committee, National office Dr Douglas Oramis attended the symposium on behalf of the national office and he too was impressed by the dedication and effort of the KDA Northrift Branch.



## KDA COAST BRANCH

The KDA Coast Branch had the unenviable task of being part of the organizing committee for the 38th KDA Scientific Conference and Exhibition. The Local Organizing Committee team consisted of the Chairman KDA Northrift Dr. Luvay Hamid, Secretary, Dr Malvi Shah, and the Treasurer Dr Raj Makhwana. The conference was held at the Pride Inn Paradise Beach Resort. They were able to assist the team from the National Office in making the conference a huge success.





*All great things had  
small beginnings...*



MT KENYA

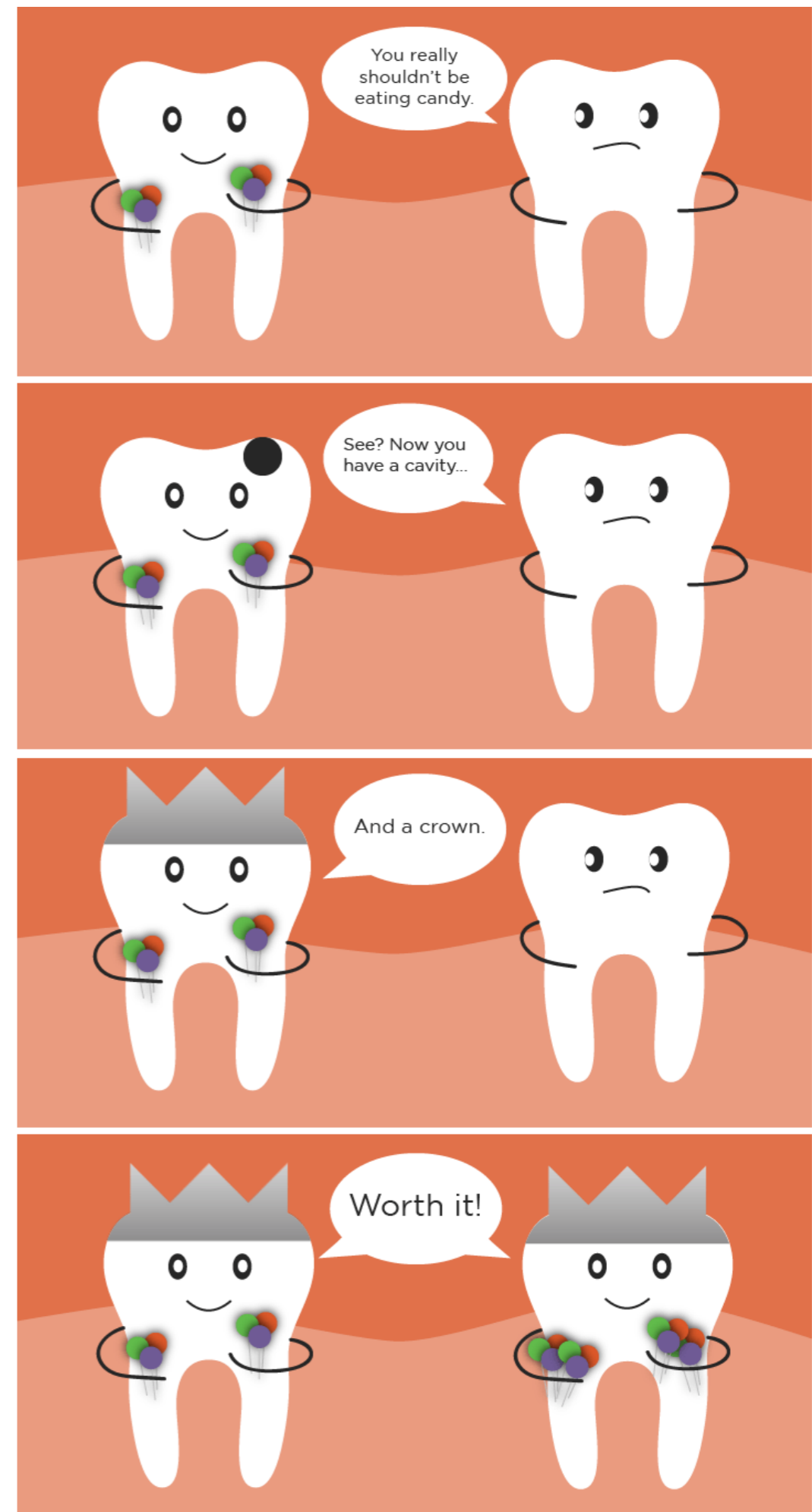
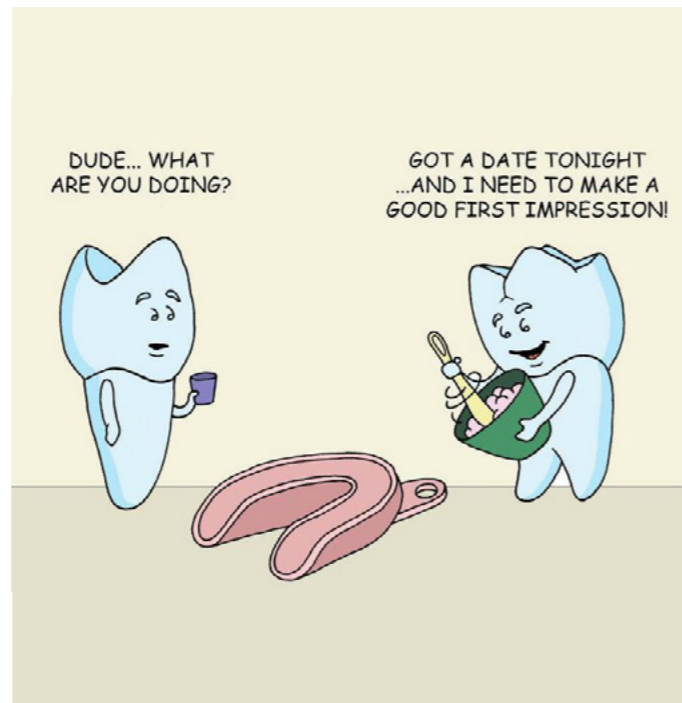
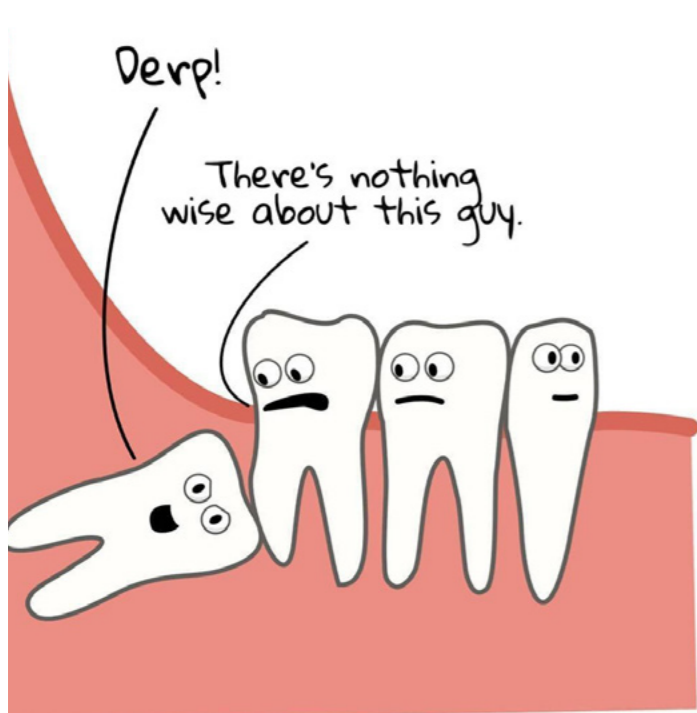
NORTH EASTERN

WESTERN

COAST

NORTH RIFT

SOUTH RIFT





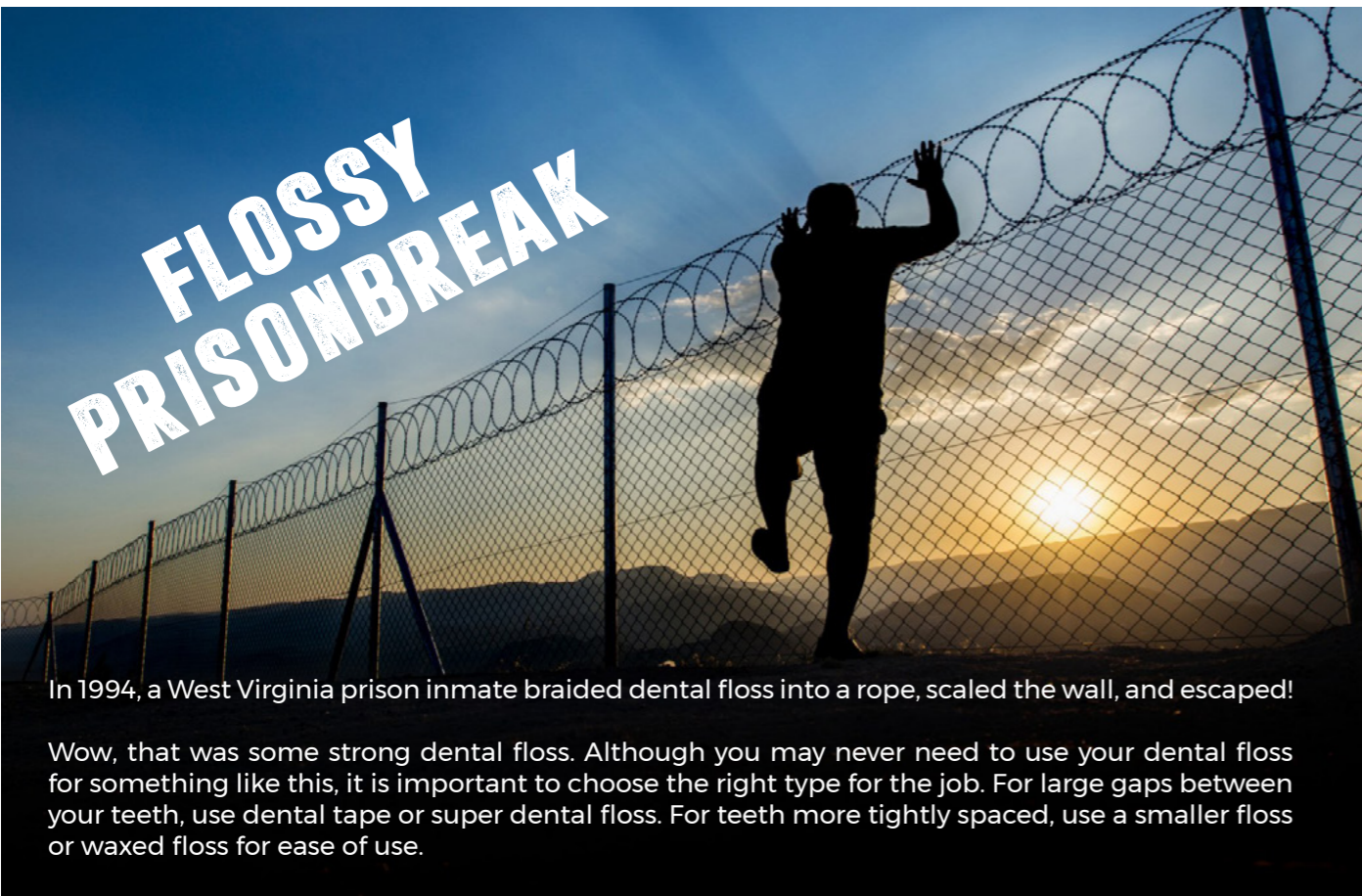
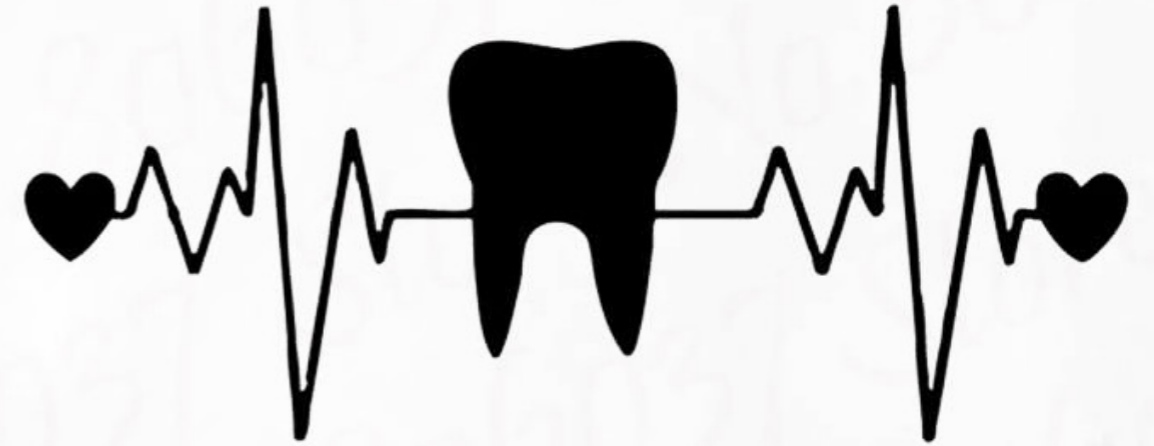
48% of young adults have untagged themselves from a photo on Facebook because of their smile.

First impressions are hard to erase once made. Having a smile you feel confident about sharing, online and in person, is important for both your business and social life. Upgrading your smile can be a simple thing with dental treatment like tooth whitening, dental bonding, or Invisalign.



**“Whether you have teeth or not, smile!  
Because our world always needs a smile!”**

**- Mehmet Murat İldan.**



In 1994, a West Virginia prison inmate braided dental floss into a rope, scaled the wall, and escaped!

Wow, that was some strong dental floss. Although you may never need to use your dental floss for something like this, it is important to choose the right type for the job. For large gaps between your teeth, use dental tape or super dental floss. For teeth more tightly spaced, use a smaller floss or waxed floss for ease of use.





# Merry Christmas

AND A HAPPY & PROSPEROUS  
NEW YEAR 2022



Kenya  
Dental  
KDA Association

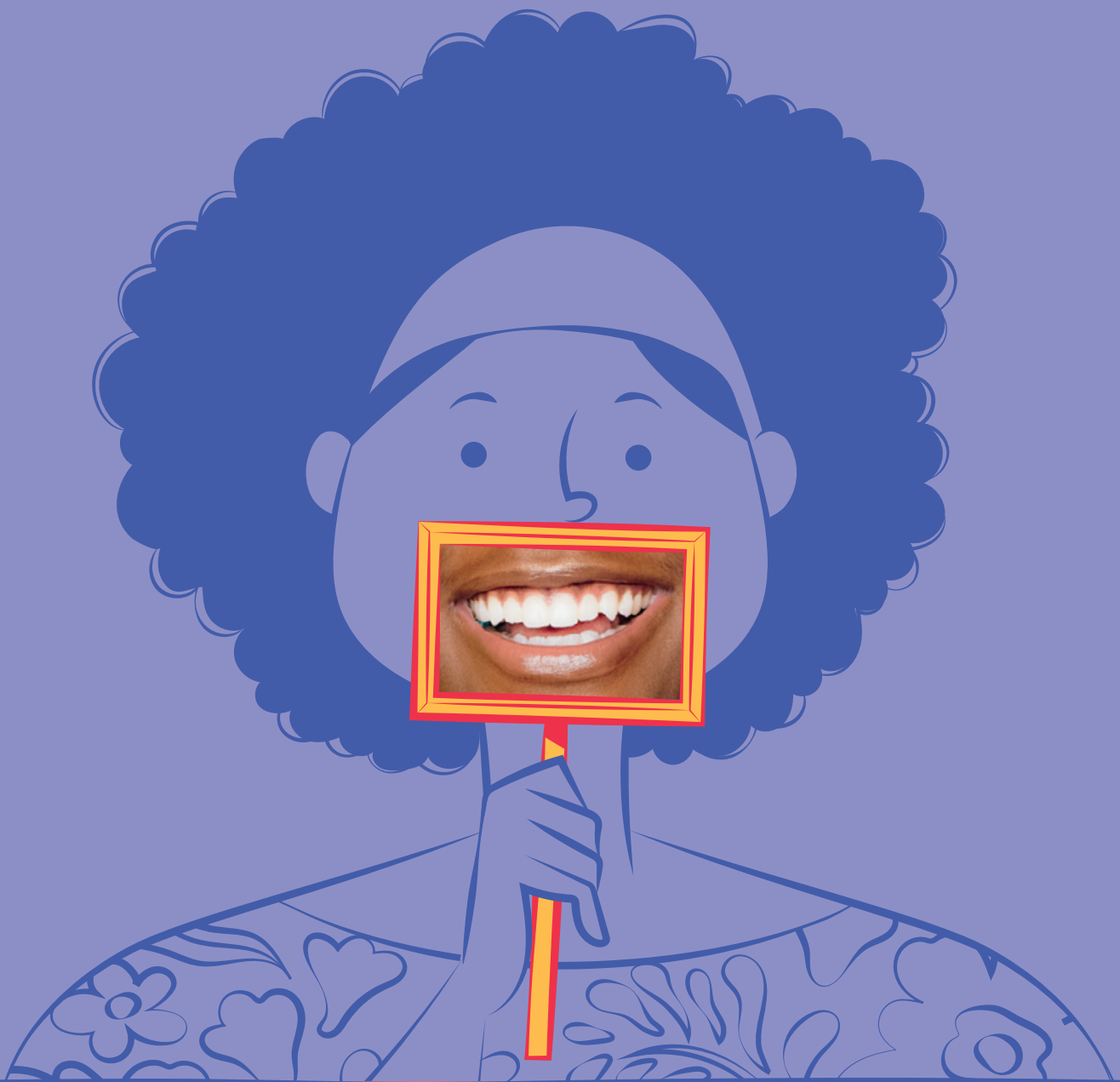


World Oral Health Day  
20 March



# BE PROUD OF YOUR MOUTH

Look after your oral health for  
your happiness and well-being



GET INVOLVED ON 20 MARCH

Find out more: [worldoralhealthday.org](http://worldoralhealthday.org)

@worldoralhealthday #MouthProud #WOHD22

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