

G I T H U N G U R I  
H E A L T H F A C I L I T I E S .

FOR USE IN THE  
LIBRARY ONLY



THE LIBRARY  
UNIVERSITY  
OF  
NAIROBI

University of NAIROBI Library



0356831 8

UNIVERSITY OF NAIROBI  
ADD LIBRARY

PROJECT REPORT 2  
DECEMBER 1972.

Urban and Regional  
Planning Faculty of  
Architecture, Design  
and Development.

University of Nairobi.

## INTRODUCTION:

The Department of Architecture, University of Nairobi received in October 1972 a letter from the Chief Architect, Ministry of Works asking whether the Department and the Ministry of Works could work a joint plan of operation in connection with a proposed programme for implementation and construction of rural health centres all over the country.

Danida has expressed willingness to assist in the construction of about 50 rural health facilities (health centres, sub-health centres and dispensaries).

This programme require a detailed survey of the extent to which existing Harambee facilities can be utilized and the amount of Harambee input which can be channeled into future construction and modification of facilities. To facilitate the detailed planning of the health facilities the survey should preferably take place in the financial year 1972-73 and/or early in the financial year 1973/74.

The request from Ministry of Works was discussed at a departmental meeting in the end of October and a working group consisting of representatives for the Department of Architecture, the Housing Research and Development Unit and the Planning Section was established.

This group was informed in its first meeting that the students of the Planning Section during their field studies in connection with their rural planning programme would undertake a survey, of which health facilities form a part. An assessment of the time and the personnel needed for survey of health facilities in other areas could be derived from this experience. Githunguri Settlement in Kiambu District, Central Province was chosen as subject area for the planning programme. It was also noted that the health facilities were being upgraded.

## LOCAL CONTEXT:

Githunguri is situated about 40 kilometres north of Nairobi and the population of the Githunguri Division of Kiambu District was in 1969 about 86,000. The location had a population of about 52,000 and the sub-location inhabited about 5,400 people. Githunguri Settlement has a population to-day about 1,200 - 1,300 people.

UNIVERSITY OF NAIROBI  
ADD LIBRARY

The survey showed that the health centre serves an area of up to 10 miles (16 kms) radius and a crude estimate will then suggest that the population in the hinter-land is about 60-70,000 people. Whilst the area south and west of Githunguri is poorly served with health facilities, Ngewa to the east, Gathuga to the north has got dispensaries, and Kigumu to the north-east has recently embarked on the building of a self-help maternity unit and hospital.

ACCESSIBILITY AND SITING:

Apart from the road to Kiambu, which is tarmac, all other roads in the area are murram, the majority very difficult to use in the wet season. This results in most people attending the health centre being pedestrians.

LOCATION:

The health centre is located centrally in the township on the southern side of the mainroad to Kiambu on a plot of approximately 6500m<sup>2</sup>. vehicular access is difficult and can only take place from a murram track to the west and a murram path to the east. Main access for patients is from the main road. Although the site is relatively big, it presents a number of difficulties for future utilization as it is very steep. It has been necessary even for siting the existing building to terrace the site and a recently started extension is situated about 1.5-2.0m. above the foundation of the exist. building very close to the southern plot-boundary which again raises 3-4 metres to the Min.of Works Camp.

BUILDING:

The building is approximately 35.0 metres long and 4.0 metres deep with a 1.8 metre wide verandah in the total length towards the north. All doors, except one to the office of the medical assistant, faces this verandah which is also serving as waiting area for patients. The building was built in 1946 and has since been extended twice. It is built of natural stones, has a concrete floor and corrugated iron roof.

Apart from the gutters needing repair the condition of the building is relatively good except for some structural cracks in the verandah supports due to bad foundation and the structure may be considered 2nd class. Ventilation and day lightning is adequate.

SERVICES:

The building is equipped with telephone and electricity, is provided with piped water from a tank nearby, but the sub-ground drains are blocked. There is no sewerage and there are only two latrines which are very badly constructed.

STAFF HOUSING:

There are five very small staff houses on the plot constructed in the same way as the main building but the average standard of these houses is very poor and can hardly be characterised as decent housing. There are two latrine blocks and a store serving the staff-house.

The medical assistant has got a well-built and large house in the south-eastern corner of the site.

STAFF SITUATION:

The management of the health-facility is under the government and the staff consist of:

- 1 Medical Assistant
- 1 Assistant Health Inspector
- 2 Mid-wives
- 1 Community nurse (enrolled)
- 2 Ungraded nurses
- 1 Driver
- 2 Cleaners.

PATIENTS:

Most of the patients come from Githunguri Location and the majority are out patients. The average daily attendance is 250 patients while the average monthly attendance numbers about 5,000 new cases and about 2,000 re-attendances.

The monthly number of cases has decreased remarkably from 1971 when it was 6000-7000 per month compared to around 4000-5000 per month in this year.

The majority of the patients are women and children suffering from common diseases like cold, stomach upsets, injuries, measles and pneumonia. Serious cases like fractures and complicated maternity cases are referred to Kiambu General Hospital and are usually carried by the ambulance belonging to the centre.

MEDICAL SERVICES:

The centre has a family planning section attended by a team of nurses from WHO visits Githunguri once a week. The building contains 9 rooms:

- 2 Examination Rooms
- 1 Dispensary
- 1 Vaccination Room
- 1 Sterilisation Room
- 1 Inspection Room (Used for family planning unit once a week)
- 1 Anti natal unit.

One of the examination rooms and the vaccination room is used for office purpose by the medical assistant and the assistant health inspector.

EQUIPMENT AND MEDICINE:

The centre has got inadequate storage space in form of cup-boards and one large refrigerator. Medicine is collected at Kiambu Hospital every Thursday and hence the number of patients is lowest this day as patients know the medical assistant is not available all day.

PROPOSED EXTENSION:

10,000 shs. has been raised for a self-help maternity extension where the foundation is dug. The construction work is intended to start in January 1973. The proposed number of beds in this ward is not certain but a considerable improvement is envisaged when maternity cases can be kept for 2 days as compared to six hours at present. The extension measures about 10.0 x 21.0 metres.

PROBLEMS:

The main problems facing the centre are:-

- 1: Site drainage poor.
- 2: Inadequate staffing.
- 3: Congestion in the maternity section due to the small number of maternity beds.
- 4: Excessive demand on C.P.D. space thereby creating inadequate privacy for patients and staff.
- 5: Poor sanitary facilities - especially for waiting patients.
- 6: Expansion not possible beyond existing building and its extensions.
- 7: No space for expansion of staff-housing which will make it

very difficult to provide staff for the proposed extension.

8: Standard of maintenance low.

9: Location on the main road. Access difficult, noise and other problems.

PROPOSED IMPROVEMENTS:

The present building needs an overhaul in respect of repairs and painting. Construction of a roof-structure for waiting patients and provision of facilities for sitting.

Construction of office space for the staff, particularly for those in charge. Construction of proper toilet facilities.

The extent of the proposed extension should be limited to cope with the possible accommodation of staff and the possible accessibility.

CONCLUSION:

The present building housing the health centre should not be upgraded to hospital status. Instead it is suggested that a new site should be found near the present administrative headquarters where it will be much easier to find adequate space for housing and where a sufficient large plot can be planned for the future expansion of the health facilities in Githunguri.

In connection with the construction of a self-help hospital in Kigumo it should be considered whether this hospital will be able to care for people from Githunguri provided road connections are improved and provided a long term plan will secure that the people from Githunguri can get proper medical assistance and facilities.

REPORT BY:

A. Subbakrishniah, M.C.P. (Harvard) F.I.T.P.

Bo Vagnby, M.A.A. (Copenhagen)

Nairobi 16th December, 1972.

## A P P E N D I X I

## HEALTH CENTRE - GITHUNGURI

1969Estimated  
1987

1. Catchment Population	51,381	76,000
Location population	5,381	8,000
Settlement population	1,400	2,100
2. New Patients per month	5,000	7,500
Continuing patients per month	2,000	3,000
Total patients per month	7,000	10,500
Total patients per annum	84,000	126,000
Increase in number of patients from 20% to 30%		63,000
Total patients per annum		189,000
Net increase over 1969		220%
3. Facilities need to be doubled by 1982/7		
4. New site for expanded health centre provided in the development plan.		

A P P E N D I X 2

HEALTH CENTRE - GITHUNGURI

STAFF HOUSING:

ASSUMPTIONS:

Satisfactory housing will be utilised.

Substandard housing will be replaced.

The strength of staff will be doubled.

	No.	1972 <u>Unit</u>	No.	1982/7 <u>Unit.</u>
Medical Asst.	1	1*	2	1*+1
Asst. Health Inspector	1	1	2	2
Midwives	2	2	4	4
Community Nurse	1	1	2	2
Ungraded Nurse	2	1	4	4
Driver	1	-	2	2
Cleaner	2	-	2	2

Units needed in 1982/7

1\* The only satisfactory unit is that provided for the medical Assistant.



HEALTH CENTRE - GITHUNGURI

PILOT STUDY (COSTS)

2 Students (Planning or Architecture)

For one week at 1,080/= per month allowance 60 x 7 x 2 = Shs. 840/=

Transportation Expenses at Shs.50 per head 50 x 2 = " 100/=

Cost of Photographic Materials, Questionnaire,  
Duplication of Report. = " 200/=

Miscellaneous = " 60/=

---

" 1,200/=

£ 60

Transportation costs are variable for  
different locations.

ADD £ 20

---

Per location = £ 80

If a study of 40 centres is taken up  
during April-June, 1973 Estimate for surveys.

£ 3200