

**“ANALYSIS OF TRANSLATION OF HEALTH INFORMATION  
BY JOURNALISTS FROM ENGLISH TO KISWAHILI”**

**ABDULAZIZ NURU MUSA**

**A RESEARCH PROJECT SUBMITTED IN PARTIAL  
FULFILLMENT OF THE REQUIREMENT FOR THE AWARD  
OF MASTER OF TRANSLATION, UNIVERSITY OF NAIROBI**

**2017**

**DECLARATION**

This original work and has not been submitted for a degree examination in any other University.

Signature ..... Date: .....

**ABDULAZIZ NURU MUSA**

**Y61/88706/2016**

This dissertation has been submitted for examination with our approval as the University supervisor.

Signature ..... Date: .....

**DR. GIDEON MARETE**

Signature ..... Date: .....

**MR. JOHN PAUL WARAMBO**

### **DEDICATION**

To Allah (SWT) for enabling me to rise and shine so far. To my husband, Ghalib and my daughter Nazneen you have energized and inspired me to the end. To my parents Mr. AbdulAziz Musa Ngare and Mrs. Zainab Muthoni Kuria, for your encouragement throughout my studies, to my sister-in-law Mwanamkuu Moraa for always being there for me and for the encouragement I needed so much.

## **ACKNOWLEDGEMENT**

My special thanks goes to Allah (SWT) for the earnest mercies and favours that have seen me through this academic journey.

I would like to express my special gratitude to Prof. Jayne Mutiga Director, Centre for Translation and Interpretation for continuous love, support and encouragement towards the completion of this work. I would like to express my sincere gratitude to my supervisors Mr. Paul Warambo and Dr. G.N. Marete for continuous guidance and help through all the stages of the project.

I would like to show my appreciation to my lecturers who taught me the skills of translation in the Centre for Translation and Interpretation: Dr. Ngure, Dr. Ziporah, Dr. Alice Wachira, Mr. Josephat Gitonga and Mr. Rufus Karani. My classmates 2016 translation and interpretation class, I thank them all for making group work and discussion sessions successful.

I also appreciate the staff in the Centre for Translation and Interpretation: Centre administrator Gertrude, Evans and Purity who assisted us in many ways to complete the course successful.

To my beloved husband Ghalib and daughter Nazneen, may Allah (SWT) bless you all for your patience throughout the programme.

## **ABSTRACT**

This project analysed the translation of health information by journalists from English to Kiswahili. The main purpose was to analyse the challenges encountered by journalist/reporters in translating health information to the audience, then secondly I investigated the challenges encountered by journalists in translating health information to audience and lastly I identified the factors that can help overcome the challenges of translating health information by reporters: borrowing, omission and addition. Our findings showed that most of the reporters used the three procedures to overcome the different challenges they experienced in translating health information and especially while trying to find the equivalence of the health terminologies. Equivalence in the translation of health information by journalists was not achieved fully since most of the medical terminologies lack their equivalence in Kiswahili. However, equivalence is an important element in the translation of medical terminologies in that without it, most of the information might be given in the correct manner hence misinforming the audience.

## **ABBREVIATIONS**

CTV	Citizen Television
ETV	Ebru Television
GFX	Graphics
K24TV	K24 Television
NTV	Nation Television
SL	Source Language
ST	Source Text
TL	Target Language
TT	Target Text

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## **CHAPTER ONE**

### **INTRODUCTION**

#### **1.0 Introduction**

This project is based on the analysis of translation of health stories by journalists that contain technical medical terminologies, to the understanding of the audience. The research exposes the translation weaknesses made by journalists in translating health information in media. The research assists the readers understand better what translation of medical or health information entails and which tools to apply.

This chapter in particular, presents the background of the study, the statement of the problem, the definition of key terms as used in this work, the research questions, the objectives and significance of the study, the scope and limitation of the study, the conceptual framework, the literature review and the methodology.

#### **1.1 Background to the study**

This study focuses on the analysis of translation of health information by journalists for the benefit of the audience. The study focuses on two television stations, Ebru TV (ETV) and K24TV. The two are local televisions in Kenya and situated in Nairobi. The media industry is growing everyday with so many TV stations mushrooming and most especially due to the introduction of the digital signal. The two TV stations air news items in both English and Kiswahili. In most cases, the English articles are translated to Kiswahili for the Kiswahili bulletin at 7pm. The media houses focus on any information that is news, and most newsrooms have subdivisions like the general news desk, Kiswahili desk, business desk, sports desk and features desk. The health information is mostly placed under the general news and is always a segment that is aired on a specific day of the week. This gives an understanding of the importance of health inform in any media house.

Health information is very sensitive, since it touches directly on the wellbeing of each and every person. It is critical to promoting healthy lifestyle and preventing unhealthy behaviors. However, people may differ in terms of their trust in and use of health information sources, including the mass media, the internet and interpersonal channels. (Marla L. Clayman , Jennifer A. Manganello , K. Viswanath , Bradford W. Hesse&Neeraj K. Arora: 2010).

The media especially the TV stations, try to ensure that their audience get the simplest explanation possible both in Kiswahili and in English, but this proves to be a challenge in that, the reporters always encounter technical medical terms that need to be translated or explained in simple terms for the audience.

According to Richard Nordquist,(Thorpe: 2017), translation is the process of changing an original text into a text in the target language or in another language. The axis translations website indicates that translation comprises the interpretation of the meaning of a text in one language into in another language. Looking at the two translations it is clear that translation is the process of rendering the meaning from one language to another while taking into consideration the cultural aspect of the message to be translated.

Translation has been used for centuries by humans and even with the invention of the sophisticated tools and technologies like the translation soft wares that help simplify translators tasks, challenges are still experienced especially in the field of medicine that keeps expanding and terminologies developing. To a journalist, besides the difficulties experienced in translating the medical terms, at times understanding the medical terms is also a problem.

According to Bodenreider O, Smith B, Burgun A,(NCBI, 2004; 185-195) in their study titled *The Ontology-Epistemology Divide: A Case Study in Medical Terminology*, medical terminology collects and classifies the different kinds of terminologies employed in the medical world both by practitioners and also in the course of biomedical research. These names are scientific in nature and they represent different features.

Medical terminology can however be defined as a language that is used to perfectly describe the human body and its components, processes, conditions and procedures in a scientific manner. For example hernia, cheilosis, adenitis, asepsis e.t.c. Most of these medical terms are not friendly to the ears of a layman, yet they are very important because they describe the human body and the medical conditions that affect humans.

According to a research done by Carol Lynn Thompson & Linda M. Pledger trying to find out how much medical terminologies patients understand and focused in particular on updating original research by Samora, Saunders, and Larson (1961). A

total of two hundred twenty-four people were asked to define 50 health terminologies selected from a list produced by health professionals. The results showed that most of the people could recognize certain key health terminologies but not as was expected. However, the participants who had studied to college level could be able to recognize most of the terminologies than the rest. All 50 words were answered correctly by ten respondents although no word was identified correctly by all respondents. Difference in gender did not affect the ability to understand medical terminologies, but age brought about a difference in understanding the medical terminologies. Older people who are 65 years and above did not recognize as many of the medical terms as those in the age gap of between 45 to 64. According to the results, there is need for medical practitioners to be aware of the gap that exists between them and patients especially when it comes to medical terms. It is in this regard that translation becomes very important. (Thompson Pledger, Taylor and Francis online: 2009).

Translation eases the understanding of the medical terms, but for a translator to be able to work on the medical terms, it is important to be knowledgeable or trained in the field of medicine. Since this research focuses on analysis the translation of health information from English to Kiswahili by journalists, training is important and looking at the research done by Carol Lynn Thompson & Linda M. Pledger (2009), it is evident that many people need help in understanding these medical terms especially those who lack the minimum literacy levels. In Kenya more than 7.8 million (38.5 per cent) youth and adults in Kenya lack the minimum literacy levels. With the mushrooming of many television and radio stations, the responsibility of translating these medical terms for the consumption of the audience is directed to the media that constantly inform the public on new health information. According to a research done by the University of Missouri, majority of health journalist have no specialized training in health reporting and face challenges in communicating new medical science developments. Many journalists find it difficult to explain health information to their viewers or listeners, while maintaining the information's scientific credibility.

Health information is important, as this is how most of us first hear about the latest research, interventions, devices, drugs, surgical techniques and risks. It can influence us to change attitudes and behaviors. It can also take long time to master medical

writing but the most important thing is to understand the medical language. (PatriziaFurlan: 2017).

Nearly all health reporters share a like-minded value: to articulate medical information to their audience in the most effective ways possible and translate it to the various target languages in the simplest form.

The target group in the study will be journalists/reporters and editors at Ebru Television (ETV) and K24 Television (K24TV). Unfortunately, there has been no study in Kenya to examine the the translation of health information by journalists for the benefit of the viewers and listeners. As a result, there is the need for research in the field of translation in this context; the study will be carried out to look into the analysis of translation of health information from English to Kiswahili.

## **1.2 Statement of the problem**

Medical terms are scientific terms that need one to be knowledgeable in that field to be able to understand the terms. Journalists find it difficult to translate these scientific terms to their audience, most of the time these terms are written or pronounced as they are due to lack of their equivalence in the target language hence confusing the audience more. There has not been sufficient research on the challenges of translating medical terminologies by health reporter from English to Kiswahili in Kenya.

Many obstacles confront the journalist, including limitations of time and space, editorial priorities, and the need to create stories that are compelling enough to warrant space in a publication.

Often, reporters play multiple roles of news gathering, translating and editing, this puts so much pressure on the reporter who has to make sure the story is aired both in the 7pm bulletin and 9pm bulletin. In such a situation, at times the translation quality is compromised by either omitting, adding or borrowing the terms as they are in the Scientific form.

Despite reporters undergoing rigorous interviews before being hired, most of them are not good in bilingual reporting; they are not masters of the two languages in terms of understanding the lexical and syntactical equivalents.

This becomes more difficult when it's related to medical terms that are scientific in nature and keep growing.

### **1.3 Objectives of the study**

The objectives of this study are:

- i. To analyse the challenges encountered by journalists/reporters in translating health information to their audience
- ii. To discuss the challenges encountered by journalists in translating health information to their audience
- iii. To identify strategies that can help overcome the challenge of translating health information by journalists/reporter

### **1.4 Hypotheses of the study**

The hypotheses of the study are;

- i. That reporters translating health information encounter challenges and that the challenges can be analysed.
- ii. That the challenges encountered by health journalist in translating health information can be discussed.
- iii. That there are strategies that can help overcome the challenge of translating health information by reporters.

### **1.5 Rationale of the study**

Kiswahili is an official language in Kenya and this is recognized constitutionally since it was made official in 2010 after the promulgation of the constitution. It is a language used by many Kenyans in different parts of Kenya, but it is a common language in the coastal region. Since it was made official it extensively used more than ever before, in both public and private sector.

Kiswahili is spoken as a native language on the East coast of Africa and the Islands adjacent to the coast from Southern Somalia in the north down through the Kenyan and Tanzanian coasts, meaning it is an important language in ensuring information is passed to people in the grassroots levels.

It is used as a second language by millions of people mainly in Kenya, Tanzania, Uganda, and East Zaire. There are also speakers in Mozambique, Rwanda, Burundi,

Zambia, Malawi, Southern Arabian countries such as Yemen and Oman, as well as other parts of the world.

Kiswahili is aired in various international news broadcasts such as British Broadcast Corporation, Voice of America and DeutscheWelle and Radio China.

In Kenya all of the mainstream media houses Nation television (NTV), Citizen Television (CTV), K24 television (K24TV), KTN, and Ebru Television (ETV) air their news in both English and Swahili. Most of these media houses have health segments during specific days that are also aired in both English and Kiswahili, as a journalist the first rule especially in writing for the Swahili audience is using the simplest form of the language to enable everyone have a grip of what is being talked about without any difficulty. Hence the Swahili language in news and specifically in the health information will be subjected to closer scrutiny than ever putting in mind that part of the audience is made up of professionals in Swahili language in Kenya. Therefore it may be no longer excusable to break its grammatical rules and expect that nobody will notice.

The use of Kiswahili in the media largely depends on the viewership, and since Kiswahili is considered a national language many people view the 7pm bulletin which is aired in Kiswahili. It is important to ensure the Kiswahili used is simple and gives the right equivalence of the English story that is aired during the 9pm bulletin. This applies to health information that is known for its technical terminologies. Hence the study is important in that it seeks to classify the challenges of translating health information by journalist from English to Kiswahili and identify the strategies that can help overcome the challenge of translating health information by journalists/reporters.

It seeks to provide an explanation to why such challenges occur, as well as seeking opinion from reporters, editors and translators through the use of questionnaires and email exchanges of written health stories from the two media houses, ETV and K24TV.

### **1.6 Definition of key concepts**

**Translation:** rendering the meaning of a text into another language in the way that the author intended the text, Newmark (1988:5). According to Mahmoud (2007:1) translation has been used to transfer written or spoken SL texts to equivalent written

or spoken TL texts. In general, translation is the process of transferring written text from SL to TL. For example, an English document is translated into Kiswahili so that it creates the same impression on, and communicates the same information to, the Kiswahili reader as it did for the English reader. Anything that is written can be translated; books, legal documents, medical documents, film and television subtitles, websites etc. The most important thing is the excellent skills in the languages and knowledge of cultures. In this study, the most important thing is understanding the medical terms and finding their equivalence in the target language, which is Kiswahili.

**Medical terminology:** a language used in the field of medicine to precisely describe the human body including its components, processes, conditions affecting it, and procedures performed upon it. It often uses words created using prefixes and suffixes in Latin and Ancient Greek for example Tracheostomy or tracheotomy (An incision made in the neck to allow the passage of air directly into the trachea to reach the lungs), Urinalysis (A test of a urine specimen), Blood pressure (a measure of the force of blood flow against veins and arteries), Radiology (x-rays and other imaging techniques) etc. (Glossary of Medical Terms, Upstate University Hospital: 5)

**Journalist/reporter:** a person who gathers, writes or distributes news or other current information to the public. A journalist can specialize in certain issues like health, politics, business, sports etc. or work with general issues.

**Borrowing:** the use of words, or phrases from original text to recipient text without changing.

**Omission:** the act of leaving out a particular word or phrase due to cultural inclination. This is mostly done due to lack of equivalent.

**Additions:** when the T.T. acquires more or new words to add flavor or vocabularies so as the readers can enjoy the translated material.

**Source Text/Language:** the original text which is translated to TT so as to fulfill the desires of the audience.

**Target text/Language:** the material which is translated from the ST.

### **1.7 Scope and limitations of the study**

The study focuses on challenges in the process of translating health information in two Kenyan media houses, K24TV and ETV. The two media houses have been

chosen because one is a popular television station in Kenya, in terms of viewership, also due to its professionalism and the importance it gives to health information by having a health segment every Sunday. While the second one is a growing television station that will give its perspective on translating the health stories as it struggles in an industry that has been in existence in Kenya for decades, and the fact that it ensures all the health stories are translated to Kiswahili.

The study focuses on health story scripts from the two media houses, 9 scripts from ETV and 8 scripts from K24TV. These scripts are shared via email and sampled out to find the challenges that exist within. A total of 40 questionnaires were filled by reporters from the two media organizations, 20 questionnaires were filled by reporters and editors from each TV station. However, accessing as many health information scripts translated from English to Kiswahili is attempted since at times most of the scripts are not translated due to limited time.

The data to be studied was confined to the period beginning Feb 2015 to October 2017.

Both qualitative and quantitative approaches are used in collecting and analyzing the data, this ensures the study deals with all the aspects concerning the topic.

### **1.8 Literature review**

This sections looks into the review of relevant literature related to the study. Specifically, it assesses works done by scholars concerning the topic of translating health information or medical terminologies.

Studies have been done on translation of medical/health information but not from English to Kiswahili, most of them are the general structure of medical terms, how they need to be translated and the challenges in translating them.

Musyoki (2011) investigated the topic of equivalence in his MA dissertation titled “Equivalence in the translation of news items in Kenya”. The study analyzed the translation of news items from English to Kiswahili in two main media houses, CTV and NTV.

The objectives of the study were to investigate the challenges that were encountered by reporter, translator and editors in the attainment of equivalence in the translation of

television news items from English into Kiswahili, highlighted and classified the challenges that hinder attainment of equivalence and investigated factors that influence attainment or non-attainment of equivalence.

Musyoki's study established the major problems encountered while translating news items from English to Kiswahili in the two media houses, CTV and NTV. Lexical and syntactical factors were found to influence the attainment or non-attainment of equivalence.

The study also established that lack of equivalence can lead to a decreasing effective communication among Kenyan TV news reporters/anchors and the target audience. It also showed that equivalence deviations occur almost on a daily basis in both the television stations.

As this study targets mostly the reporters working on health stories, it is important for the reporters to gain better training on health reporting. This is because the language of medicine is a major challenge to translators.

Musyoki's work is of great relevance to the current work so far as both are about the challenges of translating from English to Kiswahili and taking note the importance of equivalence while translating. His work looks into news articles in general, meaning any translation related to business, sports, health, environment, technology, wildlife, law, and politics.

This study concentrates on health articles and this is because of the medical language used that is supposed to be made easier for the better understanding of audience.

NdutaMuruga (2012) investigated the challenges of translation in his MA dissertation titled; Translation challenges of Swahili plays; a case study of Maua KwenyeJua la Asubuhi by Kithaka (2004) and Kinjeketile by Ebrahim (1969).

The objectives of his study were to investigate the challenges encountered when translating proverbs from the Swahili Plays, determine the inclusion or exclusion of puns and their effects to the play once translated and to identify terminologies in the two Swahili plays and their effect in the translated plays.

The study hypothesized that there were difficulties in translating proverbs from Swahili plays as a source language into English as a target language because two cultures are different. Apart from the main challenges of linguistic and culture, there are other factors such as proverbs and cultural bound words which are language specific.

According to the findings of the study proverbs that are regional and specific to the Swahili culture are untranslatable since they do not have a functional, cultural or connotative equivalent in the target culture. This means that the proverbs can only be paraphrased, translated literally or omitted. In regards to puns and cultural terminology and especially when using communicative translation can only be borrowed into the target culture, paraphrased, translated freely or omitted.

The study can relate to the medical translation, in that, according to the findings, the proverbs can only be paraphrased, translated literally or omitted. Medical terminologies are technical, and for easy understanding they are sometimes paraphrased in a simpler explanation and incase a journalist does not understand a specific phrase or finds it hard to translate, he/she omits it.

Naviranda (2016), focused on the analysis of translation challenges in the Kiswahili version of 'Shujaa Okonkwo. The study exposed key weaknesses made by the author of Shujaa Okonkwo, Clement Ndulute as he translated English to Kiswahili. His main objectives were to identify the borrowing, omission and addition in Kiswahili version of Shujaa Okonkwo, to determine how borrowing, additions and omissions affect effective translation in a translated text of Shujaa Okonkwo and to find out other procedures that can be described to overcome the challenges in the translation of Shujaa Okonkwo. According to the findings of the study, Shujaa Okonkwo had the three challenges of omission, addition and borrowing.

Alfayo's study can be applied to this study in that, most of the challenges related to translating to Kiswahili as TL, also apply to the translation of medical terminologies by health reporters. Words will be used as they are in English for example the term 'Polio' can be used as it is, when using it in television as a tag, this is because of the limitation of space and better understanding of the audience.

### **1.8.1 Medical reporting and translation**

According to (Hannelore Lee- Jahnke:2017), it is important to train in medical translation since it is a specialized field that need better understanding and knowledge.By understanding the what he/she is translating then the translation becomes much easier. The main focus here is training the medical practitioners because they are the ones who are knowledgeable about the medical field.

Translating medical terminologies for patients is becoming an important part of medical translation. However, challenges are involved in the translation of the medical terminologies, like the specific needs and preferences of the patients, degree of appropriateness of the source text and the heterogeneity of target patients.(VicentMontalt: 2017).

According to Parkinson (2000: 371), scientific texts are characterized by the following features:

features:

“• Nominalization of verbs and adjectives

• Technical phrases (medical jargon)

• Extended nominal groups/collocations

• Tentative language (hedging

• Causal and reasoning verbs, e.g. Addiction is caused by heroin.

• Impersonal language and passivisation, e.g. the epidermis is molded over the papillae of the dermis.”

These feature above of medical language make it difficult for translators to understand the medical texts before translating. Training is needed for health reporters to be able to understand the medical terms and translate them.

The media is known for reporting health issues. These health issues help to influence the influence the perception of the public, policy makers and health-care professionals. This information is expected to be feasible, but at times it is criticized for being speculative, incorrect and misleading. Understanding the challenges health reporters face in their work will help in improving the information value of health reporting. Anna Larsson, Andrew D Oxman MD, Cheryl Carling, Jeph Herrin (Wiley Online Library: 2003).

In their research their main objective was to investigate constraints on improving the information value of health reports in the mass media and come up with possible strategies for addressing the challenges.

According to their findings the challenges were, lack of time, space and knowledge, competition for space and audience, difficulties with terminology, problems finding and using sources, problems with editors and commercialism. The most common challenge being: lack of time, space and knowledge. Many health reporters feel that it is not easy to find independent health experts to assist journalists, and also feel that editors need to be informed on the importance of health information or news. Most of the respondents in the study agreed that the information value of their reporting is important. When the health reporter does not understand the health information first hand, he or she would not be able to translate it in the simplest form possible for the understanding of the audience.

A research conducted by Hinnant, Len-Ríos (Sage Journals: 2009), looked at both the qualitative and quantitative data on how health journalists approach health literacy practically and theoretically. The analysis revealed techniques used by journalists to make information understandable like by use of non technical words. The findings showed that it is not easy for journalists as they struggle to maintain scientific credibility while dealing with audience of different literacy levels.

Media houses are becoming an important source of information about health and reporters are becoming more interested reporting quality health information to their audience. A variety of inaccuracies have been identified in published scientific articles in most of the previous studies. Inaccuracies in the overstatement of adverse effects or risks, and evidence of sensationalism. The media can also play a positive public health role, by providing important health information to the audience like the importance of regular visits to the gynecologist, importance of finishing a dose of antibiotics or the preventive measures related to some medical issues or the introduction of a new treatment. (Moynihan, Bero, Ross-Degnan, Henry, Lee, Judy Watkins, Connie, and Soumerai: *The New England Journal of Medicine*: June 2000).

According to their research, that investigated the coverage by the news media of the benefits and risks of medications, sometimes commercial funding may be associated

with study outcomes that are more favorable to sponsor's products, meaning that a reporter will most definitely report what favors the sponsor and not the audience. On their evaluation of 207 newspaper and television stories on three drugs used for disease prevention showed extensive shortcomings in journalistic practices. On stories finding out the benefits of medications, only 15 percent presented both relative and absolute benefit, 83 percent presented information on benefits in relative terms only, yet giving only the relative is not enough and does not tell the whole story as it is.

53 percent of the stories the reporters worked on did not include information about potential harms, which is very important, especially due to adverse effects of drugs. 70 percent of the stories also did not indicate the cost of the medications, which is also an important part for the audience. They concluded that it is important for health reporters to understand basic principles of high-quality medical reporting, in line with an evidence based approach.

(Marianna; Luisa Vercellesi; Martina Laccisaglia; Flavia Bruno - Scielo Public Health: 2012) state that a health reporter is needed to be focus on the facts available from the many different sources such as media releases, grey literature, systematic revisions, congress presentations and press release to be able to decide whether the information has the necessary requirement to be considered as news item for the lay people. The information has to be translated in a correct way to avoid false hope inorder to meet the needed translation for the public. There is need for a scientific background or understanding to be able to get the accuracy of the research protocol, the statistical methods and the results. Continuous education is necessary to avoid any form of sensationalism in line with the terminologies and graphics and most especially to avoid projections about the acceptance and commercialization of a new drug.

According to their study titled *Medical reporting recommendations: a gap between practical and theoretical approach of journalists in Italy*, there are guidelines and practical recommendations for medical reporters internatioanally. They focus on selection, understanding and translating of health, medical and drug information. The objectives of this study that targeted Italian medical reporters were to assess the degree of theoretical agreement and the actual compliance to recommendations in the working practice and highlight the difference between “theory” and “practice”, to

identify behavioral trends, and to identify groups of medical reporters showing similar profiles.

Their study was providing an understanding in the process of medical reporting that leads to "miscommunication", a situation which has been recognized for years.

In their study they realized that the reporters writing for technical medical media targeted to health professionals are more consistent between their theoretical views and actual practice.

In the analysis of their theoretical answers outlined a basic literacy in medical reporting; however some typical aspects of medical research are overlooked: funding and conflict of interest, understanding of the need to report results in absolute terms and consider number needed to treat, accuracy of methodology and attention to the preliminary nature of results. Reasonably this makes it difficult to assess facts effectively in the light of the advocated evidence-based journalism.

Low attention was put to conflict of interest in actual practice, which is a strong limitation to the understanding of the reliability and authoritativeness of the information.

According to the study, in the recent past, two approaches have been encouraged to enable journalists to improve health reporting:

- The new precision journalism. This school of new precision journalism advocates for mass communication journalists to employ the same methods as scientists, for example, scientific method, scientific objectivity, and scientific ideals, with particular regard to medicine and health.
- Evidence based journalism, that focuses on the concept of evidence in medicine, advocates the need for media houses to ensure they have the responsibility of maintaining standards.

(Jorge, Cédric, Ntemgwa, Schader and Wainberg - Biomed Central: 2008) in their publication titled *Benefits of an educational program for journalists on media coverage of HIV/AIDS in developing countries*, had an objective to assess the suitability of the curriculum content and didactical quality of information delivered to

educated journalists in the J2J program in HIV/AIDS and to explore the effects of such programs on journalist's reporting of HIV/AIDS related information.

They resolved that the J2j program is beneficial in that it provides reporters with a clear understanding of the objectives of the current HIV/AIDS medical research and issues with an increase in the ability journalists investigating and reporting accurate information on this subject. The program also ensures there is an increase in global awareness on the issue of HIV/AIDS. It is clear that reporters have a major role of ensuring that new HIV/AIDS infections are reduced through giving the right information.

According to their study, there is a need for reporters or journalists to have basic tools to be able to pinpoint false science, which is considered a common cause of misinformation and to be able to transmit health information to the audience in layman's language. By understanding all this, the journalists will be in a better position to inform the audience and translate using simple and understandable terminologies. What was missing was an introduction to epidemiologic terms commonly used to address public health issues.

One of the major weaknesses of the J2j program was that most of the speakers of the several scientific presentations within the program did not endeavor to use simple non-scientific terms and they did not find it necessary to try to explain their findings to journalists in lay language. This becomes a major challenge to journalists who end up not understanding the presentations especially of data.

Michael Turner (1984; 211-216) in his report on *The mass media and other channels for nutrition information* was to encourage discussions on the way the mass media handle nutrition and health information and also to create a greater understanding by looking briefly at other modes of communication.

The mass media priority is not based on education or as a form of an educational system, rather they are majorly in the entertainment business. Their main aim is to make money for the smooth running of its operations. Their major priority is attracting advertisers. (Turner, 1984).

The general public is exposed to misleading information about food, nutrition and health. These misconceptions that are widespread are as a result of the mass media and other by family doctors, relatives or friends. Misinformation is passed over by many parties and keeps happening all the time. (Turner: 1980b). Information on Nutrition is generally misleading, not understandable, most of the time incorrect in factual content and definitely incorrect in the impression created by omissions and juxtaposition of information. There is a lack of objectivity in media reporting and information is mostly selected to support the ideas of the journalist, editor or producer.

In an article titled *Inconsistent Journalism: The Coverage of Chronic Diseases in the Mexican Press* (Francisco J., Martinez, Robles-Silva, Moreno-Leal, Franco-Almazan,- Taylor and Francis Online: 2010) , it presented the findings of a study conducted to identify specific messages that Mexican print media convey to the general reader about chronic diseases. They had a review and content analysis of secondary source media reporting in *Bulletin-* published by the Department of Education and Health, Universidad Autónoma Metropolitana, Xochimilco. The *Bulletin* summarizes all articles related to health matters published in 12 national daily newspapers and 3 magazines.

According to their findings at times the media disseminate an incomplete and often biased picture of chronic diseases prevalent in Mexico. Most of the times the media gives more important coverage to certain acute diseases like AIDS, and leave out other major chronic conditions. The press also reproduces the biomedical model of disease and does not look into topics that are important to specific groups of the population including patients. At times the media provides an exaggerated impression of the ability of health services. Subsequently, the failure of the media to work on the issues that are widespread, like the chronic illnesses is enough to enquire about the role of the media in the health care reform.

Timothy Johnson, (*The New England Journal of Medicine*: 1998), noted a survey done on the impact of the media in supplying the public with health information in England. 2256 adults were used in the survey by the National Health Council and it revealed that 75% of those surveyed said they pay either a moderate amount or a great deal of attention to health news reported by the media. 40% of the respondents said

that television was their main source of health news, 36 percent said doctors, 35 percent said magazines and journals, 16 percent said newspapers and only 2 percent said the internet was their main source of health news. Those who said they have taken action after watching, hearing or reading health information was 58 percent. This explains the importance of news information in the media and especially as it benefits the audience.

According to Timothy (The New England Journal of Medicine: 1998) how to identify, process and report the correct medical information to the general public is the most important question to in health reporting.

News is basically defined as something new that interests the audience, and this can prove to be a challenge especially for the health journalist who has to prove to the editor on the news worthiness of a health story so that it can be aired. This is a major problem in newsrooms. Timothy (1998) says that there are many forces besides personal influence that decide what does or does not become health news.

He also notes the important role of the health journalists as the main gatekeepers controlling the distribution of health information to the audience. Most of the health journalists argue that there should be a difference between the reporting of general news and health news. General news takes into consideration the five W's (who, what, where, when and Why) and the H(how). Whereas medical news does not usually happen at a specific point in time, rather health information is part of an ongoing experimentation that is part of past experiments that might not change. He explains that in contrast to general news, which is based on facts and sources and opinions, health information is based on data, probabilities and conclusions. For a reporter to be good in health news reporting, it is important to have a better understanding of the technical terminologies so as to pass the right information to the audience.

According to Timothy his training as a physician was not enough as he involved himself in health journalism and that is why he decided to join the Harvard School of Public Health to be able to get an understanding of medical concepts so as to be able to pass the right information. Timothy believes that is is important for journalist to

come up with a system to ensure those want to embark on health reporting have basic knowledge of the medical concepts.

Adrian Naznean, in her study titled *Challenges face by medical translators* 698 stated the fact that English has become the lingua franca of scientific writing in general and of medical writing in particular. English is used in most of the research done in the medical world.

In journalism, these scientific words tend to be technical to the audience and the journalists, they need to be simplified in different languages to suit the different audience or target groups so as to avoid misinformation.

According to Naznean there are various types of challenges that can be categorized into terminological, linguistic and extra linguistic.

According to her, medical terminologies are formed all the time and there is need to upgrade them frequently into other languages for the better understanding of the general public. Technical terminologies especially those of clinical disciplines are a major challenge to translators, in that most of them do not have their equivalents in other languages and understanding them is difficult. (Naznean, upm: 698).

In her article titled “*New Medical Terminology: How Translation Keeps Up*” (Alison, Accredited Language, 2016) cites World Health Organizations estimates, that thousands of new medical terminologies are created each year, hence making it a huge challenge for translators and interpreters who first need to understand the terms and then come up with a translation.

There are several reasons that proves that health terminologies are difficult one of them being, it is full of scientific terminologies that are understood by professionals who most of the time are not in a position to explain in simple terms. The second being that these medical terminologies keep changing and new ones are formed to represent new health issues that keep on emerging. (Naznean, upm: 699).

### **1.9 Conceptual Framework**

This section deals with theoretical issues. To be able to understand the challenges posed in translating health information that basically looks into finding the

equivalence or faithfulness to the source text (ST) while translating from English to Kiswahili, this study refers to Eugene Nida's theory on equivalence and Hans Vermeer's Skopos theory.

### **1.9.1 Eugene Nida's theory on Equivalence**

There has been a heated debate between literal and free translation many theorists have come up to defend their theories regarding equivalence. Eugene Nida (1964) looks at two types of equivalence, formal equivalence and dynamic equivalence.

Formal equivalence tries to remain as close to the original text as possible, without adding what is not in the text, hence it is more of a literal translation or word for word translation. While dynamic equivalence involves translating the meaning rather than word for word translation. It involves understanding the source text and rendering the same meaning in the target language. The main point is improving readability and rephrasing sentences to make them understandable in the target language but ensuring that some faithfulness to the source text is retained.

Most of the words and phrases used in health information are scientific and technical in nature, these words keep developing and need to be updated and understood by journalists who translate them from English to Kiswahili, most of these words lack their equivalents in Kiswahili. This is why this theory is important in this study and more attention is placed on the formal equivalence.

### **1.9.2 Skopos Theory**

This theory developed by Hans Vermeer (1978), views translation not as a process of trans coding, but as a form of human action. Meaning each translation has a purpose. Skopos is a word derived from Greek meaning "Purpose". According to this theory, before any translation can begin, the purpose must be defined first.

According to Vermeer (1978:100) the intended purpose of the target language is the main determinant of the methods and strategies that can be used while translating.

Vermeer also looks at translation as involving both linguistic and cultural transfers. (Vermeer 1992:40). This means it does not involve word for word translation but understanding the meaning and translating to the linguistic and cultural understanding of the target language. This theory is put into practice by most of the reporters while working on health information.

### **1.10 Research design and methodology**

The study used convenience sampling method to sample translations of health stories from the two media houses, K24TV and ETV. Observations were made from the samples of 17 health story scripts collected from the two media houses, excerpts and notes taken from the collected scripts and later on analyzed as required.

In most media houses, the English scripts are translated into Kiswahili for the Kiswahili bulletins at 7pm. The translations are always faithful to the source text and especially if they are scripted by one reporter.

In the second approach 40 questionnaires were formulated for the reporters and editors in each media house. Some of the questions in the questionnaire were; Does your organization have a specific reporter for health stories? Who translates your health stories from English to Kiswahili? What is the main challenge in translating health items from English to Kiswahili in attaining equivalence? Are journalists working on health items trained in health reporting? Does your organization give much priority to health information? And what is your view on attaining equivalence in translation of health information from English to Kiswahili

The study uses qualitative approach in which the scripts are analyzed to compare the presentation of SL message with its translation in Kiswahili to find out if equivalence has been attained, and what other methods have been used to bring out the same meaning as in the SL message. Different grammatical features were checked in both English and Kiswahili which were summarized in lexical and syntactical categories.

The quantitative approach is used to factor in the use of the tables to come up with figures that help analyse the data collected from the two media houses.

### **1.11 Significance of the study**

This study aims at analyzing the challenges reporters face in translating health information for their audience from English to Kiswahili. Media houses will be able to understand the challenges and provide training on health reporting and translations. This study aims to also benefit medical translators and health journalist and challenge them to work on the concept of equivalence when it comes to the translation of medical terms. Most importantly generating new and simpler terms for the medical terminologies in Kiswahili for the benefit of the common man.

## CHAPTER TWO

### CLASSIFICATION OF DATA

#### 2.1 Introduction

This part attempts to discuss what translation is and divulge into the structure of the medical terminologies, while classifying the data as collected from the two media house, ETV and K24TV. It is related to chapter one in that it explains further the importance of understanding the medical terminologies as used in health information in relation to translation so as to come up with recommendations for further studies.

#### 2.2 Understanding translation

Many writers or researchers have come up with different understanding of what translation is and what it entails. Some have considered equivalence in translation, the cultural perspective in translation, free translation in a bid to make sense of the TL.

Lucia Gorea (*Lost in Translation*, 2012), looks at translation in general, its purpose being reproducing various kinds of texts to be accessed by readers of different languages. According to Lucia, literal or free translation has been the major problem when it comes to translation. This is an argument that has gone on for so many centuries with many writers and theorist taking note of the importance of the meaning or the sense of the translation and not the words. Others highlighted the importance of culture due to the linguistic barriers.

“Translation typically has been used to transfer written or spoken SL texts to equivalent written or spoken TL texts.” (Lucia Gorea, 2012: 2)

She however indicates that the process of translating becomes a major challenge when there is a disparity between the cultures of the SL and the TL.

Nida and Taber (1982;2) in the *Theory and Practice of Translation* “Translation involves reproducing in the target language the closest natural equivalent of the source language message in terms of meaning and style.” They stressed on the importance of getting the closest meaning and not following the form of the sentence. This is by ensuring that the message conveyed gives the same meaning as that of the SL into the TL.

They highlighted the old form of translation and the new form. In the old form, the translator worked on reproducing the stylistic specialties for example parallelism,

rhymes, rhythms etc. While the new form focuses on the response of the receptor, meaning that when the TT reaches the target audience, the reaction should be the same as the reaction of the original receptors.

Translation is a very important aspect in the media industry especially in Kenya. Today many speakers addressing the media have to use both English in Kiswahili, this is because the journalists ask for the Kiswahili version to be used in the 7pm Kiswahili bulletin. In most of the vacancies in media houses and especially those looking for reporters will always state the importance of being bilingual (ability to report in both English and Kiswahili). The mentioned aspects by some of the researchers like attaining equivalence, importance of making sense and giving the same reaction of the original receptor to the target audience and focusing mostly on the message are a challenge in translating health information by journalists due to the presence of the technical medical terminologies that are commonly used.

### **2.3 Classification of data**

This part identifies and classifies medical technicalities that are considered to be a major challenge to journalists while translating health information from English to Kiswahili. More focus is also placed on the theories applicable as indicated in chapter one.

#### **2.3.1 Translation of reproductive complications**

According to WHO, health is “ the state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity, reproductive health addresses the reproductive processes, functions and system at all stages of life.” (WHO: <http://www.who.int.....>).

The United Nations Population Funds (UNFP) defines reproductive health as a state of complete physical, mental and social well-being in all matters relating to the reproductive system. (UNFP: <http://www.unfpa.org/sexual-reproductive-health>).

Reproductive health is a lifetime concern for both women and men, from infancy to old age. Evidence shows that reproductive health in any of these life stages has a profound effect on one's health later in life, this is why it is important for the information to be understood and translated correctly for the benefit of the audience,

but this has been proven difficult due to the reproductive health complications terminologies that reporters find difficult to translate.

**Table 1: The table below represents phrases with reproductive complication terminologies**

	ST	TT
1	pressure caused by pregnancy,, pressure caused by obesity,, <b>Fibroids</b> ,, Cancer,,	Shinikizo linalotokana na ujauzito,, Shinikizo linalotokana na uzani mkubwa,, <b>Fibroids</b> ,, Ugonjwa wa saratani,,
2	And even though naturally a woman starts experiencing menopause from the age of 50, experts are now warning that due to changes in lifestyle some women are starting to experience menopause in their 30's hence losing the ability to conceive ,,gfx,, But the changes do not happen overnight, there is a transition period which experts term <b>pre-menopause</b> ,,	Kwa kawaida mwanamke anapaswa kukomaa hedhi kuanzia umri wa miaka hamsini lakini baadhi hushuhudia hali hii wakiwa na umri wa miaka 30... .je, unafahamu kinachomsababisha mwanamke kupitia hatua hii maishani mwake ya <b>pre-menopause</b>
3	<b>Early menopause</b> could be genetic, but it can also be caused by certain drugs meant to stop excessive bleeding, surgical procedures in ovaries and radiotherapy	Licha ya hali hii kuwa ya kawaida, yaweza ikasababishwa na ,,gfx,,maumbile ya genetiki, dawa kama za kusitisha kuvuja hedhi kupita kiasi, oparesheni iliyotoa yai la mwanamke au pia tiba almaaruf radiotherapy inayotumika kutibu ugonjwa wa saratani,,

Most of the reproductive terminologies in the table above have been used as they are in the ST.

### 2.3.2 Rendering medical technological terminologies

Medical technology in the world of medicine refers to any technology used to save lives in individuals suffering from a wide range of conditions. In its many forms, medical technology is already diagnosing, monitoring and treating virtually every disease or condition that affects us. Medical technology can be familiar, everyday

objects such as sticking plasters, syringes or latex gloves. Alternatively, it could also be spectacles, wheelchairs and hearing aids. Meanwhile, at the high tech end of the scale, medical technology includes total body scanners, implantable devices such as heart valves and pacemakers, and replacement joints for knees and hips. In fact, there are more than 500,000 medical technologies currently available and they all share a common purpose: improving and extending peoples' lives. (Eucomed: <http://archive.eucomed...>).

Medical technologies are important on health and quality of life, they contribute to living longer, better and empowering citizens to contribute to society for longer. The technical terminologies tend to be difficult to translate.

**Table 2: The table below represents phrases with terminologies of medical technologies.**

S	ST	TT
1	For the last 2 months now, Peninah has been undergoing <b>dialysis</b> twice a week for at least four hours a day,,,	Basi hali hii ilibadili maisha ya peninah na kwa sasa kuanzia miezi miwili iliyopita, amekuwa akifanyiwa <b>dialisisi</b> mara mbili kwa wiki kwa muda wa masaa manne,,nasi tukaamua kuungana naye,,,
2	Early menopause could be genetic, but it can also be caused by certain drugs meant to stop excessive bleeding, surgical procedures in ovaries and <b>radiotherapy</b> ,,,	Licha ya hali hii kuwa ya kawaida, yaweza ikasababishwa na ,,gfx,,maumbile ya genetiki, dawa kama za kusitisha kuvuja hedhi kupita kiasi, oparesheni iliyotoa yai la mwanamke au pia tiba almaaruf <b>radiotherapy</b> inayotumika kutibu ugonjwa wa saratani,,,
3	Being overweight is a hard thing to stomach and some individuals have gone as far as slicing a portion of their stomach in a desperate bid to shed weight.While other drastic measures such as <b>liposuction</b> and <b>duodenal switch</b> have come handy in helping overweight individuals fine-tune their body into a desired shape, others are choosing radical and delicate surgical	Kunenepa kupita kiasi ni tatizo gumu sana kustahimili na baadhi Ya watu wamechukua hatua tofauti ilimradi tu wapunguze uzito.wengine wameamua kufanyiwa oparesehni maalum ili kukabili uzani wao.

	procedures such as <b>gastric sleeve</b> , a procedure where nearly half of your stomach is removed to limit food intake and by extension enable you to lose weight.	
4	For 48 year old Martha Bosire who underwent the <b>gastric sleeve</b> procedure three days ago, a <b>gastrectomy</b> was her only way out. She had unsuccessfully battled with obesity for years.	Martha Bosire mwenye umri wa miaka 48 alifanyiwa oparesheni ya kupunguza uzani siku tatu zilizopita.
5	Vulnerable people include the old, people who frequent hospitals for <b>dialysis</b> and <b>chemotherapy</b> , persons with aids and children especially because they are susceptible to infections,,,	Wanaoathirika zaidi ni wazee, watu wanaozuru hospitali mara nyingi kufanyiwa <b>dialisisi</b> au <b>tiba kemikali</b> , wanaougua ukimwi na watoto haswa kwa sababu wanaweza pata maambukizo virahisi,,,
6	AVM TREATMENTS 1. Surgery 2. Endovascular embolization 3. <b>Stereotactic radio surgery</b>	TIBA YA UGONJWA WA MISHIPA YA DAMUKICHWANI 1. Upasuaji 2. Kuziba au kuchomwa kwa mishipa
7	He is among four patients whose lives were renewed this week by the Inter-Life Kidney Transplant Program after 5 years of <b>dialysis</b> .	Kimani ni miongoni mwa wagonjwa wanne ambao maisha yao yalipata mwelekeo mpya wiki hii baada ya kubadilishwa figo chini ya mpango wa interlife baada ya kutumia <b>huduma ya kuoshwa damu</b> kwa muda wa miaka mitano.
8	A breast cancer diagnosis can mean months of tests, uncertainty, <b>chemotherapy</b> , <b>radiation</b> and surgical procedures. How do those who receive the diagnosis endure what follows? Jane Njoki is pleading for aid to receive surgery in India on her one of her breast that has refused to heal.	Jane Njoki ambaye ameugua ugonjwa wa saratani ya matiti kwa zaidi ya miaka mitatu, sasa anaomba msaada ili aweze kupokea matibabu ya upasuaji nchini india. Jane ana imani kuwa upasuaji huo utatimiza ili aendelee na maisha yake kama kawaida.

In the table above, some of the technological terminologies have been used as they are in the SL and later on an explanation given for the benefit of the audience.

### 2.3.3 Translation of psychological disorders

Psychological disorder is sometimes used to refer to what are more frequently known as mental disorders or psychiatric disorders. Mental disorders are patterns of behavioral or psychological symptoms that impact multiple areas of life. These disorders create distress for the person experiencing these symptoms. Some of the major categories of psychological disorders include: Neurodevelopmental disorders, bipolar and related disorders, anxiety disorders, trauma and stress-related disorders, dissociative disorders, somatic symptom and related disorders, feeding and eating disorders, sleep-wake disorders, disruptive, impulse-control, and conduct disorders, substance-related and addictive disorders, neurocognitive disorders and personality disorders. (Kendra Cherry and Steven Gans :2017).

These psychological disorders are presented in technical terminologies and at times not easy to understand hence making translation a major problem especially into the local languages.

**Table 3: The table below represents phrases with psychological disorders terminologies.**

S	ST	TT
1	Medical experts in Kenya are sounding the alarm over the increasing cases of mental illnesses most of which are diagnosed late.... The experts say in most cases the victims are children, mostly suffering from <b>autism, down syndrome and even cerebral palsy,,,</b>	Mtoto anapozaliwa kitu cha kwanza madakitari huthibithisha ni hali ya akili yake.... Kwani baadhi ya watoto huathiriwa na ugonjwa wa <b>autism, down syndrome au hata cerebral palsy</b> , nakuacha wazazi taabani
2	When Clinton was born there was nothing that both the doctors or the parents could tell was out of place, to them he was a normal child, however shortly afterwards he was diagnosed with a heart condition after he started presenting symptoms that concerned the doctors. After going under the surgeon's knife many times the doctors dropped the bombshell he had <b>cerebral palsy</b> . Clinton lost his ability to walk, eat, see or even talk,,,	Clinton alizaliwa kama mtoto yeyote mwingine, lakini baada ya siku kadhaa alipatikana na tatizo la moyo kufuatia kuwepo kwa shimo moyoni, clinton hangeweza kutembea, kula, kuona, kuongea na kadhalika, na hatimae akapatikana na ugonjwa wa <b>cerebral palsy,,,</b>

3	According to Doctor Samuel Njiru a consultant neurosurgeon at Kenyatta National Hospital, the condition is known as <b>artiriovenous malformation</b> .	Kulingana na daktari Samuel Njiru anayeangazia magonjwa ya kichwa katika hospitali ya Kenyatta ugonjwa anaougua Kioko unaitwa <b>Artiriovenous malformation</b> kwa lugha ya kimombo, lakini haswa nini?
4	<b>Avm treatments</b> 1. Surgery 2. Endovascular embolization 3. Stereotactic radio surgery	<b>Tiba ya ugonjwa wa mishipa ya damukichwani</b> 1. Upasuaji 2. Kuziba au kuchomwa kwa mishipa
5	Following a revelation that 50% of newborn deaths in Naivasha are attributable to <b>asphyxia</b> , a condition of deficit supply of oxygen to new born babies,	Baada ya kudhihirika kuwa asilimia 50 ya vifo miongoni mwa watoto wadogo mjini naivasha husababishwa na <b>Asphyxia</b> , ambayo ni ukosefu wa hewa safi ya kutosha miongoni mwa watoto wachanga,

The psychological terminologies in the table above have been translated as they are; some are explained in simple terms, while some have been omitted.

#### 2.3.4 Dermatologic disorders and other medical conditions

According to Medline plus, skin conditions refers to “anything that irritates, clogs, or inflames your skin can cause symptoms such as redness, swelling, burning, and itching. Allergies, irritants, your genetic makeup, and certain diseases and immune system problems can cause rashes, hives and other skin conditions.” (MediPlus: <https://medlineplus.gov...>).

The skin is the largest organ in the body; it covers and protects the body. It holds body fluids in, preventing dehydration, it keeps harmful microbes out hence preventing infections and keeps the body temperature even, this makes it a very important part of our bodies. Information on any condition of the skin to the public attracts so much attention, hence correct translations are needed.

There are also other medical conditions that have difficult terminologies and when not translated correctly might change the meaning or might give the wrong information to the audience.

**Table 4: The table below represents phrases with dermatologic disorders and other medical conditions.**

S	ST	TT
1	Between one and two percent of the worlds population suffers from <b>Vitiligo</b> .	Wengi wanaoathirika na ugonjwa huu wa <b>vitiligo</b> huanza kuona dalili hiyo wakiwa katika umri wa miaka ishirini ...kwa sasa hakuna idadi ya watu kamili wanaoishi na hali hii
2	Symptoms and signs of <b>vitiligo</b> include premature whitening or graying of the hair on your scalp, eyelashes and eye brows. Loss of color in the tissue that line the inside of the mouth, change in color of the inner layer of the eyes and it is important to be aware of that patch of white hair in a young person.	Dalili za <b>vitiligo</b> ni pamoja na nywele kuanza kupoteza rangi nyeusi na kuwa kama mvi,kugeuka rangi ya midomo haswa kutoka ndani, macho kukosa rangi yake ya kawaida na pia ni muhimu kuangalia dalili hii katika watoto wa changa
3	There are different types of <b>vitiligo</b> . These include segmental,nonSegmental and acral that usually occur on the tips of fingers and feet. The treatment is usually effective, however the longer the duration of the condition the more difficult it is to treat because <b>melanocytes</b> get destroyed over time.	Kulingana na madaktari kuna aina nyingi ya <b>vitiligo</b> kwa mfano ngozi kubadilika katika sehemu moja ya mwili pekee au mwili mzima hii hutokea kwa vidole na vidolee vya miguu.
4	It is said that the condition affects many people who engage long travels mostly on air ...who are forced to sit in the same position for long hours.....in some cases the condition presents no symptoms until it's too late..., <b>deep veinthrombosis</b> or <b>DVT</b> the silent killer.....	Mtazamaji mara nyingi kuna maradhi ambayo wapendwa wetu hukumbwa nayo na kisha uwele huo unaojulikana pindi wanapoaga, na mojawapo ya maradhi kama hayo ni mvilio moyoni kwenye mshipa wa damu, ukipenda <b>deep vein thrombosis</b> ama <b>DVT</b> ,,,na hii leo hebu tuangazie maradhi haya katika makala ya rai mwili,,
5	It is a condition that claims the lives of 50% of its victims but most Kenyans have no idea of its existence.. <b>Accute septic shock</b> .....	Ugonjwa wa damu kuambukizwa bakteria ujulikanao kwa lugha ya kimombo kama <b>septic shock</b> ni ugonjwa geni kwa wengi.

6	The report shows reveals that people living with HIV are at a higher risk of <b>under nutrition</b> . There is an emerging risk of <b>over nutrition</b> in adults with HIV as well	Ripoti hiyo imeonyesha kwamba watu wanaoishi na virusi vya HIV wako katika hatari kubwa ya kuathiriwa na tatizo la <b>ukosefu wa chakula</b> .
7	<b>Dental flourosis</b> disease has become rampant in the country.	Ugonjwa wa meno kubadilika na kuwa rangi ya kahawia au <b>dental flourosis</b> umekithiri humu nchini
8	31 year old Nancy Nyakundi was gradually being immobilized by the condition known as " <b>sickle cell anemia</b> " which has impaired her hip joints	Ugonjwa wa <b>selimundu al maarufu kama sickle cell anemia</b> , umemuathiri mwanamke mmoja mwenye umri wa miaka 31

In the table above the some of the information have been omitted while some words have been used as they are in the SL. Some have not been translated correctly.

## CHAPTER THREE

### ANALYSIS

#### 3.1 Introduction

This chapter analyzes the qualitative and quantitative data presented in chapter three. The data included health scripts from the two media houses (ETV and K24TV) and their response in questionnaires.

#### 3.2 Qualitative analysis

This part analyses the words, phrases, sentences as used in the scripts translated by journalists on health information from English to Kiswahili. These words, phrases, sentences are said to deviate from what would be referred to complying with the concept of equivalence.

According to Nida and Taber, translation involves reproducing in the receptor language the closest natural equivalent of the SL message, in terms of meaning and style. The translator must strive for equivalence rather than identity.

In this study we shall be adapting the formal equivalence, which is focused on revealing the content and form of the original message, oriented towards the ST, reproducing several formal elements( grammatical units, consistency in word usage, meanings of source context), concordance of terminology and gloss translation. Nida (1914-2011) - “Principles of correspondence” (1964).

##### 3.2.1 Analysis of translation of reproductive complications

The following is an analysis of the words, sentences, phrases and clauses that went against the formal equivalence and put into consideration the skopos theory by considering the purpose of the translation that led to the use of methods like borrowing, additions and omissions:

#### **Findings of the translations of reproductive complications in table (1) chapter two**

##### (1)

The phrase “Change in consistency of the blood as a result of for instance diseases that make the blood thick by increasing the number of blood cells, using contraceptive pills or smoking, pressure caused by pregnancy, pressure caused by obesity, **Fibroids**,

Cancer, Family history” the terminology ‘Fibroids’ in the translated version has been used as it is in the ST, probably due to the fact that the reporter lacked its equivalent. This is a lexical deviation, where the word has not been given its parallel identity.

(2)

“And even though naturally a woman starts experiencing menopause from the age of 50, experts are now warning that due to changes in lifestyle some women are starting to experience menopause in their 30’s hence losing the ability to conceive. But the changes do not happen overnight, there is a transition period which – expert’s term - **pre-menopause**”

The Kiswahili version of the above paragraph has omitted some of the important information like “experts are now warning that due to changes in lifestyle some women are starting to experience menopause in their 30’s hence losing the ability to conceive” this information might be important to the women who are part of the audience. The Kiswahili translated version just goes straight to mention the age at which the women start their menopause today, and goes ahead to pose a question. This makes the two sentences different in their forms. The term/word menopause, has been borrowed from the English script, this might be due to lack of an equivalent word. This brings out the lexical deviation.

“Kwa kawaida mwanamke anapaswa kukomaa hedhi kuanzia umri wa miaka hamsini lakini baadhi hushuhudia hali hii wakiwa na umri wa miaka 30. Je, unafahamu kinachomsababisha mwanamke kupitia hatua hii maishani mwake ya **pre-menopause**”

### 3.2.2 Analysis of translation of technological terminologies

#### Findings of the translations of technological terminologies in table (2) chapter two

(1)

“For the last 2 months now, Peninah has been undergoing **dialysis** twice a week for at least four hours a day”. The Kiswahili translation of this sentence was longer due to addition of words that were not in the English script. The word dialysis was borrowed. The translated version should have been: “Kwa muda wa miezi miwili sasa, Peninah

amekuwa akifanyiwa **dialisisi** mara mbili kwa wiki kwa muda wa saa nne kwa siku.” There are lexical and syntactical deviations. The translator looked into the purpose of the translation by not changing the word ‘dialysis’ since many people understand it better as it is.

(2)

“Early menopause could be genetic, but it can also be caused by certain meant to stop excessive bleeding, surgical procedures in ovaries and **radiotherapy**”

In the Kiswahili translated version of this sentence the word ‘radiotherapy’ is loaned or borrowed. An explanation was given to briefly highlight what radiotherapy is. This explanation is part of an addition as a method of dealing with the challenge of finding an equivalence of the word. By giving a simple explanation, the journalists believe that it makes understanding of the terms easy by the audience.

(3)

“Being overweight is a hard thing to stomach and some individuals have gone as far as slicing a portion of their stomach in a desperate bid to shed weight. While other drastic measures such as **liposuction** and **duodenal switch** have come handy in helping overweight individuals fine-tune their body into a desired shape, others are choosing radical and delicate surgical procedures such as **gastric sleeve**, a procedure where nearly half of your stomach is removed to limit food intake and by extension enable you to lose weight.”

First and foremost, the information translated to Kiswahili was shortened, meaning some information has been omitted; this might be due to time limitation or just ignorance by the journalist. The words ‘liposuction’, ‘duodenal switch’ and ‘gastric sleeve’ have been omitted in the translated Kiswahili version. This might also be due to the fact that the journalist could not find the equivalent terms for the words in Kiswahili. This presents a lexical deviation in trying to deal with the concept of equivalence.

The translated version was: ‘Kunenepa kupita kiasi ni tatizo gumu sana kustahimili na baadhi ya watu wamechukua hatua tofauti ilimradi tu wapunguze uzito.wengine wameamua kufanyiwa oparesehni maalum ili kukabili uzani wao.’

(4)

“For 48 year old Martha Bosire who underwent the **gastric sleeve** procedure three days ago, a **gastrectomy** was her only way out. She had unsuccessfully battled with obesity for years. Her weight had shot up to 160 kilograms which not only confined her to her house, but also caused her to suffer from weight related complications.” The translated Kiswahili version was: “Martha Bosire mwenye umri wa miaka 48 alifanyiwa oparesheni ya kupunguza uzani siku tatu zilizopita.” The journalists who translated into the Kiswahili script omitted some of the information from the English script, like the words ‘gastric sleeve’ and ‘gastrectomy’ which might be due to the lack of equivalent words to use. This is both lexical and syntactical deviations, since it involves both the words and the form of the sentence. The journalists also added some information by explaining what ‘gastric sleeve’ is instead of finding its equivalent as a way of dealing with the challenge of finding an equivalent.

(5)

“Vulnerable people include the old, people who frequent hospitals for **dialysis** and **chemotherapy**, persons with aids and children especially because they are susceptible to infections,” The Kiswahili translated version has used the terms “dialisisi and ‘tiba kemikali’ in the translation of the terms ‘dialysis’ and ‘chemotherapy’. This is due to a lack of direct equivalent terms for the two terms/words. This eases the work of the journalist while taking into consideration, the time limit in most of the media houses especially when it comes to Kiswahili news stories. This is a lexical equivalence deviation. The journalist also considered the purpose of the translation by ensuring he/she uses the words as they are since they are understood as they are by the audience.

(6)

“AVM TREATMENTS

Surgery, Endovascular embolization, **Stereotactic radio surgery”**

The Kiswahili script omitted the third treatment ‘Stereotactic radio surgery’ this may be due to the journalist’s lack of understanding of what stereotactic radio surgery is and decided to ignore it.

The Kiswahili script was translated as: “Kuna njia tatu za kuutibu.”

#### **“TIBA YA UGONJWA WA MISHIPA YA DAMU KICHWANI**

Upasuaji, Kuziba au kuchomwa kwa mishipa”

In the headline ‘AVM Treatments’ the Kiswahili translated version explained what AVM is. This is a process meant to simplify the initials for the audience and enable better understanding. By explaining it means the concept of addition was used to overcome the challenge of finding a direct equivalent for the initials.

(7)

“He is among four patients whose lives were renewed this week by the Inter-Life Kidney Transplant Program after 5 years of **dialysis**.” The Kiswahili translated script gave an explanation of what dialysis is without using the word as it is or finding a direct equivalence for it. By explaining, the concept of addition is utilized to overcome the challenge of translating the medical term. The reporter believes by doing this he/she is simplifying the terminology for the audience. But still there is need to find an equivalent of such medical terminologies.

#### **3.2.3 Analysis of translation of psychological disorders**

##### **Findings of the translations of psychological disorders in table (3) chapter two**

(1)

“Medical experts in Kenya are sounding the alarm over the increasing cases of mental illnesses most of which are diagnosed late. The experts say in most cases the victims are children, mostly suffering from **autism, down syndrome and even cerebral palsy**.” The form of the Kiswahili translated version is different from the English script, making it a syntactical equivalence deviation. The words autism, down syndrome and cerebral palsy were used as they are. This being a lexical derivation. “Ugonjwa wa **autism, down syndrome** au hata **cerebral palsy**.”

“Mtoto anapozaliwa kitu cha kwanza madakitari huthibithisha ni hali ya akili yake.... Kwani baadhi ya watoto huathiriwa na ugonjwa wa **autism, down syndrome au hata cerebral palsy**, nakuacha wazazi taabani.” The words have been loaned or

borrowed from the English scripts to overcome the challenge of finding the equivalence.

(2)

“When Clinton was born there was nothing that both the doctors or the parents could tell was out of place, to them he was a normal child,...however shortly afterwards he was diagnosed with a heart condition after he started presenting symptoms that concerned the doctors. After going under the surgeon’s knife many times the doctors dropped the bombshell...he had **cerebral palsy**... Clinton lost his ability to walk, eat, see or even talk.” In this paragraph translated Kiswahili version did not have the form of the English script. Some parts have been omitted in the Swahili script and the term cerebral palsy was retained in the Kiswahili script. In this paragraph, there is lexical and syntactical deviations.

(3)

“According to Doctor Samuel Njiru a consultant neurosurgeon at Kenyatta National Hospital, the condition is known as **Artiriovenous malformation**.”In the Kiswahili translated version, the word ‘Arteriovenous malformation was borrowed from the English script and later on explained for the better understanding of the audience. Borrowing was used to overcome the challenge of finding an equivalent word for Artiriovenous malformation.

(4)

“Surgery, Endovascular embolization, **Stereotactic radio surgery**”

The Kiswahili script omitted the third treatment ‘Stereotactic radio surgery’ this may be due to the journalist’s lack of understanding of what stereotactic radio surgery is and decided to ignore it so as not to misinform the audience.

(5)

“Following a revelation that 50% of newborn deaths in Naivasha are attributable to **asphyxia**, a condition of deficit supply of oxygen to new born babies, one of the affected hospitals called Naivasha women center is now seeking a 4.5 million shillings from the global fund to help address the problem.” In the translated

Kiswahili version, the journalist borrowed the word ‘asphyxia’ from the English version and went ahead to explain what it means, this was his/her way of dealing with the challenge of translating the word that he/she could not find its equivalent. This is lexical equivalence deviation.

### **3.2.4 Analysis of translation of dermatologic disorders and other medical conditions**

#### **Findings of the translations of dermatological disorders and other medical conditions in table (4) chapter two**

(1)

“Between one and two percent of the world’s population suffers from **Vitiligo**. Many of those affected start seeing signs in their twenties, but it can occur even earlier.” In the translated version to Kiswahili, the word/term ‘Vitiligo’ was borrowed from the English script and used in its original form. This might affect the understanding of the audience especially if he/she is not familiar with the term ‘Vitiligo’. To overcome the challenge of finding its equivalent, the journalist decided to use the word in its original form, this presents a lexical deviation.

(3)

“There are different types of **vitiligo**. These include segmental, nonSegmental and acral that usually occur on the tips of fingers and feet, the treatment is usually effective, however the longer the duration of the condition the more difficult it is to treat because **melanocytes** get destroyed over time’. This is the translated version: “Kulingana na madaktari kuna aina nyingi ya **vitiligo** kwa mfano ngozi kubadilika katika sehemu moja ya mwili pekee au mwili mzima hii hutokea kwa vidole na vidolee vya miguu.” The translated version in Kiswahili omitted the last part of the paragraph which is important to the audience. The word ‘vitiligo’ was still borrowed from the English script, and the word ‘melanocytes’ was omitted, this might be due to the challenge of finding its equivalence by the journalist. Lexical and syntactical equivalence deviations.

(4)

“It is said that the condition affects many people who engage long travels mostly on air ...who are forced to sit in the same position for long hours.....in some cases the condition presents no symptoms until it’s too late..., **deep vein thrombosis DVT** the silent killer.”

“Mtazamaji mara nyingi kuna maradhi ambayo wapendwa wetu hukumbwa nayo na kisha uwele huo unaojulikana pindi wanapoaga, na mojawapo ya maradhi kama hayo ni mvilio moyoni kwenye mshipa wa damu, ukipenda **deep vein thrombosis ama DVT**,,,,na hii leo hebu tuangazie maradhi haya katika makala ya rai mwili”

First and foremost, keeping into consideration that the scripts are always translated from English to Kiswahili, the Kiswahili translation has a different form from the English script. The Kiswahili script should read: “**Inasemekana kuwa hali hiyo inawaathiri watu wengi ambao wanasafiri kwa muda mrefu haswa kutumia ndege..... ambao wanalazimika kuketi kwa muda mrefu.....katika visa vingine hali hiyo hujitokeza bila dalili hadi pale inapomuathiri sana mtu..... hali hiyo inatambulika kama deep vein thrombosis au DVT, ambayo ni mvilio ndani ya vena..”**

By giving a wrong form of the SS, journalists lose some of the information intended for the audience.

On the same paragraph, the phrase “deep vein thrombosis (DVT)”, is used as it is in the ST into the TT this is because it’s equivalent in Kiswahili is not available as checked in the standard English- Swahili dictionary. It can be translated as “thrombosi-kina cha mshipa au mviliondani wa vena”. Which the closest equivalent is as indicated in dynamic equivalent. This paragraph indicates a challenge in translating the health information basing on formal equivalence.

(5)

“It is a condition that claims the lives of 50% of its victims but most kenyans have no idea of its existence..**acute septic shock**.....”

The Kiswahili translated version has a different form from the English script. This is the translated Kiswahili script “Ugonjwa wa damu kuambukizwa bakteria ujulikanao

kwa lugha ya kimombo kama **septic shock** ni ugonjwa geni kwa wengi.” The form was changed and the term ‘Septic Shock’ was borrowed from the English script and explained for better understanding of the audience this being the main purpose of the translation and to overcome the challenge of finding an equivalent of the words. This is lexical and syntactical equivalence deviation.

(6)

“The report reveals that people living with HIV are at a higher risk of **undernutrition**. There is an emerging risk of **over nutrition** in adults with hiv as well.” This was supposed to be translated as: “Ripoti hiyo inaonyesha kwamba watu walio na virusi vya ukimwi wana hatari kubwa ya kukosa lishe sahihi. Pia kuna hatari nyingine inajitokeza ya kupata virutubisho zaidi ya ifaavyo kwa watu wazima walio na virusi vya ukimwi.” The translation done by the journalist, gave the wrong translation of the terms ‘over nutrition’ and ‘undernutrition’, the two terms were translated as lack of food. This might be due to the lack of a better understanding of the meaning of the two words leading to the wrong translation. This is lexical deviation.

(7)

“**Dental flourosis** disease has become rampant in the country”. The word ‘Dental flourosis’ was borrowed into the Kiswahili translated version and explained as a condition that causes browning of the teeth. This explanation introduced the concept of addition for the better understanding of the audience, but it is also used to overcome the challenge of translating in line with attaining formal equivalence and the purpose of the translation was expressed in the explanation.

(8)

“31 year old Nancy Nyakundi was gradually being immobilized by the condition known as "**sickle cell anaemia**" which has impaired her hip joints” This was translated to Kiswahili as: “Ugonjwa wa **selimundu al maarufu kama sickle cell anaemia**, umemuathiri mwanamke mmoja mwenye umri wa miaka 31”. The term sickle cell anemia was borrowed from the English script to emphasize on the condition that the journalist has translated to ‘selimundu’. The word ‘selimundu’ when translated back to English, it will be ‘sickle cell’, meaning the word anemia has

not been translated in the Kiswahili version, it has been omitted. This is a lexical equivalence deviation.

According to the analysis most of the health information had either a lexical or syntactical equivalence, majority being lexical in nature. This is due to the fact that most of the journalists who work on the health stories, have a difficulty in understanding the medical terminologies and do not know their equivalents and end up explaining most of the conditions in Kiswahili to be able to succeed in the purpose of the translation as expressed by the Vermeer's skopos theory.

Medical terminologies are scientific and keep on growing every day; this means there is need for such terminologies to have their equivalents. Most of Kenyan journalists lack linguistic competencies hence most of the time they are not able to give the correct translations.

The newsroom being a very busy environment for any journalist, at times it is due to the pressure the journalists experience that hinder them from finding the appropriate equivalents for the medical terms.

### **3.3 Quantitative analysis**

This part analyses the data collected through the questionnaires that were administered to 40 journalists at the two media houses, 20 questionnaires administered to each media house. (ETV and K24TV).

“Quantitative research involves the application of numerical approaches. Importance is placed on objectivity and the use of statistics or data gathered through polls, questionnaires or surveys. With quantitative research methods, numerical data are gathered and then generalized across groups of people to explain trends or phenomena.” Susie Zappia (<http://classroom.synonym.com...>).

**Table 5. Feedback from respondents from ETV and K24TV**

The table below presents the feedback from respondents from the two media houses (ETV and K24TV). 20 questionnaires were administered to each TV station and filled by reporters and editors. The response from the two media houses was good; all the questionnaires were handed back.

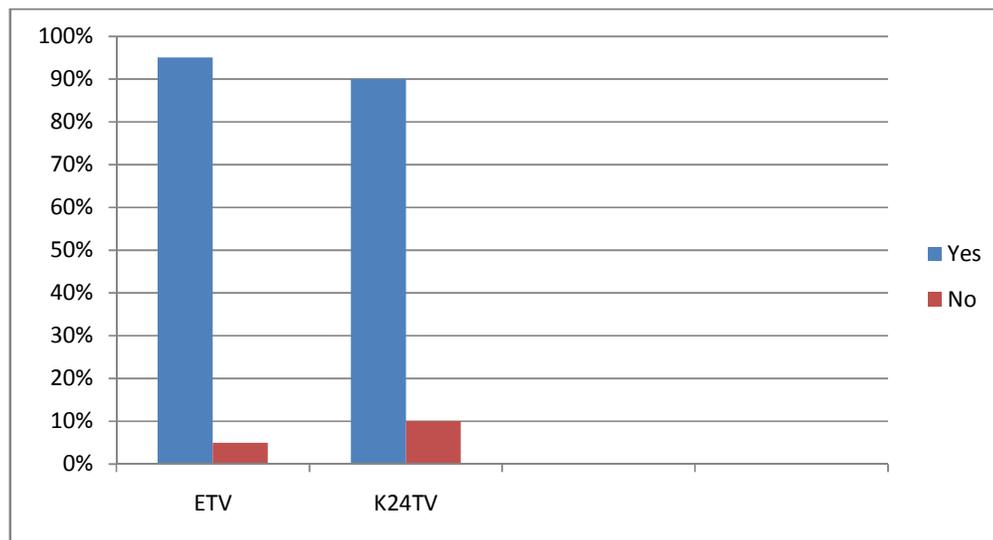
The open ended questions (6, 7 and 8) are handled separately.

Questions	ETV				K24TV			
	Respondents				Respondents			
1. Does your organization have a specific reporter for health stories?	a)19	b) 1			a)18	b)2		
2. Who translates your health stories from English to Kiswahili?	a)7	b)6	c)1	d)1	a)8	b)10	c)0	d)2
3. What is the main challenge in translating health items from English to Kiswahili in attaining equivalence?	a)12	b)2	c)6		a)15	b)1	c)4	
4. Are journalists working on health items trained in health reporting?	a)7	b)6	c)7		a)7	b)11	c)2	

5. Does your organization give much priority to health information/stories?	a)12	b)8			a)17	b)3		
9. Are you confident enough to translate health information without using any aid (Dictionaries, Machine translation and Computer aided tools (CAT tools.).	a)3	b)11	c)6		a)5	b)11	c)4	

**Fig 1.Feedback from the respondents intable (5) above**

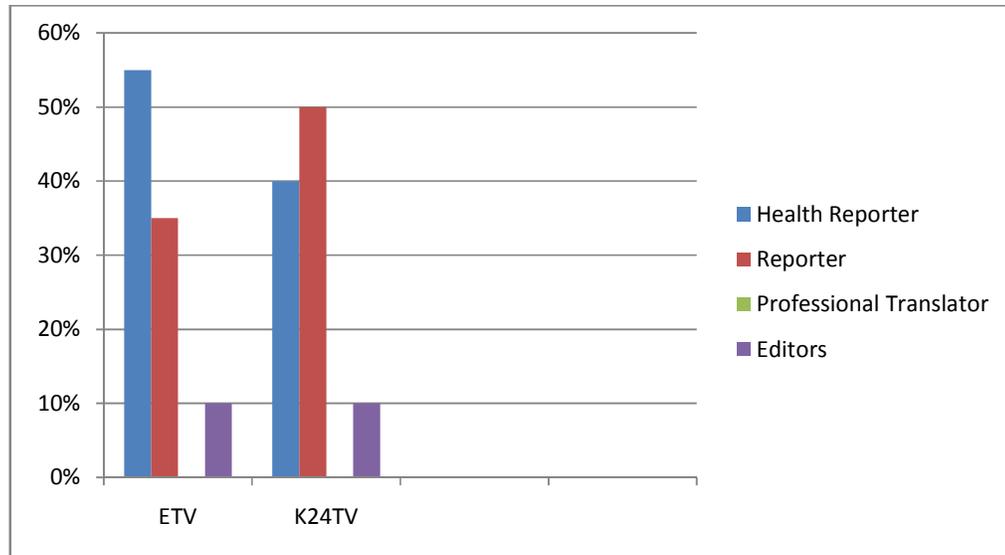
The figure below show the response of reporters and editors at the two media houses on whether there is a specific health reporter.



It is observed that in question number (1), out of 20 respondents from ETV, 19 (95%) agreed that there is a specific reporter for health stories, only one respondent said there is no specific reporter for health stories. At K24TV 18 (90%) respondents agreed that there is a specific reporter for health information while the remaining 10% said there is no specific reporter for health information. According to the response one is able to come up with a viable conclusion that in the two media houses there are specific reporters assigned to the health docket.

**Fig 2. Feedback from the respondents in table (5)**

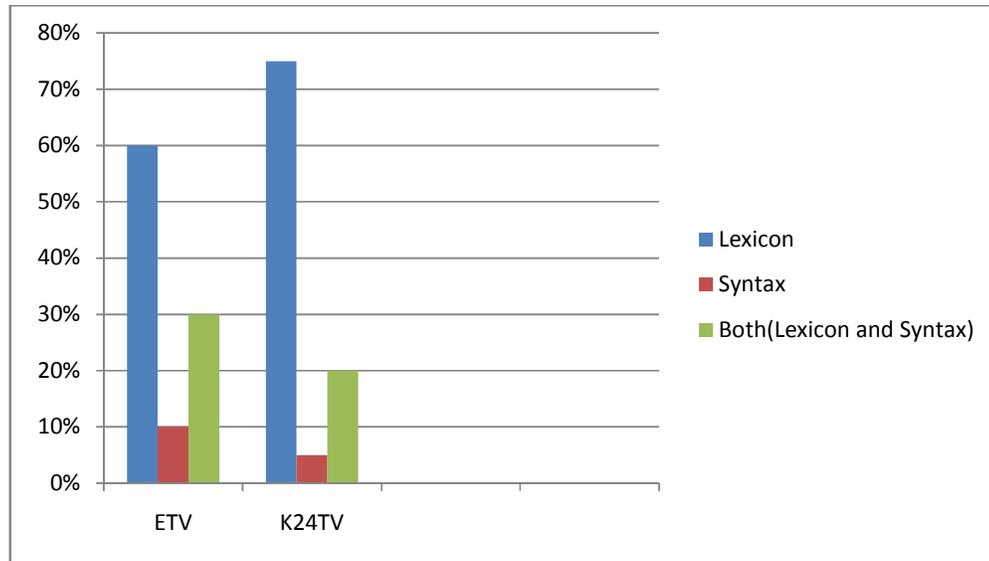
The figure below shows their response to who translates their health information from English to Kiswahili



In question (2): 55% of the respondents at ETV acknowledge that most of the health translations are done by a health reporter, while 35% indicate that the health information translations are done by any reporter. The remaining 10% is done by the editors. At K24TV, 40% of the health information translations are done by the health reporter, 50% by any reporter and 10% by the editors. This generally means that most of the translations are done by the reporters and health reporters.

**Fig 3. Feedback from the respondents in table (5)**

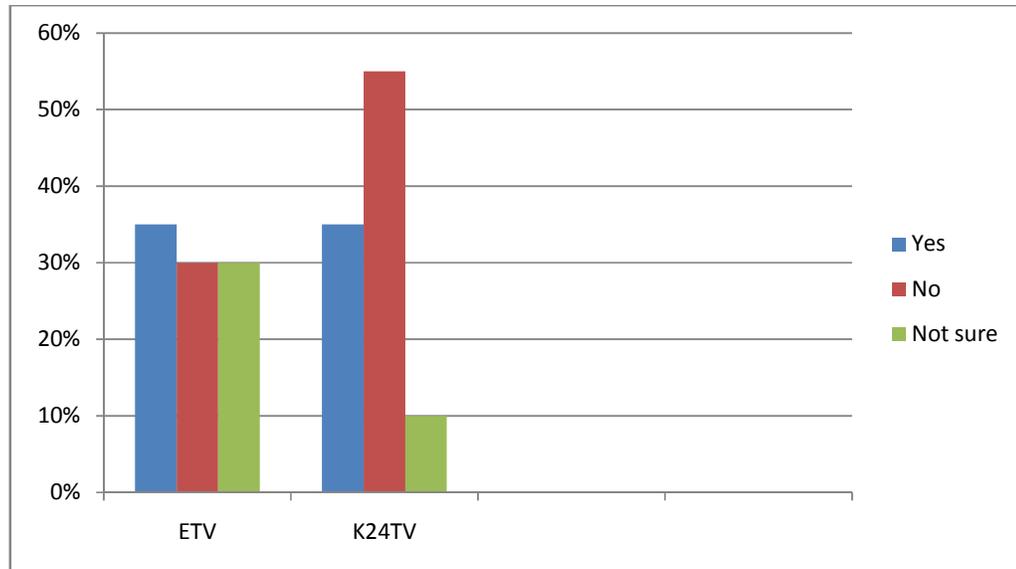
The chart below show their response to what is the main challenge in translating health information from English to Kiswahili.



60% of respondents from ETV find the main challenge in translating health information being the lexicon or vocabulary, 10% syntax, while 30% find the challenges being both lexicon and syntax. According to K24TV respondents 75% indicate the problem being dealing with the lexicon, 5% syntax which is the sentence construction and 20% indicate the challenge to be both lexicon and syntax. This proves that the major challenge faced by journalists while translating the health information is the vocabulary. This is because health information contains technical scientific terminologies that keep developing but there are no equivalents in Kiswahili.

**Fig 4. Feedback from the respondents in table (5)**

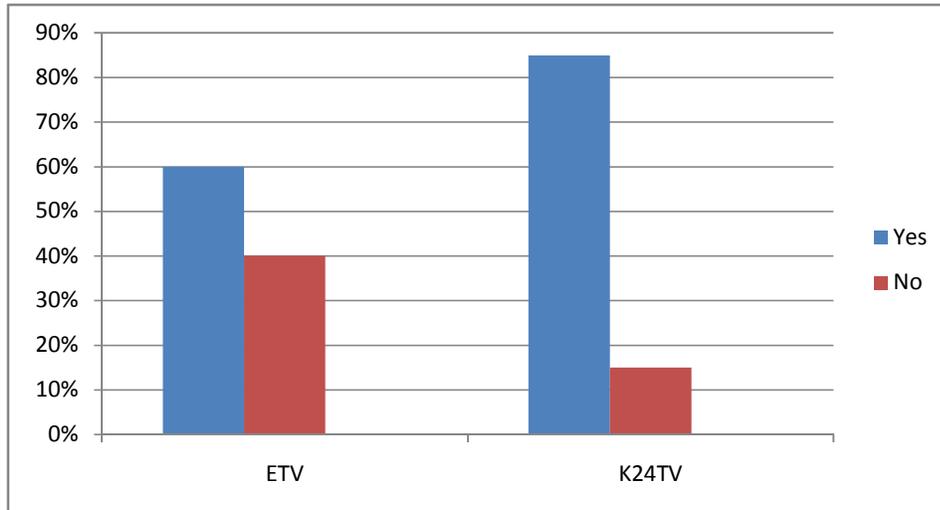
The chart below shows the respondents response to whether the journalists working on health stories have been trained on health reporting.



35% of the respondents at ETV indicate that journalist working on health information have received training on health reporting, 30% indicate that they have not been trained on health reporting while 30% are not sure. At K24TV, 35% indicate that they have been trained, 55% say they have not been trained on health reporting while 10% are not sure whether the journalist reporting on health information have been trained or not. According to the results, it is clear that some of the reporters have received the training while some have not, or maybe some have received the training while already reporting on health information, but no prior training is offered specifically for the health reporters, before him/her deciding to work on health information. Most of the trainings are offered in the form of workshops for journalists.

**Fig 5. Feedback from the respondents in table (5)**

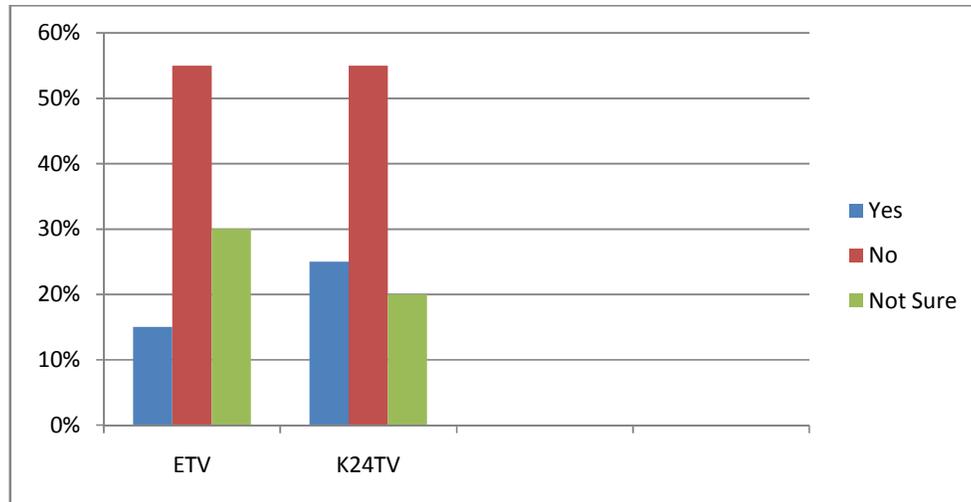
The figure below shows the journalists and editors response on whether health information is given much priority in the two media houses (ETV and K24TV).



Surprisingly even without prior trainings on health information reporting, 85% of respondents from K24TV acknowledge that the media house gives much priority to health stories while 15% say health information is not given much priority. The health stories at K24TV is a special segment, aired on Sundays every week in both English and Kiswahili bulletins. At ETV, 60% cite that the organization give much priority to health stories, while 40% cite that health stories are not given much priority.

**Fig 6. Feedback from the respondents in table (5)**

The chart below shows the response of journalists and editors on whether they are confident enough to translate health information without using any aid.



15% of the respondents at ETV cite that they can be able to translate health information without the help of any translation aid for example dictionaries, machine translation and computer aided tools, 55% cite they need the assistance of any translation aid, while 30% indicate they are not sure. According to respondents at K24TV, 25% indicated that they do not need any aid while translating health information, 55% indicated they need the help of the translation aids, while 20% cited they are not sure if they need any aid. This is clear that a larger percentage of the journalists need the help of translation aids while translating health information mostly due to the technical medical terminologies used.

The following were responses for the open ended questions:

On their views on attaining equivalence in translation of health information from English to Kiswahili (Question No. 6)

#### **ETV respondents**

- a) It is important to attain equivalence in health reporting
- b) It is a major challenge
- c) It has not been attained
- d) There is need for training/knowledge in health issues
- e) Some words are limited to English or Kiswahili

**K24 respondents**

- a) It is difficult to find the equivalence of most of the medical terminologies
- b) Much is lost in translation of the health information(medical terminologies)
- c) Equivalence is attained but in regards to only a few words

Explain briefly other challenges faced in translating health information from English to Kiswahili (Question No. 7)

**ETV respondents**

- a) Difficult health/medical terminologies
- b) Difficulty in translated abbreviated words
- c) Limited Kiswahili vocabularies due to the emergence of new words
- d) Limited time

**K24 respondents**

- a) Emergence of new terminologies
- b) Difficult health/medical terminologies
- c) Lack of equivalent words in Kiswahili
- d) Lack of better understanding of medical information in English
- e) Lack of training on health reporting

The following were responses given on how to overcome the challenges of translating health information from English to Kiswahili (Question No. 8)

**ETV respondents**

- a) Regular trainings on health reporting
- b) Using translation aids
- c) Trainings on translation of health information
- d) Consultations
- e) Wide research
- f) Seeking clarification from medical specialists
- g) Attending health workshops
- h) Employing professional medical translators

## **K24 respondents**

- a) Using translation aids
- b) Trainings on health reporting
- c) Thorough consultations
- d) Encourage mastery of both Kiswahili and English languages
- e) Engage professional translators
- f) Journalists to undertake course in translation
- g) Organizing awards for best translators in the newsroom
- h) Reading Kiswahili books
- i) New Kiswahili terminologies for the emerging medical terminologies

The analysis in this chapter validate the three hypothesis that reporters translating health information encounter challenges and that the challenges can be classified, that the challenges encountered by health journalist in translating health information can be investigated and that there are strategies that can help overcome the challenge of translating health information by journalists/reporter. The reporters consider the purpose of the translation while working on the news scripts, hence most of the medical/health terminologies are given an explanation of what the terminology means. Most of the translated terminologies have not been given their equivalent which is a big challenge for the reporter and needs to be addressed so as to avoid misinforming the audience.

## CHAPTER FOUR

### DISCUSSION

#### 4.1 Introduction

This chapter discusses the strategies that can be used to overcome the challenges in translation of health information by journalists by first looking at the concept of equivalence which has proven to be a major problem to the reporters who tend to use the other strategies instead of using the equivalent terms for the medical terminologies from English to Kiswahili and the purpose of translation by considering skopos theory.

#### 4.2 The concept of equivalence in translation

Equivalence as a concept used in translation has been interpreted by some of the most inventive theorists on the field of translation like Vinay and Darbelnet, Catford, Nida and Taber, House and Baker. These theorists have studied equivalence for so long in relation to the translation process, by taking into consideration different approaches, and have also provided good ideas that are of benefit to this study.

##### 4.2.1 Equivalence - oriented translation

Vanessa Leonardi (Translation Journal, October 2000) while referring to Vinay and Darbelnet and their definition of equivalence in translation, noted that equivalence-oriented translation as a procedure which duplicates the same situation as in the original, while using completely different wording (ibid.:342). The two theorists Vinay and Darbelnet in the discussions on equivalence, they suggest that, if this procedure is applied during the translation process, it can maintain the stylistic impact of the SL text in the TL text. According to Vinay and Darbelnet, equivalence is important in translation especially when it involves the use of idioms, proverbs, clichés, adjectival or nominal phrases and the onomatopoeia.

##### 4.2.2 Equivalence in difference

Vanessa Leonardi also referred to Jakobson's study of equivalence in which he introduced the concept of equivalence in difference. This gave a new theoretical analysis in translation in that he suggests three types of translation, that is interlingual, intralingual and intersemiotic.

According to Jakobson in interlingual translation, the use of synonyms is considered so as to get the SLmessage across. This brings out the fact that in interlingual translations there is no full equivalence between terminologies. According to his theory, “translation involves two equivalent messages in two different codes” (ibid: 233). In line with the grammatical point of view, Jakobson says that languages may differ from one another to a greater or lesser degree, but this does not mean that a translation cannot be possible. It means there might be a challenge of not finding the equivalent of terminologies used. He goes ahead to acknowledge that words can be loaned or borrowed , new words formed or there can be semantic shifts or circumlocutions incase of a lack of an equivalent term(ibid: 234).

Jakobson’s view on equivalence is applicable in health information translation especially when finding a translation equivalent is a problem. The words are borrowed or loaned from English to Kiswahili.

There are some similarity between Vinay and Darbelnet's theory of translation procedures and Jakobson's theory of translation. Both theories consider the fact that, other methods or procedures can be used whenever a linguistic approach is no longer suitable to carry out a translation. They both mention the limitations of a linguistic theory and argue that a translation can always be possible by use of other methods of translation that the translator can choose to use. There is also emphasis on the role of the translator as the person who decides on how to work on the translation in both theories. They both agree that translation can always be done from one language to another, irrespective of the cultural or grammatical differences that exist between the SL and the TL.

#### **4.2.3 Formal equivalence and dynamic equivalence**

Vanessa Leonardi also referred to Nida and Taber’s formal correspondence and dynamic equivalence. Nida looked at two types of equivalence, formal equivalence or formal correspondence, which is in the second edition by Nida and Taber (1982) and dynamic equivalence. Formal correspondence give importance to the message itself, in both form and content, unlike dynamic equivalence which considers the principle of equivalent effect (1964:159). Nida and Taber in their second edition (1982) give a more in-depth explanation of the two types of equivalence.

According to the formal equivalence, there is the importance of achieving equivalence between the source text and the target text, and to some extent highlight the linguistic features such as grammar, syntax, vocabulary and structure of the source language which has great effect on the accuracy and correctness.

In medical terminologies or in translating health information, the formal correspondence is mostly not preferred because most of the scientific medical terms lack equivalence in the target language and in most cases the words are loaned or borrowed as they are, or are explained for the benefit of the viewer in case of TV.

Dynamic equivalence stresses the importance of translating meaning and not grammatical form. This is a common thing in the translation of health stories by journalist, who tend to explain a technical scientific word rather than finding the equivalent word for it.

The two theorists make it clear that it is not easy to achieve formal equivalents between language pairs. Hence they prefer the use of formal equivalents in instances where the aim of the translation is achieving formal rather than dynamic equivalence.

Most of the time the audience do not understand the formal equivalence, and this is supported by Nida and Taber who say, that in formal equivalence the grammatical and stylistic patterns of the target language is distorted hence the message will not be understood by the target audience.

Dynamic equivalence is defined as a translation principle according to which a translator seeks to translate the meaning of the original in such a way that the TL wording will trigger the same impact on the target audience as the original wording did upon the SL audience. According to dynamic equivalence most of the time the form of the original text is changed, the message is well-preserved and the translation is faithful. (Nida and Taber, 1982:200).

This above explanation clearly confirms that Nida prefers the use of dynamic equivalence in the process translation. He is more concerned about the message of the text and therefore, he strives to ensure that the message remains clear in the TL.

#### **4.2.4 Linguistic - based approach**

Catford differs from Nida's approach of translation equivalence; he prefers a more linguistic-based approach. He introduces the concepts of types and shifts of translation, these being his main contributions. Catford suggests three types of translation in terms of three criteria: the extent of translation meaning full translation versus partial translation, rank-bound translation versus unbounded translation and total translation versus restricted translation.

The rank-bound translation versus unbounded translation is the only one that is important in this study since it deals with the concept of equivalence.

In rank-bound translation an equivalent is sought after in the TL for each word, or for each morpheme encountered in the ST. While in unbounded translation equivalences are not placed on specific ranks, it might be found word, clause or sentence levels.

#### **4.2.5 Semantic and Pragmatic equivalence**

House (1977) prefers pragmatic and semantic equivalence and claims that SL and TL should match one another in function. She proposes the possibility of characterizing the function of a text by determining the situational dimensions of the SL. According to her theory, if the SL and the TL differ significantly on situational features, then they are not functionally equivalent, meaning the translation lacks quality. She admits that 'a translation text should employ equivalent situational-dimensional means to achieve the function and not only match its source text.' (ibid:49). This theory of equivalence is considered much easier than Catford's.

#### **4.2.6 The Linguistic and communication approach to equivalence**

Mona Baker (1992) gives a different angle of translation in which she seems to give more detailed list of conditions for attaining equivalence in a translation. First, she notes that equivalence can be used at word level and above it especially when translating from one language to another, however she put it clear that the definition of a word differs in different languages, so a translator has to understand what a word is in the target language so as to get the right translation. (ibid:11-12).

She also takes note of grammatical equivalence. She notes that grammatical rules may vary across languages and this gives a translator a hard time trying to find an equivalent word in the TL. This might cause changes in the way the message is passed

across and may force the translator to either add or omit information in the TL. She mentions that some of the major problems might occur when looking at numbers, voice, gender, tense and aspects and person.

She also notes textual equivalence that focuses on information and cohesion. The main issue is for the translator to decide whether or not to maintain cohesive ties and also coherence of the Source language. Three main factors will be considered, the text type, the target audience and the purpose of the translation.

The fourth one is pragmatic equivalence, in which the translator is expected to work out the needed meanings in translation in order to pass the SL message across to the TL. The work of a translator is to ensure he/she recreates the author's aim in another culture in a simple way that will be understood clearly by the target audience.

Mona Baker (in other words a course book on translation-routledge (2011:36-43) focuses on the common types of non-equivalence, that make the translation process difficult for translator and some tactics for dealing with them. One of the common types of non-equivalence is non-equivalence at word level that include: culture specific concepts, in that the SL word may give a concept that is not present in the TL culture; a word in the SL maybe used but without its lexicalized form in the TL, meaning that the word has not been allocated a TL word for it; the SL word may be semantically complex, this means a single word which consists of a single morpheme can sometimes express more difficult set of meaning than a whole sentence; the SL and TL make different distinctions in meaning, this means that what one language regards as an important distinction in meaning another language might not perceive as important; the TL lacks a super ordinate, meaning that the TL may have specific words but no general word to head semantic field; the TL lacks a specific term, this is so common in that languages tend to have general words and not specific ones; difference in physical or interpersonal perspective, interpersonal perspective maybe more important in one language than it is in another; there is also the differences in expressive meaning; differences in form, according to Mona there is often no equivalence in the TL for a particular form in the SL; differences in frequency and purpose of using specific forms; the use of loan or borrowed words in the SL, this causes a distinct problem in translation;

Mona highlighted some of the strategies used by translators to overcome the challenges of translating from SL to TL, while dealing with the non-equivalence that make translation process difficult. The first strategy is translating by using a more general word; translating by a more neutral word; translation by cultural substitution, this means by using a culture in the TL that gives the same understanding of the SL; Translation using a loan word or load word plus explanation, for example while dealing with health stories, reporters tend to use the scientific word as it is and explain what it means to make it easy for the audience to understand what the scientific word means; Translation by paraphrase using related or unrelated words; Translation by omission and Translation by illustration. Monar Baker (2011, 44-65).

#### **4.2.7 Semantic and communicative translation**

Newmark's *Approaches to Translation* (1981) and *A Textbook of Translation* (1988) replaces Nida's concept formal and dynamic equivalence with semantic and communicative translation respectively. There is a major difference between the two concepts of translation by Newmark, in that the semantic translation focuses on the meaning while communicative translation focuses on the effect of the translation. The semantic translation tries to retain the characteristics of the ST. This type of translation is more complex, detailed and the translator will tend to over-translate. While communicative tries to satisfy the target or the audience as much as possible, this means communicative translation tends to under-translate and it tends to serve a larger audience. DespoinaPanou(nd)<http://www.academy.....>).

Newmark (1981: 39) also considers literal translation as the best approach in both semantic and communicative translation. He points out that in case of a conflict between the semantic and communicative translation, then communicative translation should be favored. This will help in producing a better translation.

In conclusion, equivalence is a concept that is still being discussed by many theorists since it is one of the most challenging areas in the field of translation. It continues to create heated debates as to what it really entails in translation.

Most of the theorists have highlighted some of the strategies used by translators to overcome the challenges of translating from SL to TL. In the translation of health information from English to Kiswahili the following strategies are applied: borrowing or loaning, omission and addition. However, the most important strategy is finding the

equivalent terms for the English medical terminologies which in this study has been highlighted as the main problem when it comes to the translation of medical terminologies.

### **4.3 Concept of borrowing in translation**

From the different concepts of equivalence in translation by different theorists, it is evident that many methods can be used to acquire equivalence in a translation due to the fact that most of the time especially while translating medical terminologies, it is a challenge to find their equivalent words in Kiswahili.

According to Lucia Gorea (Lost in Translation 2012, 2), borrowing involves taking words directly from one language into another without translating or changing their form. In the world of medicine, most of the terms are technical and new ones are being formed. This becomes a challenge especially with the new terms that also need their equivalence in other languages. This most of the times leads to borrowing due to lack of an equivalent term.

In simple terms, it means that the translator uses the same word in the TL as it was used in the SL.

Examples of borrowed medical terms as used by journalists while writing their health stories;

“Pulmonary valve stenosis” This was used in a Kiswahili health story for 7 pm bulletin at ETV and later on an explanation given.

By using the words as they are, simply indicated borrowing or loaning, this is because the word lacked equivalence.

Examples:

1. ‘Visa vya *‘Asphyxia’*
2. ‘Utumizi wa muda wa dawa aina ya **‘antibiotics’** nihatari kwa afya’.
3. ‘Mwezi wa Aprili ni mwezi wakutoa uhamasisho kuhusu **‘autism.’**
4. ‘Penina amekuwa akifanyiwa **‘dialisisi’** mara mbili kwa wiki

In example (1) above, the reporter was working on a story about a condition known as Asphyxia. Asphyxia is a medical term that means the inability to breathe and leads to suffocation. The reporter could not find an equivalent word for the medical term and decided to use it as it is in the English script and give an explanation. According to Jakobson (2.3.2), whenever a translator lacks the equivalence of a word, it is acceptable to loan the words as they are (ibid: 234).

Nida and Taber (1982) in their dynamic equivalence stress the importance of translating the meaning.

In example (2), word 'Antibiotics' borrowed as it was from the English script to the Kiswahili script. This was a sentence translated by a reporter at ETV. The word antibiotics means a collection of powerful medicines that fight bacterial infections. It has no equivalence in Kiswahili hence used as it is.

In example (3), the sentence was extracted from a health story written by a reporter at ETV. The word 'Autism' was used in the Kiswahili script as it was in the English script.

The main reason for borrowing is because the translator does not know the equivalent or there is no equivalent of that word.

According to Nida's theory of functional equivalent, the main focus is on the message of the ST and the translator focuses on attaining this.

It is important for journalists to first understand what they are communicating to the audience so as to be able to translate. While writing the news tags, most of the time the words are used as they were used in the English, this is mainly because of space limit.

Mona Baker (in other words a course book on translation-routledge (2011:43), argues that the use of loan/borrowed words in the SL causes a special problem in translation. Loan words can also pose another problem for unwary translators who may use the words or expressions which have the same form in two or more languages but express different meanings. The formation and usage of borrowed words is rarely controlled, hence proving to be a challenge in understanding the meaning in the different languages.

#### **4.4 The concept of omission in translation**

A study by Rodica Dimitriu titled *Omission in translation, Perspectives*, (2004), states that translation has always been neglected especially where many translators at least between Indo-European exceed their sources in length. In these instances most of the time the translators tend to omit some information from the source text.

Many latest dictionaries of translation studies do not have any particular entry for term 'omission', instead there are synonyms used for that.

Even books on translation studies that mention the translation strategies tend to briefly mention omission unlike the use of addition and elicitation.

In the media industry, omission is a common concept, especially taking into consideration time limitation; journalists tend to omit most of the technical medical terms or a technical explanation that will take so much time trying to pass the simplest meaning of it. I have been a journalist for over seven years, and working mostly on health stories, this concept is unavoidable and especially for TV journalists due to time limit.

Dimitriu (2004:4), discusses the purposes of using omissions, like ensuring linguistic accuracy, presenting all information in a more concise manner, avoiding unnecessary bumps in terms of culture, time and space, presenting necessary information, observing text type and genre-related norms, observing editorial norms, supporting the ideology of political system, avoiding cultural taboos, and translating for a particular social group or audience.

Alessio Lacovoni (*Translation by Omission*, 2009), omission means doing away with a word or words from the source language while translating. Omission can be as a result of cultural clashes that exist between the SL and the TL. In this process, the translator omits words that do not have equivalents in the TL or that may not be appreciated by the target audience.

Most reporters tend to omit technical health terms or explanation believing that by using such terms or sentences, the audience would get more confused, hence not understanding the information as they are supposed to. At times the reporter also finds it hard to understand the terms hence omitting them.

Mona Baker (in other words a course book on translation-routledge (2011:43), perceived omission as a strategy of dealing with the challenges of translation. According Baker this method may sound rather extreme but in most cases it does not harm to omit translating a word.

She indicates that if the word or expression is not so important and if it tends to just lengthen the text, it is wise to omit the word or expression.

Henri C. Barik, (Erudit, 1971:201), defines omissions as specific words or information that are present in the original version and are left out of the translation by the TL. What is considered here is clear omission and not necessarily substituting one thing for another in the TL.

Barik explains four types of omissions; skipping omission, this involves the omission of one word or short phrases the TL; Comprehension omission, in this type, the translator is unable to comprehend or interpret part of the SL, this type mostly results in the loss in meaning; Delay omission, this is a subcategory of the comprehension omission; Compounding omission, this type is not so common and it mostly affects the interpreter.

Example of omission in translation of health information by ETV journalist:

#### 1. SYMPTOMS OF HIV INFECTION

Rapid weight loss, recurring fever or profuse night sweats, extreme and unexplained tiredness, prolonged swelling of the lymph glands in the armpits, groin, or neck, diarrhea that lasts for more than a week, sores of the mouth, anus, or genitals and pneumonia

#### DALILI ZA UKIMWI

Kupunguakwauzito, jasho usiku, uchovu, kuvimba shingo, makwapa na tezi, kuharisha, vidonda

2. A breast cancer diagnosis can mean months of tests, uncertainty, chemotherapy, radiation and surgical procedures. How do those who receive the diagnosis endure what follows? Jane Njoki is pleading for aid

to receive surgery in India on one of her breast that has refused to heal. She has breast cancer and the only option left, is urgent surgery, as purity museo now tells us...

Jane Njoki ambaye ameugua ugonjwa wasaratani ya matiti kwa zaidi ya miaka mitatu, sasa anaomba msaada ili aweze kupokea matibabu ya upasuaji nchini India. Na kama mwanahabari wetu purity museo anavyotuarifu, Jane ana imani kuwa upasuaji huo utatimiza ili aendelee na maisha yake kama kawaida.

In example (1) above, the journalist omitted a word on the headline. The word “Infection” was not included in the Kiswahili script, it could have been “Dalili za maambukizi ya Ukimwi”. The reporter also omitted the seventh symptom which is the word “Pneumonia”. In the Kiswahili script it could have been included, because it forms part of the symptoms, and it could have been translated to “Nimonia” in Kiswahili.

In example (2), the journalist omitted this part of the paragraph “A breast cancer diagnosis can mean months of tests, uncertainty, chemotherapy, radiation and surgical procedures. How do those who receive the diagnosis endure what follows”? In the Kiswahili version of the script the journalist just explains the condition of the patient and requests for financial assistance to enable the patient travel for surgery. By omitting the sentence, the journalist does not include the procedures the patient has gone through to enable the audience understand what the condition is all about.

By omitting the words it can mean that the translator did not know the equivalent of the words or due to time limit. But by omitting the medical terminologies, the message might not reach the audience as expected.

#### **4.5 The concept of addition in translation**

Additions are when the TL uses more words, often because of syntactic expansion or its used when TT had more words than the ST. Navirand George Alfayo (2016: 24 ).

Addition can be considered in health reporting if there is need to explain a technical term, the translator will need to use simple words to explain the technical terms. In health reporting addition is a common concept because most of the technical terms

need simpler explanation in Kiswahili. By using the technical word as it is, will be a major problem to the audience who will not be in a position to understand what is being aired especially in TV.

According to Vipin Kumar Sharma in his study *The Relevance of Addition, Omission and Deletion (AOD) in Translation* (academia, 2015), a translator has to make use of his sound judgment while using this technique so as to provide relevant and useful translations.

There are two forms of additions, the optional additions and obligatory additions. The obligatory additions means that the words or phrases have to be added for the text to be grammatically correct, while the optional indicates that the words or phrases are not so important, without them, the text will still be grammatically correct. KlaudyKinga, *Optional additions in translation*,(1993: 374).

According to Kinga, optional additions are necessary not for the correctness of the sentence but for the correctness of the text.

Additions refer to materials which are added outright to the text by the TL. Henri C. Barik, (Erudit, 1971: 202), Erudit discusses four forms of additions as, qualifier addition, relationship addition, elaboration addition and closure addition.

Most reporters prefer this concept because it simplifies the technical medical terminologies for the understanding of the audience.

Examples of additions in health stories:

#### Example 1

Dental flourosis disease has become rampant in the country.

Ugonjwa wa meno kubadilika na kuwa rangi ya kahawia au dental flourosis umekithiri humu nchini.

#### Example 2

Following a revelation that 50% of newborn deaths in Naivasha are attributable to asphyxia

Baada ya kudhihirika kuwa asilimia 50 ya vifo miongoni mwa watoto wadogo mjini naivasha husababishwa na Asphyxia, ambayo ni ukosefu wa hewa safi ya kutosha miongoni mwa watoto wachanga,

### Example 3

Samson suffers from a condition known as arteriovenous malformation (AVM)

Anaugua ugonjwa wa mishipa ya damu kichwa ambapo inakunjana almaarufu arteriovenous malformation (AVM)

In example (1 , 2 and 3) above the translator added an explanation of what Dental flurosis, Asphyxia and Arteriovenous malformation are, this might be because he/she did not know the equivalence of the medical terms and was comfortable in explaining it to the audience for their understanding. According to Mona, some of the strategies used by translators to overcome the challenges of translating from SL to TL include: using more general word, using neutral words, loan words plus explanation and omission.

In conclusion, there are many other translation strategies that can be used to translate health information but the three (borrowing, omission and addition) are the commonly used in strategies in translating health information. Most of the reporters look into the purpose of translation by ensuring the audience gets the simplest explanation possible.

## CHAPTER FIVE

### SUMMARY, CONCLUSION AND RECOMMENDATIONS

#### 5.1 Introduction

This chapter summarizes the research findings, concludes the whole study and gives recommendations in relation to the research findings generally.

#### 5.2 Summary of research findings

The key study of this project was to highlight, classify and investigate the challenges of translating health information by reporters from English to Kiswahili.

It basically focused on Nida's theory on equivalence, specifically the formal equivalence that focuses on the message itself, in both form and context. According to his theory on equivalence, for a translation to achieve the best equivalent effect, it must convey the spirit and manner of the original and it must make sense. The study focused on this form of equivalence because of the importance of not passing the wrong health/medical information to the audience, and by using the formal equivalence the technical medical terminologies will have to be taken care of in the right manner and not by using different methods of translation to evade them.

The study also focused on the skopos theory that focuses on the purpose of the translation. Meaning that most of the reporters also maintained the importance of passing the simplest meaning to the audience so that they could be able to understand the information.

The data was shown and the challenges within noted as most of the reporters focused on explaining most of the medical terminologies to the audience.

The study had three hypotheses which have all been positively tested. The first was that reporters translating health information encounter challenges and that the challenges can be classified, the second was that, the challenges encountered by journalists in translating health information can be investigated, and that there are strategies that can help overcome the challenges of translating health information by reporters. The study showed that equivalence deviations occur in most of the translated health information, and the reporters would tend to use methods like borrowing, additions and omissions to overcome the challenge of getting the direct equivalence of

the technical medical terminologies. It also demonstrated the importance of equivalence in medical terminology translations in a bid to avoid misinforming the audience. The fact that attaining equivalence is not easy especially in the translation of health information was evident.

Most of the reporters borrowed the technical terminologies to cater for the challenge of finding the equivalents of the technical medical terminologies.

For example:

The word '**Fibroids**' was borrowed into the translated Kiswahili script by a K24 reporter

The words '**autism, down syndrome and cerebral palsy**' were also borrowed from an English script into the Kiswahili script.

Another concept that was commonly used by the reporters while translating the health information from English to Kiswahili was additions; this was mostly done in the form of giving explanations of the medical terminologies.

For example:

The word '**Pulmonary valve stenosis**' was used as it is and an explanation of what it is given in the Kiswahili translation version.

'Neema mwenye umri wa mwaka moja, ambaye alipatikana na tatizo la moyo ambapo mshipa wa kupitisha damu ni finye sana na kuzuia damu kupita vyema almaarufu **pulmonary valve stenosis**'

In some of the health scripts, some words were omitted and this might lead to lose of information or meaning, mistranslation, and distortion of the message.

For example:

'Symptoms and signs of vitiligo include premature whitening or graying of the hair on your scalp, eyelashes and eye brows. Loss of color in the tissue that line the inside of the mouth, change in color of the inner layer of the eyes and it is important to be aware of that patch of white hair in a young person.'

In the translated Kiswahili version, this phrase ‘premature whitening or graying of the hair on your scalp, eyelashes and eye brows’ was not translated as required since part of the information was missing, the Kiswahili version just focused on the graying hair but did not specify which hair (the scalp, eyelashes and eyebrows). This can be misleading to the audience.

Among the challenges cited by the reporters were, the technical medical terminologies, limited Kiswahili vocabularies due to the emergence of new words, lack of training on health reporting, and limited time.

The newsroom is known to be a busy environment for all reporters and due to time pressure most of these translations are done in a hurry to beat the deadline. Meaning often, there is hardly time for good translation of the health information.

### **5.3 Recommendations**

Challenges in translating health information can be further researched by other upcoming scholars to achieve better results.

This can be done by involving more media organizations and focusing on other languages like Kikuyu, Kamba, Ekegusii, Dholuo, Kiambu, Kimeru, Maasai etc. This is because so many vernacular stations have emerged that also broadcast health information.

Since medical terminologies are known for their technicalities especially in understanding and translating them, I would recommend a study on the translation of medical leaflets or prescriptions. This will encourage the formation of new Kiswahili words/vocabularies for the new medical terminologies and help in overcoming the problem of lack of equivalence especially in the translation of medical/health terminologies.

#### **5.4 Conclusion**

The study focused on the analysis of translation of health information by journalists/reporters from English to Kiswahili and it emerged that challenges exist in translating health information and could be investigated and strategies to overcome the challenges also explained.

The strategies help in overcoming the challenges, makes the translation work easier for the journalist, and better understanding for the audience. However, there is a great need to ensure that the medical terminologies have their equivalent terms in Kiswahili so as to avoid misinforming the audience.

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## APPENDICES

### Appendix 1: Raw Data (K24TV)

AOC,,

EXPERTS ARE NOW WARNING THAT IF YOU SUFFER FROM PERSISTENT HEADACHES THAT SEEM TO RECUR EVEN AFTER TAKING MEDICATION, YOU SHOULD STOP SELF-MEDICATING AND SEEK SPECIALISED MEDICAL ATTENTION.....THIS AS THE NUMBER OF PEOPLE SUFFERING FROM BRAIN TUMOURS SKYROCKETS GLOBALLY.....

ENDS/////

VO,,

THE BRAIN,,ITS IMAGE,,

UPS,,DOC,,CONTROLS WHOLE BODY,,

UNDOUBTEDLY ONE OF THE MOST VITAL ORGANS IN THE HUMAN BODY, ONE THAT CONTROLS ALMOST 90% OF THE BODY'S FUNCTIONS.

AND HENCE AT MOST CARE MUST BE TAKEN TO ENSURE THAT THIS ORGAN IS KEPT SAFE AND PROTECTED. OVER 250,000 PEOPLE GLOBALLY SUFFER FROM BRAIN TUMOURS, UNFORTUNATELY DUE TO LACK OF KNOWLEDGE ITS DIAGNOSED VERY LATE WHEN VERY LITTLE CAN BE DONE TO SAVE THE LIFE...

SOME OF THE SYMPTOMS TO LOOK OUT FOR INCLUDE,,GFX,,HEADACHES, SEIZURES, CHALLENGES WITH VISION, VOMITING , DIFFICULTY IN WALKING AND SPEAKING,,

PATRICK MOJI WAS OF PERFECT HEALTH UNTIL 2007, WHEN HIS HEALTH TOOK A NASTY TURN ..

UPS,,COULDNT SEE PROPERLY,,

WHILE IN HOSPITAL HIS WORST FEAR WAS CONFIRMED, HE HAD A BRAIN TUMOUR WHICH NEEDED TO BE REMOVED URGENTLY, AND BY GOD'S GRACE THE OPERATION WAS SUCCESSFUL ,,BUT WITH THE OPERATION CAME A DIFFERENT PROBLEM, SEVERE TREMORS, HOWEVER ACCORDING TO DR GEOFFREY, THIS IS NORMAL,,

UPS,,MOST PEOPLE CAN HAVE TREMORS,,

THE DR SAYS MORE THAN 75% OF PEOPLE WHO UNDERGO SUCH SURGERIES DEVELOP TREMORS AS SIDE EFFECTS INCLUDING VOMITING, LOSING WEIGHT, LOSS OF HAIR, CHANGING NAILS AND SO ON,,HOWEVER THIS CAN BE RECTIFIED WITH A 2ND SURGERY,,

UPS,,ANYONE WILLING TO HELP,,

SO IF YOU NOTICE THE SIGNS AND SYMPTOMS DON'T DELAY SEEK MEDICAL ATTENTION

ENDS.

AOC,,

UVIMBE KWENYE UBONGO HUATHIRI ZAIDI YA WATU 250,000 DUNIANI KILA MWAKA HUKU SARATANI IKIWA MOJAWAPO YA MAGONJWA YANAYOCHANGIA VIFO VINGI NCHINI.

VOOO,,

UBONGO,,IMAGE OF THE BRAIN,,

UPS,,DOC,,CONTROLS WHOLE BODY,,

BILA SHAKA NI KIUNGO MUHIMU NA CHOCHOTE KINACHODHURU KIUNGO HIKI MUHIMU , BASI MWILI WOTE HUTESEKA,,NA HUKU TUNAPOELEKEA MWEZI WA KUHAMASISHA WATU KUHUSU UGONJWA WA SARATANI, HEBU TUANZE NA SARATANI YA UBONGO, INAYOANZA NA UVIMBE,,

BAADHI YA ISHARA NI KAMA,,GFX,,KUUMWA NA KICHWA, KUPOTEZA FAHAMU, KUTAPIKA, MATATIZO YA KUONA, NA INAPOZIDI SANA,,SHIDA YA KUTEMBEA ...

PATRICK MOJI ALIKUWA MWENYE BUHERI WA AFYA HADI MWAKA 2007, ALIPOANZA KUPATA MATATIZO YA KIAFYA,,,

UPS,,COULDNT SEE PROPERLY,,

ALIPOFIKISHWA HOSPITALINI ILIBAINIKA KUWA ANA UVIMBE KWENYE UBONGO ULIOHITAJI KUONDOLEWA KWA DHARURA, NA KWA NEEMA, ALIFANYIWA OPERESHENI, LAKINI UNAVYOMUONA SASA NI MADHARA YA OPERESHENI HIYO, JAMBO AMBALO DKT MUTUMA ANASEMA KWA MARA NYINGI NI KAWAIDA,,

UPS,,MOST PEOPLE CAN HAVE TREMORS,,

KULINGANA NAYE, ZAIDI YA AILIMIA 75% YA WATU WANAOFANYIWA UPASUAJI WA UBONGO WANAWEZA KUPATA MADHARA YA KUTETEMEKA UPANDE MMOJA PAMOJA NA KUTAPIKA, KUPUNGUZA UZANI , KUCHA KUBADILIKA NA KADHALIKA,,LAKINI IWAPO MWATHIRIWA ANAWEZA FANYIWA UPASUAJI WA PILI, BASI HUENDA AKAWA NA MABADILIKO,,

UPS,,ANYONE WILLING TO HELP,,

HALI HII INAATHIRI ZAIDI YA WATU 250,000 DUNIANI KILA MWAKA HUKU UGONJWA WA SARATANI UKIWA NAMBARI TATU KATIKA ORODHA YA MARADHI YANAYOSABABISHA VIFO VINGI NCHINI, BASI NI MUHIMU KUJIKINGA NA KUMTEMBELEA DAKTARI UNAPOSHUHUDIA ISHARA ZOZOTE ZILE.

== AOC: ==

IT IS A CONDITION THAT CLAIMS THE LIVES OF 50% OF ITS VICTIMS BUT MOST KENYANS HAVE NO IDEA OF ITS EXISTENCE..ACCUTE **SEPTIC SHOCK**.....

IT HAS BEEN BLAMED FOR THE DEATHS OF MANY SENIOR CITIZENS AND NORMALLY HIDES UNDER MAJOR COMPLICATIONS LIKE KIDNEY FAILURE OR FAILURE OF OTHER VITAL BODY ORGANS.....

ENDS////

VO,

GFX,,definition of sepsis,,SEPSIS, AN INFECTION IN THE BLOOD ASSOCIATED WITH FAILURE OF MAJOR BODY ORGANS,,endgfx,,

IDEALY YOUR BLOOD SHOULD NOT PLAY HOST TO MICRO-ORGANISMS, LIKE BACTERIA WHICH CAUSE SERIOUS DAMAGE TO YOUR BODY WITH DEVASTATING EFFECTS I,,

UPS,,what is septic shock,,low blood pressure,,

GFX,,VULNERABLE PEOPLE INCLUDE THE OLD, PEOPLE WHO FREQUENT HOSPITALS FOR **DIALYSIS** AND **CHEMOTHERAPY**, PERSONS WITH AIDS AND CHILDREN ESP BECAUSE THEY ARE SUSCEPTIBLE TO INFECTIONS,,

UPS,,how it occurs, infections are pre-cursors,,mortality rate is at 50%,,

SOME OF THE EARLY SYMPTOMS INCLUDE,,GFX,,FEVER, RAPID HEART RATE, FAST BREATHING, **CHEST PAINS**, VOMITING, **HEADACHE**, SKIN INFECTION AND THE KEY ONE, LOW BLOOD PRESSURE,,GFX,,

WITH SUCH A HIGH MORTALITY RATE, WHAT PREVENTATIVE MEASURES CAN ONE TAKE TO PROTECT SELF FROM THE INFECTION ?

UPS,,prompt treatment of infection,,

FOR ESPECIALLY THE ELDERLY, THERE ARE THINGS YOU SHOULD NOT IGNORE AS THEY COULD BE WALKING DOWN THE DEADLY ROUTE ,,

UPS,,,a wound in an old person,,

REMEMBER VERY TIME YOU DELAY SEEKING TREATMENT AFTER GETTING AND INFECTION YOU ARE INCREASING YOUR MORTALITY RATE BY ATLEAST 10%. DO THE RIGHT THING.

END.

AOC,,,

UGONJWA WA DAMU KUAMBUKIZWA BAKTERIA UJULIKANAO KWA LUGHA YA KIMOMBO KAMA **SEPTIC SHOCK** NI UGONJWA GENI KWA WENGI.

KUNA UWEZEKANO WA MUATHIRIWA KUAGA DUNIA KUTOKANA NA UGONJWA HUU .

JEE HALI HII HUSABABISHWA NA NINI NA ISHARA ZAKE NI ZIPI?

VOO,,,

GFX,,,definition of sepsis,,,HALI YA SEPSIS, NI KUAMBUKIZWA MARADHI KWA DAMU NA HUHUSISHWA NA KUTOFANYA KAZI KWA VIUNGO MUHIMU VYA MWILI,,endgfx,,

DAMU YAKO HAIPASWI KUWA NA VIDUBINI, AMBUKIZO LA BAKTERIA LAWEZA ATHIRI PAKUBWA MWILI WAKO, HII HUSABABISHA MWILI WAKO KUATHIRIKA KUPITA KIASI , KWA KIFUPI, SEPTIC SHOCK,,

UPS,,,what is septic shock,,,,low blood pressure,,

GFX,,,WANAOTHIRIKA ZAIDI NI WAZEE, WATU WANAOUZURU HOSPITALI MARA NYINGI KUFANYIWA **DIALISISI** AU **TIBA KEMIKALI**, WANAOUGUA UKIMWI NA WATOTO HASWA KWA SABABU WANAEWA PATA MAAMBUKIZO VIRAHISI,,

UPS,,,how it occurs, infections are pre-cursors,,,,mortality rate is at 50%,,,

BAADHI YA ISHARA ZA MAPEMA HUWA KUHISI JOTO MWILINI, MOYO KUPIGA KWA KASI, KUPUMUA KWA KASI, **KUUMWA NA KIFUA**, KUTAPIKA, **KUUMWA NA KICHWA**, MAAMBUKIZOI KWENYE NGOZI NA HATARI ZAIDI NI SHINIKIZO LA DAMU LILILO CHINI,,GFX,,

BASI UTAIZUIA VIPI HALI HII,,

UPS,,,prompt treatment of infection,,,

HASWA KWA WAZEE, KUNA MAMBO AMBAYO HAUPASWI KUPUUA KWANI YANAEWA KUWA MWANZO WA MARADHI HAYA,,

UPS,,,a wound in an old person,,

KUMBUKA KILA WAKATI UNAPATA KUPOKEA MATIBABU UNAPATA ISHARA ZA HALI HII YA DAMU KUAMBUKIZWA UNAONGEZA UWEZEKANO WAKO KUAGA DUNIA KWA 10%. BILA SHAKA UNA UWEZO WA KUZUIA HAYA.

===AOC===

TO HAVE BEAUTIFUL SKIN IS EVERY WOMAN'S DESIRE, BUT THAT DESIRE IS NOT GIFTED TO ALL....AND AS KENYANS JOIN THE REST OF THE WORLD IN OBSERVING THE WORLD VITILIGO DAY, WE VISITED JULIE NASUJU POPULARLY KNOWN AS GOSPEL DJ NASUJU, WHO FOR THE LAST 26 YEARS HAS HAD TO DEAL WITH THE CONDITION AND THE STIGMA THAT COMES WITH THE CONDITION WHICH CAUSES A LOSS OF SKIN **PIGMENTATION**.....ENDS////

====VOO====

UPS...2.59-3.27

IT IS A CONDITION THAT IS NOT KNOWN TO MANY PEOPLE...AND VERY FEW ARE BRAVE ENOUGH TO COME OUT AND SPEAK ABOUT IT OPENLY.

nats...

THE FAMOUS SAYING BY AMERICAN CIVIL RIGHTS ACTIVIST MARTIN LUTHER KING

JUNIOR TALKS ABOUT JUDGING A MAN BY THE CONTENT OF HIS

CHARACTER, AND NOT THE COLOUR OF THEIR SKIN. THAT IS WHAT COMES TO MIND WHEN YOU MEET JULIE NASUJU, A 28 YEAR OLD MOTHER OF THREE.

nats...

DJ NASUJU AS MANY WILL LOVE TO CALL HER, NOW EATS LIFE WITH A BIG

SPOON DESPITE LIVING WITH VITILIGO A SKIN CONDITION THAT AFFECTS SKIN

**PIGMENTATION.**

HAVING LIVED WITH THE CONDITION FOR 26 YEARS NASUJU AGREES TO SHARE

WITH US HER STORY.

UPS...nasuju

BUT WHAT EXACTLY IS THE CAUSE OF VITILIGO.....

UPS...doctor..7.12-9.00

BETWEEN ONE AND TWO PERCENT OF THE WORLDS POPULATION SUFFERS FROM**VITILIGO**. MANY OF THOSE AFFECTED START SEEING SIGNS IN THEIR TWENTIES, BUT IT CAN OCCUR EVEN EARLIER.

nats

SYMPTOMS AND SIGNS OF **VITILIGO** INCLUDE PREMATURE WHITENING OR GRAYING

OF THE HAIR ON **YOUR SCALP, EYELASHES AND EYE BROWS**. LOSS OF COLOR IN THE TISSUE THAT LINE THE INSIDE OF THE MOUTH, CHANGE IN COLOR OF THE

INNER LAYER OF THE EYES...AND IT IS IMPORTANT TO BE AWARE OF THAT PATCH OF WHITE HAIR IN A YOUNG PERSON.

nats...

THERE ARE DIFFERENT TYPES OF **VITILIGO**. THESE INCLUDE SEGMENTAL ,NON

SEGMENTAL AND ACRAL THAT USUALLY OCCUR ON THE TIPS OF FINGERS AND

FEET...THE TREATMENT IS USUALLY EFFECTIVE, HOWEVER THE LONGER THE

DURATION OF THE CONDITION THE MORE DIFFICULT IT IS TO TREAT

BECAUSE **MELANOCYTES** GET DESTROYED OVER TIME.

UPS...doctor10.15-11.15

THE WORLDS' MOST KNOWN CASE OF **VITILIGO** IS THAT OF THE LATE

MICHAEL JACKSON WHO WAS DIAGNOSED WITH THE CONDITION IN 1986 AND LATER DISMISSED CLAIMS THAT THE REVERSAL OF HIS SKIN COLOUR WAS DUE TO BLEACHING...BUT WHAT CAME TO BE KNOWN AS **VITILIGO**....

UPS.....0.05-0.56

UPS.....5.26-6.07...what to know

AND NOW BACK TO JULIE NASUJU, APART FROM BEING A GOSPEL DJ SHE IS

A PRACTISING MODEL AND BUSINESS WOMAN. A TRUE

REFLECTION OF PURE SELF LOVE ALONG SIDE OTHER MEMBERS OF THE **VITILIGO**

SOCIETY OF KENYA

UPS...nasuju

UPS

IT IS ADVISABLE TO SEE A DOCTOR IF YOU HAVE THE SIGNS AND SYMPTOMS OF

**VITILIGO**

PTC

===AOC===

NGOZI NI KIUNGO MUHIMU CHA MWILI NA HUCHANGIA PAKUBWA HALI YA BINADAMU.

HATA HIVYO KUNA MAGONJWA AMBAYO HUWEZA KUATHIRI NGOZI NA KUMFANYA MTU KUHANGAIKA AKITAFUTA MATIBABU. MOJAWAPO WA MAGONJWA HAYA NI **VITILIGO**. BASI KUTANA NAYE MCHEZA SANTURI NASUJU UKIPENDA JULIE NASUJU MWANAMKE MWENYE MATUMAINI NA MCHAPA KAZI NA KUTOJALI MAUMBILE YAKE

====VOO====

UPS...2.59-3.27

NI HALI AMBAYO HAIJULIKANI NA WATU WENGI, NI ASILIMIA CHACHE TU YA WATUWANAOJITOKENZA NA KUKUBALI HALI HIYO ....

nats...

WAHENGA WALISEMA KUWA UZURI WA MWANAMKE SI UREMBO TU BALI NA TABIA...KUTANA NAYE JULIE NASUJU KIDOSHO MWENYE UMRI WA MIAKA ISHIRINI NA NANE MAMA MWENYE WATOTO WATATU..KINACHOVUTIA MTU ANAPOMWONA NASUJU

NI TABIA YAKE NI MTU MWENYE MATUMAINI NA MCHANGAMFU..GOZI YAKE YENYE MAPACHAPACHA INAVUTIA WENGI KWA MACHO LAKINI KUIBUA MASWALO NA KUULIZA CHANZO CHA NGOZI YAKE KUWA NA MAPACHAPACHA

UPS..

MWANA SANTURI NASUJU KAMA ANAVYOJULIKANA NA WENGI AMEISHI NA HALI HII KWA MIAKA ISHIRINI NA SITA NA KWA SABABU MAMAKE HAKUJUA CHANZO CHA UNGOJWA HUU ALITEMBELEA HOSPITALINI KWA MUDA ILI KUFHAMU KILICHOMKUMBA MWANAWAWE

UPS...nasuju

LAKINI JE CHANZO CHA UGONJWA HUU NI NINI...

UPS..daktari...7.12-9.00

nats..

TAKRIBAN ASILIMIA MBILI YA IDADI YA WATU KOTE DUNIANI WANAOKABILIWA NA HALI HII YA **VITILIGO**. WENGI WANAOTHIRIKA NA UGONJWA HUU WA **VITILIGO** HUANZA KUONA DALILI HIYO WAKIWA KATIKA UMRI WA MIAKA ISHIRINI ..KWA SASA HAKUNA IDADI YA WATU KAMILI WANAOSHISHI NA HALI HII

DALILI ZA **VITILIGO** NI PAMOJA NA **NYWELE KUANZA KUPOTEZA RANGI NYEUSI** NA KUWA KAMA MVI,KUGEUKA RANGI YA MIDOMO HASWA KUTOKA NDANI, MACHO KUKOSA RANGI YAKE YA KAWAIDA NA PIA NI MUHIMU KUANGALIA DALILI HII KATIKA WATOTO WA CHANGAnats...

KULINGANA NA MADAKTARI KUNA AINA NYINGI YA VITILIGO KWA MFANO NGOZI KUBADILIKA KATIKA SEHEMU MOJA YA MWILI PEKEE AU MWILI MZIMA HII HUTOKEA KWA VIDOLEE NA VIDOLEE VYA MIGUU.

UPS...doctor 10.15-11.15

MIONGONI MWA WANAOFHAMIKA SANA KWA HALI HII YA **VITILIGO** NI MAREHEMU MUIMBAJI TAJIKA MICHEAL JACKSON AMBAYE ALIGUNDUA ANAUGUA MWAKA WA 1986 JAPO WATU WALIDHANIA KWAMBA AMEIBADILLISHA RANGI YAKE

UPS...0.05-0.56

UPS5.26-6.07

TUKIRUDI KWA JULIE NASUJU MBALI NA KUWA MCHEZA SANTURI NI MFANYIBIASHARA NA PIA MWONYESHaji MITINDO ISHARA KAMILI KWAMBA YEYE PAMOJA NA WANACHAMA WA VITILIGO KUTOKA KENYA WAMEIUKBALI HALI YAO

nats...PTC

--AOC--

A DRAMATIC SURGE IN THE NUMBER OF PEOPLE SUFFERING FROM OBESITY AND WEIGHT-RELATED COMPLICATIONS IN KENYA HAS BEEN ATTRIBUTED TO UNHEALTHY LIFESTYLES IN THE WAKE OF A GROWING MIDDLE CLASS IN THE COUNTRY.

A WORLD HEALTH REPORT ESTIMATED THE NUMBER OF KENYANS THAT ARE EITHER OBESE OR OVERWEIGHT TO BE AT A STAGGERING 6.5 MILLION WITH THE RATE GROWING AT 5 PER CENT ANNUALLY.

HOWEVER, SCIENTIFIC ADVANCEMENTS ARE REVOLUTIONISING THE BATTLE AGAINST OBESITY, WITH SOME PROCEDURES PROVING TOO BOLD AND DESPERATE TO COMPREHEND.

VO....

BEING OVERWEIGHT IS A HARD THING TO STOMACH AND SOME INDIVIDUALS HAVE GONE AS FAR AS SLICING A PORTION OF THEIR STOMACH IN A DESPERATE BID TO SHED WEIGHT.

WHILE OTHER DRASTIC MEASURES SUCH AS **LIPOSUCTION** AND **DUODENAL SWITCH** HAVE COME HANDY IN HELPING OVERWEIGHT INDIVIDUALS FINE-TUNE THEIR BODY INTO A DESIRED SHAPE, OTHERS ARE CHOOSING RADICAL AND DELICATE SURGICAL PROCEDURES SUCH AS **GASTRIC SLEEVE**, A PROCEDURE WHERE NEARLY HALF OF YOUR STOMACH IS REMOVED TO LIMIT FOOD INTAKE AND BY EXTENSION ENABLE YOU TO LOSE WEIGHT.

-VO-

FOR 48 YEAR OLD MARTHA BOSIRE WHO UNDERWENT THE **GASTRIC SLEEVE** PROCEDURE THREE DAYS AGO, A GASTRECTOMY WAS HER ONLY WAY OUT. SHE HAD UNSUCCESSFULLY BATTLED WITH OBESITY FOR YEARS. HER WEIGHT HAD SHOT UP TO 160 KILOGRAMS WHICH NOT ONLY CONFINED HER TO HER HOUSE, BUT ALSO CAUSED HER TO SUFFER FROM WEIGHT RELATED COMPLICATIONS.

-MARTHA UPS-

-VO-

AFSHA AHMED, SHE WAS INVOLVED IN A FATAL ACCIDENT 18 YEARS AGO WHICH RENDERED HER IMMOBILE. SHE SOON FELL INTO DEPRESSION AND BEGAN BINGE EATING TO COPE.

-AFSHA UPS-

-DR. PALKHI UP-

-VO-

HITTING THE GYM HAS BEEN DEEMED THE BEST PRESCRIPTION FOR WEIGHT LOSS, THE DOWNSIDE OF IT HOWEVER, IS THAT TAKES TOO LONG AND IS NOT A PERMANENT SOLUTION THUS MAKING BARIATRIC SURGERIES SUCH AS **GASTRECTOMIES** AN ALTERNATIVE PANACEA FOR WEIGHT LOSS.

MARTHA UP-

DR. PALKHI UP-

-VO-

THE PROCEDURES WHICH RANGES BETWEEN 600 AND 800,000 KSH, IS GAINING CURRENCY IN THE DOMESTIC FITNESS AND BEAUTY INDUSTRY. OVER 70 PROCEDURES HAVE BEEN DONE IN KENYA WITH A NUMBER OF PEOPLE LINING UP FOR THE CUT INCREASING BY THE DAY. THIS IS BECAUSE OF THE STIGMA ASSOCIATED WITH BEING OBESE. OVERWEIGHT INDIVIDUALS ARE FORCED TO REACH DEEP INTO THEIR POCKETS AND PAY THE PRICE IN ORDER TO LOSE THE WEIGHT IF ONLY IT WOULD MEAN THAT THE CONSTANT RIDICULE AND JUDGEMENT WOULD CEASE.

-MARTHA UP-

-VO-

THANKFULLY, THERE IS A RAY OF HOPE FOR THOSE BATTLING WITH INSECURITY, DERISION AND DISCRIMINATION THAT COMES WITH BEING OVERWEIGHT.

-AFSHNA UP-

AOC....

IDADI YA WAKENYA WANAOKUMBANA NA MATATIZO YA KIAFYA KUTOKANA NA SABABU ZINAZOHUSISHWA NA UZANI WA KUPITA KIASI IMEKUWA IKIONGEZEKA.KWA MUJIBU WA RIPOTI ILIYOTAYARISHWA NA SHIRIKA MOJA LA KIMATAIFATAKRIBAN WAKENYA MILIONI 6.5 WANAKUMBWA NA TATIZO HILI HUKUIDADI HIYO IKIONGEZEKA KWA ASILIMIA TANO.

JE, NINI SULUHU YA KUKABILIANA NA CHANGAMOTO HII YA KIAFYA.

- VO -

KUNENEPA KUPITA KIASI NI TATIZO GUMU SANA KUSTAHIMILI NA BAADHI

YA WATU WAMECHUKUA HATUA TOFAUTI ILMIRADI TU WAPUNGUZE UZITO.WENGINE WAMEAMUA KUFANYIWA **OPARESEHNI MAALUM** ILI KUKABILI UZANI WAO.

MARTHA BOSIRE MWENYE UMRI WA MIAKA 48 ALIFANYIWA OPARESHENI YA KUPUNGUZA UZANI SIKU TATU ZILIZOPITA.

AMEKUWA AKIKABILIANA NA TATIZO LA UZANI KUPITA KIASI KWA MIAKA MINGI NA KABLA YA **OPARESHENI HIYO**,ALIKUWA AMEFIKISHA UZANI WA KIL0 160.

UZANI HUO ULIMFANYA KUJIFUNGIA NYUMABANI NA KUMSABABISHIA MATATIZO YA KIAFYA.

Ups....

-MARTHA UP-

-VO-

AFSHA Ahmed ALIHUSIKA KWENYE AJALI MIAKA 18 ILIYOPITA NA KUPOTEZA

UWEZO WA KUTEMBEA.ALIKABILIWA NA MAWAZO NA MATOKEO YAKE

YAKAWA BAYANA.

-AFSHA UP-

-DR. PALKHI UP-

-VO-

WENGI WAMEAMBULIA KUJITOSA KWENYE MAENEO YA MAZOEZI ILA NJIA

HIYO HUCHUKUA MUDA MREFU KUPUNGUZA UZANI NA SIO HAKIKISHO TOSHA KWAMBA MUATHIRIWA ATANUFAIKA KIKAMILIFU.NI KUTOKANA NA MSUKUMO WA KUPUNGUZA UZANI AMBAPO BAADHI WAMEAMBULIA KUFANYIWA OPARESHENI MAALUM HOSPITALINI.

. -MARTHA UP-

-DR. PALKHI UP-

-VO-

OPARESHENI HII AMBAYO HUGHARIMU KATI YA SHLINGI ELFU

600 NA ELFU 800 IMEKUMBATIWA NA WENGI KWA LENGU LA KUPUNGUZA UZANI AU

HATA KUREMBESHA UMBO LAO. ZAIDI YA ASILIMIA SABINI YA OPARESHINI HII

ZIMEFANYIKA KATIKA HOSPITALI ZA HUMU NCHINI HUKU WENGINE WAKIELEKEA NJE YA NCHI.

-MARTHA UP-

-MARTHA UP-

-VO-

KUNA MATUMAINI HATA HIVYO KWA WANAOKUMBWA NA TATIZO LA UZANI KUPITA KIASI KAMA ANAVYOSIMULIA AFSHA.

-AFSHNA UP-

AOC,,,

MENOPAUSE IS A NATURAL AND OFTEN OCCURS AMONG WOMEN WHO ARE ABOVE 50 YEARS OF AGE...BUT, ARE YOU AWARE THAT ANYONE YOUNGER IS NOT AN EXCEPTION...EXPERTS SAY THAT WOMEN IN THE 40s AND EVEN 30s CAN BEGIN EXPERIENCING SYMPTOMS OF MENOPAUSE...

VOOO,,,

A WOMAN, A SIGNET OF BEAUTY AND AS THE GOOD BOOK SAYS TO BE A HELP MEET FOR THE MAN, BUT ONE WHO BODY UNDERGOES MANY HORMONAL CHANGES COMPARED TO THAT OF A MAN.....

AND EVEN THOUGH NATURALLY A WOMAN STARTS EXPERIENCING **MENOPOSE** FROM THE AGE OF 50, EXPERTS ARE NOW WARNING THAT DUE TO CHANGES IN LIFESTYLE SOME WOMEN ARE STARTING TO EXPERIENCE **MENOPOSE** IN THEIR 30'S HENCE LOSING THE ABILITY TO CONCEIVE ,,GFX,,,

BUT THE CHANGES DO NOT HAPPEN OVERNIGHT, THERE IS A TRANSITION PERIOD WHICH EXPERTS TERM PRE-MENOPAUSE,,

UPS,,,PERIOD THAT COMES BEFORE MENOPAUSE,,

EARLY **MENOPAUSE** COULD BE **GENETIC**, BUT IT CAN ALSO BE CAUSED BY CERTAIN DRUGS MEANT TO STOP EXCESSIVE BLEEDING, SURGICAL PROCEDURES IN OVRIES AND **RADIOTHERAPY**,,,,,,,

IF YOU START EXPERIENCING THE FOLLOWING SYMPTOMS YOU COULD BE GOING THROUGH EARLY ,,,

UPS,,,GFX,,,HOT FLUSHES,,,ETC,,,

A VISIT TO A GYNAE WILL HELP, MANY HAVE ASKED **CAN CONTRACEPTIVES INDUCE MENOPAUSE?**

UPS,,,NO EVIDENCE,,,

AND AS A WOMAN, ARE THERE SOME THINGS YOU OUGHT TO AVOID FOR THE SAKE OF YOUR REPRODUCTIVE HEALTH?

UPS,,,ALCOHOL, SMOKING, STRESS,,,

NOW MAKE YOUR GYNAE YOUR FRIEND, AS ITS ONLY WITH FREQUENT VISITS THAT YOU CAN DIAGNOSE THIS

ENDS,

AOC,,,

HALI YA KUKOMA HEDHI UKIPENDA **MENOPAUSE** NI HALI YA KAWAIDA MIONGONI MWA WANAWAKE WAZEE NA SANASANA HUSHUHUDIWA KUANZIA UMRI WA MIAKA 50 .JE, WAFAHAMU KUWA MTU ANAWEZA KUPATA ISHARA ZA HALI HII AKIWA NA UMRI WA MIAKA 40 AU HATA 30?,,,

VOOO,,,

MWANAMKE, KIUMBE KILICHOTOKA KATIKA UBAVU WA MWANAUME,,JAPO MAUMBILE YAKE TOFAUTI. NA KUTOKANA NA PILKAPILKA ZA KAZI NA SHUGHULI ZA MAISHA HUENDA MWILI WAKE UKAANZA KUBADILIKA , NA KUJIPATA AKIKOMA HEDHI KUANZIA UMRI WA MIAKA 30 HADI 40 NA KUPOTEZA UWEZO WA KUPATA MTOTO TENA,,,GFX,,,

KWA KAWAIDA MWANAMKE ANAPASWA KUKOMAA HEDHI KUANZIA UMRI WA MIAKA HAMSINI LAKINI BAADHI HUSHUHUDIA HALI HII WAKIWA NA UMRI WA MIAKA 30.... JE, UNAFAHAMU KINACHOSABABISHA MWANAMKE KUPITIA HATUA HII MAISHANI MWAKE YA **PRE-MENOPAUSE**

UPS,,,PERIOD THAT COMES BEFORE MENOPAUSE,,,

LICHA YA HALI HII KUWA YA KAWAIDA, YAWEZA IKASABABISHWA NA ,,GFX,,,MAUMBILE YA **GENETIKI**, DAWA KAMA ZA KUSITISHA KUVUJA HEDHI KUPITA KIASI, OPARESHENI ILIYOTOA YAI LA MWANAMKE AU PIA TIBA ALMAARUF **RADIOTHERAPY** INAYOTUMIKA KUTIBU UGONJWA WA SARATANI,,,

HASWA UKIWA NA UMRI WA MIAKA 30, KINACHOASHIRIA UNAELEKEA KATIKA HALI YA KUKOMA HEDHI NI,,,GFX,,,KUHISI JOTO MWILINI, UCHOVU, KUPOTEA KWA HEDHI , KUKAUKA KWENYE SEHEMU YA UKE, UCHUNGU UNAPOSHIRIKI KATIKA TENDO LA NDOA, KUKASIRIKA KWA URAHISI NA KWENDA HAJA NDOGO MARA NYINGI,,,GFX,,,

NI MUHIMU KUMTEMBELEA DAKITARI UNAPOHISI ISHARA HIZO NI ILI AWEZE KUBAINI TATIZO KUPITIA KUPIMA DAMU YAKO,,,NA JE, MATUMIZI YA DAWA ZA KUZUIA MIMBA UNAWEZA KUSABABISHA HALI HII?

UPS,,,NO EVIDENCE,,,

AOC,,,

IT IS SLOWLY BECOMING KENYA'S SILENT KILLER, WITH AN ESTIMATED 4 MILLION PEOPLE REPORTEDLY SUFFERING FROM KIDNEY FAILURE. AND EVEN AS THE WORLD COMMEMORATED THE WORLD KIDNEY DAY, EXPERTS SAY AS A COUNTRY WE CAN NO LONGER HIDE OUR HEADS IN THE SAND BUT HAVE TO FACE THE AILMENTS HEAD ON.

OUR REPORTER GRACE KURIA VISITED PENINAH WANJIRU WHO HAS BEEN UNDERGOING **DIALYSIS** FOR 2 THE LAST MONTHS AND COMPILED THE FOLLOWING REPORT ,,

VOOO,,

EXPERTS CONTINUE RAISING THE RED FLAG OVER THE INCREASING CASES OF RENAL AILMENTS THAT ARE BEING REPORTED IN DIFFERENT PARTS OF THE COUNTRY

HEALTH EXPERS CLAIM THE CHANGE OF LIFESTYLE, WITH MOST KENYANS ADOPTING A SEDENTARY LIFESTYLE IS LARGELY TO BLAME....

HOWEVER FOR PENINAH WANJIRU IT WAS DIFFERENT ...SHE WAS OF PERFECT HEALTH UNTIL D HER FIRST PREGNANCY WHERE SHE DEVELOPED HYPERTENSION, WITH THE CONDITION BECOME WORSE DURING HER SECOND PREGNANCY 2ND RESULTING IN THE FAILURE OF HER KIDNEYS

UPS,,HOW SHE FELT,,

PENINAH IS NOW LOOKING FOR A DONOR, AND HOPES TO UNDERGO A TRANSPLANT.. ,,NATS,,HER STRUGGLE HAS BEEN TOUGH , SHE SAY HER 11 YEAR OLD DAUGHTER IS THE REASON SHE WOUNT GIVE UP ...

UPS,,ITS NOT THE END OF LIFE,,

FOR THE LAST 2 MONTHS NOW, PENINAH HAS BEEN UNDERGOING DIALYSIS TWICE A WEEK FOR AT LEAST FOUR HOURS A DAY,,

NATS,,

IN THE PAST THE PROCESS WOULD COST AN ARM AND A LEG BUT THANK GOD NHIF IS CURRENTLY TAKING CARE OF THE COST FOR ALL ITS MEMBERS.

NATS,,LIFT OPENING,,MP SHAH HOSPITAL HAS BEEN A 2ND HOME TO HER, AND AFTER WITNESSING WHAT PENINAH GOES THROUGH I ASKED MYSELF QUESTION ABOUT HOW I HAVE TREATED MY KIDNEYS..ORGANS THAT ARE SO VITAL TO CLEANING MY SYSTEM..AND WHAT I NEED TO DO TO TAKE CARE OF THEM

UPS,,6-40,,FOOD, WATER,,

CHECKING OUR WEIGHT TO AVOID OBESITY AND AVOIDING DISEASES LIKE DIABETES GOES A LONG WAY IN AVERTING KIDNEY FAILURE, BUT WHAT ARE THERE ANY SIGNS THAT SHOULD ALARM YOU OF A POSSIBLE KIDNEY FAILURE?

UPS,,SYMPTOMS,,

NOW IF YOU ARE DIAGOSED WITH A KIDNEY FAILURE, THEN YOU HAVE TO CHANGE YOUR LIFESTYLE,,

UPS,,AVOID PROTEINS,,

GOING BACK TO PENINAH, HER CONDITION WAS DIAGNOSED IN 2014, BUT AS I MENTIONED EARLIER, SHE STARTED UNDDOING **DIALYSIS** 2 MONTHS AGO, WHY DID SHE TAKE SO LONG?

UPS,,WAS IN DENIAL,,

AFTER THE FOUR HOUR ORDEAL PENINAH DRIVES HERSELF HOME,,

UPS,,SHEZ VERY FATIGUED,,GETS HOME,,

ACCORDING TO STATISTICS, MORE THAN 2 MILLION KENYANS HAVE KIDNEY PROBLEMS WITH OTHER ORGANISATIONS QUOTING THE FIGURE AT MORE THAN 4 MILLION ,,

EXPERTS ARE NOW CALLING ON KENYANS TO WATCH WHAT THEY EAT AND DRINK AND ENGAGE IN EXERCISES TO SAVE THEIR ORGANS

AOC,,,

MARADHI YA FIGO HUATHIRI WENGI , WAZEE KWA WATOTO WOTE HUUGUA.

HUKU IKIWA NI WIKI YA KUADIMISHA MARADHI YA FIGO, MWANAHABARI WETU GRACE KURIA ALIMTEMBELEA PENINAH WANJIRU AMBAYE AMEKUWA AKITIBIWA KUPITIA MBINU YA KUCHUJA UCHAFU MWILINI AU **DIALISISI** KWA MUDA WA MIEZI MIWILI SASA.

VOO,,,

PENINAH WANJIRU, ALIKUWA BUHERI WA AFYA HADI ALIPOPATA MIMBA YAKE YA KWANZA AMBAPO ALIPATA SHINIKIZO LA DAMU NA HALI IKAWA MBAYA ZAIDI ALIPOPATA MIMBA YA PILI,,HALI HII ILIMPELEKEA KUWA NA TATIZO LA FIGO ZOTE MBILI

UPS,,HOW SHE FELT,,

KWA SASA ANATAFUTA MFADHILI WA FIGO ILI AWEZE KUFANYIWA PANDIKIZA LA FIGO,,NATS,,KWAKE PENINAH, MTOTO WAKE MWENYE UMRI WA MIAKA 11 NDIYE SABABU YAKE KUU YA KUTAKA KUISHI,,

UPS,,ITS NOT THE END OF LIFE,,

BASI HALI HII ILIBADILI MAISHA YA PENINAH NA KWA SASA KUANZIA MIEZI MIWILI ILIYOPITA, AMEKUWA AKIFANYIWA **DIALISISI** MARA MBILI KWA WIKI KWA MUDA WA MASAA MANNE,,NASI TUKAAMUA KUUNGANA NAYE,,

NATS,,LIFT OPENING,,HOSPITALI YA MP SHAH IMEKUWA KAMA NYUMBA YAKE YA PILI SASA NA TUKIWA HAPA NILIPATA NAFASI YA KUJIKAGUA ILI KUFHAMU IWAPO NINALINDA FIGO ZANGU VYEMA,,FIGO NI MUHIMU KWANI HUSAFISHA DAMU NA KUSAWAZISHA VIWANGO VYA MAJI MWILINI, HIVYO NI NJIA IPI BORA YA KULINDA FIGO ZETU?

UPS,,6-40,,FOOD, WATER,,

KULINDA UZANI WAKO USIJE UKAWA MZITO ZAIDI NA KUJIKINGA NA MARADHI KAMA YA KISUKARI KUNASAIKIA KUEPUKA MARADHI YA FIGO, LAKINI JE, NI ISHARA ZIPI MTU ANAWEZA KUONA NA KUBAINI KUWA KUNA TATIZO NA FIGO ZAKE?

UPS,,SYMPTOMS,,

BASI IWAPO UTAPATIKANA NA MARADHI YA FIGO, KUNA UMUHIMU WA KUBADILI UNAVYOISHI,,,

UPS,,AVOID PROTEINS,,

TUKIMREJELEA PENINAH, HALI YAKE ILIGUNDULIWA MWAKA WA 2014, ILA AMEANZA KUFANYIWA **DIALISISI** MIEZI MIWILI ILIYOPITA, MBOA ALICHUKUA MUDA MREFU HIVYO?

UPS,,WAS IN DENIAL,,

BILA SHAKA ANAAMINI ATAPONA HASWA AKIPATA PANDIKIZA LA FIGO, NA KWASABABU YA HALI ZA KIMAISHA YEYE HUIJISAFIRISHA MWENYEWI HADI NYUMBANI KWAKE,,UPS,,SHEZ VERY FATIGUED, GETS HOME,,

KULINGANA NA TAKWIMU, ZAIDI YA WAKENYA MILIONI MBILI WANA MARADHI YA FIGO ,,LA MUHIMU PIA KWA WANAUGUA KUFHAMAU NI KWAMA KIWA WANATUMIA KADI YA NHIF HAWATATOZWA MALIPO YOYOTE YA KUFANYIWA **DIALISISI**.

AOC,,,

EXPERTS IN THE MEDICAL FIELD ARE RAISING CONCERN OVER THE INCREASING CASES OF MENTAL ILLNESS THAT ARE GOING UNDETECTED AND IN OTHER CASES DETECTED LATE .THE INCIDENTS WHICH MOSTLY AFFECT CHILDREN ARE NOW CAUSING THE MEDICAL PRACTITIONERS TO CALL ON AN INTENSIFIED CAMPAIGN TO EDUCATE PARENTS ON THE SYMPTOMS .

VOOO,,

NATS,,CHILDREN SINGING,,

MEDICAL EXPERTS IN KENYA ARE SOUNDING THE ALARM OVER THE INCREASING CASES OF MENTAL ILLNESSES MOST OF WHICH ARE DIAGNOSED LATE....

THE EXPERTS SAY IN MOST CASES THE VICTIMS ARE CHILDREN, MOSTLY SUFFERING FROM **AUTISM, DOWN SYNDROME** AND EVEN **CEREBRAL PALSY**.,.,

OPENING NATS,,CLINTON EXPELLED FROM SCHOOL,,

ALL BECAUSE THOSE WHO WERE SUPPOSED TO TAKE CARE OF HIM DID NOT KNOW OR UNDERSTAND HOW TO TAKE CARE OF A SPECIAL NEEDS CHILD,,

UPS,,KEEPS FALLING AS HE WALKS,,

NATS,,CLINTON WALKING,,

WHEN CLINTON WAS BORN THERE WAS NOTHING THAT BOTH THE DOCTORS OR THE PARENTS COULD TELL WAS OUT OF PLACE, TO THEM HE WAS A NORMAL CHILD,...HOWEVER SHORTLY AFTERWARDS HE WAS DIAGNOSED WITH A HEART CONDITION AFTER HE STARTED PRESENTING SYMPTOMS THAT CONCERNED THE DOCTORS..

AFTER GOING UNDER THE SURGEONS KNIFE MANY TIMES THE DOCTORS DROPPED THE BOMBSHELL...HE HAD **CEREBRAL PALSY**.... CLINTON LOST HIS ABILITY TO WALK, EAT, SEE OR EVEN TALK,,

UPS,,WAS SACKED MY EMPLOYER DIDNT UNDERSTAND ME,,

CLINTON TOOK HIS FIRST STEPS AT THE AGE OF 12,,

YOS,,THE DAY CLINTON WALKED,,

DUE TO THE CHALLENGES THAT CLINTONS PARENTS HAD GONE THROUGH THEY DECIDED TO OPEN A SPECIAL CENTER TO TAKE CARE OF OTHER MENTALLY CHALLENGED CHILDREN..

UPS,,KIDS FROM NAKURU,,

TO FIND OUT MORE ABOUT THIS CONDITIONS, WE VISITED JOAN KAGEMA WHO IS A NURSE AND ALSO HAS TWO CHILDREN BOTH WITH SUCH CONDITIONS,,FOR A FIRST TIME PARENT FOR INSTANCE, WHAT ACTION SHOULD THEY TAKE,,

UPS,,

AND HOW BEST CAN WE TAKE CARE OF SUCH CHILDREN,,

UPS,,

THE CENTRE HAS HELPED OTHER MOTHERS PROVIDE PROFESSIONAL CARE FOR THEIR CHILDREN WHILE THAT THE SAME TIME GO ON WITH THEIR NORMAL LIVES ,,SO FAR ATLEAST 5 STUDENTS FROM THE SCHOOL HAVE BEEN INTEGRATED INTO NORMAL SCHOOLS, S,,

UPS,,NEED THERAPISTS,,

IT IS IMPORTANT TO KNOW THAT WITH PROPER CARE AND UNDERSTANDING THESE CHILDREN CAN BE INTEGRATED INTO THE NORMAL SCHOOL SYSTEMS AND THEREFORE THE PARENTS ARE URGED NOT TO HIDE THEM AT HOME..

NATS,,CATWALKING,,

AOC,,

MTOTO NI BARAKA NA WENGI HUFURAHIA KUPOKEA BARAKA HIYO, ILA ANAPOKUWA NA TATIZO HASWA LINALOHUSIANA NA UBONGO HUWA NI CHANGAMOTO KWA WAZAZI WENGI NA KUWAPELEKEA BAADHI HATA KUTEKELEZA WATOTO HAO.

CHANGAMOTO YA KULEA MTOTO ALIYE NA UGONJWA WA **AUTISM, DOWN SYNDROME** AU HATA **CEREBRAL PALSY** HUWA KUBWA MNO.

LEO KATIKA MAKALA YA RAI MWILINI MWANAHABARI WETU GRACE KURIA ANATUELEZA JINSI YA KUWALINDA WATOTO HAWA,,

VOO,,

NATS,,CHILDREN SINGING,,

MTOTO ANAPOZALIWA KITU CHA KWANZA MADAKITARI HUTHIBITHISHA NI HALI YA AKILI YAKE... KWANI BAADHI YA WATOTO HUATHIRIWA NA UGONJWA WA **AUTISM, DOWN SYNDROME** AU HATA **CEREBRAL PALSY**, NAKUACHA WAZAZI TAABANI

OPENING NATS,,CLINTON EXPELLED FROM SCHOOL,,

JAMII HUWATEKELEZA WATOTO KAMA HAWA, NA HATA BAADHI YA WAZAZI

UPS,,KEEP FALLING AS HE WALKS,,

NATS,,,CLINTON WALKING,,

CLINTON ALIZALIWA KAMA MTOTO YEYOTE MWINGINE, LAKINI BAADA YA SIKU KADHAA ALIPATIKANA NA TATIZO LA MOYO KUFUATIA KUWEPO KWA SHIMO MOYONI. CLINTON HANGEWEZA KUTEMBEA, KULA, KUONA, KUONGEA NA KADHALIKA, NA HATIMAE AKAPATIKANA NA UGONJWA WA **CEREBRAL PALSY**,,

UPS,,WAS SACKED MY EMPLOYER DINT UNDERSTAND ME,,

NA ALIPOTIMIZA UMRI WA MIAKA 12, HAPO NDIPO CLINTON ALICHUKUA HATUA ZAKE ZA KWANZA NA KUTEMBEA,,

UPS,,THE DAY CLINTON WALKED,,

NA HAPO NDIPO KITUO HIKI CHA AGAPE SPECIAL CENTRE KILIPOANZISHWA,,NATS,,,KITUO HIKI KINA WATOTO KAMA 15 HIVI KWA SASA NA HUSHUGHULIKIA WATOTO WALIO NA UGONJWA WA AKILI,,

UPS,,,13.00-13.20,,,KIDS FROM NAKURU,,

ILI KUBAINI MENGI KUHUSU HALI HII, NILIMTEMBELEA MUUGUZI JOAN KAGEMA AMBAYE PIA ANA WATOTO WAWILI WALIO NA HALI HIZI, ILI KUTAKA KUSIKIA MAWAITHA KWA WAZAZI

UPS,,,

NA JE, NI NJIA IPI BORA YA KULINDA WATOTO HAWA?

UPS,,

TUKIMREJELEA MAMAKE CLINTON, KWAKE KITUO HIKI HUWASAIKIA HASWA WAMAMA KUJENDELEZA KIMAISHA KWANI WANAPOWAACHA WATOTO WAO HUMU WANAPATA FURSA YA HATA KUENDELEZA BIAHARA, NA KUFIKIA SASA WAMEFANIKIWA KUPELEKA WATOTO WATANO KATIKA SHULE ZA KAWAIDA KUFUATIA MAFUNZO WANAYOPATA KATIKA KITUO CHAKE,,LAKINI BADO WANA AZIMIO LA KUWAFIKIA WAZAZI NA WATOTO WENGL,,

UPS,,NEED THERAPISTS,,,

NI MUHIMU KUJUA KUWA WATOTO HAWA NI KAMA WATOTO WENGINE NA WANA HAKI YA KULINDWA.

NATS,,CATWALKING,,

MWISHO.

== OC: ==

IT IS A CONDITION THAT MANY PEOPLE HAVE IGNORED, OTHERS DELAYED TO SEEK MEDICAL ATTENTION WITH DEVASTATING RESULTS.....

ITS STARTS WITH A PAIN IN MOSTLY WITH ONE LEG, THEN AS SWELLING WHICH MANY PEOPLE IGNORE THINKING THAT IT WILL DISAPPEAR ON ITS OWN, BUT THEN IT TURNS OUT TO BE A HEALTH NIGHTMARE THAT HAS SENT MANY PEOPLE TO THEIR GRAVES.....

TONIGHT, ON YOUR HEALTH SEGMENT GRACE KURIA LOOKS AT **DEEP VEIN THROMBOSIS**, WHAT CAUSES IT AND HOW ITS TREATED.....

ENDS////

VOOO,,

IT IS SAID THAT THE CONDITION AFFECTS MANY PEOPLE WHO ENGAGE LONG TRAVELS MOSTLY ON AIR ...WHO ARE FORCED TO SIT IN THE SAME POSITION FOR LONG HOURS.....IN SOME CASES THE CONDITION PRESENTS NO SYMPTOMS UNTIL ITS TOO LATE..., **DEEP VEIN THROMBOSIS** OR **DVT** THE SILENT KILLER.....

DVT OCCURS WHEN A BLOOD CLOT OR **THROMBOSIS** FORMS WITHIN A DEEP VEIN WHICH STARTS FROM THE CALF OF THE LEG TO THE HEART AND CAN BE CAUSED BY:

GFX,,ANYTHING THAT CAUSES THE BLOOD TO SLOW DOWN, FOR INSTANCE BEING BEDRIDDEN IN A HOSPITAL FOR A LONG TIME OR SITTING IN THE SAME POSITION FOR LONG HOURS FOR INSTANCE WHEN TRAVELLING BY A PLANE,,

INJURY TO THE VEIN ESPECIALLY AFTER SURGERY OR FOR THE FOOTBALLERS WHEN ON THE PITCH,,

CHANGE IN CONSISTENCY OF THE BLOOD AS A RESULT OF FOR INSTANCE DISEASES THAT MAKE THE BLOOD THICK BY INCREASING THE NUMBER OF BLOOD CELLS, USING CONTRACEPTIVE PILLS OR SMOKING,,

PRESSURE CAUSED BY PREGNANCY,,

PRESSURE CAUSED BY OBESITY,,

**FIBROIDS**,,

CANCER,,

FAMILY HISTORY ,,,GFX,,,

IT IS IMPORTANT TO ESTABLISH THE CAUSE IN ORDER TO KNOW THE MODE OF TREATMENT TO BE USED,,

ROSEMARY MUKAMI STARTED HAVING ISSUES WITH HER LEGS 30 YEARS AGO DURING HER FIRST PREGNANCY, AT THE TIME SHE HAD NO IDEA WHAT SHE WAS SUFFERING FROM AND HENCE DELAYED SEEKING TREATMENT AS A RESULT SHE IS STILL RECEIVING TREATMENT FOR THE EFFECTS OF THE SAME..

NATS,,6,,CLOTS, SCAR,,

WHAT ARE SOME OF THE SYMPTOM THAT SHOULD CAUSE YOU CONCERN,,

UPS/GFX,,SWELLING OF THE LEG, PAIN IN THE LEG,,

HOWEVER IN MOST CASES FOR INSTANCE IN ROSEMARYS CASE. THE SWELLING IS NORMALLY ON ONLY ONE LEG

NATS,,SWOLLEN,,HARD,,

THE STATISTICS OF DVT PATIENTS IS STILL UNKNOWN HOWEVER THIS DISEASE IS UNDISPUTEDLY COMMON,,

UPS,,VERY COMMON,,DIAGNOSED AT POST MORTEM,,

YOU MAY HAVE SEEN PEOPLE WEARING COMPRESSOR STOCKINGS AND WONDERED WHY?,,

UPS,,,SHOULD ALSO BE WORN BY PEOPLE TRAVELLING BY PLANE,,

HOWEVER WHEN PURCHASING THEM IT IS ADVISABLE TO SEE YOUR DOCTOR FIRST FOR A PRESCRIPTION ON THE PRESSURE BEST SUITED FOR YOU,,,AND PERHAPS IT WILL INTEREST YOU TO KNOW THAT IF ROSEMARY STARTED HER TREATMENT OR WEARING THE COMPRESSOR STOCKINGS 30 YEARS AGO, THEN HER LEGS WOULD STILL LOOK ALIKE, BUT AS YOU CAN SEE ONE OF HER LEGS HAS CHANGED COLOUR,,

UPS,,,ROSEMARY,,,SEEK MEDICAL ATTENTION,,

AND IF HER ADVISE FALLS ON DEAF EARS,,

UPS,,,CONSEQUENCES OF DELAY,,,DOC,,

REMEMBER THE TIMELINE OF WHEN YOU NEED TO VISIT A DOCTOR IMMEDIATELY YOU NOTICE A SWELLING ON YOUR LEG IS 2-3 DAYS AS THE CLOT IS STILL SOFT AND CAN BE TREATED,,

AOC,,

MARA NYINGI MTAZAMAJI HUENDA UKAWA NA UVIMBE KWENYE MGUU WAKO AU MIGUU YOTE MIWILI NA UKOSE KUENDA HOSPITALINI UKITUMAI UVIMBE HUO UTAISHA WENYEWE.LAKINI JE UNAFAHAMU KUWA INAWEZA KUWA ISHARA YA UGONJWA WA MVILIO KWENYE MSHIPA YA DAMU INAYOWEZA KUSABABISHA KIFO?,,

VOOO,,

MTAZAMAJI MARA NYINGI KUNA MARADHI AMBAYO WAPENDWA WETU HUKUMBWA NAYO NA KISHA UWELE HUO UNAOJULIKANA PINDI WANAPOAGA, NA MOJAWAPO YA MARADHI KAMA HAYO NI MVILIO MOYONI KWENYE MSHIPA WA DAMU, UKIPENDA **DEEP VEIN THROMBOSIS** AMA **DVT**,,,

VO.....

DVT NI UWEPO WA DONGE LA DAMU KATIKA MSHIPA WA DAMU UNAOFAHAMIKA KAMA VENA, NA UNAWEZA SABABISHWA NA,,

,,,GFX,,,CHOCHOTE KINACHOSABABISHA DAMU KUENDA POLEPOLE KAMA: KULAZWA HOSPITALINI KWA MUDA MREFU, AU KUTOBADILISHA JINSI YA KUKETI KWA MUDA MREFU MFANO MTU ANAPOSAFIRI KUTUMIA NDEGE,,

JERUHI KWENYE MSHIPA WA DAMU WA VENA KUPITIA MFANO OPERESHENI YEYOTE AU KWA WANAKADANDA WANAPOCHEZA MPIRA,,

MABADILIKO YA DAMU MFANO KWA AJILI YA MARADHI YANAYOSABABISHA DAMU IWE NZITO KULIKO KAWAIDA, MATUMIZI WA DAWA ZA KUKINGA MIMBA AU HATA UVUTAJI SIGARA,,

SHINIKIZO LINALOTOKANA NA UJAUZITO,,

SHINIKIZO LINALOTOKANA NA UZANI MKUBWA,,

### **FIBROIDS,,**

UGONJWA WA SARATANI,,

HISTORIA YA FAMILIA AU HUENDA IKAWA **GENETIKI**,,GFX,,

NI MUHIMU KUBAINI KIINI CHA MARADHI HAYA ILI KUJUA JINSI YA KUTIBU,,

MGONJWA WETU LEO NI MWANAMKE HUYU ANAYEFAHAMIKA KAMA ROSEMARY MUKAMI, NA AMBAYE TATIZO LAKE LA MARADHI HAYA YA MSHIPA WA DAMU YALIANZA MIAKA 30 ILIYOPITA ALIPOKUWA MJAMZITO ILA HAKUWA NA UFAHAMU WOWOTE WA MARADHI HAYA, HIVYO SASA MIAKA 30 BAADAYE BADO ANAPOKEA MATIBABU,,

NATS,,,6,,,CLOTS, SCAR,,

PENGINE UNAJIULIZA DALILI ZA MARADHI HAYA NI ZIPI,,

UPS/GFX,,,MIGUU ILIYOFURA, UCHUNGU KWENYE MGUU,,

HATA HIVYO KWA WATU WENGI MFANO ROSEMARY, NI MGUU MMOJA AMBAO HUFURA SIO YOTE MBILI,,,

NATS,,,SWOLLEN, HARD,,,

MADAKTARI BADO HAWAJABAINI IDADI YA WATU WALIO NA UWELE HUU, LAKINI JAMBO AMBALO SIO LA KUPINGA NI KUWA HUATHIRI WATU WENGI MNO,,,

UPS,,,VERY COMMON, DIAGNOSED AT POST MORTEM,,

HUENDA UMEWAONA WATU NA SOKSI NDEFU NA UNADHANIA NI ZA WAGONJWA PEKEE, LAKINI, TEGA SIKIO,,

UPS,,,SHOULD ALSO BE WON BY PEOPLE TRAVELLING BY PLANE,,

HATA HIVYO, UNAPOENDA KUZINUNUA NI VYEMA KUMUONA DAKTARI WAKO KWANZA, ILI AWEZE KUKUPA AGIZO LA ILIYO BORA KWAKO,,,NA PENGINE ITAKUFAA KUJUA KUWA IWAPO ROSEMARY ANGEANZA KUVAA SOKSI HIZI KITAMBO, BASI MGUU WAKE HAUNGEBADILI RANGI NA KUWA NMWEUSI KAMA ULIVYO SASA,,,NATS,,,

UPS,,,ROSEMARY,,,SEEK MEDICAL ATTENTION,,

NA USIPO SIKIZA USHAURI WA ROSEMARY,,

UPS,,,COMSEQUENCES OF DELAY,,,DOC,,

KUMBUKA HUSTAHILI KUPITISHA MUDA WA SIKU TATU PINDI UNAPOKUWA NA UVIMBE KWENYE MGUU WAKO KWANI WAKATI HUO BADO WAWEZA POKEA MATIBABU.

## Appendix 2: Raw data (ETV)

INTRO//

A LONG NURSED AILMENT THREATENS TO GROUND A ONCE VIBRANT YOUNG WOMAN BARRING HER FROM ENJOYING THE FRUITS OF HER ACADEMIC SWEAT. 31 YEAR OLD NANCY NYAKUNDI WAS GRADUALLY BEING IMMOBILIZED BY THE CONDITION KNOWN AS "SICKLE CELL ANEMIA" WHICH HAS IMPAIRED HER HIP JOINTS.THE ONCE-BUDDING PART-TIME BIOLOGY AND PUBLIC HEALTH TUTOR AT KISII UNIVERSITY,URGENTLY NEEDS TO UNDERGO TOTAL HIP REPLACEMENT AND BONE MARROW TRANSPLANT TO REVERSE THE CONDITION TO THE TUNE OF 2.1 MILLION SHILLINGS AND IS NOW SEEKING AID FROM THE PUBLIC

INTRO//

UGONJWA WA **SELIMUNDU** AL MAARUFU KAMA SICKLE CELL ANEMIA, UMEMUATHIRI MWANAMKE MMOJA MWENYE UMRI WA MIAKA 31 KWA KIASI AMBACHO HAWEZI KUENDELEA NA KAZI YAKE MHADHIRI KATIKA CHUO KIKUU CHA KISII. UGONJWA HUO UMEATHIRI SEHEMU YAKE YA KIUNO NA ANAHITAJI KUFANYIWA UPASUAJI NA KUPANDIKIZIWA UBOHO ILI KUWEZA KUPATA NAFUU KUTOKANA NA HALI HIYO. MATIBABU HAYO YANAHAITAJI TAKRIBAN SHILINGI MILIONI 2.1. //

INTRO//

THERE IS BREAKTHROUGH IN SIGHT IN THE FIGHT AGAINST HIV AFTER AN EXPERIMENTAL THERAPY HELD BACK A MAN'S HIV INFECTION FOR 10 MONTHS. DOCTORS IN THAILAND HAVE COMFIRMED SAYING THAT HE WAS ONE OF 18 PEOPLE WHO WENT THROUGH A SMALL TRIAL TESTING INJECTIONS OF BROADLY NEUTRALIZING **ANTIBODIES**.

PKG//

VO//

NATS.... WALKING SHOTS

People living with HIV can now smile after efforts to finding solution to this incurable disease that has taken the lives of many seem to bear fruits....

NATS.... DRUG TABLETS

The experiment conducted in by doctors in Thailand on treatment of HIV turned out positive after a man's HIV infection was held for 10 months following an injection of broadly neutralizing **antibodies**...

NATS....

The findings which will be presented at the 9th International Aids Society conference on HIV Science in Paris also indicate that only 1 in 5 people infected with the virus can develop efficient antibodies that neutralize HIV

NATS....

GFX.... According to the latest report by the National Aids Control Council, though Kenya has seen a remarkable drop of Hiv infection, about 1.5 million people are living with HIV with 5.9% of its prevalence being amongst adults. Statistics further show that there are 75,000 new infections and 36,000 aids related deaths every year. More surprisingly, 50% of people living with HIV here in the country are unaware they ar infected..

CUTS... WALKING SHOTS

Those at risk of contracting HIV/AIDS include injection drug users, women , young people and people in prostitution..

GFX....The signs of hiv/aids include Rapid weight loss,Recurring fever or profuse night sweats,Extreme and unexplained tiredness,Prolonged swelling of the lymph glands in the armpits, groin, or neck,Diarrhea that lasts for more than a week,Sores of the mouth, anus, or genitals, **Pneumonia**

NATS...

INTRO//

KUNA UWEZEKANO WA KUWEPO KWA MAFANIKIO KATIKA MAPAMBANO DHIDI YA UGONJWA WA UKIMWI. HII NI BAADA YA MATIBABU YA MAJARIBIO YA UGONJWA HUO KUFUA DAFU NA KUVIFICHA VIINI VYA UGONJWA HUO VYA MWANAMME MMOJA NCHINI THAILAND KWA MIEZI 10. MADAKTARI NCHINI HUMO WALIOTEKELEZA JARIBIO HILO, WALITHIBITISHA MAFANIKIO HAYO WAKISEMA KWAMBA MWANAUME HUYO ALIKUWA MIONGONI MWA WENGINE18 WALIODUNGWA SINDANO ZA KINGA MWILI ZA KUZUIA MAAMBUKIZI NA USAMBAZAJI WA UKIMWI.

PKG//

VO//

NATS... WALKING SHOTS

Ni afueni kwa watu wanaoishi na virusi vya ugonjwa wa ukimwi baada ya matokeo ya jaribio hilo kuwa bora...

NATS... DRUG TABLETS

Hii ni baada ya mwanaume mmoja ambaye alihusika kwenye jaribio hilo kupata nafuu baada ya sindano za kinga mwili alizodungwa kwa miezi 10 kumaliza nguvu vya viini hivyo...

NATS... CONFERENCE

Matokeo hayo ambayo yatawasilishwa katika kongamano la tisa la Shirika la Kukabiliana na Ugonjwa wa Ukimwi duniani yameashiria kwamba kati ya watu watano wanaoishi na virusi vya ukimwi ni mmoja tu aliye na kinga mwili zilizo n uwezo wa kukabiliana na virusi hivyo...

GFX... Kulingana na ripoti Baraza la Kitaifa la Kudhibiti Ukimwi, zaidi ya watu milioni 1.5 wanaishi na virusi hivyo hapa nchini, huku asilimia 5.9% ya watu hao wakiwa wenye umri wa miaka 35 kwendelea. Takwimu pia zaonyesha visa 75,000 vya uambukizaji wa ukimwi kila mwaka huku zaidi ya watu elfu 36,000 wakisemekana kupoteza maisha yao kutokana na ugonjwa huo.. La kushangaza ni kwamba asili mia 50% ya waliambukizwa hawa habari wana ugonjwa huo...

CUTS... WALKING SHOTS

GFX...Dalili za ukimwi ni kupungua uzito, kutoa jasho usiku, uchovu wa kila mara, kuvimba shingo, makwapa na tezi, kuharisha ni dalili nyingine ambayo hukithiri kwa muda, vidonga mdomoni na katika sehemu za siri.

INTRO//

PATIENTS SUFFERING FROM CHRONIC RENAL FAILURE ARE SET TO BENEFIT AFTER THE KENYATTA NATIONAL HOSPITAL ROLLED OUT THE SECOND PHASE OF INTERLIFE. INTERLIFE IS A JOINT **KIDNEY TRANSPLANT** PROGRAM THAT IS SET TO LOWER THE COST OF **KIDNEY TRANSPLANT**.//AA

PKG//

VO//

NATS//

29year old Justus Kimani recuperates at the Kenyatta National Hospital after a successful kidney transplant.

nATS//

He is among four patients whose lives were renewed this week by the Inter-Life Kidney Transplant Program after 5 years of dialysis.

NATS//

Statistics from the Kenya Renal Association show that 10 Percent of Kenyans have a kidney-affiliated complication with 800patients being diagnosed with renal failure annually. This translates to about 7800 deaths recorded from renal failure every year.

NATS//

At 9,000 shillings per session, kidney **dialysis** in private hospitals is beyond the reach of many Kenyans whose only option is to queue for the limited machines at two major public referral hospitals or painfully wait for death at home.

NATS//

Senior Deputy Director Of Medical Services Ann Wamai says the INTER-LIFE initiative will offer accessible and affordable kidney treatment to Kenyans since the demand for dialysis far outstrips the supply of dialysis machines.

SOUND BITE; RENAL BURDEN IN KENYA

According to KNH Renal Unit Chief Surgeon Peter Ngugi, the initiative in collaboration with the KNH will train personnel on renal transplant techniques through a benchmarking program at the Renal Hospital Clinic in Spain.

NATS//

Ngugi made a passionate appeal to patients to seek local solutions for renal failure instead of flying abroad in search of treatment.

SOUND BITE; STICK TO KENYA NOT INDIA

Meanwhile, Kidney transplant survivor Elijah Manyara called upon the government to lower the cost of renal treatment

SOUND BITE; OMBI NI WATEREMSHE HIO PESA

Since inception, the inter-life program has seen over 130 patients undergo successful kidney transplant and receive free post-kidney transplant medication from Novartis pharmaceutical company.

NATS//

INTRO//

WAGONJWA WENYE MATATIZO YA FIGO WATAFAIDIKA NA HUDUMA YA KUBADILISHWA FIGO KWA BEI NAFUU CHINI YA MPANGO WA INTERLIFE.HOSPITALI YA KITAIFA YA KENYATTA INAENDESHA MPANGO HUO AMBAO UKO KATIKA AWAMU YAKE YA PILI.

PKG//

VO//

NATS//

Justus Kimani ambaye ni mkenya mwenye umri wa miaka 29 anaendelea kupata nafuu katika hospitali ya kitaifa ya Kenyatta baada ya kubadilishwa figo.

nATS//

Kimani ni miongoni mwa wagonjwa wanne ambao maisha yao yalipata mwelekeo mpya wiki hii baada ya kubadilishwa figo chini ya mpango wa interlife baada ya kutumia huduma ya kuosha damu kwa muda wa miaka mitano.

NATS//

Takwimu za shirika linalojihusisha na masuala yanayohusiana na matatizo ya figo zinaonyesha kwamba asilimia 10 ya wakenya hupata matatizo ya figo. Wakenya 800 hukumbwa na matatizo ya figo kila mwaka. Kila mwaka watu 7800 hupoteza maisha yao kutokana na matatizo ya figo.

NATS//

Hospitali za kibinafsi hulipisha shilingi alfu tisa kila wakati mtu anapopewa huduma ya kuosha damu. Kiwango ambacho kimetajwa kama cha juu mno ambapo wakenya hulazimika kupanga foleni ndefu katika hospitali mbili kuu za umma nchini wakisubiri kuhudumiwa au kusalia nyumbani na kusubiri kifo.

NATS//

Naibu mkurugenzi wa huduma za matibabu katika wizara ya afya Ann Wamai amesema mpango wa INTER-LIFE utatoa huduma za matibabu kwa watu wenye matatizo ya figo kwa bei nafuu.

SOUND BITE; RENAL BURDEN IN KENYA

Kulingana na mpasaji mkuu anayesimamia kitengo cha matatizo ya figo katika hospitali ya kitaifa ya Kenyatta Peter Ngugi, mpango huo utatoa mafunzo maalum kuhusu kubadilisha figo kwa maafisa wa hospitali hiyo kupitia kwa ziara ya hospitali ya kutibu figo nchini Uhispania.

NATS//

Ngugi amewataka wakenya watafute huduma za matibabu ya figo humu nchini badala ya kuelekea ng'ambo kutibiwa.

SOUND BITE; STICK TO KENYA NOT INDIA

Wakati uo huo Elijah Manyara ambaye aliwahi kuathiriwa na matatizo ya figo ameitaka serikali kupunguza gharama ya matibabu.

SOUND BITE; OMBI NI WATEREMSHE HIO PESA

Tangu kuanzishwa, mpango wa inter-life umewasimamia wagonjwa 130 wakabadilishwa figo.

NATS//

INTRO//

AN OVERALL OF 15 PERCENT OF ALL HOUSEHOLDS HAVE SOME DEGREE OF FOOD INSECURITY. THIS IS ACCORDING TO A SURVEY REPORT BY THE NATIONAL AIDS AND STTS CONTROL PROGRAMME (NASCOP). THE REPORT SHOWS REVEALS THAT PEOPLE LIVING WITH HIV ARE AT A HIGHER RISK OF **UNDERNUTRITION**. THERE IS AN EMERGING RISK OF **OVER NUTRITION** IN ADULTS WITH HIV AS WELL.//

INTRO//

TAKRIBAN ASILIMIA 15 YA FAMILIA HUMU NCHINI ZINAKABILIWA NA TATIZO LA UKOSEFU WA CHAKULA.HII NI KULINGANA NA RIPOTI YA SHIRIKA LA KITAIFA LA KUKABILIANA NA VIRUSI VYA UKIMWI NA MAGONJWA MENGINE YA ZINAA (NASCOP). RIPOTI HIYO IMEONYESHA KWAMBA WATU WANA OISHI NA VIRUSI VYA HIV WAKO KATIKA HATARI KUBWA YA KUATHIRIWA NA TATIZO LA UKOSEFU WA CHAKULA.//

.INTRO//

MANY PEOPLE ARE LUCKY TO TRAVEL OVERSEAS TO SEEK MEDICAL TREATMENT AND COME BACK FULLY HEALED TO CONTINUE WITH THEIR LIVES. BUT FOR 1 YEAR OLD BABY PRINCESS NEEMA, WHO WAS DIAGNOSED WITH SEVERE **PULMONARY VALVE STENOSIS**, A CONDITION THAT AFFECTS THE HEART.... THAT WAS NOT THE CASE. SHE CAME BACK FROM INDIA AND AFTER A WHILE DEVELOPED ANOTHER COMPLICATION.//

INTRO//

WENGI WANABAHATIKA KUSAFIRI KATIKA MATAIFA MENGINE KWA AJILI YA MATIBABU NA KUREJEA WAKIWA KATIKA HALI NZURI KUENDELEA NA MAISHA YAO YA KAWAIDA. LAKINI KWA MTOTO PRINCESS NEEMA MWENYE UMRI WA MWAKA MOJA, AMBAYE ALIPATIKANA NA TATIZO LA MOYO AMBAPO MSHIPA WA KUPITISHA DAMU NI FINYE SANA NA KUZUIA DAMU KUPITA VYEMA ALMAARUFU **PULMONARY VALVE STENOSIS**.....KESI YAKE ILIKUWA TOFAUTI KABISA. ALIREJEA KUTOKA NCHINI INDIA NA KUPATA TATIZO LINGINE.

INTRO//

EVERY SINGLE CHILD HAS A RIGHT TO A GOOD HEALTH AND A GOOD LIFE. BUT TO 8 YEARS OLD SAMSON KIOKO THIS IS JUST A DREAM. SAMSON SUFFERS FROM A CONDITION KNOWN AS **ARTIRIOVENOUS MALFORMATION (AVM)** WHICH IS A TANGLE OF ABNORMAL BLOOD VESSELS CONNECTING ARTERIES AND VEINS IN THE BRAIN.

PKG//

VO

NATS..... SAMSON AKIWA DARASANI

A close look at 8 years old Samson Kioko and you will not realize the kind of pain and suffering he goes through most of the time..... causing him to lose a lot on his learning.

nats.....

At times like this when he has an opportunity to learn, he utilizes every single minute....nat.....

Nats.....

According to the head teacher of Nellion preparatory centre, Alice Wambui, Kioko is a very bright and hardworking pupil..... but the condition he suffers from is really affecting his studies....

Ups.....

NATS..... SAMSON LEAVING SCHOOL....

It is 4.30pm..... Kioko and his father leave school for home.....

Nats.....

Samson's father, Benson Mutisya Kiamba says his son fell from a tree. A fall that was a blessing in disguise.

UPS.....35.... BENSON MUTISYA..... BABAKE SAMSON

It was while undergoing treatment that Mutisya got to know the truth about his son's condition....

UPS..... 35...AKIENDELEA KUPOKEA MATIBABU NDIPO NILIPOELEZWA KUWA SAMSON ALIZALIWA NA SHIDA YA MISHIPA YA DAMU.... KUANGUKA KULISAIDIA SHIDA KUONEKANA... AKIANZA KUUGUA HUWA ANAUMWA NA KICHWA NK

Samson's parents go through so much especially when their sons gets sick.....

UPS..... 36.....AKIWA MGONJWA, HATUWEZI ENDA KAZI, HUWA TUNABADILISHANA USIKU KWA SABABU HUWA HALALI

He goes ahead to explain what he does when the son is in pain.

ups.....

According to Doctor Samuel Njiru a consultant neurosurgeon at Kenyatta National Hospital, the condition is known as **Arteriovenous malformation**

UPS.....DAKTA SAMUEL NJIRU... MTAALAMU WA MAGONJWA YA KICHWA....NI UGONJWA WA MSHIPA WA DAMU

An **arteriovenous malformation** can develop anywhere in your body but occurs most often in the brain or the spine

GFX.....

The main signs and symptoms of arteriovenous malformation include bleeding which causes paralysis, headache, vomiting and weakness.

Dr. Njiru says most people are born with this condition and it affects many but without knowledge.

UPS.....TUNAAANZA KUGUNGUA UGONJWA HUU SANA KUTOKANA NA KUWEPO KWA MASHINI ZA KUTAMBUA UGONJWA HUU

He also says the condition is dangerous

ups.....

GFX

Once diagnosed, a brain AVM can often be treated successfully to prevent complications, such as brain damage or stroke.

This condition is treatable in three ways..... by surgery, by **endovascular radio surgery** which is a process of blocking the artery and reduce blood flow into the AVM and **stereotactic radio surgery** which is the use of radiation to the AVM.

nats.....

surgery is not an option for Samson since his condition affects a very sensitive part of his brain. That's why he needs specialized treatment in India.

UPS.....NINGEPENDA KUHUBIRIA WATU NIKISHAMALIZA MASOMO

The parents are in need of 2 million shillings to be able to secure treatment for their son in India.

INTRO//

RAHA YA KILA MZAZI NI KUONA KUWA MTOTO WAKE ANA AFYA NZURI NA MWENYE FURAHA KILA WAKATI. LAKINI KWA FAMILIA MOJA KATIKA MTAJA WA HURUMA HUMU JIJINI, HII IMEKUWA NDOTO KWANI MTOTO WAO SAMSON KIOKO MWENYE UMRI WA MIAKA MINANE ANAUGUA UGONJWA WA MISHIPA YA DAMU KICHWA AMBAPO INAKUNJANA ALMAARUFU **ARTIRIOVENOUS MALFORMATION (AVM)** AMBAO UNAMZUIA KUWA NA MAISHA YA KAWAIDA. NILIWEZA KUWATEMBELEA NA KUKUANDALIA TAARIFA IFUATAYO.

PKG//

NATS..... Samson akiwa darasani

Unapomtazama Samson Kioko mwenye umri wa miaka 8 huwezi ukatambua kuwa ni mtoto anayepitia maumivu ya mara kwa mara ambayo yanaathiri masomo na maisha yake ya kila siku.....

nats.....

nyakati kama hizi ambapo anapata fursa ya kusoma anatumia kwa uwezo wake.....nat.....

Kulingana na mwalimu mkuu wa shule hii ya Nellion preparatory Alice Wambui, kioko ni mtoto mwerevu na mwenye bidii lakini ugonjwa wake umemfanya asalie nyuma kimasomo.....

ups.....

nats..... Samson leaving school...

Ni wakati wa kuondoka shuleni, na kioko anaandamana na babake nyumbani kwa ajili ya mahojiano yetu

nats.....

Bakake kioko, Benson Mutisya Kiamba anasema mwanae alianguka kutoka mtini.

UPS.....35.... BENSON MUTISYA..... BABAKE SAMSON

Alipokuwa akiendelea kupokea matibabu ndipo babake alipogundua ukweli....

UPS..... 35...Akiendelea kupokea matibabu ndipo nilipoelezwa kuwa Samson alizaliwa na shida ya mishipa ya damu.... kuanguka kulisaidia shida kuonekana... akianza kuanguka huwa anaumwa na kichwa nk

Wazazi wake wanapitia wakati mgumu haswa maumivu yanapoanza

UPS..... 36.....akiwa mgonjwa, hatuwezi enda kazi, huwa tunabadilishana usiku kwa sababu huwa halali

Kulingana na daktari Samuel Njiru anayeangazia mgonjwa ya kichwa katika hospitali ya Kenyatta ugonjwa anaouguza kioko unaitwa **Artiriovenous malformation** kwa lugha ya kimombo, lakini haswa nini?

UPS.....DAKTA SAMUEL NJIRU... MTAALAMU WA MAGONJWA YA KICHWA.....ni ugonjwa wa mishipa wa damu

Dalili za ugonjwa unaoathiri mishipa ya damu ni pamoja na Kuvuja damu ambao hupelekea mgonjwa kupooza mwili upande ulioathirika, **kuumwa na kichwa**, kutapika na kuishiwa na nguvu.

Daktari Njiru anasema kuwa ugonjwa huu ni wa kuzaliwa nao na unawaathiri watu wengi

Ups.....tunaanza kugungua ugonjwa huu sana kutokana na kuwepo kwa mashini za kutambua ugonjwa huu

Pia anasema kuwa ugonjwa huu ni hatari

ups.....

kuna njia tatu za kuutibu.

Ugonjwa huu una tiba mara mbili.... Ya kwanza ni upasuaji ikiwa ugonjwa huo haujaathiri sehemu hatari, pia mishipa yanaweza **yakazibwa kwa kutumia gundi au kuchomwa na mashini maalum.**

nats.....

Tiba anayohitaji mtoto huyu siyo upasuaji, kwani ugonjwa huo uko katika eneo hatari sana kichwani ndio sababu anahitaji kupokea matibabu nchini India.

UPS.....ningependa kuhubiria watu nikishamaliza masomo

Kufikia sasa Wazazi wake wanahitaji takriban shilingi milioni mbili ili kumwezesha kupata matibabu anayohitaji nchini India.

INTRO//

A NAIVASHA HOSPITAL IS SEEKING A GRANT OF 4.5 MILLION SHILLINGS FROM THE GLOBAL FUND TO ADDRESS A GROWING CONCERN OF **ASPHYXIA** WHICH IS A CONDITION OF DEFICIT SUPPLY OF OXYGEN TO NEWBORNS. THE CONDITION IS ATTRIBUTABLE TO 50% OF NEWBORN DEATHS IN HEALTH CENTRES IN NAIVASHA./B

PKG//

VO//

Following a revelation that 50% of newborn deaths in Naivasha are attributable to **asphyxia**, a condition of deficit supply of oxygen to new born babies, one of the affected hospitals called Naivasha women centre is now seeking a 4.5 million shillings from the global fund to help address the problem.

nats...

The hospital run by friends of Naivasha organization intends to use the 4.5 million shillings to train doctors and nurses in dealing with the condition.

nats....

According to friends of Naivasha president Cindy Berkaland, there is need for immediate intervention to help reduce the number of deaths associated with the condition.

upsound -

INTRO//

HOSPITALI MOJA MJINI NAIVASHA INAOMBA MSAADA WA KIMA CHA SHILINGI MILIONI 4.5 KUTOKA KWA HAZINA YA KITAIFA ILI KUANGAZIA HALI YA KIAFYA INAYOJULIKANA KAMA **ASPHYXIA** AMBAYO NI UKOSEFU WA HEWA SAFI MIONGONI MWA WATOTO WACHANGA.HALI HIYO INASEMEKANA IMESABABISHA VITUO VYA AFYA MJINI NAIVASHA KUSHUHUDIA ASILIMIA 50 YA VIFO MIONGONI MWA WATOTO WACHANGA.

PKG//

VO//

Baada ya kuthihirika kuwa asilimia 50 ya vifo miongoni mwa watoto wadogo mjini naivasha husababishwa na**Asphyxia**, ambayo ni ukosefu wa hewa safi ya kutosha miongoni mwa watoto wachanga, hospitali moja ambayo imeshuhudia visa vingi vya aina hii sasa inaomba msaada wa shilingi milioni 4.5 kutoka kwa hazina ya kitaifa ili kusaidia kuangazia hali hiyo.

nats...

hospitali hiyo ambayo huendeshwa na marafiki wa shirika moja mjini humo inalenga kutumia fedha hizo kuwafunza madaktari pamoja na wahudumu wa afya kuhusu jinsi kushughulikia hali hiyo.

nats....

imebainika kuwa kuna haja ya hatua ya haraka kuchukuliwa ili kupunguza idadi ya vifo vinavyosababishwa na hali hiyo.

upsound -

TAG; VISA VYA ASPHYXIA NAIVASHA

INTRO/

DENTAL **FLOUROSIS** DISEASE HAS BECOME RAMPANT IN THE COUNTRY. DIGGING OF BOREHOLES WITHOUT SPECIALISTS APPROVAL OF THE QUALITY OF WATER AS SAFE FOR HUMAN CONSUMPTION DIRECTED AS THE REASON BEHIND THE INCREASE OF DENTAL FLOUROSIS. DR MIRIAM MURIITHI FROM THE MINISTRY OF HEALTH HAS RAISED CONCERN OVER THE SAME JUST A FEW DAYS BEFORE KENYA MARKS THE ORAL HEALTH MONTH.

INTRO/

UGONJWA WA MENO KUBADILIKA NA KUWA RANGI YA KAHAWIA AU **DENTAL FLOUROSIS** UMEKITHIRI HUMU NCHINLUCHIMBAJI WA VISIMA BILA MAJI YA VISIMA HIVYO KUIDHINISHWA NA WATAALAM KAMA AMBAYO NI SALAMA KWA MATUMIZI YA BINADAMU, UNADAIWA KUWA CHANZO CHA UGONJWA HUO. DAKTARI MIRIAM MURIITHI WA WIZARA YA AFYA, ANAELEZA HOFU YAKE KUHUSU KUKITHIRI KWA UGONJWA HUO SIKU CHACHE KABLA KENYA KUADHIMISHA MWEZI WA AFYA YA KINYWA MWAKA HUU.

INTRO//

A BREAST CANCER DIAGNOSIS CAN MEAN MONTHS OF TESTS, UNCERTAINTY, **CHEMOTHERAPY, RADIATION** AND SURGICAL PROCEDURES. HOW DO THOSE WHO RECEIVE THE DIAGNOSIS ENDURE WHAT FOLLOWS. JANE NJOKI IS PLEADING FOR AID TO RECIEVE SURGERY IN INDIA ON HER ONE OF HER BREAST THAT HAS REFUSED TO HEAL. SHE HAS BREAST CANCER AND THE ONLY OPTION LEFT TO HER SURVIVAL ,IS URGENT SURGERY .

PKG//

VO//

NATS... JANE.. SEATED CUTS.....

Hopelessness and helplessness is what Jane has known for the last three years, since she received the news that she had cancer....

SOUNDBYTE.... JANE ON WHEN SHE WAS DIAGNOSED

NATS... JANE BUSY CUTS...

Then, having lost both of her parents to cancer, the news would then scare her....

SOUNDBYTE.... JANE ON HER PARENTS

NATS... JANE WOUND CUTS

She has so far gone through at least 30 **radiotherapy** sessions and 6 **chemotherapy** sessions but this wound would still not heal... She is triple negative, this means that the tumor cells lack the necessary receptors, therefore, common treatments like **hormone** therapy and drugs are ineffective....

NATS... JANE CUTS

She has only one option , to get surgery in India as recommended by her doctors... Which she says, its almost becoming impossible.. Following the cost implications and NHIF withdrawal...

SOUNDBYTE... BACK TO BACK ...ON NHIF REFUSAL AND MESSAGE TO GOVERNMENT

She hopes that wellwishers would come to her aid before its too late...

INTRO//

JANE NJOKI AMBAYE AMEUGUA UGONJWA WA SARATANI YA MATITI KWA ZAIDI YA MIAKA MITATU, SASA ANAOMBA MSAADA ILI AWEZE KUPOKEA MATIBABU YA UPASAUJI NCHINI INDIA. NA KAMA MWANAHABARI WETU PURITY MUSEO ANAVYOTUARIFU, JANE ANA IMANI KUWA UPASUAJI HUO UTATIMIZA ILI AENDELEE NA MAISHA YAKE KAMA KAWAIDA.

PKG//

VO//

NATS... JANE.. SEATED CUTS.....

Shaka na dhiki ndizo zinazomkumba Jane Njoki kwa zaidi ya miaka mitatu sasa, baada ya kuarifiwa kwamba kile kilichomuangaisha kwa miaka mingi kilikuwa saratani ya matiti ...

SOUNDBYTE.... JANE ON WHEN SHE WAS DIAGNOSED

NATS... JANE BUSY CUTS...

Ni habari zilizomtia shaka, hasa ikizingatiwa kwamba wazazi wake wawili walifariki baada ya kuugua ugonjwa huo huo..

SOUNDBYTE.... JANE ON HER PARENTS

NATS... JANE WOUND CUTS

Kwa sasa amepokea matibabu ya saratani zaidi ya mara 30 bila mafanikio... Na kulingana na ripoti ya sasa na kutoka kwa madaktari, saratani hiyo, imepita kiwango cha kutibiwa kwa kutumia dawa zozote..

NATS... JANE CUTS

Mama huyo sasa amesalia na chaguo moja, la kufanyiwa upasuaji ambao madaktari wa hapa Kenya wamependekeza afanyiwe nchini India.. Jambo ambalo kwa uwezo wake haliwezekani... Kufuatia gharama ya matibabu hayo na pia baada ya bima ya afya ya NHIF kusimamisha msaada wao kwake..

SOUNDBYTE... BACK TO BACK ...ON NHIF REFUSAL AND MESSAGE TO GOVERNMENT

Matumaini yake ni kwamba wasamaria wema watajitokeza kumsaidia apate matibabu hayo kabla muda haujayoyoma..

**Appendix 3: Questionnaire**

1. Does your organization have a specific reporter for health stories?

- a) Yes                      b) No

2. Who translates your health stories from English to Kiswahili?

- a)Health reporter    b) Reporter    c) Professional translator    d) Editors

3. What is the main challenge in translating health items from English to Kiswahili in attaining equivalence

- a) Lexicon (vocabulary)    b) Syntax (sentence construction)    c) both (a) and (b)

4. Are journalist working on health items trained in health reporting?

- a) Yes                      b) No

5. Does your organization give much priority to health information?

- a) Yes                      b) No

6. What is your view on attaining equivalence in translation of health information from English to Kiswahili

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7. Explain briefly other challenges you faced in translating health information from English to Kiswahili

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8. Briefly explain how you would overcome challenges of translating health information from English to Kiswahili

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9. Are you confident enough to translate health information without using any aid(Dictionaries, Machine translation and Computer aided tools (CAT tools) ).

- a) Yes                      b) No                      c) Not sure