

**A STUDY OF THE COMMON WATERBORNE DISEASE(S) AFFECTING PATIENTS  
IN RUIRU: A CASE STUDY OF RUIRU SUB-DISTRICT HOSPITAL BETWEEN  
JANUARY AND DECEMBER, 2013.**

**BY**

**ZIPPORAH N. NJUKI**

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**A RESEARCH PROJECT SUBMITTED IN PARTIAL FULFILLMENT OF THE  
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## ABSTRACT

Waterborne diseases are transmitted through the ingestion of water and food that are contaminated by fecal materials that carry infective dose of various pathogens. Many Kenyans continue to have inadequate access to drinking water, drink unsafe water, live near open sewage and as a result suffer and die from waterborne diseases which account for 60% of all diseases in Kenya. Without a strategy to deal with this situation, rapid urbanization and population growth will worsen the conditions for millions of Kenyans especially the poorest. The aim of this study was to determine the common waterborne disease(s) as managed in Ruiru Sub-district hospital between January to December, 2013. The research was conducted in a hospital set-up where data was collected by use of a retrospective study of health records between January to December, 2013 as a data collection technique in random sampling method. Diarrhoea was mostly affecting patients under 5 years of age at 82.4% whereas Amoebiasis mostly affected patients over 5 years of age at 61.5%. Females were mostly affected (58%) than males (42%). The common drugs used to treat the identified waterborne diseases were ORS + Zinc sulphate (13.7%), Metronidazole (11.5%), Fluoroquinolones (11.5%) and Cephalosporins (10.4%) while the least common used drugs were Azithromycin (2.7%) and Rifampicin (2.7%). From the above results, it can be concluded that Diarrhoea and Amoebiasis were the waterborne diseases mostly affecting patients under and over five years of age respectively. In addition ORS + Zinc sulphate, Metronidazole, Fluoroquinolones and Cephalosporins were the commonly used drugs for the management of the above diseases.