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**BUILDING CAPACITY FOR CARDIOVASCULAR HEALTH PROMOTION  
AND CHRONIC DISEASE PREVENTION AND CONTROL IN AFRICA**

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4<sup>TH</sup> CDC/IUHPE ANNUAL SEMINARS ON CARDIOVASCULAR HEALTH PROMOTION  
AND CHRONIC DISEASE EPIDEMIOLOGY

*Nairobi, Kenya – July 8<sup>th</sup> – 20<sup>th</sup> 2007*

**BIOGRAPHIES OF COURSE PARTICIPANTS**

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In 2007, 22 participants and 4 team leaders attended the seminar. Below are the profiles of all participants.

**Alice W. Gichuhi – Registered Nurse**



She holds diploma certificates in registered nursing, midwifery and community health. She is currently pursuing a distance learning Bachelor of Nursing Degree course with Dundee University, Scotland. She is currently working with the Moi Teaching and Referral Hospital as a chief Nursing Officer. She coordinates the entire hospital supplies, conducts clinical supportive supervision and coordinates continuing education. Her main interest is developing evidence-based practice and cardiovascular health promotion and chronic disease prevention and control. She is a member of National Nurses Association of Kenya and East, Central, South Africa College of Nurses.

**Anne Moreen Rwebogora – Clinical Officer**



She is a research Project Assistant in cardiology in Seychelles and Tanzania. Fluent in Creole, English, Kiswahili and French, she is currently designing an intervention programme for diabetes funded by the World Diabetes Foundation in collaboration with the Temeke Municipal Medical Office of Health. She has attended training on health care management for tropical countries in Bassle, Switzerland.

### **Boniface Venance Mphumuhila – Medical Doctor**



He is general medicine practitioner and head of the diabetes and hypertension clinic at Temeke Municipal Hospital in Dar es Salaam, Tanzania. He provides surgical intervention for diabetics and quality of life counseling. He is actively involved in community activities related to diabetes including the annual World Diabetes Day, diabetes care education for health care workers in up-country regions of Tanzania and hosting masters and PhD students and fellows conducting scientific research on diabetic patients. He is currently enrolled in a BSc programme in Social Work at the University of Dar es Salaam, Tanzania.

### **Brenda Nkubweineku**



She holds a Bachelor in Science Education from Mbarara University of Science and Technology. She has specialized in chemistry and mathematics. She is currently a teacher at Sentah College in Mbarara. In her current position, there is a high potential for her to counsel the youth on diet, physical activity and cessation of smoking.

### **Constantine Akwanalo – Medical Doctor**



He is a medical doctor at the Moi Teaching and Referral Hospital, Eldoret, Kenya. He is involved in running cardiology and diabetes clinics. He is currently pursuing his postgraduate in Internal Medicine (final year) at Moi University, School of Medicine. His special interest is in cardiology and intensive care medicine.

### **Damulira Allan David**



He holds two diplomas in computer networks and systems development. He is currently completing a degree course in information Technology at Makerere University, Kampala. He holds the position of a Technical Information Technology Manager for Mutual Power Solutions Limited in Kampala. His main focus is to utilize his CVH skills and the knowledge to disseminate information to the general public through website, flyers and sensitization campaigns.

### **Emma Karari – Cardiologist**



She is a practicing cardiologist and lecturer at the University of Nairobi, Department of Clinical Medicine and Therapeutics. She is also trained and practices in the field of Internal Medicine. Additionally, she trains students in internal medicine and cardiology and conducts research in assessing cardiovascular risk profiles in patients receiving antiretroviral therapy and anti hypertensive medications as well as those with renal failure. She has keen interest in building capacity for health promotion in Kenyan medical training institutions and developing partnerships with NGOs in the country.

### **Gabriel Owiti Ogudah - Anthropologist**



He holds a Bachelor of Arts Degree in Anthropology from the University of Nairobi, Kenya. His interest is in the social aspects of health in developing countries. He intends to pursue a Masters Degree in Health Promotion to advance his knowledge in this area.

### **Hanna Chepchirchir Tadayo - Nutritionist**



Hanna holds a Master of science degree in Community Nutrition and Development (Maseno University) and Bsc. degree in Foods and Nutrition (Baraton University). She has over 7 years working experience in the health sector and other institutions. Currently, she works as a Nutrition Manager for the Academic Model for the Prevention and Treatment of HIV/AIDS (AMPATH) program in Eldoret. The program operates in 18 health facilities in North Rift and Western Kenya region managing over 50,000 HIV patients. She is responsible for planning, organizing, supervising and co-coordinating nutrition activities as well as curriculum development and training. She provides training services to UNICEF, USAID and NASCOP- GOK on Nutrition and HIV/AIDS. She has been trained on Good Clinical Practice(GCP) and leadership management by Indiana University-USA faculty. She is a member of the Nutrition and HIV/AIDS task force- NASCOP, Assistant lecturer Moi University SPH/ MUSOM- department of nutrition and epidemiology. Address: P.O Box 2104 (30100) Eldoret, Kenya. Tel: +254-722-278582/726457990. Fax: +254532061992.

### **Isabella N. Ndwiga – Nurse**



A trained psychiatric nurse, she is currently a nursing officer with the Kenya Ministry of Health in the Health Promotion Division. Her experience includes community level mental health education, designing health education materials and coordination of World Health Days.

### **Josephat Kiplagat Singa – Registered Community Nurse**



He is a Registered Community Nurse with a higher diploma certificate in Intensive Care. He is currently based at the Moi Teaching and Referral Hospital in Eldoret Kenya, within the Intensive Care Unit. His work entails assisting people critically ill from CVD-related conditions. His interest is to engage in health promotional activities to limit the number of people who end up in ICU.

### **Joyce Chimbi - Journalist**



She holds a Bachelor of Art Degree from Moi University in Kenya. She majored in linguistics, media and communication. Due to her strong background in linguistics, she is an Editor with the African Woman and Child Feature Services. In addition, she is involved in various media ventures in the country. She has in the past worked briefly with the Nation Media Group as a television presenter in promoting the African Child. She has a bias towards health, gender and development in her media (both print and electronic) and research work. Kenya has a story to tell and she would like to be part of it.

### **Juliet Nabbale – Medical Officer**



Juliet holds an MBChB from Makere University, Kampala. She is currently a Medical Officer at the Uganda Heart Institute. Her previous experience includes positions with Katende Health Center (Mpigi District), Villa Maria Missionary Hospital (Masaka District) and Mulago Hospital. She has clinical training in infectious diseases and HIV/AIDS management.

### **Lunna Hemed-Kyungu - Nutrition**



She holds a PhD in Nutrition. She currently works with an NGO, the Center for Counseling Nutrition and Health Care. She is a Programme Manager for Nutrition Care and Support for People Living with HIV and AIDS where she is working to build capacity of local/district NGOs, faith-based organizations and community-based organizations in nutrition and providing counseling to individuals with non-communicable diet-related diseases.

### **Marianna Paschal Balampama**



She has a background in clinical medicine and for the last 8 years she has worked in the field of public health. She has been engaged in various research and intervention projects conducted in Temeke Municipality in Dar es Salaam on diabetes and CVD risk factors funded by the World Diabetes Foundation, as well as a National CVD Risk Factor Survey using WHO STEPS methodology under the Ministry of Health and Social Welfare. She has vast experience in managing and conducting community surveys, implementing various interventions and training health professionals and other stakeholders in policy making. She is a member of national and international public health organizations like Tanzania Public Health Association and Global Forum for Health Research.

### **Mohammed J. Mohammed**



He holds a medical degree and has specialized in internal medicine. He is currently working in the Department of Internal Medicine in the diabetes clinic. He is the chairman of the Tanzania Diabetes Association (TDA) for the Coastal Zone. His field of interest is on cardiovascular health, nephrology and diabetes.

### **Mwadawa Ibrahim Lugongo – Media Representative**



She is an Assistant Producer on the National Television, Tanzania. She holds certificates in nursing and journalism. Before joining the media in 2001, Mwadawa worked in a health clinic in Temeke Municipality as a clinical nurse. Currently, she is a senior presenter with Radio Uhuru. She is a member of the Health Board of Temeke Municipal in Dar es Salaam. Her interest is to work as a family Health counselor. As part of this endeavor, she is the Chairperson for the *“Familia Education and Relation Center”*.

### **Peninah Komugabe – Registered Nurse**



She is currently a Nursing Officer with the Uganda Heart Institute. She is currently enrolled in the BSc Nursing course at Aga Khan University, Uganda. Her experience includes working as a nurse with the Rubaga Hospital and Mirembe Medical Center.

### **Phyllis Obote - Nutritionist**



Phyllis holds a Bsc. Foods, Nutrition and Dietetics Degree from Kenyatta University, Kenya. She is currently a Nutritionist at the Uganda Burns & Plastic Surgery Institute. Her responsibilities include nutrition assessment and screening of burnt patient with emphasis on the children; nutritional counseling and education to mothers; prescription of therapeutic diets for the inpatients; and training and facilitation of programmes within the unit. She has previously worked as a nutritionist with the Xenhealth Nutrition Program, Bank of Uganda and Kololo Hospital Kampala, Center for Disease Control.

### **Wajambuka Giboyi David**



He holds a Masters of Arts Degree in Public Administration and Management. He is currently the Principal Personnel Officer with the Mulago Hospital Complex with over 10 years working experience in the public service. In addition to administration, David has conducted various training sessions in the country.

### **Zeddy Chepkoech Bore – NGO Health Institute Intern**



A graduate of the Moi University School of Public Health, where she obtained the BSc in Environmental Health, and plans to pursue postgraduate studies in public health. She currently interns with the African Institute for Health and Development where she provides technical assistance to implement health promotion programmes in urban poor areas. She has previously interned with the African Medical and Research Foundation where is gained experience in programme planning, implementation and evaluation in slum communities of Nairobi.

### **Zipporah Bukania-Apungu – Nutritionist (Kenya Nairobi Team member)**



Zipporah is a clinical nutritionist and research scientist at the Centre for Public Health Research (CPHR) a centre within the Kenya Medical Research Institute (KEMRI), in Nairobi Kenya. Prior to joining the KEMRI in 2006, Zipporah worked as a clinical nutritionist for 8 years at the Kenyatta National Hospital, the largest referral hospital in East and Central Africa. A Kenyan national, she completed her undergraduate training in foods and Nutrition at University of Eastern Africa, Masters Degree in Applied Human Nutrition at University of Nairobi, and currently pursuing her PhD in Nutrition. Zipporah has extensive knowledge in both Preventive and clinical management of nutrition related conditions with a special focus on cardiovascular disease. She has been a co investigator in a number or CVD related research activities within the institute.