

CURRICULUM VITAE

E. M. KARARI

FULL NAMES: KARARI, Emma Muthoni
DATE OF BIRTH: 27th September, 1968
NATIONALITY: Kenyan
MARITAL STATUS: Married mother of 3 children
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CURRENT POSITION: Lecturer, Department of Clinical Medicine and Therapeutics, University of Nairobi and Honorary Consultant Physician/ Cardiologist, Department of Cardiology, Kenyatta National Hospital.

ACADEMIC QUALIFICATIONS:

Preceptorship Infectious Disease
University of Maryland Baltimore USA (2013)

Clinical attachment (Cardiology)
University of Witwatersrand, Johannesburg (2002)

Master of Medicine (Internal Medicine)
University of Nairobi (1996 – 1999)

Bachelor of Medicine and Bachelor of Surgery
(M.B.Ch.B) University of Nairobi (1988 – 1993)

Kenya Advanced Certificate of Education
Alliance Girls High School (1986 – 1987)
(3 Principles and 1 Subsidiary)

Kenya Certificate of Education
Alliance Girls High School (1982 – 1985)
(Division 1 of 14 Points)

Certificate of Primary Education (36 points)
Rwambiti Primary School (1975– 1981)

PROFESSIONAL EXPERIENCE

- 2003 – To date:** Lecturer, Department of clinical medicine and therapeutics
University of Nairobi and Consultant Physician/Cardiologist,
Kenyatta national hospital (KNH).
- 2000 – 2003:** Lecturer, Department of Clinical Pharmacology,
University of Nairobi and Honorary Consultant Physician,
Department of Cardiology, (KNH)
- 1997 –2000:** Assistant Lecturer, Department of Clinical Pharmacology,
University of Nairobi.
- 1996 – 1999:** Medical Registrar, Department of Internal Medicine,
University of Nairobi
- 1995 – 1996:** Medical Officer, Ministry of Health, Mbagathi District Hospital
- 1993 - 1995:** Medical Officer Intern, Ministry of Health, Kenyatta National
Hospital

CURRENT PROFESSIONAL RESPONSIBILITIES

- Giving lectures, clinical training and examination of MB Ch B (medical) students during their junior and senior clerkship.
- Giving lectures, clinical training and examination of MMED (Internal Medicine) students.
- Supervising MMED (Internal Medicine) students in their research
- Member thematic unit of Clinical Infectious Disease Unit
- Member departmental examination coordination committee (in charge of spot exam)
- Departmental coordinator for mini rounds (academic forum for MMED students)
- Departmental coordinator for level 4 MB Ch B teaching schedule
- Developing proposals and conducting research in cardiology/infectious disease/ internal medicine
- Mentoring medical students at all levels of training.
- Conducting major ward rounds in ward 8B, a medical ward at the Kenyatta national hospital (KNH).
- Comprehensive care of patients at the medical and cardiac outpatient clinics at KNH.
- Cardiac and infectious disease calls covering emergencies and consultations in the ICU, HDU, Accident and emergency and all wards at KNH.

OTHER PROFESSIONAL TRAINING

I have attended and attained certificates in the following courses

1. **GOOD CLINICAL PRACTICES** by **NIDA Clinical Trials Network** **May 2016**
2. **GOOD CLINICAL PRACTICE** for research by **KAVI** held in 2013
3. **RESEARCH and GRANT** writing proposal workshop held at Central Catering Unit University of Nairobi between 15th and 19th April 2013.
4. **VALUE BASED LEADERSHIP** training by John Maxwell on 8th march 2010 at Safari Park Hotel Nairobi, facilitated by Training Solutions Kenya
5. **FINANCE for NON FINANCE MANAGERS** course by Training Solutions Kenya at New Stanley Hotel, September 2009
6. **CLINICAL SKILLS TRAINING** held in Nairobi July 2006 by **JHPIEGO** at the Windsor Golf Club Nairobi
7. **4th and 5th and 6th Annual seminars on Cardiovascular Health Promotion and Chronic Diseases Epidemiology** held in Nairobi Kenya, Bagamoyo Tanzania and Entebbe Uganda by Centers for Disease Control and Prevention (**CDC**) and International Union for Health Promotion and Education (**IUHPE**) in July 2007, 2008 and 2009 respectively
8. **RESEARCH ETHICS** by Family Health International (**FHI**); March 2008
9. **GOOD CLINICAL PRACTICE** for research by Family Health International (**FHI**); October 2007

RESEARCH:

I have been/am involved in the following research projects, most of which are complete while others are ongoing;

1. Antimicrobial susceptibility patterns in bacterial isolates from patients in medical wards at Kenyatta National Hospital in 2015-2016. *Ongoing – proposal development stage*
2. Prevalence of Hyponatremia and short term outcomes in patients admitted with heart failure at the Kenyatta National Hospital (A prospective, observational cohort study) *Data collection completed, data analysis ongoing.*
3. Iron status in congestive heart failure patients at Kenyatta national hospital. *Data collection completed, data analysis ongoing.*
4. Prevalence and severity of co-morbid depression in ambulatory type 2 diabetes patients at the Kenyatta national hospital. *Completed 2015, published March 2016.*
5. Health related quality of life among vitiligo patients attending adult dermatology outpatient clinic and phototherapy department at Kenyatta National Hospital. *Completed 2015.*
6. Prevalence of urinary tract infections and their clinical and microbiologic patterns among kidney transplant recipients in Kenyatta National Hospital. *Completed 2014*
7. Prevalence of ECG abnormalities in patients with dilated cardiomyopathy at Kenyatta National Hospital – *Completed 2014.*
8. Prevalence of cardiovascular risk factors among patients with psoriasis vulgaris at Kenyatta National Hospital – *Completed 2012, manuscript submitted for publication.*
9. Four to six month morbidity and mortality in congestive heart failure patients at Kenyatta National Hospital – *Completed 2009.*

10. A pilot study on efficacy of health promotion on reduction of dietary sodium in Nairobi Kenya – October 2008: *completed, poster presentation at the 20th IUHPE World Conference on Health Promotion, 11-15 July 2010, Geneva, Switzerland*
11. Assessment of adequacy of blood pressure control, level of adherence and reasons for non adherence with antihypertensive medication at the KNH medical outpatient clinic 2007/8. *completed*
12. Prevalence of arrhythmias and associated factors in patients with COPD and Kenyatta national hospital – 2008.
13. Aetiology, pharmaco-therapeutic interventions and clinical outcomes in acute decompensated heart failure patients admitted at Kenyatta national hospital - 2008.
14. Prevalence of Dyslipidemia and dysglycemia in HIV patients on HAART at Kenyatta national hospital CCC- Feb 2006
15. Endoscopic findings and Prevalence of *Helicobacter pylori* in chronic renal failure patients with dyspepsia - 1999.

MULTI CENTRE RESEARCH PROJECTS

1. Bi treatment with hydralazine/nitrates versus placebo in Africans admitted with acute HEart Failure (**B – A-HEF**) study. A prospective, placebo controlled, double blind, randomized study to compare treatment with hydrallazine-isorsobide dinitrate (HYIS) versus placebo on top of standard care in Africans admitted with acute heart failure (AHF) and left ventricular dysfunction. – Co investigator - Kenya. (Overall PI – Karen Sliwa). *Completed*
2. Sodium, potassium and iodine intake and related food consumption patterns in urban areas of five sub Saharan African countries. Co investigator - Kenya (Overall PI –Pascal Bovet). *Completed*

GRANTS

- I was awarded a research grant from Astra Zeneca Research fund to conduct a study titled ‘Infective Endocarditis: A Kenyan Experience’ on 16TH September 2014. *Phase 1 of the study has been completed.*

PUBLICATIONS

- Kanu Joseph E, Otieno CF Frederick, **Karari Emma M**, Okech-Helu Violet and Mutai Kenn. The burden of co-morbid depression in ambulatory type 2 diabetes patients at the Kenyatta national hospital, Kenya. *Int J Diabetes Clin Res* 2016, 3:055
- Achieng’ L, Joshi M. D, Ogola E. N, **Karari E. M**. Adequacy of blood pressure control and level of adherence with antihypertensive therapy. *East Afr. Med. J.* 2009; 86: 512- 519
- E. M. Manuthu, M.D.Joshi, G. N. Lule, **E. Karari**. Prevalence of Dyslipidemia and dysglycemia in HIV patients. *East Afr. Med. J.* 2008; 85: 110- 117
- E. M. Karari, S.O.McLigeyo, G. N. Lule and E. O. Amayo. Endoscopic findings and Prevalence of *Helicobacter pylori* in chronic renal failure patients with dyspepsia. *East Afr. Med. J.* 2000: 77:406-409

ORAL PRESENTATIONS

- Endoscopic findings and Prevalence of *Helicobacter pylori* in chronic renal failure patients with dyspepsia. Presented during the 20th Gastroenterology International Symposium held in Rio De Janeiro, Brazil from 3rd to 5th May 2001.

POSTER PRESENTATIONS

- Efficacy of health promotion on reduction of dietary sodium in Nairobi Kenya: *Poster presentation at the 20th IUHPE World Conference on Health Promotion, 11-15 July 2010, Geneva, Switzerland*

PAPERS SUBMITTED FOR PUBLICATION

- Frederick C F Otieno, M.D. FRCP(Edin); Joseph E Kanu, MBChB, MMed; **Emma M Karari**, Okech-Helu A Violet, Kenneth K Mutai. **C DEN-D-16-00014-** Co-morbid depression, adequacy of metabolic control and therapies in out-patients with type 2 diabetes in a tertiary hospital in Kenya submitted to journal. Submitted to the journal of Clinical Diabetes Endocrinology
- C.S Irungu, E.Ogola, C.F.Otieno, T.M.Munyao, **E.M Karari**. Prevalence of selected cardiovascular risk factors among psoriasis vulgaris patients in a Kenyan tertiary referral hospital

COMPLETED RESEARCH/PAPERS IN PREPARATION

- **Karari Emma M**, E N Ogola, G N Lule, E Genga, Oyugi R. Short term outcomes in patients with Infective Endocarditis at tertiary hospital in Kenya
- **Karari Emma M**, E N Ogola, G N Lule, E Genga, Oyugi R. characteristics of patients with infective endocarditis at a tertiary hospital in Kenya

FACILITATION OF CONTINOUS PROFESSIONAL DEVELOPMENT (CPD)

I have been a facilitator during CPD training workshops for doctors as follows

1. Workshop for general practitioners on hypertension held at rainbow resort, Ruiru on 1st July 2016
2. Workshop for general practitioners on hypertension and heart failure held at the panafric hotel on 19th May 2010 and June 2014
3. Workshop for general practitioners based in Nairobi on hypertension at a workshop held at the hotel intercontinental Nairobi on 20th March 2010
4. CBK health services staff on hypertension held in their premises on 11th Dec 2008, and 10th March 2010
5. AAR health services staff at their premises in November 2009
6. Mombasa Kenya Medical Association branch, on hypertension held on 18th October 2008
7. Kenyatta university health services staff on hypertension in June 2008
8. University of Nairobi health services staff on hypertension in June 2008
9. M P Shah hospital staff on hypertension on hypertension in June 2008
10. Workshop for general practitioners based in Nairobi on hypertension at a workshop held at Windsor on 19th April 2008
11. Workshop for general practitioners based in Nairobi on diabetes and the heart at a workshop held at Panafric hotel held on 17th April 2007

STUDENT SUPERVISION

I have supervised/am supervising the following MMED students for their dissertations

1. Dr Frederick Wangai - Antimicrobial Susceptibility Patterns in Bacterial Isolates from Patients in Medical Wards at Kenyatta National Hospital in 2015-2016. *Ongoing – proposal development stage*
2. Dr Edgar Karanga - Prevalence of Hyponatremia and short term outcome in patients admitted with heart failure at the Kenyatta National Hospital (A prospective, observational cohort study). *Data collection completed, analysis ongoing*
3. Dr. Joseph Edwin Kanu - Prevalence and severity of co-morbid depression in ambulatory type 2 diabetes patients at the Kenyatta national hospital. *Completed 2015, published March 2016.*
4. Dr. Omondi Kwaye - Iron status in congestive heart failure patients at Kenyatta National Hospital. *Data collection completed, analysis ongoing*
5. Dr. David Muraguri - Health related quality of life among vitiligo patients attending adult dermatology outpatient clinic and phototherapy department at Kenyatta National Hospital. *Completed 2014*
6. Dr. Edward N. Maina - Prevalence of urinary tract infections and their clinical and microbiologic patterns among kidney transplant recipients in Kenyatta National Hospital. *completed 2014*
7. Dr. Bernard Gituma - Prevalence of ECG abnormalities in patients with dilated cardiomyopathy at Kenyatta National Hospital – *completed 2013*
8. Caroline Shango Irungu - Prevalence of cardiovascular risk factors among patients with psoriasis vulgaris at Kenyatta National Hospital – *Completed 2015, manuscript submitted for publication.*
9. Dr. David Kamau - Four to six month morbidity and mortality in congestive heart failure patients at Kenyatta National Hospital - *completed 2008/9*
10. Dr. Adam Sheikh - Prevalence of arrhythmias and associated factors in patients with COPD and Kenyatta national hospital – *2008*
11. Dr. Sanjeev Parmar - Aetiology, pharmaco-therapeutic interventions and clinical outcomes in acute decompensated heart failure patients admitted at Kenyatta national hospital - *2008*
12. Dr. Loice Achieng - Assessment of adequacy of Blood Pressure control, level of adherence and reasons for non adherence with antihypertensive medication at the KNH medical outpatient clinic - *2007/8*
13. Dr. Evans Manuthu - Prevalence of Dyslipidemia and dysglycemia in HIV patients on HAART at Kenyatta national hospital CCC- *2006*

SOME CONFERENCES ATTENDED

1. European Society of Cardiology Annual Congress held in London, United Kingdom between August 29th and 2nd September 2015
2. European Society of Cardiology Annual Congress held in Barcelona Spain between August 30th and 3rd September 2014
3. European Society of Cardiology Annual Congress held in Amsterdam, Netherlands between August 29th and 2nd September 2013
4. World Cardiology Congress held in Dubai, 18th to 21st April 2012

5. Annual 4th critical care symposium held at Nairobi Hospital since 7th November 2009
6. Kenya cardiac annual conferences held in Nairobi yearly since May 2001
7. European annual congress held in Munich, Germany between August 30th and 3rd September 2008
8. European Society of Cardiology annual congress held in Vienna, Austria between August 29th and 2nd September 2007
9. Atacand symposium held in Prague, Czech republic in February 2006
10. Kenya association of physician annual conferences held in Nairobi yearly since- March 2000
11. Aventis College Of Cardiology held in Cape Town, South Africa in February 2002

MEMBERSHIP:

- Registered member of the Kenya cardiac society
- Registered member of the Kenya Association of Physicians
- Registered member of the Kenya medical association
- Registered member of the International union for health education and promotion (IUHPE)
- Registered member of Kenya Christian Medical Fellowship.

AMBITIONS:

- Conduct research and contribute to advancement of medical practice in Kenya by informing policy and guidelines
- Servant Leadership and Mentorship
- To motivate those that I interact with at all levels to help them bring out the best in them
- To raise a stable happy family, where all members blossom.

HOBBIES

- Motivational speaking and personal development. I speak in many schools, colleges and churches and facilitate training at Personal Development Institute
- Reading motivational books and biographies/ magazines.
- Singing; leading worship in church

Accolades

- Played hockey to national competition while in high school.
- Senior sports champion in final high school year

REFERENCE

1. **Prof. E. N. Ogola**
Associate professor of Medicine and cardiologist,
Department of medicine, University of Nairobi,
P. O Box 19676, NAIROBI
Tel 0722 737 944
2. **Prof. G. N. Lule**
Professor of Medicine and gastroenterologist and infectious Disease specialist,
Department of Medicine, University of Nairobi,
P. O Box 19676, NAIROBI
Tel 0722 338 642
3. **Prof J. K. Kayima**
Professor of Medicine and Nephrologist
Department of Medicine, University of Nairobi,
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