

CURRICULUM VITAE

PERSONAL DETAILS

NAME : **DR. FREDERICK RICHARD OWITI**
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DATE OF BIRTH : 23RD DECEMBER 1952
MARITAL STATUS : MARRIED
NATIONALITY : KENYAN

CAREER OBJECTIVES

- Giving lectures, setting exams, participating in examinations and marking
- Clinical demonstration in the students practicum
- Training other students of the Ministry of Health at Mathari Mental Hospital and Kenyatta National Hospital.
- Offering free psychiatric services to patients and staff at those health institutions
- Offering psychiatric services to the University of Nairobi students and staff at the University Health Services
- Supervision of research dissertations

MAIN AREAS OF INTEREST

- Teaching, Guidance and Clinical demonstration
- Working with addicts

PERSONAL PROFILE

My excellent good beginning in psychiatry training, I believe, further cemented the calling I had to Mental Health. I have with time, matured well in psychiatry giving me excellent broad experience.

ACADEMIC QUALIFICATIONS

<u>Year</u>	<u>Institution</u>	<u>Qualification</u>
1981 - 1985	Institute of Psychiatry University of London	MRCPsych.
1973 - 1978	University of Nairobi	MB Ch.B

OTHER PROFESSIONAL QUALIFICATIONS

- Holder of a valid driving licence
- Holder of a valid Kenyan Passport
- Computer Literate

COURSES, SEMINARS AND WORKSHOPS ATTENDED

Period	Course Title	Organiser/ Location
November 10 th - 13 th 2004	World Psychiatric Association International Congress (Treatment in Psychiatry: an update)	Florence, Italy
April 4 th - 6 th 2001	3 rd World Psychiatry Association (WPA) Eastern Africa Region	Norfolk - Nairobi
Sept. 26 th - 29 th 2000	Society of Psychiatrists of South Africa Congress (WPA South Africa region)	Durban - South Africa
March 26 th - 28 th	2 nd Regional Conference of WPA - Eastern Africa	Uganda Psychiatric Association - Kampala
Sept. 9 th - 11 th 1998	Psychiatry in Africa (Total Patient Care)	Johannesburg - South Africa
October 2 nd - 9 th 1999	Training Congress: Families as Partners in care: WFSAD	Umbria - Italy
Aug. 4 th - 7 th 1997	Internal Council on Alcohol and Addiction (ICAA) Congress	Cairo - Egypt
Aug. 23 rd - 28 th 1996	Tenth World Congress of Psychiatry (WPA)	Madrid- Spain
September 30 th - 4 th October 1995	European Congress of Neuro-Psychopharmacology (ECNP)	Venice - Italy
January 7 th - 9 th 1992	Guidance and Counselling Workshop	University of Nairobi
October 10 th - November 10 th 1989	1 month Drug Education Programme	USIS - U.S.A.

WORKING EXPERIENCE

Current Appointments from 1989 to Date

January 2005 to date: Medical Consultant in IDU HIV drug-users in outreach programmes in Nairobi and Mombasa

Sept. 1995 – Nov. 2007: Adjunct Lecturer teaching Masters of Science in Psychology in Counselling, USIU

May 1989 to date: Psychiatrist to the University of Nairobi Health Services

March 1989 to date: Lecturer, Department of Psychiatry, University of Nairobi

Duties and Responsibilities

Date	Activities
January 2005 to date	Running <i>Maisha Outreach Programme</i> – supported by UNODC, Nairobi for people who inject drugs of abuse.
March 1989 to date	Training Forensic Psychiatry students of Ministry of Health at Mathari Mental Hospital and Kenyatta National Hospital.
March 1989 to date	Offering psychiatric services to the University of Nairobi students and staff at the University Health Services and dealing with addiction problems amongst students.

PREVIOUS APPOINTMENTS

From 1978 - 1986

- April 1986 to March 1989 : Consultant Psychiatrist – Ministry of Health, Mathari Hospital
- May 1985 to April 1986 : Registrar in Psychiatry – West Park and the Manor Hospitals, U.K.
- August 1984 to April 1985 : Registrar in Psychiatry at EPSOM District Hospital and West Park Hospital, U.K.
- January 1983 to August 1984 : Registrar West Park Hospital with the late Dr. E. F. Baker, U.K.
- November 1979 to Jan. 1980 : Senior House Officer in Psychiatry – Mathari Hospital

- August 1979 to November 1979: Internship in Medicine, Machakos Hospital (MoH)

CAREER ACHIEVEMENTS

- Consultant Psychiatrist – University of Nairobi Health Services
- Lead Consultant in *Alcohol Policy Development*, currently undergoing in Kenya
- One of the final editors in the production of Kenya ***Mental Health Act*** of 1989
- An implementing partner to Amani Counselling and Training Centre in assisting August 7 1998 Nairobi Bomb Blast survivors
- WHO Technical Consultant in the Guidelines for the Psychosocially Assisted Pharmacological Treatment of Opioid Dependence
- Sub-Saharan expert in Injectable Drug Use (IDU) and consultant in developing WHO / UNODC Treatnet.
- Member of Community Advisory Board, NACADA

RESEARCH, PUBLICATIONS AND CONSULTANCY EXPERIENCES

- Owiti F.R., Ogunde & Lore: *Rapid Assessment and Response Study on Injecting Drug Use (IDU) – Phase II*, June 1997-March 1998 (not published)
- Owiti F.R., *Drug Use and Abuse* : Editorial EAMJ Vol. 76 of 1999
- Owiti F.R., *Schizophrenia – Signs, Symptoms and Management* Healthline Journal Vol. 4, March, 2000 Pg. 8-9
- Owiti F.R., *Local Expert Network for Demand Reduction Programme in Africa AD/RAF/00/F66*, January 2001 – Consultancy
- Owiti F. R., Kariuki P. W. & Ginsberg: *Perceptions of Marital Role in Kenya and the U.S.A.* January 1989 – June 1990. Paper presented in Conference Vienna, Austria
- Owiti F. R., Bradley M Mathers, Louisa Degenhardt, Benjamin Phillips, Lucas Wiessing, Matthew Hickman, Steffanie A Strathdee, Alex Wodak, Samiran Panda, Mark Tyndall, Abdalla Toufi K, Richard P Mattick, Reference Group to the UN on HIV and Injecting Drug Use: *Global epidemiology of injecting drug use and HIV among people who inject drugs: a systematic review*. Online Publication: September 2008

- Owiti F.R., *Trends in Forensic Psychiatry at Mathari Hospital, Forensic Unit: 5-year observation* (in press to British Journal of Psychiatry) - January 2013.
- Owiti F.R., G M O Likata, Mary W. Kuria, Y. Kuria; *Greener Journal Medical Sciences Vol (6) pp 138-145 Dec 2012.*

Ongoing Research Activities

- Owiti F. R., Margaret N. Oluka: *Cytochrome (CYP P450) Study in Kenya.*
- Owiti F. R., New York Nurses and NASCOP Kenya: *Needle and Syringe Exchange Programme Among Injecting Drug Users (IDU) in Mombasa and Nairobi.*

SUPERVISION OF STUDENTS RESEARCH PROJECTS

- *The Psychological Impact of Couples Undergoing through assisted reproduction therapy* - By Annrita Karimi Ileri
- *Prevalence of Depression and Anxiety Among Diabetic Patients* - Catherine Kaleli
- *Prevalence of Psychological Disorders Among Juvenile Offenders Committed to Borstal Institutions in Kenya* - Linnet Okwara
- *The Prevalence of Sexual Dysfunction Among Patients with Diabetes Mellitus attending the Outpatient Diabetic Clinic at Kenyatta National Hospital* - Geoffrey Likata Ungaya
- *Prevalence of Personality Disorders Among Substance Abusers in Drug Rehabilitation Centres in Kenya*
- *Prevalence of Personality Disorders Among Substance Abusers in Drug Rehabilitation Centres in Kenya* - Dr. Ongeru Linnet
- *Psychiatric Morbidity among Adult Cancer Patients Admitted at Ocean Road Cancer Institute, Dar es Salaam, Tanzania* - Dr. Praxedes James Swai

NEWSPAPERS AND MAGAZINE ARTICLES

Used my educational skills to educate Kenyans informally through the print media - Daily Nation column and East African Standard thus:

- Owiti F.R.: *Psychological Consequences of Violence on Women*
Paper presented at the Women's Fights Awareness Programme Workshop entitled: "*Strategies in Action - Ways of Diminishing Violence Against Women*" and Daily Nation Friday 18th August 1995.

- Owiti F.R.: *Malaise and Fatigue as Stress Symptoms*
Daily Nation Friday 23rd August 1995.
- Owiti F.R.: *To be Employed or not to be*
- *the Role of Employment as a Stressor*
Daily Nation Friday 6th September 1995.
- Owiti F.R.: *Consequences of Stress*
Daily Nation Friday 20th September 1995.
- Owiti F.R.: *Stress and Wife Battering*
Daily Nation Friday October 4, 1995
- Owiti F.R.: *Stressors of Daily Life*
Daily Nation Friday October 11, 1995
- Owiti F.R.: *Some Stressful Problems of Parenting*
Daily Nation Friday October 25, 1995
- Owiti F.R.: *How to Detect an Alcoholic Dependent Individual*
Daily Nation Friday November 8, 1995
- Owiti F.R.: Editorial - *Use and Abuse of Drugs*
Medicus Magazine Vol. 10 No. 6
- Owiti F.R.: *Alcoholism*
Medicus Magazine Vol. 10 No. 6
- Owiti F.R.: *Special Issue on Epilepsy*
Medicus Magazine Vol. 11 No. 4
- Owiti F.R.: *Trends of Forensic Psychiatry in Kenya*, Annual
Conference Paper at the Royal College of Psychiatry,
Edinburg, United Kingdom on 21st - 25th June 2005

MEMBERSHIP TO PROFESSIONAL BODIES

Date	Institution
1997 to date	International Council on Alcohol and Addictions
2000 to date	World Fellowship of Schizophrenia and Allied Disorders
1985 to date	Kenya Psychiatric Association
2000 to date	Kenya Epileptic Association
1979 to date	Kenya Medical Association
1983 to date	Member of the Royal College of Psychiatrists

1989 – 2001	Director, Kenya Institute of Stress Management
2001 to date	Director, Chiromo Lane Medical Centre (psychiatry treatment facility)

KEY SKILLS SUMMARY

- Experienced teacher in psychiatry
- Excellent analytical skills
- Excellent decision-making skills
- Warm personality with excellent interpersonal skills
- Excellent leadership skills
- Good listener and excellent clinician
- Excellent guidance skills and computer literate

PERSONAL ATTRIBUTES

- I am kind-hearted person, flexible and a good team player
- Very patient person, hardy and honest

HOBBIES AND INTERESTS

- Like watching television sports
- Life fitness enthusiast
- Reading, especially Newspapers, Scientific Magazines, Journals and Periodicals
- Browsing on the computer internet relevant psychiatry topics
- Driving

REFEREES:

1. Dr. F. G. Njenga
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2. Dr. M. M. O. Okonji
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