

## CURRICULUM VITAE



### PERSONAL DETAILS

Name: **Dr. Charles Githua Githinji**

Office: Department of Medical Physiology, School of Medicine, College Of Health Sciences, University of Nairobi, Chiromo Campus

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Language Proficiency: English, Kiswahili & Kikuyu

### PERSONAL ATTRIBUTES

- Strong Leadership skills and self drive
- Very organized, ability to multi-task
- Professionally inclined, good communication skills
- Self motivated to finish what I start and deliver results
- Honest, reliable and dependable

## ACADEMIC QUALIFICATIONS

### University Education

- 2007 – 2010: **School of Medicine, University of Nairobi**  
Doctor of Philosophy (specialization in Pain Physiology)
- 2002 – 2006: **School of Medicine, University of Nairobi**  
Master of Science in Medical Physiology (MSc. Medical Physiology)
- 1993 – 1999: **School of Pharmacy, University of Nairobi**  
Bachelor of Pharmacy (B. Pharm)

## OTHER PROFESSIONAL QUALIFICATIONS

Registered With Pharmacy and Poisons Board as a Pharmacist

### Secondary Education

- 1988 – 1991: **Secondary Education, Chinga Boys High School**  
Passed the Kenya Certificate of Secondary Education (KCSE) Examination

### Primary Education

- 1980 – 1987: **Primary Education, Karungu Primary School**  
Passed the Kenya Certificate of Primary Education (KCPE) Examination

## OTHER RELEVANT CERTIFICATES:

- ◆ Certificate in Good Laboratory Practices (GLP)
- ◆ Certificate of merit in Laboratory Animal Science – FELASA-C
- ◆ Certificate of Participation in the 5<sup>th</sup> International Congress of the African Association of Physiological Sciences (AAPS)
- ◆ Certificate of participation in Laboratory Animal Sciences
- ◆ Certificate of Attendance: The 1<sup>st</sup> Integrated Organ System Pharmacology (IOSP) Experimental Workshop in CNS Drug Discovery
- ◆ Certificate of participation as a trainer: The 2<sup>nd</sup> Integrate Organ System Pharmacology (IOSP). Workshop on toxicological studies *in vivo* and *in vitro* methods.
- ◆ Certificate of successful completion on world class stores, inventory and supplies management (Supply Chain Management)
- ◆ Certificate of Training in Corporate Governance
- ◆ Certificate of Training in Strategic Leadership Development

## **APPOINTMENTS AND POSITIONS HELD**

February 2012 to Date: Lecturer, Department of Medical Physiology,  
University of Nairobi.

July 2010: Tutorial fellow, Department of Medical Physiology,  
University of Nairobi

2000 to 2001: Part-time Lecturer in Pharmaceuticals, Eldoret  
Polytechnic

## **RESPONSIBILITIES AND WORK EXPERIENCE**

- ◆ Core duties being teaching and research in pain physiology and pathophysiology. Other subjects taught are Cell physiology, Respiratory physiology and Endocrine physiology. This is to both undergraduate and post graduate students.
- ◆ Research and student supervision at Post-graduate level. Current research is in the field of pain physiology and natural products in pain management.
- ◆ Other responsibilities includes being departmental anti-corruption champion

## **OTHER APPOINTMENTS**

July 2013 to October 2017: County Executive Committee Member for Health Services, Nyeri County

## **RESPONSIBILITIES**

- Formulation, presentation and articulation of Executive Committee Memoranda, Sessional Papers, and other policy issues emanating the Department to the Executive Committee, County Assembly, Senate and any other fora as may be appropriate;
- Responding to County Assembly questions touching on the Department of Health

- Providing policy direction and guiding the Department on Policy issues to be implemented; the following governance documents were developed during my tenure and with my guidance:
  - i. Nyeri County Health Sector Strategic and Investment Plan 2013 – 2018
  - ii. Nyeri County Health Policy 2015 – 2030
  - iii. Nyeri County Health Acts, 2015
  - iv. County Monitoring and Evaluation Plan 2015 -2018
  - v. Health Facility Service Charter
  - vi. Nyeri County HIV and AIDS Strategic Plan 2015 – 2019
  - vii. Nyeri County Reproductive Health and Family Planning Strategy
  
- Appointing Board members for Institutions falling under the Department in accordance with the respective statutes.

**STUDENT SUPERVISION:**

- ◆ Gladys Wangechi Mwangi. **Ph.D**, Department of Pharmacy and Complimentary Medicine, Kenyatta University. Title; Antivenom activity of herbs commonly used in kenya against black mamba (*Dendroaspis polylepis*) snake bite (Status is ongoing)
  
- ◆ John Kingori Mwonjoria, **Ph.D**, Department of Bio-Chemistry and Biotechnology, Kenyatta University. Thesis Title; Antinociceptive, Anti-Inflammatory and Antipyretic Effects of *Solanum incanum* (Linnaeus), *Craterostigma pumilum* (Hoschst) AND *Euclea divinorum* (Hiern) in animal models **(2016)**
  
- ◆ Mwangi,Winnie Wanjiku. **MSc**. Clinical Pharmacy, School of Pharmacy, University of Nairobi. Thesis Title; Challenges In The Pharmacological Management of Non Hodgkin’s Lymphoma In Children At Kenyatta National Hospital **(2013)**
  
- ◆ Kirubi Kariuki, **BSc. Intercalated** Medical Physiology project entitled ‘Evaluation of antinociceptive effects of *anona squamosa* left extracts using Swiss albino mice’ **(2011)**
  
- ◆ Daniel Mutonga, **BSc. Intercalated** Medical Physiology project entitled ‘Effects of diabetes mellitus on depressive-like behavior in Swiss albino mice using modified forced swim test’ **(2011)**

**RESEARCH & PUBLICATIONS:**

**THESIS:**

1. **Githinji, C.G**, “Bioguided preclinical evaluation of the antinociceptive effects of *Mondia Whytei* plant extracts”. Ph.D Thesis, University of Nairobi. Kenya (2010)

2. **Githinji, C.G**, “Effects of *Mondia Whytei* aqueous root on isolated rabbit heart and jejunum preparation. Msc. Thesis, University of Nairobi, Kenya (2006)
3. **Githinji C.G**, “Accessibility and irrational use of steroid containing preparations for acne vulgaris management in teenagers”B.Pharm project report University of Nairobi Kenya (1999)

**PEER-REVIEWED  
PUBLICATION:**

1. Mwonjoria JKM., Ngeranwa JJN, **Githinji CG**, and Wanyonyi AW **(2018)**. Antinociceptive effects of dichloromethane extract of *Euclea divinorum* Lin. *Journal of Pharmacognosy and Phytochemistry* 7(6): 1104 - 1107.
2. Mwonjoria K. John, Umar Aliyu, Juma K. Kevin, Kahiga M. Titus, Ngugi M. Piero, Mburu David, Wanyonyi W. Alphonse, **Githinji G. Charles**, Ngeranwa N. Joseph **(2016)**. Anti-inflammatory activity of *Craterostigma pumilum* (hochst) is associated with hyperalgesia. *International Journal of Pharmacology and Toxicology* 4 (2):169-173
3. Mwangi WW, Karimi P, **Githinji C** and Fatmah A **(2016)**. Challenges in Pharmacological Management of Non Hodgkin's Lymphoma in Children in the Maintenance Phase of Therapy at Kenyatta National Hospital. *Journal of Cancer Science and Clinical Oncology* 3(2): 207
4. Winnie W. Mwangi, Peter Karimi, Apollo Maima, **Charles Githinji**, Abdalla Fatuma **(2016)** Factors Influencing the Management of Non-Hodgkin's Lymphoma in Children at Kenyatta National Hospital (2016). *The Pharmaceutical Journal of Kenya*. Vol. 23 No. 1/2016
5. Mwonjoria J K., Ngeranwa JJ, **Githinji CG**, Kahiga T, Kariuki HN, Waweru FN **(2014)**. Suppression of nociception by *S. incanum* (lin) is associated with antiinflammatory activity. *Journal of Phytopharmacology (Pharmacognosy & phytomedicine)* 3(3):156-162.
6. JK Mwonjoria, JJ Ngeranwa, HN Kariuki, **CG Githinji**, MN Sagini, SN Wambugu, **(2014)**. Ethno medicinal, phytochemical and pharmacological aspects of *S. incanum* (lin.) *Intern J. Phytopharmacol and Toxicology*. 2: 2

7. **Githinji, C. G**, Mbugua, P.M, Kanui T.I. and Kariuki D.K. (2012) Phytochemical and analgesic evaluation of *Mondia Whytei* (Hook.f) root. *Journal of Pharmacognosy and Phytotherapy* Vol. 4(3), pp 26-32.
8. **Githinji, C. G**, Mbugua, P.M. Kanui T.I. and Kariuki D.K. (2012). Analgesic and anit-inflammatory activities of 9-hexacosene and stigmasterol from *Mondia Whytei* root. *Phytopharmacology*. 2(1) 212 – 223.
9. **Githinji, C G**, Mbugua, P.M. Kanui and Kariuki D.K. (2012). Antinociceptive effects of Stigmasterol and 9-hexacosene Isolated from *Mondia whytei* (hook .f) Root. *Asian Journal of Pharmaceutical Science and Technology* 2(1) 39 - 45
10. **Githinji, C G**, Mbugua, P.M. Kanui and Kariuki D.K. Antinociceptive effects of *Mondia Whytei* (Bioguided Evaluation). 5<sup>th</sup> INternationl Congress of the Africans Association of Physiological Sciences (AAPS) Proceedings. August 2008. Page 29
11. **Githinji, C. G**, Mbugua, P.M. and Sakari, L. F. Analgesic Effects of *Mondia Whytei* Aqueous Root Extract on Mouse Formalin Test.   
  
The Pharmaceutical Journal of Kenya. Vol. 3 No. 3 April 2008. Page 107 – 109.
12. **Githinji, C. G**, Kioy P.G, Mbugua, P.M. and C. Kinyungu. Parasympathomimetic Effects and ED50 Determination of *Mondia Whytei* Root Extract on Rabbit Heart and Jejunum.   
  
The Pharmaceutical Journal of Kenya. Vol. 18 No. 1 October 2007. Page 26 – 31.

**CONFERENCES  
AND  
SYMPOSIUMS:**

1. PowerPoint presentation at the 5<sup>th</sup> International Congress of the African Association of Physiological Sciences (AAPS) entitled “Antinociceptive effects of *Mondia Whytei*” held at Chiromo Campus from 27<sup>th</sup> July to 1<sup>st</sup> August 2008.
2. Poster presentation at the International Conference of Comparative Physiology and Biochemistry entitled “The antinociceptive effect of *Mondia Whytei* (Bio-activity guided

evaluation)" held at Masai Mara National Reserve on 19<sup>th</sup> to 25<sup>th</sup> July 2008.

3. PowerPoint presentation at the Pharmaceutical Society of Kenya Annual Scientific Symposium Entitled "The Effects of Aqueous *Mondia Whytei* Root Extract on Isolated Rabbit Heart and Jejenum Preparations" Held at the Travellers Beach Hotel, Mombasa from 1<sup>st</sup> to 4<sup>th</sup> June 2006.
4. PowerPoint presentation seminar in the department of Medical Physiology entitled "Multipurpose Medicinal Plants recognized by WHO and the Role of the Physiologist".

**GRANTS  
AWARDED:**

- ◆ Year 2009: Travel, Accommodation and Subsistence grant from International Council for Science Union (ICSU) to attend the 5<sup>th</sup> International Conference on Pharmaceutical and Pharmacological Sciences (ICPPS) in North-West University, Potchefstroom Campus, South Africa.
- ◆ Year 2009: Travel, Accommodation and Subsistence grant from the International Union of Basic and applied Pharmacology (IUPHAR) to attend the 1<sup>st</sup> Integrated Organ System Pharmacology (IOSP) School North-West University, Potchefstroom Campus, South Africa.
- ◆ Year 2008: Travel, accommodation of subsistence grant from Sable Systems and Bristol University to attend the 3<sup>rd</sup> International Conference for Comparative Physiology and Biochemistry (ICCPB) in Maasai Mara, Kenya.

**OTHER  
CONTRIBUTIONS:**

- ◆ Chaired the committee that developed the curriculum for Diploma in Pharmacy training at the Eldoret Polytechnic (2000)
- ◆ Involved in organizing the 5<sup>th</sup> International Congress of the African Association of Physiological Sciences (A.A.P.S.) that was held in Chiromo Campus on 27<sup>th</sup> July to 1<sup>st</sup> August 2008. I also served as a repoteur.
- ◆ Currently part time lecturer of the HIV/AIDS course (CCS 010) training at the department of Medical Physiology.
- ◆ Founder member of Diabetic Screening Initiative (DSI), a community based organization (2009)

**MEMBERSHIP TO  
PROFESSIONAL  
BODIES:**

- ◆ Member of Pharmaceutical Society of Kenya (P.S.K.)
- ◆ Member of Kenya Physiological Society (K.P.S.)
- ◆ Member of Kenya Society for Basic and Applied Pharmacology (KeSoBAP)

- ◆ Member International Society for the study of Pain (IASP)
- ◆ Member International Union of Pharmacologists (IUPHAR)

## REFEREES

1. Dr. Fredrick O Bukachi, Ph.D  
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