

CURRICULUM VITAE

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PERSONAL STATEMENT

My expertise combines academic, research and training with in depth knowledge of Medical Physiology. I am a senior lecturer in the Department of Medical Physiology University of Nairobi and a member of the academic board of the schools in the college of Health Sciences, University of Nairobi. I have supervised students in basic medical science as well as those doing patient based studies. I have extensive experience in training and implementation of training programs. I also serve on boards of several international and local organizations involved in health care education.

My personal mission statement is to make a positive difference in my generation for the glory of God. I am doing this by knowledge impartation and research that aims at improving lives.

ACADEMIC QUALIFICATIONS

University Education

2013 PhD. Medical Physiology, University of Nairobi
1998 MSc. Medical Physiology, University of Nairobi
1989 Bachelor of Dental Surgery, University of Nairobi

OTHER PROFESSIONAL QUALIFICATIONS

Registered with Kenya Medical Practitioners and Dentists Board

Council Member, International Association for the Study of Pain (IASP) 2014-2020

Secondary School Education

1982 -1983: Kenya Advanced Certificate of Education, Limuru Girls' School

1978 -1981: Kenya Certificate of Education, Limuru Girls' School

APPOINTMENTS

2020 Returning officer UNSA elections (CHS college)

July 2019 – June 2020 Manager – Women's Hall Strategic Management Unit (SWA)

2015-To date External examiner JKUAT Dept. of Medical Physiology

2014 Jan. to date Senior lecturer, Dept. of Medical Physiology, University of Nairobi.

1. Awarded certificate of recognition for attaining "OUTSTANDING" score in the staff performance appraisal for the period 2013-2014.

2. Position 34 on the KENNET list of the top 100 authors by number of publications at the UoN over the period 2013 -2016

2001 - 2013 Lecturer, Dept. of Medical Physiology, University of Nairobi.

1996 -2001: Assistant lecturer, Dept. of Medical Physiology, University of Nairobi.

1991 -1996: Tutorial Fellow, Dept. of Medical Physiology, University of Nairobi.

1990 -1991: Dental Officer - Provincial General Hospital, Nyeri

1989 -1990: Dental Intern – Kenyatta National Hospital.

WORK EXPERIENCE - RESPONSIBILITIES AND POSITIONS HELD

July 2019 - 2017-to date Manager – Women's Hall Strategic Management Unit

2017-to date Reviewer – BMC Alternative Medicine, Pain Reports (IASP), IASP Grants and Medical Research Council, UK

2014-2020 Council Member International Association for the Study of Pain (IASP) representing Africa and the Middle East

2016- to date Departmental rep. to the School of Medicine Curriculum Committee

2016- to date Departmental rep. to the School of Medicine Post Graduate Committee

2014 Departmental rep to the School of Pharmacy curriculum review committee

2010 – 2013: Secretary to the departmental Curriculum review Committee

2007- 2009: Secretary to the departmental Research, Development and Collaboration

	Committee
2006- 2012:	Member Departmental procurement committee
2005 -2006:	Secretary pre-clinical income generating activities committee
2007:	Secretary faculty Dress Code Committee.
2006-to date:	Member of School of Medicine, Pharmacy, Dental Sciences and Nursing academic boards
2000-to 2005:	Departmental Schedules' Mistress.
2005- 2010	Member of the Faculty of Medicine curriculum review committee.

POSTGRADUATE THESIS MARKED

2022	Amos Mapesa Washika. H56/7360/2017. M.Sc. Investigation of the In-Vivo and In-Vitro Antidiarrheal Activity of the Freeze-Dried Extracts of <i>Tylosema fassoglense</i> (Schweinf.) Torre & Hillc. In Selected Animal Models of Diarrhea Internal examiner
2021	Ermias Mergia Terefe. U80/54741/2019. PhD. Molecular Pharmacology UoN. “ <i>In silico</i> and <i>in vitro</i> pharmacologic evaluation of antiretroviral activity of <i>Croton</i> species”. Internal examiner
2021	Mugo Nancy Wanjiku BPS/HSM302-4023/2016 M.Sc. Medical Physiology. JKUAT. “Anti-Ulcerogenic Activity of Extracts of <i>Capparis cartilaginae dencne</i> on Ethanol and Indomethacin Induced Peptic Ulcers in Wistar Rats” External examiner
2020	Kimondo, Julia Wanjiru, U80/98007/2015. PhD. Pharmacognosy and Complimentary Medicine. UoN. “An Evaluation of Antioxidant and Anti-inflammatory Effects of Natural Foods and Medicinal Plants of the Ilkisonko Maasai Community, Kenya” Internal examiner
2020	Mr. Shadrack Kipyegon BPS/HSM302-4023/2016. M.Sc. Medical Physiology. JKUAT “Cardio-Protective and Anti-thrombotic Effects of <i>zingiber officinale roscoe</i> (Ginger) in Spraque Dawley Rats” External examiner

RESEARCH SUPERVISION***Current***

2021 Yvonne Wanjiru Thuo. H56/6972/2017. **MSc. Medical Physiology**. UoN.
“Investigation of the Metabolic Effects of Renin-Angiotensin Aldosterone System Blockade in Dexamethasone-induced Diabetes in Sprague Dawley Rats”

Co supervisors: Anne Muriithi

2020 William Gitau Gichui, U80/55139/2019. **PhD. Pharmacology** University of Nairobi, Kenya.
Evaluation of the Antinociceptive and Anti-Inflammatory Effects of Plant Part Extracts of *Croton Megalocarpus* (Hutch)
Co supervisors: Faith Okalebo

Graduated

2018 Yoseph Atilaw, **PhD. Chemistry** University of Nairobi, Kenya.
Phytochemical Investigation of Some *Fabaceae* and *Rutaceae* Plants for Anti-inflammatory Principles.
Co supervisors: Abiy Yenesew

2017 Aabid Abdulmajid Ahmed, **PhD. Public Health Epidemiology**, Walden University.
The Impact of Palliative Care on Health Status in HIV-Positive Children on Antiretroviral Therapy
Co supervisors: Dr. Vasileios Margaritis

2016 William Gitau Gichui (H56/83352/2012) **MSc. Medical Physiology**, University of Nairobi, Kenya.
Antinociceptive Activity of the Bark and Root Extracts of *Croton megalocarpus*
Co supervisors: Frank Waweru

2014 Phenny Kachumbo, EXAM NO: B018685. **MSc. Global Health: Non-Communicable Diseases**, University of Edinburg, UK.
Challenges of Managing Diabetes in Kenya: Diabetics perceptions and experiences at Deep Sea slum, Nairobi.

Cosupervisors: Liz Grant and Ruth McQuillan

2014 Loise Nyanjau Ndonga, EXAM NO: B020112. **MSc. Global Health: Non-Communicable Diseases**, University of Edinburg, UK.

A Survey on Determinants of Overweight and Obesity Among Adults in Formal Employment with Employer Provided Medical Insurance Cover Attending a Selected Primary Care Clinic in Nairobi, Kenya

Co supervisors: Liz Grant and Vicky Hammersley

2013 John K. Mwonjoria, **MSc. Medical Physiology**, University of Nairobi, Kenya. Antinociceptive & anti-inflammatory effects of *Solanium incunum* root extract in animal models

Co supervisor: Frank Waweru

2012 Charles Besley, **MSc. Palliative Care**, Cardiff University, United Kingdom. A Pilot Study Investigating the Effect of a ‘Patient Held’ Pain Assessment Tool in Palliative Care Outpatients at AIC Kijabe Hospital. A Quantitative Experimental Study with Pre- & Post-Intervention Comparison”

Co supervisor: Marie Fallon

BSc. Intercalated (Medical Physiology)

- 2011 Kirubi Kariuki. Evaluation of Analgesics and Anti-inflammatory activity of *Anna squamosa* leaf extract in mice
- 2008 Edwin Barasa Wabwire. Antinociceptive activity of *Solanium incunum* root extract in animal models of pain
- 2007 Eric Mbugua Thuo. Antinociceptive activity of *Toddalia asiatica* root extract in animal models of pain
- 2007 Felix Oindi. Antinociceptive effects of *Toddalia asiatica* leaf extract in animal models of pain
- 2005 Hellen Cheron. Analgesic activities of *Catha edulis* extract using the formalin test.

PUBLICATIONS

PAPERS

- 2020 Aabid A. Ahmed, Vasileios Margaritis, Aaron Mendelsohn and **Hellen Kariuki**,

The Impact of Palliative Care on Health Status in HIV-Positive Children

Challenges in Disease and Health Research Vol. 1. Chapter 11

Print ISBN: 978-93-89816-80-8, eBook ISBN: 978-93-89816-81-5

DOI: 10.9734/bpi/cdhr/v1

<http://www.bookpi.org/bookstore/product/challenges-in-disease-and-health-research-vol-1/>

2. 2019 Aabid A. Ahmed, Vasileios Margaritis, Aaron Mendelsohn and **Hellen Kariuki**,
The Impact of Palliative Care on Health Status in HIV-Positive Children in an Outpatient Centre in Kenya
Diversity and Equality in Health and Care (2019) 16(3): 36-40
3. 2018 Keira Lowther, Richard Harding, Victoria Simms, Nancy Gikaara, Aabid Ahmed, Zipporah Ali, **Hellen Kariuki**, Lorraine Sherr, Irene J Higginson & Lucy Selman
Effect of participation in a randomised controlled trial of an integrated palliative care intervention on HIV-associated stigma. *AIDS Care*,
DOI: 10.1080/09540121.2018.1465176
<https://doi.org/10.1080/09540121.2018.1465176> Published online: 17 Apr 2018
4. 2018 Keira Lowther¹, Richard Harding, Victoria Simms, Aabid Ahmed, Zipporah Ali, Nancy Gikaara, Lorraine Sherr, Hellen Kariuki, Irene J. Higginson and Lucy Ellen Selman
Active ingredients of a person-centred intervention for people on HIV treatment: analysis of mixed methods trial data
BMC Infectious Diseases (2018) 18:27 DOI 10.1186/s12879-017-2900-0
5. 2017 Gichui WG, Mwonjoria JK Waweru FN, Kariuki HN.
EVALUATION OF ANTINOCICEPTIVE ACTIVITY OF *CROTON Megalo carpus* (HUTCH) Eurphobaceae.
International Journal of Phytopharmacology. 8(3), 2017, 112-116.
6. 2016 Keira Lowther, Richard Harding, Aabid Ahmed, Nancy Gikaara, Zipporah Ali, **Hellen Kariuki**, Lorraine Sherr, Victoria Simms & Lucy Selman.
Conducting Experimental Research in Marginalized populations: Clinical and Methodological implications for A Mixed Methods- Randomized Control Trials in Kenya, *AIDS Care*, DOI; 10.1080/09540121.2016.1146214
7. 2015 Keira Lowther, Irene J Higginson, Victoria Simms, Nancy Gikaara, Aabid Ahmed, Zipporah Ali, Faiza Zuhura, Gaudencia Afuande, Eric Amisi, **Hellen Kariuki**, Lorraine Sherr, Rachel Jenkins, Lucy Selman, Richard Harding. Nurse-led palliative care for HIV-positive patients taking antiretroviral therapy in Kenya: a randomised controlled trial
Lancet HIV July 2015 DOI: [http://dx.doi.org/10.1016/S2352-3018\(15\)00111-3](http://dx.doi.org/10.1016/S2352-3018(15)00111-3)
8. 2014 Keira Lowther, Irene J Higginson, Victoria Simms, Nancy Gikaara, Aabid Ahmed, Zipporah Ali, Faiza Zuhura, Gaudencia Afuande, Eric Amisi, **Hellen Kariuki**, Lorraine Sherr, Rachel Jenkins, Lucy Selman, Richard Harding. A Randomised Controlled Trial

- to Assess the Effectiveness of a Nurse-Led Palliative Care Intervention for HIV Positive Patients on Antiretroviral Therapy: Recruitment, Refusal, Randomisation and Missing Data. *BMC Research Notes* 09/2014; 7(1):600. DOI: 10.1186/1756-0500-7-600
9. 2014 John Mwonjoria, Joseph J. Ngeranwa, **Hellen N. Kariuki**, Suppression of nociception by *Solanum incanum* (lin.) Diclomethane root extract is associated anti-inflammatory activity"
The Journal of Phytopharmacology Volume 3, Issue 3 (May-June issue)
 10. 2014 Charles Besley, **Hellen Kariuki**, Marie Fallon. A Pilot Study Investigating the Effect of a 'A Pilot Study Investigating the Effect of a Patient-Held Pain Assessment Tool in Palliative Care Out-Patients Attending a Rural Kenyan Hospital."
Palliat Med. 2014 Oct; 28(9):1156-60. 0269216314536947, first published on June 9, 2014 as doi:10.1177/0269216314536947
 11. 2014 John Mwonjoria, Joseph J. Ngeranwa, **Hellen N. Kariuki**, Charles G. Githinji, Micah N. Sagini, Stanley N. Wambugu. A Review Paper; Ethnomedicinal, phytochemical and Pharmacological aspects of *Solanum incanum* (Lin)
International Journal of Pharmacology and Toxicology, **2 (2)** (2014) 17-20
 12. 2013 Eve Namisango, Richard A. Powell, **Hellen Kariuki**, Richard Harding, Emmanuel Luyirika and Faith Mwangi-Powell. Palliative Care Research in Eastern Africa.
EUROPEAN JOURNAL OF PALLIATIVE CARE, 2013; 20(6)
 13. 2013 Gladys Machira, **Hellen N. Kariuki**, Linda Martindale. Impact of Pain Education Program on Nurses: Pain Knowledge and Attitude. *International Journal of Palliative Nursing*, **Vol. 19, Iss. 7**, 26 Jul 2013, pp 341 - 345
 14. 2013 RA Powell, R Harding, E Namisango, E Katabira MB, L Gwyther, L Radbruch, S Murray, M EL-Ansary, M Leng, IO AJayi, C Blanchard, **Hellen N. Kariuki**, I Kasirye MB, E Namukwaya, N Gafer, D Casarett, M Atieno, FN Mwangi-Powell. Palliative care research in Africa: Consensus building for a prioritized agenda. *Journal of Pain and Symptom Management*. 2013 Jul 18. doi:pii: S0885-3924(13) 00313-8. 10.1016/j.jpainsymman.2013.03.022. [Epub ahead of print]
 15. 2013 **Hellen N. Kariuki**, Titus I. Kanui, Abiy Yenesew, Paul M. Mbugua, Nilesh Patel. Antinociceptive and Anti-inflammatory Effects of *Toddalia asiatica* (L) Lam. (Rutaceae) Root Extract in Swiss Albino Mice. *Pan African Medical Journal* 14, 133, 06-Apr-2013
 16. 2012 **Hellen N. Kariuki**, John Kin'gori Mwonjoria. Ethnomedicinal, Phytochemical and pharmacological profile of genus *Toddalia*. **An invited review** (*Phytopharmacology* 2013, 4 (2), 259-268)

17. 2012 Keira Lowther, Victoria Simms, Lucy Selman, Lorraine Sherr, **Hellen N. Kariuki**, Aabid Ahmed, Zipporah Ali, Rachel Jenkins, Irene J Higginson and Richard Harding. Treatment Outcomes in Palliative Care: the TOPCare study. A Mixed Methods Phase III randomised controlled trial to assess the effectiveness of a nurse-led palliative care intervention for HIV positive patients on antiretroviral therapy. *BMC Infectious Diseases* 2012, **12**:288 doi:10.1186/1471-2334-12-288
18. 2012 **Hellen N. Kariuki**, Titus I. Kanui, Paul G. Kioy. Antinociceptive Potentiation of Pethidine (Demerol) by Clomipramine in the Late Phase of Formalin Test in Mice. *Pan African Medical Journal* 12, 28, 10 June 2012
19. 2012 **Hellen N. Kariuki**, Titus I. Kanui, Abiy Yenesew, Paul M. Mbugua, Nilesh Patel. Antinociceptive activity of *Toddalia asiatica* (L) Lam. in models of central and peripheral pain. *Phytopharmacology* 2012, 3 (1) 122-129
20. 2012 **Hellen N. Kariuki**, Titus I. Kanui, Abiy Yenesew, Nilesh Patel and Paul M. Mbugua. Antinociceptive Activities of the Root Extracts of *Rhus natalensis* Kraus and *Senna singueana*. *Phytopharmacology* 2012, 2 (2), 1- 6.
21. 2011 Mwonjoria J K, **Hellen N. Kariuki** and Waweru F N. Antinociceptive and Antipyretic Effects of *Solanum incanum* (Linneaus) in Animal Models. *International Journal of Phytopharmacology*. 2011, 2 (1), 22-26.
22. 1997 RW Kahama, DN Kariuki, **Hellen N. Kariuki** and LW Njenga: Fluorosis in Children and Sources of Fluoride around Lake Elementaita Region of Kenya. *Fluoride* 30 (1) 19-25,1997
23. 1997 NM Ngakinya, B N Ngotho, **Hellen N. Kariuki**, JT Kaimenyi and FL Ndungu. Periodontal Health status of patients attending Diabetic clinic at Kenyatta National Hospital. *Indian Journal of Dental Research* 8 (4) 105-110, 1997.

ABSTRACTS

24. 2020 *IASP Congress: poster and workshop*
25. 2019 **Hellen Kariuki**. 'Pain Education – Training in Pain Management' at the Highlights of The world Pain congress – Latin America, 8th Nov. 2019, Mexico City Mexico
26. 2019 **Hellen Kariuki**. a 'Multidisciplinary Pain Management Workshop' during the 6th Africa Palliative Care Association conference. Tuesday 17th September 2019 in Kigali, Rwanda
27. 2019 **Hellen Kariuki**. The Role of Partnerships in Pain Education: The Kenyan Situation. 6th African Palliative Care Association Conference. Thursday 19th September 2019. in Kigali, Rwanda.
28. 2018 Aabid Ahmed, Vasileios Margaritis, Aaron Mendelsohn, **Hellen Kariuki**, Nashina Mohamed, Dunstan Achwoka (2018). Enhanced Psychosocial Care for HIV-Infected Children – The BOMU Hospital Kenya Experience, 2nd International Workshop on HIV

& Adolescence (Paper Number 107). http://regist2.virology-education.com/abstractbook/2018/abstractbook_2Adol.pdf

29. 2018 **Hellen N. Kariuki**, Pain Education in Kenya. 2018 Pain SA CapeTown, Pain Academy. 1st December 2018, Cape Town
30. 2018 **Hellen N. Kariuki**, Pain Education in Developing Countries. IASP Webinar on 15th November 2018. <https://www.facebook.com/IASP.pain/videos/492458901254047/>
31. 2018 **Hellen N. Kariuki**, Pain and Pain Management Knowledge and Practice in Kenya. Abstract ID Number: 467642. 17th World Congress on Pain Boston, USA, between September 12 – 16, 2018
32. 2018 **Hellen Kariuki**. Topical Workshop: What is the Actual Meaning of the Expression “Opioid Crisis” in the Underdeveloped and in the Developed World. 17th World Congress on Pain Boston, USA, between September 12 – 16, 2018
33. 2017 **Hellen N. Kariuki**, Antinociceptive Activities of *Toddalia asiatica* Root Extract using the Formalin Test on Mice. Oral presentation during the 1st international conference on innovation technology for sustainable development held on June 29-30 at Kirinyaga University, Kenya
34. 2017 **Hellen N. Kariuki**, Traditional Medicines used in Pain Management in Kenya. Oral presentation during the 1st international conference on innovation technology for sustainable development held on June 29-30 at Kirinyaga University, Kenya
35. 2017 **Hellen N. Kariuki**, Pain Management and Palliative Care in Kenya. Oral presentation during the 1st international conference on innovation technology and for sustainable development held on June 29-30 at Kirinyaga University, Kenya
36. 2016 **Hellen N. Kariuki**, W. Gitau, F. Waweru. Evaluation of The Antinociceptive Activity of the Root, Bark and Leaf Extracts of *Croton Megalocarpus*.
Poster Number PW0362. 16th world Congress on Pain. Yokohama, Japan
37. 2016 M. Kingori, **Hellen N. Kariuki**, W. Wanyonyi. 2.67. Preclinical Evaluation of Antinociceptive and Anti-Inflammatory Effects of the Alkaloid-Rich Fraction from *Solanum Incanum* (Lin) Roots.
Poster Number PT0278. 16th world Congress on Pain. Yokohama, Japan
38. 2014 Keira Lowther, Aabid Ahmed, Zippy Ali, **Hellen Kariuki**, Nancy Gikaara, Lucy Selman, Irene J Higginson, Richard Harding. TOPCARE: results from a mixed methods RCT testing a nurse-led intervention to reduce symptom burden and improve quality of life for people on ART in Kenya. Presented at AIDS 2014, Melbourne Australia Poster No. WEPE219
39. 2014 **Hellen N. Kariuki**, Titus I. Kanui, Abiy Yenesew, Nilesh Patel and Paul M. Mbugua Central Antinociceptive Effects of the Coumarins Isolated from Root Extract of *Toddalia asiatica* using the Tail Flick Test. 15th world Congress on Pain. Buenos Aires, Argentina
40. 2013 **Hellen N. Kariuki**. Scientific writing workshop. APCA-conference 2013 Johannesburg, South Africa

41. 2013 **Hellen N. Kariuki**, Inziani M., Ndinguri S., Kollmann M., Kareri D M, Mwaniki J N. The MicroResearch Clubfoot Project in Kenya: the journey. First Eastern Africa MicroResearch Forum, Kampala Uganda. 25-26th March 2013.
42. 2013 **Hellen N. Kariuki**. Palliative Care and Pain Management in Kenya. 13th Annual Conference of ESMP, Cairo Egypt. 7-10th February 2013. *Invited speaker*
43. 2012 **Hellen N. Kariuki**, Aabid Ahmed, Zipporah Ali, *et al.*, Treatment and Outcomes in Palliative Care for HIV Patients: Randomised Control Trial in Kenya. 19th International Congress on Palliative Care held in October 9-12, 2012 in Montréal, Canada,
44. 2012 **Hellen N. Kariuki**, Aabid Ahmed, Zipporah Ali. Treatment and Outcomes in Palliative Care for HIV Patients: A Randomised Control Trial. Partnership for Advanced Clinical education Conference, Kenya
45. 2012 **Hellen N. Kariuki**, Titus I. Kanui, Abiy Yenesew, Nilesh Patel and Paul M. Mbugua Antinociceptive Activities of *Toddalia asiatica* Root Extract using the Formalin Test on Mice. 14th world Congress on Pain. Milan, Italy
46. 2010 **Hellen N. Kariuki**, Titus I. Kanui, Abiy Yenesew, Nilesh Patel. The Antinociceptive Effects of *Toddalia asiatica* Bark Extract using Hot Plate and Tail Flick Tests on Mice. 13th world Congress on Pain. Toronto, Canada
47. 2010 **Hellen N. Kariuki**. Teaching Pain and Pain management in Kenya. 1st pain Teaching Conference, Toronto, Canada.
48. 2010 **Hellen N. Kariuki**. Knowledge, Attitude and Practice of clinical officers to Pain and Pain Management in Kenya. 2nd KEHPCA Palliative Care Conference, Nairobi, Kenya
49. 2009 Patients' Attitudes towards pain and pain treatment in Kenya. **Kariuki H. N.**, Kopf A., Rajput M. N. *British Pain Society annual conference*
50. 2009 Patients' Attitudes towards pain and pain treatment in Kenya. **Kariuki H. N.**, Kopf A., Patel N.B. and Rajput M. N. *5th World Congress of the World Institute of Pain*, New York USA.
51. 2008 **Hellen N. Kariuki**, Titus I. Kanui, Abiy Yenesew, Nilesh Patel and Paul M. Mbugua Antinociceptive effects of *Toddalia asiatica* in writhing and formalin tests using mice. 12th World Congress on Pain, Glasgow, Scotland
52. 2008 **Hellen N. Kariuki**, Titus I. Kanui, Abiy Yenesew, Nilesh Patel. Antinociceptive effects of *Rhus natalensis* in the tail flick and formalin tests using mice. *International Conference of Comparative Physiology and Biochemistry-MARA 2008 Kenya*.
53. 1996 **H. N. Kariuki**, T. I. Kanui and P. G. Kioy: The analgesic effects of clomipramine individually and in combination with Pethidine using the formalin test. *7th International Symposium: The Pain Clinic*. October 2-6, 1996, Istanbul –Turkey.

BOOKS / MANUALS

54. 2013 Helena Musau, **Hellen N. Kariuki**, John Weru, Patrick Waihenya and Zipporah Ali. Contributor to National Palliative Care Guidelines.
<http://kehPCA.org/wp-content/uploads/National-Palliative-Care-Guidelines-02.10.pdf>
 Launched by the Health Cabinet Secretary on the 17/10/2013

55. 2013 **Hellen N. Kariuki**, Teresa N. Kinyari and Liz Gwyther (Eds.). Editor and contributor to National Palliative Care Training Curriculum for HIV & AIDS, Cancer and other life threatening illnesses – **TRAINING CURRICULUM** http://kehpc.org/wp-content/uploads/Nationa-Palliative-Care-Training-Curriculum-for-HIV-AIDS_Cancer-and-other-Life-Threatening-Illnesses-Curriculum.pdf. Launched by the Health Cabinet Secretary on the 17/10/2013
56. 2013 **Hellen N. Kariuki** Teresa N. Kinyari and Liz Gwyther (Eds.). Editor and contributor to National Palliative Care Training Curriculum for HIV & AIDS, Cancer and other life threatening illnesses – **TRAINEE’S MANUAL** http://kehpc.org/wp-content/uploads/Nationa-Palliative-Care-Training-Curriculum_Trainees-Manual.pdf. Launched by the Health Cabinet Secretary on the 17/10/2013
57. 2012 International Association for the Study of Pain (IASP) Interprofessional Pain Curriculum Outline. Education Initiatives Working Group, IP Outline Subgroup: Eloise C. Carr, John H. Hughes, Robert N. Jamison, **Hellen N. Kariuki**, Jordi Miró, Leila Niemi-Murola, Germán Ochoa, Anibal Patricio Scharovsky, Philip J. Siddall (Co-Chair), Judy Watt-Watson (Co-Chair)
<http://www.iasp-pain.org/Education/CurriculumDetail.aspx?ItemNumber=2057>

THESIS

- 2013 **Hellen Nyambura Kariuki**: Antinociceptive Activities of Extracts from Selected Medicinal Plant using Animal Models
PhD Thesis University of Nairobi, 2013.
Supervisors: Titus I. Kanui, Paul M. Mbugua, Abiy Yenesew and Nilesh Patel
- 1998 **Hellen Nyambura Kariuki**: Analgesic Effects of Clomipramine and Carbamazepine in Combination with Pethidine Using the Formalin Test.
MSc Thesis University of Nairobi, 1998.
Supervisors: Titus I. Kanui and Paul G. Kioy

WORKSHOPS / SEMINARS / CONFERENCES/ INTERNATIONAL MEETINGS ATTENDED

- 2019 Highlights of The world Pain congress- Latin America, 8th Nov. 2019, Mexico City Mexico
- 2019 IASP Council Meeting 4th -7th Nov.2019, Mexico City, Mexico.
- 2019 Managing NCDs in the era of Universal Health Coverage, Friday 25th October, 2019 at College of Health Sciences, University of Nairobi, Kenyatta National Hospital Campus.
- 2019 Pedagogy, Andragogy and Mentorship Training, UoN CCU Nairobi
- 2019 ASEAP conference 12th -14th April 2019 Kuching, Sarawak, Malaysia
- 2019 ASEAP – Pain Camp 7-11 April 2019, Kuching Sarawak, Malaysia
- 2018 Pain Academy, PainSA, 1st December, 2018, Cape Town SA
- 2018 IASP Council Meeting 27th Nov. to 1st Dec. 2018. Cape Town South Africa.
- 2018 Kenya National Palliative Care Conference 7th -9th November 2018. Nairobi, Kenya
- 2018 17th world Congress on Pain. 12-16th. Sept. 2018. Boston, USA

- 2017 IASP Council Meeting 25-27th Oct. 2017 in Madrid Spain.
- 2016 IASP Council Meeting 7-9 Dec. 2016 in Miami Florida, USA.
- 2016 Training on Research Infrastructure by KENET 20.09.2016 in KNH Library
- 2016 16th world Congress on Pain. 27-30th Sept. 2016. Yokohama, Japan
- 2016 Pain Education Consortium 26th Sept. 2016 Yokohama Japan
- 2016 Training online application& PGS Track systems held on the 16th Sept. 2016 in Chiromo Computer lab.
- 2016 PhD supervision – on the 20th June 2016 welcome trust
- 2016 Turnitin Training on the 10th June 2016
- 2016 PhD supervision on the 8th June 2016
- 2016 Proposal Writing Training held on the 25 -27 May 2016 in the UNES Conference Centre
- 2015 “MHealth Research in Palliative Care” Workshop organized by Africa Palliative Care Association and LEEDS University in Kampala, Uganda (2nd July 2015)
- 2015 The First Turkish African meeting of ‘Headache and Pain Management’. Istanbul, Turkey
- 2015 Facilitator “Emotional Wellness” pre-retirement training for Central Bank of Kenya staff
- 2014 Organizer and Facilitator “Opioid Prescribing” Pain workshop. Nairobi, Kenya
- 2014 3rd KEHPCA CONFERENCE, Nairobi, Kenya
- 2014 ToT on Enhancing Gender Equity in the Leadership and Management of Higher Education. ACU and UON, United Kenya Club, Nairobi, Kenya
- 2014 The Association of Commonwealth Universities Conference on Beyond 2015: Gender Milestones in Education in Developing Countries, UoN, Nairobi, Kenya
- 2014 Transforming Leadership Seminar III (Facilitator) Nairobi, Kenya - Character
- 2014 KSA / KEHPCA CME on pain and pain management held at the Panafric hotel Nairobi
- 2013 4th APCA conference in Johannesburg, South Africa
- 2013 Micro Research Annual conference held in Kampala, Uganda
- 2013 Pain Management and Palliative Care In Developing Countries conference in Cairo, Egypt
- 2012 TOPCARE dissemination of data at BOMU hospital, Mombasa
- 2012 BOMU Hospital staff training on palliative care
- 2012 2nd KEHPCA CONFERENCE, Nairobi, Kenya
- 2012 14th World Congress on Pain, Milan, Italy
- 2012 KSA PAIN WORKSOP in Nairobi Hospital
- 2012 Education in Palliative Care post-qualification Workshops. June 2012 Kampala Uganda, Speke Resort and Conference Centre
- 2012 APCA-Research Network meeting, Kampala, Uganda
- 2012 ‘Palliative Care: Making a difference’ in the University of Edinburgh, UK.
- 2011 Micro-Research training. CHS (UNITID) Nairobi
- 2011 Medical Education Partnership Initiative (MEPI) training. CHS -Nairobi
- 2011 Palliative Care: An Essential Part of Medical and Nursing Training. From an Education Conference in Oct. 2008 to Action. Nairobi, Kenya
- 2010 Palliative Care in Cancer, Salzburg, Austria
- 2010 3rd APCA conference in Windhoek, Namibia.
- 2010 Transformational Leadership facilitators Training, Nairobi
- 2010 18th Kenya Society of Anesthesiologists Annual scientific Conference, Mombasa
- 2010 CME- A Relook at the Use of Morphine in Clinical Medicine, Nairobi
- 2010 Proposal writing for European Union grants workshop, Nairobi
- 2010 Palliative Care Curriculum Review (**As a Curriculum Consultant**), Nairobi
- 2010 IASP Pain Education Initiative Working Group Meeting, London
- 2010 Palliative Care Curriculum for Medical Training Institutions review Workshop, Nairobi

- 2010 Africa Palliative Care Association (APCA) –ToT course on use of Opioids in Pain Management, Kampala
- 2010 Scientific Communication and Publishing, Nairobi, Kenya
- 2010 Palliative Care Initiative Research meeting – Nairobi, Kenya
- 2010 Transforming Leadership Seminar III (Facilitator) Nairobi, Kenya
- 2009 APCA –country progress workshop, Kampala
- 2009 4th All Africa Anesthesia Congress. Nairobi , Kenya
- 2009 ELNEC- Palliative care education, Nairobi, Kenya
- 2009 Transforming Leadership Seminar II (Facilitator) Nairobi, Kenya
- 2009 Cineca –Biodata for Communicable Diseases. Nairobi, Kenya
- 2009 Clinical Officers annual Scientific Conference. Mombasa, Kenya
- 2009 Opioid availability workshop. Nairobi, Kenya
- 2009 Transforming Leadership Seminar I. Nairobi, Kenya
- 2009 Training in Pedagogy for university academic staff Nairobi, Kenya
- 2008 Neuroscience school: Behavioral sciences Nairobi, Kenya
- 2008 1st KEHPCA Palliative Care Conference, Nairobi Kenya
- 2008 12th World Congress on Pain, Glasgow, Scotland
- 2008 Kenya Society for Pain: Pain Symposium in Nairobi
- 2008 5th African Association of Physiological Sciences Congress in Nairobi, Kenya
- 2008 Physiology teaching workshop organized by AD instruments. Nairobi, Kenya
- 2008 International Conference of Comparative Physiology and Biochemistry-MARA 2008. Kenya
- 2008 Opioid availability task force workshop Nairobi, Kenya
- 2008 Curriculum committee - Harmonization of pre-clinical teaching workshop editorial Nairobi, Kenya
- 2008 Curriculum committee - Harmonization of pre-clinical teaching workshop Nairobi, Kenya
- 2007 Good Laboratory Practice workshop organized by WHO Nairobi, Kenya
- 2007: Opioid Availability workshop organized by KEPHA Nairobi, Kenya
- 2007: AD instruments training held in the Department of Medical Physiology, Nairobi, Kenya
- 2006: Neuroscience school; Channels to circuits. In cape Town South Africa
- 2006: ISO 2600: Social Responsibility workshop organized by Kenya National Commission on Human Rights Nairobi, Kenya
- 2006: Laboratory Animal Science course. Nairobi, Kenya
- 2006: Pain workshop on opioid availability Nairobi, Kenya
- 2005: Pain workshop organized by IASP. Nairobi, Kenya
- 2004-2006 Kenya Physiological Society monthly seminars. Nairobi, Kenya
- 2003 First Ladies International Conference on HIV and AIDS
2002. Kenya Society of Neuroscience: symposium Nairobi, Kenya
- 2002 Member of Departmental committee on HIV
- 2001 Workshop on Professional skills for Scientists sponsored by Society of Neuroscientists of Africa. Nairobi, Kenya
- 2001: Society of Neuroscientists of Africa Conference. Nairobi, Kenya
- 1997: Kenya Society for Epilepsy symposium held in Nairobi, Kenya
- 1996: Neuroscience lecture course on neurotransmitters and their receptors at Rhodes University, Graham’s town, South Africa.
- 1993: Society of Neuroscientists of Africa Conference, Nairobi, Kenya
- 1992: African Association of Physiological Societies Conferences, Nairobi, Kenya.
- 1998 -2000 Attended all seminars and conferences organized by Kenya Dental Association

GRANTS RECEIVED

Research Grants

- 2014 Microresearch grant to investigate the Factors Contributing to Poor Patient Adherence to Ponseti Management of Clubfoot at AIC-CURE International Children's Hospital Kijabe. Received by the University of Nairobi Institute of Tropical and Infectious Diseases (UNITID).
- 2008 University of Nairobi Deans Committee. To carry out a study on the Antinociceptive Effects of Medicinal Plants Using Animal Models.
- 1996 University of Nairobi Deans Committee. To carry out a study on Analgesic Effects of Clomipramine and Carbamazepine in Combination with Pethidine Using the Formalin Test.

Travel Grants

- 2018 IASP Congress registration for the 17th World Congress on Pain, Boston, USA
- 2016 IASP Travel Grant to attend the 16th World Congress on Pain, Yokohama, Japan
- 2014 IASP Travel Grant to attend the 15th World Congress on Pain, Buenos Aires, Argentina
- 2013 Africa Palliative Care Association Travel Grant to attend the 4rd APCA conference in Johannesburg, South Africa
- 2013 ESPM Travel and accommodation grant to attend the Pain Management and Palliative Care In Developing Countries conference in Cairo, Egypt
- 2012 IASP Travel Grant to attend the 14th World Congress on Pain, Milan, Italy
- 2012 International Association of Hospices and Palliative Care (IAHPC) Travelling scholar grant to attend a seminar “Palliative Care: Making a difference” in the University of Edinburgh, UK.
- 2010 Africa Palliative Care Association Travel Grant to attend the 3rd APCA conference in Windhoek, Namibia.
- 2008 IASP Travel Grant to attend the 12th World Congress on Pain, Glasgow, Scotland

- 2010 IASP Travel Grant to attend the 13th World Congress on Pain, Toronto, Canada.
- 2010 IASP Travel Grant to attend the 13th World Congress on Pain, Toronto, Canada.

Training Grants

- 2019 International Association for the Study of Pain (IASP) Developing Countries Grant to conduct a ‘Multidisciplinary Pain Management Workshop’ during the 6th Africa Palliative Care Association conference in Kigali, Rwanda
- 2014 International Association for the Study of Pain (IASP) Developing Countries Education Grant to conduct a ‘Multidisciplinary Pain Management Course for Health Care Workers in Nairobi.
- 2012 International Association for the Study of Pain (IASP) Developing Countries Education grant to hold a three day pain workshop during the 20th Kenya Society of Anesthesiologists annual conference
- 2010 International Association for the Study of Pain (IASP) developing Countries Education grant for training palliative care nursing staff in mission hospitals in the rural areas of Kenya on pain and pain management.
- 2010 Open Society Foundations grant to attend Seminars in Palliative Care. Salzburg Austria
- 2008 International Association for the Study of Pain (IASP) Developing Countries Education grant for training healthcare professionals on pain and pain management.

REFEREES

<p>Chairman Dept. of Human Anatomy and Medical Physiology University of Nairobi P.O. Box 30197 (00100) Nairobi, Kenya Email:</p>	<p>Prof. Charles Omwadhó Deputy Vice Chancellor Kirinyaga University P.O Box 143–10300 Kerugoya, Kenya Tel. +254 710888835 Email: comwadho@uonbi.ac.ke</p>	<p>Dr. Kanyenje Gakombe C. E. O Metropolitan Hospital, Rabai Road P.O. Box 808-00515 Tel. +254 722409665 Nairobi, Kenya Email: kgakombe@metro-hospital.com</p>
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