

CURRICULUM VITAE

***Dr. James Mwaura. PhD***

***Senior Lecturer***

***Clinical and Counselling Psychologist***

**PERSONAL PROFILE**

SEX : Male  
DATE OF BIRTH : 24th February 1972  
MARITAL STATUS : Married  
NATIONALITY : Kenyan  
HOME DISTRICT : Nakuru  
RELIGION : Christian  
LANGUAGES : English, Kiswahili,  
CURRENT ADDRESS : University of Nairobi  
College of Health Sciences  
P.O. BOX 19676-KNH-00202.  
**NAIROBI**  
Telephone +254 20 2711250 (Office)  
+254 722 790202 (Mobile)  
Email : jmwaura@uonbi.ac.ke  
mwaurajim@yahoo.com.

**PERMANENT ADDRESS:** P.O. BOX 32 K.N.H. 00202 NAIROBI

**CAREER OBJECTIVE:** To be a scholar of repute.

**EDUCATIONAL BACKGROUND**

**August 2015:** Awarded Doctor of Philosophy degree in Counseling

Psychology (Mount Kenya University, Thika, Kenya).

**March 2005 :** Awarded Master of Science degree in Clinical Psychology,

University of Nairobi (Nairobi, Kenya).

**December 1996** : Awarded Bachelor of Science degree, University of Nairobi (Nairobi, Kenya).

**December 1990** : Njoro Boys High School, KCSE Mean Grade B

**December 1986** : Gicheha Primary School, KCPE Mean Grade A

## **PROFESSIONAL EXPERIENCE**

**November 2014- to date: SENIOR LECTURER, College of Health Science, University of Nairobi**

### **Main Responsibilities**

- Mentoring both undergraduate and postgraduate students.
- Teaching, supervision and guidance of students taking Post Graduate Diplomas in Psychotrauma and Substance Abuse, Undergraduate, Masters and Doctoral students.
- Research supervision of masters, and doctoral students.

**December 2008- March 2015: HEAD OF DEPARTMENT, Medical-Surgical Nursing Thematic Unit, University of Nairobi.**

### **Main Responsibilities**

- Member of the University of Nairobi Senate
- Member of the College Academic Board (CAB)
- Managing staff and resources in the thematic Unit.
- Management of both undergraduate and postgraduate students in the Unit.
- Coordination with other service departments in the University
- Perform duties delegated to me by the Director of the school.

**November 2005- November 2014: LECTURER, College of Health Sciences, University of Nairobi**

### **Main Responsibilities:**

- Teaching, supervision, guidance and examination of post graduate Master of Science students in, Clinical Psychology, Mental Health and Psychiatry, Statistics, Research, HIV/ AIDS.
- Clinical supervision and guidance of masters students.

- Research thesis supervision of postgraduate students.
- Teaching, supervision, guidance and examination of undergraduate Bachelor of Science students in, Psychology, Mental Health and Psychiatry, Statistics, Research, HIV/ AIDS.
- Mentoring both undergraduate and postgraduate students.
- Research in health related issues.

### **Department of Psychiatry**

- Giving lecturers to MSc. Clinical Psychology students.
- Clinical supervision and guidance of masters students in Clinical Psychology.
- Examination of masters students in Clinical Psychology.
- Teaching, supervision and guidance of students taking Post Graduate Diplomas in Psychotrauma, Substance Abuse and Psychiatric Social Work.

**August 2000 – November 2005 : TUTORIAL FELLOW, College of Health Sciences, University of Nairobi.**

#### **Main Responsibilities:**

- Teaching undergraduate students behavioral sciences..
- Clinical supervision and guidance of students in clinical placements.
- Teaching behavioral sciences.
- Research in health related issues.
- Chairman of Departmental Module II Committee.

**May 1999 – July 2000 : PRINCIPAL, Fidenza School, Kyeni**

#### **Main Responsibilities:**

- Member of Consalata Kyeni Hospital Board of Management.
- Managing staff and resources.
- Management of students.
- Teaching, clinical supervision and follow-up of students.
- Overall school administration.

**June 1998 – December 2001; PSYCHOLOGIST AND COUNSELLOR (part time),  
Goodwill Services Centre (Embu)**

**Main Responsibilities:**

- Psychological assessment and evaluation of clients.
- Counseling of clients
- Rendered psychotherapy services to clients
- Rendered individual and family therapy services to clients.

**March 1998 - April 1999; CLINICIAN IN CHARGE of Surgical, Casualty and  
Emergency and Out Patient Departments, Embu Provincial General Hospital.**

**Main Responsibilities:**

- Clinical services administration.
- Developing and evaluating clinical Programmes
- Coordination of continuing medical education.
- Management of staffs in the department.
- Management of supplies and other resources.

**December 1996 - February 1998** One year **Internship rotation** at: Kenyatta National Hospital, Mathari Mental Hospital, Kiambu District Hospital, Karuri Rural Demonstration Health Centre, Teaching Practice at Armed Forces Memorial School.

**PUBLICATIONS IN PEER REVIEWED JOURNALS**

1. **Mwaura, J.**, Ngugi E., Nguti D; Male Spouse- Perpetrated psychological and sexual abuse among Pregnant Women in Nairobi, Kenya. ( *International Journal of Medicine and Medical Sciences (IJMMS)*, November 2014)

2. Rutto R., **Mwaura J.**, Chepchirchir A., Odero T.; Nurses' Knowledge, Attitudes and Practices on the initial Management of Acute Poisoning among adults casualties: a study at Kenyatta National Hospital, Kenya. ( *Open Journal of Nursing* 2012, 2, 149-156).

3. **Mwaura, J. et al**; Psychosocial and Cultural Challenges of Persons Living with HIV/AIDS in Nairobi, Kenya. ( *Kenya Nursing Journal* volume 41 no.2, December 2011).

4. Teckla, N., Omoni, G., **Mwaura, J.**, Omuga, B.; Evaluation of Evidence -Based Episiotomy Practice by Midwives at Pumwani Maternity Hospital Labour ward, Nairobi Kenya. (*African Journal of Midwifery and Women's Health*, April- June 2010)
5. Michire, N., Ongany, A. A., **Mwaura, J**; Knowledge, Attitudes and Practice of Restraint and Seclusion of Aggressive Psychiatric Inpatients as a Method of Nursing. (*Kenya Nursing Journal*, volume 39 no. 2, December 2010 ). 5
6. Mageto, G. I., Musandu, J. O., Chege, M. N., **Mwaura, J**; Factors Influence Ethical Decision Making among Psychiatric Nurses. (*Kenya Nursing Journal*, volume 39 no. 2, December 2010).
7. **Mwaura, J. et al**; Male-Parent alcoholism Girl-Child abuse in Kenya. (*Kenya Nursing Journal*, volume 38, no. 2, December 2009).
8. **Mwaura, J. et al**; Alcoholism and intimate partner violence in Kenya. (*African Journal of Midwifery and Women's Health*, October-December 2008, Vol 2, No.4).
9. Mawia, A., **Mwaura, J et al**; Experiences, Knowledge and Perceptions of Women on Gender Based Violence; A case study of Komu Sub-location, Thika Municipality, Kenya. (*Kenya Nursing Journal* volume 37, June 2008).
10. **Mwaura, J. et al**; Gender based violence; A legitimate health concern. (*Kenya Nursing Journal* volume 35, June 2007).
11. **Mwaura, J**; Relationship between Psychoactive Substance use and High-risk Sexual Practices of Persons Living with HIV/AIDS in Nairobi, Kenya. (*Kenya Nursing Journal* volume 33, December 2005).

## **SUPERVISION OF POSTGRADUATE THESES/ DISSERTATIONS**

### **(A) SUPERVISION OF DOCTOR OF PHILOSOPHY THESIS**

1. **Mutunga, C. S. M**; A Nursing Intervention Model for the Care of Psychoactive Substance Dependent Patients in Nairobi, Kenya. A thesis for the degree of doctor of philosophy in Mental Health and Psychiatric Nursing of the University of Nairobi, Kenya. (Completed 2012).

### **(B) SUPERVISION OF MASTERS DISSERTATIONS**

1. **Omondi, L. A**; Relationship between perioperative education and perioperative anxiety in surgical patients at Kenyatta National Hospital, Kenya. A dissertation for the degree of Master of Science in Nursing of the University of Nairobi. (Completed 2007).

2. **Wafubwa, R. M;** Factors affecting documentation of intraoperative nursing care at Kenyatta National Hospital main theatre. A dissertation for the degree of Master of Science in Nursing of the University of Nairobi. (Completed 2008).
3. **Mageto, I. G;** Ethical barriers to decision making among Nurses at Mathari Hospital in Kenya. A dissertation for the degree of Master of Science in Nursing of the University of Nairobi. (Completed 2009).
4. **Kemboi, T;** Evidence based practices of episiotomy among clinicians at the Obstetric Unit in Kenyatta National Hospital, Kenya. A dissertation for the Master of Science degree in Nursing of the University of Nairobi. (Completed 2009).
5. **Michire, N. W;** Knowledge, Attitudes and Practices of restraint and seclusion of aggressive psychiatric patients by nurses in Mathari Hospital, Kenya. A dissertation for the Master of Science degree in Nursing of the University of Nairobi. (Completed 2009).
6. **Kipsoiso, D;** Factors contributing to development of Multiple Drug Resistant Tuberculosis in Kenyatta National and Mbagathi District Hospitals in Kenya. A dissertation for the degree of Master of Science in Nursing of the University of Nairobi. (Completed 2010).
7. **Gathaiya, N;** Factors associated with relapse of Schizophrenia in Mathari Hospital, Nairobi, Kenya. A dissertation for the degree of Master of Science in Nursing of the University of Nairobi (Completed 2010).
8. **Ndambuki, R;** Level of satisfaction and perception of dialysis patients on the quality of Nursing services at Kenyatta National Hospital, Kenya. A dissertation for the degree of Master of Science in Nursing of the University of Nairobi (Completed 2011).
9. **Rutto K. J;** Nurse's knowledge, attitudes and practice on the initial management of acute poisoning among adult casualties: study at accident and Emergency department, Kenyatta National Hospital, Kenya. A dissertation for the degree of Master of Science in Nursing of the University of Nairobi (Completed 2011).
10. **Kwalimwa A. J;** Barriers to access of quality renal replacement therapy in end stage renal disease patients at Kenyatta National Hospital, Kenya. A dissertation for the degree of Master of Science in Nursing of the University of Nairobi (Completed 2012).

11. **Ngalonde N. M;** Factors associated with falls among in-patients in medical and surgical wards at Kenyatta National Hospital, Kenya. A dissertation for the degree of Master of Science in Nursing of the University of Nairobi (Completed 2012).
12. **Ndegwa N. A;** Lived clinical experiences of diploma nursing students in Muranga Medical Training College, Kenya. A dissertation for the degree of Master of Science in Nursing of the Kenya Methodist University (Completed 2013).
13. **Kubende O. P;** Barriers to effective communication between student nurses and older patients at Chogoria Hospital, Kenya. A dissertation for the degree of Master of Science in Nursing of the Kenya Methodist University (Completed 2013).
14. **Gitonga G. P;** Adaptation, self sufficiency and sustainability of instructional roles in diploma nursing education in Meru, Kenya. A dissertation for the degree of Master of Science in Nursing of the Kenya Methodist University (Completed 2013).
15. **Kiio S. K;** Challenges faced by caretakers of HIV infected children attending paediatric patient support centre at Kisii level Five Hospital, Kenya. A dissertation for Master of Science degree of the University of Nairobi (Completed 2013).
16. **Bor T. K;** Uptake of cervical cancer screening services among women aged 21 to 65 years in Uasin-Gishu District Hospital, Kenya. A dissertation for Master of Science degree of the University of Nairobi (Completed 2013).
17. **Kiplangat M;** Pain management during wound care of patients with moderate to severe burn injuries in Kenyatta National Hospital, Kenya. A dissertation for Master of Science degree of the University of Nairobi (Completed 2013).
18. **Njuguna M. W;** Barriers to appropriate home management of acute gastroenteritis by care givers of children under five years attending Mbagathi District Hospital. A dissertation for Master of Science degree of the University of Nairobi (Completed 2014).
19. **Nyaberi Z.;** The correlates of undiagnosed depression among patients attending diabetes outpatient clinic at Moi Teaching and Referral Hospital. A dissertation for Master of Science degree of the University of Nairobi (Completed 2014).
20. **Asenahabi E.;** Assessment of treatment compliance among adult patients with type two diabetes mellitus at Kenyatta National Hospital. A dissertation for Master of Science degree of the University of Nairobi (Completed 2014).

21. **Koech J. J.;** Evaluation of factors contributing to medication errors among nurses working at Mabagathi District Hospital. A dissertation for the degree of Master of Science in Nursing of the Kenya Methodist University (Completed 2015).
  
22. **Burje S. M.;** Evaluation of the effectiveness of nursing process training in improving the quality of nursing care at Machakos Level Five Hospital. A dissertation for the degree of Master of Science in Nursing of the Kenya Methodist University (Completed 2015).

### **RESEARCH AND SCIENTIFIC PAPERS PRESENTED**

1. Teckla, N., Omoni, G., **Mwaura, J.**, Omuga, B.; Evaluation of Evidence Based Episiotomy Practice by Midwives at Pumwani Maternity Hospital Labour ward, Nairobi Kenya. (Presented at the 7th Biannual Scientific Conference of the Africa Midwives Research Network, in Dar-Es- Salaam on 31st November – 5th December 2009).
2. **Mwaura, J;** Relationship between Alcoholism and Family Associated Gender Based Violence and Child Abuse in Kenya. A thesis for the degree of doctor of philosophy in Clinical Psychology of the Bircham International University, Madrid, Spain (April 2008).
3. **Mwaura, J;** Psychosocial and Sexual Practices, Attitudes and Challenges of Persons Living with HIV/AIDS in Nairobi, Kenya. A dissertation in part fulfillment for the award of the degree of Master of Science in Clinical Psychology of the University of Nairobi (November 2004).
4. **Mwaura, J;** HIV/AIDS, Where is the Future? (Presented at the National Nurses Association of Kenya, Midwives Chapter Scientific Conference in July 2004).
5. **Mwaura, J;** Research Proposal on Breastfeeding and Weaning Practices of Nurses Working in Pediatric and Obstetric areas in Kenyatta National Hospital (Presented in October 1996 at the Department of Nursing Sciences, University of Nairobi).
6. **Mwaura, J;** Survey on staff motivation in Kenyatta National Hospital (presented at the Department of Nursing Sciences, University of Nairobi in 1995).

### **ACADEMIC TRAINING MODULES AUTHORED**

1. **Mwaura. J;** Mental Health and Psychiatry. E- learning module for upgrading certificate nurses to diploma. AMREF.
2. **Mwaura. J;** HIV/AIDS Module. E- learning module for upgrading certificate nurses to diploma. AMREF



## **ONGOING RESEARCH**

1. Psychological experiences and challenges of Kenyan adults with End Stage Renal Disease undergoing haemodialysis at Kenyatta National Hospital, Kenya.
2. Knowledge, attitudes and practices related to HIV and infant feeding among nurses working in maternal and child health facilities in Nairobi, Kenya.

## **ACADEMIC PROGRAMMES DEVELOPED/REVIEWED AND IMPLEMENTED**

**2000- 2007;** Review of Bachelor of Science in Nursing syllabus. Approved by University of Nairobi Senate, and was implemented in 2008.

**2000- 2004;** Developed syllabus for Master of Science in Nursing. Approved by University of Nairobi Senate in 2004, and was implemented in 2005.

## **CONTINUING EDUCATION, WORKSHOPS, SEMINARS AND SCIENTIFIC CONFERENCES ATTENDED**

**1997;** HIV/AIDS/STD management workshop, held in Kiambu. Sponsored by Ministry of Health.

**1998;** STD/HIV/AIDS counseling and community based care. Held in Embu, sponsored by Ministry of Health.

**2003;** Research Challenges in HIV/AIDS. Held in Nairobi, sponsored by Ministry of Health.

**2004;** Cognitive- Behavioural Therapy in modern psychiatric practice. Held in Nairobi, sponsored by Embassy of Belgium.

**2006;** Integrating Gender Based Violence Content in Training Curricula for Nurses. Held in Nairobi, sponsored by ECSA

**2009;** Training in pedagogy, by the University of Nairobi.

**2010;** Training in Leadership and Management, by Management Science for Health

## **EXTRA DUTIES PERFORMED**

### **UNIVERSITY OF NAIROBI**

**2008- 2015;** Member of the University of Nairobi Senate

### **COLLEGE OF HEALTH SCIENCES**

**2008- 2015;** Member of College Academic Board

**2004;** Member of College Academic Board Select Committee on Evaluation of Bachelor of Science in Nursing degree programme of the University of Nairobi.

**2008**; Member of College Strategic Plan 2008-2013 Development Committee.

**2008**; Appointed member of College Academic Board Select Committee on Employee Satisfaction.

**2009**; Re-appointed member of College Academic Board Select Committee on Employee Satisfaction.

**2010**; Re-appointed member of College Academic Board Select Committee on Employee Satisfaction.

**2010**; Appointed member of College Academic Board Select Committee on Integrity and Corruption Eradication.

**2010**; Appointed member of College Academic Board Select Committee on Customer Satisfaction

**2013**; Re-appointed member of College Academic Board Select Committee on customer Satisfaction.

### **PROFESSIONAL MEMBERSHIPS**

1. Clinical Psychologist
2. Member of University of Nairobi Alumni

### **SUBJECTS/ COURSES TEACHING EXPERIENCE AT UNIVERSITY LEVEL**

The following are subjects that I have taught at university level;

1. Psychology
2. Biostatistics
3. Research methods
4. Measurement methods in psychology (psychometrics)
5. Childhood psychological disorders
6. Adolescent psychological disorders
7. Adult psychological disorders
8. Psychotherapy
9. Psycho-trauma
10. Substance use/ abuse
11. Psychopathological aspects of chronic and terminal illness
12. Forensic and ethical aspects of psychiatry
13. Medical and Surgical disorders
13. Mental health and psychiatry

14. Ethical and legal dimensions in health care

15. HIV/ AIDS and STDs

### **HOBBIES**

Chess, Classical music, Swimming, Sharing ideas, Reading especially current affairs,  
Football.

### **REFEREES:**

1. Dr. Margaret Muiva

Senior Lecturer

College of Health Sciences

University of Nairobi

P.O.BOX19676 NAIROBI

**Tel.** 711250(Office)

2. Prof. Anna K. Karani

College of Health Sciences

UniversityofNairobi

P.O.BOX19676 **Tel.** 711250(Office)

**Updated September 2015**