

CURRICULUM VITAE

DR. MUCHAI MURIITHI GACHAGO

GENERAL INFORMATION

Name: Dr. Muchai M. Gachago
MBChB, MMed.(Ophthal), ICO, FEACO, FVRS
Consultant Ophthalmologist & Vitreoretinal Surgeon

Sex: Male

Email: muchaigachago@gmail.com

EDUCATION

L.V. Prasad Eye Institute, India

Long-term Fellowship in Vitreo-retinal Surgery
Aug 2015 – October 2016

Ludwig-Maximilians University, Germany

ICO Fellowship in Vitreo-retinal Surgery
September 2013 – December 2013

L.V. Prasad Eye Institute, India

Fellowship in Phacoemulsification
July 2013 – August 2013

University Of Nairobi

Master of Medicine in Ophthalmology (M.Med. Ophthal)
September 2008 – August 2011

International Council of Ophthalmologists (ICO)

Clinical Sciences Course
April 2011

International Council of Ophthalmologists (ICO)

Full Basic Sciences Course Including Optics and Refraction
April 2010

University of Nairobi

Bachelor of Medicine and Bachelor of Surgery (M.B.Ch.B.)
October 2000 - November 2005

Strathmore College

Higher Diploma
Institute for the Management of Information Systems (I.M.I.S.)
January 2000 - June 2000

Strathmore College

Diploma
Institute for the Management of Information Systems (I.M.I.S.)
January 1999 - December 1999

Strathmore School

Kenya Certificate of Secondary Education (KCSE)
1995 - 1998.

CONFERENCE AND CME PRESENTATIONS.

Halting Microvascular Disease in Diabetes

Panelist

3rd Annual Diabetes Symposium

Radisson Blu Hotel, Nairobi

17th June 2017

TB Uveitis: Diagnosis and Management

COECSA Mt. Kenya Regional CME

White Rhino Hotel, Nyeri

19th-20th May 2017

New Trends in Secondary Lens Implantation

COECSA CME

Panafric Hotel, Nairobi

9th Feb 2017

Refractory AMD- does switching between Anti-VEGF Agents Help in Recalcitrant Cases.

East Africa Retina Summit

Simba Lodge, Naivasha, Kenya

10th – 12th March 2017

Chlorthalidone Ocular Toxicity; Case Presentation and Literature Review

Hyderabad Retina Society

Hyderabad, India

27th June 2016

Ocular Manifestations Of Diabetes Mellitus

KNH/UON 3rd International Scientific Conference

Diabetes Symposium

Kenyatta National Hospital

10th – 12th June 2015

Crosslinking In Keratoconus; Sharing Our Kenyan Experience

Tenwek Mission Hospital Annual Scientific Symposium

Bomet, Kenya

15th May 2015

Advances In Keratoconus Management: Corneal Collagen Crosslinking In Keratoconus.

College of Ophthalmologists of Eastern, Central and Southern Africa (COECSA)

CPD Program

Panafric Hotel, Nairobi, Kenya.

7th May 2015

Knowledge, Attitudes And Practices Of Glaucoma Patients Attending Clinic At Kenyatta National Hospital

Ophthalmological Society of Eastern Africa (OSEA), 40th Annual Scientific Conference. Addis Ababa, Ethiopia.

13th-14th October 2011.

CONFERENCES ATTENDED.

East Africa Retina Summit

Simba Lodge

Naivasha, Kenya

10th – 12th March 2017

Crossfire: Controversies In Retinal Imaging

L.V. Prasad Eye Institute

Hyderabad, India

21st August 2016

7th International Symposium On Diabetic Retinopathy

L.V. Prasad Eye Institute

Hyderabad, India

20th August 2016

Tenwek Mission Hospital Annual Scientific Symposium

Bomet, Kenya

15th May 2015

College of Ophthalmologists of Eastern, Central and Southern Africa (COECSA) 2nd Annual Scientific Conference

Livingstone, Zambia

21st – 22nd November 2014

College of Ophthalmologists of Eastern, Central and Southern Africa (COECSA) Rift Valley Regional Conference

Tenwek, Kenya

27th June 2014

College of Ophthalmologists of Eastern, Central and Southern Africa (COECSA) Western Kenya Regional Two Day Conference

Kisii, Kenya

14th – 15th June 2013

Training on Clinical Examinations Co-ordination

Royal College of Ophthalmologists of UK

Brighton, UK.

21st – 25th April 2013

Professional Course on Research and Grant Proposal Writing

University of Nairobi

Nairobi, Kenya.

15 – 19th April 2013

Ophthalmology Society of Eastern Africa (OSEA) Annual Scientific Conference.

Kampala, Uganda

23rd - 24th August 2012.

Rapid Assessment of Avoidable Blindness (RAAB) Survey Methodology Training.

Kwale District Eye Center.

Kwale, Kenya.

23rd -26th October 2011.

Ophthalmological Society of Eastern Africa (OSEA) Annual Scientific Conference.

Addis Ababa, Ethiopia.

13th-14th October 2011.

Afro-German Eye NeT (AGENT) Summer School.

Nairobi, Kenya.

10 day summer school and workshop.

17th – 28th November 2008.

36th Kenya Medical Association Annual Scientific Conference.

Mombasa, Kenya.

30th July- 2nd August 2008.

Training for management of HIV organized by HIV Education.

Three day workshop and online computer-based training course.

Thika, Kenya.

19th December 2007 and 11th-12th July 2008.

Tuberculosis and HIV Collaborative Management.

Thika, Kenya.

Five day training and workshop.

25th - 29th June 2007

WORK EXPERIENCE

Lecturer

Ocular Anatomy, Clinical Ophthalmology,
Medical Retina and Vitreoretinal Surgery.
October 2013 – Present
Department of Ophthalmology
University of Nairobi
Nairobi, Kenya

Consultant Ophthalmologist

Upperville Eye and Laser Centre (UHEAL)
November 2016 – Current
Nairobi, Kenya

Consultant Ophthalmologist

City Eye Hospital (CEH)
November 2016 – Current
Nairobi, Kenya

Consultant Ophthalmologist

Eagle Eye Laser and Diagnostic Centre
September 2012 – August 2015
Nairobi, Kenya

Tutorial Fellow

Ocular Physiology and Biochemistry, Clinical Ophthalmology,
Medical Retina.
September 2012 – September 2013
Department of Ophthalmology
University of Nairobi
Nairobi, Kenya

Part-Time Lecturer

Ocular Physiology and Optics
March 2012 - August 2012
Masinde Muliro University of Science and Technology
Department of Optometry
Kakamega, Kenya

Resident Ophthalmologist

September 2011 – August 2012
Kakamega Provincial and General Hospital
Western Province, Kenya.

Senior House Officer (Ophthalmology)

October 2008 – August 2011.
University of Nairobi / Kenyatta National Hospital
Nairobi, Kenya

Medical Officer

January 2007 - September 2008
Mary Help of the Sick Mission Hospital
Thika, Kenya

Medical Officer (Intern)

January 2006-December 2006
Nyeri Provincial and General Hospital
Nyeri, Kenya

ADMITTING HOSPITALS

Karen Hospital

Karen, Nairobi

Upperhill Medical Centre (UHMC)

Upperhill, Nairobi

Nairobi South Hospital

South C, Nairobi

Melchizedek Hospital

Naivasha Road, Nairobi

PROFESSIONAL MEMBERSHIPS

Vitreoretinal Society of Kenya (**V.R.S.K.**)

Ophthalmological Society of Kenya (**O.S.K.**)

Fellow of the College of Ophthalmology of East, Central and Southern Africa
(**FEACO**)

International Council of Ophthalmologists (**I.C.O.**)

Registered with the Kenya Medical Practitioners and Dentists Board (**K.M.P.D.B.**).

Associate Member of the Institute for the Management of Information Systems
(**A.I.M.I.S.**)

AWARDS RECEIVED

Queen Elizabeth Diamond Jubilee Fund (QEDJF) Scholarship
Long-term Fellowship in vitreoretinal surgery (Hyderabad, India)
August 2015

International Council of Ophthalmology (ICO)/ Fred Hollows Foundation Scholarship
Short-term Fellowship in vitreoretinal surgery (Munich, Germany)
October 2013

COECSA Travel Grant
Fellowship in Phacoemulsification (Orissa, India)
August 2013

Christoffel Blinden Mission (CBM) Scholarship
Master of Medicine in Ophthalmology
August 2008

IMIS Gold Medal
Microcomputers and Networked Systems (M.C.N.S.)
June 2000

IMIS Gold Medal
Networking.
December 1999

Member of the Kenya National Swimming Team
1995-2000

Strathmore School Pennant
1997

Swimmer of the year Nairobi
1993

RESEARCH AND PUBLICATIONS.

Braimah IZ, et al. on behalf of '**Ziv-aflibercept study group.**' Intravitreal ziv-aflibercept for the treatment of choroidal neovascularisation associated with conditions other than age-related macular degeneration. *Br J Ophthalmol* 2017;0:1–5.

Gachago MM. Editorial: Ophthalmology As A Leader In Innovation. *JOECSA* 2015 19(1): 1 – 3.

Li Qun He, Njambi LJ, Nyamori JM, **Gachago MM**, et al. Developing Clinical Cancer Genetics Services in Resource Limited Countries: The Case of Retinoblastoma in Kenya. *Public Health Genomics* 2014;17(4):221-7.

Gachago M.M, Marco S.A. "Glaucoma In Phakomatosis Pigmentovascularis In A Four Year Old African Girl". *JOECSA* 2013 17(1): 36 – 40.

Gachago M.M., Kariuki M.M., Marco S.A. "Knowledge Level on Glaucoma Among Patients Attending Clinic at Kenyatta National Hospital." *JOECSA* 2013 17(2): 61-65.

Gachago MM, Nyenze EM, Ilako RD, Bore M. Retrobulbar Haemorrhage Following Blunt Trauma in A Newly Diagnosed Haemophilia Patient: Case Report." *JOECSA* 2013 17(2): 77-80.

Gachago M.M., Kariuki M.M., Marco S.A. "Knowledge, Attitudes and Practices of Glaucoma Patients Attending Clinic at Kenyatta National Hospital". Masters Thesis August 2011.

ONGOING RESEARCH.

Gachago M.M, Kibata AG. Presentation of Macular Holes and Outcome of Macular Hole Surgery In Kenya At A Specialist Referral Centre in Kenya.

Kalu AI, **Gachago MM**, Njambi LO, Nyamori JM. The Quality Of Life Of Primary Caregivers Of Children With Retinoblastoma At Kenyatta National Hospital.

Abubakar UD, Kimani K, **Gachago MM**, Muhammad A. Outcome Of Age-Related Cataract Surgery At Specialist Hospital Sokoto, Nigeria In Year 2015.

Nyakagwa FO, Bore M, **Gachago MM**, Kiage D. Outcomes Of Combined Cataract And Trabeculectomy Surgery In Kenya.

Mutinda LW, Karimurio J, **Gachago MM**. Risk Factors Of Diabetic Retinopathy And Sensitivity And Specificity Of The Fundus Camera Screening In Kenyatta National Hospital.

Karimurio J, Gichuhi S, Nyamori J, **Gachago MM**, Gichangi M. Assessment of The Magnitude And Capacity of County Referral Hospitals In Kenya To Manage Diabetic Retinopathy.

Chhablani J, Ntomoka C, **Gachago MM**. Comparison of photodynamic therapy and navigated microsecond laser for Chronic Central Serous Chorioretinopathy.

Nyawira M, **Gachago MM**, et al. Clinical Practice Guidelines for Diabetic Retinopathy in Kenya: an executive summary of the recommendations.

Mwangi N, **Gachago MM**, Gichangi M, Gichuhi S, et al. Adapting Clinical Practice Guidelines for Diabetic Retinopathy in Kenya: process and outputs.

SUPERVISED THESIS

Nguyo G, **Gachago MM**, Njuguna MW, Jafferji S: Pattern Of Posterior Segment Manifestations After Ocular And Orbital Trauma In Kikuyu Eye Unit.

SURGICAL COMPETENCE.

Vitreoretinal Surgery

- Pars plana vitrectomy
- Scleral buckling
- Macular hole surgery
- Diabetic vitrectomy
- Intravitreal injections
- Retinal lasers
- Retinopathy of prematurity (ROP) screening, laser and surgery.

Cataract Surgery

- Phacoemulsification (Phaco)
- Small incision cataract surgery (SICS)
- YAG laser
- Scleral fixated lenses
- Glued intraocular lenses

Cornea and Ocular Surface Surgery

- Collagen crosslinking with Riboflavin
- Pterygium excision with conjunctival autograft
- Pterygium excision with AMG

Glaucoma

- Trabeculectomy

Ocular trauma

- Corneal repair
- Scleral repair
- Posterior segment trauma

Laser procedures

- YAG Laser
- Panretinal lasers
 - Indirect laser
 - Slit lamp laser
 - PASCAL
 - Micropulse
- Central lasers
 - Grid laser
 - Focal

LEADERSHIP AND SERVICE

Retinopathy of Prematurity (ROP) National Working Group- Kenya
Committee Member
January 2017 – Present

College of Ophthalmologists of Eastern, Central and Southern Africa (COECSA)
Council Member and Exams Lead
August 2013 – Present

Ophthalmological Society of Kenya (OSK)
Chairman
November 2012 – Present

Kakamega Provincial General Hospital
Head of Department of Ophthalmology,
September 2011 – August 2012

Kenya Medical Association (KMA) Kakamega Division
Interim Chairman
8th June 2012 - September 2012

Department of Ophthalmology, UON
Interim Chairman,
May 2010-August 2011

KMA Thika Division
Chairman: May 2008- September 2008.
Secretary: September 2007- May 2008

University of Nairobi Swim Team
Captain: 2001-2005

Strathmore School,
Captain for four (4) years: 1998

Hospital Hill Primary School Swimming Team
Captain: 1994

COMMUNITY ACTIVITIES

Member and Chairperson of St. Andrew's Church Health Professionals Group that does several free eye camps annually

AMREF Flying Doctors Service. Conducted an eye medical and surgical outreach in Lamu, Kitui and Moyale, all very remote areas of Kenya

Conducted numerous outreach surgical activities with Dreamland hospital in Kimilili, Western Kenya

Free Medical Camps:

- Madina Hospital, on 4th May 2013
- Muthuaini, Nyeri on 30th March 2013
- Waguthu, Ruaka on 9th October 2010
- Tetu, Nyeri on November 2006.

Organized a visit to Joy Children's home in Ruiru in December 2008 with Kenya Medical Association (KMA) Thika Division.

LANGUAGES

English, Swahili, Kikuyu.

EXTRACURRICULAR ACTIVITIES

Swimming, Jogging, Reading, and Traveling.

REFEREES

Dr. Githeko Kibata

Consultant Ophthalmologist and Vitreoretinal Surgeon
Upper Hill Eye and Laser Centre

Dr. Sheila Marco

Consultant Ophthalmologist and Glaucoma Specialist
University of Nairobi
Secretary, Ophthalmological Society of Kenya

Prof. Dunera Ilako

Consultant Ophthalmologist
University of Nairobi