

CURRICULUM VITAE

DATED 2ND OCTOBER 2019

Dr. Pauline Wanjiru Ngángá

MB.chB, Mmed Psychiatry, MSc Clin Psy (UON), DHCM (ACER, KIM)

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Career Objective To continuously appraise and offer top professional service rooted in highest attainable professional training.

A. BIODATA

Date of birth	26 th June 1978
Gender	Female
Nationality	Kenyan
Marital Status	Married
Interests	Reading, writing and research

B. ACADEMIC QUALIFICATIONS:

- 2014 Master of Medicine in Psychiatry, University of Nairobi (Kenya)
- 2011 Master of Science in Clinical Psychology, University of Nairobi (Kenya).
- 2007 Diploma in Health Care Management, Kenya Institute of Management (KIM) (ACER) (Kenya)
- 2003 Bachelor of Medicine & Surgery (MB.ChB) University of Nairobi (Kenya).
- 1998 Kenya Certificate of Secondary Education (KCSE)

C. WORK AND PROFESSIONAL EXPERIENCE

2015- To date	Assistant Lecturer Department of psychiatry, University of Nairobi
Jan 2015 – Nov 2015	Part time Lecturer

	Kenya Medical Training Centre (KMTC), Mathari Campus
Oct 2009 – Sept 2014	Registrar in Psychiatry, Mathari National, Teaching and Referral Hospital
Jan 2006 – Oct 2009	Medical Officer, Pumwani Maternity Hospital.
April 2005- Jan 2006	Medical Officer, Ol-kalau District Hospital
Nov 2003 – Apr 2005	Medical Officer Intern, Kenyatta National Hospital (KNH)

D. DUTIES AND RESPONSIBILITIES

DECEMBER 2015 - TO DATE: AS AN ASSISTANT LECTURER

Responsible for providing an effective and efficient psychology and psychiatry service to both the Kenyatta National (KNH) and Mathari National Teaching and Referral Hospital. Instruction of undergraduate and postgraduate Students at School of Medicine, College of Health Sciences University of Nairobi and training of in-service healthcare providers. Conduct research and sit on various institution and national technical working groups.

Duties and responsibilities include:

- Train and mentor future cadres of healthcare providers (doctors, pharmacists, nurses, dentists) and masters' students both in psychiatry and psychology.
- Conduct research, participate in grant writing and scientific publications
- Participate as a representative of the UON on various expert and stakeholder communities both local (including MOH) and International.
- Attend and present at both local and internal scientific fora.
- Conduct capacity building activities at all levels health facilities countrywide.
- Supervise, unit staff (junior consultants, medical officers, nurses, ancillary support staff)
- Coordinating undergraduate programmes and participating in setting examinations of Level 4 and 6 classes with supervision from my seniors.

SEPTEMBER 2014 - TO DATE: MENTAL HEALTH CONSULTANT

- Offering specialist mental health services at the Kenyatta National Hospital and Mathari National Teaching and Referral Hospital under University of Nairobi.
- As a private practitioner, manage a variety of mental health disorders in various private medical facilities.
- Mental Health Consultancy on voluntary basis- Kenya Hemophilia Association (KHA)

NOVEMBER 2009 - SEPTEMBER 2014: AS A REGISTRAR IN PSYCHIATRY

1. Attending lectures and participating in psychiatry and psychology classes in the University of Nairobi.
2. Managing in and out patients at Mathari National Teaching and Referral Hospital.
3. Carrying out weekly ward rounds in Mathari National Teaching and Referral Hospital. This entailed assessing patients, managing psychiatric disorders and evaluating patient response to treatment.
4. Carrying out case presentations in academic forums for discussion.
5. Participating in continuous medical education programs.
6. Carrying out mental assessment tests on patients
7. Conducting minor physical treatments i.e. electroconvulsive therapy (ECT)
8. Duties and calls at Kenyatta National Hospital i.e. Liaison psychiatry
9. Participating in Community Outreach Clinics as part of the program.

2005 - OCTOBER 2009 AS A MEDICAL OFFICER

1. Carrying out basic hospital ward rounds
2. Running of outpatient clinics within the hospital.
3. Conducting major and minor surgical procedures in the hospital
4. Supervising medical officer and clinical officer interns
5. Carrying out post mortems and writing reports.

2004 AS A MEDICAL OFFICER INTERN

1. Carrying out basic hospital ward rounds
2. Running of outpatient clinics within the hospital.
3. Conducting major and minor surgical procedures under supervision in the hospital

E. RESEARCH PROJECTS COMPLETED:

1. Prevalence of Anxiety and Depression in adult HIV/AIDS patients attending Comprehensive Care Clinic at Kenyatta National Hospital (KNH) (2011).
2. Prevalence of Psychiatric morbidity in adult patients attending Comprehensive Care Centre at a City Council Clinic in Nairobi, Kenya (2014).

F. PUBLICATIONS:

1. Undetected Psychiatry morbidity among HIV/AIDS patients attending Comprehensive Care Clinic (CCC) in Nairobi Kenya: towards an integrated mental health care. *Ann Gen Psychiatry* (2018) 17:11.
<https://doi.org/10.1186/s12991-018-0179-1>
2. Psychosocial outcomes among children following defilement and the Caregivers responses to the children's trauma: a qualitative study from Nairobi suburbs, Kenya. *AJTS* 2016 (5(1): 29-32
3. Prevalence and correlates of depression and anxiety disorders among patients on treatment for HIV/AIDS in Mwanza-Tanzania. *HIV depression and anxiety disorders Tanzania Journal of Health Sciences*, 2018; Vol. 2(1)
4. A Comparative Study of Postpartum Anxiety and Depression in Mothers with Pre-Term Births in Kenya. *Journal of Affective Disorders: JADR-D-20-00107*

G. STUDENTS DISSERTATION AND THESIS SUPERVISED

MMED PSYCHIATRY AND MSC CLINICAL PSYCHOLOGY STUDENTS

1. Dr Matiko Mwitwa 2017. Prevalence of Depression, Anxiety disorders and Substance use disorders among patients on treatment for HIV/AIDS in Tanzania. 2017

2. Joyce Mutua 2017. Comorbid Postpartum Anxiety and Depression and associated factors in mothers with pre-term births: A descriptive comparative study from Nairobi. 2017
3. Francis Otieno 2017. Ante-partum Depression and Intimate Partner Violence Experience among Women in a Low-Income Urban Settlement in Nairobi, Kenya.

UNDERGRADUATE MEDICAL STUDENTS

1. Esther Waceke Munyua 2017. Factors affecting the perception of mental illness among German psychiatric patients (Kenya- German student exchange programme)
2. Beatrice Njeri Mwangi 2017. A Survey on The Perception of Psychiatric Symptoms among Psychiatric patients in a German Public Hospital. (Kenya- German student exchange programme)
3. Lara Lechner 2017. Explanatory models of Kenyan patients with psychotic symptoms (German- Kenya student exchange programme)
4. Svenja Schwichtenberg 2017. Psychiatric diseases and how they are perceived in different cultures: A qualitative study about the explanatory models of patients with depression in Kenya and Germany. (German- Kenya student exchange programme)

H. TRAININGS AND WORKSHOPS:

1. 3 day training on Pedagogy, Andragogy and Mentorship, UON (May 2019)
2. 2-day training on Qualitative and Mixed- Methods Research, Nairobi (Feb 2019)
3. 3-day training on Adolescent Development, Nairobi (Jan 2019)
4. World Federation of Hemophilia Regional Workshop on Advocacy and Strategic Planning for African Anglophone countries in Nairobi, Kenya on September 24-25 2018.
5. Psychiatry Master class, Pantang Hospital, Accra Ghana (2018)
6. PAM-D Scientific Training Workshop, Cape Town SA (2016)

7. 5th DSM-5 Seminar (Its Use and relevance) Daystar University (2016) Medical Legal Issues in Health Symposium, KNH (2016)
8. Training on Trauma Focused Cognitive Behavior Therapy (TF-CBT), IJM (2016)
9. Grant Proposal Writing, UON (2016)
10. Hemophilia Speakers Training (Kenya Hemophilia Association(KHA) (2016)
11. Training on Mental Health Research, KPA (2016)
12. Health Workers Training in Management of Hemophilia (2015)
13. Training on Drug Dependence Treatment and Care. United Nations Office on Drugs and Crime (UNODC & NASCOP (2011)
14. Integrated Disease Surveillance and Response (IDSR) and Pandemic Influenza Sensitization Workshop (World Health Organization) (2010)
15. Injection Safety in the context of Infection prevention and Control Health Workers Training. (JSI Research and Training Institute) (2010)
16. Child Therapy, Amani Counselling & Training Institute, Nairobi. (2009)
17. Cognitive Behavior Therapy, Kenyatta National Hospital, Nairobi. (2008).
18. Suicide, Depression, Distress, Trauma, Listening skills, Volunteerism (Samaritans Kenya/Africa Mental Health Foundation) (2008)
19. Quality Management for Health Care Professionals, (NHIF) (2006)
20. The comprehensive HIV Management Course (NASCOP) (2006)
21. Prevention of Mother to Child Transmission of HIV/AIDS (NASCOP) (2005)

I. CONFERENCES AND SYMPOSIUMS:

1. Optimizing Psycho social well-being among health care providers, KNH April (2019)
2. Mentorship for Psychologists Symposium, CLMC, Nairobi (February 2019)
3. Joint Uganda Psychiatric Association (UPA) and African College of Neuropsychopharmacology Scientific Conference (AfCNP), Kampala Uganda (2017)
4. KPA-AAPAP Conference, Mombasa (2017)
5. World Psychiatric Association (WPA) conference, Cape Town SA (2016)
6. Symposium on Physician Heal Thyself, KPA (2016)

7. Symposium on Responding to National Alcoholic Crisis, KNH (2015)
8. Update on Psychopharmacology (2015)
9. African Association of Psychiatrists and Allied professionals (AAPAP)/Kenya Psychiatric Association (KPA) annual scientific conference. Theme: Mental Health in Africa- Emerging Challenges KPA/PETER C. ALDERMAN FOUNDATION (2011)
10. 4th regional conference/training. Theme; 'Towards Mental Health policy and practices on Psychotrauma,' Africa solutions to Africa problems. KPA (2011)

J. FACILITATION AT TRAINING WORKSHOPS

Impact of COVID-19 on Mental Health, Virtual Seminar (Oct 2020)

Mental Health Talks on Depression, Substance abuse etc. at Karen P.C.E.A church (2019) and Karen Country Club (2019)

I have participated in several health worker training workshops in Nairobi, Murang'a, Narok, Mombasa, Meru and Eldoret under Kenya Haemophilia Association (KHA)

I was also the key facilitator at a symposium on Mentorship for psychologists in collaboration with Chiromo Lane Medical Centre. (Jan 2019)

K. SOCIAL APPOINTMENTS

1. Member Health Committee PCEA Karen Church.

L. GRANTS

1. 2018 World Federation of Hemophilia (WFH) Development grant. (Co-Investigator)
2. 2019 Musculoskeletal outcomes in Hemophilia patients on factor concentrate treatment attending clinical care at KNH in 2019. Funding agency; World Federation of Hemophilia (WFH) (Co- Investigator)

M. MEMBERSHIP IN PROFESSIONAL BODIES:

1. Kenya Medical Association (KMA)
2. Kenya Psychiatry Association (KPA)
3. Kenya Hemophilia Association (KHA)
4. Clinical Psychologists Association of Kenya (CPAK)
5. Kenya Counsellors Association

REFEREES:

1. Prof Anne A. Obondo,
Chairman, dept. of Psychiatry,
University of Nairobi (UON)
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2. Dr. Pius Kigamwa,
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3. Dr. Rachel Kang'ethe,
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4. Col (rtd) Dr. R.K.W Mumanya (MBS),
Consultant Oral & Maxillofacial Surgeon,
Dental Health Practitioners,
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