

SARAH CHERERE OBARA, MSc. (AHN)

P.O BOX 511-00202 KNH, Nairobi, TEL: 0710535353

Email: scherere2013@gmail.com/sarah.obare@uonbi.ac.ke

Key Qualifications

- A nutritionist in clinical nutrition and dietetics and HIV community and institutional programming with 13 years experience.
- A Trainer of trainers (T.O.T).

- Hands-on experience in HIV FBP program management, clinical dietetics expertise, HIV/AIDS OVC nutrition support, gender in health and development, teaching/training, and CHW,HCW capacity building

- Lecturing and facilitation

- Citizenship- Kenyan
- Languages-English (Fluent), Swahili (Fluent), Kisii (fluent)

Work History:

ONGOING: Ph.D. in Applied Human Nutrition

2015-2020: Clinical Nutrition Preceptor University of Nairobi/Tutorial Fellow

2012-2013: USAID funded Nutrition HIV Programme- Eastern and Central Province

1999-2011: Clinical Nutritionist Kenyatta National Hospital-Kenya

Teaching/Training Experience; Lecturer (Part-time):

May 2011-Nov 2011: Kenya polytechnic college- Department of Food Nutrition and Dietetics. Teaching the following Subjects

- Nutrition in Emergency and disease
- Nutritional Assessment of Individuals and Communities
- Principles of nutritional problem diagnosis
- Management of Childhood Malnutrition (CMAM/SAM Food & Nutrition Programs
- Nutrition in the life span
- Nutrition and diet therapy
- Kenyatta National Hospital Staff Development Centre

- T.O.T Clinical Dietetics (Feb 2010 -2012)

HIV FBP NUTRITION EXPERIENCE (Working with MOH/CBO/FBO/KNH) MARCH 2012-JUNE 2013

- Participated in the Nutritional revision of CMAM/IMAM/SAM —Kenya guidelines
- Participated in the Implementation of IMAM/SAM and CHW assessment tools and guidelines/facilitator of CHW and HCW
- Participated in the IMAM/SAM national training as a trainer as an initiator/facilitator
- Participated in IMAM/SAM FBP management in the community
- Participated in introducing new tools of LMIS

RESEARCH EXPERIENCE

Jan 2008- Dec 2009: Conducted research in Kisii district on **HIV** infant feeding alternatives available for children born to HIV positive mothers.

Sept 2012-june 2013: conducted informal survey in all level 4 and level 5 hospitals in Kenya on the nutritional adequacy of hospital diets

CLINICAL EXPERIENCE

**JULY 2001- JULY 2003: K.N.H (MEDICAL DIVISION/
SPECIALISED UNITS)**

AUG 2003-AUG 2005:KNH (SURGERY DIVISION)

SEPT2005 —JAN 2012: K.N.H (PAEDIATRIC DIVISION)

- Planning and implementing enteral and parenteral dietary regimes for the critically ill infant/child/adult
- Supervision of a team of 13 pediatric officers, and technicians
- Counseling parents /caregiver on the dietary needs of each individual infant/child/adult
- Teaching students on attachment and orientating nutrition staff and other health care givers
- Prescribing nutrition — supplements (oral, enteral and/or parenteral)
- Compiling and submitting weekly and annual reports of the therapeutic and supplementary feeding and other nutritional activities to the head of nutrition department through the divisional in-charge.
- Liaising with nutrition supplement manufacturing companies in the preparation and evaluation of their products

EDUCATION

PHD- Ongoing: Study: Assessment of the Nutrition Status of Autism spectrum Disorder children and related gastro-intestinal disorders

Master of Science in Applied human nutrition — Nairobi University, Kenya: Nutrition (Dec 2010) Study: Infant feeding options available for those born to HIV positive mothers in Kisii General hospital Kisii

Bachelors in Education (Home-Economics) 2nd Class Upper Division Honors - Kenyatta University, Dept of Foods, Nutrition and Dietetics Majors: Education, Foods, Nutrition and Dietetics; Minors: Textile and Clothing (Oct.1999)

Kenya Certificate of Secondary Education-Alliance girls high (1993)

Certificate Training programs

- Certificate in Understanding Autism- University of Kent UK
 - Certificate in gender in health and development
 - Certificate in Nutrition in Neoplasm
 - Certificate in Infant and Young Child Feeding (IYCF) Certificate in Geriatric Nutrition
 - Certificate in Severe and Acute Malnutrition (SAM)
 - Certificate in Diabetes Management
 - Certificate in Training of Trainer's (TOT)
 - Certificate in Nutritional Management of HIV/AIDS Certificate in Lactation Management
 - External Examiner Kenya Medical Training College A' Government procurement and supplies
 - Gender in health and development- KEMRI
- Publications
1. **Obara S.C**, The role of Nutrition in Cancer Management: African Journal of Food Nutrition and Development. [AJFAND] Volume 87, November 2019.

2. **Obara S.C**, Literature review of Nutrition Management of Autism spectrum Disorder in Africa, 2019. [still under review]
3. **Obara S.C, Imungi J.K, Msc Thesis:** Infant feeding options available to infants born to HIV sero-positive Mothers in Kisii District-Kenya, 2010, UON Repository
4. **Obara S.C**, Nutrition Quality of Hospital Diets in Kenya Public Hospitals, Nutrition HIV Programme-Kenya, 2013.
5. **Ombaka J and Obara S.C**, Factors influencing Relapse Rates in Children on treatment for Severe Acute Malnutrition at the Kisumu Referral Hospital-Kenya, 2015.

SKILLS

Computers:

Microsoft Office applications, Microsoft Works, SPSS, Epi Info 2000, ENA for SMART Certified Driver.

PROFESSIONAL MEMBERSHIPS

Kenya Nutritionists/Dietitian Institute -
Member

REFERENCES

Prof. J. K. Imungi
Professor of Food chemistry and Supervisor
University of Nairobi
Box 29053-00625
Nairobi
imugijk@yahoo.com
Telephone: 0721468181

Dr Dasel W Mulwa Kaindi
Lecturer of Microbiology and Nutrition
University of Nairobi
P.O. Box 29053-00625 — Nairobi
Tel. 0721691478
Mulwa.dasel@uonbi.ac.ke