

# Dr Wafula Nalwa

MBCHB, MMED Internal Medicine, University of Nairobi

**Consultant Physician, Lecturer Maseno University School of Medicine**

Po Box 3365-40100 Kisumu, Cellphone +254 731 555-212, +254 724 082 614,

Email: wafulanalwa@gmail.com

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## CURRICULUM VITAE

**Name** Wafula Zakayo Nalwa

**Gender:** Male

**Date of Birth:** 05-07-1977

**Email:** [wafulanalwa@gmail.com](mailto:wafulanalwa@gmail.com)

**Nationality:** Kenyan

**Phone:** +254731555212, 0724082614

**Highest degree** and year obtained: Master of Medicine in Internal Medicine, University of Nairobi, 2010

**Registration and licensing:** Consultant Physician in Internal Medicine

**Institution** Maseno University

**Mailing address institution** Maseno University School of Medicine Private Bag Maseno, Kenya

### Career Goal:

To be a thought and practice leader in the management, training and research of cardiac rhythm disorders, congestive cardiac failure and ischemic heart disease.

### Academic Qualifications:

**2010:** Master of Medicine-Internal Medicine: University of Nairobi, Nairobi.

**2002:** Bachelor of Medicine, Bachelor of Surgery: University of Nairobi, Nairobi.

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**1994:** Kenya Certificate of Secondary Education: Alliance High School, Kikuyu.

**1990:** Kenya Certificate of Primary Education: St Peters Mumias Primary School, Mumias.

## **Non Academic Courses attended**

**2018 March –June 2018:** Trans Thoracic Echocardiography for life, Preceptorship at University of Nairobi and The Heart Centre

**2017:** Instructional design for Medical training, Amref, Human Resources for Health, Kenya, Manzoni Lodge, Machakos, Kenya

**2016 March:** Endoscopic techniques in Gastroenterology, Nairobi Gastroenterology Clinic, Kenyatta National Hospital, Nairobi.

**2016 January –December:** Healthcare Business Management, Strathmore University, Nairobi Kenya.

**2015:** Hospital Leadership, Operations and Management, Yonsei University, South Korea

**2014:** Financial Management for non-Finance Health Managers, Kenya School of Government, Nairobi, Kenya

**2013:** Strategic Leadership Development Program at Kenya School of Government, Nairobi Kenya

**2012:** Management of Diabetes, Columbia University, College of Physicians and Surgeons Salzburg, Austria.

**2011:** European Association for the Study of Diabetes and the Africa Diabetes Study Group, Post graduate Diploma in the Management of Diabetes, Addis Ababa Ethiopia, November

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**2008:** Comprehensive Pediatric HIV Management Course, University of Nairobi AIDS CARE and Treatment Services, Nairobi.

## Publications

1. Spangler SA, Abuogi L, Akama E, Bukusi EA, Helova A, Musoke P, Nalwa W, Odeny T, Onono M, Wanga I, Turan JM. *From “Half-Dead” to Being “Free:”* Resistance to HIV Stigma, Self-Disclosure, and Support for PMTCT/HIV Care among Couples Living with HIV in Kenya. *Culture, Health & Sexuality*. Volume 20, 2018 - Issue 5
2. Anna Helova , Eliud Akama , Elizabeth Bukusi , Pamela Musoke, Wafula Nalwa , Thomas Odeny, Maricianah Onono, Janet M. Turan, Iris Wanga, and Lisa Abuogi. *Health Policy and Planning* 2016. *Health facility challenges to the provision of Option B+ in Kenya*: Health Policy Plan. 2017 Mar 1;32(2):283-291. doi: 10.1093/heapol/czw122.
3. Iris Wanga, Lisa Abuogi, Eliud Akama, Elizabeth A. Bukusi , Anna Helova, Pamela Musoke , Wafula Nalwa, Thomas Odeny, Janet M. Turan, and Maricianah Onono. *Acceptability of community-based mentor mothers among HIV-positive pregnant women and partners in the context of Option B plus in Kenya*. UCSF-Gladstone CFAR Presentations and Posters: 2015 IAS Meeting.
4. Musoke P, Gakumo CA, Abuogi LL, Akama E, Bukusi E, Helova A, Nalwa WZ, Onono M, Spangler SA, Wanga I, Turan JM. *A text messaging intervention to support Option B+ in Kenya: A qualitative study*. *Journal of the Association of Nurses in AIDS Care*. Volume 29, Issue 2, March–April 2018, Pages 287-299.
5. . Iris Wanga; Anna Helova; Lisa Abuogi; Eliud Akama; Elizabeth A Bukusi; Wafula Nalwa; Thomas A Odeny; Janet M Turan; Maricianah A Onono, *Acceptability of community-based mentor mothers to support HIV-positive pregnant women on antiretroviral treatment in western Kenya: A qualitative study*. *BMC Public Health*. 2018; 18: 57

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## Research

1. **Co-Principal Investigator;** The Global Heart Failure Registry: University of Macmaster, Canada KNH, MTRH, JOOTRH; a study of the determinants of morbidity and mortality of Heart Failure patients around the world.
2. **Investigator** Motivate study, UCSF California, KEMRI: Determinants of outcomes of Mother to Child Transmission of HIV interventions

## Professional Engagement

1. **Trainer of Trainers for the Pan Africa Society of Cardiology:** Management of Hypertension from April 2018
2. **Trainer and Coach:** Buddy doctor Mentorship Program in the Management of Diabetes Mellitus from 2014

## Conference presentations

1. **Speaker** Diagnostic criteria for Heart Failure, Heart Failure Symposium Kisumu by Kenya Cardiac Society, Kisumu March 23-24, 2018
2. Socio-demographic Characteristics of Type 2 Diabetes Patients at Nyanza PGH- Kampala Uganda June
3. Cardiovascular Risk Profile of Type “Diabetes Patients at Nyanza PGH –Kampala Uganda June 2011
4. Renal Dysfunction in Type 2 Diabetes Patients a Nyanza PGH-Kampala Uganda June 2011 (poster presentation)

## Conferences attended

1. 2016 April: Africa Stemi Live: Latest advances in Managing Ischemic Heart Disease
2. 2016 June: New Approaches in Managing Hypertension, Boma Hotel, Eldoret

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3. 2018/02/09-10: Managing Pulmonary Embolism: Evidence Based Management, Kenya\_Cardiac Society, Nakuru
4. 2018 /03/22-24, Current Evidence in Managing Heart Failure, Kenya Cardiac Society, Kisumu, Kenya
5. 2018/04/26-28 Africa Stemi Live, Kenya Cardiac Society, Pan Africa Society of Cardiology and European Society of Cardiology, Radisson Blu Hotel Nairobi

## **Employment History**

**August 2016:** Maseno University, Consultant Physician and Lecturer School of Medicine

**2014 to August 2016:** Deputy County Director of Health and Head of Clinical and Referral Services, Migori County.

**2014 to 2015:** Medical Superintendent Migori County Referral Hospital, Migori County.

**2012-2016:** Senior Assistant Director of Medical Services, Ministry of Medical Services and Consultant Physician: Migori County Referral Hospital Migori County.

**2010-2012:** Senior Assistant Director of Medical Services and Consultant Physician Jaramogi Oginga Odinga Teaching and Referral Hospital, Kisumu.

**2006-2010:** Assistant Director of Medical Services and Senior House Officer, Kenyatta National Hospital and University of Nairobi, Nairobi.

**2004-2006:** Medical Officer, Kisumu East District Hospital, Kisumu

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**2002-2003:** Medical Officer Intern, Nyanza Provincial General Hospital Kisumu

## **Other positions**

**2017:** Regional Secretary, Kenya Medical Association, Kisumu Branch

**2015:** Head of the Kenya delegation to the East African Community Secretariat Department of Health, Regional Medical and Public Health Emergency Support team to Burundi Refugee populations.

**2008 to 2010:** Trainer of Trainers in Advanced Cardiac Life Support at the Christian Medical and Dental Association Kenya

**2004-2006:** Trainer of Trainers, Comprehensive HIV/AIDS and Home Based Care for the Ministry of Health and Capacity Project Kenya, Kenya Medical Training College, Kisumu.

**2004-2006:** Trainer in Counseling and Testing in the Clinical Setting Global AIDS Program KEMRI/CDC Kisumu.

## **Leadership:**

**2017** Regional Secretary, Kenya Medical Association, Kisumu

**2017:** Member National Governing Council of the Kenya Medical Association,

**2015:** Head of the Kenya delegation to the East African Community Secretariat Department of Health, Regional Medical and Public Health Emergency Support team to Burundi Refugee populations.

**2014 to date:** Medical Superintendent Migori County and Referral Hospital, Migori

**2014 to 2016:** Deputy Director of health Migori County and Head of Clinical and Referral Services, Migori County.

**2013:** President Strategic Leadership and Development class 70, Kenya school of Government.

**2013-2018:** Member of the Governing Council of the Christian Medical and Dental Association of Kenya.

**2013 to 2015:** Parish Church Council Member, Anglican Church of Kenya, St Johns Parish Migori, Migori County. Dr. Wafula Nalwa, Consultant Physician and Lecturer, Maseno University, Kenya

**2012 to 2015:** Head of Department, Department of Medicine, Migori County Hospital.

**2012 to 2014:** Director of Internship Program, Migori County Hospital.

**2012 to 2014:** Chair Medicines and Therapeutics Committee, Migori County Hospital.

**2008 to 2013 -** Board Member Christian Medical and Dental Association of Kenya

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**2010-2012:** Director Clinical In Patient Services: Jaramogi Oginga Odinga Teaching and Referral Hospital. **2010 - 2012:** Chairman Medicines and Therapeutics Committee: Jaramogi Oginga Odinga Teaching and Referral Hospital.

**2008 -2009:** Chief Resident Department of Clinical Medicine and Therapeutics University of Nairobi

## Achievements

**2018:** Launched echocardiography service at JOOTRH

**2017:** Successfully launched integrated clinical clerkship at Kisumu County and JOOTRH hospitals for the Maseno University School of Medicine

**2015:** Set up disease control and surveillance systems to control the cholera outbreak in the Burundi refugee camps in Tanzania and Mahama Rwanda

**2015:** Automated the billing system and secure revenue collection at the Migori County Referral Hospital.

**2015:** Successfully developed a locally relevant referral system for 8 sub-counties in Migori County to ensure prompt response to emergencies and referral of complicated medical cases.

**2014:** Developed a strategic plan for the development and upgrading of the Migori County Referral Hospital to a Level 5 hospital.

**2013:** Successfully trained mentors and launched the Buddy Doctor Initiative, a clinical mentorship program for medical officers in Kampala, Uganda.

**2013:** Successfully started an internship program for medical offices and clinical officers at the Migori County Referral Hospital.

**2010-2013:** As a Mentor for the Boy child, have given talks to boys at Alliance High School, Kanga High School, St Joseph Rapogi High School, Migori Boys High School, St Pius Uriri Boys High School, Kanga Primary School, Winyo Mixed Secondary School and St John the Worker ACK church Migori.

**2010:** Successfully launched a vibrant Comprehensive Daily Outpatient Diabetes Clinic at Jaramogi Oginga Odinga Hospital and the Diabetes and Medical Outpatient Clinics at Migori County Referral Hospital.

**2010-2011:** In pursuit of health promotion and greater awareness of health issues, I have been a guest at the Kenya Broadcasting Corporation on diverse dates articulating issues regarding various medical topics including;

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- Malaria, on World Malaria Day 2011,
- Heart Disease on World Heart Day 2011,
- Diabetes, World Diabetes Day 2010, 2011
- Kidney Disease on World Kidney Day 2012.

**2011-2012:** I successfully set up the first Renal Unit and dialysis centre in a government hospital in Western Kenya at the Jaramogi Oginga Odinga Referral and Teaching hospital.

**2008-2009:** As Chief Resident in The Department of Clinical Medicine and Therapeutics, School of Medicine University of Nairobi, I was able to rally my colleagues to successfully lobby for the revision of Curricula and examination systems for Master of Medicine students at the University Of Nairobi School Of Medicine.

**2006:** Started a formal Continuous Professional Development Program at Kisumu East District Hospital.

## Hobbies

- Public Speaking
- Motivational Speaking
- Travelling

## Professional affiliations

1. Kenya Medical Association
2. Kenya Renal Association
3. Kenya Cardiac Society
4. Kenya Association of Physicians
5. Diabetes Kenya Association
6. Christian Medical and Dental Association of Kenya

## Referees

### **1. Prof Gerald Yonga**

Consultant Physician and Cardiologist



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Visiting Professor,

Department of Clinical Medicine and Therapeutics

School of Medicine

University of Nairobi

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**2. Dr Amakove E. Wala**

The Director of Programs,

Amref Health Africa Head Quarters

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Cell phone: +254 722 775 932

**3. Dr Peter Okoth**

**Dentist and Deputy CEO**

**Jaramogi Oginga Odinga Teaching and Referral Hospital Kisumu**

Email: [peter.okoth2@gmail.com](mailto:peter.okoth2@gmail.com)

Cell phone: 0722 978 968