

# CURRICULUM VITAE

## PERSONAL DATA

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**NAME** : Lucy Mwari Kithinji  
**GENDER** : Female  
**NATIONALITY** : Kenyan  
**STATUS** : Married  
**RELIGION** : Christian  
**LANGUAGE** : English, Swahili and Meru  
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## SUMMARY

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I have trained and worked as a lecturer, motivational speaker, and trainer of community health workers, facilitator, a nurse tutor and nurse practitioner for more than 10 years. As a result I have gained relevant experience and competence in lecturing, training and teaching to impart knowledge, skills and appropriate attitudes that are necessary for healthy living to various audiences. I am now looking for employment on a more permanent basis.

## MISSION

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To make the best use of accumulated knowledge and skills to improve the health and social economic status of the population in Kenya and beyond, through participation and involvement in information, communication and education for sustainable social change for health and development.

## PROFESSIONAL TRAINING

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**2009** : Admitted to study the award of PhD degree of Kenyatta University, admission Number P97/11069/2008. I am doing corrections on the first draft of the thesis.  
**2006** : Awarded Master of Public Health and Epidemiology (MPHE) Degree of Kenyatta University.  
**1999** : Awarded Bachelor of Art in Community Development (BA Com. Dev) Degree of Daystar University.  
**1982** : Awarded Kenya Registered Health Visitor (KRCHN) of the Nursing Council of Kenya.  
**1981** : Awarded Diploma in Advance Nursing (DAN) of Nairobi University.  
**1977** : Awarded diploma in Midwifery (KRM) of the Nursing Council of Kenya upon completion of studies in Mater Hospital, Nairobi.  
**1975** : Awarded Diploma in Nursing (KRN) upon completion of studies in the Aga Khan Hospital, Nairobi.

## **PROFESSIONAL EXPERIENCE**

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### **LECTURING/ TEACHING**

- 2013-To date** : Part time lecturer in the department of Environmental Health of Kenyatta University. Teaching Child and Maternal Health units.  
Supervision of Research Projects for under graduates students
- 2007- To date** : Part time lecturer in the Nursing Sciences Department of Kenyatta University.  
Units taught: Health promotion, Social work, Community Development, Research Methodologies, Public Relations in Nursing practice, Occupational Health, Gender and Health and Geriatric Nursing.
- 2001- 2009** : Motivational Speaker on continuing education for better living study skills and academic advisory board member in PREMESE Africa Community Development Institute.
- 1999-2001** : Lectured in the Living Word Church Bible School.  
Units taught: Church and Community Development.
- 1990-1995** : Chief trainer and curriculum vitae developer for Community Health Workers (CHWs) and Village Health Communities (VHCs) for the Family Health Action Network. (FHN)
- 1981-1985** : Nurse Tutor and later acting principle tutor in Clive school of nursing, Chogoria Hospital.  
Units Taught: Pediatric nursing, Midwifery, Public Health, Mental health and psychiatric nursing. Also training of community health workers (CHWs), village head communities (VHCs), traditional birth attendants (TBAs), Field Health Educators (FHEs) and facilitator. I was later promoted to the position of Coordinator of Primary Health Care (PHC).

### **WORKING EXPERIENCE**

- 2001- 2007** : Lecturing and facilitating training seminars in PREMESE Africa Community Development Institute.  
External examiner of the diploma programmes.  
Units Taught: Impact of HIV/ AIDS on Community Development, Gender and development and Research methodologies.
- 1988-2011** : Engaged in private medical practice. Main areas of activities were preventive, Maternal child health, Family planning, Counseling the chronically ill including those living with HIV/ AIDS and referral for specialized management.
- 1997- 1999** : Worked part time in Daystar University Athi River campus Health Clinic. Major duties were dispensing medicine, record keeping and occasionally counseling the chronically ill and emotionally disturbed.

- 1990- 1995** : Founder and program officer of Health Action Network (FAHN). Responsibilities included project proposal writing and fund raising, Project development, training women, youth and village leaders on health and development matters and educating sex workers on alternative methods of earning income.
- 1986-1987** : Consulted in breast feeding promotion and control of marketing breast milk substitute, curriculum development of Primary Health Care projects and training of community health workers at Breast feeding Information Group (BIG) and International Breast feeding Alliance Network (IBFAN)
- 1975-1985** : Worked in Pediatric, medical, maternity, Nursing School and community health departments in Chogoria Hospital. The areas of experience included, pediatric and medical nursing as nursing officer III, Maternity ward as nursing officer II in charge. Part time midwifery tutor, also responsible for delivery and home visiting assessment. Transferred as ordinary tutor and later acting principle tutor, in-charge of administration of the school of nursing. Other responsibilities included teaching Community Health Nursing, Mental Health and Psychiatric Nursing and research methodology (Community diagnosis) Later I worked as a coordinator of Community Based Health Care Program in the community Training and Coordinator of facilitators, CHWs, TBAs and Field Health educators. Rose to the level of senior nursing officer by the time when I resigned.

#### **OTHER RELEVANT EXPERIENCE**

- 2005- 2009** : Developed manuscripts for publication when funds will be available.
- 2002** : Participated in setting up a community based health fund for parents and friends of disabled children.
- 2001** : Carried out a research titled “RESPIRATORY DISORDERS ASSOCIATED WITH QUARY MINING IN EMBAKASI, NAIROBI”.
- 1999** : Co- authored a research paper presented in the Annual Scientific Conference in Kenyatta University.
- 1999** : Co-ordinated a training seminar for manager of Social Welfare Department of Lavington United Church. The theme was to review the program and plan for new millennium. Had seven weeks internship in the social welfare program.
- 1994** : Conducted a study on religious Denominational Affiliation of Commercial Sex workers in Njiru Location, Nairobi (Unpublished).
- 1987-1990** : Participated in two community diagnosis studies with a view to establish Primary Health Care in Njiru Location, Nairobi and Navakholo Location, Kakamega, respectively.
- 1985** : Participated in Food relief program during famine in Meru sponsored by UNICEF Kenya Office.
- 1985** : Participated in comprehensive evaluation of a community based health care project in Chogoria Hospital. The findings were used to restructure the project.

## **INTERESTS**

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Researching on community health and development issues, empowering disadvantaged groups such as women and children, gender issues and travelling.

## **REFEREES**

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