

CURRICULUM VITAE

FRANCISCA A. O. ONGECHA

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Languages/Communication skills: Fluent in written and spoken English, Kiswahili and computer literate.

EDUCATION:

- Master of Medicine in Psychiatry (M.Med.Psych.)
University of Nairobi, Kenya, 2004.
- Bachelor of Medicine and Surgery (MBCHB)
University of Nairobi, Kenya 1995
- Kenya Advanced Certificate of Education (KACE)
Alliance Girls' High School, , Kenya 1987
- Kenya Certificate of Education (KCE)
Lwak Girls' High School, Kenya 1985
- Certificate of Primary Education (CPE)
Aluor Girls' Primary School, Kenya 1981.

OTHER PROFESSIONAL TRAINING

Mental Health

1999: Basic Counselling Skills, Amani Counselling Centre & Training Institute,
NAIROBI, KENYA 1999

2001: Cognitive Behaviour Therapy; Working With Traumatized Children ;
Enhancing the success of Service Provider organisations , Amani Mental Health
Assistance Programme, NAIROBI, KENYA, 2001

2005: Training on substance abuse management and interventional research at Yale
University, USA

2006: *Course on Leadership and Professional Skills for Young Psychiatrists* ADDIS
ABABA, ETHIOPIA.

HIV/STIs

2009: HIV Certificate course, on Clinical Management of HIV and Sexually Transmitted Infections (STI), **University of Washington, SEATTLE, USA**

2008: Prevention of Mother to Child Transmission training for Health Providers and TOTs, 2008, NASCOP

2007: Principles of STDs/HIV research course, Seattle, WASHINGTON- (University of Washington Centre for AIDS and STDs)

2004: Rational Use of Anti-Retroviral Drugs, HAART components and management, NASCOP, KENYA, 2004.

1997: Management of HIV/AIDS with emphasis on home-based care and treatment of opportunistic infections, MSF-Belgium Aids Project, Nairobi, KENYA

Global Health:

2004: Fulbright New Century Scholars Global Health Studies: Makerere University, KAMPALA, Uganda, August, 2004, Global Health issues

Research Training

1999: Research Methodology, University of Nairobi, KENYA

2005: Research Ethics Committee (REC)/Institutional Review Board, Administrator 101 course, Durban, South Africa.

Topics covered: Components of human research protection program; International research and the REC administrator; Managing Protocol Review; The Federal Wide Assurance (FWA) and communication between international sites; Record Keeping; Informed consent; Standards Operating Procedures (SOPs) development; Allegations and non-compliance; Management of Staffing and infrastructure; Reflecting on a philosophy of Research Administration.

2005: Mental Health in Developing Countries: Research for Action, Addis Ababa, Ethiopia

2009: Principles of HIV research, NAIROBI, Kenya

2012: Responsible Conduct of Research Course, PRIME-K with university of Nairobi & University of Washington, Seattle, USA

2012: Research Administration and Grants Management, University of Nairobi/University of Washington, Kenya

Teaching methodology:

2013: Certificate in teaching methodology course, Kenyatta University

2013: Certificate in Content modularization, e-Conversion and Uploading (TOT), Kenyatta University

2013: Certificate in Training of trainers in Clinical instruction, Ministry of Health/FUNZOKenya in collaboration with University of North Carolina

2014: Certificate in Training of trainers Course on the use of Smartboard in teaching, Kenyatta University

WORK EXPERIENCE:

2010 to date: Full time Lecturer: Kenyatta University in the Department of Medicine, Therapeutics, Dermatology & Psychiatry; Teaching psychiatry: and part-time in Department of Psychology: Teaching Masters in counselling psychology-Introduction to psychopathology (Abnormal Psychology), psychological assessment and evaluation)

August 2010-Dec-2010: Programme Manager, for Gender based Violence Recovery Centre at Kenyatta National Hospital, Nairobi, Kenya

July 2007 to 2010: Fogarty/NIH Clinical Research Fellow and co-investigator/study co-ordinator for a study titled: “HSV-2 suppression to reduce HIV-1 RNA levels during pregnancy and breastfeeding: a randomized double-blind clinical trial(a collaborative study between University of Nairobi and University of Washington-USA)” , UNITID, Nairobi, Kenya.

2005 to 2007: Coast Provincial General Hospital: Assistant Director of Medical Services/Consultant Psychiatrist –Clinical duties, administrative, supervision and head of provincial drug addiction treatment unit, member of hospital staff management team.

June 2004 to September, 2005: Meru Central District Hospital

Designation: Assistant Director of Medical Services/District Psychiatrist.

Duties involved offering clinical care, forensic services. I was a member of the District Probation committee which was tasked with disposition of petty and repeat offenders and their follow-up. I was also a member of the district primary healthcare team that saw improvement of healthcare delivery and creation of new health centres and dispensaries in an attempt to take services closer to the people. I was supervising diploma and degree students in Counselling from Kenya Methodist University and Kenyatta University who were attached to the psychiatric unit at the hospital.

1999 to June 2004: Mathari Hospital (Nairobi)

Designation: Senior Medical Officer (including Residency in Psychiatry)/ Psychiatrist. Offering clinical care as well as teaching the nurses, medical students and medical officers; preparing students for examinations as well participating in the clinical examination of the undergraduates in psychiatry. As a psychiatrist I was involved in supervision of the Registrars within my ward.

1996-1998: Mbagathi District Hospital

Designation: Medical Officer 1: As a medical officer, I participated in the transformation of Infectious Disease hospital to a general district hospital. I provided health services to many people living with HIV/AIDS at a time when ARVs were not

available in public health facilities and mainly relied on treatment of opportunistic infections and Home based care.

1995-1996: Embu Provincial Hospital
Designation: Medical Officer Intern

b. CONSULTANCY/PROJECTS:

2013-4: Facilitator in all the courses that I have been trained as a TOT including responsible conduct of research and Short HIV courses

2012: A consultant in the development of “The Kenya National Guidelines for HIV Prevention and Management of People Who Use Drugs (PWUD)” for the Kenyan government- National AIDS and STI Control Programme (NASCO), Ministry of Public Health and Sanitation and Ministry of Medical Services.

2012: A consultant in the development of “The Standard Operating Procedures for Medically Assisted Therapy for people who use drugs (PWUD) for the Kenyan government- National AIDS and STI Control Programme (NASCO), Ministry of Public Health and Sanitation and Ministry of Medical Services.

2010: A consultant -carried out a rapid situation assessment of “HIV prevalence and related risk behaviour among IDUs in Nairobi and Coast provinces of Kenya” for UNODC.

2005-2007: Project Psychiatrist for “Prevention of drug abuse and HIV/AIDS among drug users, injecting drug users and vulnerable populations in Kenya”KEN/AD/108/04/

2004-2006: Conducted four psycho-trauma training workshops for the staff of the witnesses and victims support section (WVSS); Languages services section (LSS), and the Office of the prosecutor (OTP) of the United Nations International Criminal Tribunal for Rwanda (UNICTR) in Arusha, Tanzania and Kigali, Rwanda.

2004: A co-researcher - Conducted a study on ‘LINKAGES BETWEEN DRUG ABUSE AND HIV/AIDS IN KENYA’ for United Nations Office on Drug and Crime (UNODC),

2002: Translation into Swahili and cultural adaptation of the Beck’s Depression Inventory (BDI) and Quality of Life (QOL) tools and pilot testing -tools that were used to assess the effectiveness of ARVs and quality of life of those on them by Population Council . These tools are now used widely in the East and Central African Swahili speaking nations, NAIROBI.

2001-2003: With the focal point, Kenya: Carrying out and production of the report on ‘The Information, Needs and Resources Analysis (INRA) Survey’, to establish Kenya’s capacity for collecting information on drug abuse for United Nations Office for Drug Control and Crime Prevention (UNODCCP)

2000-2001: Counselling Coordinator- Offering **counselling services to and co-ordinating the mental health programme for the child survivors of the 1998** Nairobi August 7th US Embassy bombing through the Amani Crisis & Mental health Assistance Programme (Only two organizations were involved with the children) for Oasis Counselling Centre & Training Institute

RESEARCH WORK:

- ❖ Principal Investigator in a Study on “Prevalence of undiagnosed Psychiatric Morbidity and its impact on adherence and utilization of prevention of mother to Child transmission (PMTCT) services”.
- ❖ A co-investigator and coordinator: “HSV-2 suppression to reduce HIV-1 RNA levels during pregnancy and breastfeeding: a randomized double-blind clinical trial
- ❖ Principal Investigator: Posttraumatic stress disorder among motor vehicle accident survivors attending the orthopaedic and trauma clinic at Kenyatta National Hospital, Nairobi (my M.Med dissertation)
- ❖ Co-investigator: Study on Audit of Psychiatric Morbidity among in-patients at Mathari Hospital (2004).
- ❖ Co-investigator: The study on ‘Mental health issues and associated factors among students in public secondary schools in Nairobi, Kenya.
- ❖ A Co-researcher on the study on ‘MENTAL HEALTH IN GENERAL HOSPITALS AND FACILITIES AND THE ATTITUDES OF THE STAFF’ by World Health Organisation (WHO) and AMHF.

PAPERS/PUBLICATIONS:

Psychotrauma

1. **Ongecha-Owuor FA.**, Kathuku D., Othieno C., and Ndeti D.M. Posttraumatic stress disorder among motor vehicle accident survivors (MVA) attending the orthopaedic and trauma clinic at Kenyatta National Hospital in Nairobi Kenya . East Africa Medical journal, 2004, 80,356-362.
2. Ndeti D.M, Gakinya B., **Ongecha FA.**, Omar A., Othieno C., Mutiso V. et al. Traumatic grief among bereaved parents of a school fire tragedy, World psychiatric Journal, 2004,3,50-53.
3. Ndeti DM., **Ongecha-Owuor F.**, Khasakhala L., Mutiso V., Odhiambo G., and Kokonya D. Traumatic experiences of Kenyan secondary school students. Journal of Child and Adolescent Mental Health 2007, 19(2): 147– 155.
4. Ndeti DM., **Ongecha-Owuor F.**, Khasakhala L., Syanda J., Mutiso V., Othieno CJ., Odhiambo G., and Kokonya D. Bullying in public secondary

schools in Nairobi, Kenya. *Journal of Child and Adolescent Mental Health* 2007, 19(1): 45–55

Substance abuse

1. **Ongecha-Owuor FA.**, Kathuku D., Othieno C. Patterns of substance use among MVA survivors attending the orthopaedic and trauma clinic at Kenyatta National Hospital in Nairobi, Kenya.----A paper presented at the 6th World Regional Psychiatric Conference in Arusha, Tanzania, 2004.
2. Ndetei D.M., **Ongecha F.**, Malow R.M., Onyancha J., Mutiso V., Kokonya D.A., Khasakhala L., and Odhiambo G. Next Priorities for Intervention in Kenya: Results from a Cohort Study on Drug Use, HIV and HCV Patterns in Five Urban Areas. *International Psychology Reporter*, **10**, 16-19, winter 2006.
3. Were T., Wesongah J.O., Munde E., Ouma C., Kahiga T.M., **Ongecha-Owuor F.**, Kiarie, J., Ahmed A., Makokha E.P., Budambala V. Clinical chemistry profiles in injection heroin users from Coastal Region, Kenya: *BMC Clinical Pathology* 2014, 14:32

HIV&Women

1. Roxby AC, Matemo D, Drake AL, Kinuthia John-Stewart G. **Ongecha-Owuor, F.** Kiarie J, and Farquhar C. Pregnant Women and Disclosure to Sexual Partners After Testing HIV-1–Seropositive During Antenatal Care. *AIDS Patient Care STDS*. 2013 January; 27(1): 33–37.
2. Alison C. Roxby, Alison L. Drake, **Francisca Ongecha-Owuor** et al, Effects of Valacyclovir on Markers of Disease Progression in Postpartum Women Co-Infected with HIV-1 and Herpes Simplex Virus-2 . *Plos ONE* . 2012; vol 7 (6)
3. Drake AL. Roxby AC. **Ongecha-Owuor F.**, et al. Valacyclovir suppressive therapy reduces plasma and breast milk HIV-1 RNA levels during pregnancy and postpartum: A randomized trial. *J Infect Dis*. 2012;205:366–375

Others

1. Ndetei DM., Khasakhala L., Maru H., Pizzo M., Mutiso V. ,**Ongecha-Owuor FA.**, and Kokonya D. Clinical epidemiology in patients admitted at Mathari Psychiatric Hospital, Nairobi, Kenya. *Soc Psychiatry Psychiatr Epidemiol* (2008) *xx*: 1–7.
2. Ndetei DM., Khasakhala L., **Ongecha-Owuor F.**, Kuria M., Mutiso V., Syanda J., and Kokonya D. Attitudes toward Psychiatry:A Survey of Medical Students at the University of Nairobi, Kenya. *Academic Psychiatry*, **32**:2, March-April 2008 <http://ap.psychiatryonline.org>

3. DM Ndetei, **FA Ongecha**, V Mutiso, M Kuria, LI Khasakhala, DA Kokonya
The challenges of human resources in mental health in Kenya. *S Afr Psychiatry Rev* 2007; 10:33-36.
4. Ndetei DM., Khasakhala L., **Ongecha F.**, Mutiso V., and Kokonya D.
Outcome of a working diagnosis of “psychosis” in relation to DSM-IV
diagnostic criteria in a Kenyan in-patient cohort at Mathari hospital, Nairobi
African Health Sciences 2007; 7(4): 197-201. 1.
5. Ndetei D.M., Othieno C.J, Mutiso V., **Ongecha FA.**, Kokonya D.A., Omar A.,
Gakinya B., and Mwangi J. Psychometric properties of an African Symptoms
Check List Scale: The Ndetei-Othieno-Kathuku Scale. *East African Medical
Journal*, 2006, 83, 280-287.

CHAPTERS IN SCHOLARLY BOOKS:

(A) Author of Sixteen (16) chapters in **THE AFRICAN TEXTBOOK OF CLINICAL PSYCHIATRY AND MENTAL HEALTH**. Editor: Professor David Musyimi Ndetei, Assisted by Prof. Christopher P. Szabo, Prof. Tarek Okasha and Dr. John Mburu

Together with: Dr. Benson Gakinya, Prof. Gad Kilonzo, Prof. Duncan Ngare, Dr. Anne Obondo, **Dr. Francisca Ongecha-Owuor**, Prof. Ruthie Rono, Prof. Mohamedi Boy Sebit, Dr. Musisi Seggane Published by The African Medical and Research Foundation (AMREF 2006)

List of the Chapters

1. Chapter 6: STIGMA AND MENTAL DISORDERS – Page 20
Authors: Prof. David M. Ndetei (Kenya), Dr. Lincoln Khasakhala (Kenya) and **Dr. Francisca Ongecha Owuor (Kenya)**
2. Chapter 13: COMMUNICATION AND COMMUNICATION SKILLS-page 65. Authors: Anne Obondo, Lincoln Khasakhala, David M. Ndetei, Victoria Mutiso, **Francisca Ongecha-Owuor**
3. Chapter 16: CRISIS AND CRISIS MANAGEMENT – Page 80
Authors: Prof. David M. Ndetei (Kenya), **Dr. Francisca Ongecha-Owuor (Kenya)**, Dr. Abdulreshid Abdullahi Bekry (Ethiopia) and Prof. Ruthie Rono (Kenya)
4. Chapter 17: CRITICAL INCIDENT STRESS DEBRIEFING (PSYCHOLOGICAL DEBRIEFING) – Page 85
Authors: Prof. David M. Ndetei (Kenya) and **Dr. Francisca Ongecha-Owuor (Kenya)**
5. Chapter 24: NEUROANATOMY AND PSYCHIATRY– Page 125
Authors: Dr. John Mburu (Kenya), **Dr. Francisca Ongecha (Kenya)**, Dr. Benson Gakinya (Kenya) and Prof. David M. Ndetei (Kenya)

6. Chapter 25: PSYCHO-NEUROCHEMISTRY – Page 134
 Authors: **Dr. Francisca Ongecha (Kenya)**, Dr. John Mburu (Kenya) and Dr. Benson Gakinya (Kenya)
7. Chapter 26: PSYCHOENDOCRINOLOGY– Page 142
 Authors: **Dr. Francisca Ongecha (Kenya)**, Dr. John Mburu (Kenya) and Dr. Benson Gakinya (Kenya)
8. Chapter 27: PSYCHO-NEUROLOGICAL INVESTIGATIONS– Page 144
 Authors: Dr. Benson Gakinya Dr. John Mburu (Kenya) and **Dr. Francisca Ongecha (Kenya)**
9. Chapter 28: GENETICS OF MENTAL DISORDERS– Page 147
 Authors: Dr. John Mburu (Kenya), (Kenya), **Dr. Francisca Ongecha-Owuor (Kenya)** and Dr. Benson Gakinya (Kenya)
10. Chapter 30: PSYCHOPATHOLOGY – Page 156
 Authors: Dr. John Mburu (Kenya), Prof. David M. Ndeti (Kenya), Dr. Benson Gakinya (Kenya) and **Dr. Francisca Ongecha-Owuor (Kenya)**
11. Chapter 31: PSYCHIATRIC INTERVIEW, ASSESSMENT AND CLASSIFICATION – Page 162
 Authors: Prof. D M Ndeti (Kenya), **Dr. Francisca Ongecha-Owuor (Kenya)**, Dr. John Mburu (Kenya) and Dr. Benson Gakinya (Kenya)
- 12. Chapter 35: ALCOHOL AND OTHER SUBSTANCE RELATED DISORDERS – Page 228**
 Authors: David Basangwa (Uganda), Prof. David M. Ndeti (Kenya), Dr. Mary Kuria (Kenya), **Dr. Francisca Ongecha-Owuor (Kenya)**, Dr. Abdulreshid Abdullahi
13. Chapter 36: SEXUAL DISORDERS, PARAPHILIAS AND GENDER ISSUES – Page 154
 Authors: Mrumbi (Tanzania), Prof. David M. Ndtetei (Kenya), Prof. Emilio Ovuga (Uganda), Dr. Anne Obondo (Kenya), De. Benson Gakinya (Kenya) and **Dr. Francisca Ongecha-Owuor (Kenya)**
- 14. Chapter 41: HIV/AIDS NEUROPSYCHIATRIC AND MENTAL HEALTH ASPECTS – Page 320**
 Authors: Dr. Seggane Musisi (Uganda), **Dr. Francisca Ongecha-Owuor (Kenya)**, Prof. Emilio Ovuga (Uganda), Prof. David M. Ndeti (Kenya) and Prof. Gad Kilonzo (Tanzania)

15. Chapter 60 PSYCHOPHARMACOTHERAPY – Page 478
Authors: Dr. John Mburu (Kenya), Dr. Nelly Kitazi (Kenya), **Dr. Francisca Ongecha-Owuor (Kenya)**, and Dr. Seggane Musisi (Uganda)

16. Chapter 72: ETHICS IN PSYCHIATRIC RESEARCH – Page 559
Authors: Margaret Hogan (Tanzania), Prof. Gad Kilonzo (Tanzania) Prof. David M. Ndeti (Kenya), Prof. MB Sebit (Tanzania) and **Dr. Francisca Ongecha-Owuor (Kenya)**

MASTERS STUDENTS UNDER MY SUPERVISION

Patient Satisfaction Determinants among Adults Accessing Treatment at Mathari Hospital Nairobi County, Kenya by James A. Okwach (for Masters in Public Health)-writing report of findings

Gender disparities among substance abusers attending treatment in Mathari Hospital, Nairobi County, By David Echesa, (for a Masters in Public Health) - finalizing proposal

Community mental health service provision among discharged psychiatric patients in selected informal settlements, Nairobi County by James Chembeni (for a Masters of Arts in Counselling Psychology)-collecting data

Factors influencing management outcomes for comorbid depression and substance abuse among clients attending drug rehabilitation centers in Nairobi County, by Francis Muvea (for a Masters in Public Health)- developing proposal

SPECIAL AWARDS/CERTIFICATES OF APPRECIATION

Fogarty/NIH International Clinical Research Fellow 2008/2009/2010

Fogarty/NIH International Clinical Research Scholar 2007/2008

Certificate of Appreciation by USAID for outstanding work on behalf of those affected by the August 7th, 1998 Bomb Blast, 2002

Certificate of Appreciation by UNICTR for the successful delivery of training program on PSYCHO-TRAUMA AND BASIC COUNSELING SKILLS, 2006

PROFESSIONAL MEMBERSHIP

Member, Kenya Psychiatry Association,

Member, Kenya Medical Association

PRACTICING LICENCES

Registered medical practitioner by the Kenya Medical Practitioners' and Dentists Board (KMPDB)

Recognised Specialist Psychiatrist by the Kenya Medical Practitioners' and Dentists Board (KMPDB)

REFERREES

Dr. Christine Wasanga,
Kenyatta University,
Director, Centre for teaching excellence and Evaluation,
P.O. Box 43844-00100,
NAIROBI, Kenya
Email: christinewasanga@gmail.com

Pacifica Onyancha
Director, Standards and Measures
Ministry of Health,
P. O. Box 30016,
NAIROBI, KENYA
Email: pacificaonyancha@yahoo.com

Prof. James N. Kiarie,
Associate Professor
Department of Obstetrics and Gynaecology,
University of Nairobi
P.O. Box 19676-00202,
NAIROBI, KENYA
Email: jkiarie@swiftkenya.com