

CURRICULUM VITAE

PERSONAL DETAILS

| | |
|---------------------|--|
| Name: | Dr. Hellen Nyambura Kariuki |
| Office: | Department of Medical Physiology, School of Medicine, College of Health Sciences, University of Nairobi , Chiromo Campus |
| Address: | P.O. Box 30197 (00100), Nairobi Private: P.O. Box 7787(00300), Nairobi |
| Telephone: | 254 020 4442309 |
| Telephone: Mobile : | 254 722 605 587 |
| E-mail | hellen.kariuki@uonbi.ac.ke hnkariuki@yahoo.com |

ACADEMIC QUALIFICATIONS

University Education

| | |
|--------------|--|
| 2007 to date | PhD Medical Physiology. At thesis writing stage |
| 1996 | Master of Science in Medical Physiology, University of Nairobi |
| 1989 | Bachelor of Dental Surgery, University of Nairobi |

OTHER PROFESSIONAL QUALIFICATIONS

Registered with Kenya Medical Practitioners and Dentists Board

| | |
|------------------------------|---|
| Secondary Education:- | |
| 1982 - 1983: | Kenya Advanced Certificate of Education, Limuru Girls' School |
| 1978 - 1981: | Kenya Certificate of Education, Limuru Girls' School |

APPOINTMENTS

| | |
|-----------------|---|
| 2001 - to date: | Lecturer, Dept. of Medical Physiology, University of Nairobi. Teaching both the undergraduate and postgraduate students. |
| 1996 -2001: | Assistant lecturer, Dept. of Medical Physiology, University of Nairobi. |
| 1991 -1996: | Tutorial Fellow, Dept. of Medical Physiology, University of Nairobi. |
| 1990 -1991: | Dental Officer - Provincial General Hospital, Nyeri. |
| 1989 -1990: | Dental Intern – Kenyatta National Hospital. |

WORK EXPERIENCE - RESPONSIBILITIES AND POSITIONS HELD

| | |
|----------------|--|
| 2010 | Secretary to the departmental Curriculum review Committee |
| 2008 to date | Member International Association for the Study of Pain (IASP) Education Initiative Working Group |
| 2007- 2009: | Secretary to the departmental Research, Development and Collaboration Committee |
| 2006- to date: | Member Departmental procurement committee and departmental curriculum committee |
| 2005 -2006: | Secretary pre-clinical income generating activities committee |
| 2007: | Secretary faculty Dress Code Committee. |
| 2006-to date: | Member of School of Medicine, Pharmacy Dental Sciences and Nursing academic boards |
| 2006: | Department liaison person on collaborations |
| 2000-to 2005: | Departmental Schedules' Mistress. |
| 2005: | Member of the Faculty of Medicine curriculum review committee. |
| 1998-2004: | Departmental representative to the Faculty of Dental Sciences. |
| 1996-1997: | Member Curriculum Committee – Faculty of Pharmacy |
| 1997: | Faculty of pharmacy curriculum review editorial board member. |
| 1996: | Departmental representative to the faculty of pharmacy board of examiners |
| 1996 | Departmental representative to the faculty of pharmacy curriculum review committee. |

PUBLICATIONS

| | |
|-------------|--|
| 2011 | The Antinociceptive Antipyretic Effects of <i>Solanum incanum</i> (Linneaus) in Animal Models Mwonjoria J. K, Kariuki H N , and Waweru FN. <i>International Journal of Phytopharmacology</i>. 2011, 2(1), 22-26. |
| 2011 | National Palliative Care Training Manual. As a contributor and editor. (Manual submitted to the MoH for launch) |
| 2010 | Antinociceptive and Antinflammatory Effects of <i>Toddalia asaitica</i> Root Extract in Swiss Albino Mice. Hellen N. Kariuki , Titus I.Kanui, Nilesh B. Patel, Abiy Yenesew. (Manuscript in preparation) |
| 2010 | Knowledge, Attitude and Practice of Clinical Officers to Pain and Pain Management in Kenya. Hellen N. Kariuki and Zipporah Ali (Manuscript in preparation) |
| 2010 | Patients Attitude Towards Pain and Pain Management in Kenya. Kopf A., |

| | |
|-------------|--|
| | Kariuki H. , Patel N. (Manuscript in preparation). |
| 1998 | H. N. Kariuki: Analgesic Effects of Clomipramine and Carbamazepine in combination with Pethidine using the formalin test. <i>MSc Thesis</i> – University of Nairobi, 1998. |
| 1997 | R.W. Kahama, D.N. Kariuki, H. N. Kariuki and L.W. Njenga: Fluorosis in Children and sources of Fluoride around Lake Elementaita region of Kenya. <i>Fluoride</i> 30 (1) 19-25,1997 |
| 1997 | N. M. Ngakinya, B. N. Ngotho, H. N. Kariuki , J.T. Kaimenyi and F.L. Ndungu. Periodontal Health status of patients attending Diabetic clinic at Kenyatta National Hospital. <i>Indian Journal of Dental Research</i> 8 (4) 105-110, 1997. |

GRANTS RECEIVED

| | |
|-------------|---|
| 2010 | IASP developing countries education grant for training palliative care nursing staff in mission hospitals in the rural areas of Kenya on pain and pain management. |
| 2008 | IASP developing countries education grant for training healthcare professionals on pain and pain management. |
| 2008 | University of Nairobi Deans Committee. To carry out a study on the Antinociceptive effects of ten medicinal plants using animal models. |
| 1996 | University of Nairobi Deans Committee. To carry out a study on Analgesic Effects of Clomipramine and Carbamazepine in combination with Pethidine using the formalin test. |

WORKSHOPS / SEMINARS / CONFERENCES ATTENDED

| | |
|------|---|
| 2011 | Palliative Care: An Essential Part of Medical and Nursing Training. From an Education Conference in Oct. 2008 to Action. Nairobi, Kenya |
| 2010 | Palliative Care in Cancer, Salzburg, Austria |
| 2010 | 2 nd KEHPCA conference in Nairobi, Kenya. |
| 2010 | 3 rd APCA conference in Windhoek Namibia |
| 2010 | Transformational Leadership facilitators Training, Nairobi |
| 2010 | 18 th Kenya Society of Anaesthesiologist Annual scientific Conference, Mombasa |
| 2010 | CME- A Relook at the Use of Morphine in Clinical Medicine, Nairobi |
| 2010 | Proposal writing for European Union grants workshop, Nairobi |
| 2010 | Palliative Care Curriculum Review (As a Curriculum consultant), Nairobi |
| 2010 | IASP Pain Education Initiative Working Group Meeting, London |
| 2010 | Palliative Care Curriculum for Medical Training Institutions review Workshop, Nairobi |
| 2010 | Africa Palliative Care Association (APCA) –ToT course on use of Opioids in Pain Management, Kampala |
| 2010 | Scientific Communication and Publishing, Nairobi, Kenya |

| | |
|-------|--|
| 2010 | Palliative Care Initiative Research meeting – Nairobi, Kenya |
| 2010 | Transforming Leadership Seminar III (Facilitator) Nairobi, Kenya |
| 2009 | APCA –country progress workshop, Kampala |
| 2009 | 4 th All Africa Anesthesia Congress. Nairobi , Kenya |
| 2009 | ELNEC- Palliative care education, Nairobi, Kenya |
| 2009 | Transforming Leadership Seminar II (Facilitator) Nairobi, Kenya |
| 2009 | Cineca –Biodata for Communicable Diseases. Nairobi, Kenya |
| 2009 | Clinical Officers annual Scientific Conference. Mombasa, Kenya |
| 2009 | Opioid availability workshop. Nairobi, Kenya |
| 2009 | Transforming Leadership Seminar I. Nairobi, Kenya |
| 2009 | Training in Pedagogy for university academic staff Nairobi, Kenya |
| 2008 | Neuroscience school: Behavioral sciences Nairobi, Kenya |
| 2008 | 1 st KEHPCA Palliative Care Conference, Nairobi Kenya |
| 2008 | 12 th World Congress on Pain, Glasgow, Scotland |
| 2008 | Kenya Society for Pain: Pain Symposium in Nairobi |
| 2008 | 5th African Association of Physiological Sciences Congress in Nairobi, Kenya |
| 2008 | Physiology teaching workshop organized by ADinstruments. Nairobi, Kenya |
| 2008 | International Conference of Comparative Physiology and Biochemistry-MARA 2008 . Kenya |
| 2008 | Opioid availability task force workshop Nairobi, Kenya |
| 2008 | Curriculum committee - Harmonization of pre-clinical teaching workshop editorial Nairobi, Kenya |
| 2008 | Curriculum committee - Harmonization of pre-clinical teaching workshop Nairobi, Kenya |
| 2007 | Good Laboratory Practice workshop organized by WHO Nairobi, Kenya |
| 2007: | Opioid Availability workshop organized by KEPHA Nairobi, Kenya |
| 2007: | ADinsruments training held in the Department of Medical Physiogy, Nairobi, Kenya |
| 2006: | Neuroscience school; Channels to circuits. In cape Town South Africa |
| 2006: | ISO 2600: Social Responsibility workshop organized by Kenya National Commission on Human Rights Nairobi, Kenya |
| 2006: | Laboratory Animal Science course. Nairobi, Kenya |
| 2006: | Pain workshop on opioid availability Nairobi, Kenya |

| | |
|--------------|---|
| 2005: | Pain workshop organized by IASP. Nairobi, Kenya |
| 2004-2006 | Kenya Physiological Society monthly seminars. Nairobi, Kenya |
| 2003 | First Ladies International Conference on HIV and AIDS |
| 2002. | Kenya Society of Neuroscience: symposium Nairobi, Kenya |
| 2002 | Member of Departmental committee on HIV |
| 2001 | Workshop on Professional skills for Scientists sponsored by Society of Neuroscientists of Africa. Nairobi, Kenya |
| 2001: | Society of Neuroscientists of Africa Conference. Nairobi, Kenya |
| 1997: | Kenya Society for Epilepsy symposium held in Nairobi, Kenya |
| 1996: | Neuroscience lecture course on neurotransmitters and their receptors at Rhodes University, Grahamstown, South Africa. |
| 1993: | Society of Neuroscientists of Africa Conference, Nairobi, Kenya |
| 1992: | African Association of Physiological Societies Conferences, Nairobi, Kenya. |
| 1998 to date | Attended all seminars and conferences organized by Kenya Dental Association |

PRESENTATIONS

Poster Presentations

| | |
|-------------|--|
| 2010 | The Antinociceptive Effects of <i>Toddalia asiatica</i> Bark Extract using Hot Plate and Tail Flick Tests on Mice. 13 th world Congress on Pain. |
| 2009 | Patients' Attitudes towards pain and pain treatment in Kenya. Kariuki H. N, Kopf A., Patel N. B., Rajput M. N. British Pain Society annual conference |
| 2009 | Patients' Attitudes towards pain and pain treatment in Kenya. Kariuki H. N, Kopf A., Patel N. B., Rajput M. N. 5th World Congress of the World Institute of Pain, Accepted but not presented |
| 2008 | Antinociceptive effects of <i>Toddalia asiatica</i> in writhing and formalin tests using mice. <i>12th World Congress on Pain</i> , Glasgow, Scotland. <i>Poster presentation</i> |
| 2008 | Antinociceptive effects of <i>Rhus natalensis</i> in the tail flick and formalin tests using mice. <i>International Conference of Comparative Physiology and Biochemistry-MARA 2008 Kenya. Poster presentation</i> |
| 2008 | H. N. Kariuki , T. I. Kanui and P. G. Kioy: The analgesic effects of clomipramine individually and in combination with pethidine using the formalin test. <i>7th International Symposium: The Pain Clinic</i> . October 2-6, 1996, Istanbul –Turkey. <i>Poster presentation</i> . |
| 1996 | H. N. Kariuki , T. I. Kanui and P. G. Kioy: The analgesic effects of clomipramine individually and in combination with pethidine using the |

| | |
|---------------------------|--|
| | formalin test. <i>7th International Symposium: The Pain Clinic</i> . October 2-6, 1996, Istanbul –Turkey. <i>Poster presentation</i> . |
| Oral Presentations | |
| 2010 | Teaching Pain and Pain management in Kenya. 1st pain Teaching Conference, Toronto, Canada. |
| 2010 | Knowledge, Attitude and Practice of clinical officers to Pain and Pain Management in Kenya. 2 nd KEHPCA Palliative Care Conference, Nairobi, Kenya |
| 2010 | Pathophysiology of pain: Pain Symposium at the 18 th Kenya Society of Anaesthesiologist Annual scientific Conference, Mombasa |
| 2010 | Benefits of Good Pain Management: Pain Symposium at the 18 th Kenya Society of Anaesthesiologist Annual scientific Conference, Mombasa |
| 2010 | Training Medical doctors on opioids in pain management, Nairobi |
| 2010 | ToT Training for Medical institutions tutors as a trainer, Nairobi |
| 2010 | Pathophysiology of Pain: Introductory Palliative Care Course in KNH. |
| 2010 | Pathophysiology of Pain: Introductory Palliative Care Course to the Nursing Council of Kenya. |
| 2010 | Pathophysiology of Pain: Introductory Palliative Care Course in KNH. |
| 2009 | Palliative Care in Kenya- The Challenges: <i>Clinical Officers annual Scientific Conference</i> |
| 2009 | Patients' attitude towards pain and pain treatment in Kenya: <i>1st KEHPCA palliative Care conference</i> ; Nairobi Kenya. <i>Oral presentation</i> |
| 2008 | Attitudes and practice of healthcare professional in Pain Management in Kenya: <i>Pain Symposium: 5th Africa Association of Physiological Sciences</i> Nairobi, Kenya. <i>Oral presentation</i> |
| 2008 | Income Generating Activities of the Department of Medical physiology. College of Biological and Physical Sciences workshop. <i>Oral presentation</i> |
| 2006 | The physiology of the spinal cord. A Norvatis sponsored CME. <i>Oral presentation</i> |
| 2006 | The physiology of the spinal cord. A Norvatis sponsored CME. <i>Oral presentation</i> |

WORK IN PROGRESS

| | |
|----------|--|
| 1 | Antinociceptive Activities of some Medicinal Plant Extracts using Animal Models; PhD project at data analysis and thesis writing stage |
| 2 | Outcomes of ART patients receiving palliative care: randomized controlled trial evaluations in 2 sub-Saharan African countries. As Co-investigator in collaboration with Kings College London. As the Kenyan academic leader. |
| 3 | The analgesic effects of non steroidal anti-inflammatory drugs on subcutaneous formalin model of pain in mice. |
| 4 | Evaluation of pain prevalence and treatment quality in Kenya |

| | |
|--|--|
| | |
|--|--|

RESEARCH SUPERVISION

| MSc. Medical Physiology | | |
|--------------------------------|--|--|
| 2010 | Charles Besley (Cardiff University (UK)) | A Pilot Study Investigating the Effect of a 'Patient Held' Pain Assessment Tool in Palliative Care Outpatients at AIC Kijabe Hospital. A Quantitative Experimental Study with Pre- & Post-Intervention Comparison" (Project at commencement stage) |
| 2009 | John K. Mwonjoria (University of Nairobi, Kenya) | Antinociceptive & anti-inflammatory effects of <i>Solanium incunum</i> root extract in animal models (Thesis submitted) |
| BSc. Intercalated | | |
| 2008 | Edwin Barasa Wabwire | Antinociceptive activity of <i>Solanium incunum</i> root extract in animal models of pain |
| 2007: | Eric Mbugua Thuo | Antinociceptive activity of <i>Toddalia asiatica</i> root extract in animal models of pain |
| 2007: | Felix Oindi | Antinociceptive effects of <i>Toddalia asiatica</i> leaf extract in animal models of pain |
| 2005: | Hellen Cheronon | Analgesic activities of <i>Catha edulis</i> extract using the formalin test. |

MSc. Thesis Examination

| | | |
|-------------|--|--|
| 2011 | John K. Mwonjoria (UoN) As an internal examiner. | Antinociceptive & anti-inflammatory effects of <i>Solanium incunum</i> root extract in animal models |
| 2006 | Githinji Charles Githua (UoN) As an internal examiner. | Effects of <i>Mondia whytei</i> aqueous root on isolated rabbit heart and jejunum preparation. |

MEMBERSHIP TO PROFESSIONAL ORGANISATIONS

| Organization | Position held |
|---|----------------------|
| Kenya Society for Pain | Secretary General |
| International Association for the Study of Pain | Registered member |
| IASP Education Initiative Working Group | Member |
| International association of Hospices and Palliative Care | Member |
| Opioid Availability Task Force | Member |

| | |
|--|-------------|
| Kenya physiological Society | Vice- Chair |
| Kenya Dental Association. | Member |
| International Brain Research Alumni | Member |
| Kenya Hospices and Palliative Care Association | Member |

OTHERS

| | |
|--|--|
| | Directors Metropolitan hospital |
| | Member of the Nairobi Baptist Church |
| | Member of the Board of Protecting Life Movement |
| | Member of the Board of Crisis Pregnancy Ministries |
| | Committee member of Nairobi Baptist Outreach through Welfare |

REFEREES:

| | | |
|---|--|---|
| <p>Prof. Titus. I. Kanui Dept. of Animal Physiology University of Nairobi P.O. Box 30197 (00100) Tel. +254 722448952 Nairobi, Kenya e-mail: tkanui@uonbi.ac.ke</p> | <p>Prof. Paul. G. Kioy Dept. of Medical Physiology University of Nairobi P.O. Box 30197 (00100) Tel. +254 722792010 Nairobi, Kenya e-mail: pgkioy@uhmc.co.ke</p> | <p>Prof. Nilesh B. Patel, Dept. of Medical Physiology, University of Nairobi. P.O. Box 30197 (00100) Tel. +254 733899421 Nairobi, Kenya e-mail: npatel@uonbi.ac.ke</p> |
|---|--|---|