

# **CURRICULUM VITAE**



**Lucy Nyakio Wainaina Mungai**

**M.B.Ch.B, M.Med. (Paediatrics, UON)**

**Msc Paed Endocrinology (Bcn, Spain)**

## PERSONAL BIODATA

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Citizenship: Kenyan

## EDUCATIONAL BACKGROUND

### Professional Training

1984-1989	M.B.Ch.B	Medicine	University of Nairobi
1992-1996	M.Med	Pediatrics	University of Nairobi
2005-2007	Msc	Paed Endocrinology	University of Barcelona

### Other Short Professional Courses

2004 Nutrition for hospitalized patients, University of Navarra, Spain  
Trained on nutritional needs for hospitalized children

2005 Paediatric Nutrition, University of Navarra, Spain  
Trained on nutritional requirement and complementary feeds for children  
Trained on the nutritional requirements of children at different ages and situations

Jan 2009 Training in Pedagogy University of Nairobi  
Trained on how to teach and set examinations

October 2010 Diabetes in Practice course for Trainers, International Society for Paediatric and Adolescent Diabetology, Nairobi

January 2012- Course in allergies and asthma in children – University of Nairobi

Sept 2014 Research Ethics Prime-K training University of Nairobi

Jan-Mar 2015 Leadership and Management in Health course, University of Washington

Aug 2016 Certificate of Good Clinical Practice (GCP)

Nov 2016 Paediatric Emergency Triaging And Treatment course

Dec 2016 Quantitative Methods course, University of Amsterdam

Mar 2018 Diabetes and Endocrinology Summer School

June 2018 Inborn Error of Metabolism course, Gaborone, Botswana

## PROFESSIONAL WORK EXPERIENCE

1989-1990 Medical Officer-Intern, Ministry of Health, Nakuru Provincial General Hospital

1990-1992 Medical Officer, Ministry of Health, Nakuru Provincial General Hospital

1992-1996 Registrar in the Division of Pediatrics at Kenyatta National Hospital, Nairobi

1997-2003 Resident Paediatrician Aga Khan University Hospital

2005-2007 Paediatric Endocrinology Master student, Hospital Sant Joan De Deu teaching Hospital, Barcelona, Spain

2008 to 2016 Lecturer, Department of Pediatrics at the University of Nairobi &

Consultant Pediatrician, Kenyatta National Hospital

***Teaching and mentoring;***

*Paediatric Residents, undergraduate students in the Department of Paediatrics and Child Health.*

*Supervising Paediatric Residents in their research*

2016 to date Senior Lecturer, Department of Pediatrics at the University of Nairobi &

Consultant Pediatrician, Kenyatta National Hospital

***Teaching and mentoring;***

*Paediatric Residents, undergraduate students in the Department of Paediatrics and Child Health.*

*Supervising Paediatric Residents in their research*

***Other Professional Positions - Local***

- 2008-2012 Consultant Paediatrician, Hurlingham medical Clinic, Nairobi  
2008 to date Head, Paediatric Endocrinology Services, Kenyatta National Hospital  
2009 to date Diabetes Study group, Nairobi, Kenya  
2009 to date Consulting Paediatrician, The Nairobi Hospital  
2014 to date Member Telemedicine committee Kenyatta National Hospital

***Other Professional Positions – International***

- 2008 to date Local Tutor Paediatric Endocrinology Training Centre for Africa  
2008 To date Member technical committee- Paediatric Endocrinology Training Centre for Africa  
2009-2012 Executive committee member- African Society for Paediatric and Adolescent Endocrinology  
2009 to date Country Advisor– International Diabetes Federation (IDF)  
Advise IDF on how to help needy diabetic children in Kenya.  
Give feedback on all IDF supplies sent to Kenya.  
2014 to 2016 Member of Lipodystrophy Consensus Statement International Committee:

**Awards**

Lestradet Prize for Diabetes Education and Advocacy, International Society for Paediatric and Adolescent Diabetes (ISPAD), 2017

**Administrative Responsibilities, University of Nairobi**

**Current:**

- 2009 to date **Coordinator, MMed Part I Paediatric endocrinology Lecture Series**  
Prepare the timetable and coordinate the teaching on childhood endocrine problems following the department curriculum  
2010 to date **Course Director Diabetes in Practice**  
Prepare the curriculum and timetable on Childhood Diabetes course.

Teach and mentor the students.

It is 2 day full time course taught to all postgraduate students before they start managing the patients

2010 to date **Course Director Growth in Practice**

Prepare the curriculum and compile the timetable on problems of childhood growth.

Teach and mentor the students. It is a 2 day fulltime course

2011 to date **Paediatric Endocrinology Coordinator for Post graduate pre-service training in Department of Paediatrics and Child Health, UoN.**

Prepare the Part I Mmed students on how to manage endocrine emergencies in the wards

2012 to date **Postgraduate Examination Coordination Committee (Member), Department of Paediatrics, UON**

Compile all spot examination questions from the department subspecialties and set Mmed Part 1 spot examination

2012 to date **Postgraduate and Undergraduate ward champion, Department of Paediatrics, UoN**

*Coordinate bedside teaching for the undergraduate and Postgraduates. Mentor and teach the students*

2012 to date **Coordinator of Paediatric Endocrinology Fellowship Curriculum**

*It is a joint program by University of Nairobi, the International Society of Paediatric and Adolescent Diabetology and European Society for Paediatric Endocrinology.*

*In charge of preparing the Curriculum and starting Paediatric Endocrinology Fellowship in the Department. Collaborate with European Society for Pediatric Endocrinology (ESPE) and International Society for Paediatric and Adolescent Diabetology (ISPAD) for the Department of Paediatrics to be recognised as an international training centre*

2013 to date: Social affairs champion department of Paediatrics and Child Health

*In collaboration with the Chair Identify and manage social problems of the Undergraduate and postgraduate students and staff members in the department*

2013 to date:

*Hillman Medical Education Fund Coordinating committee member. HMEF is a charity organization based in Canada. The HMEF will in the period 2013-2017 sponsor the following:*

*Hillman Medical Professional Award (for postgraduate student) - scholarship to attend the Kenya*

*Paediatric Association (KPA) Annual Scientific Conference.*

*Hillman Medical Leadership Award (for postgraduate student) scholarship to attend KPA Annual Scientific Conference.*

*Best Student Ward (undergraduate student) – cash prize for the three top students in Paediatrics and Child Health.*

2014 to date

**Department of Paediatrics & Child Health, Finance committee member**

Discuss issues of Income Generating Activities (IGA); How to improve the income, motivate the Staff and how to renovate the department.

## **PROFESSIONAL AFFILIATIONS:**

Founder President of African Society of Paediatric and Adolescent Endocrinology (ASPAE) 2009-2011

Member International society for Paediatric and Adolescent Diabetology (ISPAD)

Member Kenya Paediatric Association,

Member Kenya Medical Association

Member, Allergy Society of Kenya

Kenya Medical Association Housing Cooperative Sacco committee member 2000-20003

## **SCHOLARSHIPS FOR INTERNATIONAL CONFERENCES**

1. 2013 Full scholarship to present on the success of Paediatric diabetes clinic in Kenyatta National hospital at 43rd International Society for Paediatric and Adolescent diabetology (ISPAD) annual conference Gothenburg Sweden
2. 2012 Full Scholarship to Present: Childhood Obesity, 3<sup>rd</sup> Aspae Conference Lagos Nigeria, 28<sup>th</sup> to 31<sup>st</sup> March

3. 2009 Full scholarship to present on; Did malnutrition cause diabetes or did diabetes cause, malnutrition in a 7 month old infant in Kenya. 39th International Society for Paediatric and Adolescent Diabetology (ISPAD) annual conference Ljubjiana, *Slovenia*

## PRESENTATIONS AT CONFERENCES

1. Mungai Wainaina L, Mbori-Ngacha D. Challenges in paediatric Diabetes management in Kenya  
1st Annual Diabetes Summit in Kenya, Nairobi-Kenya 2008
2. Mungai Wainaina L. Growth evaluation and endocrine system  
Kenya Paediatric Association conference, Mombasa-Kenya August 2008
3. Mungai Winaina L, Explaining the rationale of insulin Therapy in childhood type1 diabetes. International Congress of Tropical Paediatrics, Nairobi, Kenya (Aug 2014)
4. Mungai L. Meme J., Kitonyi, Machoki M., Nduati R. Is there a relationship between maternal hormones and precocious puberty in breastfeeding infants? 2nd ASPAE annual conference in Nairobi, Kenya ( 2011
5. Mungai Wainaina L Insulin Therapy in childhood Diabetes. International tropical Paediatrics Conference, KICC, Nairobi, Kenya (2014)
6. Mungai Wainaina L Childhood Diabetes, where we are in Kenya, KNH/UON Scientific Conference, Nairobi, Kenya (June 2015)
7. Mungai L N W Childhood diabetes in Kenya, Challenges, Kenya Paediatric Association, Eldoret (2016)
8. Mungai L N W, Hypophosphatemic ricket, African Society for Paediatric and Adolescent Endocrinology Annual conference 2018
9. Mungai L N W, Childhood obesity, African Society for Paediatric and Adolescent Endocrinology Summer School 2018

## Proposed Research / Projects

1. Title: Cytogenetic abnormalities in selected genetic disorders at Kenyatta National Hospital  
Role: Co-investigator. PI: Githang'a J (UON)  
Status: Applied for funding
2. Title: A prospective study to evaluate the effect of supervised provision of basic health care on neonatal and infant malnutrition and mortality in a resource-limited setting in Kenya, Seme constituency in Nyanza  
Role; PI  
Status: Applied for Applying for grant
3. Title: Glucose variability in paediatric diabetic patients in Kenyatta National Hospital  
Role: PI  
Status: Sent to the UON/KNH Ethics Review committee,  
Continuous Glucose Monitoring Machines donated by Abbott.
4. Proposal development  
Title: The burden of disorders of inborn errors of metabolism in suspected cases at Kenyatta National Hospital  
Status; Received filter papers for genetic studies to be analyzed in Athens Greece at no cost.

## PUBLICATIONS

- A. Published Research Papers in Peer Reviewed Journals
  1. Dan Alaro, Admani Bashir<sup>1</sup> , Rachel Musoke, **Lucy Wainaina** Prevalence and outcomes of acute kidney injury in term neonates with perinatal asphyxia. African Health Sciences Vol 14 Issue 3, September 2014
  2. M. Mburu, D. Wamalwa, ABashir and **L.Wainaina**, Assessment of glomerular filtration rate profiles Of paediatric patients on cancer chemotherapy at the Kenyatta national hospital, Kenya, East African Medical Journal Vol. 89 No. 6 June 2012



3. **Mungai Lucy wainaina**, Medical professionals support for parents to improve children's social determinants of health: from conception to adulthood. Submitted to Malaysian Journal of Paediatrics and Child Health, Malaysian Journal of Paediatrics and Child Health Online Early MJPCCH-01-20-2014, Vol 20 (2014)
4. Rebecca J. Brown, David Araujo-Vilar, Pik To Cheung, David Dunger, Abhimanyu Garg, Michelle Jack, **Lucy Mungai** et al. The Diagnosis and Management of Lipodystrophy Syndromes: A Multi-Society Practice Guideline; *The Journal of Clinical Endocrinology & Metabolism*, Volume 101, Issue 12, 1 December 2016, Pages 4500–4511, <https://doi.org/10.1210/jc.2016-2466>
5. Chikani UN, Ibekwe MU, Oguonu, **Mungai L**, Bisi-Onyemaechi AI, Ugege OM, Ogbonna I, de Beaufort C Steroid-induced impairment of glucose tolerance: Prevalence among pediatric patients on long-term steroid use in Nigeria. *Pediatr Diabetes*. 2017 Dec;18(8):942-946. doi: 10.1111/pedi.12514. Epub 2017 Mar 6.

#### B. Publications – Book chapters

1. Chapter 9: Insulin treatment  
Danne T, Bangstad H-J, Deeb L, Jarosz-Chobot P, **Mungai L**, Saboo B, Urakami T, Battelino T, Hanas R. Published in *Pediatric Diabetes* 2014; 15(Suppl. 20): 115-134
2. Chapter 11: Diabetic ketoacidosis and hyperglycemic hypersmolar state  
Wolfsdorf JI, Allgrove J, Craig ME, Edge J, Glaser N, Jain V, Lee WWR, **Mungai LNW**, Rosenbloom AL, Sperling MA, Hanas R. A. Published in *Pediatric Diabetes* 2014; 15(Suppl. 20): 154-179.
3. Rebecca J. Brown, David Araujo-Vilar, Pik To Cheung, David Dunger, Abhimanyu Garg, Michelle Jack, **Lucy Mungai** et al. The Diagnosis and Management of Lipodystrophy Syndromes: A Multi-Society Practice Guideline; *The Journal of Clinical Endocrinology &*

*Metabolism*, Volume 101, Issue 12, 1 December 2016, Pages 4500–4511, <https://doi.org/10.1210/jc.2016-2466>

### **C. Publications –Teaching Manuals**

1. Mungai Wainaina L N Childhood diabetes and the schools

### **MASTERS IN MEDICINE (PAEDIATRICS) POSTGRADUATE STUDENTS SUPERVISED**

#### **Completed MMed Thesis University of Nairobi, Dept of Paediatrics & Child Health**

1. Dr. Wambui Wanyoike (MBCChB, UON 2018). Prevalence of metabolic bone disease among preterm infants using biochemical markers at 6 weeks post natal age at kenyatta national hospital
2. Dr Grace Juan Soma (UON 2018)  
The acceptability of routinely offered pediatric hiv testing at Mbagathi hospital pediatric outpatient clinics
3. Lucy Meseke (UON 2017)  
Knowledge and practices on essential newborn care among postnatal mothers at juba teaching hospital
4. Dr. Zachary Kimunya  
Prevalence of undescended testis in Children aged 6 months to 12 years visiting the paediatric filter clinic at Kenyatta National Hospital
5. Dr. Nupur Saini  
The characteristics of children requiring Intensive care at Kenyatta National Hospital
6. Dr. Annemarie Macharia  
The cognitive function of diabetic children attending clinic at Kenyatta National Hospital
7. Dr. Patricia Ojuang  
Missed opportunities for Immunization in Kisumu County
8. Dr. Francisco Rubuz (Dept of Paeds) The acceptability of routinely offered HIV Testing among children admitted at Lubango Provincial Paediatric Hospital, Angola. (February 2015)

9. Dr. Celia Muturi (Dept of Paeds UoN).The prevalence of Neonatal sepsis among neonates admitted to Kisii Level 5 Hospital ( February 2015)
10. Dr Lichuma M. Med (Paed) UoN (2014)  
Prevalence of hypocalcemia in infants aged 1 month to 6 months and its association to maternal Serum calcium at kenyatta national hospital
11. Dr Sajin Musabi M. Med (Paed) UON (2014)  
Health related quality of life in diabetic children and adolescents at Kenyatta National Hospital
12. Dr. Ruth Karianjahi M. Med (Paed) UON (2014)  
Knowledge, attitudes and practices concerning sexual behaviour in adolescents in standard seven and eight in dagoretti district
13. Dr. Githitu M. Med (Paed) UoN (2014)  
The status of vitamin D in children presenting with nutritional rickets in Kenyatta National Hospital
14. Dr. Angeline W Ithondeka M. Med (Paed) UoN (2013)  
The prevalence of low birth weight babies and associated maternal risk factors at Naivasha District Hospital.
15. Dr. Phoebe Wamalwa M. Med (Paed) UoN (2013).  
The prevalence and factors associated with diarrhoeal disease in moderately to severely malnourished children in Mbagathi District Hospital
16. Irene Nzamu M. Med (Paed) UoN (2013).  
Prevalence of nocturnal enuresis and associated factors among 6-14 year old children attending schools in a rural district in Kibwezi
17. Dr Dan Alaro M. Med (Paed) UoN (2013)  
Incidence of acute kidney injury in term neonates with moderate and severe perinatal asphyxia at the kenyatta national hospital newborn unit
18. Dr. Cecilia W Maina M. Med (Paed) UoN (2012)  
Prevalence of hyperglycaemia in paediatric patients on systemic corticosteroid therapy at Kenyatta National Hospital
19. Dr. Immaculate W Kariuki, M.Med (Paed) UoN (2012)

- Blood lead levels among infants and children with rickets at Kenyatta National Hospital,
20. Dr. Marion M Muhia, M.Med (Paed) UoN (2012)  
Glycemic control and its association with retinopathy in children and adolescents with type 1 diabetes mellitus
  21. Dr. Joy Muthoni Mburu, M.Med (Paed) UoN (2011)  
Assessment of glomerular filtration rate profiles of paediatric patients on cancer chemotherapy,
  22. Dr. Prisca Amolo, M.Med (Paed) UoN (2010)  
The prevalence of Microalbuminuria in children and adolescents with type 1 diabetes mellitus at Kenyatta National Hospital,
  23. Dr. Bill Kigathi, University of Nairobi 2012.  
Factors affecting levels of asthma control in patients presenting to Kenyatta National Hospital, Thika & Mbagathi District Hospitals.

### **Ongoing study**

1. Dr. Beatrice Njoroge  
Knowledge and practice of complementary feeding in mothers of 9 month infants in Nairobi
2. Dr. Jackline Shiundu(MB ChB-UON)  
Assessing communication barriers between health care providers and caregivers of paediatric patients with sickle cell disease at Kenyatta National Hospital

### **Ongoing research in Paediatric Endocrinology Fellowship**

1. Dr Honesta Kipasika , Fellow in Paediatric Endocrinology.  
Clinical presentation of type 1 diabetes mellitus in children aged 6 month to 19 years at Muhimbili National Hospital in Dar-es-salaam, Tanzania.

### **CURRICULUM DEVELOPMENT**

2012          Growth in practice course

- 2013 Diabetes in practice for school teachers and nurses.
- 2013 Diabetes education for nurses
- 2014 Review of Master of Medicine in Paediatrics & Child Health Curriculum, University of Nairobi
- 2012 to date Fellowship in Paediatric and adolescent endocrinology

## **SCIENTIFIC CONFERENCES - PAPERS PRESENTED**

### **Presentations in international conferences**

1. Mungai Wainaina L. Did malnutrition cause diabetes or did diabetes cause malnutrition in a 7 month old infant in Kenya. 39th International Society for Paediatric and Adolescent Diabetology (ISPAD) annual conference Ljubjiana, Slovenia
2. Mungai Wainaina L. The challenges in Paediatric endocrinology, ASPAE Annual conference on 31st May-2nd June 2010
3. Mungai L. Meme J., Kitonyi, Machoki M., Nduati R. Is there a relationship between maternal hormones and precocious puberty in breastfeeding infants? 2nd ASPAE annual conference in Nairobi, Kenya ( 2011)
4. Mungai Wainaina L , Childhood Obesity, 3rd Aspae conference Lagos Nigeria, 28th to 31st March 2012
5. Mungai Wainaina L, Explaining the rationale of insulin Therapy in childhood type1 diabetes. International Congress of Tropical Paediatrics, Nairobi, Kenya (Aug )2014

### **Conferences & Symposia - Organisation, Coordination, Chairing**

1. First Afrcan Society for Paediatric and Adolesnt Endocrinology Annual conference  
Role: President Coordinator and Host.
2. 2<sup>nd</sup> Afrcan Society for Paediatric and Adolesnt Endocrinology Annual conference  
Role: President Coordinator and Host.

3. Kenya Paediatric Association Annual Scientific Conference. August 2008, April 2009, April 2010. Mombasa, Kenya. Role: Coordinator of the ePaediatric Endocrinology session
4. First African Society for Paediatric and Adolescent Endocrinology Summer School 2018, Chair
5. African Society for Paediatric and Adolescent Endocrinology Annual conference 2018, conference Chair

### **TRAINING / FACILITATION SHORT COURSES**

1. Jan- April 2015 Diabetes in Practice for KNH Health Care Professional
2. September 2014 Diabetes in Practice course for University Paediatric and Medical Residents
3. 2010 to date Diabetes in Practice Faculty, University of Nairobi/Kenyatta National Hospital
4. 2009 to date Grow in Practice, Health care Professional, University of Nairobi

### **COMMUNITY INVOLVEMENT**

2007 to date: Resource Person

Program for Family Development; Mentoring young couples in their marriages

1998 to date: Resource Person

Kimlea Medical clinic; Resource person review of children of Tea Pickers in Tigoni, Limuru

### **REFEREES**

**Prof Fred Were**

Professor of Paediatrics

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**Prof Ruth Nduati**

Professor of Paediatrics

Department of Paediatrics and Child Health, University of Nairobi

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**Prof Elizabeth Obimbo**

Professor of Paediatrics

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