

DR. LILY ADHIAMBO NYAMAI

Glaucoma specialist
Ophthalmologist



My Objective

I am ophthalmologist, glaucoma specialist, with training and experience in clinical research. I am self-driven and enjoy working in innovative, intellectually stimulating environments, with continuous opportunities for self-development and social responsibility. My previous working environments have aligned with my core values, and I hope to share what I have learned and experienced in settings conducive to bettering society.

About Me	Date of Birth:	06/June/1985	
	Nationality:	Kenyan	
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	Kenya Medical Practitioners and Dentists Boards Reg No:	A7497	
	College of Physicians and Surgeons of Ontario Reg No:	116460	
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Work Experience



August 2020 to date: Kenyatta University

**Lecturer, Section head Ophthalmology, department of Special surgeries
Ophthalmologist, Glaucoma Specialist**

Appointments: Section head of ophthalmology April 29, 2021 to date.

Chair department of research and innovation committee, department of special surgeries
October 2, 2020 to date.

School post graduate committee November 2, 2021 to date.



August 2019 to date: Mediatrix Health Services: Ophthalmologist, Glaucoma Specialist



May 2021, to date: Lions Sightfirst Eye Hospital: Ophthalmologist, Glaucoma Specialist



2018 – June 30, 2019: University Health Network, Toronto Western Hospital

Ophthalmologist and Clinical Glaucoma Fellow:



2012 - 2018: University of Nairobi, School of Medicine, Department of Ophthalmology

Tutorial Fellow November 2013- July 2020:

2012 - 2015 Resident in Ophthalmology:

REPUBLIC OF KENYA



MINISTRY OF HEALTH

2010 - 2012: Ministry of Health, Coast Provincial General Hospital

Medical Officer and Medical Officer Intern:

Outreach and Volunteer Activities

University of Nairobi, Department of Ophthalmology - Ophthalmologist

CATCH Project (coordinated approaches to healthy eyes) – Ophthalmologist

Help a Child Face Tomorrow - Volunteer Ophthalmologist

Academic and Professional Development



2018 - 2019: University of Toronto, Department of Ophthalmology and Vision Sciences

Clinical Fellow (June 2018-June 2019, 1 year): Adult Comprehensive Glaucoma

Supervisors: Prof. Graham E. Trope and Prof. Yvonne M. Buys



2004 - 2019: University of Nairobi, School of Medicine

2017 - 2019: Fellowship in Epidemiology and Fellowship in Biostatistics [Partnership for Health Research Training in Kenya (P-HERT) in partnership with the Fogarty International Center at the U.S. National Institutes of Health (NIH)].

2012 - 2015: Master of Medicine in Ophthalmology (MMed Ophthalmology): Specialist training in Ophthalmology

2004 - 2009: Bachelor of Medicine and Bachelor of Surgery (MBChB)



UNIVERSITY of
WASHINGTON

2009 - 2019 University of Washington, School of Public Health

August- October 2019

Economic evaluation in Global Health (certificate)

Course description: Estimation of healthcare costs, measurements of health outcomes and the performance of different kinds of economic evaluations including but not limited to cost minimization analysis, cost effectiveness analysis, cost utility analysis and cost benefit analysis, methods of decision analytic modeling and introduction to sensitivity analysis and extended cost effectiveness.

Project management in Global Health (certificate)

Course description: Designing and conducting a needs assessment, create planning and implementation documents, manage project resources, plan for transition of assets to local ownership, monitor and evaluate project as well as addressing inevitable constraints faced by all project managers related to cost, time and scope when funding decreases, scope grows, priorities shift, team members leave or other challenges emerge.

2017-2018:

Applied Biostatistics - 513 Medical Biometry III (March 2018 - June 2018)

Course description: categorical data analysis, logistic regression analysis, and survival analysis.

Applied Biostatistics - 512 Medical Biometry II (January 2018 - March 2018)

Course description: multiple linear regression, analysis of covariance, and one-way and two-way analysis of variance, model assumptions and interpretation, transformations, outlier detection, dummy variables, and variable selection procedures. We utilized the software R for statistical analyses.

Applied Biostatistics - 511 Medical Biometry I (September 2017 - December 2017)

Course description: data description and exploratory data analysis, study design, sample size calculation, probability concepts and models, statistical inference: estimation and hypothesis testing; parametric and non-parametric approaches, categorical data analysis, introduction to regression analysis.

Introduction to Epidemiology (September 2017 - December 2017)

Course description: methodology of epidemiologic research.

Responsible Conduct of Research: Global and Local (September 2017 - Dec 2017)

Course description: proposal writing, quantitative and qualitative study designs, preparation of study instruments and study budget, grants management, research ethics, human subjects review, data management, and the preparation of oral presentations, abstracts, posters, and manuscripts.

AIDS: A Multidisciplinary Approach (September 2017- December 2017)

Course Description: a comprehensive overview of the public health, clinical, and basic science aspects of HIV infection, including the epidemiology, pathogenesis, natural history, clinical manifestations, and management of HIV infection, the impact of AIDS on community and global health care and prospects for prevention and control.

2016

Principles and Practice of Research and Data Management:

Course description: Good clinical practice, state of the art data management research tools (REDCap, ODK) for ensuring reliable collection, aggregation, back-up, analysis, reporting and archiving data in useful ways, as well as crowdsourcing and social media for interacting with study populations.

Leadership and management in Health:

Course description: Practical leadership and management skills needed for working in complex local, regional, national and global health environments.

2009

Clinical Management of HIV, University of Washington



2017: College of Ophthalmologists of East Central and Southern Africa

Fellow of the College of Ophthalmologists of East Central Southern Africa

2015: Kisii Eye Hospital and Right to Sight Norway

Cataract surgical skills Competency Training, Kisii Eye Unit - Right to Sight Norway

Supervisor: glaucoma specialist Prof. Kiage



INTERNATIONAL
COUNCIL of
OPHTHALMOLOGY

2013 - 2014: International Council of Ophthalmology

2013: Basic Sciences

2014: Clinical Sciences



2004: Strathmore University (Business School)

Certified Public Accountant section 1: (Accounts, Economics, Law and computer packages)

Society and Memberships

College of Ophthalmologists of East Central and Southern Africa

American Glaucoma Society

Canadian Ophthalmology Society

Committees

Member of the Task Force for Retinopathy of Prematurity in Africa in collaboration with International Pediatric Ophthalmology and Strabismus Council

Technical Skills

Statistical and data management software: R Studio, REDCAP, Google DOCS, ODK (Open Data Kit)

General Software: MS Word, PowerPoint, Excel, Office

Research

Selected Peer-reviewed Publications

1. Daniel Kanyata, Paul Odula, **Lily Nyamai**, Paul K. Nduati. Morphology and Location of Surface Landmarks of Foramen Ovale in Kenyans. *International Journal of Morphology* 33.2(2015):471-475
2. **Lily Nyamai**, Margret Njuguna, Lucy Njambi, Daniel Kanyata. The knowledge, attitude and practice of refractive error among high school students in Nairobi County. *Journal of Ophthalmology of East, Central and South Africa*. July (2016):35-41
3. Nick Astbury, Ebby Adekhera, **Lily Nyamai**. Working with Patients to Optimize Cataract Outcome. *Community Eye Health Journal*. 29.93 (2016):23-24
4. Nick Astbury, **Lily Nyamai**. Detecting and managing complications in cataract patients. *Community Eye Health Journal*. 29:94 (2016):27-29
5. Jyoti Naidoo, Nyika Mtemeri, **Lily Nyamai** & Kovin Naidoo, African Vision. Seeing is Believing (SIB) Child Eye Health Programme: Perceptions of training beneficiaries (teachers & nurses) in Kenya: <https://www.iapb.org/wp-content/uploads/PERCEPTIONS-STUDY-BHVI-2017.pdf>
6. Ayumba A; Ogutu O; Osoti A; **Nyamai L**; Kihara AB; Kireki O; Gwako GN; Koigi PK; Kosgei RJ; Kilonzo MK; Odawa FX; Ndavi PM. High prevalence and severity of postpartum retinovascular changes following pre-eclampsia with severe features compared to normal pregnancy. *JOGECA* 2018; 30(2).
7. Bowe T, **Nyamai L**, Ademola-Popoola D, Amphornphruet A, Anzures et al, The current state of retinopathy of prematurity in India, Kenya, Mexico, Nigeria, Philippines, Romania, Thailand, and Venezuela. *Digital Journal of Ophthalmology* 2019; 25(4).
8. **Nyamai LA** and Kanyata D. Pattern of refractory errors in students attending public high schools in Nairobi. *Global Journal for Research Analysis* 2019;8:Print ISSN 227-8160. DOI:10.36106/gjra.

Publications under Peer - Review/ Manuscript Writing

1. Lily Nyamai, Daniel Kanyata. Ametropia- Influence of Knowledge, Attitude and Practice in correction and un-correction amongst students in Nairobi County (manuscript writing)
2. Cost of publishing in ophthalmology Journals. (peer review CJO)
3. Retinal findings of preterm babies born <34 weeks in the new born unit (NBU) at the Kenyatta National Hospital

Ongoing Research

1. Principal Investigator- The Kenyatta National Hospital, Retinopathy of Prematurity Study 1. (Data analysis)
2. Principal investigator: Ocular manifestations of people living with Human Immunodeficiency Virus (PLHIV) during the first 6 months on Highly active antiretroviral therapy (HAART)- Proposal for Grant in The Association for Research in Vision and Ophthalmology (grant writing)
3. Principal investigator, Kenya site: The CorNeat EverPatch – A First-In-Human Clinical Study for Demonstrating the Safety of a Synthetic Tissue Substitute for Concealment of Artificial Implants and Glaucoma Tube Shunts

Conferences Presentations

1. University of Toronto, Department of Ophthalmology and Visual Sciences; Research Day- Cost of Publishing in Ophthalmology- Cost of publishing in ophthalmology journals in 2019 (poster presentation).
2. International Agency for the Prevention of Blindness, Durban, South Africa October 27th-31st November 2016 - Telemedicine for Sight Screening of Premature Babies Rural and Outreach solution for Retinopathy of Prematurity (oral presentation).
3. 2016 - Presented in the World Ophthalmology Congress 2016 in Mexico, Guadalajara.
 - i) Lily Nyamai, Daniel Kanyata. Is there a difference in the knowledge, attitude and practice of refractive error? refractive error among high school students with corrected refractive error and uncorrected refractive error in Nairobi County (poster presentation).
 - ii) Lily Nyamai, Margret Njuguna, Lucy Njambi, Daniel Kanyata. Pattern and prevalence of refractive error in Nairobi County (poster presentation).
4. 2015 - Presented in College of Ophthalmologist of East, Central and Southern Africa Congress in Naivasha, Kenya.
 - i) Lily Nyamai, Margret Njuguna, Lucy Njambi, Daniel Kanyata. The knowledge, attitude and practice of refractive error among high school students in Nairobi County. Journal of Ophthalmology of East, Central and South Africa. July (2016):35-41
 - ii) Lily Nyamai, Daniel Kanyata. Is there a difference in the knowledge, attitude and practice of refractive? error among high school students with corrected refractive error and uncorrected refractive error in Nairobi County (oral presentation)
4. 2014 - College of Ophthalmologist of East, Central and Southern Africa Congress in Livingstone, Zambia.
 - i) Daniel Kanyata, Paul Odula, Lily A. Nyamai, Paul K. Nduati. Morphology and Location of Surface Landmarks of Foramen Ovale in Kenyans. International Journal of Morphology 33.2(2015):471-475 (oral presentation)

Grants Attracted to the University/ Collaborations/ Awards

1. 2020- World Ophthalmology Congress; travel grant.
2. 2019- Multicenter phase 2 clinical trial; The CorNeat EverPatch – A First-In-Human Clinical Study for Demonstrating the Safety of a Synthetic Tissue Substitute for Concealment of Artificial Implants and Glaucoma Tube Shunts
3. 2018 - Commonwealth Eye Health Consortium Clinical Fellowships Award.
4. 2017 - Fellowship in Epidemiology and biostatistics training award by Partnership for Health Research Training in Kenya (P-HERT) in partnership with the Fogarty International Center at the U.S. National Institutes of Health (NIH)
5. 2017 - Memorandum of Understanding between Right to Sight Norway and the University of Nairobi – Grant for Department of ophthalmology outreach activities and paediatric cataracts.
6. 2017 - African Vision Research Institute- Grant for the study, Perceptions of the seeing is believing child eye health programme training beneficiaries in Kenya.
7. 2017 - Keeler Company - Loan and equipment donation for the Kenyatta National Hospital, Retinopathy of Prematurity Study 1
8. 2016 - Graduated **as a the top student** and Fellow of the College of Ophthalmologists of East Central And Southern Africa
9. 2012 - MMed Ophthalmology University of Nairobi sponsored by Lions-Hilfswerk Bayern-Süd (Lions club Bavaria, district 111). Grant administered through Deutscher Akademischer Austausch Dienst (DAAD), German Academic Exchange Service, Regional Office for Africa

Extracurricular Activities/ Hobbies

Lawn tennis: 2002 - ranked 3rd in Kenya

Golf: Handicap 23.6, CDH

Athletics: competitive athletics (track and field): 2000 - 2003 - 100-200-meter sprints, high jump, long jump, triple jump, javelin, heptathlon; and football (soccer)

Other sports (non- competitive): cycling, skating, table tennis, volleyball, and swimming

Hobbies: reading , travelling, art, music, documentary films.

Referees

Prof. Ruth Nduati MBChB, MMed (U of Nairobi), MPH (U of Washington)

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Professor of Pediatrics
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Dr Walter Owen Ogony MBChB, MMed Ophthalmology (U of Nairobi)

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Former Head of Surgery Unit, Department of Ophthalmology
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Prof. Graham E. Trope MD, PhD, FRCSC1

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Director Glaucoma Unit, University Health Network
Toronto Western Hospital
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Prof. Yvonne M Buys MD, FRCSC

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Co-Director Glaucoma Unit, University Health Network
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