

## CURRICURUM VITAE

NAME: REGINA WANGUI KAMUHU  
DATE OF BIRTH: 28<sup>th</sup> JAN 1976  
NATIONALITY: KENYAN  
RELIGION: CHRISTIAN  
CURRENT ADDRESS: KENYATTA UNIVERSITY  
P.O BOX 43844- 00100  
Nairobi, Kenya.

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### ACADEMIC ACHIEVEMENTS

DATE	PLACE	GRADES OBTAINED
SEP 2007- 2009	Panjab University, Chandigarh. India.	M Sc Food and Nutrition ( 1 <sup>st</sup> Division)
SEP 1996- 2001	Egerton University P.O BOX 536, Njoro, Kenya.	B Sc Food Nutrition and Dietetics; Second Upper Division.
1991-1994	Tumutumu Girls High school, P.O BOX 197, Karatina, Kenya.	Grade: B Plain.
1982-1990	Thunguri Primary School, P.O BOX 120, Othaya, Kenya.	492 Marks- 72 points

### PROFESSIONAL EXPERIENCE

DATE: Jan 2011  
PLACE: Kenyatta University,  
P.O Box 43844- 00100. Nairobi. Kenya.

### RESPONSIBILITIES:

- Tutorial fellow
- Teaching and supervision of the undergraduates.
- Departmental and own research.
- Attending conferences, workshops and seminars.

**DATE:** 2006- 2011  
**PLACE:** Ministry of Medical Services,  
Nyeri Provincial General Hospital,  
P.O BOX 27,Nyeri, Kenya.

**RESPONSIBILITIES:**

- Senior Nutritionist at the Comprehensive Care Centre and Consultant Dietician in Medical, surgical and paediatrics wards.
- Nutrition counselling to People Living With HIV AIDS at the clinic.
- Counsel mothers on prevention of mother to child transmission and feeding options for them.
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- Planning of diets for patients with different conditions in the wards.
- Training of health workers on nutrition.
- Training communities about food security and good nutrition.

**Other Responsibilities:**

- Research assistant with Kenya Medical Research Institute at the CCC Nyeri PGH, a study about the effect of nutrition supplement on severely malnourished HIV AIDS patients.
- Running a replacement feeding programme sponsored by a Spanish NGO- VIHDA in the PMTCT clinic and nursery in Nyeri PGH.

**DATE:** May 2005- March 2006  
**PLACE:** Surgilinks Pharmaceuticals,  
P.O BOX 10232-00100  
Nairobi, Kenya.

**RESPONSIBILITIES:**

- Medical Representative
- Marketing of nutrition supplements to the prescribing doctors and local chemist stores

**DATE:** Jan 2002- 2004  
**PLACE:** St Clare`s Girls High School,  
P.O BOX 393,  
Loitokitok, Kenya.

**RESPONSIBILITIES:**

- Teaching Home science and Chemistry.
- Catholic lay missionary
- Sports and house mistress.
- Guidance and counselling.

## **TRAININGS AND CONFERENCES ATTENDED:**

<b>DATE</b>	<b>TRAINING</b>	<b>SKILL ACHIEVED</b>
April 2007	Prevention of Mother to Child Transmission - PMTCT.	<ul style="list-style-type: none"><li>- Adherence counselling,</li><li>- Replacement feeding and feeding options.</li><li>- Prevention during delivery</li></ul>
Jan 2007	Adult ARV	<ul style="list-style-type: none"><li>- Adherence counselling on ARVS.</li><li>- Nutrition Management Of Patients With HIV AIDS.</li><li>- HIV testing and counselling.</li></ul>
Sep 2006	Maternal and child Nutrition	<ul style="list-style-type: none"><li>- Planning Meals For Pregnant and Lactating mothers.</li><li>- Breastfeeding practices and programmes.</li><li>-Supplementary feeding.</li></ul>
April 2004	Personality development	<ul style="list-style-type: none"><li>- Professional and interpersonal Relationships.</li><li>- Team building and team work</li></ul>
May 2001	Participatory Rural Appraisal.	<ul style="list-style-type: none"><li>- Project planning and management</li><li>- Community appraisal.</li><li>- Community development</li><li>- Programme monitoring and evaluation.</li><li>- Developing an Action Plan.</li></ul>

## **CONSULTANCY EXPERIENCE**

June – July 2013- Consultant in the National Knowledge Attitude and Practice Survey in Vitamin A, Iron and Folic acid supplementation in Narok county.

## **Membership in Professional Societies**

Kenya Nutritionist and Dieticians Institute

## **REFEREES**

Prof. Judith Kimiywe,  
Chair person,  
Department of Foods, Nutrition & Dietetics,  
Kenyatta University,  
P.O Box 43844- 00100,  
Nairobi, Kenya.

Dr. Ann Munyaka,  
Lecturer,  
Department of Foods, Nutrition & Dietetics,  
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Dr Elizabeth Kuria  
Senior lecturer,  
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