

## CURRICULUM VITAE

### PERSONAL INFORMATION

**NAME**

REGINA WANGUI KAMUHU



**DATE OF BIRTH**

28<sup>TH</sup> JANUARY 1976

**NATIONALITY**

KENYAN

**RELIGION**

CHRISTIAN

**CURRENT ADDRESS**

KENYATTA UNIVERSITY

P.O BOX 43844- 00100

Nairobi, Kenya.

**PERMANENT ADDRESS**

P.O BOX 120 OTHAYA, KENYA

**EMAIL ADDRESS**

[wanguikamuhu@gmail.com](mailto:wanguikamuhu@gmail.com)

[rkamuhu@yahoo.com](mailto:rkamuhu@yahoo.com)

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**TELEPHONE NUMBER**

+254 717 655 404

### ACADEMIC QUALIFICATIONS

**DATE**

**INSTITUTION  
GRADE OBTAINED**

**MAY 2011-2016**

Kenyatta University  
P.O Box 43844-00100 Nairobi  
PhD ( Food Nutrition and  
Dietetics).

**SEP 2007- 2009**

Punjab University,  
Chandigarh. India.  
M Sc Food and Nutrition  
(1st Division)

**SEP 1996-2001**

Egerton University  
P.O BOX 536,  
Njoro, Kenya.  
B Sc Food Nutrition and Dietetics;  
Second Upper Division

**JAN 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 AND PLACE**

#### **RESPONSIBILITIES**

**JAN 2011 TO DATE**

Kenyatta University,  
P.O Box 43844-00100.  
Nairobi. Kenya.

- Lecturer
- Supervision of post graduate students
- Teaching and supervision of the undergraduates.
- Departmental and own research.
- Setting, marking exams
- Departmental coordinator for ODEL, committee member for Gender and sports
- Departmental Exam coordination

**JUNE 2006- 2011**

Ministry of Medical  
Services, Nyeri  
Provincial General  
Hospital,  
P.O BOX 27, Nyeri,  
Kenya

- 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.
- 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.

- Training and supervision of students on practicum
- Implementation of Malezi bora program in the outreach areas.
- Implementation of IYCF and Vitamin A supplementation in the hospital and the auxiliary hospitals
- Management and implementation of SFP in the hospital.
- Running a replacement feeding programme sponsored by a Spanish NGO-VIHDA in the PMTCT clinic and nursery in Nyeri PGH.
- Reporting and data management of the programs from the national level
- Liaising with the provincial and district nutrition officers in implementation of national programs

**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.

**MAY 2005- MAY 2006**  
Surgilinks  
Pharmaceuticals,  
P.O BOX 10232-00100  
Nairobi, Kenya

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

**JAN 2002- 2004**  
St Clare`s Girls High  
School,  
P.O BOX 393,  
Loitokitok, Kenya

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

**TRAININGS AND WORKSHOPS ATTENDED**

**DATE AND TRAINING**

**SKILLED ACQUIRED**

**January 2021**  
**ACTIL**

- International training on transformational leadership for actil mentors & mentees,

**NOV 2016**

- Quality management system standard awareness

## **ISO;9001-2015**

### **Awareness training**

#### **OCT 2016 KENET training**

- Research infrastructures survey

#### **MAY 2015 Scientific writing**

- Research infrastructures survey
- Writing for publications

#### **AUGUST 2014 Teaching methodology**

- Teaching methods, setting and moderation of exams

#### **JUNE 2014 Food and nutrition in children**

- Nutrition in paediatrics and neonates

#### **SEP 2008 Eating disorders**

- Management of eating disorders

#### **APRIL 2007 PMTCT**

- Adherence counselling
- Replacement feeding and feeding options.
- Prevention during delivery

#### **JAN 2007     ADULT ART**

- Adherence counselling on ARVS.
- HIV testing and counselling
- Nutrition Management Of Patients With HIV AIDS

#### **SEP 2006           Maternal   and child Nutrition**

- Planning meals for pregnant mothers
- Breast feeding practices
- Complementary feeding practices

## **CONSULTANCY AND RESEARCH EXPERIENCE**

### **Research                    and consultancy experience**

- Wangui, K. R. (2016). *Impact of peanut supplementation on cardiovascular disease markers in hiv-infected adults with dyslipidemia attending Nyeri level-5-hospital, Kenya* (doctoral dissertation, Kenyatta university).
- June – July 2013-            Consultant in the National Knowledge Attitude and Practice Survey in Vitamin A,

- Iron and Folic acid supplementation in Narok county.
- Formulation of module for and training of small scale farmers on processing and utilization of legumes, cereals, roots and tubers for AICAD (2019) (*African Institute for Capacity Development, Kenya office*)
- Collaborator in various grant proposals for; Optimizing production and increasing value addition of grain Amaranth(*AMARANTHUS SPP*) for food and nutrition security in Kenya. (2016)
- New technologies for predicting, preventing and controlling Striga (witchweed) for increased food and nutritional security in East Africa's small holder farms (2018).

### CONFERENCES

<b>CONFERENCE \$DATES</b>	<b>PRESENTATION</b>
MAY 2015; FANUS FONATA, ARUSHA	Impact of peanut supplementation on cardiovascular risk factors in HIV- infected patients with dyslipidemia attending Nyeri Level 5 Hospital
SEP 2015; IST GLOBAL CONFERENCE ON PATIENT CENTERED CARE, KENYATTA UNIVERSITY	Impact of peanut supplementation on cardiovascular risk factors in HIV- infected patients with dyslipidemia attending Nyeri Level 5 Hospital

### PUBLICATIONS

Regina Kamuhu, Beatrice Mugendi, Judith Kimiywe and Eliud Njagi. Effect of Peanut Consumption on Nutritional Status Indices of HIV Infected Adults in Nyeri County, Kenya. *World Journal of Nutrition and Health*. 2020; 8(1):22-27. doi: 10.12691/jnh-8-1-5

Kamuhu R., Mugendi B., Kimiywe J., Njagi E.(2019). Proximate analysis of raw and roasted groundnut (*Arachis hypogaea* L.): Red Valencia and manipinta varieties Int. J. Food Sci. Nutr. Vol. 4, Issue 4 ; Pages: 191-194 ;doi.org/10.22271/food

Wangui, K. R. (2016). *Impact of peanut supplementation on cardiovascular disease markers in hiv-infected adults with dyslipidemia attending Nyeri level-5-hospital, Kenya* (doctoral dissertation, Kenyatta University).

### **POST GRADUATE SUPERVISION**

<b>Name</b>	<b>TITLE</b>	<b>Stage</b>
Sum rael H60/33573/2015	BLOOD PRESSURE AND ITS ASSOCIATED RISK FACTORS AMONG STAFF AT UASIN GISHU LEVEL 5 HOSPITAL, UASIN GISHU COUNTY, KENYA	Graduated
ONCHWARI CALLEN KERUBO (bsc) H60/CE/34132/2017	HOUSEHOLD FOOD SECURITY AND NUTRITION STATUS OF CHILDREN 6-59 MONTHS AMONG SMALLHOLDER TEA FARMERS IN VIHIGA COUNTY, KENYA	Findings
Maureen karimi muketha (msc fnd) H60/cty/pt/26898/2019	ADHERENCE TO DIETARY RECOMMENDATIONS IN THE MANAGEMENT OF TYPE 2 DIABETIC PATIENTS ATTENDING DIABETIC CLINIC AT NYAHURURU COUNTY REFERRAL HOSPITAL, KENYA	PROPOSAL submission
Wanyonyi elizabeth nanjala (b.sc. Fnd) Reg no. H60/cty/pt/24636/2013	DIETARY INTAKE AND NUTRITION KNOWLEDGE ON VITAMIN A AND IRON AMONG LACTATING TEENAGERS IN REFERRAL HOSPITALS IN KISUMU COUNTY, KENYA	Proposal-data collection
Jemimah njeri wawire H60/cty/pt/28562/2018	NUTRITIONAL STATUS, BLOOD PRESSURE LEVELS AND THE ASSOCIATED RISKS FOR HYPERTENSION AMONG STAFF WORKING IN SELECTED BANKS IN NAIROBI TOWN, KENYA	Proposal
Mary njeri irungu(bsc fnd) H60/cty/pt/30832/2015	DETERMINANTS OF NUTRITION STATUS OF CHILDREN 0-13 YEARS WITH NEUROLOGICAL IMPAIRMENT ATTENDING OCCUPATIONAL THERAPY AT THIKA LEVEL FIVE HOSPITAL	Proposal
Rukwaro g wanjiku (bsc fnd) H60/ce/28086/2015	DETERMINANTS OF ADHERENCE TO DIABETES SELF-MANAGEMENT AMONG TYPE 2 DIABETES PATIENTS ATTENDING NYERI COUNTY REFERRAL HOSPITAL, KENYA.	Proposal
DEBORA GERVAS	DIETARY INTAKE, PHYSICAL ACTIVITY AND NUTRITION STATUS OF ADOLESCENTS	Findings examination

NIYEHA (bsc. HE& HN) H60EA/CE/2267 5/2011	ATTENDING URBAN PRIMARY SCHOOLS IN KINONDONI DISTRICT, DAR ES SALAAM TANZANIA	
Mary ndanu kyalo (bsc. Fnd) H60/cty/pt/33575 /2015	PREDICTORS OF OVERWEIGHT AND OBESITY AMONG ADOLESCENT STUDENTS IN PUBLIC DAY SECONDARY SCHOOLS IN MACHAKOS COUNTY, KENYA	Examination
Carolyne kemuma oira (bsc.fnd) H60/cty/pt/39384 /2016	DIETARY PRACTICES, PHYSICAL ACTIVITY LEVEL, PREVALENCE OF OVERWEIGHT AND OBESITY OF LATE POSTPARTUM PLUS SINGLETON MOTHERS VISITING KIAMBU LEVEL 5 HOSPITAL KENYA	Proposal
Macharia ann wambui (bsc H60/ce/24079/20 12	FACTORS INFLUENCING NUTRIENT INTAKE, NUTRITION STATUS AND GLYCEMIC CONTROL AMONG TYPE 2 DIABETIC PATIENTS IN NYANDARUA COUNTY	Proposal
Zephaniah o. Obonyo (bsc. F n d) H60/cty/pt/38440 /2016	INFANT AND MATERNAL FACTORS AFFECTING NUTRIENT ADEQUACY FOR OPTIMAL GROWTH OF PRETERM INFANTS AT EMBU LEVEL FIVE REFERAL HOSPITAL, KENYA	Examination
Kimutai jebet everlyn reg. No. H60/ce/34043/20 16	DETERMINANTS OF DETERMINANTS OF BLOOD GLUCOSE MANAGEMENT AMONG TYPE II DIABETIC PATIENTS ATTENDING MOI TEACHING AND REFFERAL HOSPITAL ,KENYA	Data Collection
Maina jerusha muthoni (bsc. Fsn) Reg no: h60/37738/2017	NUTRITION STATUS AND FUNCTIONAL STATUS OF ADULT CANCER PATIENTS UNDERGOING CHEMOTHERAPY AT MURANG'A LEVEL 5 HOSPITAL	Proposal
Maina rachael muthoni H60/38518/2017	DIETARY INTAKE AND NUTRITION STATUS OF MAINTENANCE HEMODIALYSIS PATIENTS ATTENDING RENAL UNIT KENYATTA NATIONAL HOSPITAL, KENYA	Proposal
Wanjiku njenga	PHYSICAL ACTIVITY LEVEL, DIETARY AND	Not active

H60/cty/pt/27156 /2014	WEIGHT LOSS PRACTICES OF OVERWEIGHT AND OBESE ADULTS ATTENDING AGA KHAN UNIVERSITY HOSPITAL NAIROBI CITY COUNTY, KENYA	
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### **POST GRADUATE EXAMINATION**

- INTERNAL EXAMINATION FOR MS JULIA ROTICH’S MSC THESIS ENTITLED: ‘NUTRITION KNOWLEDGE, ATTITUDE AND PRACTICES IN MANAGEMENT OF STAGE 5 CHRONIC KIDNEY DISEASE AMONG RENAL ADULT PATIENTS IN KENYATTA NATIONAL HOSPITAL, KENYA’.
- INTERNAL EXAMINATION FOR MS GIKWA JANE NJAMBI’S MSC THESIS ENTITLED “PREVALENCE OF USE OF DIETARY SUPPLEMENTS AND DIETARY PRACTICES AMONG TEACHERS IN PUBLIC SECONDARY SCHOOLS IN KIKUYU, KIAMBU, KENYA.”
- EXTERNAL EXAMINATION FOR ALICE THEURI “EFFECT OF USING MOBILE PHONE COMMUNICATION IN THE MANAGEMENT OF TYPE 2 DIABETES MELLITUS AMONG ADULT PATIENTS ATTENDING KITUI COUNTY REFERRAL HOSPITAL”
- EXTERNAL EXAMINATION FOR MS GRACE WAIRIMU WAWERU FOR THESIS TITLED ‘DETERMINANTS OF PRE- CONCEPTION DIETARY PRACTICES AMONG FEMALE UNDERGRADUATE STUDENTS AT KENYATTA UNIVERSITY, KENYA’
- INTERNAL EXAMINATION FOR NYAKUNDI PATRICK NYAMEMBA “CONSUMPTION PATTERNS OF TEA, IRON- AND ASCORBATE-RICH FOODS AND IRON STATUS AMONG WOMEN OF CHILDBEARING AGE IN NANDI COUNTY, KENYA”
- INTERNAL EXAMINATION FOR WILLY KIBOI TITLED “IMPACT OF MATERNAL DIETARY INTAKE ON BREASTMILK COMPOSITION AND INFANT(0-6MONTHS) AMONG LACTATING WOMEN IN NYERI COUNTY, KENYA”
- INTERNAL EXAMINATION FOR JOSEPH ARUASI TITLED“DIETARY DIVERSITY, NUTRIENT INTAKE, NUTRITION STATUS OF CHILDREN 6-23 MONTHS IN BUSIA COUNTY, KENYA.”
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## **MEMBERSHIP IN PROFESSIONAL SOCIETIES**

- Kenya Nutritionist and Dieticians Institute
- Nutrition academy- UK
- African Nutrition Society

## **REFEREES**

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

Professor Eliud Njagi  
Department of Biotechnology  
Kenyatta University,  
P.O Box 43844- 00100,  
Nairobi, Kenya.

Dr Peter Chege,  
Department of Foods, Nutrition & Dietetics,  
Kenyatta University,  
P.O Box 43844- 00100,  
Nairobi, Kenya.