

CURRICULUM VITAE

PERSONAL DETAILS

NAME: BERTHA ANYANGO OCHOLLA CONTACT

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CAREER OBJECTIVE

To seek a progressive position with challenge and advancement potential in; Quality management Systems, Education, communication, Research, Health Inspection, Medical Nutrition, Dietetics and Public Health Nutrition, Nutrition Advocacy, Curriculum Development, where education and ability would have valuable application leading to greater responsibilities.

BRIEF ON CURRENT ENGAGEMENT

I am an Assistant Chief Nutrition Officer working at the largest teaching, research and referral hospital in East and Central Africa. Over and above my technical responsibilities, I am a middle level manager tasked with the responsibility of directing, supervising and overseeing the work of a team of several nutrition officers.

I am currently the Kenyatta National Hospital' Nutrition department Students Training Coordinator and the Kenya Nutritionists and Dietitians Institute (KNDI), where I am tasked with the responsibility of coordinating, organizing, and overseeing all the activities pertaining to nutrition training.

In my line of duty, I have taken a very keen interest in Quality Management Systems where have successfully been trained in both ISO 9001:2008 and ISO 9001:2015.

I am a certified Lead Auditor in Quality Management Systems ISO 9001: 2015 QMS trained by the Kenya Bureau of Standards.

I am very passionate about QMS and currently working very closely with the Quality Assurance Department of the hospital where I am involved in coordinating QMS activities in the hospital, carrying out QMS sensitization and education to various members of staff, leading Audit teams during the IQAs and acting as a guide during the various stages of audits by external auditors. I am also one of the first certified and gazetted Joint Health Inspectors in the country- An initiative of the World Bank Group together with the MOH and all the Health Professionals Boards and Councils under the Kenya Patient Safety Initiative (KePSIE)

CONSULTANCY

I have worked as a Health and Nutritionist expert for the following organizations:

a. Action Against Hunger (USA) in various locations in Southern Sudan. My responsibilities included:

- Planning for nutritional surveys
- Training of the Sudanese locals on how to carry out nutritional assessment.
- Implementation of nutrition surveys
- Writing reports and making recommendations for the organization and other Relief agencies working in the area.

b. World Vision International

Uptake of the Voluntary and Counselling Services of the Comprehensive Care Services in the government facilities in Southern Sudan

c. Intra Health International

Conducted a Baseline Survey of Demonstration sites for Health Capacity project in Kenya.

d. Mercy USA for Aid and Development

Program Evaluation/Coverage of the Nutrition Emergency Programme in Kajiado County

Carried out a study on the uptake of Health services in Kajiado County and community Nutrition diagnosis.

e. National Aids Control Programme

Impact Assessment on the uptake of health services by the Most at Risk Population (MARP) in Kenya

f. Amref Health Africa: Early Life Nutrition (KISSMEE Project) 2016-2017

Curriculum Development

Content Development

Facilitators Guide Development

Students Guide Development

Trainer of Trainers

Facilitation

g. World Vision International

Cluster Approved SMART survey in Jonglei State Southern Sudan

Baseline survey on the Nutritional Status of under-fives in Padak County Southern Sudan

h. Christian Aid

A baseline Survey in Narok County

SMART survey

EDUCATION BACKGROUND

2018-2021: UNIVERSITY OF NAIROBI

MSc (Applied Human Nutrition)

1994-1998: KENYATTA UNIVERSITY

Bachelor of Education (Home Economics)

Second Class (Upper Division)

1989-1992: PANGANI GIRLS' SCHOOL

Kenya Certificate of Secondary education

1981-1988: MBAGATHI ROAD PRIMARY SCHOOL

Kenya certificate of Primary Education

PROFESSIONAL EXPERIENCE AUG 2013-Date: KENYATTA NATIONAL HOSPITAL

DESIGNATION: ASSISTANT CHIEF NUTRITION OFFICER

Responsible to the Deputy Chief Nutrition Officer in the coordination and ensuring the provision of nutrition needs of patients in the Hospital.

DUTIES AND RESPONSIBILITIES

Co-ordinating the preparation and service of therapeutic and regular feeds in the main and well as private wing kitchens.

Liaising with the food receipt team which includes Catering, Supplies Chain Management, Security and Public Health departments to ensure the quality and quantity of food stuffs received, prepared and served.

Spearheading culture change to improve hospital image in the department and overall division. Co-ordinating and spearheading the implementation of the Quality Management Systems in line with ISO 9001:2008 and also the Standard Operating Procedures in Nutrition Department. Participating in the development of Departmental as well as Divisional Performance contract targets and ensuring the same are met within the financial year.

Active participation of policy formulation with regard to nutrition at the national level Providing technical advice on nutrition within the hospital and nationally.

Preparation of weekly, monthly and quarterly reports on the operations of the Division.

Assessment of staff performance and ensuring staff discipline.

Carrying out staff appraisals biannually

Participating in research, teaching and examination of staff on attachment at the institution and other institutes of higher learning affiliated to Kenya Nutritionists and Dietitians Institute.

NOV 2012- AUG 2013: KENYATTA NATIONAL HOSPITAL

DESIGNATION: SENIOR NUTRITION OFFICER in charge of the medical division of the hospital. This covers both the in-patient as well as out-patients' units of the hospital

I was responsible to the Assistant Chief Nutrition Officer for provision of nutrition services for patients in the Division.

I was tasked with the responsibility of ensuring the implementation and supervision of nutritional care activities in the medical division of the hospital.

I have been in-charge of the Medical division in nutrition department where I was involved in mentoring, guidance, and supervision of the members of nutrition staff assigned in the area.

DUTIES AND RESPONSIBILITIES

Liaising with relevant health workers in the provision of nutrition services for patients in the Division.

Supervising and performing nutrition assessment on patients and planning for their care and subsequent reviews.

Co-ordinating Quality Assurance activities in the Division.

Effective supervision, training, and development of staff at Divisional level.

Preparation of reports on the operations of the division.

Ensuring the reviewing and managing of patients receiving critical nutrition care.

Participating in training and research.

Developing programmes for groups or individuals to include counselling, demonstration and lectures at Divisional level.

QUALITY MANAGEMENT SYSTEMS

I am a certified Lead Auditor in Quality Management systems (QMS ISO 9001: 2015), trained by The Kenya Bureau of Standards (KEBS), where I am tasked with the responsibility of the coordinating of all the Quality Management System activities both within and without the hospital. This includes carrying out QMS education and carrying out QMS internal Audits in various departments of the hospital.

I am one of the Lead Auditors who were very instrumental with the preparation of the hospital in meeting the current QMS standards in order to transit to ISO 9001: 2015.

NOV 1998- SEPT 2012 DESIGNATION: NUTRITION OFFICER ONE

My job entailed the application of Nutrition Science and Medical practice to the assessment, diagnosis, treatment and prevention of human disease or disease conditions caused by the deficiency, excesses or metabolic imbalance of nutrients.

These include Paediatrics, geriatrics, surgical cases, patients in specialized areas and special HIV/AIDS care.

DUTIES AND RESPONSIBILITIES

PATIENT SCREENING

Identifying patients at nutritional risk or suspected to be at risk due to disease or as a result of medical treatment.

This entails:

- (a) Attending ward rounds together with the multidisciplinary patients' support team.
- (b) Determining a patient's nutritional status: degree to which physiologic needs for treatment are met.
- (c) Patients' observation, to determine physical signs suggestive of malnutrition

NUTRITIONAL ASSESSMENT

Collecting information from individual patients in order to identify a patient's problem and the level at which nutritional intervention should be initiated. This is done through the obtaining of:

- (a) Psychosocial information
- (b) Medical history
- (c) Dietary History
- (d) Biochemical analysis
- (e) Anthropometric measures
- (f) Clinical evaluation
- (g) Effects of drug-nutrient interactions

I also review all patients receiving critical care in the division and direct their management.

PLANNING NUTRITIONAL CARE

This includes:

- (a) Setting of realistic patient centred objectives to resolve identified problems.
- (b) Documentation of the therapy goal desired outcome, and recommendation of needs, appropriate feeding modalities in order for the other patient care team members to follow-up.
- (c) Using recommended dietary allowances (RDAs) to determine nutrient needs for the individual patients.

IMPLEMENTATION OF NUTRITIONAL CARE

Implementation, management and supervision of the nutrition in HIV care and treatment particularly integrating nutrition assessment, counselling, nutrition care process in the medical division in the hospital.

Initiating high quality and high impact nutrition intervention programs.

This entails performing activities, which meet the set objectives in order to address the stated problems. This includes:

- (a) Educating a patient/client on the purpose of the prescribed diet.
- (b) Evaluating the patient's food intake and identifying the poor dietary habits.
- (c) Recommending therapeutic diets to individual patients depending on the diagnosis.
- (d) Formulating diet regimes to individual patients to suit their needs.
- (e) Counselling of individual patients and carrying out demonstrations and group discussions.

NUTRITION DIETETICS SERVICES

Liaising with clinicians, nurses and catering departments and other health care workers in the provision of nutrition diet for patients admitted in the division.

I also ensure that nutrition services and supplements issued are charged. The work involves:

- (a) Ordering of standard and special diets for specific patients.
- (b) Working in liaison with nutritionists in the kitchen and catering department on special diets.
- (c) Supervision of meal service.
- (d) Prescribing commercial nutritional supplements to patients, ordering the supplements, and ensuring that the supplements are administered to the patients as per the prescription.

EVALUATING NUTRITIONAL CARE

- (a) Monitoring of food and fluid intake as prescribed to individual patients and estimating adequate dietary intakes.
- (b) Assessment of nutritional knowledge as reflected in patient behaviour change.
- (c) Monitoring of anthropometric/clinical data to reveal where the nutritional intervention is effective.
- (d) Providing long-term follow-up by following the laid down referral systems upon discharge from the wards.

NUTRITION INFORMATION MANAGEMENT

Collecting daily patients' data and documenting the nutritional intervention on a daily basis, by use of continuous daily reports.

I am also tasked with the preparation of weekly reports on the operations of the division.

STUDENT, INTERNS AND STAFF TRAINING

I coordinate and supervise the training and development of the multidisciplinary staff in medical division. These include doctors, nurses, pharmacists and nutritionists working in the area as well as the students in the various departments.

Assessment of the training needs, organizing and conducting operational training in various areas, which include TB and nutrition, nutrition in HIV, current issues in nutrition and common dermatological conditions for nutrition department

Orientation and training of students from various institutions which include public and private universities and other tertiary learning institutions while on clinical attachment at the Hospital. Developing programmes for groups or individuals to include counselling, demonstrations, and lectures.

Participative supervision, training, assessment, and development of staff at the division. Teaching and updating of other patients care staff on nutrition in Continuous Nutritional Education.

COMMUNICATION

I am the officer in-charge of communication in nutrition department. I work closely with the hospital public relations department in the hospital.

I am in-charge of the Preparation of all Information, Education and Communication materials for use in both nutrition and Health education.

These include posters, brochures, leaflets, newsletters and periodicals that are published for use by patients, students and other staff members.

HEALTH RESEARCH ACTIVITIES

I am currently undertaking a study on Factors Affecting Enteral and Parenteral Nutrition Knowledge, Competence and Self-Efficacy among Clinical Nutrition Interns in Selected Health Facilities in Nairobi, Machakos and Kiambu Counties in Kenya.

I participate in clinical nutrition and public health research at the hospital. This includes the areas of HIV and nutrition, MIYCN, MDRTB and nutrient and drug interaction.

I am also tasked with the responsibility of supervising the academic and clinical research carried out within the hospital

PERFORMANCE CONTRACT

I ensure that the performance targets are met at both the divisional as well as the departmental levels as per the hospital requirement.

Monitoring, evaluating and reporting to the Chief Nutrition officer in accordance with the standard operating procedures and the performance contract.

NATIONAL LEVEL INVOLVEMENT

I am a trained and gazetted Joint Health Inspector under the Kenya Patient Safety Impact Evaluation Program (KEPSIE).

Chair of the National Clinical Nutrition Working Group

Member of the National Nutrition Advocacy and Communication Group.

OTHER DUTIES AND RESPONSIBILITIES

1. Certified Lead Auditor in Quality Management System
2. Representing nutrition department in various nutrition stakeholders' meetings, forums and committees in the Ministry of Health.
3. Chairperson of the nutrition customer care, anti-corruption and public relations committees.
4. Member of the nutrition department Research and Training committees.
5. Member of the departmental Quality Assurance Committee.
6. Advisor of the Nutrition department Anti-Corruption Committee.
7. Member Critical Care Association of Kenya

ACTIVITIES, ACHIEVEMENTS AND PROJECTS

1. Founder and active member of the nutrition awareness week committee. An annual event organized by KNH nutrition department. This has now been adopted by all the other departments in the hospital and other hospitals too.
2. Coordinating and facilitating nutrition workshops, seminars and Continuous Nutrition Education at Kenyatta National Hospital and other Ministry of Health facilities.

3. Development of Nutritional (IEC) Information Education and Communication material that is circulated not only within the hospital but all the Ministry of Health facilities in the country. This includes posters, booklets, and pamphlets.
4. A team member of the Kenya National Nutritional Guidelines in the management of HIV/AIDS.
5. Member of the National Food Safety and Food Security Board.
6. Organizing monthly Paediatric, Medical and Renal Outreach Camps with the hospital multidisciplinary team which includes doctors, nurses, a nutritionist, a physiotherapist, occupational therapist, and a social worker. The team visits the slum areas in Nairobi which include: Kibera, Mathare, Ngomongo, Mukuru, and Embakasi.
7. I facilitated the setting up of the eight initial Therapeutic Feeding Centres (TFC) and Supplementary Feeding Centres (SFC) in the Upper Nile and Padak regions of Southern Sudan for Action Against Hunger (USA).

PROFESSIONAL DEVELOPMENT AND COURSES ATTENDED

1. Senior Management Course- (Kenya School of Government)
2. Journalism for Health Researchers- (BBC World Service Trust).
3. International Course in Food Safety- (Michigan State University, U.S.A).
4. Gender Violence Sensitization Workshop- (KAACR).
5. Advanced Medical Nutrition Course-(KNH).
6. Prevention of Mother to child Transmission of HIV/AIDS PMTCT- (NASCOP).
7. Stigma Reduction in HIV/AIDS- (KNH).
8. Home Based Care Training-(KNH).
9. Customer Care course – (Kenya Utalii College).
10. HIV/AIDS Awareness Workshop- (KNH).
11. HIV/AIDS Education Seminar- (KNH).
12. The nutrition of older people in Africa- (Help Age International).
13. Basic Guidance and Counselling- (Pathfinder International).
14. Fundraising skills training- (Centre for African Family Studies).
15. Lactation Management training program- (KNH).
16. Diabetes Training- (KNH).
17. Diabetes, Obesity and Metabolism-(KMA).
18. Nutrition and Cancer Management (KNH).
19. International Food Laws (Michigan States University).

20. Gender Violence Sensitization. (FIDA)
21. Nutrition surveys-surveillance- (Action against Hunger, S/Sudan).
22. Implementation Science (UON/KNH)
23. Infant and Young Child Feeding- (MOH, KNH and UON)
24. Advocacy Communication and Social Mobilization (ACSM)- (MOH, UNICEF, SUN-CSA)
25. I have worked as the consultant nutritionist for the various projects the hospital undertakes with various foreign doctors in reconstructive surgeries. The projects include: The Operation Smile, Feed the Child Project, Heal the Child, Operation Ear Drop, MEAK project. The foreign countries that sponsor these projects annually include USA, Denmark, Sweden, Holland, Germany, France, and UAE.
26. Member of the newly formed Allergy Association of Kenya where I am also the Nutrition Advisor.
27. Registered Member of the Kenya Nutritionist and Dieticians Institute.
28. Nutrition and public health consultant for Christian Child Health International.
29. I was voted as the Kenyatta National Hospital Nutritionist of the year 2008. This is a very competitive position that looks into one's contribution in improvement of services, innovations and creativity in the hospital, a position I still hold up to date.
30. Part-time Lecturer for Kenya Medical Training College. (KMTC), University of Nairobi, Kenyatta University, Baraton, Egerton and JKUAT Universities where I have also been very instrumental in the shaping up of the various curricula to meet the practice need.
31. Nutrition and health writer for Bio safety Newspaper.
32. Lead Auditors training in ISO9001:2015 Quality Management Systems (KEBS)
33. Joint Health Inspectors training (World Bank Group)
34. Clinical Nutrition Advisor and Chair in the Ministry of Health Nutrition Technical Working Group
35. Secretary General of the National Nutrition Advocacy, Communication and Social Mobilisation

HOBBIES

- Teaching
- Reading
- Traveling
- Research
- Guidance and Mentorship

SKILLS ACQUIRED

- Research
- Advocacy
- Training
- Fully computer literate
- Holder of Class E drivers' license

REFEREES

MRS IRENE MAKORI

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