**CHARLENE GUMBO**

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**PROFESSIONAL PROFILE**

I am a psychiatrist with a Master of Medicine in Psychiatry from the University of Nairobi, currently engaged in advanced clinical training and interdisciplinary practice at Chiromo Hospital Group. Under the mentorship of Dr. Frank Njenga—Founder President of the African Association of Psychiatrists and Allied Professions (AAPAP)—I contribute to the delivery of comprehensive mental health services across inpatient and outpatient settings within a multidisciplinary team. My clinical experience is complemented by formal training in strategic management and organisational leadership, aligning with my long-term commitment to advancing mental health systems in Africa. I maintain an active interest in psychiatric education through consistent participation in teaching, supervision, and collaborative clinical rounds. As a clinician-scholar, I am focused on strengthening competencies in leadership, advocacy, and scientific communication to support evidence-based, scalable and sustainable mental health innovations across the continent and beyond.

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| **PROFESSIONAL MEMBERSHIPS**  I am a registered and active member of the Kenya Medical Practitioners and Dentists Council **(KMPDC)**, Kenya Psychiatrists Association **(KPA)**, and Kenya Medical Association (**KMA)** | |
| **PROFESSIONAL CERTIFICATION**  Certificate in Leadership and Management in Health  Certificate in Global Mental Health Certificate in Global Health Research Certificate in Swedish Language  Certificate in Basic Life Support  Certificate in Advanced Cardiac Life Support  Certificate in European Paediatric Advanced Life Support  Certificate in ECT  Certificate in Neuropsychopharmacology | *University of Washington University of Washington University of Washington Folk University, Sweden.*  *National Resuscitation Council of Kenya National Resuscitation Council of Kenya*  *National Resuscitation Council of Kenya*  *Royal College of Psychiatrist- UK*  *African College of Neuropsychopharmacology* |
| **KEY SKILLS AND COMPETENCIES**  |Multilingual: English, Swahili, Swedish |Team Leadership | Teachable | Key listening | Communication and empathy | Critical thinking | Patient Assessment, Diagnosis & Evaluation | Documentation | Case Management | Basic Medical Research & Advocacy | Advanced Cardiac Life Support | Basic Life Support | Paediatric Advanced Life Support | |

**PROFESSIONAL MEDICAL EXPERIENCE**

**Psychiatry Practitioner August 2023 - Ongoing**

**Chiromo Hospital Group - Nairobi**

**Team lead of corporate psychiatrists**

o Asses patients – history taking, examination, diagnosis.

o Carry out investigations - biological, psychological and social.

o Prescribe a holistic treatment plan-pharmacotherapy, psychotherapy and social.

o Making case presentations to senior consultants.

o Liaise with senior consultants and other health care professionals in client management.

o Keeping up to date with evidence based medicine.

**Medical Officer May 2016 - Aug 2019**

***Miathene Sub-County Hospital***

o Directed, led, and supervised the operations of the hospital’s Medical Outpatient Clinic (MOPC).

o Provided quality medical care to patients after assessment and monitoring.

o Liaised with patients, medical consultants, and other healthcare professionals in case management and curated appropriate treatment plans in the best interest of the patients.

o Recommended and organised patient referrals for specialised treatment as appropriate.

o Kept and updated medical records while upholding medical ethics.

o Performed major clinical and surgical operations and made appropriate post-surgical follow-ups.

o Kept abreast with trends and developments on appropriate utilisation of technology in medical care.

**Intern Medical Officer Apr 2015 - Mar 2016**

***Maua Methodist Hospital***

o Assessed patients and recommended appropriate treatment in consultation with my supervisors.

o Performed clinical and surgical procedures such as Caesarean Sections, oophorectomy, etc.

o Attended ward rounds and collaborated with consultants and medical officers, ensuring quality patient care.

o Documented patient medical history and treatment plans while upholding confidentiality.

**HIGHER EDUCATION**

**Masters of Medicine (MMED) in Psychiatry 2019 - 2023**

***University of Nairobi, Kenya***

***Thesis: The Prevalence and Factors affecting suicidal behaviour Among Youth at Kenyatta National Hospital***

Supervised by Prof Mathai, Dr. J. M buru and Roseline Okoth

**Bachelor of Medicine and Surgery (MBChB) 2009 - 2015**

***Kampala International University, Uganda***

o Research Project: ***The Incidence of Bipolar Disorder among patients attending KIU-WC hospital.***

o Supervised by Dr. Kamyuka, Psychiatrist and lecturer at Kampala International University.

**RELEVANT SEMINARS AND WORKSHOPS**

o Healing the brain-bridging the gap in low & middle income countries 2023

o 13th Annual KPA Scientific Conference on Suicide Prevention (Sept 2021).

o 12th Annual KPA Scientific Conference on the Impact of Covid-19 on Mental Health (Oct 2020).

o Depression as an Emergent Mood Disorder (Dec 2014), Kampala International University.

o Common Infectious Diseases in Africa & Management (Oct 2014), Kampala International University.

o Chronic Non-Communicable Diseases Management: Diabetes & Hypertension (Sep 2014), KIU.

o Emergency Obstetric Care (Dec 2013), Kampala International University.

o 4th AMSKIU International Medical Students Scientific Conference (Oct 2012), Kampala International University. Theme; Promoting Paediatrics & Child Health; Immunization & Early Intervention of Health Care.

**REFERENCES**

Prof. Muthoni Mathai Senior Lecturer

Dr Eva Mucheru

Consultant Psychiatrist

Mathari National Hospital

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Dr Frank Njenga

FRC Psych (U.K)

Chairman-Chiromo Hospital Group

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