



**THE ARTHRHEUMA
SOCIETY OF KENYA**

ARSK Scientific Conference 2025

THEME: Rheumatology in a Changing world
The Kenyan experience

PROGRAM

DATE: 30th July
2nd Aug 2025

VENUE:
Ciala Resort, Kisumu



THE ARTHRHEUMA
SOCIETY OF KENYA

**ARSK Scientific
Conference 2025**

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General Information

ARSK 2025 Annual Scientific Conference



Venue & Location

The ARSK Annual Scientific Conference will be held at Ciala Resort, Kisumu, located a few minutes' drive from Kisumu City Centre. Kisumu is a vibrant lakeside city in western Kenya, known for its hospitality and growing medical community. The commonly spoken languages are English and Kiswahili.

The conference and training sessions will be conducted in English only.

The country telephone code is +254 for mobile numbers and 057 for Kisumu landlines.



Currency:

The local currency is the Kenya Shilling (KES). Major hotels and establishments accept card payments, and ATMs are readily available in Kisumu.



Climate:

During late July and early August, Kisumu experiences average daytime temperatures of 25°C, with occasional light showers and cooler evenings around 16°C. Delegates are advised to carry light sweaters or jackets for the evenings.



Accommodation:

Delegates are encouraged to book accommodation at any of the following recommended hotels near the conference venue:

Ciala Resort Hotel Kisumu
(Conference venue)
+254 702 746 419

Grand Royal Swiss Hotel
+254 757 668 521

Pinecone Hotel
+254 722 290 551

All hotels offer comfortable lodging and easy access to the conference venue. Kindly contact the hotels directly to make your reservation. For additional assistance, feel free to reach out to the conference organisers.



CPD Points:

CPD points will be awarded daily at the registration desk upon token check-in.



Personal Insurance and Safety:

Delegates are responsible for arranging their own medical and travel insurance. Kisumu is generally safe during the day, especially around the city centre, hotels, and conference venue. For visits beyond the hotel area, especially on foot, please seek advice from the hotel or event organisers for guidance.



Transport and Airport Transfers:

For local transportation and airport transfers in Kisumu, delegates may consider the following options:

Ride-hailing services such as Uber or LittleCab, available via app stores.

Hotel-arranged transfers – check with your respective hotel.

Direct taxi and airport pick-up/drop-off via Mr. Miganda
+254 717 169 968

*For further support, contact the ARSK conference organisers: Medics Management Services Kenya
info@mmskenya.co.ke
+254 726 830 732*



Parking:

Complimentary parking is available for all registered delegates at the venue. For any assistance, please consult the organisers at the registration desk.



WiFi:

Complimentary WiFi will be available at the conference venue. Access credentials will be provided at the registration desk.

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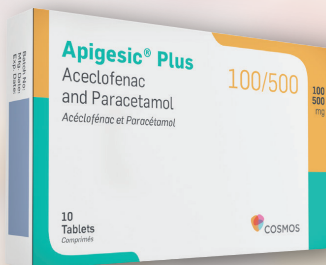
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ARSK PRESIDENT'S ADDRESS



**DR. ETAU
EKWOM**

President, ARSK

A warm welcome to all participants, presenters, conference exhibitors, and valued sponsors to the Annual Scientific Conference of the Arthrhema Society of Kenya (ARSK).

It is with immense pleasure and pride that we gather here in the beautiful city of Kisumu, for this significant event in the Rheumatology Calendar. This year's conference promises to be an enriching experience, offering a platform for the exchange of research, innovative techniques, and best practices in rheumatology. We have a diverse and stimulating program lined up, featuring renowned experts in the field, and insightful discussions on the latest advancements impacting our profession.

I am particularly excited about the opportunity to learn from the wealth of knowledge and experience that will be shared over the next few days.

I extend my sincere gratitude to our dedicated organizing committee for their tireless efforts in putting together this exceptional conference. Their commitment and meticulous planning have ensured that we can all look forward to a seamless and rewarding experience. I also want to acknowledge the invaluable contributions of our members, whose active participation and engagement are essential to the success of ARSK.

To our sponsors, your generous support is crucial in making this conference possible. Thank you for your commitment to advancing rheumatology care in Kenya. We deeply appreciate your partnership.

Finally, to all our attendees, I encourage you to actively participate in the sessions, network with your colleagues, and take advantage of the opportunities for learning and collaboration. I am confident that this conference will not only enhance your professional development but also contribute significantly to improving the quality of rheumatology care for our patients.

Karibuni sana Kisumu! I wish you all a productive and enjoyable conference.

Sincerely,

A handwritten signature in black ink, likely belonging to Dr. Etau Ekwom. The signature is stylized and appears to be a combination of letters and a flourish.

ARSK 2025 CONFERENCE CHAIR ADDRESS



**DR. BERYL
GANDA**
**2025 ARSK
Conference Chair**

Ladies and Gentlemen,

It is with great pleasure and pride that I welcome you to the 2025 Scientific Conference of the ArthRheuma(Arthritis and Rheumatology) Society of Kenya (ARSK).

This event is a testament to our collective commitment to advancing rheumatology and musculoskeletal services and this year, under the theme "Rheumatology in a Changing World: The Kenyan Experience," we gather to reflect and re-energize our efforts towards a healthier future.

We are proud to present a thoughtfully curated program that integrates foundational knowledge, clinical insights, and the latest innovations hence empowering us to advance patient care amid evolving local and global healthcare landscapes

This year's conference places a strong emphasis on interdisciplinary collaboration. We recognize that the practice of rheumatology depends not only on individual expertise but on our ability to bridge gaps across specialties, institutions and regions. These collaborative sessions are designed to foster dialogue, break silos, and forge stronger alliances that will enhance the quality and reach of our services.

Our program features speakers at various stages of their careers, showcasing the power of experience and fresh perspective in adapting to change. Through this intergenerational exchange, we are building a future-ready workforce equipped with both wisdom and agility.

Moreover, we are proud to showcase research originating from within our local contexts. The relevance of our own data is evidence that is critical for crafting healthcare solutions that are grounded in the realities of our communities.

To our esteemed speakers, thank you. Your expertise and generosity in sharing knowledge continues to inform, update, elevate practice and inspire the next wave of research, policy, and clinical transformation.

This conference places great value on the in-person experience. I encourage each one of you to engage in the sessions, explore the exhibition booths, and take advantage of the social opportunities to network, reconnect with colleagues and forge collaborations.

I extend my heartfelt gratitude to our partners and sponsors, whose support has made this event possible. A special thanks as well to the ARSK Organizing Committee and MMS for their tireless dedication and hard work, your commitment and passion has brought this to life.

As we officially open the 2025 ARSK Scientific Conference, It is my strong belief that this gathering will be informative and inspiring. May it spark fresh momentum in advancing rheumatology locally and across the globe.

Let us learn, share, and grow together. Thank you, and welcome once again.

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ARSK SPEAKER BIOS



Dr Gregory Ganda

Obstetrician/Gynecologist, Gynecologic Oncology
County Executive Committee Member
Department of Medical Services, Public Health and Sanitation
Kisumu County Government

Dr Ganda is a seasoned administrator with 18 years of experience spanning from management of a level four hospital before rising the ranks to become the County

Director of Health then transitioning to be the head of clinical services of the largest teaching and referral hospital in Kisumu County.

In his current assignment as the Minister of Health, he is responsible for overseeing health service delivery and administration in one of the largest counties in Western Kenya with a population of about 1.2 million. He leads the Department's vision and provides policy direction for the Kisumu County Department of Health. He serves as the link of the Department to the Executive, strategically advising His Excellency the Governor on emerging health matters including decisions and investments that need to be made.

Dr Ganda has overseen the implementations of pioneer programs in Kisumu County: the Social Health Insurance scheme dubbed Marwa, Primary Health Care modeling for all the 7 sub-counties, digitalization of community health systems (eCHIS) and most recently the setup of a safe motherhood digital ecosystem dubbed safemama tech. He is an ardent believer in digitalization, technology use, systems interoperability, out-of-the-box thinking and innovation to improve work processes and data flow, patient outcomes and reduced turnaround time.

He currently co-chairs the Health Information Research Monitoring and Evaluation (HIRME) Intergovernmental Technical Working Group, is a member of the National Cancer Taskforce advocating for increased access to comprehensive cancer and the Director in Kenya's Digital Health Agency providing perspectives from a devolved government angle on the Digital Transformation Agenda For Health.



Dr Etai Ekwom

Dr Etai Ekwom is a specialist in Internal medicine and Rheumatology. He graduated from UoN, fellowship in Durban, South Africa, recipient of EULAR certificate in Rheumatology. He is based at the Centre for Rheumatic diseases, Nairobi and the Rheumatology unit, KNH

CREDENTIAL: Dr Etai Ekwom, Specialist Physician and Rheumatologist, Centre for Rheumatic diseases and KNH

ARSK SPEAKER BIOS



Prof. George Oyoo

FACR; FACP (ECSA); FRCP(Edin); FIPH; MMed; MB Ch B; Cert Trop Med; Clin Rheum; Cert Clin Epid.

Prof. Omondi Oyoo is an Associate Professor in the department of Clinical Medicine and Therapeutics, School of Medicine University of Nairobi, and a distinguished Consultant Physician & Rheumatologist.

He earned his Bachelor of Medicine and Bachelor of Surgery (MBChB) and Master of Medicine In Internal Medicine (MMed) from the University of Nairobi, where he is currently pursuing a PhD in Pharmacology. His MMed thesis focused on clinical and socio-demographic features in Patients with congestive heart failure. His doctoral research focuses on identifying treatment Response influencers among patients with rheumatoid arthritis. He further specialized in Rheumatology through training programs at Tel Aviv University (Israel), Tulane University (USA), Louisiana State University (USA), University of Cape Town (South Africa), and the University Of Aberdeen (UK).

Prof. Oyoo is a fellow of the American college of rheumatology, a fellow of the East and Central Africa College of physicians, a member of the British Society for Rheumatology and a Fellow of The Royal college of Physicians of Edinburgh. In April 2023, the Council of the Royal college of Physicians, Edinburgh approved the appointment of Prof Oyoo to the position of the Regional Adviser for Kenya for five years due to finish at the end of March 2028.

In his academic role at the University of Nairobi, Prof. Oyoo teaches and supervises both Undergraduate and postgraduate students. He has mentored over 60 master's and PhD candidates.

And he plays a critical role in curriculum development and postgraduate examinations. He also Leads national rheumatology training initiatives through the Uwezo Rheumatology Foundation, Which he founded and chairs.

An avid lecturer, his CV lists over 100 presentations to audiences of all types on a wide variety of topics. His publications reflect his broad research interests, including rheumatoid arthritis.

Systemic lupus erythematosus, fibromyalgia, and public health approaches to musculoskeletal diseases. He is the author of the books Understanding Arthritis, Understanding Back Pain, and see you at the Joint which launches soon.

Biographical Sketch His key competencies include:

- Clinical Rheumatology and Musculoskeletal Ultrasound
- Epidemiological Research
- Curriculum Design and Postgraduate Training
- Strategic Leadership and Organizational Development
- Health Policy Advocacy and Community Engagement

He has served in multiple leadership roles in national and international medical bodies. To name a few:

- Past President, African League of Associations for Rheumatology (AFLAR)
- Chairman, Arthreuma Society of Kenya
- Editor-in-Chief, Journal of the Kenya Association of Physicians

ARSK SPEAKER BIOS

- Associate Editor, African Journal of Rheumatology
- Member, Editorial Boards of Clinical Rheumatology and East African Medical Journal
- Regional Adviser (Kenya), Royal College of Physicians of Edinburgh (2023–2028)

Prof Oyoo's excellence has been recognized through numerous honors, including:

- Master of Rheumatology, AFLAR (2025)
- Meritorious Award, Kenya Medical Association (2024)
- Distinguished Service Award, Kenya Association of Physicians (2022)
- Vice Chancellor's Excellence Award, University of Nairobi (2022)
- Bone and Joint Decade Ambassador, International Steering Committee (2010)

While his lifelong pursuits have been to challenge and subvert oppressive social structures whether manifest in gender, class, racial or economic hierarchies; his happy space is found in his faith, his family, the hours spent outdoors with his friends, hiking and exploring nature, watching football.

Reading autobiographies and listening to country, gospel and classic music.



Dr. Geoffrey Omuse

Dr. Geoffrey Omuse is an Associate Professor and Consultant Clinical Pathologist at the Aga Khan University Hospital, Nairobi. He received his Master of Medicine degree in Clinical Pathology from Aga Khan University and PhD in Chemical Pathology from Stellenbosch University. He is a Fellow of the College of Pathologists East Central and Southern Africa, and a Fellow of the Africa Research Excellence Fund. His main research interest is in generating evidence to demonstrate the value of laboratory medicine in patient management.



Dr. Hassan Ahmed

Dr. Hassan Ahmed

physician cardiologist at Kenyatta National Hospital

ARSK SPEAKER BIOS

Dr. Ruchir M. Patel



Professional Biography – Dr. Ruchir M. Patel

Dr. Ruchir M. Patel is a dedicated Internal Medicine Registrar currently practicing at Kenyatta National Hospital (KNH) and pursuing a Master of Medicine in Internal

Medicine at the University of Nairobi, with expected graduation in 2025. He holds a Doctor of Medicine (M.D.) degree and has developed a keen clinical interest in

Rheumatology, with a particular focus on the management of crystal arthropathies such as Gout.

Passionate about evidence-based medicine and clinical education, Dr. Patel recently conducted research evaluating the knowledge and practices of medical providers regarding the diagnosis and management of gout at KNH—a study aimed at highlighting knowledge gaps and improving patient outcomes. His research underscores the need for enhanced education and guideline-based practice in resource-limited settings.

In addition to clinical practice and research, Dr. Patel is actively involved in medical training, contributing to the professional development of residents and medical students.

His long-term career focus includes advancing rheumatology care in Kenya through clinical service, research, and professional collaboration.



Prof. Angela Migowa

Prof. Dr. Angela Migowa is a distinguished Paediatric Rheumatologist and a trailblazer in advancing child health across Africa. She is an Associate Professor of Paediatrics and Child Health at Aga Khan University Medical College East Africa, where she also serves as the Founding Head of the Division of Paediatric Rheumatology. Prof. Migowa is the Founding President of the Paediatric Society of the African League against Rheumatism (PAFLAR), a Pan-African NGO dedicated to strengthening pediatric rheumatology care through advocacy, education, and research.

She is also the Founder of the Hope Arthritis Foundation, which raises awareness and provides support for children living with arthritis and autoimmune conditions. Prof. Migowa is internationally recognized for her leadership in capacity building, policy development, and collaborative research to improve access to rheumatologic care for underserved populations.

A recipient of multiple global honors, Prof. Migowa has worked with leading organizations such as EULAR, ILAR, and the WHO. Her areas of expertise exemplified in her PhD work at Ghent University include autoimmune diseases in children, transition care, and innovative health education models.

Her voice continues to inspire a generation of clinicians, researchers, and advocates working to ensure that every child with arthritis in Africa is seen, heard, and healed.

ARSK SPEAKER BIOS

Dr. Cathy Melong Taleng

MD, Specialist in Internal Medicine and Rheumatology

Dr. Cathy Melong Taleng is a physician specialized in Internal Medicine and Rheumatology, trained in Geneva, Switzerland. She currently practices at the Mater Misericordiae Hospital in Nairobi, Kenya.

Her clinical and academic interests include the management of patients with systemic lupus erythematosus and the integration of musculoskeletal ultrasound (MSK US) in routine rheumatology practice. Dr. Melong Taleng is passionate about improving rheumatologic care and capacity across Africa, with a particular focus on ultrasound as a low-cost, high-impact diagnostic and training tool, as well as on improving the quality of life of people living with lupus and advancing research in this field.

She is an active member of several international rheumatology networks. She currently serves as Chair of the Young African Rheumatologists' Network (YARN) within AFLAR, and is a former member of the Peer Mentoring Sub-Committee of EMEUNET, the emerging network of the European Alliance of Associations for Rheumatology (EULAR). She also contributes to the OMERACT group working on lupus recommendations, promoting evidence-based care for patients worldwide.

In addition to her clinical work, she is actively involved in medical education, the development of rheumatology training programs, and has participated in several research projects through global collaborations.

Dr Gurveen Soin

Dr Gurveen Soin is a Consultant Physician and Rheumatologist, having completed her MMed (Internal Medicine) at the University of Cape Town and Fellowship at the college of medicine South Africa (FCP SA) as well as her MPhil and subspecialist Rheumatology training at Stellenbosch University and Tygerberg Hospital in South Africa.

Her clinical and academic passion lies in the field of rheumatic and musculoskeletal diseases (RMDs), particularly interstitial lung disease (ILD) associated with connective tissue disease. Her MMed research described the clinical characteristics of ILD patients attending a tertiary institution, while her MPhil focused on patients with Interstitial Pneumonia with Autoimmune Features (IPAF), offering one of the first descriptive studies of this population in Africa.

Dr Soin has presented her ILD research at international conferences including the American Thoracic Society (ATS) and the Australian Rheumatology Association (ARA), and she has authored editorials on ILD nomenclature in the African Journal of Thoracic and Critical Care Medicine, as well as achieving the Phil Robertson Scholarship Award at ACR 2024.

Her broader aim is to enhance multi-disciplinary, evidence-based approaches to CTD- ILD management within rheumatology across sub-Saharan Africa.

ARSK SPEAKER BIOS



Dr. Andrew Odhiambo

Consultant Physician & Medical Oncologist

Dr. Andrew Odhiambo stands at the forefront of Kenya's oncology landscape as Head of Medical Oncology at the University of Nairobi, where he combines clinical excellence with academic leadership. UK-trained and internationally certified by prestigious institutions including the Royal College of Physicians, he brings world-class expertise to East African cancer care.

As former Secretary and Treasurer of the Kenya Society of Haematology & Oncology (KESHO), Dr. Andrew has shaped national cancer policy while serving as a trusted advisor to the Ministry of Health, ASCO, and NCCN guidelines committees. His research contributions span multiple peer-reviewed journals, advancing cancer treatment understanding globally.

Dr. Andrew specializes in complex malignancies including gastrointestinal, hepatobiliary, and pancreatic cancers, advanced breast cancer, neuroendocrine tumors, and lymphomas. He pioneered the integration of cutting-edge immunotherapy and targeted therapy protocols in Kenya, ensuring patients access breakthrough treatments previously unavailable in the region.

With active memberships in leading international organizations—ASCO, ESMO, AORTIC, and ECSACOP—Dr. Andrew bridges global innovation with local impact, transforming cancer outcomes through evidence-based care and medical education excellence.



Dr. Fred Mutisya

Dr. Fred Mutisya is a practicing medical doctor and an award-winning AI developer. He completed his Bachelor degree in Medicine and Surgery at the University of Nairobi in 2013. He is undertaking a Masters in Data Science at University of East London and a Master's in Field Epidemiology degree sponsored by the CDC. He is the Health Tech Lead at Qhala where he leads the work around Health AI sandboxes and Health AI models. He is also the lead AI consultant at Smartbiotic.AI, a company that is using AI to retackle Antimicrobial Resistance in France, Canada and Germany. He is an avid AI developer who most recent solution on AI and Antibiotics won the Impact prize presented at Vienna, Austria.

He volunteers in the Kenyan HIV program and is a recipient of the 2020 PEPFAR Heroes award. He is the ICT/AI lead at the Kenya Medical Association and Kenyan Health Informatics association. Dr. Fred enjoys playing jazz guitar as his creative outlet.

ARSK SPEAKER BIOS



Dr James Wagude

Dr James Wagude is a consultant physician with the Department of Health in the County Government of Siaya and based at Siaya County Referral Hospital in Kenya. He is an alumni of the Master in Internal Medicine course from the University of Nairobi and the Arthur Ashe

HIV/AIDS Fellowship from Weill Medical College of Cornell University, New York, United States with several years' experience in HIV, Tuberculosis, Viral Hepatitis and STIs. He is currently pursuing a post-graduate diploma in Diabetes at the University of South Wales.

As a technical expert, Dr Wagude provides support to the National AIDS and STI Control Program (NASCOP) in Kenya as a member of the National HIV Adult and Adolescent Technical Working Groups, the Viral Hepatitis and STI Program and the National Tuberculosis, Leprosy and Lung Health Program. Dr Wagude also chairs the Nyawest Clinical Regional Technical Working Group (TWG) that is committed to improving the quality of HIV care and mentorship to health care workers in ten high HIV, tuberculosis burden counties in the Western region of Kenya.



Henry Opondo

HSMD

Chairman-PCK

President-Kenya society of Physiotherapists

President-East Africa Physiotherapy Community



Dr Sheila Achieng

Dr Achieng is a specialist registrar in Rheumatology and PhD researcher at the University of Liverpool, with a specialist focus on systemic lupus erythematosus (SLE) and global health equity. She holds an MSc in Rheumatology and Musculoskeletal Medicine, a Postgraduate Certificate in Experimental Medicine, and is a Member of the Royal College of Physicians (UK). Her doctoral research involves a prospective cohort study in Kenya investigating infection risk in SLE, with particular attention to the structural and socioeconomic factors influencing outcomes in low-resource settings. Dr. Achieng's work is driven by a commitment to advancing health equity for minoritised populations affected by autoimmune disease. Her academic interests include autoimmune disease epidemiology, implementation research, and patient-centred outcomes. She is also committed to strengthening capacity for locally led research in sub-Saharan Africa and producing policy-relevant evidence to support equitable models of care.

ARSK SPEAKER BIOS



Dr Sophia Dokwe Mwachai

MBCHB Moi University 2004

MMED University of Nairobi 2011

Lectured physiology for health sciences at Pwani University Kiifi 2012_ 2017
Studied and gained certification in rheumatology under the Medical training Initiative of the Royal College of Physicians at Aintree University Hospital and NHS foundation trust sponsored by Aintree Arthritis trust.

Worked as a physician in Malindi, and practices as a rheumatologist in Mombasa at Pandya Hospital.

I continue to make rheumatology visible in the Coast region of Kenya, through patient care, education and outreach programs.



Dr Onyango, Muwale Oscar

I was a co-founder of the ROP Working Group in Kenya where we have done best practice sharing and excellence with overall impact of improvement of care for ROP in the country and in the region.

Mwangi N, Sitati S. Onyango Oscar, Mundia D, Njambi L, Gachago M, et al. Developing a sustainable and scalable control programme for Retinopathy of Prematurity in Kenya: a health system perspective. Journal of Ophthalmology Eastern Central and Southern Africa. 2018;22(1):31-4.

Oscar Onyango et al. Retinopathy Prematurity in Kenya: prevalence and risk factors in a hospital with advanced neonatal care. Pan African Medical Journal 2018; 209:152.



Dr. Christine J. Keitany

Dr. Christine J. Keitany

Dermatology Resident jkuat/ KNH

Dr Julius Okel.

Consultant Physician and Nephrologist.
Agakhan hospital. Kisumu

ARSK SPEAKER BIOS



Dr Fredrick Otieno Owuor

Fredrick Otieno Owuor, MBChB, MMed, FRCP (Edin), Clinical Fellow (Rheumatology) Assistant Professor and section head Rheumatology, Aga Khan University Hospital, and Nairobi.

Dr Otieno received his MBChB degree and his MMed degree in Internal Medicine the University of Nairobi. He later pursued a clinical fellowship in Rheumatology from the University of Liverpool.

He is a member of several professional organizations: president african league of associations for rheumatology, secretary uwezo rheumatology society, and member british society for rheumatology, member american college of rheumatologists, member east and central africa college of physicians, member kenya association of physicians. he is also a fellow of the royal college of physicians (edinburg)

His research interests include the epidemiology of rheumatic diseases in developing countries and clinical correlates of patients with common rheumatic conditions.



Prof. Dr. Sanjeev Parmar

Prof. Dr. Sanjeev parmar,
Department of medicine,
Uzima university, Kisumu.
Department of cardiology,
Kannika hospital,, Kisumu.

Graduated in 1990, with m.B.B.S. From m.K.C.G. Medical college, B



Dr. Jeilan Mohamed

Director of Cardiac Services and Section Head of Cardiology at Aga Khan University Hospital, Nairobi. Pioneering Interventional Cardiologist who introduced TAVR to SSA in 2015. Holds leadership roles as Chairman of the Pan-African Association for Structural & Coronary Intervention, Secretary-General of the Africa Heart Rhythm Association and is the immediate past Sec-Gen of Kenya Cardiac Society. Awarded the Presidential Moran of the Burning Spear (MBS) in 2022. Also won Paul Dudley White International Scholar Awards from the AHA and Innovator in Medicine from KAP (2020) and a Newcomers award from the British Academy of Composers.

ARSK SPEAKER BIOS



Dr. Wairimu Mwaniki

Dr. Wairimu Mwaniki is a Consultant Physician with the Ministry of Defence, Kenya. She is also a Council Member of the Rheumatology Society of Kenya, and is currently pursuing specialist certification in Rheumatology through the European Alliance of Associations for Rheumatology (EULAR).

Her clinical interests include arthritis, bone and joint health, and the intersection between rheumatology and kidney care. She is committed to improving diagnosis and offering continuity of care for patients living with rheumatological conditions in rural and peri-urban populations where specialist services are often limited.

As convener of the Kenya Medical Association's Policy Advocacy and Communications Committee, Dr. Mwaniki leads efforts to advance health governance and reforms that strengthen Kenyan health systems. Her work bridges clinical medicine and policy to promote equitable access to high-quality healthcare services across the country.



Dr Jane Maureen Achungo

Jane Maureen Achungo

A Budding Dermatologist.

Currently in my final year of Mmed Dermatology Jkuat/KNH program.

Passionate about Psoriasis and Pediatric Dermatology.



Dr Martin Musumbi

Obtained MD (Doctor of Medicine) from the University of Kansas, USA

Residency in Internal Medicine from Saint Louis University, USA

Fellowship in Critical Care from Mercy Hospital System in Saint Louis, Missouri, USA

Currently: Assistant professor of Medicine and Medical Director of Critical Care at the Aga Khan University Hospital, Nairobi.

Dr Musumbi maintains board certification in Internal Medicine and Critical Care by the American Board of Internal Medicine.

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Dr Eugene Kalman Genga

Dr Eugene Kalman Genga is a lecturer in the department of clinical Medicine and Therapeutics, School of Medicine, University of Nairobi. Dr Eugene received his medical degree from the University of Nairobi and completed his residency in internal medicine at the University of Nairobi. He obtained a fellowship and gained experience in rheumatology variously from the University of Liverpool (England) and Sancheti Orthopedic Hospital, Pune, India. He rotated under Prof Moots and his team in Liverpool. In India he was under Prof Chopra and Dr Nalawade. He has also completed and passed the exam for European league of rheumatology (EULAR) course. Eugene is a proud old Cambrian of Nairobi School in Kenya that instilled in him the value of serving others, hard work and being all round person. He believes in the concept of "student-athlete". This concept has made him a better professional at work and a better person. He has played basketball for club (University of Nairobi and COOP bank clubs) and country winning various titles both locally and internationally. These include the local premier league and east Africa club championship. His highlight was representing the country as a player in the Africa club championships 2009 in Rwanda and representing Kenya national basketball team in international tournaments. He currently coaches and runs a "student-athlete programme" with the Nairobi School and University of Nairobi basketball teams.

Dr Eugene is a practicing physician and rheumatologist in Nairobi and has publications in peer reviewed journals. He serves as a lecturer at the University of Nairobi. As a lecturer he has given a number of presentations to audiences of all types on a wide variety of topics. He serves as the Organizing secretary of Arthrheuma society of Kenya. He has worked under the pupillage of Prof G.O. Oyoo. He currently practices as a consultant physician and rheumatologist in various hospitals around Nairobi.



Dr Phillip Simani

Dr. Philip Simani, Mmed, MPH (Washington)

Undergraduate: University of Zambia (Lusaka) and University of Nairobi

Post Graduate: University of Nairobi, Internal Medicine

Post Graduate studies: IARTP Scholar, University of Washington and Harborview Medical

Center, Arthritis Clinic (Seattle)

Current Position: Consultant Physician and Rheumatologist, the Nairobi Hospital and the Karen Hospital. Rheumatologist, Prof Nelson Awori Center. Founder Vice President, African League against Rheumatism (AFLAR) -Cairo, Egypt (1989)

ARSK SPEAKER BIOS



Dr. Olive Akunga

Dr. Olive Akunga [MBChB, MMed (Int. Medicine), MSc (Epi), FCP (ECSA)]

Consultant Physician & Endocrinology Fellow

Mater Misericordiae Hospital, Nairobi

Short Bio:

A dynamic Internal Medicine Physician undertaking subspecialization in Endocrinology with keen interest in Metabolic Disorders. Dr. Olive completed her undergraduate training in the University of Nairobi (UoN) and holds a Master's of Science (MSc) in Epidemiology from the London School of Hygiene and Tropical Medicine (LSHTM) as well as a Masters (MMed) in Internal Medicine from Moi University.

Dr. Olive has diverse experience in Clinical, Research and Multisectoral Healthcare, serving as a frontline Clinician, Medical Researcher, Health Administrator, and Quality champion and Academic Supervisor. She currently works at Mater Misericordiae Hospital, Nairobi, as a Consultant Physician, Section Head of the Internal Medicine Department and Programme Coordinator of Resident Physicians undertaking their specialty training in Internal Medicine under the ECSACOP (East, Central and Southern Africa College of Physicians) programme. She also serves as the ECSACOP Programme liaison for Kenya Association of Physicians (KAP).



Dr Josephine Ojoo

MBChB FRCP CCST(resp) Dip HIV Med.

Consultant Physician – General & Respiratory Medicine | Medical Educator | Clinical Researcher

Consultant in General, Respiratory, and HIV Medicine with 23 years of senior-level clinical practice in Kenya and the UK. Medical educator both in Universities in the United Kingdom and Maseno University, Kenya. Proven leadership in establishing multidisciplinary clinical services and advancing medical education with ongoing role in developing East Central and Southern Africa College of Physician trainers. Committed researcher with a strong publication record with engagement in grant-funded investigations. Actively involved as a private practitioner in patient-centered innovation and service delivery.

Transitioning to part time clinical work and developing my interest in pottery, photography and painting.

Affiliations

Deputy President, Kenya Association of Physicians

Fellow of the Royal College of Physicians, UK

Founding Fellow of the East Central and Southern Africa College of Physician

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Dr. Jeremiah Munguti

Dr. Jeremiah Munguti is an accomplished medical professional and academic with a background in Human Anatomy and Internal Medicine. Holding both a PhD in Human Anatomy, MMED in Internal Medicine and an MSc in Human Anatomy from the University of Nairobi, alongside a Bachelor of Medicine and Bachelor of Surgery (MBChB) and a First- Class Honours BSc in Human Anatomy, Dr. Munguti brings a unique blend of clinical expertise and both basic and clinical research experience.

Currently serving as a Lecturer at the University of Nairobi's Department of Human Anatomy and Medical Physiology, he has a strong record of teaching, curriculum development, and student mentorship, stemming from his progression from Teaching Assistant to Lecturer. His research interests are centred on metabolic-dysfunction associated steatotic liver disease and the influence of gut dysbiosis and chronic systemic inflammation on the hepatic milieu and cardiovascular disease, contributing significantly to these fields through numerous peer-reviewed publications and conference presentations. Beyond academia, Dr. Munguti is an Associate Editor for the Journal of the Kenya Association of Physicians and maintains active affiliations with several professional bodies.



Dr. Uyiekpen Emmanuel Ima-Edomwonyi

Dr. Uyiekpen Emmanuel Ima-Edomwonyi (MBBS, FMCP [Rheumatology], EULAR-Certified) Consultant Rheumatologist | Advocate for Equitable Rheumatology Access in Africa

Dr. Uyi Ima-Edomwonyi considers himself a Pan-African rheumatologist whose career journey has led him through the paths of health service delivery, clinical education, clinical innovation, policy engagement, and health system strengthening across Africa. With over 14 years of dedicated experience in Rheumatology (8 as a Consultant Rheumatologist) and a medical career spanning more than two decades, he has been advancing specialist care across diverse

African health landscapes. Currently, he calls Kenya home, where he leads the Rheumatology services of M.P. Shah Hospital in Nairobi.

Dr. Ima-Edomwonyi's impact extends beyond clinical practice. He has been featured in The Lancet Rheumatology, been a panelist at the Future of Rheumatology panel at the American College of Rheumatology conference, and a one-time contributor to the EULAR textbook as a co-author with Dr. Etatu. He was a collaborator in the founding of one the few Sub-Saharan Lupus Registries in Sub-Saharan Africa. He has also co-authored public health policy papers under the Nigerian Economic Summit Group. He is driven by a desire to bridge the gap between bedside medicine and systems-level change.

Whether mentoring future rheumatologists, publishing regionally significant research, or shaping health policy, Dr. Uyi remains committed to driving locally relevant, globally informed solutions that improve outcomes for people living with rheumatic diseases in Africa.

ARSK SPEAKER BIOS



Dr Mark Lutomia Lumbasi

Current Position: Assistant professor Orthopedic Surgery, Aga Khan University Hospital Nairobi

Immediate former position: Senior Lecturer of Orthopedics, Egerton University Medical School.

Interests

Arthroplasty: Hip, Knee, Shoulder

Arthroscopy; Shoulder and Knee, Spine surgery

Associations:

Scientific committee chair: Kenya Orthopedic Association

V/Chair of East African Arthroscopy Association



Dr Florentius Ndinya

Consultant Physician and Nephrologist Jootrh. Head of Nephrology unit jootrh



Dr. Maureen Oganga

Dr. Maureen Oganga

MBChB, MMED, UoN

Physician, Internal Medicine

Mbagathi County and Referral Hospital



Dr Judy Karagania

Dr Judy Karagania

MBChB, MMED(Ophthalmology) FCOphth(ECSA)

ARSK SPEAKER BIOS

Dr Jumaa Bwika



Dr Jumaa Bwika is a Clinical Assistant Professor, Section Head, and Consultant Pulmonologist at the Aga Khan University Hospital in Nairobi. He is also a full-time faculty member at the Aga Khan University Medical College, East Africa. He earned his Bachelor of Medicine and Bachelor of Surgery (MBChB) degree from the University of Nairobi in 1998. He subsequently achieved Membership of the Royal College of Physicians (MRCP) from London in 2009. His advanced training in General Internal Medicine and Respiratory Medicine was completed in the UK, where he earned his MRCP in Respiratory Medicine in 2014 and received his Certificate of Completion of Training (CCT) in General Internal & Respiratory Medicine in 2014.

He is a Fellow of the Royal College of Physicians (FRCP) of Edinburgh, having been awarded this distinction in 2019. Additionally, he holds a Master of Business Administration (MBA) from the University of Birmingham, completed in 2019. His clinical expertise is extensive and includes flexible bronchoscopy, non-invasive ventilation, and thoracic ultrasonography for pleural procedures, medical thoracoscopy, cardio-pulmonary exercise testing (CPEX), and endobronchial ultrasound (EBUS).

Before returning to Kenya, Dr Bwika served as a locum Consultant in Respiratory and Acute Medicine at the University Hospital of North Midlands, Stoke-on-Trent, for three years. He held a Consultant Respiratory Physician post in the George Eliot Hospital in Nuneaton, West Midlands in the United Kingdom prior to this. His professional interests lie in clinical management pathways, new service design, service delivery, and service recovery. He is currently working on a thesis in New Service Development as part of his MBA program. He heads the Departmental Quality Improvement and Patient Safety docket in the Department of Medicine at the Aga Khan Hospital.

Dr Bwika is an active member of several professional associations, including the Respiratory Society of Kenya which he chairs, the Kenya Association of Physicians, the Pan African Thoracic Society, the British Thoracic Society, and the European Respiratory Society. He is also a member the European Sleep Research Society and the Pulmonary Vascular Research Institute.



Dr. Nicola Okech

Dr. Nicola Okech

Consultant Physician/ Diabetologist and Endocrinologist

Fellow MSc Obesity and weight management (University of South Wales)

Interest in metabolic and lifestyle medicine

Uzwena Health/AAR Hospital

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Dr. Gitura Bernard

Consultant Physician/Cardiologist, Cardiology department, Kenyatta National Hospital, Nairobi,

Professional:

Emeritus President Kenya Cardiac Society Fellow European Society of Cardiology (FESC) Fellow American College Cardiology (FACC)

Fellow society for coronary angiography and Intervention (FSAI)

Education:

Clinical Epidemiology, Department of Community Health Stellenbosch University 2015 Fellowship Cardiology, All India Institute of Medical Sciences (AIIMS) 2010

Masters of Medicine (Internal Medicine) University of Nairobi 2006 M.B, ChB, University of Nairobi, Medical School 1997.

Clinical Scientific Focus

Medical Specialist, Cardiology department, Kenyatta National Hospital Honorary Lecturer University of Nairobi, Medical School

Chair Research committee in Cardiology Kenyatta National Hospital

Chair Training Committee, Medicine Department, Kenyatta National Hospital

Co-PI and National Leader for the REMEDY Studies (Rheumatic heart disease Studies)



Dr Mathew K Koech

Dr Mathew K Koech is a nephrologist based in Eldoret, Kenya. He is a senior lecturer and incoming Chairman of Department in the Department of Medicine at Moi University's School of Medicine. He is a consultant nephrologist at the Moi Teaching and Referral Hospital and private hospitals in Eldoret. He runs a general nephrology clinic, dialysis unit and a transplant program at Oak Tree Centre for Kidney and Chronic Diseases. Together with St Luke's O&T Hospital they have done more than 100 kidney transplants since March 2017. Dr Koech went to medical school at the University of Nairobi's School of Medicine and graduated in 2006. He graduated with a Master of Medicine in Internal Medicine at Moi University's School of Medicine in 2013 and proceeded to Tygerberg Hospital and Stellenbosch University in Cape Town, South Africa in 2014 to train in Nephrology, graduating with a Certificate in the Sub-Specialty Nephrology of the College of Physicians of South Africa and a Fellowship of the International Society of Nephrology. His research interests are in the area of chronic kidney disease, lupus nephritis and electrolyte disturbances. Outside of work, he is an avid golfer and a runner.

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Dr Naomi Mumo

She currently serves as a Consultant Physician and Rheumatologist at the Aga Khan University Hospital in Nairobi, Kenya, where she plays a pivotal role in providing expert care to patients with rheumatic and musculoskeletal disorders. She also serves as Senior Instructor in the Department of Medicine. Prior to this, she worked as an associate at the Nairobi Arthritis Clinic, Physician at Karatina Subcounty Hospital, and part-time lecturer at Kenyatta University. She also served at the Kenya Medical Practitioners, Pharmacists and Dentists Council as an examiner. She has worked at Kenyatta National Hospital and Nakuru County Referral Hospital.

Her qualifications include a Bachelor's Degree in Medicine and Surgery from the University of Nairobi, and a Masters in Internal Medicine from the same institution. She then pursued training in Rheumatology at Stellenbosch University/Tygerberg Hospital in Cape Town South Africa. She also received a diploma in Rheumatology from the European League Against Rheumatism (EULAR).

She is a member of several organizations, including the Kenya Association of Physicians (KAP) and the East, Central and Southern Africa College of Physicians (ECSACOP). She's the current Secretary General of African League of Associations for Rheumatology. Dr Mumo is also a member of the Association of Women in Rheumatology (AWIR). She is a Fellow of The Royal College of Physicians, Edinburgh and currently serves as the Associate Program Director in the Department of Medicine at Aga Khan University Hospital.

Her areas of interest include patient care and growing the field of rheumatology in Kenya. She was part of the task force that developed the first Rheumatoid Arthritis guidelines in Kenya and continues to partner with stakeholders towards empowering healthcare providers with relevant skills in the practice of rheumatology.

ARSK CONFERENCE PROGRAM 2025

Day 1: WEDNESDAY 30 July 2025

TIME	TOPIC	PRESENTER
Moderator - Dr Sophia Dokwe, Dr Mauryn Oganga, Kenya Society of Physiotherapists		
Pre conference symposium		
2.00pm - 5.00pm	KSP/ARSK collaborative symposium Masterclass for Physiotherapy prescribers - Missing link in Musculoskeletal care - Enhancing referrals through empowering prescribers	John Murebi Kijiru Banda Henry Opondo Dr. Naomi Wanjiru Kingau
5:00pm - 6.30pm	TEA BREAK/ BOOTH TOUR	
Moderator - Prof Omondi Oyoo, Dr Moses Musawa		
6.30pm - 7.30pm	Case Dialogues: Psoriasis and Ankylosing Spondylitis in Focus.	Dr Eugene Kalman Dr Fred Otieno
7.30pm	Norvatis Sponsored Dinner	

Day 2: THURSDAY 31st July 2025

TIME	TOPIC	PRESENTER
Moderator - Dr Fred Otieno, Dr Moses Opondo		
7.00 am	Registration	
8:10am– 8.30am	Rethinking Rheumatoid arthritis. New insights, new targets, better outcomes	Dr Uyiekpen Ima
8.30am – 8.50am	Highlights: Connective tissue disease associated Interstitial lung disease	Dr Juma Bwika
8.50am-9.10am	Cardiovascular risk management in rheumatic and MSK diseases	Dr Sunjeev Parmar
9.10am-9.30am	ANA(antinuclear antibody) reporting: A journey of continuous improvement	Dr Geoffrey Omuse
9.30am- 9.50am	More than just painkillers: the strategic use of NSAIDS in Rheumatology	Dr Sophia Dokwe
09.50am - 10.00am	Q&A Session:	
10.00am - 10.30am	TEA BREAK	

ARSK CONFERENCE PROGRAM 2025

Day 2: THURSDAY 31st July 2025

TIME	TOPIC	PRESENTER
Moderator - Dr Beryl Ganda , Dr Charles Omondi		
10.30am -12.00pm	Official Opening Ceremony	
	ARSK President	Dr Etai Ekwom
	Distinguished Guests - ARSK Patrons, Kenya Association of Physicians (KAP western), Aflar (African League of Associations for Rheumatology) KSP (Kenya society of physiotherapists)	
	Chief Guest – County Executive Committee Member (CECM)- Department of Medical services, Public health and sanitation, Kisumu County	
	Key Note: Rheumatology in a changing world: the AI perspective	Dr Fred Mutisya
	Vote of Thanks	
	Photo session	
Moderator - Dr. Philip Simani Dr Charles Omondi		
12.30pm – 1.00pm	SCIENTIFIC SYMPOSIUM Topic : Biologics: A journey through benefits, challenges and Patient outcomes	Dr Eugene Genga
1.10pm – 2.10pm	LUNCH	
Moderator - Dr Etai Ekwom, Dr Cathy Melong		
2:10pm - 2.30pm	Semaglutide in Rheumatology: Uncovering the Relationship with Obesity and Arthritis	Dr Nicola Okech
2:30pm-2:50pm	Undifferentiated connective tissue disease – Clinical presentation and management	Dr Philip Simani
2:50pm – 3:10pm	Establishing a Lupus Registry in Kenya: the path to better data and care	Dr Sheila Achieng
3.10pm - 3.25pm	Abstract Session 1- oral Evaluating the knowledge of Medical providers on the diagnosis and management of gout at KNH	Dr Ruchir Patel
3:25pm – 3:40pm	Abstract Session 2 – Oral Metabolic syndrome in Rheumatoid arthritis: Prevalence and risk factors among a Kenyan cohort.	Dr Jeremiah Munguti

ARSK CONFERENCE PROGRAM 2025

Day 2: THURSDAY 31st July 2025

TIME	TOPIC	PRESENTER
3:40pm-3.55pm	Abstract Session 3 – Oral Cutaneous manifestations and lupus disease progression in patients seen at Rheumatology and Dermatology clinics at KNH	Dr. Christine keitany
3.55pm-4.10pm	Abstract Session 4 – Oral Prevalence and factors associated with PSA among PSA patients on follow up at Derma and Rheuma clinics in KNH	Dr Jane Achungo
4.10pm - 4.25pm	Abstract Session 5 - Oral Interstitial pneumonia with autoimmune features vs CTD ILD at a Cape Town hospital in SA	Dr Soin Gurveen
4.25pm - 4.35pm	Q&A	
4.30pm – 5.00pm	TEA BREAK / BOOTH TOUR	
5.00pm- 6.30pm	Welcome Cocktail – Meet and Greet	

Moderator - Dr Naomi Mumo, Dr Maureen Maleche

6.30pm - 7.30pm	SCIENTIFIC DINNER SYMPOSIUM Topic: Can you make Gout crystal clear?	Prof Omondi Oyoo Sammy Atsiaya
7.30pm	Cosmos Sponsored Dinner	



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Topic: Can we make gout crystal clear?
Speaker: Prof. Omondi Oyoo

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Day 3: FRIDAY 1st August 2025

TIME	TOPIC	PRESENTER
Moderator - Dr Sybil Nakitare, Dr Daniel Osoro		
8.00am- 8.20am	Don't Forget HIV. A Critical Lens in Rheumatology Practice	Dr James Wagude
8.20am-8.40am	Cardiovascular morbidity and mortality among Rheumatology patients	Dr Jeilan Mohammed
8.40am-9.00am	Prognostication in critically ill Rheumatology Patients	Dr Martin Musumbi
9.00am-9.20am	JaK Inhibitors and biologics in SLE: Are we there yet?	Dr Naomi Mumo
9.20am-9.40am	Calcium, Vitamin D & Osteoporosis: The Timeless Triad of Bone Health	Dr Mauryn Oganga
9.40am- 10.00am	Role of GLP 1 receptor agonists in Osteoarthritis	Dr Wairimu Mwaniki
10.00am - 10.30am	TEA BREAK	
Moderator - Dr Eugene Genga, Dr Sheila Achieng		
10.30am 10.50am	Low cost high impact joint ultrasound: A transformative tool in African rheumatology	Dr Cathy Melong
10.50 -11.10am	DOAC`S (direct oral anticoagulants) An overview and therapeutic implications in Rheumatology	Dr Hassan A Ahmed
11.10am-11.30am	Oncorheumatology Shared Immunologic Targets in Cancer and Autoimmune Disease.	Dr Andrew Odhiambo
11.30am -11.50am	ANCA vasculitis with ILD and Renal Involvement – Case Report	Dr Etai Ekwom
11.50am-12.10pm	Biopsy timing in lupus nephritis- evidence practice and patient factors	Dr Florentius Ndinya
Moderator - Dr Fred Otieno		
12.10pm-12.40pm	SCIENTIFIC SYMPOSIUM Panel discussion Lupus Nephritis	Dr. Mathew Koech, Dr. Florentius Ndinya, Dr. Julius Okel, Prof Angela Migowa, Dr. Etai Ekwom, Prof Omondi Oyoo
12.40pm-1.00pm	Q&A	

ARSK CONFERENCE PROGRAM 2025

Day 3: FRIDAY 1st August 2025

TIME	TOPIC	PRESENTER
1.00pm – 2.00pm	LUNCH	
Moderator - Prof Omondi Oyoo, Dr. James Wagude		
2.00pm- 2.20pm	The inflamed Heart: Challenges and Controversies	Dr Bernard Gitura
2.20pm- 2.40pm	The power of umbrella bodies in elevating subspecialist societies	Dr Olive Akunga
3.00pm-3.20pm	Correct timing and appropriate surgical interventions in management of the arthritic knee	Dr Lumbasi Lutomia
3.20pm- 3.35pm	OCT (optical coherence tomography) the basics and relevance in autoimmune related eye disease	Dr. Oscar Muwale
3.35pm-3.50pm	The dry eyes: tear film insights for Rheumatology	Dr Judy Karagania
3.50pm- 4.10pm	Role of biologics and by extension biosimilars in management of autoimmune diseases	Dr Etai Ekwom
4.10pm- 4.30pm	Pediatric Rheumatology From Womb to World: Neonatal considerations in Maternal Autoimmune disease	Prof Angela Migowa
4.30pm- 4.50pm	Contextualizing hydroxychloroquine within a changing therapeutic landscape	Dr Uyiekpen Ima

Day 3: FRIDAY 1st August 2025

TIME	TOPIC	PRESENTER
4.50pm- 5.00pm	Q&A	
Moderator - Prof Angela Migowa, Dr Wairimu Mwaniki		
7.00 pm	GALA DINNER Theme - West African Elegance	



**THE ARTHRHEUMA
(Arthritis Rheumatology)
SOCIETY OF KENYA**

GALA DINNER

DRESS CODE: West African Elegance

Time: 7:00PM

Date:	Venue:
1st August 2025	Ciala Resort, Kisumu

Entertainment by Virtuoso Band



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