

MONICAH WANJIRU MWANGI

LOW VISION AND REHABILITATIVE OPTOMETRY PRACTITIONER

Address: P.O. BOX 190

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Kakamega, Kenya

Email: mmwangi@mmust.ac.ke

Nationality: Kenyan

County: Trans Nzoia

LinkedIn: Monica Mwangi

GRANTS AND AWARDS

November 2023: 2nd runner-up award for best student research at the 1st AMREF University Public Health Congress.

Title: Factors influencing sports participation among pupils with Vision Impairment attending special and inclusive schools in Kakamega County, Kenya.

January 2023: Ksh. 500,000/- awarded by MMUST URF as seed money for a research project titled 'Upscaling Participation of Visually Impaired Pupils in Physical Education and Sports in Kakamega County, Kenya.'

Role: Co-investigator

ACADEMIC QUALIFICATIONS

PHD DEGREE 2023 TO DATE (part-time): PhD in Optometry and Vision Sciences at

Masinde Muliro University of Science and Technology

(Low Vision Optometry)- Part-time

MASTERS DEGREE 2017-2021: Masters in Optometry and Vision Sciences at Masinde Muliro

University of Science and Technology (Low Vision and

Rehabilitative Optometry).

O.D CERTIFICATE (September 2021 to January 2023): Doctor of Optometry (O.D program)

at the University of Cape Coast, Ghana.

UNDERGRADUATE 2012-2016: Bachelor's Degree in Optometry and Vision Sciences at Masinde Muliro University of Science and Technology.

SECONDARY EDUCATION 2008-2011 (K.C.S.E): Kijabe Girls' High School.

PRIMARY EDUCATION 2002-2007 (K.C.P.E): Ken Academy, Limuru

OTHER QUALIFICATIONS

August- October 2021: Online Low vision course by African Eye Institute

January 2021: Brien Holden Vision Institute short course on Low Vision

March 2020: Online teaching training, MMUST (MLS)

September 2019: Special Olympics training for people with Intellectual Disabilities

June- August 2013: Arknet Computer College

WORK EXPERIENCE

April 2024- date: Assistant low vision lecturer at the Department of Optometry and Vision Sciences, Masinde Muliro University of Science and Technology

December 2020- date: Low Vision Consultant at Academic Vision Centre, Masinde Muliro University of Science and Technology

January 2018- March 2024: Part-time teaching at the Department of Optometry and Vision Sciences, Masinde Muliro University of Science and Technology

February 2017- March 2024: Clinical instructor at the Department of Optometry and Vision Sciences, Masinde Muliro University of Science and Technology.

September 2016- February 2017: Volunteering at the Academic Vision Centre, department of Optometry and Vision Sciences.

February- March 2016: Volunteering for community outreaches with Sight Aid International.

August- October 2015: Clinical internship at Lions' Eye Hospital, Nairobi.

Outreaches to Nyahururu and Kangemi primary. School.

July- September 2014: Clinical internship at Lions' Eye Hospital, Nairobi.

Outreaches to Murang'a and Karatina.

RESEARCH EXPERIENCE

January to Nov 2023: Upscaling sports and Physical Education participation of pupils with visual impairment in Kakamega County.

January to Sep 2022: Impact of uncorrected refractive errors on performance of ball game players at Masinde Muliro University of Science and Technology

September 2021: Factors influencing sports participation among pupils with vision impairment in special and inclusive schools in Kakamega County.

February 2021: Prevalence of Ocular Chemical injuries reported at Kakamega County Referral Hospital from June 2018 to June 2021

September 2016: Effects of *mondia whitei* on the tear quality and quantity of rabbit eyes.

STUDENT RESEARCH SUPERVISION

December 2023 to Date: Profiles of refractive errors and binocular vision anomalies among teenagers experiencing headaches and photophobia in eye clinics in Nairobi County.

November 2023 to date: Prevalence of dry eye among pregnant women attending Kakamega Teaching and Referral Hospital, Kenya.

September 2022: Profile of glaucoma patients at Kakamega Teaching and Referral Hospital and Sabatia Eye Hospital.

March 2020: Economic Burden of Visual Impairment in Kakamega County: A case study of Kibos School for the Blind

February 2019: Prevalence of dry eye among women using hormonal contraceptives at the Academic Vision Center, Masinde Muliro University of Science and Technology.

PUBLICATIONS

- Prevalence and level of Vision Impairment of pupils attending special and inclusive Schools in Kakamega County, Kenya
- Occurrence of accommodative insufficiency-induced asthenopia among computer users at Masinde Muliro University of Science and Technology, Kenya
- Effects of *Mondia whitei* on tear function of rabbit eyes.
- Factors influencing sports participation among pupils with visual impairment in Kakamega County (under review)
- Upscaling participation of visually impaired pupils in Physical Education and Sports in Kakamega County, Kenya (under review)

ACADEMIC CONFERENCES

- 1st AMREF International University conference on public health: November 2023
- 1st Africa Conference of the Council of Visual Impairment: October 2023
- Optometry Association of Kenya optometric conference: April 2022
- Kenya National Ophthalmic Workers Conference: June 2017

REGISTRATION WITH A REGULATORY BODY

- Registered with the Kenya Optometric Association

OTHER RESPONSIBILITIES

- Low Vision outreach coordinator- December 2022 to date
- Departmental exams coordinator- September 2023 to date
- Student welfare coordinator- November 2022 to date
- Departmental Exams Coordinator- November 2020 to July 2022
- Departmental Quality Assurance- November 2020 to October 2022
- Departmental timetabler- July 2022 to date

HOBBIES

1. Reading research articles, lifestyle magazines and cartoon strips.
2. Travelling to new places.
3. Watching documentaries.
4. Reading the Bible.
5. Cooking.

CAREER GOALS

1. Seek to improve the quality of life of persons living with low vision by conducting research studies, and disseminating results to the relevant stakeholders.
2. Advocating for inclusion rights of persons with low vision by creating awareness among local communities and leaders.

3. To work together with other health practitioners towards advancing the field of optometry and vision sciences.
4. To provide quality Low Vision health services to the community through outreaches and development and implementation of Low Vision programs.

REFEREES

1. Dr. Christine Wanjala
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Optometry and Vision Sciences
Masinde Muliro University of Science and Technology
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2. Prof. Peter Bukhala
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