

CURRICULUM VITAE

NAME: PROF ELIJAH SAMMY NYAINDA OGOLA

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PLACE OF BIRTH: MIGORI.

DATE OF BIRTH: 8TH NOVEMBER 1955

MARITAL STATUS: MARRIED WITH THREE CHILDREN

CURRENT POSITION

1. Associate Professor of Medicine, University of Nairobi
2. Consultation Physician and Cardiologist, Kenyatta National Hospital.

ACADEMIC QUALIFICATIONS:

(1) MB. ChB (NBI), 1979

(2) Cert. Trop. Med. (NBI) 1984

(3) M. Med. (Internal Medicine) (NBI), 1985.

(4) Fellow American College of Cardiology (FACC) 2005

EDUCATIONAL BACKGROUND:

Medical School: University of Nairobi, 1974 - 1979 (M.B. Ch.B.)

Postgraduate work: University of Nairobi based at Kenyatta National Hospital, 1981-1985 (M. Med)

Subspecialty Training

1. British Council organised course in Advanced Cardiology - 12th -22nd April, 1988, Edinburgh UK.
2. Fellowship in cardiology at University Hospitals of Cleveland/ Case Western Reserve University, Cleveland, Ohio, USA, 1989 - 1990.

POSITIONS

1979-1980: Medical officer (Intern), Coast Provincial General Hospital, Mombasa

1980-1981: Medical officer, Malindi District Hospital

1981-1985: Senior house officer (Resident), Internal Medicine at Kenyatta National Hospital

1983 – 1985: Chief Resident

1985-1986: Physician (Internist), Western Provincial General Hospital, Kakamega

1986-1990; Lecturer, Department of Medicine, University of Nairobi

1990-1999: Senior Lecturer, Department of Medicine, University of Nairobi

1993 – 2001: Member, University of Nairobi/ Kenyatta National Hospital Ethical and Research Committee

1995 – 2000: Head, Cardiology Unit, Kenyatta National Hospital

1995 – 2000: University Senate Representative, Faculty of Medicine

1999 to date: Associate Professor, Department of Medicine, University of Nairobi and consultant physician Kenyatta National Hospital.

2000 – 2005: Chair, Department of Medicine, University of Nairobi.

2003 to date: Member, Ministry of Health Task force on Non Communicable diseases.

2006 – 2008: Chair, Department of Clinical Medicine and Therapeutics, University of Nairobi.

2009 to 2013: University Council Representative, College of Health Sciences.

2008 – 2010: Member, Task force on health and well being in the urban environment of the International Council of Science (ICSU).

MEMBERSHIP OF PROFESSIONAL SOCIETIES

1. Kenya Medical Association (KMA)
 - Chairman Committee in drug policy 1997
2. Kenya Cardiac Society (KCS)
 - Assistant Secretary 1991 - 93
 - Hon. Secretary 1993 - 96
 - Vice Chairman 1997-2000
 - Chairman 2000-2004.
3. Kenya Association of Physicians (KAP)
4. Pan African Society of Cardiology (PASCAR)
 - Vice President, Eastern Africa 2004 – 2017.
 - Secretary General, 2017 to date
5. International Society on Hypertension in Blacks (ISHIB)
6. International society of hypertension (inaugural fellow)
7. American College of Cardiology (Fellow): Currently governor of the African chapter of the college.
8. European Society of Hypertension – professional member.

PAPERS READ AT SCIENTIFIC CONFERENCES:

1. Ogola E.N. Some Aspects of Dilated Cardiomyopathy as seen at Kenyatta national hospital. Annual Scientific Conference, Kenya Cardiac Society. Nairobi, 1985.
2. Lore W, Ogola E.N. Medico - Social Characteristics of Cardiac Patients in Obstetric Unit at Kenyatta National Hospital. Annual Scientific Conference, Kenya Obstetric and Gynaecology Society, Nairobi, 1987.
3. Ogola E.N. A young African woman with blindness and heart block presumably due to chloroquine toxicity. Annual scientific Conference, Kenya Cardiac Society, Nairobi, 1987.
4. Ogola E.N. Abnormalities of Rhythm and Conduction in patients with Rheumatic Heart Disease as seen at Kenyatta National Hospital. Annual Scientific Conference, Kenya Cardiac Society, Nairobi 1988.
5. Ogola E.N, Ogutu E.O. Pericardial Disease in association with Acquired Immune Deficiency: A report of two cases. 34th Annual Scientific Conference of the Association of Physicians of East and Central Africa (APECA). Harare, Zimbabwe, 1988.

6. Ogola E.N, Yonga G.O. Comparative study of the efficacy and tolerability of hydroflumethiazide versus propranolol in Africans with mild to moderate hypertension. 35th Annual Scientific Conference of Association of Physicians of East and Central Africa (APECA). Nairobi, 1990.
7. Yonga G.O, Ogola E.N, Juma FD. Cardiovascular risk factor profiles in patients seen at Kenyatta National Hospital with mild to moderate hypertension. 35th annual Scientific Conference of the Association of Physician of East and Central Africa (APECA). Nairobi, 1990.
8. Yonga G.O, Ogola E.N, Juma F.D, Orinda D.A.O. Metabolic effects of propranolol and hydroflumethiazide in Kenyans with mild to moderate hypertension. 35th annual Scientific Conference of the Association of Physicians of East and Central Africa (APECA), Nairobi, 1990.
9. Ogola E.N. Acute Myocardial infarction occurring in 'Ordinary' Kenyans. Annual Scientific conference of the Kenya Cardiac Society. Nairobi, 1991.
10. Ogola E.N. Lipid abnormalities in Africans with mild, moderate hypertension. 5th Pan African Society of Cardiology (PASCAR) Scientific Conference. Yaounde, Cameroon, 1993.
11. Ogola E. N, Yonga G. O, Muita A. K, Randomised Double Blind Comparative Trial on the Efficacy and Safety of Lacidipine and Hydrochlorothiazide in Black Kenyans with mild moderate Hypertension: 10th Interdisciplinary Conference of the International Society of Hypertension in Blacks, US, Virgin Islands, 1995. (Also presented at the Kenya Association of Physicians Conference Nairobi, Kenya 1995).
12. Oyoo G.O, Ogola E.N, Certain clinical and Demographic aspects in patients admitted to adult Medical Wards at Kenyatta National Hospital in congestive heart failure. Kenya Association of Physicians Scientific Conference. Nairobi, 1996.
13. Oteko L. D, Ogola E.N. Echocardiographic assessment of myocardial function in diabetics without overt heart disease. Scientific Conference of the Kenya Cardiac Society, Nairobi, 1998.
14. Mbaya B. V, Ogola E. N, Urinary excretion of selected vasoactive substances in East Africans with essential hypertension. Scientific Conference of the Kenya Cardiac Society, Nairobi 1998.
15. Yonga G. O, Bonhoeffer P, Jowi C. Y, Ogola E. N. Joshi M. D, Mugo M. N. Percutaneous balloon mitral valvuloplasty using the multi track technique: The Kenyan Experience. Scientific Conference of the Kenya Cardiac Society, Nairobi, 1998.
16. Nyaga R, Ogola E.N, Prevalence of Rheumatic Heart Disease in Secondary School children in Nairobi. Scientific Conference of the Kenya Cardiac Society, Nairobi 1999.
17. Magada A, Ogola E. N, Orinda D. A. O. Homocysteine levels in patients with venous thrombosis at Kenyatta national Hospital. Kenya Cardiac Society Scientific Conference Nairobi, 2001
- 18 Ogola E. N, Vaghela V, Otieno C. F. Cardiovascular risk factors in patients with type two Diabetes Mellitus at Kenyatta National Hospital. World Congress of Cardiology, Sydney, Australia, 2002
19. Ogola E.N. Overview of the interim results of the INTER-HEART study. Kenya Cardiac Society Scientific Conference, Nairobi, 2002
20. Kamotho C, Ogola E. N, Joshi M. D, Gikonyo D. K. Cardiovascular risk factors of black Africans undergoing coronary angiography at the Nairobi Hospital. Kenya Cardiac Society Scientific Conference, Nairobi, 2003
21. Mecha J.O, Ogola E.N, Otieno C.F. Evaluation of thyroid function in patients with Congestive Cardiac Failure at Kenyatta National Hospital. Kenya Cardiac Society Scientific Conference, Nairobi, 2003.

22. Ibrahim A.M, Ogola E.N. Cardiovascular risk factors and target organ damage in ambulatory hypertensive patients in Kenya. Pan African Society of Cardiology (PASCAR) scientific congress, Nairobi, 2007
23. Nduiga B. K, Joshi M.D, Ogola E. N. Demographic and clinical characteristics of ambulatory patients with atrial fibrillation at Kenyatta National Hospital. PASCAR scientific congress, Abuja, 2009
24. Achieng L, Karari E. M, Joshi M. D, Ogola E. N. Adequacy of blood pressure control and level of adherence with antihypertensive treatment at Kenyatta national hospital. PASCAR, scientific congress, Abuja, 2009.
25. Barasa F. A, Joshi M. D, Ogola E.N. Socio-demographics, clinical profile and disposition of in patients with acute decompensated heart Failure at Kenyatta national hospital. PASCAR scientific congress, Abuja, 2009.
26. Ogola E. N, Karari E. M, Bukania Z, Ndwiga I, Joshi M. D. A pilot study on the efficacy of health promotion on reduction of dietary sodium in Nairobi, Kenya. International union of health promotion and education. Scientific congress, Geneva, 2010. (Accepted for presentation but could not travel due to financial constraints)
27. Rajula A. C, Ogola E. N, Kayima J. K, Maritim M. C. Prevalence of hypertension and adequacy of its control in chronic kidney disease patients at Kenyatta national hospital. PASCAR scientific congress, Kampala, Uganda, 2011
28. Noorani M, Ogola E. N, Joshi M.D, Lule G.N. Prevalence of echocardiographically determined myocardial dysfunction among HIV positive, HAART naïve patients at the comprehensive care clinic, KNH. Kenya cardiac society scientific congress, Nairobi, 2012.
29. Hassan H. A, Ogola E. N, Joshi M.D, Amayo E. O, Njeru E. Prevalence of hypertension and cardiovascular risk factors in ethnic Somalis of north eastern Kenya. 13th scientific congress of the International Society of Hypertension. Sydney, Australia, 2012.
30. Kimama C. K, Ogola E. N, Joshi M.D, McLigeyo S. O. Prevalence of hypertension among high school students attending public schools in Nairobi. World congress of paediatric cardiology. Cape Town, 2013
31. Wagude J. A. A. Kayima J. K, Ogola E.N, McLigeyo S.O, Were A.J.O. Cardiovascular risk factors in renal transplant recipients attending nephrology clinics in Nairobi. Kenya association of physicians scientific meeting. 2013.
32. Warutere B. M, Ogola E.N, Joshi M.D, Njeru E.M. Cardiovascular risk factors in young adult university students in Nairobi, Kenya. World Congress of Cardiology. May 2014, Melbourne, Australia.
33. Ogola E. N, Kubo M. N, McLigeyo S. O, Were A. J, Kayima J. K. Factors associated with uncontrolled hypertension among Renal Transplant Recipients in Nairobi, Kenya. Joint meeting of the European Society of Hypertension and the International Society of Hypertension. June 2014, Athens, Greece.
34. Ogola E. N, Achieng L, Joshi M. D, Mutai K. Cardiometabolic Risk Factors in Ambulatory Patients in Primary Care. Scientific Congress of the Pan African Society of Cardiology (PASCAR). October 2015, Mauritius.
35. Gituma B. M, Ogola E. N, Karari, E. M, Achieng, L. The prevalence of electrocardiographic abnormalities in patients with dilated cardiomyopathy at the Kenyatta National Hospital. . Scientific Congress of the Pan African Society of Cardiology (PASCAR). October 2015, Mauritius.
36. Ogola E. N, Okello, F. O, Yonga G, Macgregor-Skinner E, Ramchandani N. Healthcare provider knowledge in a primary healthcare setting: Baseline findings of a population intervention to control hypertension. World Congress of Cardiology. Mexico city, Mexico. June 2016.

37. Ogola E. N, Okello, F. O, Yonga G, Macgregor-Skinner E, Ramchandani N. Knowledge about hypertension in the population. Baseline findings of a population intervention to control hypertension. World Congress of Cardiology. Mexico city, Mexico. June 2016.
38. Ogola E. N, Kimando M, Otieno C. F. High prevalence and poor control of hypertension and associated cardiovascular risk factors in diabetic patients in a rural hospital in Kenya. Accepted for oral submission at the 15th scientific congress of the International Society for Hypertension, Seoul South Korea. September 2016.
39. Ogola E. N, Yonga G. O, Okello F. O et al. Blood pressure screening results from healthy heart Africa: Screening locations, participant characteristics, and blood pressure classification in Kenya. European Society of Hypertension congress in Milan Italy, 16th-19th June 2017.
40. Ogola E. N, Njau K, Yonga G. High Burden of Prehypertension in Kenya: Results from the Healthy Heart Africa (HHA) program. International society of hypertension scientific congress. October 2018. Beijing, China.
41. Ndede K. O, Ogola E, Otieno F, Bukachi F. Types of electrocardiographic abnormalities and their determinants among ambulatory type 2 diabetics at a tertiary hospital in Kenya. World congress of cardiology. December 2018, Dubai.
42. Tonio C. A, Ogola E. N, Othieno-Abinya N. A, Gitura B. M, Karari E. M. Prevalence of anthracycline induced cardiomyopathy amongst patients treated at Kenyatta National Hospital. Kenya cardiac society scientific congress. July 2018, Mombasa.
43. Ojji D, Mayosi B, Francis V.....Ogola E. N. A comparison of three combination therapies in lowering blood pressure in black Africans. American college of cardiology, late breaking clinical trials. March 2019, New Orleans, USA.
44. Ogola E. N, Ndiritu J. W, Maritim M. C. Echocardiographic left ventricular hypertrophy and the utility of ECG criteria in African hypertensive patients. Joint ESH-ISH scientific congress, 2018, Glasgow, UK. (Postponed due to covid-19, to be presented in rescheduled virtual meeting in April 2021).

INVITED LECTURES

1. Ogola E.N. The challenge of Pharmacological therapy of hypertension in Africa. Ninth International Interdisciplinary Conference on Hypertension in Blacks, Cleveland, Ohio, USA, 1994.
2. Ogola E.N. Cardiovascular complications of Diabetes Mellitus. Scientific meeting of Medical Associations and Societies of Kenya (MASK). Nairobi, Kenya 1994.
3. Ogola E.N. Guidelines in the management of essential hypertension. Kenya Medical Association Scientific Conference. Mombasa, 1995.
4. Ogola E.N. Rational choice of drugs in the management of essential Hypertension. Kenya Association of Physicians Scientific Conference. Nairobi, 1996.
5. Ogola E.N, Changing life styles and the emergence of hypertension in Africa. University of Nairobi Interfaculty Collaborative Group annual meeting. Machakos, 1996.
6. Ogola E.N, Diabetic Cardiomyopathy. Kenya Association of Physicians symposium on Diabetes Mellitus. Nairobi, 1997.
7. Ogola E.N. Management of Atrial Fibrillation. Scientific Conference of the Kenya Cardiac Society. Nairobi, 1997.
8. Ogola E.N. Management of Congestive Heart Failure - What is new. Scientific Conference of the Kenya Association of Physicians. Mombasa, 1997.

9. Ogola E N. Management of Hypertensive emergencies. Scientific Conference of the Tanzanian Association of physicians. Dar es Salaam, 2001.
10. Ogola E.N Overview of recent trials in the management of hypertension. Kenya Association of physicians Symposium on Cardiovascular diseases. Nairobi 2003.
11. Ogola E. N. Primordial cardiovascular disease prevention in emerging societies. Scientific congress of the Association of Black Cardiologists. New Orleans, March 2007.
12. Ogola E. N. Primordial prevention of cardiovascular disease in Africa. PASCAR scientific congress. Nairobi, 2007.
13. Ogola E. N. Combination therapy in hypertension. Scientific conference, Kenya Association of Physicians. Nakuru, 2009
14. Ogola E. N. Hypertensive heart disease in Africa. 9th PASCAR scientific congress. Abuja, 2009
15. Ogola E. N. How to prevent the impending epidemic of atherosclerotic disease in Africa: Lessons from the heart of Soweto study. Joint ACC/PASCAR symposium. American College of Cardiology scientific congress. Orlando, Florida, 2009.
16. Ogola E. N. Cardiovascular disease trends in sub Saharan Africa: The worst of two worlds. Kenya Cardiac Society scientific congress. Kisumu, 2010.
17. Ogola E. N. Overview of cardiovascular diseases in Kenya. International cardiology conference. Dar es Salaam, Tanzania. 2012.
18. Ogola E. N. Updates on management of acute heart failure. Kenya Cardiac Society scientific congress. Mombasa. 2012
19. Ogola E.N. An unusual cause of stroke in a young woman. Heart valve society of America scientific meeting. New York. 2012
20. Ogola E.N. Management of hypertension in special groups. Tanzanian Association of Physicians' scientific meeting. Dar es Salaam, 2012
21. Ogola E.N. Utility of β blockers across the cardiovascular continuum. Indian Ocean international conference, Mauritius. 2012.
22. Hypertension: an emerging problem in Africa. Western Norwegian society of cardiology meeting. Voss, Norway, 2013.
23. Ogola E.N. Regional and national burden of Non Communicable diseases in Africa. Pan African Society of Cardiology (PASCAR) scientific congress. Dakar 2013.
24. Ogola E.N. Priorities for the treatment and prevention of myocardial infarction and stroke in Africa. World congress of cardiology. Melbourne, Australia 2014.
25. Ogola E.N. Hypertension and the heart in Sub Saharan Africa. World congress of cardiology. Melbourne, Australia 2014.
26. Ogola E.N. Contemporary issues in heart failure. Kenya Cardiac Society scientific congress. Diani 2014
27. Ogola E. N. Heart Failure with preserved ejection fraction. Kenya Cardiac Society scientific congress. Diani 2014
28. Ogola E. N. The role of research in achieving 25 X 25 goals. Non Communicable Disease (NCD) alliance symposium on achieving 25 X 25. Nairobi, 2014
29. Ogola E. N. Optimizing patients' care in resource poor settings: can we do more to reduce overall risk? CardioAlex. Alexandria, Egypt 2015.
30. Ogola E. N. The management of Heart Failure in low resource settings. Kenya Cardiac Society scientific congress. Mombasa. 2015.
31. Ogola E. N. The challenge of hypertension control in Africa: The role of primary healthcare. . Kenya Cardiac Society scientific congress. Mombasa. 2015.

32. Ogola E. N. The heart and rheumatology. Arthrheuma Society of Kenya annual scientific conference. Mombasa 2015
33. Ogola E. N. WHO-PEN programme and the WHF roadmaps – is there congruence? Pan African Society of Cardiology (PASCAR) scientific congress. Mauritius 2015
34. Ogola E.N. Hypertension: overall burden in Sub Saharan Africa. Merck Africa Luminary Meeting. Nairobi 2015.
35. Ogola E. N. Infective endocarditis: A disease in transition, or is it? Aga Khan University heart symposium. Nairobi 2016
36. Ogola E. N. Tackling the challenge of hypertension: The Kenyan experience. Tanzania Cardiac Society scientific meeting. Dar es Salaam 2016
37. Ogola E. N. Managing high blood pressure in 2016 after a heart attack. Africa STEMI live. Nairobi 2016.
38. Ogola E. N. Coronary artery disease in sub Saharan Africa: What do we know? Lipids forum East Africa. Nairobi 2016.
39. Ogola E. N. Hypertension control initiatives in Africa. Kenya Cardiac Society scientific congress. Mombasa 2016.
40. Ogola E. N. Optimizing patient outcomes in heart failure. . Kenya Cardiac Society scientific congress. Mombasa 2016.
41. Ogola E. N. Harnessing research for control of cardiovascular diseases in Africa: The role of PASCAR. Keynote address. Kenya Cardiac Society scientific congress. Mombasa 2016.
42. Ogola E. N. Updates on hypertension management. Uganda heart association scientific congress. Kampala, March 2017.
43. Ogola E. N. Managing Blood Pressure in Africans, in AFRICA: All the secrets in 20 minutes. AFRICA STEMI LIVE 2017. April 2017.
44. Ogola E. N. Stroke Prevention in Atrial Fibrillation (SPAF) in Kenya. Kenya Cardiac Society Scientific conference. Mombasa July 2017.
45. Ogola E. N. Trends and Complications of Hypertension among Africans. Joint PASCAR and Sudanese Heart Society Scientific congress. October 2017, Khartoum, Sudan.
46. Ogola E. N. Roadmap for the control of hypertension in Africa. Joint world heart federation/Kenya cardiac society meeting on hypertension roadmaps. March 2018, Nairobi.
47. Ogola E. N. Applying Current Guidelines in Chronic Heart Failure. Nairobi hospital cardiology symposium. April 2018, Nairobi.
48. Ogola E. N. Five myths about statins. AFRICA STEMI LIVE. April 2018, Nairobi.
49. Ogola E. N. Reducing the Burden of Hypertension in Africa: The Role of Public Health Interventions. CardioAlex 2018. June 2018, Alexandria, Egypt.
50. Ogola E. N. Considerations in Running a Heart Failure Service in a Resource Limited Setting. CardioAlex 2018. June 2018, Alexandria, Egypt.
51. Ogola E. N. ACC/AHA 2017 Hypertension Guidelines: Will They Change Practice in Kenya? Kenya cardiac society scientific congress. July 2018. Mombasa.
52. Ogola E. N. Regional Collaboration to Control Cardiovascular Disease. Kenya cardiac society scientific congress. July 2018. Mombasa.
53. Ogola E. N. Are there age differences in the treatment of hypertension? Merck Africa Asia Luminary. October 2018, Dakar, Senegal.

54. Ogola E. N. Resistant Hypertension in Africa. Merck Africa Asia Luminary. October 2018, Dakar, Senegal.
55. Ogola E. N. Hypertension adherence: This is how we do it. American college of cardiology scientific congress. New Orleans, March 2019.
56. Ogola E. N. Hypertension and Heart Failure. PASCAR regional training course on heart failure. April 2019, Nairobi.
57. Ogola E. N. Anticoagulation in Heart Failure in Sinus Rhythm. PASCAR regional training course on heart failure. April 2019, Nairobi.
58. Ogola E. N. The Management of Hypertension in Africans. The Nairobi hospital NCD symposium, July 2019. Nairobi.
59. Ogola E. N. Cardiovascular Safety in Diabetes Management: Improving CV Outcomes. The Nairobi hospital NCD symposium, July 2019. Nairobi.
60. Ogola E. N. The Role of Cardiologists in Diabetes Management: Should Cardiologists Manage Diabetes? Kenya cardiac society scientific congress. August 2019, Mombasa.
61. Ogola E. N. A case of hypertension resistant to multiple drugs-or is it? American college of cardiology Middle East conference. October 2019, Dubai.
62. Ogola E. N. Management of diabetes in heart failure. Kenya cardiac society seminar on diabetes and the heart. January 2020.
63. Ogola E. N. Hypertension, The renin angiotensin aldosterone system (RAAS) and Covid-19. Kenya cardiac society webinar on Covid-19 and the heart, May 2020.
64. Ogola E. N. Covid-19 and cardiovascular disease. The KNH-UON webinar on Covid-19.
65. Ogola E. N. Current concepts in the management of hypertension. Kenya cardiac society webinar. September 2020.
66. Ogola E. N. Recent hypertension guidelines: navigating the maze. Kenya association of physicians' webinar. November 2020.
67. Ogola E. N. Updates on ACEi, ARBs in Covid-19 and Hypertension. WHO COvid-19 case management seminar: Covid and the heart. November 2020.

PUBLICATIONS

1. Ogola E. N. Some Aspects of Dilated Cardiomyopathy as seen at Kenyatta National Hospital with Emphasis on Echocardiographic features. M.Med. Dissertation, University of Nairobi, 1985.
2. Ogola E. N, Muita A. K. Lore W. Presentation of dilated cardiomyopathy as seen at the Kenyatta National Hospital. East Afr Med J. 1988; 65: 108-113
3. Lore W, Ogola E. N. Medico social Characteristics of Cardiac patients in Obstetrical Unit of Kenyatta National Hospital. A preliminary report of an on-going prospective study. J.Obs.Gynaecol. East and Central Africa 1987; 6:83-86.
4. Ogola E.N. Current concepts in the management of congestive heart failure. Nairobi J.Med. 1989; 15: 103 -107.
5. Ogola E.N, Ogutu E.O. Pericardial disease in association with acquired Immune Deficiency Syndrome: report of two cases. Nairobi J.Med. 1990; 16:3-5
6. Ogola E. N. Arrhythmias in rheumatic Heart Disease as seen at Kenyatta National Hospital. Medicom.1988; 10:133-137.
7. Lore W, Muita A. K, Ogola E. N. Efficacy and tolerability of Enalapril hydrochlorothiazide combination as first line therapy in essential arterial hypertension in Blacks, a Clinical Trial in Kenya. East Afr Med J. 1992; 69: 18-21.

8. Ogola E. N, Muita A. K, Adala H. S. Chloroquine related complete heart block and blindness: Case report and review of literature. *East Afr. Med J.* 1992; 69: 50.
9. Ogola E. N, Yonga.G. O. Comparative study of the efficacy and tolerability of hydroflumethiazide versus propranolol in Africans with mild to moderate hypertension. *East Afr Med J.* 1993; 70: 277-9.
10. Yonga G. O, Ogola E. N, Juma F. D. Cardiovascular risk factor profiles in patients seen at Kenyatta National Hospital with mild to moderate hypertension. *East Afr Med J.* 1993; 70: 693-5.
11. Yonga G.O, Ogola E. N. Juma F.D. Metabolic effects of propranolol and hydroflumethiazide in Kenyans with mild to moderate hypertension. *East Afr Med J.* 1993; 70: 696-700.
12. Ogola E. N. Management of Hypertension in Africa. *East Afr J Med. Pract* 1994; 4: 103-107.
13. Ogola E.N. Use of aspirin in preeclampsia (Editorial) *East Afr Med J.* 1995; 72:689.
14. Lodenyo H. A, McLigeyo S. O, OGOLA E. N. Cardiovascular disease in elderly patients at the Kenyatta National Hospital. *East Afr Med J.* 1997; 74: 647-651.
15. Oyoo G. O, Ogola E. N. Clinical and Sociodemographic aspects of Congestive Heart Failure Patients at Kenyatta National Hospital. *East Afr Med J.* 70: 1999; 76:23-27.
16. BEAMAN- MBAYA B.V, OGOLA E.N. Urinary Catecholamines, aldosterone and cortisol in hypertensive East Africans. *Ethnicity and Disease.* 2000; 10: 357-63.
17. Wanjohi F. M, Otieno C. F, Ogola E. N, Amayo E. O. Nephropathy in patients with recently diagnosed type 2 diabetes mellitus in black Africans. *East Afr Med J.* 2002 ;79:399-404.
18. Kamotho C, Ogola E N, Joshi M D, Gikonyo D. Cardiovascular risk factor profile of black Africans undergoing coronary angiography. *East Afr. Med J.* 2004; 81: 82-6.
19. Otieno C. F, Mwendwa F. W, Vaghela V, Ogola E. N, Amayo E.O. Lipid profile in ambulatory patients with type 2 diabetes mellitus at Kenyatta National Hospital. *East Afr. Med. J.* 2005; 82: S173-S179
20. Otieno C.F, Vaghela V, Mwendwa F.W, Ogola E.N, Kayima J.K. Cardiovascular risk factors in patients with type 2 diabetes mellitus: Levels of control attained at the outpatient diabetes clinic at Kenyatta National Hospital, Nairobi. *E. Afr. Med. J* 2005; 82: S184-S190
21. Otieno C. F, Vaghela V, Ogola E.N, Amayo E.O. Patterns of homocysteine in Kenyans with type 2 diabetes mellitus without overt cardiovascular disease. *East Afr Med J.* 2005; 82; s180-3.
22. Mayosi B, Robertson K, Volmik J, Ogola E. The Drakensburg declaration on the control of rheumatic fever and rheumatic disease in Africa. *S. Afr. Med. J.* 2006; 96: 246
23. Achieng' L, Joshi M. D, Ogola E. N, Karari E. M. Adequacy of blood pressure control and level of adherence with antihypertensive therapy. *East Afr. Med J.* 2009; 86: 512- 519.
24. Kirui F, Oyoo G. O, Ogola E. N, Amayo E. O. Cardiovascular risk factors in patients with rheumatoid arthritis at Kenyatta National Hospital, Nairobi, Kenya. *Afr. J. Rheumatol.* 2013; 1: 3-9.

25. Genga E.K, Otieno C.F, Ogola E.N, Maritim M.C. Assessment of the perceived quality of life of Non Insulin dependent Diabetic patients attending the diabetes clinic in Kenyatta National Hospital. *Journal of Pharmacy*. 2014; 4: 15-21
26. Shiruli B. C, Oyoo G. O, Ogola E. N, Aywak A. A. Cardiovascular risk factors and carotid atherosclerosis in patients with systemic lupus erythematosus at Kenyatta National Hospital. *Afr. J. Rheumatol*. 2014;2: 64-69.
27. Bigwanaho A, Muhimpundu M. A, Buckman G: For the NCD synergies group. 80 under 40 by 2020: an equity agenda for NCDs and injuries *Lancet*. 2014; 383: 3-4.
- 28.. Mayosi B. M, Gamra H, Dangou J. M, Kasonde J for the 2nd All-Africa Workshop on Rheumatic Fever and Rheumatic Heart Disease participants. Rheumatic Heart Disease in Africa: The Mosi-O-Tunya call for action. *Lancet Glob Health*. 2014; 2 (8): e438-9.
29. Leong D. P. Smyth A. Teo K. K, Mckee, Rangarajan M, Pais p, Lui I. Anand S. S, Yusuf S for the INTERHEART investigators. Patterns of alcohol consumption and myocardial infarction risk: observations from 52 countries in the INTERHEART case-control study. *Circulation*. 2014;130; 390-8.
31. Kubo M. N, Kayima J. N, Were A. J, McLigeyo S. O, Ogola E. N. Factors Associated with Uncontrolled Hypertension among Renal Transplant Recipients Attending Nephrology Clinics in Nairobi, Kenya. *J. Tranplant* 2015;2015:746563. doi: 10.1155/2015
32. Dzudie A, Ojji D, Anisiuba B. C, Abdou B. A, Cornick R, Damasceno A, Kane A. L, Mocumbi A. O, Mohamed A, Nel G, Ogola E. N, Onwubere B, Otieno H, Rainer B, Schutte A, Ali IT, Twagirumukiza M, Poulter N, Mayosi B; PASCAR Hypertension Task Force members. . Development of the roadmap and guidelines for the prevention and management of high blood pressure in Africa: Proceedings of the PASCAR Hypertension Task Force meeting: Nairobi, Kenya, 27 October 2014. *Cardiovasc J Afr*. 2015; 26(2): 82-5.
33. Conteh S, Ogola EN, Oyoo GO, Gitura BM, Achieng L. Echocardiographic abnormalities in Systemic Lupus Erythematosus patients at Kenyatta National Hospital. *Afr. J. Rheumatol*. 2016;3:9-13.
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On-Going projects

1. Ogola E.N, Okello F, Yonga G.O. Estimating the impact of a comprehensive hypertension screening and care programme in Kenya: The Healthy Heart Africa programme. (CO-PI)
2. INVICTUS studies: Investigation of rheumatic AF treatment using vitamin K antagonists, rivaroxaban or aspirin studies. (Kenya-PI)

THESIS SUPERVISION

1. Yonga G.O: A comparative study on efficacy, patient tolerability and some metabolic side effects in adult African patients treated with propranolol and hydroflumethiazide for mild to moderate hypertension. M Med Dissertation- University of Nairobi, 1990.
2. Kingondu T.M: Prevalence of asymptomatic coronary artery disease in diabetic patients and its relationship to cardiovascular autonomic neuropathy at Kenyatta National Hospital. M.Med Dissertation - University of Nairobi, 1991
3. OWINO-MUSA D, Cerebrovascular accidents (stroke) in the young as seen at Kenyatta National Hospital. M.Med. Dissertation - University of Nairobi, 1991
4. MUGO M.N. Arrhythmias as seen inpatients with cardiac disease at Kenyatta National Hospital. M. Med. Dissertation - University of Nairobi, 1992
5. LODENYOH H, Cardiovascular diseases in elderly patients seen in Kenyatta National Hospital M.Med. Dissertation - University of Nairobi, 1994.
6. BUKACHI F.O, Echocardiographic assessment of cardiac structure and function in adult hypertensive patients attending Kenyatta National Hospital. M.Med. Dissertation, University of Nairobi, 1993
7. OYOO G.O. Certain clinical and demographic aspects in patients admitted to adult medical wards at Kenyatta National Hospital in congestive heart failure. M.Med. dissertation - University of Nairobi, 1995.
8. ONCHWARI P.N, Autonomic nervous function in patients with the Acquired immune Deficiency Syndrome at Kenyatta National Hospital. M.Med. Dissertation – University of Nairobi, 1996.
9. NYAGA R, Prevalence of Rheumatic Heart disease in secondary school children in Nairobi. M. Med. Dissertation - University of Nairobi, 1997.
10. OTEKO L.D. Echocardiographic assessment of myocardial function in diabetics without over heart disease. M.Med Dissertation - University of Nairobi, 1997.
11. Magada A. Homocysteine levels in patients with deep venous thrombosis seen at Kenyatta National Hospital. M.Med dissertation –University of Nairobi. 2001.

12. Vaghela V. Cardiovascular complications in patients with type 2 Diabetes Mellitus seen at Kenyatta National Hospital. M.Med. dissertation –University of Nairobi, 2002.
13. Mecha J.O. Evaluation of thyroid function in patients with congestive heart failure at Kenyatta National Hospital. M.Med. dissertation-University of Nairobi, 2002.
14. Kamotho C. Cardiovascular risk factors in black Africans undergoing coronary angiography at Nairobi Hospital. M.Med dissertation-University of Nairobi, 2003.
15. Ibrahim A M .Cardiovascular risk factors and target organ damage in hypertensive patients seen at Kenyatta National Hospital. M.Med dissertation - University of Nairobi, 2004.
16. Juma S. O. Pulmonary hypertension in patients aged 13 years and above with sickle cell anaemia at Kenyatta national hospital. M. Med dissertation – University of Nairobi, 2007.
16. Achieng L. Adequacy of BP control, level of adherence to antihypertensive medication and reasons for non adherence in hypertensive patients seen in the medical outpatient clinic at Kenyatta national hospital. M. Med dissertation – university of Nairobi, 2008.
17. Rajula A. C. Prevalence of hypertension and adequacy of its control in chronic kidney disease patients at the renal clinic at Kenyatta national hospital. M. Med dissertation – University of Nairobi. 2009.
18. Nduiga D. K. Demographic, clinical and laboratory characteristics of atrial fibrillation as seen in medical outpatient clinics in Kenyatta national hospital. M. Med dissertation – University of Nairobi. 2009.
18. Kirui F. Cardiovascular risk factors in patients with rheumatoid arthritis at Kenyatta national hospital. M. Med dissertation – University of Nairobi, 2009.
19. Baraza A. F. Socio-demographics, clinical profile and disposition of in-patients with acute decompensated heart failure at KNH. 2009.
20. Noorani M. Prevalence of echocardiographically determined myocardial dysfunction among HIV positive, HAART naïve patients at the comprehensive care clinic, KNH. 2012.
21. Hassan A. H. Prevalence of cardiovascular risk factors in urban Garissa residents. 2012
22. Kimama C. K. Prevalence of hypertension among high school students attending public schools in Nairobi. 2012.
23. Wagude J. A. A. Cardiovascular risk factors in renal transplant recipients attending nephrology clinics in Nairobi, Kenya. 2012.
24. Irungu C. S. Cardiovascular risk factors in psoriasis vulgaris. 2012
25. Warutere B.M. Prevalence of cardiovascular risk factors among young adults enrolled as students in the University of Nairobi. 2013
26. Kubo M.N. Factors associated with uncontrolled hypertension among renal transplant recipients attending nephrology clinics in Nairobi. 2013
27. Genga E.K. Assessment of perceived quality of life of Non insulin dependent diabetic patients attending the diabetes clinic in Kenyatta National Hospital. 2014
28. Gituma B. The prevalence and types of Electrocardiographic abnormalities in patients with dilated cardiomyopathy at the Kenyatta National Hospital. 2014-10-06
29. Muturi A.M. Prevalence and types of Electrocardiographic abnormalities in dialysis naïve chronic kidney disease patients at Kenyatta National Hospital. 2014.
30. Conteh S. Echocardiographic abnormalities in patients with Systemic Lupus Erythematosus at Kenyatta National Hospital. 2015
31. Soki K. B. Echocardiographic evaluation of pulmonary pressures in chronic haemodialysis patients at Kenyatta National Hospital. 2015
32. Kimando M. The prevalence of cardiovascular risk factors and the adequacy of their control in Type 2 diabetes patients attending the diabetes clinic at Nyeri level 5 hospital. 2015
33. Juma V. P. Baseline patient profiles, rhythm abnormalities and outcomes for patients with pacemakers inserted at the Kenyatta National Hospital.

34. Otieno G. O. The antimicrobial susceptibility patterns of patients presenting with sepsis at the accident and emergency department, Kenyatta National Hospital.
35. Ibrahim-Sayo E. A. Echocardiographic abnormalities in patients with rheumatoid arthritis attending the rheumatology clinic at Kenyatta National Hospital. 2016
36. Ndede K. O. Prevalence and types of electrocardiographic abnormalities in ambulatory type 2 diabetic patients attending the diabetes clinic at Kenyatta National Hospital
37. Wahinya M. W. Peripheral arterial disease among patients with chronic obstructive airway disease attending the chest clinic at Kenyatta National Hospital. 2017.
38. Ndiritu J. W. Prevalence of left ventricular hypertrophy by echocardiography and the utility of ECG voltage criteria for left ventricular hypertrophy among ambulatory hypertensive patients at Mbagathi Hospital. 2017
39. Harunanny Z. A. Subclinical atherosclerosis in HIV infected patients at Mbagathi district hospital comprehensive care clinic. 2017.
40. Zoheb S. Prevalence of error-prone abbreviations: a review of discharge summaries in general medical wards in Kenyatta National Hospital. 2017.
41. Juma J. K. Prevalence of cardiovascular risk factors in patients with symptomatic osteoarthritis of the knee in Kenyatta National Hospital. 2017.
42. Tonio C. Echocardiographic assessment of the cardiotoxic effects of anthracycline chemotherapy amongst patients on follow up at Kenyatta National Hospital. 2018
43. Mohamed I. The prevalence of cirrhotic cardiomyopathy among liver cirrhosis patients at Kenyatta National Hospital. 2018.
44. Wambua P. M. Clinical profiles and angiographic patterns of patients undergoing coronary angiography in two hospitals in Nairobi. 2019.
45. Oluga F. Competencies in ECG interpretation among newly graduated medical students at the University of Nairobi school of Medicine. 2019.
46. Odundo B. O. Prevalence of functional disability in patients with rheumatoid arthritis attending the rheumatology outpatient clinic at Kenyatta national Hospital 2019.
47. Correia M. C. Peripheral arterial disease and erectile dysfunction prevalence among ambulant hypertensive males at Kenyatta National Hospital. 2020
48. Shabanji O. S. Potassium abnormalities in patients admitted with heart failure at Kenyatta National Hospital. 2020
49. Kakai M. E. Intradialytic hypertension: prevalence, characteristics and associated factors in patients on chronic haemodialysis at Kenyatta National Hospital. 2020.
50. Kwaye E. O. Iron status in patients with congestive heart failure at Kenyatta National Hospital. 2020
51. Kamiti M. Assessment of fluid status of patients on chronic maintenance haemodialysis using bioimpedance analysis. 2020.
52. Oyaro R. Carotid atherosclerosis and cardiovascular risk factors in patients with rheumatoid arthritis at Kenyatta National Hospital. 2020
53. Masika A. N. Prevalence and characteristics of difficult to treat hypertension in patients at the Kenyatta National Hospital outpatient clinic. 2020
54. Otondi D. N. Assessment of the level of adherence to the ACC/AHA 2017 guidelines in the management of hypertensive crisis at the Kenyatta National Hospital. 2020.
55. Kei-Muriithi V. W. Cardiovascular disease risk factors in patients with severe mental illness admitted at Mathari national teaching and referral hospital. 2020.
56. Nguring'a K. The burden of depression among end stage renal disease patients undergoing haemodialysis at Kenyatta National Hospital, Nairobi hospital and Parklands kidney centre. 2020.
57. Doshi S. J. Depression and its association with disease activity and quality of life in patients with rheumatoid arthritis at the Kenyatta national Hospital. 2020

PH.D. EXAMINER

1. Chillo P. Left Ventricular geometry and function in Tanzanian patients with hypertension and diabetes. University of Bergen, Norway. 2013.
2. Okello E. Burden, Risk factors and outcome of Rheumatic Heart Disease in Uganda. Makerere University, Uganda 2014
3. Nakibuuka J. Improving stroke prevention and outcomes in Uganda: Population survey and hospital based study. .

BOOKS PUBLISHED

1. Ogola E. N, Amayo E.O, McLigeyo S. O, Mecha J, Othieno-Abinya N. MEDICINE: Non-communicable diseases in adults. 2nd edition. Nairobi, Kenya: AMREF, 2006.

EDITORIAL

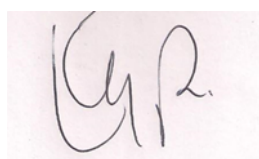
1. Member, Kenyatta National Hospital Ethical and Research Committee 1994-2001 (acting chairman 1995 -1996).
2. Regular reviewer for the East African Medical Journal, Cardiovascular Journal of Africa, BMC, BMJ open
3. Abstract reviewer, World Congress of Cardiology, 2010, 2012.
4. Regional Editor, Global Heart (Official journal of the World Heart Federation)
5. Member , The Nairobi hospital ethics and research committee.

GUIDELINES:

1. External reviewer, International society of hypertension 2020 guidelines
2. Senior author, Kenya national CVD guidelines
3. Member, editorial committee for the revision of the world heart federation roadmap for the control of hypertension.

RESEARCH GRANTS:

1. Healthy Heart Africa (HHA). 2015 - 2020. KES 50,000,000. PI; AstraZeneca
2. Comparison of three combination therapies in lowering blood pressure in black Africans (CREOLE) study. 206-2018. GBP 500,000. Kenyan PI; GSK NCD open lab.
3. Investigation of rheumatic AF treatment using vitamin k antagonists, rivaroxaban or aspirin studies (INVICTUS). 2016 -2021 KES 10,000. PI, Kenyatta National Hospital. Population Health and Research Institute (PHRI)
4. Kenya national STEPs survey, 2013-2015. Co-PI, KES 10,000,000. World bank; MOH Kenya
5. MEPI grant US\$ 5 million.



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