

BRIEF HISTORY ON THE GROWTH OF DEPARTMENT OF PSYCHIATRY

GENERAL INFORMATION

The department of psychiatry is one of 14 departments at the School of Medicine, College of Health Sciences. The Medical college was established in 1967 and in 1971 that is 4 years later the Department of psychiatry was established. The department is situated at the medical school, Kenyatta National Hospital (KNH). Initially, the Department of Psychiatry was involved in the training of undergraduate students in Behavioural Sciences and psychiatry and assisted in preparing candidates for training in the U.K for the membership examination in psychiatry. A number of psychiatrists were trained including, Prof. David Ndeti, Dr. Frank Njenga, Dr. Marks Okonji, Dr. Haroun Mengech, Dr. Fredrick Owiti, Dr. Muluka and Prof. Dhaphale Manoah. In 1981, Master of Medicine in psychiatry was established. This was a 3-year full-time programme in which the students were required to spend most of their time at Mathari Hospital and to submit a dissertation before qualifying to sit for the final examination. For teaching purposes, the department utilizes Kenyatta National Hospital and Mathari Teaching and Referral Hospital, which is situated about 10 kilometres away from Kenyatta National Hospital. In both the hospitals the Department of Psychiatry run outpatient for both children and adults. At Mathari Hospital with approximate bed capacity of 800 inpatients, the Department conducts ward teachings for both undergraduate students and postgraduate students.

Since 1983 to date, the department has graduated over 129 psychiatrists from the programme, out of whom over 70 are currently practicing in Kenya and a significant number are working outside the country. The Department of Psychiatry currently, trains student from the region in the Master of Medicine in psychiatry programme and other postgraduate programmes. Currently, there are a total of 17 foreign students enrolled in the postgraduate programmes from within the region and graduated 4 foreign students from United Kingdom and India. The department has had students come for exchange programme from Sweden and United States of America in the 2018/2019 and 2019/2020 academic year.

To meet the demand for more mental health workers, the Department of Psychiatry found it necessary to introduce programmes for other cadre of staff. The Postgraduate Diploma programmes and the Msc. Clinical Psychology programme were all introduced in the year 2000. These programmes are unique in sense that they are semesterized and are part-time providing unique opportunity for students to enroll and to complete as they engage in other income generating activities. The Msc. Clinical Psychology is a 2-year programme and the PGD Diplomas are 1-year programmes. The curricula are reviewed every 5 years to ensure that the graduates are well equipped to handle common mental health problems in the community.

POST GRADUATE PROGRAMMES OFFERED IN DEPARTMENT

Master of Medicine degree in psychiatry (MMed Psych), Master of Science in clinical psychology (MSc Clinical Psychology), Post graduate Diploma in Psychotrauma, Post graduate Diploma in Substance abuse, Post graduate Diploma in Psychiatry Social Work, Postgraduate Diploma in clinical psychiatry, Doctor of Philosophy in Clinical Psychology, Doctor of Medicine in Psychiatry, Doctor of Science in Psychiatry. The Msc. Clinical Psychology programme and the PGD programmes were started in 2000 to help bridge the gap in mental health care in this country.

DEPARTMENTAL ACTIVITIES

Based on the departmental objectives, the Department of Psychiatry undertake the following activities.

TEACHING

Didactic lectures, tutorials and clinical teachings are done both at Kenyatta National Hospital (KNH) and Mathari Teaching and Referral Hospital (MTRH). Case conferences and Journal clubs are held every week at Mathari Teaching and Referral Hospital for the teaching of both postgraduate students and undergraduate medical students rotating in psychiatry. In case conferences, cases are discussed, and students guided by faculty on diagnosis and in the various areas of management. In the Journal clubs the students are guided on review and critique of research articles.

SUPERVISION

All postgraduate students are supervised on their research projects and are encouraged to publish with the guidance of the supervisors. Students are also supervised in clinical work during their practicum.

RESEARCH

Academic staff and students are encouraged to do research and publish. The research output in the Department of Psychiatry is impressive, evidenced by the numerous dissertations, projects, theses and publications. During this period of COVID-19 pandemic staff and students are encouraged to focus on research on psychosocial support to victims, students, staff and families. Currently, the Department has 5 ongoing collaborative research projects which have attracted grants of over 5 million each. As a result of the established linkages and partnership with international institutions the Department of psychiatry research opportunities and capabilities within and outside the country continues to grow stronger.

CLINICAL WORK

Clinical services are offered to psychiatric patients at Mathari hospital and Kenyatta national hospital. All members of staff participate in the management of the patients in the clinics and in the wards. Currently all academic staff members have a ward at Mathari Hospital. The ward rounds are conducted every Mondays from 9am-12pm for both undergraduate medical students rotating in psychiatry and the registrars. The following services are provided to the patients: Pharmacotherapy, Psychotherapy and Psychosocial support and rehabilitation

COMMUNITY SERVICE

Most staff members are also engaged in Community psychiatry and service.

CHAIRMEN OF DEPARTMENT AND ACHIEVEMENTS BETWEEN 1971 AND 2020

CHAIRMAN	FROM – TO	NO. OF ACADEMIC STAFF	ACHIEVEMENTS
Prof. Otsyula	1971 – 1976	5	Established the Department of Psychiatry in 1971. Developed curriculum for the teaching of undergraduates on Behavioural Sciences and Psychiatry
Prof. J. Mohanji	1977 – 1981	5	The 1 st group of undergraduate medical students graduated
Prof. Wilson Stanley Acuda	1981- 1987	11	Developed a comprehensive syllabus and Regulations for the teaching of Mmed students. 8 students were enrolled in the Mmed programme 8 students were graduated 10 academic staff members were recruited
Prof. Haroun Mengech	1987 – 1988	11	7 Mmed students were enrolled 7 Mmed students graduated

			1 member was recruited and 1 left.
Prof. David Ndetei	1989 – 2002	14	3 more academic members of staff were recruited 24 MMed psych. students and 2 PhD students were enrolled 24 Mmed students and 2 PhD students graduated Ensured MBChB became an examinable course in psychiatry. It is at the University of Nairobi that MBChB is examined in psychiatry in the region.
Dr. John Mburu	2002 -2006	10	11 Mmed psych. students and 16 Msc. Clinical psychology students were enrolled into the programmes 9 Mmed students and 7 Msc. Clinical Psychology graduated It was during this period that 5-teaching curriculum were developed (Msc. Clinical psychology and 4 Postgraduate Diploma programmes) Behavioural sciences curriculum was revised during his tenure 4 members of academic staff left
Prof. Caleb Othieno	2006 – 2012	11	27 Mmed psych. students and 88 Msc. Clinical Psychology students were enrolled 18 Mmed psych. students, 41 Clinical Psychology students and 1 PGD in Psychiatric Social work student graduated. 1 member of academic staff was recruited 2 members were promoted to the post of senior lecturer
Prof. Mary Wangari Kuria	2012 – 2018	18	8 academic members were recruited, 4 lecturers (one of whom is international) and 4 tutorial fellows 3 were promoted to the post of Associate professors and 4 to the post of Senior lecturers 76 Mmed psych. students and 73 Msc. Clinical Psychology students were enrolled 33 Mmed psych. students and 52 Clinical Psychology Students graduated Mmed and Msc. Clinical psychology curriculum was revised in line with CUE criteria during her tenure.
Prof. Anne Obondo	2018 – Date	16	1 grade B secretary was recruited 2 academic members of staff were promoted to position of full professor, 1 to the position of Associate professor and 1 to the position of lecturer 64 Mmed psych students and 51 Msc. Clinical psychology students and 7 PGD Diploma students were enrolled into the programmes. 30 Mmed psych. students and 23 Msc clinical psychology students graduated 2 students from Sweden came on exchange programme Reviewed Behavioural sciences course for MBChB curriculum revised in line with the CUE criteria and guidelines. Postgraduate Diploma programmes are being reviewed in line with the CUE guidelines and criteria Development of PhD curriculum by Course work in the Department of Psychiatry is in its final stages. Development of Msc. Clinical Social Work curriculum is in its final

			<p>stages</p> <p>Acquired additional office space for 3 members of staff.</p> <p>Ensured all members of staff were allocated wards at Mathari Teaching and Referral Hospital and ward rounds conducted every Monday between 9am and 12pm.</p> <p>Developed a cordial working relationship with Mathari Hospital Administration and Department of Psychiatry</p> <p>Together with the Ministry of Health, Mathari Hospital administration, and Department of Psychiatry, drafted MOU between University of Nairobi and Mathari Teaching and Referral Hospital</p> <p>Drafted an MOU between University of Nairobi and Walden University USA for student practicum placement.</p> <p>Lost 2 members of academic staff and 1 support staff – May they continue to Rest In Peace.</p>
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SUMMARY

The Department of Psychiatry has grown over the years since its inception in 1971 in terms of the number of staff, student enrolment, students graduated and the number of programmes established. The number of academic staff members increased from 5 lecturers during Prof. Otsyula and Prof. Muhangi's time to 18 lecturers during Prof. Kuria's time and the staff continues to grow to handle the increased number of students. Between 2005 – 2018, 114 master's in medicine students were enrolled and 60 graduated. and 177 clinical psychology students were enrolled and 100 graduated. In the 2019/2020, a total of 126 were enrolled for both mmed psychiatry and Msc. Clinical psychology programmes and 53 graduated. The number of PhD enrolment went up from just about 1 or 2 in the 1980s to currently 6 - 8. The number of postgraduate programmes increased from 1 in 1980s to 9 currently. The Department of Psychiatry currently enjoys a cordial relationship with Mathari Teaching and Referral Hospital administration. This has contributed to a conducive teaching and learning environment for both staff and students and the smooth running of the postgraduate programmes. Considering the changes that have occurred over the years since its inception, the Department of Psychiatry has a bright future and will steadily continue to grow.

Prepared by:



Prof. Anne Obondo
Chairman, Department of Psychiatry