



LAMECK ARARA

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PROFESSIONAL SUMMARY

Multi-talented, highly motivated, diverse and self-driven professional with vast knowledge, experience and skills in health with more focus on pharmaceutical care. With over 7 years of experience, I have worked with various institutions such as Ministry of Health, Non-Governmental Organizations, private and Faith – Based directly and indirectly to strengthen health systems with focus on pharmaceutical care and practices. I have interpersonal skills with proven ability to provide quality leadership at levels such as sub-counties, facilities as well as higher learning institutions.

SKILLS

Quality by design	Presentation Skills
Quality Assurance	Forecasting and Quantification
Compounding	Drug Supply Management
GMP	Computer applications
GDP	Leadership & Team Building
Pharmaceutical plant design	Report writing
Pharmacy Management	Pharmacovigilance
Training of Trainers (ToT)	Inventory Management
Lecturing	HIV - PMTCT/HTS Programs
Capacity Building/Mentoring	WebADT utilization

WORK EXPERIENCE

LECTURER- MASENO UNIVERSITY SCHOOL OF PHARMACY
DEPARTMENT OF PHARMACEUTICS AND PHARMACY PRACTICE.
17TH /12/2024 to CURRENT

PHARMACY AND POISONS BOARD – RESOURCE PERSON 01/2022 TO CURRENT

- Developing training guidelines and policies
- Preparing and administering examinations
- Training Curriculum Review

INDUSTRIAL PHARMACY LECTURER 01/2022 to 12/2024
Kisii University School of Pharmacy

CONSULTANT PHARMACIST 02/2021 to 11/2021
HECTA Consulting

- World Bank funded program: Strengthening supply chain management of Health Products and Technologies in Kilifi County with over 32 health facilities.
- Ensured continuous supply of RMNCH commodities.

CONSULTANT PHARMACIST

04/2020 to 12/2020

Mac's Pharmaceuticals Ltd

- Implemented Corrective and Preventive Actions (CAPAs) as proposed by Pharmacy and Poisons Board, which led to resumption of manufacturing.

SENIOR HOSPITAL PHARMACIST

09/2016 to 09/2019

Kisii County

- Worked hand in hand with Sub-County and facility staff in improving pharmaceutical care and practices with aim of ensuring rational drug use and improving commodity management:
- Compiled and implemented standard operation procedures (SOPs) for pharmacy department.
- Collaborated with supporting partners to improve HIV and TB services in hospital and sub-county at large.
- Actively utilized the electronic dispensing tool for ARVs and uploading of monthly reports Kenya Health Information System (KHIS)
- Supervised and mentored 5 pharmacy staff and 30 students on internship/attachment on pharmacy practices.
- Compiled and submitted monthly, quarterly and annual reports to various levels.
- Active member of Sub-County procurement committee that oversaw acquisition of pharmaceutical products, pharmaceuticals and non-pharmaceuticals.
- Actively oversaw running of Comprehensive Care Center (CCC) patients by carrying out adherence sessions and availability and accessibility to Antiretroviral (ARVs) drugs.
- Coordinated and facilitated Continuous Medical Education (CMEs) to health care workers with focus on pharmaceutical practices and management.
- Revived and followed on Medicines and Therapeutic Committee (MTC), overseeing overall medicine safety at hospital and sub-county at large.
- Participated in integrated supportive supervision in over 20 facilities in Bobasi Sub-county
- Actively sensitized Health Care workers on pharmacovigilance; identified and reported over 30 cases to Pharmacy and Poisons Board (PPB).

LECTURER

05/2018 to CURRENT

Mount Kenya University | Kenya

- Mentoring of over 40 undergraduate pharmacy students
- Organizing elective term lectures and examinations for about 40 final year undergraduate students.
- Evaluated and revised lesson plans and course content to achieve student-centered learning.
- Used variety of learning modalities and support materials to facilitate learning process and accentuate presentations.
- Graded assignments according to strict institutional policies and upheld

guidelines for academic integrity while disciplining plagiarism and cheating accordingly.

- Oversaw graduate student projects and advised on focus, methodology and report generation to meet preset standards.
- Designed and distributed lecture handouts to round out material and increase student understanding.

LECTURER

03/2018 to 05/2019

Thika Technical Training Institute

LECTURER

04/2017 to 01/2018

Kisii University Department of Pharmacy

INDUSTRIAL PHARMACIST – INTERN

03/2016 to 06/2016

Cosmos Limited

- Performed quality control of raw materials; manufactured drugs.
- Ensured good manufacturing practices are adhered to during manufacturing.
- Assisted in drafting/reviewing Standard operating procedures.
- Assisted in ensuring regulatory affairs compliance

COMMUNITY PHARMACIST – INTERN

01/2016 to 03/2016

Damco Pharma Limited

- Dispensed over 50 prescriptions per day, ensuring correct drug dosages and use.
- Provided information and basic health education to patients.
- Compounded an average of 5 extemporaneous preparations
- Supervised and coordination of activities within pharmacy.

HOSPITAL PHARMACIST – INTERN

06/2015 to 01/2016

Kisii County Referral Hospital

- Ran antiretroviral clinic and keeping up to date records; monitoring records of patients compliance and progress
- Provided drug information to nursing and medical health care professionals.
- Ensured proper stock flow of drugs and pharmaceuticals from main drug store to wards
- Out patient pharmacy dispensing and compounding of extemporaneous preparations

EDUCATIONAL STATUS

**Master of Pharmacy | Industrial Pharmacy, Pharmaceutics
University of Nairobi –School of Pharmacy, NAIROBI**

12/2021

**Senior Management Course
Kenya School of Government, NAIROBI**

03/2020

Bachelor of Pharmacy | BPHARM
Mount Kenya University, THIKA

12/2014

Kenya Certificate of Secondary Education
Friends School Kamusinga, BUNGOMA

10/2009

PROFESSIONAL TRAININGS

- Drug Design, Modeling and Docking Workshop – Gracia Gardens Hotel Nairobi 10th -14th Feb 2020
- Forecasting and quantification of Health Commodities – University of Maryland; Kisii – June 2019.
- Good Manufacturing Practices – 2019 January, Udemy – Virtual course
- Good Distribution Practices – 2019 February, Udemy – Virtual course
- Management of wounds; Wound Care Society of Kenya- May 2017.
- Introduction and administration of Pre-Exposure Prophylaxis (PrEP); Kisii County – March 2017.

PUBLICATIONS/ PRESENTATIONS

1. Published on In Vitro Antibacterial activities, Safety Studies and Phytochemical Screening Of ***Dregea Schimper*** Clark (Asclepiadaceous) Extracts.
2. Presentation on Homeopathy at the International Healthcare Students Conference held at Catholic University of East Africa, Nairobi, 2013.
3. Research assistant on phytochemical analysis of ***Ruella Prostata*** and its bioassays for anti-inflammatory activity by Dr. C.O Wangia, 2012.

PROFESSIONAL MEMBERSHIP

- **Pharmacy & Poison Board - Registered member**
- **Pharmacy Society of Kenya (PSK) – Registered Member**
- **Honk Kong CHEMICAL, BIOLOGICAL & ENVIRONMENTAL ENGINEERING SOCIETY**

PROFESSIONAL REFERENCES

Dr. Kimutai Cheruiyot
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Head of Pharmaceutics Dept. Mount Kenya University |Cell: +254 721773873 |
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