



KOGS NEWSLETTER

Official Newsletter of Kenya Obstetrical and Gynaecological Society

KOGS is a leading advocate for women’s sexual and reproductive health and rights in Kenya. As part of its mission to ensure that everyone has access to high-quality healthcare, KOGS has been actively involved in the process to safeguard women’s rights. The organization recognizes that access to sexual and reproductive health care is a fundamental human right and is committed to promoting policies and programs that advance women’s health and well-being. Despite the progress made, KOGS remains steadfast in its goal of ensuring that every person in Kenya has access to quality sexual and reproductive health care.



In This issue:

PAGE 2

PRESIDENT’S TAKE

PAGE 3

KOGS & GOSK COLLABORATE

PAGE 6

KOGS PROJECTS UPDATE

PAGE 9

CENTRAL BRANCH 2ND SYMPOSIUM



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TABLE OF CONTENTS

- 2 PRESIDENT'S TAKE
- 3 NEWS & EVENTS
- 4 CONTINUOUS MEDICAL EDUCATION
- 6 KOGS PROJECTS
- 9 KOGS BRANCH UPDATES

“ In the delicate balance of life’s beginnings, obstetrics and gynaecology are the art and science of nurturing new hope, where every heartbeat is a testament to the miracles yet to unfold. ”

PRESIDENT'S TAKE



Dear KOGS Community,

As we review our achievements from the second quarter of 2024, I am proud to share the remarkable progress we've made together at KOGS.

In June, our collaboration with the Gynaecologic Oncology Society of Kenya (GOSK) for a social media campaign highlighted National Cancer Survivors Day and Uterine Cancer Awareness Month. This campaign was a powerful platform for raising awareness and celebrating the resilience of cancer survivors throughout Kenya.

On May 20th, our webinar with Cerba Lancet focused on HPV self-collection and the WHO 90-70-70 targets. This event was crucial in advancing our efforts toward cervical cancer elimination and improving women's health outcomes.

We also had a successful CME webinar with EvaPharma on May 30th, where we explored new treatments in reproductive health, including Levocarnitine, antioxidants, and Inositol for managing PCOS.

The Leadership Development Initiative (LDI) made significant strides with its focus on gender equity and inequality. Through webinars and presentations, we have fostered essential discussions on gender disparities in healthcare and explored actionable strategies to address these issues.

Our commitment to combating postpartum haemorrhage was reinforced on June 10th during the AMPLI-PPH Meeting. This event highlighted our dedication to addressing one of the most critical challenges in maternal health.

Finally, the KOGS Central Branch's 2nd Annual Symposium, held from May 31st to June 1st 2024, was a notable success. Themed "Empowering Motherhood," the symposium provided a platform for exploring innovations and collaborations in obstetrics and gynaecology, advancing our mission to improve women's health in Kenya.

Thank you for your continued dedication and support. Together, we are making a significant impact on women's health.

Warm Regards,

KOGS PRESIDENT
Dr. Kireki Omanwa



KOGS & GOSK COLLABORATE FOR CANCER AWARENESS

In June 2024, the Kenya Obstetrical and Gynaecological Society (KOGS) and the Gynaecologic Oncology Society of Kenya (GOSK) collaborated to launch a short but impactful social media campaign in honor of National Cancer Survivors Day and Uterine Cancer Awareness Month. The campaign aimed to raise awareness, provide valuable information, and celebrate the resilience of cancer survivors across Kenya.

As a Gynecologic Oncologist, it is an honor to recognize and celebrate National Cancer Survivors Day alongside the resilient individuals who have faced cancer with incredible courage and strength.

To the survivors: You are not defined by your diagnosis; you are defined by your courage, your tenacity, and your unwavering spirit. Each day you rise, you defy the odds, and you paint the canvas of survivorship with hues of strength and grace. Today, we honor your journey, your perseverance, and your unwavering spirit. You are a testament to the advances in medical science, the power of hope, and the importance of comprehensive survivorship care.

Let us be architects of hope, stewards of survivorship, and advocates for a world where every patient thrives, not just survive

Dr. Anisa Mburu~
Gynaecologic Oncologist

JUNE IS
UTERINE
CANCER
AWARENESS
MONTH

Let's beat cancer together

UTERINE CANCER STAGES

Stage 1:
The cancer is found only in the uterus. It has not spread to the cervix (opening of the uterus).

Stage 2:
The cancer has spread from the uterus to the cervix (opening of the uterus), but it has not gone any farther.

Stage 3:
The cancer has spread outside the uterus itself. It may have spread to nearby lymph nodes, ovaries, fallopian tubes, and vagina, but it has not gone outside the pelvic area. It has not spread to the bladder or rectum.

Stage 4:
The cancer has spread into the bladder or rectum and/or to other body parts outside the pelvis, such as the abdomen or lungs.

UTERINE

cancer

AWARENESS MONTH


Know the symptoms, get regular check-ups, and spread the word. Together, we can fight Uterine cancer!

Early detection saves lives!

KOGS PARTNERS WITH CERBA-LANCET

On 20th May 2024, the Kenya Obstetrical and Gynaecological Society (KOGS), in collaboration with Cerba Lancet, hosted a CPD-accredited webinar titled "Empowering Women: A Self-Collection HPV DNA Approach to Achieve the WHO 90-70-70 Targets." This timely event focused on innovative strategies to enhance women's health and align with the World Health Organization's (WHO) ambitious targets for cervical cancer elimination.



This webinar was an essential step toward empowering women and advancing public health initiatives in Kenya. KOGS remains committed to promoting innovative solutions that support women's health and help achieve global health targets. We extend our thanks to Cerba Lancet for their partnership and to all participants who contributed to the success of this event.



Cerba Lancet Kenya in Partnership with KOGS invites you for an online CME on:



EMPOWERING WOMEN: A SELF-COLLECTION HPV DNA APPROACH TO ACHIEVE THE WHO 90-70-90 TARGETS.

Date : Thursday 23rd May 2024
Time : 7:00pm - 8:30pm

 **Zoom Link** Join Us Here 

CPD Points to be awarded to KMPDC Members.

Our Partners




Moderator:
Dr. Benjamin Elly Odongo
Gynaecologist Oncologist

Presenter:
Prof. Moses Obimbo
MDPhD (ObGyn & Translational Scientist)

Presenter:
Dr. Orora Maranga
Consultant Gynaecologic Oncologist, KNH

Presenter:
Dr. Karin Ritche
South Africa Pathologist - Cerba Lancet Africa

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CONTINUOUS MEDICAL EDUCATION



KOGS PARTNERS WITH EVA-PHARMA

New Insights in Reproductive Health

On 30th May 2024, the Kenya Obstetrical and Gynaecological Society (KOGS), in partnership with EvaPharma, hosted a webinar as part of our Continuing Medical Education (CME) program. The event focused on two emerging treatments in reproductive health: the use of Levocarnitine and antioxidants, and the role of Inositol in managing Polycystic Ovary Syndrome (PCOS).

This webinar was a valuable opportunity for healthcare professionals to learn about the latest advancements in reproductive medicine. KOGS is proud to support ongoing education that enhances patient care and outcomes. We thank EvaPharma for their collaboration and all who attended this informative event.



CPD ACCREDITED WEBINAR

TOPICS:

- 1- Levocarnitine and Antioxidants A Significant Role in Reproductive Medicine.
- 2- Inositol - A Promising Role in Management of Polycystic Ovary Syndrome and Metabolic Disorders.



Prof. Ashraf Kortam
Speaker



Dr. Kireki Omanwa
Moderator



Dr. Marwa Ahmed
Panelist



Dr. Sylvia Vito
Panelist



Dr. Andrew Waheed
Panelist



Dr. Marko Waheed
Panelist



Mr. George Moturi
Panelist



Date
30TH May, 2024



Time
7:00 PM Onwards



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KOGS PROJECT UPDATES



LEADERSHIP DEVELOPMENT INITIATIVE PROJECT

The Leadership Development Initiative (LDI) Project achieved significant milestones in the Second quarter of 2024.

LDI-REACH-ADDRESSING GENDER EQUITY AND INEQUALITY

Gender Equity means fairness, righteousness in distribution of benefits and responsibilities between genders regardless of any gender discrimination. Gender inequality is not only a pressing moral and social issue but also a critical economic challenge.

The Kenya Obstetrical and Gynaecological Society through the LDI-REACH recognizes that achieving gender equity and equality in the workplace requires a transformation of attitudes, economic structures, and opportunities to enable women's economic and leadership empowerment.

This quarter, LDI REACH conducted two significant activities namely a webinar for KOGS members and a presentation during the Kenyatta University Medical Research Club Second Annual Scientific Congress. The presentations and discussions focused on gender equity and task sharing in maternal health. The aim was to promote awareness and drive actionable insights on gender disparities and collaborative practices in healthcare.

LIVE WEBINAR

Topic: GENDER & TASK - SHARING

Eunice Atsali
SPEAKER

Prof. Moses Obimbo
MODERATOR

Dr. Elly Odongo
MODERATOR

6TH JUNE 2024
7:00PM ONWARDS

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The key points discussed were:

1. What is Gender Equity:

- Understanding gender equity and its importance in healthcare.
- Differentiating between gender equity and gender equality.

2. Common Features of Women's Work:

- Identifying the characteristics and challenges associated with women's work in healthcare.

3. Gender in Global Maternal Health:

- Examining the impact of gender on maternal health globally.
- Highlighting disparities and areas needing improvement.

4. Why Does Inequality Exist in Midwifery:

- Analyzing the root causes of gender inequality in midwifery.
- Discussing societal, economic, and structural factors.

5. How Do We Address This Inequality:

- Strategies and interventions to combat gender inequality.
- Practices that can be implemented at various levels.

It was determined that gender gaps in employment and earnings, still persist mainly due to the deep-rooted, systemic inequality driven by patriarchal institutions, which leads to unequal opportunities and outcomes for women. Sadly, women's work is usually invisible, undervalued, stereotyped, subject to prejudice and assigned a lower value than men's work. Midwifery which is a key pillar in maternal health care in Kenya is a predominantly female profession providing care to women and as such it is further undervalued.

The reason for these gender gaps is attributed to gender inequality which is embedded in systems, institutions, and social norms. For example, inequalities in maternal health care still exist owing to patriarchal society and that midwives are largely relegated to vulnerable employment hence disturbing the gender equilibrium. This is compounded by unequal distribution of opportunities and education and fewer social benefits. Notably, violence at workplace (although subtle) undermines the effort to achieve gender equity

#LDI : REACH

KOGS PROJECT UPDATES



LEADERSHIP DEVELOPMENT INITIATIVE PROJECT

LDI REACH recognizes that supporting women in maternal health leadership and strengthening of gender-responsive engagements can improve women's access to leadership opportunities. In relation to this, LDI REACH will continue to work at multiple levels including:

- Strengthening the individual leadership skills and confidence of women as leaders through the Leadership Training Package
- Advocating for workplaces that respect and value women's contributions
- Advocating for the full implementation of the laws and legal frameworks that eliminate discrimination of women in the work places



Dr. Benjamin Odongo Elly Presenting at the KUMREC Conference



The 2nd Annual KUMREC Scientific Conference 2024



Participants at the 2nd Annual KUMREC Scientific Conference



Participants at the 2nd Annual KUMREC Scientific Conference

Other highlights from LDI REACH;

We have supported MOH the (Ministry of Health) through the DRMH (Division of Reproductive & Maternal Health) in the development and revision of the following documents. These documents are awaiting official release by the Ministry of Health:

- Revised EMONC training Package; Which addresses Emergencies in MNCH where EMOTIVE is covered.
- 'REVISED CONTINUUM OF CARE PACKAGE FOR MATERNAL HEALTH', which largely covers the normal conditions in MNCH (Maternal, Newborn & Child Health)
- 'REVISED NATIONAL GUIDELINES FOR QUALITY OBSTETRICS AND PERINATAL CARE'.

#LDI : REACH

KOGS PROJECT UPDATES



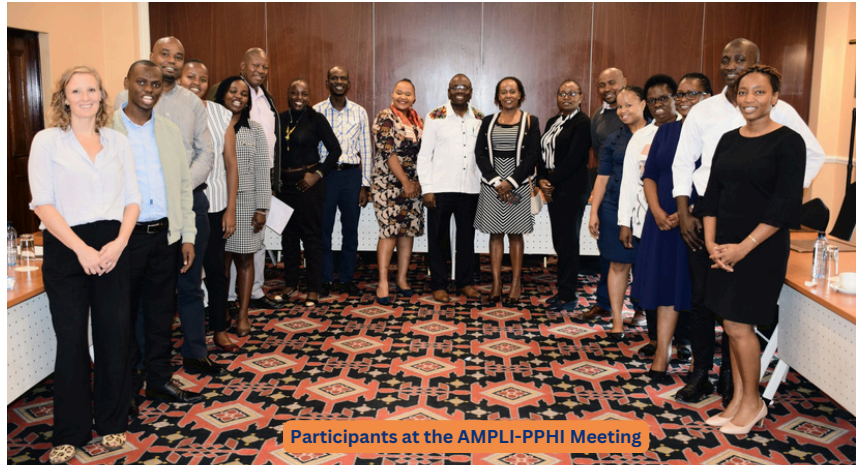
AMPLI-PPHI PROJECT

Amplifying Our Efforts to Combat Postpartum Haemorrhage

On June 10th, 2024, the Kenya Obstetrical and Gynaecological Society (KOGS) proudly participated in the AMPLI-PPH Meeting, an event dedicated to Accelerating Measurable Progress in Leveraging Investment for Postpartum Haemorrhage Impact (AMPLI-PPHI).

This crucial meeting brought together Civil Society Organizations (CSOs), professional associations, and key partners to focus on one of the most pressing challenges in maternal health: postpartum haemorrhage (PPH).

As a leading professional body in maternal and reproductive health, KOGS is deeply committed to addressing the causes and consequences of PPH—a condition that remains a leading cause of maternal mortality globally. The AMPLI-PPH Meeting provided an invaluable platform for stakeholders to collaborate, share insights, and strategize on how best to leverage investments to reduce PPH and improve maternal health outcomes in Kenya.



Participants at the AMPLI-PPHI Meeting



Participants at the AMPLI-PPHI Meeting



Participants at the AMPLI-PPHI Meeting



Participants at the AMPLI-PPHI Meeting

The AMPLI-PPH Meeting on June 10th, 2024, marks a significant step forward in our ongoing efforts to improve maternal health in Kenya. KOGS remains steadfast in its mission to lead initiatives that save lives and enhance the quality of care for women across the country.

We extend our gratitude to all who participated in this meeting and look forward to continued collaboration as we work towards our shared goal of eliminating postpartum haemorrhage.

#AMPLIFYPPH

KOGS BRANCH UPDATES



KOGS CENTRAL BRANCH HOSTS 2ND ANNUAL SYMPOSIUM

The KOGS Central Branch successfully held its 2nd Annual Symposium from 31st May to 1st June 2024 at the scenic Maanzoni Lodge in Machakos County. The symposium, themed "Empowering Motherhood: Innovations and Collaborations in Obstetrics and Gynaecology for Kenya's Women," brought together experts, healthcare professionals, and stakeholders from across the region to explore new ways to advance women's health in Kenya.

The symposium featured four key sub-themes that are central to improving maternal and reproductive health:

- 1. Research and Advocacy:** Discussions focused on the latest research in obstetrics and gynaecology and how advocacy can drive policy changes to enhance women's health services.
- 2. Maternal Health/Obstetrics:** This sub-theme highlighted the importance of maternal health, with sessions dedicated to the latest innovations and best practices in obstetrics to ensure safer pregnancies and childbirth experiences.
- 3. Gynaecology and Reproductive Health:** Participants explored advancements in gynaecological care and reproductive health, emphasizing the need for accessible and comprehensive services for all women.
- 4. Clinical Governance / Risk Management:** This sub-theme addressed the critical role of clinical governance and risk management in improving patient outcomes and ensuring the highest standards of care in obstetrics and gynaecology.



Participants at the KOGS Central Branch 2ND Annual Symposium



Participants at the KOGS Central Branch 2ND Annual Symposium



Participants at the KOGS Central Branch 2ND Annual Symposium



Exhibition Booths at the KOGS Central Branch 2ND Annual Symposium



Participants at the KOGS Central Branch 2ND Annual Symposium

The symposium was a platform for meaningful collaboration, bringing together professionals to share knowledge, discuss challenges, and develop innovative solutions tailored to the needs of Kenyan women. The interactive sessions and workshops provided participants with valuable insights and practical tools to enhance their practice and contribute to the broader goal of empowering motherhood.

The success of the 2nd Annual Symposium is a testament to the commitment of the KOGS Central Branch in advancing the field of obstetrics and gynaecology. By focusing on innovation and collaboration, KOGS Central Branch is playing a pivotal role in improving health outcomes for women in Kenya.

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Address: Kenya Medical Association Centre, 4th Floor, Suite 407
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<https://memberportal.kogs.or.ke/member/new-membership.php>

Full membership: 5,000/-KES

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Stay connected with KOGS and stay up-to-date on the latest developments in obstetrics and gynecology. Join our vibrant online community and gain access to valuable resources, thought-provoking discussions, and expert insights. Follow us on our social media platforms and be a part of the conversation that is shaping the future of reproductive health in Kenya and beyond.

For any advertisement inquiries, please feel free to email us at (kogs@kogs.or.ke). We are always looking for new opportunities to collaborate with like-minded organizations and individuals who share our passion for advancing women's health. Join us today and be a part of this important mission!



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