



# 2024 ANNUAL REPORT

## KEPHSA RESEARCH HUB

**DATE :**  
**13 Nov 2024**

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# About the HUB

The Pharmacy Students Association of Kenya Research Hub (KePhSARH) is the arm of KePhSA whose mandate is to advance the pharmacy profession by providing access to research mentorship and inter-university collaboration.

It was founded in 2023 by the then Vice-President in collaboration with a team of enthusiastic B.Pharm students from different universities in Kenya.



## Vision

**Empower and inspire the next students' generation of Pharmacy by establishing a dynamic research hub**

## Mission

**Provide Pharmacy students with a platform to explore, experiment and excel, ultimately shaping the future of healthcare through their research contributions**

# Meet Our Team

Presenting our energetic team of nine who have contributed to the executive committee during the 2023/2024 year.

Moreover, they are visionary founders of the Hub together with Vice president KePhSA 22/23.



**Dr Ermias Terefe**  
*Hub Patron*



**Linus Moreka**  
*Chairperson*



**Brian Omondi**  
*Vice-Chairperson*



**Joy Matere**  
*Secretary*



**Allen Gakii**  
*Treasurer*



**Kipruto Rotich**  
*Project Lead*



**Selina Atarah**  
*media officer*



**Hope Lonah**  
*KePhSA Liason*



**Diana Millenuim**  
*Founder*

# One Year Review

Our year can be split into two segments based on our **key milestones**. The first milestone involved **comprehensive research training** in various areas pertinent to the field. The second, equally significant milestone, was the **KePhSARH-Quest 1.0**, which centered around a competition for writing a research proposal.

## • Research Trainings

We were fortunate to have very knowledgeable speakers who sharpened our research skills. Below is a table in appreciation for their commitment.

Date	Topic	Speaker
16 <sup>th</sup> Nov 2023	Introduction to research and developing a feasible research	Dr. Palmer Imbenzi
16 <sup>th</sup> Mar 2024	Literature review, citations and referencing	Dr. David Olpengs
23 <sup>rd</sup> Mar 2024	Clinical Research studies	Dr. Emish Ondiek
4 <sup>th</sup> Jun 2024	Literature review	Professor Naumih Noah
6 <sup>th</sup> Jun 2023	Clinical Research studies	Dr. Gabriel Kilonzo
11 <sup>th</sup> Jun 2024	Sampling methods	Dr. Samuel Mungai
18 <sup>th</sup> Jun 2024	Ethical considerations in research	Prof. Juliana Namada
2 <sup>nd</sup> July 2024	Data Analysis	Dr. Obat Rhoda
18 <sup>th</sup> July 2024	Data presentation and dissemination of result findings	Professor Ermias Terefe

# KePhSARH-Quest 1.0



The KePhSARH-Quest 1.0 was a pioneering event that united pharmacy students and recent graduates from across Kenya. Its goal was to promote collaboration, celebrate diversity in the pharmacy profession, and enhance research skills through various challenges.

The competition consisted of two phases:

**Phase 1: Online Test:** Participants completed an online quiz assessing their basic research knowledge across relevant topics.

**Phase 2: Proposal Writing:** Top performers from the online test formed teams of four to write a research proposal, showcasing their skills and understanding of the pharmacy field.

Winners had the unique opportunity to present their proposals at the World Pharmacy Day 2024 celebration at Kenyatta University, gaining valuable exposure.

Overall, KephsarQuest 1.0 was a tremendous success, highlighting the enthusiasm and talent of Kenya's pharmacy students and graduates while fostering collaboration and innovation in pharmacy research.

# KePhSARH-Quest 1.0 Teams

Three teams reached the final round, each presenting remarkable research questions:

- **Group A: Investigating the Effectiveness of a Plant-Based Diet in Reducing Hypertension**
- **Group B: Analyzing the Dual Burden of Child Malnutrition in Kenya: A Systematic Review and Meta-Analysis**
- **Group C: Personalizing Medication to Enhance Treatment Outcomes for Multidrug-Resistant Tuberculosis Patients in Kenyan Medical Facilities**

Group C emerged as the winner, followed by Group B and then Group A. All teams delivered outstanding presentations. They are currently in the ethical review stage and aim to complete their research within the next year.

We encourage individuals or organizations interested in partnering with the teams for mentorship, review, or funding to reach out to the Hub using the contact details provided on the last page of our report.



**KEPhSARH-QUEST**  
**Round two teams**

**Team A**  
Glarious Koech Kiplagat (KU)  
Davene Njiiri (Kabarak)-5  
Sarah Onyango (USIU)-3  
Charles Onyango (KEMU)-3

**Team B**  
Samuel Inshutiyimana (USIU)  
Bian Makau (Kabarak)-5  
Tabitha Chepkoech (KEMU)-2  
Collins Kiptoo (JKUAT)-1

**Team C**  
Morgan Kwalya (USIU)-2  
Sunday Rolex (JKUAT)-4  
Mwita Ian (KEMU)-2  
Pride Nyando (USIU)-4

**All the best in the next round**

# Collaborations

## »» Second Joint Journal Exchange

Earlier this year, we pioneered a partnership with the medical research clubs of Egerton, Kenya Methodist, and Mount Kenya Universities for the Annual Joint Journal Exchange that took place at Egerton University in Nakuru. Our Pharmacy Students Association Research Hub sent some leaders to represent us on the Executive Planning Board. Allen Gakii, our Treasurer, was the programs manager, while Brian Omondi, our Vice Chairperson, handled the publicity.

The conference theme, "The Role of Quality Research in Policy Making and Advocacy," brought together pharmacists and medics (students and professionals), strengthening interprofessional collaboration in research.



2ND ANNUAL  
JOINT  
RESEARCH  
SYMPOSIUM

**THEME**

**The Role of Quality Research on Policy Making and Advocacy**

**DATE**  
FEBRUARY 24TH-25TH

**LOCATION**  
EGERTON UNIVERSITY

**CONTACT**  
researchexchange2024@gmail.com  
+254720980206 - Isaac

   

# Collaborations



## Usawa Health Foundation

**It is a dynamic collective of young activists, healthcare professionals, educators, and advocates who envision a world where empowered and knowledgeable youth leaders drive transformative change, ensuring that every young person has access to comprehensive sexual and reproductive health and rights, fostering healthier, more equitable, and inclusive communities.**

**The mission is achieved via various subcommittees.**

**Following signing an MOU with KePhSA last year, Linus Moreka, KePhSARH Chairperson serves on the Research sub-committee. Their work is to generate evidence to inform advocacy. [Check their website page \(link embedded\)](#) for publishing SRHR articles and Abstracts.**

**On 8th Nov 2024, they held a virtual research workshop to raise awareness of SRHR laws, policies, and gaps/opportunities.**

**KePhSARH was proud to have Linus as one of the guest Speakers.**



# Conclusion

**KEPhSA Research Hub has had a productive year (2023 -2024) with various activities to promote evidence-based practice by having early exposure to research.**

**We eagerly anticipate another successful year, with further advancements, opportunities for our members, and increased collaborations to drive the hub forward.**

**For partnership inquiries, Kindly reach out through the channels listed on the last page.**

The results suggested that some types of exposure of students to research during undergraduate education may be associated with more positive attitudes and greater confidence in undertaking practice research. This finding is aligned with those from previous studies conducted with chiropractic<sup>26,27</sup> and medical<sup>25</sup> undergraduates who possessed previous research experience. However, most participants in this study, either with or without research experience, indicated that they recognised the important role pharmacy practice research played in the profession which is consistent with findings among medical<sup>25</sup> and nursing<sup>28,29</sup> students as well as community pharmacists. For example, pharmacists who had previous research experience were more likely to be motivated and interested in participating in all aspects of research, found the research experience rewarding and were more willing to do it again compared to those who had no previous research experience.<sup>5</sup> Moreover, most pharmacists, either with or without previous research experience indicated that they recognised the value and importance of research towards advancing the profession.<sup>5,6,30,31</sup>

# Contact Us



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