



**Title/Qualifications:** PhD

**Department/Unit/Section:** School of Health Sciences

**Contact Address:** P.O. Box 347-01000 Thika.

**Email:** [mbugua.ruth@mnu.ac.ke](mailto:mbugua.ruth@mnu.ac.ke)

**Position:** Senior Lecturer/ Ag. Dean

**Area of Specialization:** Community Health/ Primary Health Care

**Research and Capacity Building Interests:** Cancer Health Literacy, Health Education and Promotion, Primary Health Care, Cancer Epidemiology, Implementation Science Research, Community Health, Gender Equity in Health

**Google Scholar:** <https://scholar.google.com/citations?user=T4lCDgAAAAJ&hl=en>

**ORCID ID:** <https://orcid.org/0000-0002-4299-1688>

## Publications

### Refereed Journal Articles

- Mbugua, R. G., Karanja, S., & Oluchina, S. (2024). Effectiveness of a community-based health education intervention on prostate cancer fatalism: a quasi-experimental study. *Pan African Medical Journal*, 48.  
<https://doi.org/10.11604/pamj.2024.48.117.34579>
- Mailu, M., Shariff, N., & Mbugua, R. (2024). Influence of Clinician-Related Factors on Adherence to the American Heart Association Guidelines for Acute Coronary Syndrome among Clinicians at Kenya Ports Authority Clinics in Mombasa, Kenya. *Journal of Health, Medicine and Nursing*, 10(2), 44–57.  
<https://doi.org/10.47604/jhmn.2549>.
- Mbugua, R. G., Karanja, S., & Oluchina, S. (2022). Effectiveness of a Community Health Worker-Led Intervention on Knowledge, Perception, and Prostate Cancer Screening among Men in Rural Kenya. *Advances in Preventive Medicine*, 2022, 1–9.  
<https://doi.org/10.1155/2022/4621446>
- Mbugua, R. G., Oluchina, S., & Karanja, S. (2021). Prostate cancer awareness and screening among men in a rural community in Kenya: a cross-sectional study. *African Journal of Urology*, 27(1). <https://doi.org/10.1186/s12301-020-00108-8>
- Mbugua, R. G., Karanja, S., & Oluchina, S. (2021). Barriers and Facilitators to Uptake of Prostate Cancer Screening in a Kenyan Rural Community. *Annals of African Surgery*, 18(3), 130–136. <https://doi.org/10.4314/aas.v18i3.2>
- Mulwa, P., Mbugua, R.G., & Karonjo, J. (2023). Determinants of cord care practices among caregivers in a level 5 facility in Kenya. *International Journal of Community Medicine and Public Health*. <https://doi.org/10.18203/2394-6040.ijcmph20233547>

- Mbugua, R. G., Oluchina, S., Karanja, S., & Cheboi, S. (2020). Uptake of prostate cancer screening and associated intra-personal factors among men aged 40-69 years: A cross-sectional study in a rural community in Kenya. *African Journal of Health Sciences*, 7(33), 73–82.
- Methu, C. W., Mwenda, C., & Mbugua, R. G. (2019). Nurse Factors Influencing Compliance with CDC Guidelines for Catheter Associated Urinary Tract Infection Prevention in a Referral Hospital in Kenya 2019 9(3), pp. 70-76. *International Journal of Nursing Science*, 70–76. <https://doi.org/10.5923/j.nursing.20190903.03>
- Mwangi, C., Meng'anyi, L. W., & Mbugua, R. G. (2019). Utilization of the nursing process among nurses working at a level 5 hospital, Kenya. *International Journal of Nursing Science*, 9(1), 1–11. <https://doi.org/10.5923/j.nursing.20190901.01>.
- Wanja, L., Mwenda, C., Mbugua, R. G., & Njau, S. (2019). Determinants of foot self-care practices among diabetic patients attending diabetic clinic at a referral hospital, Meru County, Kenya. *International Journal of Scientific and Research Publications (IJSRP)*, 9(10), p9461. <https://doi.org/10.29322/ijserp.9.10.2019.p9461>
- Wachira, B. W., Meng'anyi, L. W., & Mbugua, R. G. (2018). Knowledge, Perception and Uptake of Prostate Cancer Screening: A Cross Sectional Study at a Level III Hospital in Kenya , Vol. 8 No. 4, 2018, pp. 81-87. *Public Health Research*, 8(4), 81–87. <https://doi.org/10.5923/j.phr.20180804.01>
- Mbugua, R. G., Mwitari, J., & Oyore, J. P. (2018). Role of monetary incentives on motivation and retention of community health workers: An experience in a Kenyan community. *Public Health Research*, 8(1), 1–5. <https://doi.org/10.5923/j.phr.20180801.01>
- Mbugua, R. G., Meng'anyi, L. W., & Gatutha, R. (2017). High risk sexual behaviours and knowledge on HIV/ AIDS among inmates in Nakuru G.K. prison. *EPH - International Journal of Medical and Health Science*, 3(9), 45–53. <https://doi.org/https://doi.org/10.53555/ephmhs.v3i9.249>
- Mbugua, R. G., Mwitari, J., & Oyore, J. P. (2017). Role of community health workers non-monetary incentives on performance in Makueni county, Kenya. *Kenyan Journal of Nursing & Midwifery*, 2(2), 170–181.
- Mbugua, R. G., & Kahari, L. (2017). Community knowledge, attitude and practices on prevention of tuberculosis: A cross sectional study in Lari Sub-county, Kenya. *Journal of Nursing and Health Sciences*, 3(2), 45–54.
- Mbugua, R. G. (2017). Effect of socio- demographic characteristics on performance of community health workers: A cross sectional study in Makueni County, Kenya'. *Journal of Nursing and Health Sciences*, 4(2), 14–18.
- Mwitari, J., Muchiri, E. M., Magambo, J. K., Mbugua, R. G., Kavoo, D. M., & Ndemo, S. O. (2015). The effects of meteorological products on acute respiratory tract infections among young children in Nyeri County, Kenya. *Time Journals of Medical Sciences Report and Research*, 3(2), 41–46.

## Book Chapters

Harsch, S., Kugbey, N., Mbugua, R., Sørensen, K. (2025). Tackling the Cancer Literacy Needs: Review Findings from Africa and the Way Forward. In: Liamputtong, P. (eds) Handbook of Concepts in Health, Health Behavior and Environmental Health. Springer, Singapore.

[http://dx.doi.org/10.1007/978-981-97-0821-5\\_74-1](http://dx.doi.org/10.1007/978-981-97-0821-5_74-1)

## Scholarly Presentations at Conferences/Workshops/Seminars

- **September 2024:** Poster presentation titled; "Let them talk" – exploring the potential of using narratives for promoting (cancer-related) health literacy" at the Global health Literacy Summit at Netherlands, Rotterdam.
- **June 2024:** Attended a symposium on Cancer Implementation Science and made a presentation on cervical cancer continuity of care (Health Delivery Perspectives) the symposium was hosted by University of Florida and Mount Kenya University Held on at Mount Kenya University on 19<sup>th</sup> -20<sup>th</sup> June 2024.
- **May 2024:** Attended the United Nations Civil Society Conference where preliminary discussions were held ahead of the Summit of the Future in September 2024 at the UN Headquarters in New York. Held at the United Nations Nairobi Headquarters on 9<sup>th</sup> – 10<sup>th</sup> May 2024.
- **December 2023:** Attended the Cancer Research Symposium "Building capacity for molecular cancer research and care in Kenya" organized by Integrated Cancer Research Foundation held on 6<sup>th</sup> -8<sup>th</sup> Dec 2023 at Kenyatta University Confucius Institute. Presented a Paper on; *Effectiveness of Community Based Health Education on Uptake of Prostate Cancer Screening*".
- **November 2023:** Attended the Primary Health Care Congress at AMREF International University on 29<sup>th</sup> November- 1<sup>st</sup> December 2023.
- **March 2023:** Attended the Women in Global Health "Universal Health Coverage & Gender Equality" project launch and She Shapes: State of Women in leadership in Global Health report launch. Presented the state of women in leadership in Kenya.
- **March 2023:** attended the Africa Health Agenda Conference held on 5<sup>th</sup> -8<sup>th</sup> March at the Kigali Convention Centre, Rwanda.
- **September 2022:** Attended the peer-to-peer forum for Women in Global Health at the Hilton Hotel in Nairobi. Presented the state of women in leadership in Kenya.
- **March 2022:** Attended the 2022 ZERO Prostate Cancer Summit held on March 4<sup>th</sup> -8<sup>th</sup> March 2022.
- **November 2021:** Attended the International Conference on Technology and Innovation for Sustainable Development held on 3<sup>rd</sup>-5<sup>th</sup> November 2022 at the Murang'a University of Technology.
- **October 2021:** Biennial infectious Disease Conference held on 27<sup>th</sup> -29<sup>th</sup> October 2021 at the Movenpick Hotel & Residences in Nairobi.
- **December 2019:** Guest speaker at the Nursing Now campaign in Kiambu County on "Role of nurses in achievement of Universal Health Coverage" held on 13<sup>th</sup> December at the Max land Hotel, Kenya.
- **July 2019:** Attended a symposium on cutting edge management of lifestyle diseases held on 6<sup>th</sup> July 2019 at the Laico Regency Hotel, Kenya.
- **March 2019:** Attended the Africa Health Agenda International Conference held on 5<sup>th</sup>-7<sup>th</sup> march 2019 at Kigali Conventional Centre, Rwanda and presented a paper on "Motivational factors influencing retention of Community Health Workers in Makueni County, Kenya".
- **February 2018:** Attended the 8<sup>th</sup> KEMRI Annual Scientific Conference held on 14<sup>th</sup> – 16<sup>th</sup> February, 2017 at the Safari Park Hotel, Nairobi.
- **July 2017:** Research capacity building workshop: Introduction to data entry using stata and application of Statistical tests in Stata, held on 21<sup>st</sup> July, 2017 at Mount Kenya

University, Thika, Kenya.

- **July 2017:** Presented a paper on “High Risk Sexual Behaviours and Knowledge On HIV/ AIDS among inmates in Nakuru G.K. Prison” at Biennial Infectious Disease Conference held on 7 – 8 July 2017, at Nairobi Hospital, Kenya
- **March 2017-** Presented a paper on “The role of Community Health Workers monetary incentives on retention and health service delivery at Kibwezi sub-county, Makueni County.”, presented at the Africa Health Agenda International Conference, Raddison Blu Hotel, Hosted by AMREF Health Africa, 7<sup>th</sup> to 9<sup>th</sup> March 2017.
- **July 2012:** Organizer and presenter of the Food security conference titled “Food for everyone; realization of the new constitution”. Hosted by Thika School of Medical and Health Sciences at the Coconut Grill Hotel; Thika, 13<sup>th</sup> July 2012.
- **March 2011:** Monitoring and Evaluation Skills Building Workshop in the Department of Public Health, School of Health Sciences, Kenyatta University. 29<sup>th</sup> March – 1<sup>st</sup> April, 2010.
- **February 2010:** Organizer of the 3<sup>rd</sup> Inter university/ college workshop on the Role of food security public health / nutrition and rural development in Kenya’s vision 2030. Thika School of Medical and Health Sciences, 26<sup>th</sup> February 2010.

### Short Communication in Journals

- Dhillon, A., Rao, B., Mbugua, R., Wankuru, L., Adeniran, A., & Shaba, O. (2023). Time to build back equal in global health leadership.  
<https://speakingofmedicine.plos.org/2023/04/18/time-to-build-back-equal-in-global-health-leadership/>

### Consultancy and Project Reports

- January 2024: Consultant for Women in Global Health Kenya for the project “KIN Women in Leadership Grant project” funded by Bill and Melinda Gates Foundation
- February 2023: Consultant for Women in Global Health Kenya for the project “Universal Health Coverage & Gender Equality” Funded by Bill and Melinda Gates Foundation.
- August 2022: Lead Research Consultant for Women in Global Health Kenya Chapter for the project “State of Women and Leadership in Health” funded by the Bill and Melinda Gates Foundation.
- Research Policy Report on The State of Women and Leadership in Global Health  
<https://womeningh.org/wp-content/uploads/2023/03/The-State-of-Women-and-Leadership-in-Global-Health>.

### External Examination

- External Examiner Jomo Kenyatta University of Agriculture & Technology, School of Nursing

### Community Engagements and Other Contributions

#### Research funding

- March 2025: University of Saskatchewan grant; Empowering Women with Drug-related Incarceration (DRI) Experiences to Co-produce Knowledge: Community-Participatory Action Research.
- November 2024: Mama Ngina University College Principal's grant as a Co-PI for a project titled; Assessing Mental Health Challenges Among Adolescents and Young People Living With HIV Attending Health Facilities in Nyamira County, Kenya.
- January 2024: Mama Ngina University College Principal's grant as a Principal Investigator for the project titled, "Assessment of the continuum of care for Non- Communicable Diseases in Gatundu South Sub-county.
- July 2022: Mount Kenya University Vice Chancellors grant as a Principal Investigator for the project titled, "Assessment of cervical cancer care cascade among Women Living With HIV at Thika Level 5 Hospital"
- January 2021: Burdett Trust Foundation for Nursing grant as a Co- Principal Investigator for the project titled, "Supporting well-being and Resilience in the Nursing Workforce during and Post COVID-19 Pandemic in Kenya (SWaRNK-COVID 19)"
- February 2018: Makerere University and Mount Kenya University joint research grant as the Principal Investigator for the project titled, "Effectiveness of Community Health Worker- led education on knowledge and uptake of prostate cancer screening in Gatundu North Sub-county"

### **Community outreach**

- Committee member Kenya Red Cross Society-Kiambu County
- Lead Organizer Free Medical Health Camp at Gatundu South- Sub-county/ October 2024.
- Life Member-Kenya Red Cross Society-Thika Branch
- Executive member Women in Global Health- Kenya
- Member Integrated Cancer Research Foundation

### **Professional Affiliation & portfolios**

- Nursing Council of Kenya
- National Nurses Association of Kenya
- East, Central, and Southern Africa College of Nursing and Midwifery (ECSACONM)