



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.



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You cannot protect the environment unless you empower people, you inform them, and you help them understand that these resources are their own, that they must protect them.

— Wangari Maathai —

PRESIDENT'S MESSAGE



Dr. Kireki Omanwa KOGS PRESIDENT

Fellow Colleagues, Partners, and Friends of KOGS,

It gives me great pleasure to welcome you to the first edition of the KOGS Newsletter for 2026. A year that marks a truly historic milestone for our Society as we celebrate the 50th Anniversary of the Kenya Obstetrical and Gynaecological Society (KOGS).

Our 50th Annual Scientific Congress, held in February 2026, was more than a scientific gathering; it was a celebration of five decades of leadership, service, innovation, and commitment to advancing women's health in Kenya and beyond. Bringing together experts, policymakers, researchers, partners, and healthcare professionals from across the region and the world, the Congress reflected both our rich legacy and our bold vision for the future.

One of the defining highlights of the Congress was the official launch of the 2026 Obstetric Protocols in collaboration with the Ministry of Health — a significant step toward

strengthening evidence-based, standardized, and high-quality maternal healthcare across the country. This achievement reinforces our shared commitment to safer births, empowered healthcare workers, and improved outcomes for mothers and newborns.

The pre-congress workshops and plenary scientific sessions demonstrated the depth of expertise and innovation shaping Obstetrics and Gynaecology today. From infertility management and assisted reproductive technologies to Point-of-Care Ultrasound (POCUS), neonatal care, MPDSR, women's health innovations, and cervical cancer prevention, the discussions highlighted the importance of research, collaboration, and continuous professional development in improving patient care.

Beyond the Congress, KOGS continued to actively participate in national and global conversations on maternal, newborn, and reproductive health. Our engagement during the International Maternal, Newborn and Child Health Conference (IMNHC 2026) reaffirmed our role as a key stakeholder in influencing policy, strengthening partnerships, and advancing sustainable, evidence-based healthcare solutions. The launch of the Healthy Birth Initiative and ongoing collaborations through the LDI REACH and AMPLI-PPHI projects further demonstrate the impact of collective action in transforming maternal and newborn care.

As we reflect on this remarkable quarter, I extend my sincere appreciation to all our members, partners, sponsors, branches, and stakeholders whose dedication continues to strengthen KOGS and expand our impact. The achievements we celebrate today are a testament to the passion, resilience, and commitment of our community.

As we move forward, let us continue building on this legacy by embracing innovation, strengthening collaboration, mentoring the next generation of healthcare professionals, and advocating for equitable, high-quality healthcare for every woman and every newborn. Thank you for being part of this journey and for continuing to shape the future of Obstetrics and Gynaecology in Kenya.

Asanteni Sana!

50TH KOGS ANNUAL SCIENTIFIC CONGRESS



A head of the 50th KOGS Annual Scientific Congress and Golden Jubilee celebrations, KOGS hosted impactful pre-congress workshops on 10th February 2026, setting a strong foundation for the scientific deliberations that followed. The first session, held in collaboration with the Ministry of Health, focused on the Labour Care Guide and the 2026 Basic Obstetric Protocols. This practical training equipped healthcare providers with essential tools to enhance labour monitoring, strengthen clinical decision-making, and ultimately improve maternal and newborn outcomes. The workshop reinforced the importance of delivering safe, respectful, and evidence-based care at the frontline of childbirth services. In partnership with the Gynaecologic Oncology Society of Kenya (GOSK), KOGS also convened a specialized Pre-Invasive Disease of the Cervix Workshop. This hands-on session brought together clinicians for intensive training in colposcopy, lesion recognition,



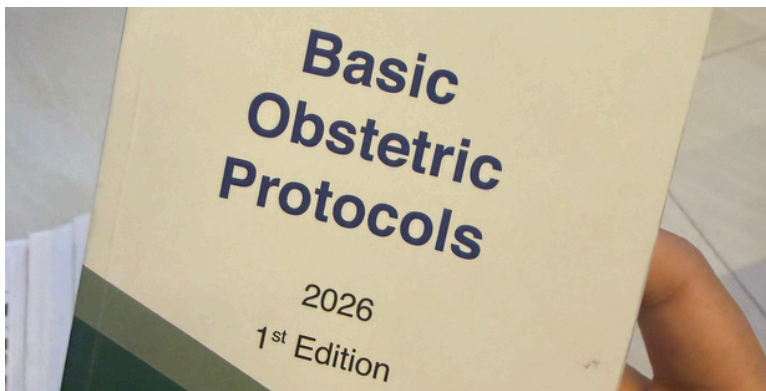
thermablation, and LEEP procedures. By building provider capacity in early detection and timely treatment of cervical abnormalities, the workshop contributes meaningfully to reducing the burden of cervical cancer and improving long-term health outcomes for women. These pre-congress engagements underscored KOGS' continued commitment to capacity building, clinical excellence, and advancing women's health in Kenya.



50TH KOGS ANNUAL SCIENTIFIC CONGRESS & GOLDEN JUBILEE

Day One of the KOGS @ 50 Congress marked a powerful start to both the scientific programme and the Golden Jubilee celebrations, blending policy milestones, knowledge exchange, and reflection on five decades of impact. The day's defining moment was the official launch of the Obstetric Protocols, a major step toward strengthening quality, safety, and consistency in maternal care across Kenya.

The launch was graced by the Director-General for Health, Dr. Patrick Amoth, reaffirming the Ministry of Health's commitment to advancing evidence-based obstetric practice. More than just guidelines, these protocols represent a renewed commitment to safer births, empowered clinicians, and a stronger, more responsive health system.



The scientific programme featured engaging plenary sessions that sparked critical conversations in reproductive health. A keynote session led by Prof. Wanyoike Gichuhi explored a comprehensive review on the management of infertility, highlighting the need for patient-centered care, innovation, and expanded access to services.

The session, supported by Universal Corporation Ltd, underscored the importance of partnerships in advancing clinical practice.



Another compelling plenary by Dr. Mitei Chepwogen focused on Postpartum Haemorrhage (PPH) and Polycystic Ovary Syndrome (PCOS). The discussion emphasized practical, evidence-based approaches to preventing and managing PPH—one of the leading causes of maternal mortality—while also addressing the growing burden of PCOS and its broader impact on women's health.



The day culminated in a vibrant Gala Dinner, where members and partners came together to celebrate 50 years of KOGS' leadership and contribution to Obstetrics and Gynaecology. The evening brought together pioneers and emerging professionals, creating a space to honor legacy, share experiences, and reaffirm a collective vision for the future of maternal and reproductive health in Kenya.



Day 2 of the Congress delivered a powerful blend of science, innovation, and policy dialogue, reinforcing the commitment to advancing maternal and reproductive health through collaboration and evidence-based practice.

The day opened with an impactful plenary on reproductive medicine, where Dr. Ahmed Ali Yousef and Dr. Charles Muteshi led discussions on the treatment of male infertility factors and the importance of timely referral to andrologists. The session also explored personalized assisted reproductive treatment, highlighting cutting-edge approaches and future directions in fertility care.



A forward-looking plenary on Non-Hormonal Contraceptive Design sparked engaging conversations around innovation and expanding contraceptive choices. Led by Dr. Elizabeth Kigundu, Dr. James Kuria, and Dr. Moses Kehonge, the session examined emerging scientific developments, user-centered design, and the need for accessible, safe, and effective alternatives. As contraceptive technologies evolve, the importance of empowering individuals with diverse, evidence-based options remained central to the discussion.

A key highlight of the day was the Presidential Plenary on Maternal and Perinatal Death Surveillance and Response (MPDSR), which brought leadership, policy, and practice into sharp focus. The Council of Governors panel—including H.E. Mutula Kilonzo Jr., Dr. Issak Bashir, Ms. Dinah Khaemba, Dr. Kevin Osuri, Dr. Karen Muthembwa, Christine Mawia Sammy, and Edith Mwasi—underscored the critical role of counties in strengthening surveillance systems, accountability, and timely response. The session reinforced that when national strategy aligns with county-level implementation, maternal and perinatal deaths can be prevented rather than accepted.



The day concluded with a compelling session on “The Power of the Golden Minute – Neonatal Synergies in the Delivery Room,” led by Dr. Juliet Omwoha and Dr. Audrey Chepkemai. The discussion highlighted the life-saving impact of coordinated, timely newborn care within the first minute after birth. With a focus on teamwork, preparedness, and rapid response, the session emphasized that skilled intervention and clear communication in those critical moments can mean the difference between life and loss.

Day 3 of the Congress built on the momentum with a rich, forward-looking programme that emphasized innovation, prevention, and precision in women's healthcare. The sessions reflected a growing shift toward smarter diagnostics, less invasive treatments, and patient-centered care across the reproductive health spectrum.



A standout plenary on Integrating Point-of-Care Ultrasound (POCUS) demonstrated how timely diagnostics are transforming maternal and newborn outcomes. The discussion highlighted the role of POCUS in enhancing clinical decision-making, enabling early detection of complications, and facilitating faster referrals—particularly in resource-limited settings. This session marked a significant step toward more responsive and efficient maternity care, with special appreciation to the Center for Public Health and Development (CPHD) for their support.

In the field of assisted reproduction, the plenary on Recurrent Implantation Failure in IVF, led by Dr. Ayman Mosta, tackled one of the most complex challenges in fertility care. The session explored evolving clinical approaches, precision diagnostics, and individualized treatment pathways aimed at improving implantation success. It reinforced the importance of continuous research, innovation, and multidisciplinary collaboration. Appreciation was extended to Fertility Point for their strong support in advancing fertility care.



The Congress also addressed the realities of clinical practice through a critical session on Navigating Medico-Legal Challenges in Obstetrics and Gynaecology. Dr. David Kariuki provided practical insights into emerging legal risks, professional accountability, patient rights, and the importance of thorough documentation and ethical decision-making in safeguarding both patients and practitioners.

Shifting focus to prevention, the plenary on Redefining Women's Health through Adult Female Vaccination, led by Prof. Elkanah Omenge Orango, emphasized vaccines as a cornerstone of lifelong healthcare. The discussion highlighted the role of immunization in reducing disease burden, strengthening immunity, and improving quality of life across all stages of a woman's life. The message was clear: prevention must take center stage in modern healthcare.



Advancements in treatment approaches were further explored in the session on Non-invasive Innovations in the Management of Uterine Fibroids and Adenomyosis, led by Dr. Evelyn Ndinda. The session showcased emerging technologies that offer safer, less invasive alternatives, with benefits including faster recovery, fertility preservation, and improved patient experience—signaling a shift toward more personalized and precise care.



The importance of prevention and early intervention was reinforced in the plenary on Rhesus Iso-Immunization & Dose Awareness in ANC and PNC, led by Dr. Alan Ikol Adungo. The session highlighted practical strategies to strengthen antenatal and postnatal care, improve Rh testing, and ensure timely prophylaxis—key steps in preventing avoidable maternal and neonatal complications.

Concluding the day, the plenary on Innovative Approaches to the Management of Female Infertility, led by Prof. Wanyoike Gichuhi, sparked meaningful dialogue on evidence-based care, emerging technologies, and individualized treatment pathways. The session underscored the role of clinical excellence, ethical practice, and research in shaping the future of fertility care. Appreciation was extended to SISI Pharmaceuticals for supporting this important conversation.



The 50th KOGS Annual Scientific Congress and Golden Jubilee Celebration came to a close on Friday, 13th February 2026, marking the end of three impactful days of learning, collaboration, innovation, and reflection on five decades of advancing women's health in Kenya and beyond. From groundbreaking scientific discussions to policy-driven conversations and practical clinical sessions, #KOGSAT50 reaffirmed KOGS' commitment to strengthening reproductive, maternal, and newborn healthcare through partnerships, research, advocacy, and continuous professional development. As the congress concluded, delegates left inspired, connected, and united in shaping the future of obstetrics and gynaecology for generations to come.





INTERNATIONAL MATERNAL, NEWBORN AND CHILD HEALTH CONFERENCE (IMNHC 2026)

Kenya proudly hosted the International Maternal, Newborn and Child Health Conference (IMNHC 2026), bringing together global leaders, policymakers, researchers, and healthcare professionals committed to accelerating progress in maternal and newborn health.

The conference served as a powerful platform for knowledge exchange, collaboration, and advancing innovative, evidence-based solutions to improve health outcomes for women and children.

KOGS maintained a strong presence throughout the conference, reaffirming its commitment to shaping policy discussions, strengthening partnerships, and championing quality reproductive, maternal, and newborn healthcare in Kenya and beyond. The engagement reflected the growing importance of collaboration in building resilient health systems and driving sustainable impact.



A major highlight of the conference was the official launch of the Healthy Birth Initiative by Jhpiego, a transformative program focused on improving outcomes for small and preterm babies while ensuring mothers receive comprehensive, high-quality care. Anchored on the vision that every healthy mother should go home with a healthy baby, the initiative recognizes the inseparable link between maternal and newborn health. Nakuru County became the first site for implementation, with plans underway for progressive national scale-up.

In addition, KOGS held strategic engagements with the Ministry of Health Kenya and FIGO at The Boma Hotel, where discussions centered on progress updates from the LDI REACH and AMPLI-PPHI projects, as well as findings from the Barrier Assessment Tool. These conversations highlighted practical opportunities to strengthen maternal health systems, improve service delivery, and scale evidence-based interventions across the country.



The conference underscored the collective commitment of partners and stakeholders to move beyond dialogue toward measurable action that improves the lives of mothers and newborns across Kenya.



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PROF. KIHARA ANNE-BEATRICE

President Emeritus FIGO,
Past President KOGS,
Senior Lecturer, Department of Obstetrics and Gynaecology, University of Nairobi.

SAVING LIVES AT BIRTH: THE STATE OF MATERNAL & NEWBORN HEALTH IN KENYA



Dr Juliet Omwoha
Consultant Paediatrician and Head of Newborn and Child Health, MoH

SPEAKER



Dr Janette Karimi
Head Reproductive Maternal Health, MoH

SPEAKER



Dr Laura Oyiengo
Consultant Paediatrician and Maternal and Newborn Health Specialist, UNICEF Kenya

SPEAKER



Dr Mogeni Richard
Obstetrician and Gynaecologist and Chairman of the KOGS North Rift Chapter

SPEAKER



Victor Ambula
Health Champion, Maternal and Newborn Health

SPEAKER



Eunice Atsali
Midwife and Vice President of the Midwives Association of Kenya & Lecturer at Kenyatta University

SPEAKER



Amos Getanda
Midwife and Lecturer in the Department of Midwifery at Moi University's School of Nursing

SPEAKER



Angela Nguku
Founder, White Ribbon Alliance Kenya

SPEAKER



Wanja Mbuthia
Audience Engagement, NMG

MODERATOR



Hellen Shikanda
Health and Science Journalist, NMG

MODERATOR

Wednesday 11th March 2026 1930HRS - 2130HRS (EAT)

ACKNOWLEDGMENT



We extend our heartfelt gratitude to the **Journal of Obstetrics and Gynaecology of Eastern and Central Africa (JOGECA)** and the **African Journals Online (AJOL)** for their invaluable contributions to advancing academic scholarship and clinical practice in obstetrics and gynecology.

JOGECA publishes high-quality, relevant works encompassing clinical and basic science research, health informatics, health policy, and implementation science. These articles are disseminated online in quarterly releases, fostering knowledge-sharing in our field. [Read more on JOGECA.](http://www.jogeca.com)

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We also wish to express our sincere thanks to the dedicated reviewers whose expertise and commitment help maintain the quality and integrity of our publications.

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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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