

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:

**KOGS AT 50
PAGE 03**

**XXV FIGO WORLD CONGRESS
PAGE 04**

**OBSTETRIC CARE PROTOCOLS
PAGE 07**

**KOGS BRANCH UPDATES
PAGE 08**



KOGS.OR.KE



[@KOGSociety](https://www.instagram.com/KOGSociety)



[@KOGSociety](https://www.facebook.com/KOGSociety)



[@TheKOGSociety](https://www.twitter.com/TheKOGSociety)

TABLE OF

CONTENTS



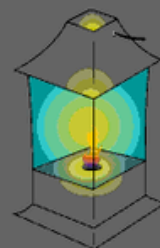
04 NEWS & EVENTS

08 KOGS BRANCH UPDATES

09 CONTINUOUS MEDICAL EDUCATION

IT IS NOT NECESSARY TO BLOW OUT
OTHER PEOPLE'S LANTERN TO LET
YOURS **SHINE**.

African proverb



PRESIDENT'S MESSAGE



Dr. Kireki Omanwa KOGS PRESIDENT

Fellow Colleagues, Partners, and Friends of KOGS,

As we conclude the final quarter of 2025, I am filled with pride and gratitude as we reflect on a year marked by progress, resilience, and renewed purpose for the Kenya Obstetrical and Gynaecological Society (KOGS). This period has been defined by meaningful engagement, strong partnerships, and bold leadership in advancing women's health across Kenya and beyond.

This quarter also carries special significance as we stand on the threshold of a historic milestone — KOGS at 50. For five decades, our Society has been at the forefront of shaping reproductive health practice, policy, research, and advocacy. From contributing to national clinical guidelines and global conversations, to strengthening health systems and mentoring generations of specialists, KOGS has remained steadfast in its commitment to scientific excellence and equitable care for every woman.

Our participation in key national and global platforms, including the XXV FIGO World Congress, the validation of National Obstetric Care Protocols, and impactful branch activities across the country, reflects the collective strength of our membership. These moments remind us that progress is driven not by institutions alone, but by dedicated professionals who dare to lead, innovate, and advocate for change.

As we prepare for the 50th KOGS Annual Scientific Congress in February 2026, under the theme “50 Years of Advancing Reproductive Health through Scientific Research, Clinical Excellence, and Advocacy,” we invite every member to be part of this landmark celebration. This Golden Jubilee Congress will not only honour our rich legacy but also chart a bold course for the future of obstetrics and gynaecology in Kenya, Africa, and the global health community.

The journey to fifty has been one of purpose and impact — and the road ahead calls for even greater collaboration, innovation, and leadership. I extend my sincere appreciation to our members, partners, branches, and secretariat for their unwavering dedication and service.

Together, let us celebrate how far we have come, while boldly shaping the next chapter of excellence.

KOGS @ 50 — A legacy of leadership, and a future of impact.

Asanteni Sana!

KOGS



ANNUAL SCIENTIFIC CONGRESS

Theme:

50 years of Advancing Reproductive Health through Scientific Research, Clinical Excellence and Advocacy



9TH To 13TH February 2026



**Sarova Whitesands Hotel,
Mombasa County**



Call: +254 726 639 621
Email: conference@kogs.or.ke

REGISTRATION FEE	Early Bird (Until 9 Jan 2026)	Late Bird (From 9 Jan to 6 Feb 2026)	On-Site (Registration)
MEMBER	KES 35,000	KES 40,000	KES 45,000
NON-MEMBER	KES 50,000	KES 55,000	KES 60,000
ASSOCIATE MEMBER / NURSE / REGISTRAR / CLINICAL OFFICER	KES 25,000	KES 30,000	KES 35,000
INTERNATIONAL	USD 500	USD 500	USD 525

Please submit your abstract to www.jogeca.com by **31st December 2025**.

Only Electronic Submissions will be accepted.

KOGS AT THE XXV FIGO WORLD CONGRESS



The XXV FIGO World Congress of Gynaecology and Obstetrics, held in October 2025 at the Cape Town International Convention Centre, marked a defining moment for global women's health. Convened under the theme "Advancing Women's Health: A Journey of Unity and Freedom," the Congress brought together global leaders, clinicians, researchers, and advocates united by a shared commitment to equity, dignity, and quality reproductive healthcare for all women.

During the Opening Ceremony, FIGO President Emeritus Prof. Anne Beatrice Kihara delivered a powerful reminder that resonated across the global stage: **'every one of us has a voice and a role to play in driving change'**. She underscored the urgent call from women worldwide—for action that moves beyond rhetoric to tangible impact, and for health systems that truly respond to women's needs.



His message was a compelling call to action, emphasizing that knowledge alone is insufficient without strong systems, political will, and collective accountability. The address echoed across the Congress halls, reinforcing the urgent need for innovation, compassion, and unity—particularly in the fight against PostPartum Haemorrhage (PPH), the leading cause of maternal mortality worldwide.

The Congress also witnessed the unveiling of the first-ever global guidelines for the prevention and treatment of Postpartum Haemorrhage, marking a transformative milestone in global maternal health.

These guidelines signal a new era one grounded in evidence, standardization, and global collaboration—to ensure that no woman dies while giving life.

In a historic moment for Kenya Prof. Kihara introduced Prof. Moses Obimbo, END PPH Initiative Lead and KOGS Hon. Secretary, who delivered a deeply moving Keynote Address highlighting the stark realities behind preventable maternal deaths.



"We lose mothers while giving birth not because we do not know what to do but because the system has failed her."

— Prof. Moses Obimbo



SPOTLIGHT ON LEADERSHIP, ADVOCACY, AND SYSTEMS STRENGTHENING

KOGS' leadership in advocacy and systems transformation was further highlighted during a high-level session on the Leadership Development Initiative (LDI): REACH Project, led by Dr. Benjamin Odongo Elly, LDI Project Lead. The session convened global experts and advocates to explore strategies for strengthening maternal health systems and amplifying women's voices within care delivery and decision-making spaces.

Key takeaways from the session included:

- Identifying and addressing systemic barriers within maternal health programmes
- Applying evidence-based interventions to guide implementation
- Leveraging data for impactful advocacy
- Institutionalizing recommendations within existing health systems

The discussion reinforced the importance of translating data and dialogue into meaningful action—ensuring respectful, equitable, and high-quality care for every woman.

In recognition of its outstanding contribution to maternal and newborn health, KOGS was honoured with the FIGO Certificate of Recognition for the successful implementation of the LDI: REACH – “Right Care, Every Birth” Project. The award, presented by Prof. Anne Beatrice Kihara, FIGO President (2023–2025), acknowledged KOGS' sustained impact and leadership from 2022 to 2025. This global recognition affirms KOGS' unwavering commitment to advancing maternal health, strengthening leadership, and driving systemic change—both in Kenya and across the region.

As the XXV FIGO World Congress concluded, one message stood clear: together, through unity, evidence, and advocacy, we can shape a future where no woman is left behind.





CALL FOR ABSTRACTS

Please Submit your Abstract For the '50TH KOGS Annual Scientific Congress'



to www.jogeca.com by '~~31ST December 2025~~'.
Only Electronic Submissions will be accepted.

Theme:

**50 years of Advancing Reproductive Health through
Scientific Research, Clinical Excellence, and Advocacy**

SUB-THEMES:

- Maternal Fetal Medicine Innovations
- Pelvic Health And Rehabilitation
- Policy and Advocacy For Maternal Health
- Data Sharing And Research Collaboration
- Gynecological Oncology And Maternal Health
- Reproductive Endocrinology Innovations
- Maternity And Quality Improvement
- Digital Health Solutions And Maternal Health



KOGS PARTICIPATES IN VALIDATION OF NATIONAL OBSTETRIC CARE PROTOCOLS

O

n 4th November 2025, the Kenya Obstetrical and Gynaecological Society (KOGS) joined the Ministry of Health and key national stakeholders at the Radisson Blu Hotel, Nairobi, for the Validation Workshop for the National Obstetric Care Protocols, a critical step toward strengthening maternal and newborn health care across Kenya. The workshop brought together obstetricians, gynaecologists, midwives,

policy makers, and technical experts to review, refine, and standardize national clinical protocols for obstetric and newborn care. The objective was to ensure alignment with World Health Organization (WHO) guidelines, while also adapting the protocols to Kenya's unique health system context.

Through structured discussions and expert-led deliberations, participants worked to enhance the clarity, consistency, and applicability of clinical guidance across all levels of care. The validated protocols are expected to support uniform clinical decision-making, improve quality of care, and reduce preventable maternal and newborn morbidity and mortality nationwide.



“Standardised, evidence-based obstetric protocols are critical to strengthening our health system and ensuring every woman and newborn receives quality, respectful care no matter where they seek services.”

— Dr. Edward Serem, Head, RMNCAH Division, Ministry of Health

Each session provided an opportunity for clinicians to share frontline experiences, identify gaps, and integrate evidence-based solutions into the national protocols. The collaborative approach ensured that the final guidance is not only scientifically sound, but also practical and responsive to real-world clinical settings.



KOGS' participation underscored its continued commitment to evidence-based practice, clinical excellence, and advocacy for quality maternal health services.





KOGS COAST BRANCH ANNUAL SYMPOSIUM 2025: ADVANCING REPRODUCTIVE HEALTH

The 15th KOGS Coast Symposium successfully brought together brilliant minds, dedicated clinicians, researchers, and innovators under the powerful theme “Advancing Reproductive Health through Local Innovations and Research.” Hosted at the scenic CityBlue Creekside Hotel, Mombasa, the symposium created a vibrant platform for knowledge exchange, collaboration, and reflection on Kenya’s growing capacity to generate home-grown solutions for reproductive health challenges. The meeting highlighted how locally driven research and innovation can strengthen reproductive health systems, improve service delivery, and respond effectively to the unique needs of women and families across the country. Participants shared emerging evidence, best practices, and practical innovations that are already making an impact at community, facility, and policy levels.

A key highlight of the symposium was the keynote address by Prof. Peter Gichangi, Vice Chancellor of the Technical University of Mombasa (TUM), who underscored the critical role of evidence-based innovation, research, and interdisciplinary collaboration in advancing reproductive health. He emphasized that sustainable progress depends on harnessing local expertise, investing in research, and translating evidence into action.



“Evidence must move beyond publication and into practice. By embracing locally generated research and innovation, we can deliver reproductive health solutions that are relevant, equitable, and sustainable.”

— Prof. Peter Gichangi

The symposium reaffirmed the KOGS Coast Branch’s commitment to fostering scientific excellence, collaboration, and innovation, while providing a space for professionals to connect, learn, and inspire one another.



Congratulations to the KOGS Coast Branch for hosting yet another successful symposium that continues to drive progress, promote local solutions, and strengthen the collective mission to improve reproductive health outcomes in Kenya.





ALMA FEMILIFT DEVICE LAUNCH EVENT

Vaginal Rejuvenation Unveiled: A Bold Step for Women's Wellness in Kenya & East Africa



Prof. Preeti Jindal
Speaker

Advanced IVF, Recurrent Miscarriage, High Risk Pregnancy, Cosmetic Gynaecology, Laparoscopic & Robotic Surgery Expert, Director at The Touch Clinic, Mohali and Robotic Gynaecology at Park Hospitals, North India.



Dr. Francis Were
Moderator

Consultant Obstetrician & Gynaecologist, Cosmetic Gynaecologist, Lecturer Kenyatta University Department of Obstetrics & Gynaecology



2:00pm - 8:00pm
16 October, 2025

Radisson Blu Hotel,
Upperhill, Nairobi



This bold event goes beyond introductions — it delivers clinical presentations, live patient demonstrations, and local case experiences that bring science into practice.

@kogsociety @kogsociety @TheKOGSociety @KOGS @TheKOGSociety @TheKOGSociety

NEW WEBINAR

IRON DEFICIENCY DAY

IRON DEFICIENCY AND ANEMIA:
Optimizing Iron Supplementation Strategies
with Emerging Clinical Data

26TH OF NOVEMBER 2025 | 4:00PM TO 5:30PM UTC

The webinar will be conducted in English. Real-time AI-generated translation will be provided in your language, including both spoken audio and subtitles.

TOPIC AND SPEAKERS



Prof. Omondi OGUTU, Kenya

IRON DEFICIENCY AND IRON DEFICIENCY ANEMIA:
learn to tell the difference.



Prof. Patrice CACOUB, France

COMPARING IV AND ORAL IRON:
safety Risks and Key Findings from the FAST Study.
(prerecorded interview)



Prof. Ali SAMBA, Ghana

IRON SUPPLEMENTATION:
selecting the right salt and improving absorption.



FREE SIGN-UP

To register for free: scan this QR code or copy the link into your browser.



Link: <https://bit.ly/3KheTOd>

The webinar will be available for replay for those who have registered.



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)

AJOL serves as a vital indexing platform for quality, African-published scholarly journals. Since 1998, this non-profit organization has enhanced global and continental access to peer-reviewed research, enriching solutions for Africa's pressing challenges in health, education, climate change, and more.

[Learn more about AJOL.](http://www.ajol.com)



www.jogeca.com



www.ajol.com

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.

List of Reviewers:

- | | | | |
|------------------------|------------------------------|-------------------------|---------------------------|
| • Dr. James Amenge | • Prof. Anthony Wangoro | • Dr. Albert Gachau | • Dr. Justus Nondi |
| • Dr. Dorcus Muchiri | • Dr. Johnstone Miheso | • Bernard Nyauchi | • Dr. Victor Omollo |
| • Prof. Omenge Orang'o | • Dr. Edgar Gulavi | • Dr. Musa Misiani | • Dr. Justus Ngatia |
| • Dr. Philip Tonui | • Prof. Anne-Beatrice Kihara | • Dr. Barasa Wekesa | • Dr. Maureen Okango |
| • Dr. Francis Muriithi | • Prof. Sikolia Wanyonyi | • Dr. Kireki Omanwa | • Dr. Simon Kigundu |
| • Dr. Raj Dodia | • Dr. Weston Khisa | • Dr. Maricianah Onono | • Rahel Mogaka |
| • Dr. Alice Kaaria | • Dr. Allan Ikol | • Dr. Alfred Osoti | • Dr. Eunice Atsali |
| • Dr. Vincent Oyiengo | • Dr. George Gwako | • Dr. Joe Wanyoike | • Prof. Rose Kosgei |
| • Dr. Brenda Nyamu | • Dr. Edwin Walong' | • Dr. Joyce Jebet | • Dr. Paul Mitei |
| • Dr. Ruth Wamae | • Dr. Diana Ondieki | • Prof. Zahida Qureshi | • Dr. Anisa Mburu |
| • Prof. Omondi Ogutu | • Prof. Peter Gichangi | • Dr. Philomena Owende | • Dr. George Ogwen |
| • Dr. Sarah Agunda | • Dr. John Ong'ech | • Dr. Frank Kagema | • Dr. Fredrick Kairithia |
| • Dr. Peter Itsura | • Dr. Alfred Murage | • Dr. Steve Mwinga | • Dr. Jacqueline Chesang' |
| • Dr. Mary Njoroge | • Dr. Charles Muteshi | • Dr. Amos Otara | • Dr. Jeremiah Munguti |
| • Dr. Pamela Muga | • Prof. Charles Ameh | • Dr. Patricia Muthaura | • Dr. Ezekiel Mecha |
| • Dr. Anisa Mburu | • Prof. Mukaindo Mwaniki | • Dr. Vitalis Okola | • Dr. Rohini Patil |
| • Dr. Mary Koigi | • Prof. Elizabeth Bukusi | • Dr. Stephen Mutiso | |
| • Dr. Elly Odongo | • Dr. Wycliffe Musalia | • Dr. Ramadhan Marjan | |

KOGS MEMBERSHIP

[You can now register or renew your KOGS membership right at your convenience.](#)

Mpesa payment:

- Select **Lipa na Mpesa >> Pay bill**
- Enter the following **Business number:** 909010
- Enter your Name **(for new members)** or KOGS membership number **(for existing members)** as Account Number
- Enter the **amount due:** KES xxxx
- Enter your Pin, Confirm details and then Accept the Transaction

Cheques are payable to “**Kenya Obstetrical & Gynaecological Society**” or wire transfer to the bank details below:

Bank name: Stanbic bank

Branch: Upperhill, Nairobi

Account name: Kenya Obstetrical and Gynaecological Society

Account number: 0100006691808 - KES

0100006730544 - USD

Bank code: 31

Branch code: 010

Swift code: sbickenx

Address: Kenya Medical Association Centre, 4th Floor, Suite 407
Upperhill, Nairobi, 19459 – 00202, Kenya.

[CLICK HERE TO REDIRECT TO THE MEMBERSHIP PORTAL](#)

Full membership: 5,000/-KES

Associate membership: 4,000/-KES



KOGS NEWSLETTER

Official Newsletter of Kenya Obstetrical and Gynaecological Society

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!



[@KOGSociety](https://www.instagram.com/KOGSociety)



[@KOGSociety](https://www.facebook.com/KOGSociety)



+254 726 639 621



[@TheKOGSociety](https://twitter.com/TheKOGSociety)



[@kogske](https://www.youtube.com/@kogske)



kogs@kogs.or.ke



[@KenyaObstetricalandGynaecologicalSociety](https://www.linkedin.com/company/KenyaObstetricalandGynaecologicalSociety)



[@KOGSociety](https://www.tiktok.com/@KOGSociety)