

CURRICULUM VITAE

SGF-PUBLIC HEALTH. ORECH SAM, Ph.D. (C)
ADHML, BEHS, MPH, Ph.D. (C)



DEMOGRAPHICS

First name : Sam
Surname : Orech
Salutation : Mr.
Nationality : Uganda
Sex : Male
Date of Birth : 21st May 1984
Place of Birth : Amolatar, Uganda
Parents : Father – Ayo Charles Lawrence; Mother – Amony Anna
Marital status : Married
Spouse Name : Mrs. Evaline Ajwang
Children : 05 (3 Sons, 2 Daughters)

CONTACT ADDRESS

Physical Address: Department of Community and Public Health, Faculty of Health Sciences, Busitema University, 1460 Mbale City, Pallisa Road, Mbale City – Uganda.

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LANGUAGE PROFICIENCY

[Leb-Lango, mother tongue], [English, fluency in spoken and written], [Swahili, poor], [Luganda, poor]

CAREER OBJECTIVE

To acquire a challenging position in public health that integrates research, teaching, and community engagement to advance sustainable development.

RESEARCH INTERESTS

Infectious diseases of public importance in children under five, Non-communicable diseases, Wastes management, and Nutrition in vulnerable population.

EDUCATION BACKGROUND

- October 2024 to November 2027

Jaramogi Oginga Odinga University of Science and Technology; Faculty of Health Sciences, Bondo – Kenya | Doctor of Philosophy (Public Health). Title of Ph.D. (C) “*Spatiotemporal analysis of climatic, intervention, and health system determinants of malaria-morbidity and mortality among under-five children in Northern Uganda, 2018-2025*”.

Supervisors: Dr. Esther Osir (JOOUST, KE), Dr. Charles Angira (JOOUST, KE), Assoc. Prof. Gavamukulya Yahaya (BU, UG).

- September 2019 to May 2022

Lira University, Faculty of Public Health, Lira City – Uganda | Master of Public Health. Title of MPH Thesis: *Prevalence of Malaria and Associated Factors among Children under five years following Mass Net Campaign and Indoor Residual Spraying in Amolatar district.*

Supervisors: Ms. Ruth Anne Akello (LU, UG), Dr. Marc Sam Opollo (LU, UG), and Dr. Francis Ocen (LU, UG).

- August 2018 to May 2019

Jerusalem Institute of Health Sciences, Lira City – Uganda | Advanced Diploma in Health Management and Leadership. Title of ADHML Thesis: *Factors affecting uptake of Tuberculosis treatment in Amolatar District.* **Supervisor:** Mr. Opio Munga Lawrence (JIHS, UG).

- January 2014 to March 2017

Cavendish University Uganda, Kampala – Uganda | Bachelor of Science Environmental Health Science. Title of BSEHS Thesis: Education level, socio-cultural factors and uptake of Tuberculosis treatment in Amolatar. **Supervisor:** Mr. Adoa Steven (CUU, UG).

- April to September 2014

Makerere University, College of Health Sciences, Department of Health Policy, Planning and Management, Kampala – Uganda | Certificate Health Services Management.

- August 2008 to May 2010

Mulago Paramedical School, Uganda Allied Health Examination Board, Kampala – Uganda | Certificate in Environmental Health Sciences. Title of CEHS Thesis: *Factors associated with solid waste management in Inomo cell, Amolatar Town Council, Amolatar District.* **Supervisor:** Mr. Ndaa Louis Modest

- February 2006 to November 2007

Nakasongola Army Secondary School, Nakasongola – Uganda | Uganda Advanced Certificate of Education (UACE).

- March 2000 to November 2003

Agwingiri Girls Secondary School, Amolatar – Uganda | Uganda Certificate of Education.

- February 1993 to November 1999

Agwingiri Primary School, Amolatar – Uganda | Primary Leaving Examination (PLE).

OTHER TRAININGS

- Scholarly Writing conference – Makerere University Uganda, March 2025
- Systematic reviews – African Center for Study & Research on Migration in collaboration with Makerere University, 2025

- Grant writing course – National Institute of Allergy and Infectious Diseases, May to June 2024
- Grant writing workshop – Busitema University/MoH, June 2024
- Good Clinical Practice – [NIDA Clinical Trials Network, December 2023](#)
- Scientific writing course – Makerere University, August to December 2023
- Epidemic response and management – IFRC, September 2022
- Emergency incident management – WHO, September 2022
- Integrated diseases surveillance and response – UNICEF/MoH, May 2022
- Integrated community case management of childhood illness – MoH, August 2017

SKILLS & EXPERTISE

Teaching, Teamwork, Honesty, Leadership, Planning, Coordination, Accountability, Research, Effective Communication, Technological Proficiency, Community Engagement, Public Health Surveillance, & Infection Control

WORK EXPERIENCE

- **July 2023 to date**

Senior Graduate Fellow; Busitema University, Faculty of Health Sciences, P.O Box 1460, Mbale City – Uganda

Duties & responsibilities: Conducting tutorials, Teaching, Learning, Research and Outreach, Setting, Marking & Uploading Results, Curriculum development, as well as Administrative Support.

Programs: Bachelor of Medicine and Bachelor of Surgery (MBCChB), Bachelor of Science in Nursing (BNS), Bachelor of Science in Anaesthesia (BNA), Bachelor of Pharmacy (Pharm), Master of Public Health (MPH).

- **October 2022 to March 2023**

Public Health Officer, EVD Response; Uganda Red Cross Society (URCS), Mubende, Kassanda, Kyegegwa, Kagadi & Kiboga districts – Uganda

Duties & responsibilities:

- Developed and implemented risk communication and community engagement (RCCE) strategies.
- Trained health workers and community volunteers in **Ebola Virus Disease (EVD)** preparedness and response.
- Coordinated with district health officials and partners to monitor and evaluate response activities.
- Promoted water, hygiene, and sanitation (WASH) practices at both community and health facility levels.
- Built and strengthened partnerships with stakeholders operating within and beyond the district.
- Ensured timely accountability and reporting for all project activities.
- Prepared technical reports to support evidence-based decision-making.

▪ **April 2019 to August 2021.**

Public Health Officer; Medical Teams International, Refugees Settlement, Adjumani – Uganda

Duties & responsibilities:

1. Integrated Antenatal Care (ANC) Services

- Conducted nutritional assessments for pregnant women, children, youth, and the elderly.
- Screened clients for sexually transmitted infections (STIs), including HIV and syphilis.
- Administered routine immunization services for children.
- Distributed Ready-to-Use Therapeutic Food (RUTF) to malnourished children and pregnant women.

2. Malaria Prevention and Control

- Developed and delivered malaria intervention training sessions.
- Coordinated the distribution and utilization of long-lasting insecticide-treated nets (LLINs).
- Re-established and trained Infection Prevention and Control (IPC) teams in health facilities.

3. COVID-19 Pandemic Response

- Assessed public health practices and facilitated distribution of personal protective equipment (PPE).
- Developed and implemented standard operating procedures (SOPs) for waste management.
- Prepared and submitted evidence-based reports for timely response.

4. Reporting and Data Management

- Compiled and submitted timely monthly, quarterly, and annual reports.
- Developed and managed payroll systems for community health workers in the settlements.

▪ **February 2017 – June 2018**

Lead Consultant Water Hygiene and Sanitation (WASH); Fields of Life, Amolatar district – Uganda

Duties & responsibilities:

- Developed work plans, budgets, monitoring and evaluation (M&E) plans, and performance frameworks for WASH activities at both facility and community levels.
- Trained Infection Prevention and Control (IPC) focal persons, Health Assistants, and Health Facility Management Committees on the safe water chain and principles of waste management.
- Built the capacity of health facility staff on WASH practices and standards.
- Conducted data collection and reporting using monitoring tools to track WASH indicators.
- Designed performance measurement frameworks, including quality benchmarks and indicators, for Community-Led Total Sanitation (CLTS) and WASH programs in schools and health facilities in Amolatar District.
- Established and strengthened water user committees to promote safe water use and management.
- Implemented CLTS activities, including follow-up of ODF (Open Defecation Free) initiatives (e.g., MANDONA), and supported communities toward ODF certification.

- Conducted operational research and supported continuous quality improvement (CQI) initiatives within the district.
- Documented project implementation processes and disseminated lessons learned and best practices.

- **March 2013 – February 20217**

Health Assistant, Amolatar Town Council, Amolatar district – Uganda

Duties & responsibilities:

- Coordinated mass testing and treatment of malaria during outbreaks in collaboration with RHITES-North Lango teams.
- Coordinated mass drug administration (MDA) for neglected tropical diseases (NTDs).
- Supervised indoor residual spraying (IRS) campaigns for malaria control.
- Oversaw implementation of integrated community case management (ICCM) for malaria by trained Village Health Teams (VHTs).
- Coordinated solid waste management activities in both urban and rural communities.
- Led community-based follow-up and support for tuberculosis (TB) patients.
- Conducted health education and promotion activities on disease prevention and control.
- Supervised the distribution of long-lasting insecticidal nets (LLINs) during campaign periods.

RESEARCH PUBLICATIONS

African Critical Illness Outcomes Study (ACIOS) Investigators (2025). The African Critical Illness Outcomes Study (ACIOS): a point prevalence study of critical illness in 22 nations in Africa. *Lancet (London, England)*, 405(10480), 715–724. [https://doi.org/10.1016/S0140-6736\(24\)02846-0](https://doi.org/10.1016/S0140-6736(24)02846-0)

Auma, I., Nabaweesi, D., Orech, S., Alege, J. B., & Komakech, A. (2023). Determinants of male involvement in antenatal care at Palabek Refugee Settlement, Lamwo district, Northern Uganda. *BMC pregnancy and childbirth*, 23(1), 325. <https://doi.org/10.1186/s12884-023-05617-2>

Maurice, M. R., Sam, O., Francis, O., Proscovia, N., Nankafu, B., Uside, K. A., & Yovani A Moses, L. (2025). Estimating the catastrophic and impoverishing health expenditure risk among malnourished under-five children in Uganda: secondary analysis of national panel data. *Journal of health, population, and nutrition*, 44(1), 371. <https://doi.org/10.1186/s41043-025-01098-5>

Orech, S., et al., *Prevalence of Malaria and Associated Factors among Children under 5 Years Following Mass Net Campaigns and Indoor Residual Spraying in Amolatar District-Northern Uganda: Cross-Sectional Study*. 2024. <https://doi.org/10.21203/rs.3.rs-4014304>

Okolimong, C., Walekula, E., Orech, S., Okia, D., Mukunya, D., & Olupot-Olupot, P. (2026). Association of diarrheal disease with solid waste management practices and perceptions among residents of industrial division in Mbale City: a cross sectional study. *BMC public health*, 26(1), 795. <https://doi.org/10.1186/s12889-026-26463-9>

Orech, S., Mine, M. R., Okello, F., Nabachenje, P., Nankafu, B., Uside, K. A., & Lubaale, Y. M. (2026). Under-Five Undernutrition Prevalence, Its Inequality, Associated Socio-Economic and Demographic Factors in Uganda: Secondary Analysis of 2019/2020 National Panel Data. *Nutrition and metabolic insights*, 19, 11786388261426548. <https://doi.org/10.1177/11786388261426548>

Orech, S., Adyero, C., Okolimong, C., Ajwang, E., & Akello, R. A. (2026). Management and disposal of polythene bag waste among urban households in Lira City: a cross sectional survey. *BMC public health*, 10.1186/s12889-026-27146-1. Advance online publication. <https://doi.org/10.1186/s12889-026-27146-1>

Chelangat, S. C., Nakawuki, A., Orech, S., Oboth, P., Nekaka, R., Iramiot, J. S., Mbwali, I., Chalo, R. N., Eputai, J., Adongo, P. R., Ssenyonga, L. V. N., & Olowo, S. (2026). Facilitators and barriers to adherence to severe malaria treatment guidelines in children at Mbale Regional Referral Hospital, Uganda: a health workers' perspective. *Malaria journal*, 10.1186/s12936-026-05834-y. Advance online publication. <https://doi.org/10.1186/s12936-026-05834-y>

GRADUATE STUDENT'S SUPERVISION – MASTER

a) Ongoing

Akello Eunice: Lived experiences, facilitators and barriers to help-seeking among intimate partner violence survivors in Amuru District, a qualitative cross-sectional study

UNDERGRADUATE STUDENTS' SUPERVISION

b) Ongoing

Mukhokosi Janet: Prevalence and Influencing Factors to Malnutrition among Children 5-17 Years with Sickle Cell Disease in Eastern Uganda

Womakuyu Gideon: Effect of Antenatal Care and Institutional Delivery on Exclusive Breastfeeding Practice and Knowledge among Mothers Attending Health Facilities in Mbale City, Eastern Uganda

Nandyose Joan: Factors Influencing the Utilization of Hydroxyurea Therapy among Adolescents with Sickle Cell Disease at Mbale Regional Referral Hospital

HOBBIES

Reading & writing inspirational work, listening to gospels, and adventure

REFEREEES

<p>Assoc. Prof. David Mukunya Head of Department Public Health, Faculty of Health Sciences-Busitema University Email: zebdaavid@gmail.com Tel: +25670066111</p>	<p>Prof. Peter Olupot-Olupot Executive Director MCRI, Professor Department of Public Health, FHS, Busitema University Email: polupotolupot@yahoo.com Tel: +256772457217</p>	<p>Dr. Esther Osir Examination Officer, School of Health Sciences Regional Coordinator – ENGAGE Project, JOOUST Jaramogi Oginga Odinga University of Science and Technology Email: eosir@joust.ke Tel: +254 (720) 460054</p>
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DECLARATION

I, the undersigned certify that to the best of my knowledge and belief, this data correctly describes my qualifications and experiences.



Orech Sam – Ph.D. (C)
Senior Graduate Fellow