



**UNIVERSITY OF NAIROBI
COLLEGE OF HEALTH SCIENCES**

**OFFICE OF THE ASSOCIATE DEAN – PRECLINICAL SCIENCES
SOFT SKILLS TRAINING FOR 1ST YEAR STUDENTS CHS**

WEEK	DATE & TIME	DEPARTMENT(S) AFFECTED	SOFT SKILL THEME	TOPICS	FACILITATOR	PANELISTS
WEEK 4	FRIDAY 16 TH OCT, 2015 2:00 - 4:00PM	HUMAN ANATOMY	SURVIVING 1 ST YEAR	<ul style="list-style-type: none"> Resilience, flexibility and adaptability; Transitioning from high school to a new academic environment; Adaptation to the medical curriculum; Creating new relationships; Learning new study habits; Grades are important but there is more 	Prof. Saidi	Prof. Were Dr. Gikenye Prof. A. Amayo
WEEK 6	MONDAY 26 TH OCT, 2015 8:00 - 10:00AM	MEDICAL PHYSIOLOGY & PSCYCHIATRY	SELF-IMPROVEMENT AND LIFE-LONG LEARNING	<ul style="list-style-type: none"> How does a medic learn? Goal setting; Personal and social skills for adaptive interpersonal behaviors; Emotional intelligence; Self-awareness; Coping with negative emotions and stressors; Handling criticism 	Dr. Mandela	Prof. E. Obimbo Dr. Butt Dr. Githaiga
WEEK 8	MONDAY 9 TH NOV, 2015 11:00AM - 1:00PM	BIOCHEMISTRY	PROFESSIONAL SOCIALIZATION AND ATTITUDES	<ul style="list-style-type: none"> What kind of a social life should a medic have? Empathy with others; Being responsible for the attitudes you choose; Fighting fear; Managing time 	Dr. Odula	Dr. Kaisha Prof. Z. Qureshi Prof. Ilako
WEEK 10	MON - FRI 23 RD NOV, 2015 - 27 TH NOV, 2015	ALL DEPARTMENTS	MID-SEMESTER ONE EXAMINATIONS			

Prepared by:

Approved by:

Date:/...../.....

Dr. Beda Olabu

Prof. Hassan Saidi
Associate Dean



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WEEK 12	FRIDAY 11 TH DEC, 2015 2:00 - 4:00PM	HUMAN ANATOMY	PROBLEM SOLVING & CRITICAL THINKING	<ul style="list-style-type: none"> • Creativity; • Reading culture; • Reflection; • Becoming 'learned' 	Dr. Ndung'u	Prof. Wainaina Prof. Mwangi Prof. Anzala
21 ST DEC, 2015 - 8 TH JAN, 2016			CHRISTMAS BREAK (3 WEEKS)			
WEEK 14	MONDAY 11 TH JAN, 2016 8:00 - 10:00AM	MEDICAL PHYSIOLOGY & PSCYCHIATRY	STUDENT-STUDENT INTERACTION SKILLS	<ul style="list-style-type: none"> • Bedside manners; • Listening • Finesse; • Humility; • Discipline; • Stewardship of your time and knowledge 	Dr. Kinyari	Prof. Ngumi Prof. Otieno Prof. Malek
WEEK 16	MONDAY 25 TH JAN, 2016 11:00AM - 1:00PM	BIOCHEMISTRY	'NEW MODEL' DOCTOR	<ul style="list-style-type: none"> • Should the doctor serve as psychologist, advisor, counsellor, manager, communicator etc.? • The five star doctor; • Commitment to the cause; • Consistency in performance 	Dr. Din	Prof. Kuria Dr. Maritim Prof. Ogendero
WEEK 18	MON - FRI 8 TH FEB, 2016 - 12 TH FEB, 2016	ALL DEPARTMENTS	END OF SEMESTER ONE EXAMINATIONS			

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WEEK 20	FRIDAY 26 TH FEB, 2016 2:00 - 4:00PM	HUMAN ANATOMY	PATIENT-CENTRED COMMUNICATION SKILLS	<ul style="list-style-type: none"> • Breaking bad news; • Dealing with difficult patients; • Clarity of expression/communication • Attentive listening • Empathy and compassion 	Dr. Pulei	Dr. Chokwe Prof. Bhatt Prof. Wasunna
WEEK 22	MONDAY 7 TH FEB, 2016 8:00 - 10:00AM	MEDICAL PHYSIOLOGY & PSCYCHIATRY	THE ART AND HUMANISM OF MEDICINE	<ul style="list-style-type: none"> • Mastering patient service skills; • Importance of humanistic values to modern physicians; • Physician inappropriate and insensitive behavior; • Focus on patient; • The patient's poem 	Dr. Kigamwa	Prof. Ogolla Prof. Raja Dr. Baraza
WEEK 24	MONDAY 21 ST MAR, 2016 11:00AM - 1:00PM	BIOCHEMISTRY	THE TEAM SPIRIT	<ul style="list-style-type: none"> • Developing effective management and communication skills; • Excellence in team dynamics; • Comfort with ambiguity; • Community service and altruism 	Prof. Nguu	Prof. Gathece Dr. Ayah Dr. Ojuka
WEEK 26	MON - FRI 4 TH APR, 2016 - 8 TH APR, 2016	ALL DEPARTMENTS	MID-SEMESTER TWO EXAMINATIONS			

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WEEK 28	FRIDAY 16 TH OCT, 2015 2:00 - 4:00PM	HUMAN ANATOMY	ETHICS AND BEHAVIOUR	<ul style="list-style-type: none"> • Work ethic and dedication; • When we are wrong! ; • Intellect, energy or integrity? ; • The medical culture & patient advocacy - language, sleepless nights, life-death situations; • Strong bed side manners 	Prof. Gichangi	Prof. Mulimba Prof. Magoha Prof. Thairu
WEEK 30	MONDAY 26 TH OCT, 2015 8:00 - 10:00AM	MEDICAL PHYSIOLOGY & PSCYCHIATRY	THE IMPAIRED PHYSICIAN	<ul style="list-style-type: none"> • How do you handle stress - alcohol dependence, relationships, smoking etc; • Dysfunctional personalities; • Meaning/human connection beyond work? 	Dr. Obimbo	Dr. Mathai Dr. Mulindi Prof. Guantai
WEEK 32	MONDAY 9 TH NOV, 2015 11:00AM - 1:00PM	BIOCHEMISTRY	IMAGE OF A DOCTOR	<ul style="list-style-type: none"> • Is there an image of a doctor? • Defining social standards for doctors; • Beacon of hope/excellence versus conflicted/tortured but talented individuals; • Rarely good but always talented people? ; • Grooming and dressing 	Dr. Odula	Dr. Abdalla Prof. Adwok Prof. Ogengo Dr. Bukachi
WEEK 34 - 36	MON - FRI 23 RD NOV, 2015 - 27 TH NOV, 2015	ALL DEPARTMENTS	END OF YEAR EXAMINATIONS			

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