

Curriculum Vitae



Bernard Omech, MD.

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A. Summary

Dr. Bernard Omech is a physician, public health expert, and implementation researcher with over 24 years of medical practice in Uganda and Botswana. He is currently the Acting Director of Graduate Training and Research at Lira University and serves as the Centre Coordinator for the university's Sexual and Reproductive Health and Rights (SET-SRHR) Center.

Dr. Omech obtained his Bachelor of Medicine and Surgery (MBChB) and Master of Medicine in Internal Medicine (M.Med) from Makerere University in 2000 and 2009, respectively. He further specialized in public and international health development, earning a Master of Science from the Royal Tropical Institute in Amsterdam. His career spans clinical practice, academia, and health systems research, including roles as a medical officer at Pope John's Hospital Aber, an internist and lecturer at Kampala International University, and an expatriate faculty member at the University of Botswana (2012–2016).

Dr. Omech's research is dedicated to improving the management of chronic non-communicable diseases (NCDs) and strengthening primary healthcare systems in Sub-Saharan Africa. His work addresses the intersection of diabetes, cardiovascular diseases, mental health, maternal and child health, and infectious diseases such as HIV/AIDS.

He has led and collaborated on multiple large-scale health initiatives, including:

CHASE Poverty and Hunger Project (2020–2023): A multi-sectoral agriculture and nutrition initiative co-funded by the European Union (EUR 5.16 million), implemented in partnership with the National Agricultural Research Organization (NARO). This project expanded universal health coverage by integrating adolescent-friendly family planning services across eight districts in Northern Uganda.

CAFFP-PAC Project (Ongoing): Principal Investigator for the "Enhancing Adolescents' Sexual and Reproductive Health in Northern Uganda" project, funded by IDRC, Global Affairs Canada, and CIHR (CAD 1.2 million). This initiative employs a citizen science, gender-transformative approach to improving adolescent SRH access in underserved communities.

M-CARE Project & PhD Research (Ongoing): As a Co-Principal Investigator and doctoral researcher at the University of Amsterdam, Dr. Omech is leading the Ugandan site-Implementation of an Integrated Care Model for Patients with Multiple Cardiometabolic and Mental Health Conditions in Sub-Saharan Africa. This project seeks to enhance the delivery of chronic disease care at the primary healthcare level, addressing the growing burden of multiple long-term conditions in resource-limited settings.

B. EDUCATION

INSTITUTION AND LOCATION	DEGREE (if applicable)	Completion Date MM/YYYY	FIELD OF STUDY
1. Makerere University, Kampala	M.B.Ch.B	05/2000	General Medicine and Surgery
2. Makerere University, Kampala	M. Med	05/2009	Internal Medicine
3. Royal Tropical Institutes, Amsterdam	M.P.H	08/2018	Public Health and Health policy and Management
Doctoral Researcher	University of Amstrerdam	Ongoing	Chronic Disease Care in Sub-saharan Africa

C. Positions, Scientific Appointments, and Honors

Positions

2024-present: Associate Professor Of medicine and Acting Chief of Graduate Training and research

2019 to present: Senior Lecturer, Acting Chief of Directorate of Graduate Training and Research

2012-2016: Lecturer/Consultant Physician , University of Botswana/Princess Marina

2009-2011: Lecturer, Chair of Internal Medicine , Kampala International University , Western campus , Bushenyi, Uganda

2005-2009: Resident, Internal Medicine, College of health Sciences, Makerere University

2001-2005: Medical Officer/Medical Superitendent , Pope Johns Hospital Aber, Oyam District

2000-2001 : Intern Doctor; Lacor Hospital/Mulago National Referral Hospital

Scientific Appointments

2023: Consultant: End of Term project on nutrition governance in Northern Uganda for UNICEF-Uganda

2020: Site Trainer of Fellow of the East, Central and Southern Africa College of physicians (ECSACOP), Lira University.

2018: Members of the East African Diabetes Study Group (EADSG)

2018: Member of International AIDS Society

2008: Member of Association of Uganda Physician

2011-2012: Consultant: Refresher training of South Sudanese Medical corps

Honors, grants awards, Fellowships

2023: Travel Grants to EADSG congress- Dares Salam, Tanzania

2023: Award for the best Abstract of the 15 Annual International conference of Diabetes and Cardiovascular diseases(D&CVD) at Tel Aviv, Israel.

2007/8: NIH-Forgarty International Clinical Research Scholars- Fellowship (FICRS-F) awards
2014: PI- Awarded Two years research grants; Diabetes Outpatients screening in Botswana.

2019: Co-PI CHASE POVERTY AND HUNGER: Diversifying Food Systems for Food and Nutrition Security, Poverty Reduction and Inclusive Development in Northern Uganda.

Ongoing Research project

1. Enhancing Integration of Adolescent Family Planning and Post-Abortion Care in Northern Uganda: A Citizen Science, Gender-Transformative Approach (CAFFP-PAC).
2. Implementation of an Integrated Care Model for Patients with Multiple Cardiometabolic and Mental Health Conditions in Sub-Saharan African(M-CARE)

List of Masters Theses/dissertation supervised between 2022-2024

1. Ssewanyana Jimmy; **Omech Bernard**, Okello Nelson (2023). Prevalence and Risk Factors for Multi-Drug Resistant Tuberculosis at LRRH in Lango Sub-Region Northern Uganda: A Cross-Sectional study.
2. Augustine, Ongoli; **Bernard, Omech** ,Francis, Kiweewa(2023). Mortality and Associated Factors Among Hospitalized COVID 19 Patient in Lira Regional Referral Hospital
3. Abor, Daniel; Opio, Bosco, **Omech, Bernard**(2023). Outcomes and Factors associated with Multi-Drug Resistant Tuberculosis (MDR-TB) among Tuberculosis Patients attending Lira Regional Referral Hospital
4. Ayoo, Christine; **Omech, Bernard** ,Opio, Bosco (2022). Retention and associated factors among HIV patients enrolled on ART through Assisted Partner Notification Services at Lira Regional Referral Hospital
5. Odongo, Dickens;**Omech, Bernard**, Acanga, Alfred (2022). Cost-Effectiveness Analysis of adding Tuberculosis Household Contact Investigation on Passive Case Finding Strategy in South Western Uganda
6. Oyella, Linda Mary; **Omech, Bernard** Ojuka, Edward(2022) Effects of Covid-19 On Utilization of Adolescent and Youth Friendly Health Services in Lira District.
7. Eluk, Job; **Omech, Bernard** ,Akello, Anne Ruth (2022) .Uptake of Integrated Community Case Management and Associated Factors Among Caregivers of Children Under Five Years in Apac District
8. Atala, Jenifer; **Omech, Bernard** ,Obura, Bonniface (2022) .Adherence to Benzathine Prophylaxis Among Rheumatic Fever and Rheumatic Heart Disease Patients Attending Outpatient Clinic at Lira Regional Referral Hospital
9. Emina, Godfrey; Omech, Bernard Puleh, Sean Steven (2022). Risk Factors for Maternal Anemia Among Women Attending Antenatal Care in Moroto Regional Referral Hospital. Case-Control Study
10. Harriet Sarah Acio; Freda Amito Oceng, **Bernard Omech** (2022). Prevalence and Determinants of asymptomatic malaria among pregnant women attending primary health care services in Lira district/ Lira City, Northern Uganda: a facility-based cross-sectional survey.

List of publications in peer review Journals

2025

1. Kigongo, E., Ekungu, E., Edmonton, A., Auma, A. G., Ongom, M. C., Samson, U., ... & **Omech, B.** (2025). Bridging Participation Gaps: A Community-Led Inception for Integrating Comprehensive Adolescent-Friendly Family Planning and Post-Abortion Care (CAFFP-PAC) into Primary Healthcare Facilities in Northern Uganda. *Open Access Journal of Contraception*, 81-96.

2024

2. Eustes Kigongo, Raymond Tumwesigye, Maxson Kenneth Anyolitho, Marvin Musinguzi, Gad

Kwizera, Everlyne Achan, Caroline Kambugu Nabasiye, Samson Udho, Amir Kabunga, **Bernard Omech** "Access to family planning services and associated factors among young people in Lira city northern Uganda" in press

3. Kennedy Amone P'Olak, Jane Namusoke, Carol Chosen, Henri kibedi, Nathan Joseph Ssenyonga, **Bernard Omech**. "The Mediating role of Self-control on the relations between Adverse Childhood Experiences and Substance Use among Adolescents in Uganda", DOI: 10.3389/fpsyg.2024.1297565-in Press

2023

4. Odongo, Dickens, **Bernard Omech**, and Alfred Acanga. "Cost-effectiveness analysis of adding tuberculosis household contact investigation on passive case-finding strategy in Southwestern Uganda." *Plos one* 18, no. 12 (2023): e0288761
5. Mary Gorreth Nakate; **Bernard Omech**; Catherine Kwagala; Irene Gimbo; Augustine Bulitya; Julius Kyeswa; Enoch Katwere; Amir Kabunga; Samson Udho. Factors Influencing the Status of Adherence to Second Clinic Visit Among Clients Newly Diagnosed with HIV in Northern Uganda: A Mixed-Methods Study. *HIV/AIDS - Research and Palliative Care*. 2023-04. Doi: 10.2147/HIV.S405492
6. Kennedy Amone-P'Olak; Adrian Ivan Kakinda; Henry Kibedi; **Bernard Omech**. Barriers to treatment and care for depression among the youth in Uganda: The role of mental health literacy. *Frontiers in Public Health* i. 2023-03-02. Doi: 10.3389/fpubh.2023.1054918

2022

7. Musinguzi M, Kumakech E, Auma AG, Akello RA, Kigongo E, Tumwesigye R, Opio B, Kabunga A, **Omech B**. Prevalence and correlates of teenage pregnancy among in-school teenagers during the COVID-19 pandemic in Hoima district western Uganda- A cross sectional community-based study. *PLOS ONE* 2022 Dec 16;17(12):e0278772. Doi: 10.1371/journal.pone.0278772. PMID: 36525426; PMCID: PMC9757589.
8. Amone-P'Olak K, **Omech B**, Kakinda AI, et al. Echoes of the past: prevalence and correlates of PTSD among formerly abducted youths in northern Uganda: findings from the WAYS study. *General Psychiatry* 2022;35:e100840. Doi: 10.1136/gpsych2022-100840

2021

9. Christa Slaughter, Pamela Madu, Aileen Y. Chang, Victoria L. Williams, Masego B. Kebaetse, Oathokwa Nkomazana, Onkabetse Julia Molefe Baikai, Negussie A. Bekele, **Bernard Omech**, Philip J. Kellman, Sally Krasne, and Carrie L. Kovarik. Novel Education Modules Addressing the Underrepresentation of Skin of Color in Dermatology Training. *Journal of Cutaneous Medicine and Surgery*. 00(0) 1–8 Doi: [10.1177/12034754211035093](https://doi.org/10.1177/12034754211035093)

2020

10. Bearden DR, **Omech B**, Rulaganyang I, Sesay SO, Kolson DL, Kasner SE, Mullene MT. Stroke and HIV in Botswana: A prospective study of risk factors and outcomes. *Journal of the Neurological Sciences*. 2020 March; 413((2020)).
Doi: [10.1016/j.jns.2020.116806](https://doi.org/10.1016/j.jns.2020.116806)
 11. Amone-P'Olak K, Chilunga , **Omech B**, Opondo PR. Knowledge of alcohol disease links and socio-demographic factors as predictors of support for alcohol-related policies among university students in Botswana. *Drugs Education Prevention and Policy*. 2019 September;
Doi: [10.1080/09687637.2019.1664994](https://doi.org/10.1080/09687637.2019.1664994).
 12. Mwita JC, Francis JM, **Omech B**, Botsile E, Oyewo A, Mokgwathi M, Molefe-Baikai OJ, Godman B, Tshikuka JG. Glycaemic, blood pressure and low-density lipoprotein-cholesterol control among patients with diabetes mellitus in a specialised clinic in Botswana: a cross-sectional study. *BMJ Open*. 2019 Jul 23;9(7): e026807.
Doi: [10.1136/bmjopen-2018-026807](https://doi.org/10.1136/bmjopen-2018-026807). 2018
 13. Madu PN, Williams VL, Noe MH, **Omech B**, Kovarik CL, Wanat KA. Autoimmune skin disease among dermatology outpatients in Botswana: a retrospective review. *Int J Dermatol*. 2019 Jan;58(1):50-53.
Doi: [10.1111/ijd.14201](https://doi.org/10.1111/ijd.14201).
 14. Amone-P'Olak K, **Omech B**. Coping with post-war mental health problems among survivors of violence in Northern Uganda: Findings from the WAYS study. *Journal of Health Psychology* 2018 May 1;:1359105318775185. Doi: [10.1177/1359105318775185](https://doi.org/10.1177/1359105318775185).
 15. P'Olak KA, **Omech B**. Predictors of Somatic Symptomatology in War Affected Youth in Northern Uganda: Findings from the WAYS Study. *Psychological studies* , 182–190 (2020). <https://doi.org/10.1007/s12646-020-020-020-0>
 16. Mwita JC, Magafu MGD, **Omech B**, Dewhurst MJ, Mashalla Y. Anaemia, renal dysfunction and in-hospital outcomes in patients with heart failure in Botswana. *South African Medical Journal*. 2017 Dec 13;108(1):56-60. Doi: [10.7196/SAMJ.2017.v108i1.12686](https://doi.org/10.7196/SAMJ.2017.v108i1.12686).
 17. Mwita JC, Mgaywa MG, **Omech B**, Tsimba B, Dewhurst MJ, Goepamang M, Mashalla Y. Undiagnosed and diagnosed diabetes mellitus among hospitalised acute heart failure patients in Botswana. *SAGE Open Medicine*. 2017 September; 5:1-5. Doi: [10.1177/2050312117731473](https://doi.org/10.1177/2050312117731473).
 18. **Omech B**, Tshikuka J, Amone KP, Mwita JC, Tsimba B, Nkomazana O. The Utilization of HbA1c test in the screening and diagnosis of type 2 diabetes mellitus : An outpatient clinics survey in Botswana. *Journal of Diabetes and Endocrinology*. 2017 January; 8(1):1-8. Doi: [10.5897/JDE2016.0102](https://doi.org/10.5897/JDE2016.0102).
- 2016**
19. Mwita JC, Dewhurst MJ, Magafu MG, Goepamang M, **Omech B**, Majuta KL, Gaenamang M, Palai TB, Mosepele M, Mashalla Y. Presentation and mortality of patients hospitalised with acute heart failure in Botswana. *Cardiovascular journal of Africa*. 2017 Mar/Apr 23;28(2):112-117. Doi: [10.5830/CVJA-2016067](https://doi.org/10.5830/CVJA-2016067).

20. **Omech B**, Mwita JC, Tshikuka JG, Tsima B, Nkomazna O, Amone-P'Olak. K. Validity of the Finnish Diabetes Risk Score for Detecting Undiagnosed Type 2 Diabetes among General Medical Outpatients in Botswana. *Journal of Diabetes Research*. 2016;2016:4968350. Doi: [10.1155/2016/4968350](https://doi.org/10.1155/2016/4968350).

21. **Omech B**, Tshikuka JG, Mwita JC, Tsima B, Nkomazana O, Amone-P'Olak.K. Prevalence and determinants of metabolic syndrome: a cross-sectional survey of general medical outpatient clinics using National Cholesterol Education Program-Adult Treatment Panel III criteria in Botswana. *Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy*. 2016;9:273-9. Doi: [10.2147/DMSO.S109007](https://doi.org/10.2147/DMSO.S109007).

2015

22. Mwita JC, **Omech B**, Siamisang K. A case of Shapiro's Syndrome in African young man. *Case reports in Internal Medicine*. 2015 April; Vol.2.(No.2):72. Doi: [10.5430/crim.v2n2p72](https://doi.org/10.5430/crim.v2n2p72).

2012

23. **Omech B**, Sempa J, Castelnuovo B, Opio K, Otim M, Mayanja-Kizza H, Colebunders R, Manabe YC. Prevalence of HIV-Associated Metabolic Abnormalities among Patients Taking First-Line Antiretroviral Therapy in Uganda. *International Scholarly Research Notices(ISRN) AIDS*. 2012; 2012:960178. Doi:[10.5402/2012/960178](https://doi.org/10.5402/2012/960178).

Complete List of Published Work is found in <https://orcid.org/0000-0002-3087-736X>