



THE UNIVERSITY
of NORTH CAROLINA
at CHAPEL HILL

My global health career (so far) & lessons learned

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GloCal Career Development Series

Outline

- Background and motivations
- Education & training
- Grant writing & funding
- Lessons learned & sacrifices
- Questions

- No financial disclosures
- My positionality/perspective: immigrant lens, American resident & now citizen

Key lessons

Start with your why: “He who has a strong why (to live) can endure almost any how.”
F. Nietzsche

“This (global health) is a writing business:” learn to write, and write, write,
write...

Research is (like) a small business: Invest in yourself – coaching, read widely,
leadership & management training etc.

Embrace specificity (focus) of research area: stay narrow & go deep

Sacrifices along the way: no free lunch

Your weakness is your superpower

My Journey

- Born in Kitale, Kenya
- Kitale Academy primary school
- Kenya High School (national high school)
- UCSF Medical School (2008-2013): UCSF/FACES program
- Doris Duke International Research Fellow (2011-2012): seeds of research planted
- Master of Public Health (2013-2014)*
- Obstetrics and Gynecology residency (2014-2018): hardest time
- GloCal/TAPS global health fellowship (2018-2021)**
- Assistant Professor: K12 scholar (increasingly recognized researcher)



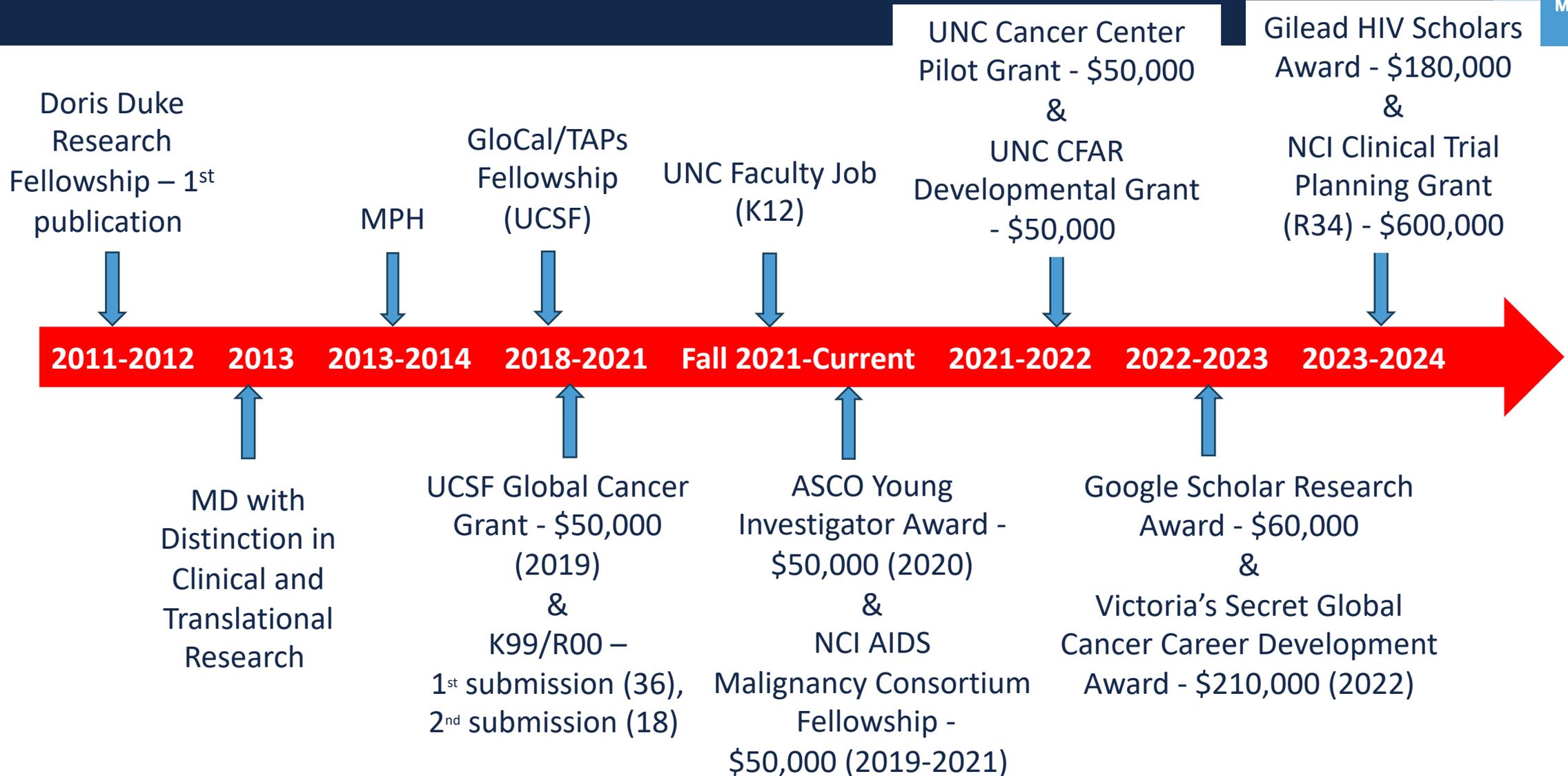
Start with your 'Why'

- “He who has a strong why (to live) can endure almost any how.” F. Nietzsche
- "The world needs your light, do what sets your heart on fire"
- “Your journey will be unique and with many ups and downs...it is your **resiliency** that will dictate how far you will go.” Andrew Campbell (UCSF)

Driven by deep desire to improve the health and lives of African women



My career & funding journey (so far)



Publications

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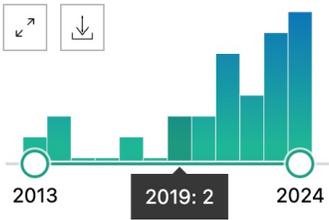
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RESULTS BY YEAR



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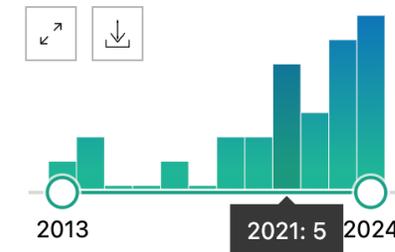
1 [Cite](#) [Share](#)
"ARVs is for HIV and cream is for HPV or precancer:" Women's Perceptions and Perceived Acceptability of Self-Administered Topical Therapies for Cervical Precancer Treatment: A Qualitative Study from Kenya.
Mungo C, Kachoria AG, Adoyo E, Zulu G, Goraya SK, Omoto J, Osongo C, Ferrari RM.
medRxiv [Preprint]. 2024 Mar 13:2024.03.11.24304083. doi: 10.1101/2024.03.11.24304083.
PMID: 38559146 **Free PMC article.** Preprint.

2 [Cite](#) [Share](#)
"There is nothing that can prevent me from supporting her:" men's perspectives on their involvement and support of women's use of topical therapy for cervical precancer treatment in Kenya.
Mungo C, Adewumi K, Adoyo E, Zulu G, Goraya SK, Ogollah C, Omoto J, Ferrari RM, Rahangdale L.
Front Oncol. 2024 Mar 12;14:1360337. doi: 10.3389/fonc.2024.1360337. eCollection 2024.
PMID: 38532929 **Free PMC article.**

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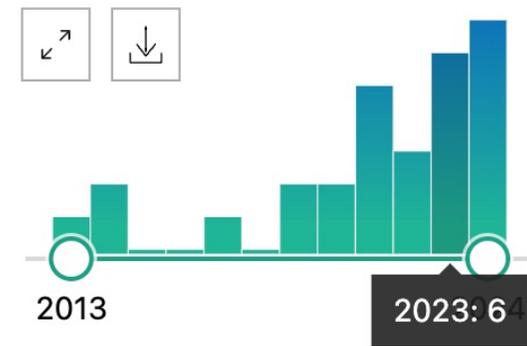
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RESULTS BY YEAR



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RESULTS BY YEAR



“This (global health) is a writing business:” learn to write, and write, write, write...

- prioritize writing over conferences, networking, travel, even clinical work.. It is the currency
- you can do more later when more established, successful
- persistence is key: publications, grants. ‘fall forward’
- read widely

Research is (like) a small business: Invest in yourself – career coaching, read widely, leadership training, etc.

- ‘successful researchers are made, not born’
- comes at a \$\$ cost, especially for physicians
- fellowship/writing courses/conferences (investment)
- learn how to lead people and teams: you need a team to succeed
- Books on writing, building habits, productivity
- Learn how to manage \$ (and risk). Be comfortable with risk (your why)

What I am still learning

- Writing efficiently
- Building a team
- Collaborations
- Philanthropy fundraising
- Balance

In Summary

- **Start with your why**
- **“This is a writing business”** write, write, write...
- **Research is (like) a small business:** Invest in yourself – coaching, read widely, leadership & management training, etc
- **Embrace specificity** (focus) of research area: stay narrow & go deep
- Your ‘weakness’ is your **superpower**



Source: Reuters (2022)¹¹

**“I am not telling you it’s going to be easy - I am telling you it’s going to be worth it.”
- Art Williams**



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