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A. Biography

Beatrice Odongkara is a remarkable and determined woman who hails from northern Uganda, a region plagued by conflicts during her upbringing. Despite facing adversity, she displayed resilience and a strong work ethic. Due to the insecurity prevailing at the time, Beatrice initially had to abandon her education. However, she was granted a second chance when her father ensured their safety in Kampala, Uganda's capital.

Beatrice's academic journey led her to earn a Bachelor of Medicine and Bachelor of Surgery (MBChB-2003) as well as a Masters of Medicine in Paediatrics and Child Health (MMed. Paed - 2009) of Makerere University. Building upon her qualifications, she pursued further specialization in Paediatric Endocrinology and Diabetology, earning her credentials in 2012 through a scholarship provided by the European Society for Paediatrics Endocrinology (ESPE) at the Paediatric Endocrinology Training Centre for Africa (PETCA) in Nairobi.

Since 2004, Beatrice has been a valued member of the staff at Gulu University's Faculty of Medicine, where she has steadily risen through the ranks to the position of Senior Lecturer and Head of the Department of Paediatrics and Child Health. Additionally, she was fortunate to receive funding from the Norwegian Higher Education (NORHED) funds. This support enabled her successful defense of a joint PhD program between the University of Bergen and Makerere University. The title of her doctoral thesis, "Small Newborns in Post-Conflict Northern Uganda: Burden and Intervention for Improved Outcomes," was defended on 21st March 2023.

Within her PhD research, Beatrice designed and implemented a groundbreaking cluster randomized trial that evaluated the impact of the American Association of Pediatrics (AAP)'s helping babies breathe (HBB) training with video-debriefing. The trial focused on enhancing healthcare workers' competency in caring for newborns during the critical early stages of life.

Over the years, Beatrice has acquired valuable expertise through training programs, including the IMAI/IMCI course conducted by the World Health Organization (WHO) in 2008. She utilized this competence to train and expand Paediatric HIV care and support across the greater Northern Districts of Acholi from 2008 onwards. Furthermore, Beatrice established the Paediatric Diabetes clinic at Gulu University and currently acts as a mentor for the first diabetes nurse educator in Uganda trained by ISPAD and the University of Birmingham at the African Diabetes Educators Training Center for Africa (ADECA) in Arusha.

Beyond her local contributions, Beatrice serves as a mentor for two significant Type 1 Diabetes Clinics at Arua and Lira Regional Referral Hospitals in Northern Uganda. Additionally, she is involved in a Kangaroo Mother Care (KMC) program in the West Nile Region under AVSI – Uganda. Her passion for her field extends to her involvement as the immediate past Vice President of the African Society for Paediatric Endocrinology (ESPE) and her participation in the working group responsible for developing the first African diabetes ketoacidosis guidelines.

In recognition of her expertise, Beatrice authored a book chapter on emergency procedures in resource-limited settings. The chapter was part of a publication edited by her colleagues, Professors Tina Slusher, Asley Bjorklund, and Emily Danich from the University of Minnesota (UoM). Furthermore, she had the privilege of undertaking a three-month observership at the University of Minnesota's Center of Excellence for Paediatric Diabetes Care in 2014, under the guidance of Prof Toni Moran.

Beatrice's contributions extend beyond her immediate surroundings. She has collaborated with esteemed researchers such as Prof Tina Slusher, Prof Steve Schiff, and other global health.

B. Curriculum Vitae

ACADEMIC ATTAINMENT

PhD (*defended 21st March 2023*) University of Bergen (UiB) and Makerere University (Joint PhD Program)

PETCA/ESPE 2011-2012: Paediatric Endocrinology & Diabetes Fellowship

Makerere University, 2005-2008: MMED PEAD.

Makerere University, 1998-2003: MBChB

WORKING EXPERIENCES

1. PhD Student under NORHED Survival Plus Project at UiB and Makerere University 2017 to date
2. Vice President for African Society for Paediatric and Adolescent Endocrinology March 2020-March 2022.
3. Researcher and supervisor of graduate and undergraduate research
4. Paediatric Endocrinologist & Diabetologist
5. Lecturer Department of paediatrics & child health Gulu University
6. Paediatrician Gulu National Referral Hospital
7. Clinical Training Officer at American Refugee Committee (ARC) 2008-2009
8. National Trainer of Trainers Diabetes in Children and adolescents, IMCI, Nodding Syndrome, Paediatric HIV/AIDs, etc
9. Project Officer Paediatric HIV/AIDS & PMTCT program UNICEF/GUTH
10. Project officer Nutrition program UNICEF/GUTH
11. Consultant to train health workers with in Kitgum, Pader & Gulu District local government, AVSI & Medesins San Frontiers (Northern Uganda)
12. Mentorship on QI and MNCH in northern Uganda
13. Trainer NCD and Regional coordinator
14. Coordinator CDiC and Nodding Syndrome Gulu Regional Referral Hospital
15. Trainer in Nodding Syndrome in Children
16. Training of Trainers Paediatric Diabetes care and growth in practice
17. ADA diabetes camp participant
18. Observership in paediatric endocrinology at University of Minnesota July to September 2014
19. Life for a Child Diabetes Program needs assessment for Somalia as a country 2015
20. Community mobilization, education and sensitization on various health talks through mass media campaigns
21. Mentorship of international students from USA, Europe, Africa (Somalia, etc)
22. Working with traditional healers to train in participatory nature conservation, herbal medicine preparations, and formation of village saving and loans association.
23. Founded an organization for above mentioned in 21 above.

C. RESEARCHES/Publications

1. Odongkara B, Tylleskär T, Pejovic N, Achora V, Mukunya D, Ndeezi G, Tumwine JK, Nankabirwa V. Adding video-debriefing to Helping-Babies-Breathe training enhanced retention of neonatal resuscitation knowledge and skills among health workers in Uganda: a cluster randomized trial. *Glob Health Action*. 2020 Dec 31;13(1):1743496. doi: 10.1080/16549716.2020.1743496. *Glob Health Action*. 2020. PMID: 32524895
2. Anna Agnes Ojok Arach, James K. Tumwine, Noeline Nakasujja, Grace Ndeezi, Juliet Kiguli, David Mukunya, Beatrice Odongkara, Vincentina Achora, Justin B. Tongun, Milton W. Musaba, Agnes Napyo, Thorkild Tylleskar & Victoria Nankabirwa (2021) Perinatal death in Northern

- Uganda: incidence and risk factors in a community-based prospective cohort study, *Global Health Action*, 14:1, 1859823, DOI: 10.1080/16549716.2020.1859823
3. Arach AAO, Nakasujja N, Nankabirwa V, Ndeezi G, Kiguli J, Mukunya D, Beatrice Odongkara, Vincentina Achora , Justin Bruno Tongun, Milton Wamboko Musaba, Agnes Napyo, Vivian Zalwango, Thorkild Tylleskar, James K. Tumwine. (2020) Perinatal death triples the prevalence of postpartum depression among women in Northern Uganda: A community-based cross-sectional study. *PLoS ONE* 15(10): e0240409. <https://doi.org/10.1371/journal.pone.0240409>
 4. Bjorklund AR, Odongkara Mpora B, Steiner ME, Fischer G, Davey CS, Slusher TM. Bjorklund AR, et al. Use of a modified bubble continuous positive airway pressure (bCPAP) device for children in respiratory distress in low- and middle-income countries: a safety study. *Paediatr Int Child Health*. 2019 Aug;39(3):160-167. doi: 10.1080/20469047.2018.1474698. Epub 2018 Jun 18. *Paediatr Int Child Health*. 2019. PMID: 29912645 Free PMC article.
 5. Mukunya D, Nankabirwa V, Ndeezi G, Tumuhamy J, Tongun JB, Kizito S, Napyo A, Achora V, Odongkara B, Arach AA, Tylleskar T, Tumwine JK. Mukunya D, et al. Key Decision Makers and Actors in Selected Newborn Care Practices: A Community-Based Survey in Northern Uganda. *Int J Environ Res Public Health*. 2019 May 16;16(10):1723. doi: 10.3390/ijerph16101723. *Int J Environ Res Public Health*. 2019. PMID: 31100814
 6. Piloya T, Odongkara B, Were EM, Ameda F, Mworozzi E, Laigong P. Piloya T, et al. Nutritional rickets among children admitted with severe pneumonia at Mulago hospital, Uganda: a cross-sectional study. *BMC Pediatr*. 2018 Oct 29;18(1):336. doi: 10.1186/s12887-018-1310-9. *BMC Pediatr*. 2018. PMID: 30373538 Free PMC article.
 7. Mbalinda S, Hjelmstedt A, Nissen E, Odongkara BM, Waiswa P, Svensson K, Mbalinda S, et al. Experience of perceived barriers and enablers of safe uninterrupted skin-to-skin contact during the first hour after birth in Uganda. 2018 Dec; 67:95-102. doi: 10.1016/j.midw.2018.09.009. Epub 2018 Sep 11. *Midwifery*. 2018. PMID: 30286379
 8. Mukunya D, Tumwine JK, Nankabirwa V, Ndeezi G, Odongo I, Tumuhamy J, Tongun JB, Kizito S, Napyo A, Achora V, Odongkara B, Tylleskar T. Mukunya D, et al. Factors associated with delayed initiation of breastfeeding: a survey in Northern Uganda. *Glob Health Action*. 2017;10(1):1410975. doi: 10.1080/16549716.2017.1410975. *Glob Health Action*. 2017. PMID: 29243560 Free PMC article.
 9. Orach CG, Otim G, Apromon JF, Amone R, Okello SA, Odongkara B, Komakech H. Orach CG, et al. Perceptions, attitude and use of family planning services in post conflict Gulu district, northern Uganda. *Confl Health*. 2015 Aug 11;9:24. doi: 10.1186/s13031-015-0050-9. eCollection 2015. *Confl Health*. 2015. PMID: 26265935 Free PMC article.
 10. Kayina V, Kyobe S, Katabazi FA, Kigozi E, Okee M, Odongkara B, Babikako HM, Whalen CC, Joloba ML, Musoke PM, Mupere E. Kayina V, et al. Pertussis prevalence and its determinants among children with persistent cough in urban Uganda. *PLoS One*. 2015 Apr 15;10(4):e0123240. doi: 10.1371/journal.pone.0123240. PMID: 25874411 Free PMC article.
 11. Piloya-Were T, Odongkara-Mpora B, Namusoke H, Idro R. Piloya-Were T, et al. Physical growth, puberty and hormones in adolescents with Nodding Syndrome; a pilot study. *BMC Res Notes*. 2014 Nov 28; 7:858. doi: 10.1186/1756-0500-7-858. *BMC Res Notes*. 2014. PMID: 25430904 Free PMC article.
 12. Christopher Garimoi Orach^{1*}, George Otim², Juliet Faith Apromon³, Richard Amone⁴, Stephen Acellam Okello⁵, Beatrice Odongkara⁶ and Henry Komakech¹ Perceptions, attitude and use of family planning services in post conflict Gulu district, northern Uganda. *Conflict and Health* (2015) 9:24 DOI 10.1186/s13031-015-0050-9

13. Mpora OB, Oliver E, Barbara A, Francis O, Wilfred W, et al. (2014) Glucose Addiction and Glycemic Control in Type 2 Diabetes Mellitus: A Case Report. *Endocrinol Metab Synd* 3:150. doi: 10.4172/2161-1017.1000150.
14. Beatrice OM, Thereza Piloya, Sylvia Awor, Tomas Ngwiri, Paul Laigong, Edison A Mworzi, Ze'ev Hochberg. Age at menarche in relation to nutritional status and critical life events among rural and urban secondary school girls in post-conflict Northern Uganda. *BMC Women's Health* 2014. 14(66): doi:10.1186/1472-6874-14-66
15. BM Odongkara, S Kiguli, MA Edison. Factors influencing replacement feeding practices among HIV positive mothers in attending PMTCT program at Gulu and Lacor hospitals. *JPID* 2013.8(1):7-17.
16. Ente C, BM Odongkara, et al. Health workers' perception of patient safety in Africa. *IJSRM* 2012. 24(2):103-113
17. DL Kitara, BM Odongkara, DA Anywar, et al. Domestic Violence in post conflict northern Uganda. *East and Central African Journal of Surgery* 2012. 17(1)