

## CHS hosts 2015 CME Africa Tour



[University of Nairobi](#) College of Health Sciences was privileged to host the 2015 Continuing Medical Education (CME) Africa Tour on 22<sup>nd</sup> September, 2015.

The event, which was held at CHS Lecture Theatre III, was sponsored by Excellence in Medical Education (EXCEMED) together with other partners.

Participants at the event, among them medical practitioners and students, were taken through a CME course titled: Clinical Chronic Diseases Management – Diabetes and Hypertension.

The live educational course was aimed at providing the medics with the necessary information and training on preventing diabetes and hypertension, which are growing epidemics in most African countries.

Hypertension and its sequelae were explored in detail, including its diagnosis, the potential end-organ damage such as CHD and peripheral vascular disease, and the possible treatment modalities and their effects.

Diabetes was also a major focus and teaching included aetiology, complications and treatment options.

Participants were able to learn more about the interaction between diabetes, dyslipidemia and hypertension and the importance of multiple interventions in their management.