Charles Kubondo Shiraku

📞 +254 720 997 331 / +254 780 997 331 | ✉️ charleshiraku@outlook.com
📍 Nairobi, Kenya | 🌐 Available for Remote & Freelance Opportunities

---

Professional Summary

Dedicated researcher and passionate writer with a multidisciplinary background in **health sciences, nutrition, social work, and technology**. Proven experience in **academic writing, health blogging, research, and clinical nursing**. Skilled in translating complex health and nutrition concepts into accessible content for diverse audiences. A lifelong learner committed to improving public health awareness through evidence-based communication and innovation.

Core Competencies

- Health & Nutrition Research
- Academic & Scientific Writing
- Blogging & Content Creation
- Public Health Advocacy
- Clinical Nursing (General & Community)
- Data Collection & Analysis
- Interdisciplinary Collaboration
- Technology & Digital Literacy
- Social Work & Community Engagement

Education & Certifications

2021 – ***Certificate in Nutrition and Dietetics***
Institution: Utali College, Nairobi, Kenya
Relevant coursework: Human Nutrition, Dietary Assessment, Public Health Nutrition

2019 – ***Bachelor of Arts in Social Work***
Institution: University of Nairobi, Nairobi, Kenya
Key areas: Community Health, Psychosocial Support, Advocacy, Vulnerable Populations

2013 – ***Diploma in Nursing***
Institution: Kenya Medical Training College
Clinical training in medical, surgical, and community health settings

2008 – ***Kenya Certificate of Secondary Education (KCSE)***
Bungoma High School – Grade: B+

Professional Experience

2025 – Present | Freelance Researcher & Content Writer
Independent, Remote

- Provide expert writing and research services across diverse fields, including **technology, travel, health, and lifestyle**.
- Develop well-researched, SEO-optimized articles and blog posts for health and wellness platforms.
- Collaborate with clients to produce technical and narrative content tailored to target audiences.
- Integrate interdisciplinary knowledge to create innovative perspectives at the intersection of **health, tech, and society**.

2020 – 2024 | Freelance Health Writer & Researcher
Remote & Project-Based

- Authored over 50+ articles and research summaries on **public health, nutrition, mental health, and preventive care**.
- Contributed to academic journals and online health platforms, ensuring scientific accuracy and readability.
- Conducted literature reviews and data synthesis for health-related projects and client briefs.
- Maintained up-to-date knowledge of WHO, MOH, and global health guidelines to inform content.
- Built a personal blog focused on **nutritional wellness and health technology**, gaining consistent organic traffic.

2016 | Registered Nurse
Healthcare Facility: Homabay Country Referal Hospital], Kenya

- Delivered high-quality patient care in fast-paced clinical environments.
- Monitored vital signs, administered medications, and assisted in treatment plans under supervision.
- Educated patients and families on disease prevention, nutrition, and post-treatment care.
- Documented patient progress and collaborated with multidisciplinary teams to improve outcomes.
- Advocated for patient rights and promoted holistic care approaches.

2015 | Nursing Student – Clinical Attachment
Kisumu District Hospital, Kenya

- Completed hands-on training in medical, surgical, maternal, and pediatric units.
- Assisted in patient assessments, wound care, and health education sessions.
- Gained foundational experience in infection control, emergency response, and record keeping.
- Developed strong communication and empathy skills while working with diverse patient groups.

Writing & Research Portfolio Highlights

- Published articles on:
  - *"The Role of Nutrition in Mental Health"*
  - *"Digital Health Innovations in Rural Kenya"*
  - *"Balancing Tradition and Science in African Diets"*
  - *"Managing patient Appointments and reducing no-shows"*
  -
- Regular contributor to health blogs and academic support platforms.
- Research interests: Nutritional epidemiology, health equity, tech-enabled care delivery.

Technical & Digital Skills

- Microsoft Office Suite (Word, Excel, PowerPoint)
- Google Workspace (Docs, Sheets, Drive)
- Content Management Systems (WordPress, Medium)
- SEO & Digital Publishing Tools
- Research Databases (PubMed, Google Scholar)
- Basic HTML & Social Media Management

Languages

- English (Fluent)
- Swahili (Fluent)
- Luhya (Native)
