

Meet a Member of the KQ Medical Team



Dr. Phanice Maonga

Medical Doctor

Dr. Phanice Maonga is a Medical Doctor with a speciality in Occupational Health Medicine. As part of our Safety Week, she tells us more about her line of work at KQ.

Give us a brief introduction of yourself and your journey to KQ

I practiced as a general practitioner for 10 years in public and private health institutions in Kenya before joining KQ. I am specializing in Occupational Health Medicine with a sub specialty in Aviation Medicine.

What are your main responsibilities?

My main role is to identify, treat and prevent occupation related diseases, give related advice and develop an effective approach to handling health related issues concerning staff and passengers.

What exactly does Occupational Safety and Health mean within the context of KQ?

Occupational health and safety is integral to the existence and operations of KQ as there are millions of passengers and goods that are entrusted to us and need to be safely transported while maintaining the health of our crew and passengers. Furthermore, during normal operations, many of our employees are on duty to keep the airline operating smoothly and safely 24 hours a day. It is mandatory to have special consideration from occupational health and safety team.

What keeps you going in the face of challenging times?

Prayer and having hope – living in the present day and believing tomorrow will be a better day.

What are three words your closest friends would use to describe you?

Firm, agile and resourceful.

How do you help your family adjust to the current circumstances?

For the first time in my 13 years as a medical doctor, I am spending a good amount of quality time with my family by virtue of the stay home policy for non-essential service providers, closure of schools and reduced working hours. I also ensure we have candid, well informed talks about COVID-19 to allay any fear or anxiety. As a family, we practice proper, regular hand hygiene and put on a surgical mask by any family member who has to necessarily go out to the public. Finally, while at work, I put on my personal protective equipment, practice proper and regular hand hygiene and observe physical distancing to prevent exposing my family, patients and colleagues to infectious diseases.

Any tips to help when one is working from home?

Anyone working from home should have a daily routine whereby you dedicate time for work, house chores and daily exercise. Purpose to eat healthy well-balanced diets, meditate and communicate with family, friends and colleagues using technology.

Any parting shot?

Keep safe, stay at home, practice regular and proper hand hygiene, put on your mask correctly while in public.