Violet is a Social Scientist with specialization in social medicine and public health. She has served in the University of Nairobi for over 36 years, starting from assistant lecturer and rising in ranks to Associate Professor. Her main duties include teaching undergraduate and postgraduate medical students in the School of Public Health in classroom, field facilitation, mentoring, guiding and supervising academic theses and examination.

She is an experienced researcher having conducted research individually and in collaboration with others in various areas of community and public health. Her work is published widely in refereed journals locally and internationally and book chapters, and numerous unpublished reports and academic theses. She also offers services to communities and educational institutions and corporate bodies on various advisory roles.