

NMA RIVERS STATE NEWSLETTER

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Welfare Visits

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NMA Physicians'
Week 2022

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NMA Rivers State
organizes outreach
to flood victims



**NIGERIAN
MEDICAL
ASSOCIATION
RIVERS STATE**

Second Edition: November 2022

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NMA CHAIRMAN'S ADDRESS

Distinguished Colleagues,

I want to welcome you to yet another month, even as we are on course to unwind the last few weeks of the year 2022.

The journey so far in the administration has been quite memorable, and we are focused on delivering beyond the promises made during campaigns.

We just had the Physicians' Week last month and it provided fora to remind ourselves of our place in nation building, governance and the 2023 transition period. We have made our mark through our outreach in Ahoada and also brought topical issues about our practice to the Gubernatorial candidates' debate.

This month of November we would be breaking new grounds and launching legacy projects in the NMA, by providing a state of the art digital research and an E-Library at the NMA house. More details will be shared in the following days.

We encourage you to remain expectant and ride with us on this journey together.

Dr. Ebbi Robinson
Chairman, NMA Rivers State



FROM THE PUBLIC RELATIONS OFFICER

Distinguished Colleagues,

You are welcome to the month of November, and the second edition (October Edition) of The NMA Rivers State Newsletter.

The past month has been eventful for the Publicity Committee. We have launched the revamped NMA website and executed several media campaigns on commemorative health days and also on topical health issues.

We encourage all our members to visit our website nmarivers.org and register on our membership platform.

We will continue to deliver high standards in representing the image of the association.

Dr. Ogechukwu Isokariari
Public Relations Officer, NMA Rivers State



FROM THE NEWS-LETTER EDITOR

I welcome you to yet another edition of the monthly Newsletter.

We have provided a reportage of key events and activities of the association as well as additional content.

We hope to consistently build on your feedback and improve the quality of our content with time.

Do have a pleasurable read.

Dr. Daniel Faithful Miebaka
Editor, NMA Rivers Newsletter

WELFARE VISITS

Welfare Visit to Honourable Dr. Sunny Ajie

As part of efforts to reach out to the medical elders' community, the newly inducted State Officer Committee, paid a welfare visit to Hon. Dr. Sunny Ajie and at his residence on the 28th of September, 2022. Hon. Dr. Sunny Ajie was a one time Commissioner of Transportation, Rivers State, and had supported the growth of the association in several ways.



Welfare Visit to Dr. George Ademukhai

The Dr. Ebbe Robinson led SOC paid a welfare visit to Dr. George Ademukhai who was shot while returning from duty at his place of work (Pristine Medical Consultants) on the 11th of October, 2022.

Dr. George Ademukhai who was still recuperating at the Intensive Care Unit UPTH at the time of the visit was reported to have sustained multiple injuries to his arm and abdomen; and had undergone major surgeries.

In a media statement, the SOC appreciated all persons involved in the management of our colleague.

The NMA leadership promised not to renege on their commitment of catering to the welfare needs of all members across all age groups.



FELICITATIONS

PROFESSORIAL ELEVATIONS

We felicitate with our members who were elevated to the rank of Professors in the month of October, 2022. All are of the University of Port Harcourt.

A. Prof Datonye Alasia, Professor of Internal Medicine and Respiratory medicine.

B. Prof Richard Echem, Professor of Orthopaedics and Trauma

C. Prof Paul Nsirim, Professor of Paediatrics

D. Prof Yaguo-Ide Lucy Eberechukwu, Professor of Paediatrics

E. Prof Vaduneme Oriji, Professor of Obstetrics and Gynaecology

F. Prof Tamunomie Nyengidiki, Professor of Obstetrics and Gynaecology

APPOINTMENT

We felicitate with Prof. Chituru Godswill Orluwene on his reappointment as Provost, College of Health Sciences, Rivers State University



AWARD OF EXEMPLARY LEADERSHIP

The National Association of Resident Doctors (NARD) at their last Annual General Meeting (AGM) which held in Abia state recognised the NMA Rivers State Chairman, **Dr. Ebbi Robinson** with an **Award of Exemplary Leadership** as **Deputy Caucus Leader between 2013 - 2015**.



NMA Rivers congratulates all her members for their deserving promotions, elevations, appointments and recognitions and wishes them more giant strides in their future endeavours.

Long Love NMA Rivers!

MEDIA PUBLICITY CAMPAIGNS

BREAST CANCER AWARENESS CAMPAIGN 2022

On the 1st of October 2022, the NMA Rivers State Publicity Team officially launched its Breast Cancer awareness drive.

Theme “Together we rise”

WORLD HEART DAY 2022

29th September

Theme “Use Heart for every Heart”

WORLD MENINGITIS DAY

5th October

Theme “Lets race to #DefeatMeningitis”

WORLD MENTAL HEALTH DAY 2022

10th October

Theme “Make mental health and wellbeing for all a global priority”

WORLD SIGHT DAY 2022

13th October

Theme “Love your eyes”

WORLD HANDWASHING DAY 2022

15th of October

Theme “Unite for Universal Hand Hygiene”

WORLD PNEUMONIA DAY

20th October

WORLD STROKE DAY 2022

31st October

This year the Nigerian Medical Association partnered with the Rivers State University Teaching Hospital, Department of Internal Medicine to have a lecture on the theme “Precious Time”.

The guest lecturer Dr. Nwafor Ernest, a consultant neurologist delivered the hybrid lecture on the theme: The war against stroke in Rivers State, are we combat-ready?

The NMA State Chairman, Dr. Ebbi Robinson gave the closing remarks.





Department of Internal Medicine, Rivers State University Teaching Hospital
in collaboration with
 Nigerian Medical Association, Rivers State Branch
Celebrates
World STROKE DAY 2022




Prof Chizindu Alikor
 Head, Internal Medicine
 Dept. RSUTH

Dr Nwazor Ernest
 Consultant Neurologist

Activities

MON, 31ST OCTOBER
Scientific Lecture
Topic: The war against Stroke in Rivers State: Are we combat ready?
Time: 8:00am
Facilitator: Dr Nwazor Ernest - Consultant Neurologist
Venue: Internal medicine seminar room, Rivers State University Teaching Hospital
Virtual: Zoom

MON, 31ST OCTOBER
Rally
Time: 9:15am
Venue: RSUTH and environs


Dr Ebbi Robinson
 Chairman

Powered by: NMA Rivers Publicity Team

World STROKE DAY 2022

Department of Internal Medicine, Rivers State University Teaching Hospital in collaboration with Nigerian Medical Association, Rivers State Branch.

Celebrates

Sat. 29th, October

Nigeria 92.3fm Port Harcourt 9:00am - 9:30am	93.7fm Port Harcourt 2:00pm - 2:30pm
Naijam 92.7fm Port Harcourt	98.5fm Port Harcourt 6:00pm - 6:30pm
TREASURE 99.1fm Port Harcourt	94.1fm Port Harcourt 7pm - 7:30pm

Presented by: **DR. EBBI ROBINSON**

Powered by: NMA Rivers Publicity Team

HAPPY INDEPENDENCE DAY

NIGERIAN MEDICAL ASSOCIATION RIVERS STATE BRANCH

DR. EBBI ROBINSON

CELEBRATING NIGERIA @ 62

Pneumonia

NIGERIAN MEDICAL ASSOCIATION (NMA) RIVERS STATE BRANCH PRESENTS

TOPIC: **Pneumonia**

Mind, Body & Soul on 92.3 Nigeria FM Port Harcourt @ 2:30PM

PRESENTERS: **DR. DANIEL FAITHFUL MIEBAKA** and **CONSTANCE MEGA**

THUR. 20TH OCT. 2-3PM WAT

LIVE ON AIR - 92.3FM

Courtesy: NMA, Rivers State Publicity Committee

pink OCTOBER BREAST CANCER AWARENESS MONTH

Have you had your mammogram this year?

NMA RIVERS PUBLICITY TEAM

Hand washing technique

1. Use soap
2. Palm to palm
3. Back to hands
4. Between fingers
5. Base of thumbs
6. Fingernails
7. Wrists
8. Rinse hand
9. Dry hands

HAPPY GLOBAL HANDWASHING DAY

15 OCTOBER

NIGERIAN MEDICAL ASSOCIATION RIVERS STATE

It's Okay If You

- Have a bad day
- Make mistakes
- Are less than perfect
- Ask for personal space
- Put yourself first
- Take a break from everything

Mental Health Awareness Day

WORLD MENINGITIS DAY

Wednesday October 5th, 2022 12:00pm

DR. OGE ISOKARIARI

Powered by: NMA Rivers Publicity Team

WORLD MENINGITIS DAY

OCT 5TH 2022

Powered by: NMA Rivers Publicity Team

World Sight Day 2022 #Love your EYES!!

NMA Rivers Publicity Team

WORLD MENINGITIS DAY

Thursday October 6th, 2022 11:00am

DR. RUTH KPALUKU

Powered by: NMA Rivers Publicity Team

WORLD HEART DAY

29th September

THEME: "Use Heart For Every Heart"

Powered by: NMA Rivers Publicity Team

2022 PHYSICIANS' WEEK

The 2022 Physicians' week held between 24th - 30th of October with the theme "Nigeria's healthcare delivery system and the 2023 democratic transition: A time to change the narrative"

It featured media campaigns, opening ceremony, outreach to IDP camp and a thanksgiving service.

- MEDIA CAMPAIGNS
- OPENING CEREMONY
- GUBERNATORIAL ASPIRANTS DEBATE on the subtheme "Mitigating the impact of brain drain on the dwindling human resource for health in Nigeria"



NIGERIAN MEDICAL ASSOCIATION RIVERS STATE BRANCH
PHYSICIANS' WEEK
 24TH - 30TH OCTOBER, 2022

Theme:
NIGERIA'S HEALTHCARE DELIVERY SYSTEM AND THE 2023 DEMOCRATIC TRANSITION: A TIME TO CHANGE THE NARRATIVE

Sub-themes:
 MITIGATING THE IMPACT OF BRAIN DRAIN ON THE DWINDLING HUMAN RESOURCE FOR HEALTH IN NIGERIA | HEALTH SECTOR REFORMS IN THE FACE OF EMERGING PUBLIC HEALTH THREATS

Special Guests and Panel Discussants: Rivers State Governorial Candidates

Chairman of Occasion:
 Colonel Dr Jude Akunne
 MSc, PGD, CAI, MBBS, FRCFM, FCAL, FRCO, FRCO, MSc, CMC, RSO, FR, FRCM, Chief Medical Director Military Hospital Port Harcourt, Chief Consultant Family Physician and Management Consultant.

Keynote Speaker:
 Prof Daprin Samuel Tamuno-Ojueni Ojaji
 MBBS (LOND), MCh (Herts-UK), MBA (New South Wales), PhD (Johannesburg, HWK), FRCPS, FRCO, Professor of Health Systems & Public Health

SCHEDULE OF ACTIVITIES

24th - 28th	29th - 30th
MON - WED Media Publicity	FRI - SAT Medical Outreach @ IDP Camps
28th	30th
WED 1st NMA OGM	SUN Thanksgiving Service
27th	
THURS Opening Ceremony	

Dr. Ebbi Robinson, Chairman, NMA Rivers, Host | Dr. Aruenda Hope, Secretary, NMA Rivers | Dr. Nkeporbi Kennedy, Chairman, LCC | Dr. Oparasodu, Uneh, Secretary, LCC

Powered by: NMA Rivers Publicity Team





NMA Rivers Physicians' Week '22

Guests:

Dr. Anwenwa Lynda
Public Health Physician

Dr. Ibemvoh Janet
Public Health Physician

World Polio Day

9am **Tue 25 Oct, 2022**

94.1FM

Powered by: NMA Rivers Publicity Team

NMA Rivers Physicians' Week '22

THANKSGIVING Service

Date: **Sunday 30th October** Time: **10am**

Venue:

The Redeemed Christian Church of God (The Pottan's Mega Plaza)
Rivers Province 14, 207 Abuloma Road before FGSC Abuloma's junction.

Powered by: NMA Rivers Publicity Team

NIGERIAN MEDICAL ASSOCIATION RIVERS STATE BRANCH

BREAST CANCER AWARENESS

10:00am

Mon 24th Oct, 2022

the beat 99.9FM

Dr. Origun
Public Health Physician

Dr. Aggwa
General Surgeon

Powered by: NMA Rivers Publicity Team

NMA Rivers Physicians' Week '22

1st Ordinary General Meeting (OGM) 2022

Date: **Wednesday 26th October 2022**

Time: **1:00pm**

Venue: **NMA Rivers State House**
Km16 east west road, Obio/Akpor, Rivers state.

Powered by: NMA Rivers Publicity Team

NMA Rivers Physicians' Week '22

OPENING CEREMONY

Theme:
NIGERIA'S HEALTHCARE DELIVERY SYSTEM AND THE 2023 DEMOCRATIC TRANSITION: A TIME TO CHANGE THE NARRATIVE

Sub-themes:
MITIGATING THE IMPACT OF BRAIN DRAIN ON THE DWINDLING HUMAN RESOURCE FOR HEALTH IN NIGERIA **HEALTH SECTOR REFORMS IN THE FACE OF EMERGING PUBLIC HEALTH THREATS**

Chairman of Occasion:
Colonel Dr. Jude Akumbe
Chief Medical Director,
Military Hospital Port Harcourt,
Chief Consultant Family Physician
and Management Consultant

Special Guests and Panelists:
All Rivers state gubernatorial aspirants

Keynote Speaker:
Prof. Depirin Samuel Ogaji
Professor of Health Systems and
Public Health

Date: **27th October 2022.**

Time: **12:00pm**

Venue: **NMA Rivers state House KM 16 east west road, Obio/Akpor, Rivers state.**

Powered by: NMA Rivers Publicity Team

NMA RIVERS STATE ORGANIZES OUTREACH TO FLOOD VICTIMS



The NMA Rivers State Branch set up a Disaster Management Committee in response to the ongoing flood disaster in Rivers state. Together with members of the SOC and the Physicians' week LOC organized an impact and needs assessment to Internally Displaced Persons (IDP) Camps in Ahoada.

The NMA Rivers conducted a two-day outreach to internally displaced persons aimed at intervening to reduce their risk of vector borne diseases, parasitic infestation, and general illness. The outreach held

between 28th and 29th of October 2022. Victims received medical screening services, medical consultations and treatments. Welfare packages including Insecticide Treated Bed Nets, clothes, food items and other relief materials were donated.

The heads of the camps showed their appreciation to the NMA. The chairman while addressing the press stated that the items donated were as a result of generous donations from members of the Association.

PUBLIC HEARING OF MENTAL HEALTH BILL 2022

The Rivers State House of Assembly had a public hearing for the proposed Rivers State Mental Health Bill 2022.

This bill seeks to establish the **Rivers State Mental Health Service** and bring to bear a holistic framework in the management of mental health disorders within the state.

Present at the hearing were the NMA Rivers State Chairman - Dr Ebbe Robinson, Secretary - Dr Hope Avundah, Vice Chairman 1 - Dr Vetty Agala, members of the Medical Legislations and Relations Committee and Prominent Mental Health Specialists in Rivers State.

As part of the deliberations NMA stood her ground to ensure that the head of the Board is a Medical practitioner (Psychiatrist), and promised to continue working closely with the House Committee on Health to ensure that a robust and all-inclusive bill is signed in due course.



FEATURED ARTICLES

DO LIPIDS NEED TO BE FASTING

- by Kendall Ervin and Douglas A Paauw MD

When I worked as a scribe prior to starting medical school, it was commonplace for patients to have fasting labs. I always felt terrible for the patients we saw late in the afternoon that had somehow fasted all day. For many other patients, there was the challenge of finding a time when they could return to have fasting labs drawn.

While in medical school, I have seen the transition of my preceptors' recommendations, where it seems patients can now have non-fasting labs. However, I have still observed instances when patients need to have fasting labs. We can look at an example case to better understand when and why patients do and do not need to fast prior to having their lipids checked.

A 57-year-old woman presents for an annual wellness visit. She has been healthy this past year with no new concerns. Her blood pressure has been well controlled, and she continues on a statin for hyperlipidemia. She is due for annual labs. She ate breakfast this morning. Which of the following do you recommend?

- A. Obtain lipids with her other blood work now.
- B. Have her return tomorrow to obtain fasting labs.

In this situation, A is the correct answer. The patient is due for routine screening labs and there are no current indications that fasting labs are necessary.

Studies of fasting vs. nonfasting lipids

Sidhu and Naugler performed a cross-sectional analysis comparing lipid values at fasting intervals of 1 hour to 16 hour. They found the mean total cholesterol and HDL cholesterol values differed by greater than 2%. For LDL cholesterol, the values differed by less than 10%, and triglycerides values differed by less than 20%. With this information, the researchers concluded fasting for routine lipids is generally unnecessary.

Mora and colleagues performed a post hoc prospective follow-up of a randomized control trial to assess if non-fasting lipid measurements could cause misclassification of cardiovascular risk assessment.[2] Based on 8,270 participants, coronary events associated with fasting vs. non-fasting lipid values were similar when adjusted hazard ratios

were compared. They also found an agreement of 94.8% when classifying participants into ASCVD risk categories for fasting and non-fasting lipid values. These outcomes led them to support the use of non-fasting lipid labs for routine cardiovascular risk assessment.

Rahman and colleagues performed a systematic review and found the use of non-fasting lipid values can reliably determine statin management in most situations. Circumstances where fasting labs should be used are if patients have a genetic dyslipidemia, if patients have severe hypertriglyceridemia (greater than 500 mg/dL), and if patients have pancreatitis. Triglyceride values fluctuate the most between the fasting and nonfasting state as seen above from Sidhu and Naugler. This could impact triglyceride disorder management and the accuracy of LDL cholesterol estimation (calculated by the Friedewald equation: $\text{LDL cholesterol} = \text{total cholesterol} - \text{HDL cholesterol} - \text{triglycerides}/5$ in mg/dL).

Benefits of non-fasting lipid labs

There are many benefits of non-fasting labs. For the patients, they do not have to come to their appointments hungry, we can reduce the risk of hypoglycemia for those with diabetes, and they do not have to come back at a later date if they ate something earlier in the day.

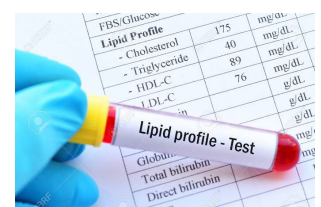
For the lab, we can improve efficiency and decrease early morning congestion when patients typically come in for fasting labs.

Lastly, for the provider, non-fasting labs can improve workflow and help decrease the number of patients lost to follow-up who were unable to complete fasting labs the same day as their appointment.

Summary

Patients do not need to fast prior to having lipid levels drawn for routine screening. Fasting labs should be considered for patients who have a genetic dyslipidemia or if there is concern for hypertriglyceridemia.

Per the ACC/AHA guidelines, non-fasting lipids can be used to assess ASCVD risk and to establish a baseline LDL cholesterol in adults 20 years and older. If a patient has non-fasting triglycerides greater than 400 mg/dL, repeat fasting lipids should be drawn to assess fasting triglycerides and establish a baseline LDL cholesterol.





NIGERIAN MEDICAL ASSOCIATION, RIVERS STATE BRANCH

REBRANDED WEBSITE

Membership registration portal

Negligence Complaints

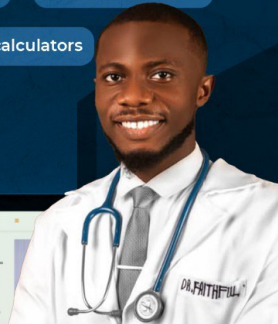
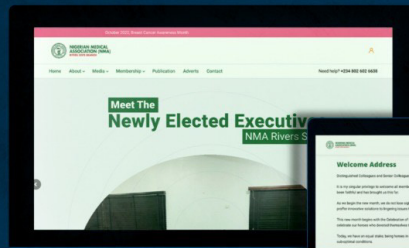
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Regular polls and surveys

Medical calculators



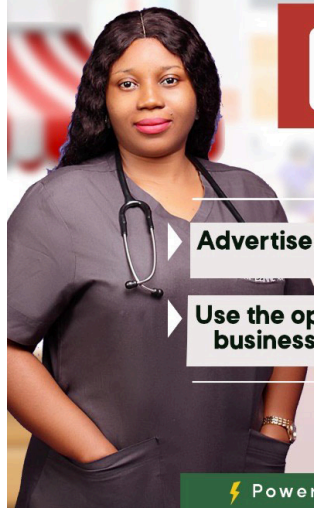
www.nmarivers.org



NIGERIAN MEDICAL ASSOCIATION,
RIVERS STATE

PRESENTS

MARKET DAYS



▶ Advertise your business on NMA Platform for FREE

▶ Use the opportunity to connect with other business owners and grow your space.

NMA DEY FOR YOU!!!

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Contributors

Members of the Publicity Committee
Dr. Loizy Fana-Granville

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