

**Summary of the Proceedings of the
6th Annual Scientific Conference of the
Nigerian Institute of Medical Research, Yaba,
Lagos**

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November 10-12, 2015

Theme:

**ENDING THE COMMUNICABLE
AND NON-COMMUNICABLE
DISEASES DIVIDE IN NIGERIA**

Sub Themes:

1. Impact of Maternal and Perinatal Morbidities on the Growing Burden of Non-Communicable Diseases
2. Strengthening Health Systems in Response to disease Epidemics
3. Onset of Communicable and Non-Communicable Diseases: The Interplay of Environment, Poverty and Nutrition
4. Integrating Laboratory Services for Quality Management of Communicable and Non-Communicable Diseases

Abstracts Tracks

- Health Systems and Policy/Non-Communicable Diseases (NCDs)
- Maternal, Reproductive and Child Health
- HIV/TB

Conference Highlights

- Preconference workshop
 - Statistical Package for Social Sciences (SPSS)
- DG's Young Researchers' Contest
- Opening Ceremony
 - Distinguished Lecture
- Plenary:
 - Ending the Communicable and Non Communicable Diseases Divide in Nigeria
 - Integrating Laboratory Services for Quality Management of Communicable and Non Communicable Diseases
 - Research Dissemination Session
- Abstract Sessions
 - Oral presentations: 24
 - Poster presentations: 11
- Young and Parly Scientist (YES) Workshops
- Closing ceremony

Participants

- Chairman and Special Guest of Honour
- Expert speakers and researchers from federal, state and private universities and hospitals as well as the private sector
 - NIMR, Unilag, LASU, Psychiatric Hospital- Lagos
 - EKSU, Ekiti
 - BU, CU, Ogun
 - UI, Oyo
 - Bowen University, Osun
 - Benue state University, Benue
 - Federal University, Wukari, Taraba
 - FeTH, Abakaliki, Ebonyi
 - Federal University, Dutse-ma, Katsina
 - Nigerian Heart Foundation
 - Medical and Dental Council of Nigeria
 - USAID

Preconference Workshop

Sunday 8th and Monday 9th November, 2015

- Statistical Package for Social Sciences (SPSS)
- Speaker:
 - Prof K.S. Oluwadiya (Provost, College of medicine, Ekiti State University, Ekiti)
- Highlights:
 - Preparing a Questionnaire for Data Collection
 - Coding and Data Entry
 - Data Analysis:
 - Prepare data for analysis
 - Basic and intermediate level statistical analysis

DG's Young Researcher Competition

Tuesday 10th November, 2015

- **Contestants:**

- Kunle-Ope CN, Adeneye AK, Okwuraiwe AP, Wapmuk AE.

- **Highlights:**

- High prevalence of MDR TB among HIV negative adults (highest in those aged 15-34 years). 11.8% in cases. Need for contact tracing, increased MDR TB case detection, and effective treatment.
- Poor awareness of buruli ulcer in Yewa LGA. Mystical beliefs about its origin, high cost of Rx and long hospital stay influence health seeking behaviour. Need for health education and early case detection and Rx to prevent disability.
- HPV prevalence of 12.4% across the nation. Other high risk (OHR) HPV serotypes more prevalent than HPV16 & 18, highlighting need to review the current HPV vaccine available in the country.
- Contraceptive prevalence rate among HIV+ women in NIMR 42.5%, condom being the commonest. Recommended dual use only in 8%. Need for education and integration of family planning services into HIV care to improve uptake.

Opening Ceremony

Tuesday, 11th

- **Chairman:**

- Prof Maurice Iwu (Prof of Pharmacognosy and President, Bio-Resources Development and Conservation Programme)

- **Distinguished Guest of Honour:**

- HE, Sen Dr Ifeanyi Okowa (Governor of Delta State, Nigeria)

- **Distinguished Lecturer:**

- Dr O. P. Akinwale (Director of Research and Head, Neglected Tropical Diseases Research Group, NIMR)

Opening Ceremony

- The chairman (a seasoned researcher):
 - emphasized the need for research for national development
 - reminded participants that Nigeria was saved from using Nanosilver for EVD because research showed that it was not very efficacious.
 - stressed that a sizeable portion of the nation's resources should be deployed for research
- The DG of NIMR :
 - welcomed participants
 - talked about the research strides of the institute
 - NIMR efforts in the recent success against EVD
 - the recent commissioning of the **Biomedical a Research and Cancer Training Centre** to strengthen research and capacity development.

Distinguished Lecture

- **Title:** *From Parasite to Parasite- A Parasitologist's Expedition*
- **Highlights:**
 - Nigeria has highest burden of parasitic infestations.
 - Her initial work was on Trypanosomiasis in goats
 - Then on to Schistosomiasis- endemic in SSA, a risk factor for cancer of the bladder. Her extensive work on molecular diagnosis of Schistosomiasis esp. the landmark study that identified how to distinguish animal from human schistosomiasis.
 - On-going work is on buruli ulcer and socio-environmental factors influencing prevalence.
 - Her mentorship programme leading to various, Masters, PhD and post- doc studies in and outside Nigeria.
- **Recommendation:**
 - Govt should make policy statements on research and also increased funding of research.
 - Continuing mentoring of younger scientists.

Guest of Honour Speech

- HE, Sen. Dr Ifeanyi Okowa, the governor of Delta State
- Represented by Dr N. Azinge, the honourable commissioner for Health, Delta State
 - Commended NIMR on its research strides
 - Discussed impact of CDs and NCDs on public health, the predisposing factors-sedentary life style, smoking, alcohol, obesity and dyslipidaemia.
 - Promised that the state is committed to the establishment of a NIMR outstation in the Asaba

- Plenary Sessions

Ending the Communicable and Non Communicable Diseases Divide in Nigeria

- **Highlights:**

- Transition in Health and Transition in Healthcare(Prof N. Atuloma [BU])
 - NCDs becoming increasingly more prevalent
 - need for strategic health care approaches to breach the divide between Cds and NCDs
- Challenges of NCDs in Nigeria: time for action (Prof K. Akinroye [NHF])
 - Highlighted major risk factors for NCD
 - MPOWER tobacco policy, highlighting importance of collaborations and partnership
- Health Education in the Control and Prevention of CDs and NCDs (Prof L. Egwari [CU])
 - Health education should be done by trained personnel and should start from the grassroots and then be scaled up.

Integrating Laboratory Services for Quality Management of Communicable and Non Communicable Diseases

- **Speakers:**

- Mr McPaul Okoye (USAID)
- Dr O. Soriyan (Consultant Pathologist, Unilag)
- Dr C. Okolo (Consultant Pathologist, UCH)

- **Highlights:**

- Synergy between CDs and NCDs illustrated by HPV and cervical cancer, H. pylori and Gastric Cancer and HIV and KS.
- Importance of laboratories in health care
- Need for quality management processes in all aspects of laboratory services
- Need to strengthen laboratory capacity to ensure accurate and timely results.
- Concerted efforts at integrating all aspects of the health system to ensure effective healthcare.

Research Dissemination

- Malaria Research
 - Dr Sam Awolola (DDR and Head, Malaria Research Group)
- Ethics Research
 - Dr Rosemary Audu (DDR and HOU,HVL)
- HIV Clinical Research
 - Dr Oliver Ezechi (DDR and HOD, CSD)
- Antimicrobial Susceptibility of Commercial Hand sanitizers
 - Ms Toyin Awoderu

- Malaria: How ready is Nigeria for malaria elimination
- HIV research: MTCT rate of 0.89% and default rate of 11%
- Preliminary reports of assessment of functionality of HRECs in Nigeria
- Preliminary report of analysis of antimicrobial activity of hand sanitizers in Lagos

Oral Abstracts

Health Systems and Policy/NCDs

- Males had higher level of awareness of Hypertension in Odeoma, SW Nigeria. Education and marital status significantly associated with HTN awareness.
- Anaemia and pathologic fractures are identified features of multiple myeloma and low HB at presentation is a negative prognostic feature.
- Naturally occurring LAB in salad vegetables in Lagos have multidrug resistance. These are however not on transmissible elements, so the vegetables are relatively safe.
- Seroprevalence of 86.1% of toxocariasis in Lagos community. Health education and personal hygiene key to control.
- CDs (mostly Malaria) were more prevalent than NCDs in Ogun state

Maternal, Reproductive and Child Health/HIV/TB

- **Highlights**

- Place of consultation and the person who pays Rx cost influence maternal mortality
- 68.5% of HIV infected women have sexual dysfunction highlighting need to incorporate sexuality education into HIV services
- There was poor level of awareness, preparedness for humanitarian disasters and need to put structures in place for effective response.
- CSA prevalence of 23.4% identified in Mushin community. Poverty and poor education associated with CSA.

Maternal, Reproductive and Child Health/HIV/TB

- **Highlights (Cont'd):**
 - There is 59.9% HIV serodiscordant rate in NIMR. Most preferred form of contraception was injectable.
 - 75% of children on the street in Lagos are there primarily to support their family financially. Increased efforts at poverty alleviation will reduce the burden of street children.
 - Awareness of preconception care in Babcock University community is low. Need to improve public enlightenment campaigns to address the issue.

HHIV/TB

- **Highlights:**

- HIV DRMs confer high resistance to 4 of 19 drugs in adolescents living with HIV.
- SAMBAS, point of care equipment, will be useful for rapid EID of HIV and same day VL determination for improved patient mgt.
- First line ARV failure found mainly among young people, males and those with poor education. Intensified counselling necessary for improved adherence to reduce drug failure.
- GeneXpert rapidly diagnoses more TB cases (40%0 than smear microscopy in HIV+ persons.

HIV/TB

- **Highlights:**

- MPT64 antigen is an excellent marker for the differentiation of MTb complex and other mycobacteria
- ELISA is more sensitive for HBV screening than rapid test and should be used for screening in blood banks as it identifies occult hepatitis B infection (OBI)
- Among those seeking HIV PEP needle stick injury commonest in HCW while rape commonest in non-occupational exposure. No documented seroconversion, however most did not complete follow-up.