

UNIVERSITY COLLEGE HOSPITAL: FIFTY YEARS OF EXCELLENCE

It gives me great pleasure to write the Editorial of this commemorative edition of the Annals of Ibadan Postgraduate Medicine (AIPM), a journal which is a product of the excellence embedded in the Residency Training Programme of the University College Hospital (UCH), Ibadan.

The mission of AIPM is to meet the continuing educational needs of postgraduate doctors, as well as to stimulate research and academic pursuit. This is a significantly supportive factor towards achieving the mission of the UCH which is to render excellent, prompt, affordable, sustainable and accessible health care in an environment that promotes hope and dignity, irrespective of status, and development of high quality personnel in an atmosphere that stimulates excellent and relevant research.

This edition of AIPM features articles on some of the lectures delivered during the Golden Jubilee anniversary celebrations of the Hospital in November 2007. (It also reproduces a landmark articles by one of the icons of excellence the UCH has produced). It is my expectation that residents and other doctors who read this articles would be inspired to focus on the attainment of the highest quality of health care delivery, as well as to initiate and conduct ground-breaking researches that would place the name of UCH indelibly on the map of Medical knowledge worldwide.

Landmark Achievements

University College Ibadan was established by an Act of Parliament in November 1952, in response to the training of medical personnel and other health care professionals for the country and the West African sub-region.

The hospital, at its inception in 1948 prior to the Act of Parliament, had two clinical Departments (Medicine and Surgery). However, the Hospital has evolved to accommodate about 60 Departments lately the first Department of Nuclear Medicine in Nigeria.

The University College Hospital, Ibadan was the first institution in Nigeria to produce sterile products use for her patients. The production of infusion including intravenous fluids, eye drops, nasal drops dates back to 1952 as stated in the 1953 handing-over note of Mr. M. Ritchie who pioneered the Pharmacy department of the University College Hospital, Ibadan.

In the late 1970s', the University College Hospital pioneered the open heart surgeries in Nigeria.

Three decades of medical research 1948-1980, published in 1984 listed 24,000 scientific papers done from research activities at University College Hospital. Most of these papers were published in both local and international learned journals and were landmark discoveries. The papers covered various aspects of

medicine ranging from basic medical subjects e.g. Anatomy, Biochemistry, Physiology etc., to Clinical subjects such as Medicine, Surgery, Obstetrics & Gynaecology, Paediatrics etc.

Since 1994, U.C.H. has been performing the Transurethral dissection of the Prostate (TURP) and in the year 2005 organized the first national training workshop for all relevant cadres of staff involved in TURP in the country.

Between 1995 and 1996, the University College Hospital successfully carried out Charnley hip replacement and Johnson knee arthroplasties. The University College Hospital acquired 2 adult arthroscopes 2 years ago and to date, 12 knee arthroscopic surgeries have been carried out successfully. Prof. Temitayo Shokunbi of the 'nail in the head' fame has also successfully commenced neuro-endoscopic procedures in children with brain lesions.

Since 2003, over 800 Million Naira solely from UCH IGR (Internally Generated Revenue) had been expended to fund various projects to complement Federal Government efforts.

The services are continually reviewed and improved to justify our claims as the first and the best. The Accident & Emergency services are now fully independent and comprehensive; likewise pharmacy services are decentralized to make drugs available and readily accessible to patients.

Whilst much ground was lost in the late 80's and 90's, we are beginning to recover albeit slowly and steadily. The open-heart surgery had recommenced again but needs to become sustainable. To achieve this, critical staff upgrading and equipment procurements are being pursued vigorously.

It is also encouraging to register the commencement of Renal Transplant surgery in UCH in May 2008. I believe this commencement will soon accommodate paediatric renal transplant, the first of its kind in Nigeria.

The introduction of computerization of all services (clinical and supportive) is on-going. Already the softwares are being tested, the hardware, the networking and internets completed. The hospital is now in the final stages of programme implementation and training to switch the mindset from long hand writings to computerization. It is very likely that in the next 3-5years, UCH staff will have no choice but to become computer literate to enable such staff remain relevant in the services of the hospital.

The newly established Nuclear Medicine department, the first ever in the country and pioneered by Prof. (Mrs.) Bola Osifo, has commenced bone scanning services using radio-active pharmaceuticals. This service is available both for medical and oncological diagnosis and treatment. Of recent, it has been designated by IAEA as the Regional Centre for West and Central African regions for nuclear medicine services and training. Consequently, the Afe Babalola Nuclear

Medicine Building is being upgraded with additional 300-400 million Naira from our benefactor. Diagnostic medical endoscopy of both upper and lower gastrointestinal tract have been done at the UCH. Since the 1980's, the newly refurbished endoscopy unit has broadened the scope with services that now include fibre optic endoscopy of the oesophagus.

The Dental Centre as a whole received a major face-lift with the renovation of the centre and the commissioning of same in March 2007. New dental units have also been installed in order to maintain the standard of dental practice.

The UCH Private Suites have been established as an initiative of a private practice scheme by the management of UCH. It is designed to provide qualitative health care services so that Nigerians and non-Nigerians can have unhindered access to highly skilled professionals and qualitative services within the hospital, especially with the recent upgrading of the UCH medical equipment and the procurement of modern ones.

The Department of Radiology UCH, over the last 10 years has undergone a great deal of expansion and upgrading in the terms of staff membership, equipment acquisitions, and provision of clinical services, research development and training. The following facilities are presently available in the department:

Helical/Spiral CT scanner, MRI scanner, 4 ultrasound scanners, 4 conventional x-rays suites, 2 C-arm fluoroscopy suite, 1 mammography unit, 1 angiography unit.

The year 2005 was a landmark year for the department with the provision of new state-of-the-art imaging equipment in the Hospital through the FGN/VAMED engineering refurbishment of tertiary institutions initiative. In the last two months, the department had further acquired from her IGR (internally generated revenue) 8-slice CT scanner, 3-dimensional USS machine and a standard X-Ray machine. These efforts are to further reposition and strengthen the department.

The medical record department is currently undergoing rapid changes with the aim of achieving complete computerization of every aspect of medical record in University College Hospital. Access to these records will also be through the local intranet that would be linked to all clinics, wards and offices of the hospital. The hospital has also made available cheap and affordable internet connection to all cadres of staff and students.

The strength of the hospital remains in the employment, training, and re-training of highly skilled and competent staff. The hospital management has also increased the welfare packages to all her staff in order to ensure high level of motivation and dedication.

The future residents are expectedly going to be trained in a more comprehensive program designed to accommodate their career in almost every human endeavour. The generation of these resident doctors would be very computer-literate; in fact a good grasp and knowledge may be part of admission requirements. These future residents besides the Diploma in their respective specializations may, in addition, pursue studies after Part I in areas of Finance/Management/Administration (MBA), Community Health (MPH), Researches (M.Sc.) and after Part II may embark on MD/PhD programmes. Efforts are on-going between UCH and University of Ibadan to put in place these training programmes.

Future Goals

The vision has always been that the hospital remains the best in staff training, research and quality of training. The state-of-the-art TB diagnosis laboratory that will serve the South-Western region of Nigeria is nearing completion. The complex will house state-of-the-art equipment for radiospirometric culture of tuberculosis bacteria, molecular techniques including Polymerase Chain Reaction and drug susceptibility test. A Clinical Pharmacology ward that incorporates laboratory and clinical care of patients, especially research subjects, will soon become functional.

Palliative care is an approach that improves the quality of life of patients and their families facing the problems of life limiting illness. Such illnesses include cancer, HIV/AIDS, kidney disease, advance cardiac and neurological diseases. The UCH Day-Care Hospice in collaboration with Centre for Palliative Care, Nigeria (CPCN) is the first of its kind in the country.

Telemedicine is an innovative branch of medical practice that deploys information technology to the practice of medicine. Currently, the practice in Nigeria is restricted to a few centers where the equipment has been installed. It works on a 2-way communication route linked to the Nigerian Communication Satellite 1 (NIGCOMSAT1) with the ultimate aim of bringing health care to the doorsteps of every Nigerian.

Every designated telemedicine unit in the country has a base unit that is stationed in the hospital and will be supplied with a mobile unit (which is a luxurious bus adapted for this purpose and it comprises a full clinic set-up with consulting room, waiting area, toilet, generator, computer with 3 cameras that will be used to record, store and transmit images of lesions or diseases and of course a satellite dish to communicate with the base unit).

In addition, in the event if a disaster in any part of the country, the base unit closest to the site will be able (via teleconferencing) to call for help or assistance from other units where there are experts to offer assistance. This will save the country the embarrassment of getting to know about disasters in Nigeria via the BBC or the CNN.

Telemedicine will eventually be extended to private hospitals and local governments clinics such that the base units can offer assistance to rural doctors and other health care workers in dire need of help. It is encouraging to note that the Federal Ministry of Health/Federal Ministry of Science & Technology commenced this project first from the UCH.

Acknowledgements

It is not often that one has the privilege of being at the helm of the management of a national facility that was designed to be the best and expected to remain the best. University College Hospital, Ibadan stands out among several National icons, and I consider it a special honor to have been given the opportunity of serving as its Chief Medical Director over the years. It has been a prodigious challenge, and I would like to acknowledge the vital contributions of various constituencies to whatever successes may be attributed to my tenure.

Firstly, I wish to pay special tribute to my predecessor in office, who has done an excellent job of laying the foundation for much of the rebuilding and reform during my tenure. Without their hard work and foresight, the arduous task of rehabilitation, refurbishment, and new programme initiatives would have been much more difficult or unsuccessful.

The Federal Government of Nigeria, through the Federal Ministry of Health, has stood as a strong pillar of support for clinical, financial and material resources in UCH's gigantic programmes of rehabilitation, renewal and development. The contributions of the Obasanjo Administration and, in particular, his Honourable Minister of Health, Prof. Eytayo Lambo will forever remain indelible in the annals of Nigeria's premier teaching hospital. This Federal Government support has remained solid under the government of His Excellency, President Umar Musa Yar'Adua and the current leadership of the Federal Ministry of Health.

The UCH Board of Management has every reason to be proud of the numerous projects it has inherited and completed, initiated and executed, or planned to an advanced stage since 2003. It has been most invigorating experience for me to serve under such a results-oriented Board, chair at various times by Prof. O. O. Akinkungbe, CFR and E. A. Elebute, CON both doyens and household names in the medical profession of this country, and whose various committees have invariably matched the very high standards of performance set by the Board. I owe a debt of gratitude to the commitment and selfless service of every member of the Board and its committee.

A considerable number of national and international organizations and philanthropists have indentified with the hospital's programmes over the years. I must mention and acknowledge the latest contributions of Chief Afe Babalola, CON, SAN in donating the ultra modern Afe Babalola Nuclear Medicine Building.

While thanking them for their wonderful support, we earnestly urge them to do more as we hope many other organizations and philanthropists will emulate their enviable record by making generous contributions, in cash and kind, to the hospital's cause in the coming years.

Most importantly, we thank the Almighty God for being our guide and guard in all our endeavours. Almighty God has been our help in all times. NISI DOMINUS FRUSTRA. To Him be the honour and glory.

I would like to congratulate the Association of Residents Doctors (ARD) on this publication. I sincerely hope that your journal will continue to be in print. Very soon, our generation will exit from the stage and take the honourable back seat; tomorrow certainly beckons to you, waiting for your expertise, waiting for you to take UCH to further enviable heights; expectedly today is the time to plan for this enormous task. The advent of globalization has made the competition to be stiffer and keener. We wish you the very best now and in the future. May the Almighty God strengthen and smoothen your paths as you traverse the noble profession of medicine.

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