

CHRONICLES OF MEDICAL HISTORY IN AFRICA

A Brief History of the Annals of Ibadan Postgraduate Medicine

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Humans have a long and interwoven history. Unlike other species that respond and react based on sub-conscious instincts and emotions, man is gifted with intelligence and can remember things both logically and illogically. He has the power of choice and the miracle of speech. Discoveries in art, science and religion are documented in journals and eventually in books. Like the brain, man has built huge libraries of information, and journals are the most primary and principal units. The Nations that are the most advanced are the countries that have the most organized methods of information storage and access. The rate at which such records are accessed determines the rate at which social and infrastructural development progresses in these countries. From the initial days of case reports and rudimentary science reporting of the very first journal *Nature*, to these days of sophisticated websites like that of the *NEJM*, the same motive has driven them all – the attainment of the most impactful means of passing on information that gives man power over the forces of nature. Medicine remains the highest and purest occupational calling of man. The life of man must remain the domain where mere experimentation cannot be allowed; this is where journals become of immense importance.

There are many journals, each with specific focus, but there is a journal located here at the University College Hospital, Ibadan that was set up by visionary resident doctors who saw the need to develop a platform for documenting and reporting excellence in medical research; to inspire and inculcate the art of scientific medical writing in Resident doctors of the University College Hospital, Ibadan. Between the years that spanned 1995 and 2000 many residents doctors discussed and mooted the need for a journal of the nationally esteemed Association of Resident Doctors of UCH, Ibadan. There is no doubt that the University College Hospital, Ibadan has maintained a lead in every aspect of medical science and that almost all advances in training and practice in Nigeria have originated within the walls of this great hospital. The hospital is one of the most prestigious pearls of the pace-setter state and has remained the pride of the Nation in the area of specialist health care. In 1998/1999, the ARD executive committee led by Dr. A.O Adesina (now consultant Obstetrician and Gynecologist) had Dr. Ogah as PRO. It was during this time that the path to

a journal of the ARD became concrete. It was Dr. Ogah, now consultant cardiologist, who drew the plans for a 'journal of the ARD' separate from the newsletter of the ARD or the ARD bulletin. These other publications were already in existence before the idea of a journal was mooted. Dr. Ogah made concrete plans for a journal before he left the PRO office in 1999. The "ARD UCH Journal" became a topic of recurring side discussions during executive meetings of the association. In the ARD executive committee of 1999/2000 in which Dr. Abdus Salam (now consultant in the Dept of Radiotherapy) was president, a young man by the name Dr. W.O. Balogun was PRO. It was this young man who worked hard and laid solid framework for the processes that gave birth to what became *Annals of Ibadan Postgraduate Medicine* (the UCH ARD Journal). It is worth mentioning here that no ARD Executive Committee before that of Dr. Ibekwe was committed to the publications of any journal. Dr. Balogun, for the record, persistently lobbied the Executives of Drs. Abdus-Salam, Rukewe, Ayodele, and Ibekwe over the issue of a journal of the ARD. Eventually Dr. Ayodele gave the political support for the venture and later financial commitment was approved by Dr. Ibekwe.

Why and how are journals born? A medical journal is a scientific journal devoted to the field of medicine. Most medical journals are peer-reviewed. They commonly arose as the journal of societies, such as the precursor to the British Medical Association, and would originally be collections of letters sent to the society by distant members, with an account of the proceedings of the society's recent meetings distributed to various members and the library. The increase in medical research since World War II has seen a rapid increase in the number of articles and medical journals¹. The journal *BMJ* began on the 3rd of October 1840 as the *Provincial Medical and Surgical Journal* and quickly attracted the attention of physicians around the world through its publication of high-impact original research articles and unique case reports². The first issue of *British Medical Journal* was 16 pages long and contained three simple woodcut illustrations. The longest items were the editors' introductory editorial and a report of the Provincial Medical and Surgical Association's Eastern Branch. *Nature*, one of the world's most prestigious scien-

tific journals, was first published on 4 November 1869. It is the world's most highly cited interdisciplinary science journal³. Medical journals are primarily targeted at doctors with the aim of disseminating evidence based medicine. Some journals also features simplified summaries aimed at the general public. Safeguarding the health of the public and raising the standards of health care are goals of all medical journal including the Annals of Ibadan postgraduate medicine.

Back to our story. as PRO of the Association of Resident Doctors in the 1999/2000 executive committee, Dr. W.O Balogun laid the groundwork for what he called "Annals of Ibadan Postgraduate Medicine-the journal of ARD UCH". This achievement did not come easy. The search for an apt name for the journal involved the screening of many suggested titles including a submission of the title of another journal called "Archives of Ibadan Medicine".



Dr. W.O. Balogun (EIC 2003 – 2005)

In his handing over notes as PRO, Doctor Balogun stated that *"when I came into office I inherited the idea of this laudable project from my predecessor. I embraced it because I saw an opportunity to stimulate our members to contribute their quota to the fields in which they will soon become specialists"*. However, the journey to what we call AIPM today was still a long one. The next ARD committee (2000/2001) had Dr. Amby Rukewe as president and Dr Balogun became the main proponent of the developing journal. This embryonic phase of the journal had Dr. Balogun continuing to work behind the scene to put in place the required administrative support that would be needed to sustain the journal. In the years 2001 and 2002 Dr. K.J Ayodele was president of ARD and Dr. W.O. Balogun was named the Editor in Chief of Annals of Ibadan Postgraduate Medicine. A provision to this effect was made in the ARD constitution

and the EIC position conferred automatic membership of the executive committee of the association. With this development administrative support was guaranteed. The appointment of Dr W.O. Balogun as EIC is perhaps the most important milestone of the journal to date. Dr Balogun went on to formulate the Editorial policies and to appoint seven editorial board members, the list was subsequently enlarged. All these requirements were put in place between 2000 and 2002. The original objectives of the journal were:

1. to introduce resident doctors to the art of scholarly publications and the need to write and get published in reputable journals.
2. To be the journal of Ibadan resident doctors
3. A journal that will be a tool for PG training, and
4. A journal that will become the most sought after document of published records of research here in UCH and beyond.

The first Editorial Advisory Board comprised highly esteemed consultants of the hospital. After a lot of discussions and prayerful considerations Dr Balogun invited Prof S. kadiri, Prof S.B. Lagundoye, Prof A.O Falase, Prof O.O Adebo, Prof Osotimehin, Prof (Mrs) O. Osuntokun, Prof M.T. Shokunbi, Prof O. Gureje, Prof A. Ogguniyi, Prof J.A. Thomas, Prof I.F. Adewole, Prof (Mrs) K. Osunisi, Prof A.O. Omigbodun, Prof A.E. Obiechina, and Prof A.O. Akanji. These men and women are giants in their respective fields. Prof S. Kadiri was to become the editorial consultant. The selection of Prof Kadiri as editorial consultant remains one of the best decisions made during the formative years of the journal. A simple, soft-spoken, gentleman of very great national and international repute, Prof Kadiri has been behind every success the board has recorded from the very beginning up unto the present. Prof A.O. Akanji, based in Kuwait and who had played advisory role since the early developmental stage of the then ARD-UCH Journal, was named the foreign editorial adviser.

There is no success story in the history of man that was achieved by just a single individual. Our Lord Jesus Christ called twelve to be his disciples. Between the years 2000 and 2002 resident doctors who had indicated great interest in the idea of a journal for the association were invited to form the first editorial board. The doctors that made the first list were Dr M. Kuti, Dr. A Dada, Dr. O.A. Ayinde, Dr. C. Eyo, Dr. A. Aderigbigbe, Dr. I. Oluwayemi, Dr. O.E. Amoran, Dr. U.O. Eze, and Dr. O. Omisanjo. Incidentally these were the doctors at the top of their specialties as residents. The recruitment of board members has maintained the target of selecting only the best amongst the best. All was set for the first edition to be launched in 2002, but this did not

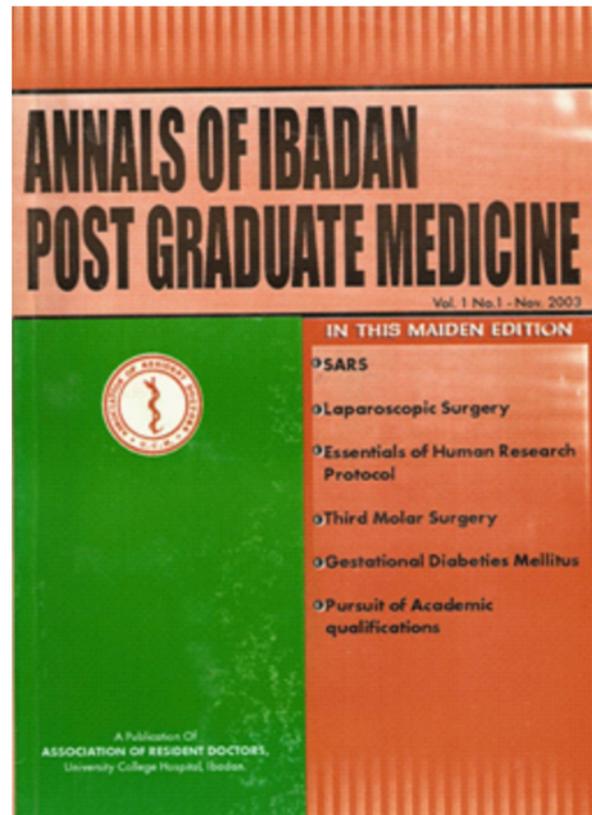


Prof A. Ilesanmi (CMD UCH), Dr M. Iyun (ARD president 2007/2008), and Prof S. Kadiri (AIPM Editorial Consultant) at the commissioning of AIPM's office.

happen as a national strike of NARD halted the production of the journal.

Generally, Journals report results of scientific research. These reports are tenable as legal documents and this makes the magnitude of responsibility that an editorial board bears on her shoulders really heavy. Evidence-based medicine (EBM) or Evidence-based practice (EBP) aims to apply the best available evidence gained from the scientific method to clinical decision making. It seeks to assess the strength of evidence of the risks and benefits of treatments (including lack of treatment) and diagnostic tests. Because this type of scientific approach applies to other fields other than medicine (such as dentistry, nursing, psychiatry) evidenced based practice is a more encompassing term⁴. Evidence-based medicine categorizes different types of clinical evidence according to the strength of their freedom from the various biases that beset medical research. For example, the strongest evidence for therapeutic interventions is provided by systematic review of randomized, triple-blind, placebo-controlled trials with allocation concealment and complete follow-up involving a homogeneous patient population and medical condition. In contrast, patient testimonials, case reports, and even expert opinion have little value as proof because of the placebo effect, the biases inherent in observation and reporting of cases, difficulties in ascertaining who is an expert, and more. The reporting of original articles of clinical trials carried out within the premises of the University College Hospital Ibadan was an unwritten goal of the first Editor in Chief. The aim was to gradually develop a collection of high impact articles that will form the basis of evidence based practice in Ibadan. This had to wait until the end of the National strike.

The 2002/2003 executive committee of the ARD UCH was headed by Dr T.S. Ibekwe with Dr A.A. Raji and ex officio II. Dr Raji deserves a notable place in the



The first edition of the Journal

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TABLE OF CONTENTS	
Editorial Board and 2002/2003 Executive Committee	1
General Information	2
Information for Authors	3
Preface to the Maiden Edition	7
Editorials	8
REVIEW ARTICLES	
Severe Acute Respiratory Syndrome (SARS) Aetiology and Morphological Changes by EEU Akang and U.O Eze	9
Severe Acute Respiratory Syndrome (SARS) Clinical Features, Epidemiology, Diagnosis and Management - G.E. Eshelbor	15
Laparoscopic Surgery: An Esoteric Hitch Procedure of Little Relevance to Present Day Nigeria? by O.O. Akate	27
Essential of Protocol Development in Human Research Proposals by A.G. Falusi	31
Pursuing Academic Qualification During Residency Training: Justification and Feasibility by J.A. Otegbayo	37
Update in the Technique of Third Molar Surgery - A.E. Obuechina	40
Update: Diagnosis, Pathogenesis and Management of Gestational Diabetes Mellitus - A.O. Akanji	46
SHORT COMMUNICATION	
Need Assessment for Postgraduate Training in Public Health in Nigeria	58

Contents page of the first edition

history of the journal as one of the residents who contributed much to making the publication of the first edition a reality. The first edition was published in December 2003, and since then the Board has marked the 12th day of December as the birthday of the journal. Prof E. Akang, Dr U.O. Eze, Dr O.O Akute, Prof A.G. Falusi, Dr J.A. Otegbayo, Prof A.E. Obiechina, and Prof A.O. Akanji were the first authors to publish in the journal. The article by Dr J.A. Otegbayo won the journal international recognition as it was republished on request by the widely distributed and read journal MERA located in South Africa with full credit to AIPM. On account of numerous challenges faced by the Editor-in-Chief the first editorial board was dissolved in 2004 and another one was constituted.

This second editorial board comprised Drs. R. O. Akinyemi, U.O Eze, M.A. Salami, A.E Orimadegun, O.S. Michael, B.A. Olusanya, A.A. Adeyemo, O. Ibiyemi, A.O. sangowawa, M.O. Nwaneri, and Mrs. C.A Ogunniyi (as Administrative Secretary). It was this board that set the journal on the path to the successes that have been and continue to be recorded. Monumental challenges were faced and overcome. The will of the board members was never broken by any challenge and no obstacle could stop the progressive march of destiny. Destiny called the board members, and greatness was continually at the horizon.

Dr Balogun led the journal between 2003 and 2005 as Editor in chief. He left standards that were so high that they put cold fear in the hearts of those who qualified to succeed him. In 2005 a young man was found worthy of the call unto the position of EIC. In the tradition of excellence that the Board has come to be identified with, Dr R.O. Akinyemi measured up to the task. In June 2005 Dr Akinyemi assumed the position of EIC. He inherited a board that had become one family, a board where faith in God, love, unity, honesty, integrity, order, respect, resilience, determination, hardwork, and passion reigned supreme. The challenges were daunting; the board had no editorial office, the journal was not indexed, article submission rate was abysmally low, publication deadlines were far behind schedule, reviewers were holding on to articles and delaying the publication process, the printers were turning out substandard quality, financial support that became statutory since the time of Dr W.O. Balogun had waxed and at times waned depending on the political moods of executive members of the association.

Dr. R.O. Akinyemi (EIC 2005 – 2007)
He had a strong board that was ready to undertake any task, he had a strong will and, in addition to these,

Dr U.O Eze was elected secretary general and eventually President of the Association and Prof A.O. Ilesanmi was the Chief Medical Director of the hospital. This was the combination that worked the magic.



Dr Akinyemi on assumption of office immediately defined clear vision and mission statements for the Journal. He knew that strength of a journal was in the quality of published works, availability, and continued consistent existence. The goals of Annals of Ibadan Postgraduate Medicine (AIPM) were broadened to include the regular and consistent publication of article of the highest quality with the aim of achieving worldwide visibility and accessibility. The vision of AIPM is to become a leading national and, ultimately, international medical resource material of high impact factor that will be well known and accessed by medical practitioners within and outside the country. The mission remains to regularly produce at least two issues per year of a peer review medical journal of international standard, featuring high quality informative, educative, and current medical and allied health topics. The board also formally adopted post-graduate medical education and issues pertaining to the training of doctors as her primary areas of interest. It was during Dr Akinyemi's tenure that the journal started attracting more authors and an increase in the rate of submission of articles was recorded. Plans were set in motion for the acquisition of an office space in the hospital. AIPM was also indexed in AJOL and African Index Medicus.



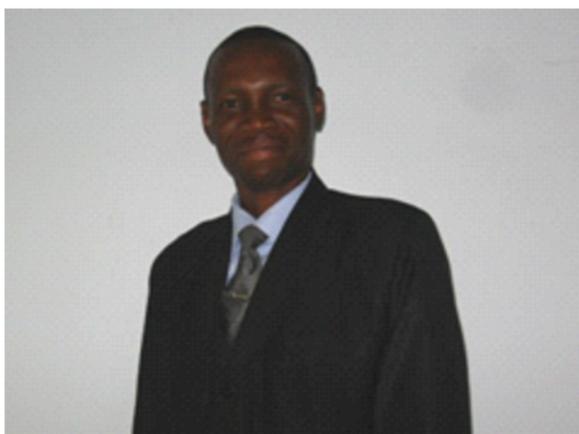
Mr. D.O. Oyejide (Publishing Consultant)

A very big and positive step taken during the tenure of Dr. Akinyemi was appointment of Mr. David O. Oyejide as AIPM's Publishing Consultant in Nov 2006. His entry brought a lot of experience in medical journalism and the board has benefitted immensely from his wealth of knowledge and expertise.

Past presidents of the Association that made great impact in the evolution of the board are Dr. A.A. Adeoye (2003/2004), Dr. O.S. Obimakinde (2004/2005), Dr A.O. Adesokan (2005/2006), and Dr U.O.Eze (2006/2007). These were leaders who recognized the great potentials of the journal and made sure that the board was top priority of the Association of Resident Doctors Ibadan. Prof Ilesanmi, the CMD referred to the journal as "*the best thing that has happened to ARD, UCH in recent times*".



Dr. U.O Eze (President ARD 2006/2007)



Dr. O.S. Michael (EIC 2007 – 2008)

In 1988 the Editorial board of the British Medical Journal decided to refer to the journal as simply BMJ; in a similar vein in July 2006, Dr Akinyemi coined the acronym *AIPM* to represent *Annals of Ibadan Postgraduate Medicine*.

In June 2007 Dr O.S. Michael assumed the office of Editor in Chief. The major project that he gave primary consideration to was the acquisition of an office for the board. The board had come to realize at that time that the lack of an office was the major factor that hampered board activities. Dr U.O. Eze was president of the 2006/2007 ARD executive committee. He, more than any other past presidents of the association, contributed executively to what the Journal has achieved today. Dr Eze, ever so vibrant, motivational, and full of energy threw the full weight of the association behind the journal. Using diplomatic channels he got the CMD, Prof Ilesanmi, involved in the affairs of the journal. The Chief Medical Director allocated the present office complex and through several financial donations saw to the repairs and constructions that were required to complete the office. To the Glory of God the office was completed

in Oct 2007 and commissioned by Prof. Ilesanmi (CMD) in Dec 12, 2008 in a colorful ceremony.

Other notable achievements during Dr Michael's tenure as EIC were the appointment of Mr. Gbenga Adebayo as Administrative secretary (taking over from Mrs. Ogunniyi who until that time served as secretary to the association and the board of the journal), redesign of the journal format and cover page, the decision of adopting the new England Journal of Medicine as AIPM's model journal, New website design and hosting⁵, the commencement of AIPM workshop and induction meetings which has since then been held annually, the creation of AIPM alumni association for board members who have served the board meritoriously for at least six months, the publication of the first edition of board guidelines, and the motion for ARD to increase financial allocation to the Board.



Dr. A.O Adesokan (President ARD 2005/2006)

The Association of Resident Doctors UCH as the sole financier of the journal deserves a special place in the history of this journal. Presidents of the association have supported and given top priority to the board since inception. Two board members have held the exalted position of president of the association; Dr U.O Eze (the first board member to rise to the position of President), and Dr. M. Iyun (ARD UCH president 2007/2008). By Aug 2008 Dr. K Adigun took over the helm of affairs as EIC. In Dec 2008 the journal office was commissioned by the Chief Medical Director in a very colorful and inspiring ceremony. Since that time the journal has recorded ever increasing progress and board alumni have also moved on to greater heights. The appointment of Dr. W.O. Balogun and Dr. B.O. Olusanya marked the beginning of board members becoming lecturers at the University and consultants with the hospital. It was not long after this that the board realized that the future of the board may someday rest on the Alumni to guide and direct her. This led to the current strengthening of the journal board alumni association.



Dr. K. Adigun (EIC Aug. 2008 to Mar. 2010)

The Board has her weaknesses but her strengths have minimized these weaknesses. We have a very strong and united board. The strength of the board is in the quality of the board members; fortune has continually favored the board with selection of the very best resident doctors. All the achievements of the board would have been impossible without every board member playing central roles since the inception of the journal. This is the reason why all the board members are referred to as Editors of the journal. It is with great pride that we mention individually the young men and women who have served or as still serving as Editors of AIPM. Dr U.O. Eze was in the

first editorial board constituted in 2003. He served all through till he completed residency training, duration of 5 years. He is only surpassed in the duration of service to the board by the premier EIC, Dr W.O. Balogun. In April 2004 Drs. R.O. Akinyemi, M.A. Salami, O.S. Michael, A.E. Orimadegun, B.A. Olusanya, O.Ibiyemi, A.O. Sangowawa (the first female Board member), and M.O. Nwaneri, became board members constituting the second editorial board of the journal.



Dr. N.A. Aikpokpo (ag. EIC Apr-Sept 2010)

In June 2005 Drs. O.S. Adekolujo, A.I. Michael, and K. Adigun were appointed onto the board. In June 2006 Drs. V.I.P. Jason and M.A. Iyun were appointed onto the board. In June 2007 Drs. N.A. Aikpokpo (the current ag. EIC) and F. Sigbeku were appointed onto the board. At that same time Mr. Gbenga Adebayo was employed as the administrative secretary of the board. In October 2007, Drs. O.A. Ibrahim, A.I. Onaga, and A.O. Oladejo became editors of the Journal.



Dr. O. F. Sigbeku (EIC from Aug 2010)



Board members and resource persons at the first AIPM workshop in 2007

Oral history is full of errors but history written down on paper remains as accurate as the day it was written. The journey of AIPM continues at an even greater pace. Twice a year the board sends out calls for membership applications from financial members of the association of resident doctors, University College Hospital, Ibadan. To date House Officers have not been allowed to join the board due to the short duration of their employment. In July 2008 Dr. Enabor, Dr. (Mrs) O.K. Ige, and Dr. (Mrs.) Bamiduro joined the board. In March 2009, Drs. O. Olayemi, and A. Ukachukwu became board members. In June 2010 Drs. Babatunde Esan, A.O Oladunjoye, O.S. Ilesanmi, and O.O. Olawale became board members. On the 26th of August 2010, following a brilliant performance at the enrolment interview, Dr O.T. Alade was admitted onto the Board. These are the visionary young men and women who have made great sacrifices that have positioned the journal as one of the most popular Journals within the confines of UCH. The Board interview for membership remains a major hurdle to overcome for all resident doctors aspiring for membership of AIPM editorial board. The interview is conducted under an atmosphere of extreme professionalism and confidentiality. The candidates are assessed on their knowledge of the Journal, vision statements, personal experience in publishing and manuscript writing, personal publications, knowledge and experience in the use of computers and the internet, approach to team work and

leadership, attitude, special skills, innovativeness, general knowledge, CV, recommendation letters, and appearance. All Board members went through this rigorous event simply known today as “the interview”; most were appointed immediately, a few were admitted after multiple applications and interviews. The ultimate aim is to make the Journal an internationally recognized publication for all medical scientists.

The Journal has greatly improved since the first edition was published. The first printer was Mr. Emeka who saw the journal though the first four of her 12 editions (seven volumes to date). In 2007 the December edition was dedicated to UCH during her 50th anniversary celebration. The June 2008 edition on Medical statistics remains the most widely distributed and sold edition to date. The Journal has been indexed in AJOL and Africa Index Medicus (AIM) and plans are in top gear to get the Journal indexed in the prestigious PUBMED. It is also a goal of the board to have the journal published 4 times a year rather than biannually as it is done presently.

The future of the Journal is very bright and we intend the journal to remain long after all of us who took part in developing it have left the stage. There are still challenges that need to be overcome, some requiring urgent attention. The time lag in publications needs to be corrected, the number of editions per years needs to be increased to four, there is the issue of Pubmed

indexing, and the attainment of financial autonomy. Dr. K. Adigun gave financial autonomy topmost priority and recommended that the board should begin to invest part of her financial subventions in stocks and equity and predicted that within ten years of consistent cumulative investments the board should attain financial autonomy. Other milestones in the horizon include increasing the number and quality of original articles and reviews, full color digital printing, upgrading of the website to an interactive one that will allow for full online submission of articles and peer review process, introduction of more training oriented journal features, and the initiation of a grant award system that will offer financial support to selected Part II fellowship projects. With the quality of board members that are engaged in running the journal, and the full support of the Association, these are easy targets to attain.



Dr. (Mrs.) A.I. Michael (Board Secretary, March - Sept. 2007)

So here we are today ruminating about the history of this great journal of the Association of Resident Doctors, UCH Ibadan. Dr Michael was the one who served drinks and snacks during board meetings in those early days when he joined the board, and loved the duty. Board members were used to racing to meeting venues in those days so as to be part of the decision making process and also to participate under

the excellent leadership of Dr W.O. Balogun. The selection process of the EIC remains an almost mystical event where all board alumni assemble and prayerfully consider nominations submitted by the key officers of the board via the sitting EIC.

As EICs we learnt a lot of lessons; we learnt that integrity, service, and politeness were more important than power and position. We learnt that true power resides with the humble and faithful workers. We learnt that hard work is always rewarded and that strength can only be achieved in unity. We learnt that keeping meetings short increased the dedication of board members. These were the ideals that we bequeathed to the board, they were the principles we stood by. Our principal reason for joining the board of AIPM was to gain experience in editorial practices that would empower us in our careers. Dr. Michael got a far more important deal. In June 2005 the plastic surgeon Dr. A.I. Ogbimi joined the board and from board meetings Dr. Michael found a good wife and started a good family.

This story would be incomplete if we do not mention Prof. O.G. Ajao who has supported board activities all the times that we have called upon him and who encouraged us to document the history of the journal. So it is that AIPM has journeyed well and everyday board members (many times exhausted from work and exams) continue to retire into the board room to contribute to the publication of this journal whose position in destiny will be painted in gold in the pages of medical history in Africa.

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