



DYNAMIC FUNCTION TESTS IN GROWTH RELATED DISORDERS: CHALLENGES AND BREAKTHROUGH UITH EXPERIENCE

THE department of Chemical Pathology and Immunology took her turn on 29th March 2023 to present another edition of hospital Grand Round; a monthly scientific event organized for the enlightenment of hospital community on some core operational roles of the existing departments of the hospital. Drs Hamza Akin Uthman and Olubunmi Ajayi-Benson as the lead presenters elucidated on the topic; 'Dynamic Function Tests In Growth Related Disorders: Challenges And Breakthrough UITH Experience,' and gave the capacity filled audience doses of what to remember for a long period of time.

According to Dr Uthman, Laboratory investigations are crucial in patient's management because most of diagnostic decisions are based on laboratory results and that few of the investigations would require special preparations or / and procedures like Dynamic Function Test. He added that

Dynamic Function Test (DFT) is a challenge laboratory procedure and analysis that assesses functionality of an organ or endocrine axis to make a diagnosis. He emphasized that the development would assess physiologic/biochemical responses to induced-dynamic conditions either by suppression or by stimulation and would involve administration of a stimulus or subjecting a patient to a condition of stress.

In her presentation, Dr Ajayi-Benson disclosed that the test remained an iconic lead needed in investigating patients with the following conditions: suspected cases of endocrine, exocrine or secretory disorders adding that in some of these instances like short stature, gigantism and Cushing syndrome, DFT would serve as confirmatory test.

She disclosed that despite the diagnostic value of DFT, "it suffers low request over years due to some factors. Some of the identifiable factors include: poor

political will, lack of policy and wide communication gap between the clinician and laboratory physicians. However, recent efforts by the department of Chemical Pathology and Immunology in collaboration with Paediatric Endocrinology Unit, has changed the narrative. For the first time, DFT was used to evaluate patients with short stature using growth hormone challenge test was done in this center. In the last one year we have had three cases investigated that yielded a fantastic result. Two of the cases were confirmed Growth Hormone Deficiency, one was Familiar Short Stature."

She concluded that the achievement could be improved on by collaboration of the laboratory, clinical departments, and support from the Management through improved commitment, policy making, more laboratory funding, more training and continuous advocacy.



Drs Hamza Akin Uthman and Olubunmi Ajayi-Benson making their presentations.



Dr L.O. Odeigha, C-MAC (left) representing the Chief Medical Director, Prof A.D. Yussuf and a cross section of participants at the Grand Round

Published By: UITH NEWS Bulletin Committee

Prof. O.I. Musa (Chairman), Dr. Bode.S. Ogunjemilua (Member), Pharm. Charles E. Nwakile (Member), Mrs. E.O. Ajiboye (Secretary/ Member), Mr. D.A. Fagbemi (Member), Mr. R.O. Muhammed (Member), Mr. O.O. Akande (Member), Mr. L.I. Ishowo (Member), Mr. S.G. Olaschinde (Member), Miss B.A. Agbede (Recording Secretary)

CMD HARPS ON VIRILE COLLABORATIONS AMONG DEPARTMENTS AT UITH

THE Chief Medical Director (CMD) of University of Ilorin Teaching Hospital (UITH), Professor A.D. Yussuf has canvassed inter-departmental synergies among existing departments of the hospital. He said this would enhance effective discharge of the duties of all categories of workers.

Professor Yussuf, was ably represented by the Chairman Medical Advisory Committee (C-MAC) of the hospital, Dr L.O. Odeigha at the 29th March 2023 edition of the UITH scientific event coded, 'Grand Round'. The department of Pathology and

Immunology, presented at the event. According to him, "we appreciate your presentations and we have all learnt from some of the issues raised by your presenters. However, we want to encourage you to spread all these to other departments and let us sustain the relationship." He added that the presentations vividly unveiled to the audience the inherent potentials in the department to carry out series of medical tests that would readily assist the clinicians to take reasonable decisions in the management of their patients.

The CMD enthused with the large

turn out of participants at the event, appreciated the organisers for their effective mobilisation of staff to the venue. He promised that the hybrid mode of presentations would be sustained to accommodate participation of more staff outside the location.

Three retired members of staff; Pharmacist Ayetoro, Mr Muideen Babaita, and Mrs Ogbonaya who diligently served in the Therapeutic Committee responsible for monthly organisation of the 'Grand Round' were honoured at the event.



Pharmacist S.O. Ayetoro a retired member of staff of the department of Pharmacy taking her turn receiving a plaque from the C-MAC, Dr L.O. Odeigha in recognition of her immense contributions to the successful hosting of the Grand Rounds



Mr Muideen Babaita, a retired administrative staff receiving a plaque from Dr L.O. Odeigha, Chairman Medical Advisory Committee (CMAC)

SCHOOL OF COMMUNITY HEALTH (SCOH) UITH, WILL SOON BE AFFILIATED WITH UNILORIN - THE CMD

THE Management of University of Ilorin Teaching Hospital (UITH) has commenced the processes of affiliation of the School of Community Health (SCOH) with the Centre for Affiliated Programmes, University of Ilorin. The affiliation will cover Post Graduate Diploma in Community Health Education (PGDCHE) and Bachelor of Community Health Science (BCHS). These were the thrusts of the speech of the Registrar of the UITH school complex Mr E.Y. Oyinloye, during the 2022/2023 Matriculation Ceremony of the SCOH

on 21st March, 2023.

According to Oyinloye, the affiliation of the PGDCHE would enhance performances of the Community Health Practitioners in effective discharge of their duties. The Registrar, while addressing the 67 matriculating students; (One year programme, 30 and Two years programme, 37), urged them to make use of the advantages of the expected upgrading of the status of the school. He thanked the UITH Management ably led by the Chief Medical Director (CMD) Professor A.D. Yussuf for his responsive and proactive

leadership style.

In his remarks, the CMD represented by the Deputy Chairman Medical Advisory Committee (D-CMAC), Training and Education, Dr B.B. Olafimihan said any breach of the Matriculation Oath by the students would be visited with heavy penalties. Professor Yussuf thanked the Registrar, Principals and Coordinator of the schools for upholding the high moral and academic standards of the academic institution.

UITH MARKS 2023 WORLD HEALTH DAY

THE Chief Medical Director of University of Ilorin Teaching Hospital, (UITH), Professor A.D. Yussuf said the invaluable contributions of World Health Organization (WHO) to global health could not be over emphasized. Professor Yussuf represented by the Chairman Medical Advisory Committee (C-MAC) of the UITH, Dr L. O. Odeigha made this disclosure on Thursday, 6th April 2023 edition of the World Health Day celebrations.

The CMD solicited for more contributions from the WHO. The theme for the global event for the year 2023 was "Health for All". Mr. Adelaja Abereoran, who is the General Manager North Central/Zonal Coordinator of National Health Insurance Agency (NHIA) delivered a lecture on "The Role of National Health Insurance Authority". In the same vein Dr.

M. A. Jimoh, a Consultant from Department of Epidemiology & Community Health, UITH, Ilorin did a review on "How far we have come in Nigeria".

The Head of Department of Epidemiology and Community Health, Professor I.S. Abdurraheem thanked the UITH Management for its novel contributions to the successful organisation of the yearly event.



THE Chief Medical Director of University of Ilorin Teaching Hospital, (UITH), Professor A.D. Yussuf, represented by the Chairman Medical Advisory Committee (C-MAC) of the UITH, Dr L.O. Odeigha making remarks at the event.



A group photograph of some participants at the programme

CMD UITH SAYS, PUBLIC-PRIVATE-PARTNERSHIP, IS THE SUREST WAY TO A BETTER HEALTHCARE SYSTEM

THE Chief Medical Director (CMD) of University of Ilorin Teaching Hospital (UITH) Professor A.D. Yussuf said Public-Private-Partnership (PPP) remains the needed catalyst to boost the nation's health care system.

Professor Yussuf, represented by Dr R.O. Olakitan Medical Officer in charge of Comprehensive Health Centre (an outstation of UITH) Esie, in Irepodun Local Government Area (LGA) of Kwara state, said on Tuesday 28th March, 2023 that the PPP synergy would continue to

boost the health needs of the developing nations and the world. According to the CMD during the donation of drugs and consumables to the outstation by Kwara State Association of Nigeria (KSANG) Seattle Chapter, USA, wealthy individuals and corporate bodies should form veritable partnerships with health institutions in Nigeria towards reducing medical tourism.

Prof. G.K. Osagbemi, Coordinator of Outreach Programme of the UITH, inspected the donated items and

consequently supervised the distributions to the designated units within the hospital and the outstation. He added that the consumables and the drugs were judiciously distributed.

Olowe of Esie Kingdom, Chief Joseph Oyewunmi who represented Oba Babalola Egunjobi II the monarch of the town at the event, thanked the donor for considering Esie as one of the beneficiaries health care centres for the donations.



Some of the drugs and consumables donated by members of Kwara State Association of Nigeria (KSANG) Seattle Chapter USA on 28th March, 2023.



The Medical Officer in-charge of Esie CHC, Dr. Olakitan briefing Olowe of Esie Kingdom Chief Joseph Oyewunmi who represented Elesie, Oba Babalola Egunjobi II during the presentation by the KSANG

HEALTH TIP

RATIONAL DRUG USE

According to the World Health Organization, (WHO), rational use of drugs requires that patients receive medications appropriate to their clinical needs, in doses that meet their own individual requirements for an adequate period of time, and the lowest cost to them and their community. This is often simplified as the 5 rights – the right drug at the right dose by the right route at the right time for the right patient.

WHO estimates that more than half of all medicines are prescribed, dispensed or sold inappropriately, and that half of all patients fail to take them correctly. The overuse, underuse or misuse of medicines results in wastage of scarce resources and widespread health hazards.

The factors underlying the irrational use of medications are

diverse and can be categorized as those deriving from patients, prescribers, workplace, supply system including industry influences, regulation, drug information and misinformation, and combinations of these factors.

Examples of irrational use of medicines

- use of too many medicines by patient ("poly-pharmacy")
- inappropriate use of antimicrobials, often in inadequate dosage or use for non-bacterial infections
- unnecessary use of injections when oral formulations would be more appropriate;
- failure to prescribe in accordance with clinical

guidelines

- inappropriate self-medication
- non-adherence to dosing regimes

Impact of irrational prescribing or medication use

- Reduction in the quality of drug therapy leads to increased morbidity and mortality,
 - wastage of resources leading to reduced availability of other vital drugs,
 - increased costs,
 - increased risk of unwanted effects
- emergence of antimicrobial drug resistance.

Source: WHO fact sheet on Essential medicines and health products