



# NATIONAL

## PhysioNews

ISSN 1595-7071

Volume 1, Number 3, May-December 2001

THE OFFICIAL NEWSLETTER OF THE NIGERIA SOCIETY OF PHYSIOTHERAPY

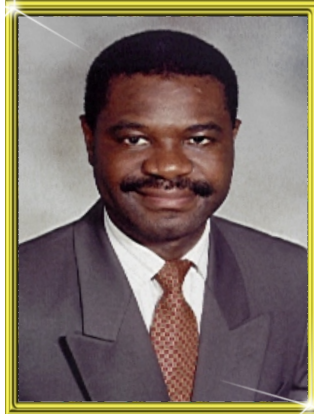
### A SPECIAL 42ND ANNIVERSARY EDITION

Focus on Nigeria Physiotherapy  
Ambassadors in the USA

Meet the 1st Female Professor of  
Physiotherapy South of the Sahara



Chukuka S. Enwemeka



Joseph A. Balogun



Arinola O. Sanya

*Celebrating Decades of Achievements and Excellence in  
Nigeria Physiotherapy Practice & Training*

#### OUR DEVELOPMENTAL MILESTONES

- 1945 Two British Physiotherapists introduced Physiotherapy Practice to Nigeria
- 1959 T.A. Oshin and C.A. Ajao founded the Nigeria Society of Physiotherapy
- 1966 T.A. Oshin and others started the 1st BSc Physiotherapy Training Program in Nigeria at the University of Ibadan
- 1971 G.I. Odia started a Diploma Program in Physiotherapy at the University of Lagos.
- 1977 The University of Lagos Diploma Program upgraded to BSc status
- 1978 V.C.B. Nwuga started a BMR program at the University of Ife [now Obafemi Awolowo University, (OAU)]
- 1986 1st MSc/PhD in Physiotherapy programs started at the OAU
- 1987 S.T. Eke-Okoro started BMR program at the University of Nigeria, Enugu Campus (UNEC)
- 1989 A. Onuoha, Fawehinmi (Late) and M.O.B. Olaogun started a program at the Federal School of Physiotherapy to award BSc
- 1988 Federal Government promulgates Medical Rehabilitation Therapists (Registration) Board Decree 38
- 1994 2nd MSc Program started at UNEC, Physiotherapy Internship program commenced in Nigeria
- 1997 3rd MSc/PhD programs started at the University of Ibadan
- 2000 New Service Scheme Approved





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Noel B. Adeghe, MNSP, MCPA,  
*National President,*  
Olc Department of Physiotherapy,  
University of Benin Teaching Hospital,  
P.M.B. 1111, Benin City, Edo State, Nigeria.  
Tel: 234-52-601615  
E-Mail: nspresident@yahoo.com or  
noeladeghe@yahoo.com

Ayodele Onigbinde, BMR, MSc, MNSP  
*Secretary General,*  
Olc Department of Physiotherapy,  
University of Ilorin Teaching Hospital,  
P.M.B. 1459, Ilorin, Kwara State, Nigeria.  
Tel: 234-31-2207619, Ext.201  
E-Mail: nspsecgen@yahoo.com or  
ceetie2@infoweb.abs.net

**EDITORIAL**

**CELEBRATING & ACKNOWLEDGING  
THE LABOURS OF THE FOUNDING FATHERS**

*This year 2001 mark 56 years of the introduction of Physiotherapy practice to Nigeria, 42 years of the Nigeria Society of Physiotherapy and 35 years of Physiotherapy Education in Nigeria. The contributions and labours of the Founding Fathers (and Mothers) of the Physiotherapy profession in Nigeria must not go unacknowledged and celebrated.*

*Two Chartered British Physiotherapists, Miss Manfield and Mr. Williams sowed a very precious 'mustard' seed of physiotherapy practice and training in Nigeria's fertile soil in 1945. This seed, watered and nurtured by pioneer Nigerian physiotherapists has become a great, fruitful and mighty tree which the Nigerian nation is today eating the fruits thereof. The quality of the fruits of this mighty tree is so good and its seeds are such a wonderful hybrid that even the whole world is participating in eating the fruits with us, and replanting the Nigerian seedlings on their own soil. Nigeria has today become a GREAT and MAJOR WORLD EXPORTER of Physiotherapy Training and Practice. This is to the credit of the Founding Fathers. They have laboured and today, others including nations, are enjoying the fruits of their labours.*

*On 29<sup>th</sup> August 1959, the duo of Messrs. Theophilus Abayomi Oshin and Christopher Agboola Ajao founded the Nigeria Society of Physiotherapy, an event that has maximally impacted and permanently changed the Nigerian Physiotherapy scene for good. We are here today celebrating the 42<sup>nd</sup> year of that visionary effort of these two distinguished pioneer Nigerian Physiotherapists.*

*T. A. Oshin, PhD., FNSP, also in October 1966 spearheaded the commencement of the very 1<sup>st</sup> BSc Physiotherapy Training program in Nigeria and West Africa at the University of Ibadan. He and a group of other dedicated pioneers gave and impacted all the physiotherapeutic skills and knowledge they had then into their students. It suffices to mention in this regards, the contributions of T.A. Oshin, C.AAjao, S.A. Ajao, J.O. Obiri, V.C.B. Nwuga, G.I. Odiá and many more to the quality of the 1<sup>st</sup> generation products of the Ibadan BSc program. The Ibadan Program now include a MSc, M.Phil and PhD programs in Physiotherapy commenced in 1997.*

*Prof. G. I. Odiá though lost the battle (so it seems then) to start the 2<sup>nd</sup> BSc Training program in 1971; but in its place he was able to start a Diploma in Physiotherapy Program at the College of Medicine, University of Lagos. This program was later upgraded to a BSc status in 1977. Its unique MPT and PhD in Physiotherapy programs will take off any time from now.*

*Similarly Prof. V.C.B. Nwuga commenced the 3<sup>rd</sup> Training Program in Nigeria in 1978 at the University of Ife (now Obafemi Awolowo University) with a BMR (Physiotherapy). This Ife program was later to start in 1986, the 1<sup>st</sup> Post-Graduate studies in Physiotherapy in Nigeria at the MSc and PhD levels.*

*Dr S.T. Eke-Okoro also pioneered the commencement of the 4<sup>th</sup> Training program in Nigeria in 1987 with a BMR and MSc programs at the University of Nigeria, Nsukka, Enugu, Campus. Dr (now Reverend) S.T. Eke-Okoro has since left Physiotherapy practice for a higher calling. He is now a full time Christian Minister of the Gospel in the USA.*

*The trio of Prof. Alphonsos Onuoha, the Late Mrs Fawehinmi and Prof. M.O.B. Olaogun (through 1981-89) similarly pioneered the take off of the 5<sup>th</sup> Physiotherapy Training program in 1989 at the Federal School of Physiotherapy, Dala, Kano, now affiliated to Bayero University to award a BSc degree in Physiotherapy. Other Training Programs may commence soon at the Ahmadu Bello University, Zaria and the University of Port-Harcourt, Port-Harcourt, Rivers State.*

*Today the high quality of our products, that is, Nigerian trained physiotherapists is acknowledged worldwide. Our products in the Physio-world, are making great impact and contributing maximally to the practice and training of physiotherapy worldwide. To mention a notable few, Joseph A. Balogun is Professor & Dean, College of Health Sciences, Chicago State University, Illinois, USA; Chukuka S. Enwemeka is Professor & Chairman, Department of Physical Therapy Education, Kansas University Medical Center, Kansas City, USA. Akinniran Oladehin is Professor, Department of Physical Therapy, University of Tennessee at Memphis, Tennessee, USA; Seyi Ladele Amosun is Professor and Head, University of Cape Town, South Africa (he was formerly at the University of West Cape). There are indeed many more out there including another Nigerian Physiotherapist (though trained abroad), Alphonsos Onuoha who is Professor of Physiotherapy and Head, Department of Physiotherapy, Institute of Health Sciences, Muscat, Oman, Middle East. He was formerly Associate Professor & Head at the University of Kuwait before and immediately after the Gulf War. These are our great Ambassadors abroad. At home in Nigeria, we have Isaac O. Owoeye, Professor & Head, Department of Physiotherapy, College of Medicine, University of Lagos, Arinola O. Sanya, Professor & Head, Department of Physiotherapy, College of Medicine, University of Ibadan, Matthew O. Olaogun, Associate Professor, Department of Medical Rehabilitation & Vice-Dean, Faculty of Basic Medical sciences, College of Health Sciences, Obafemi Awolowo University, Ile-Ife. Paschal O. Mogbo, Colonel is the Director of Physiotherapy Services, Nigerian Army.*

*As we celebrate today the achievements and excellence in Nigeria Physiotherapy Training and practice, we dedicate these achievements to God and to the efforts of the Founding fathers and Mothers. Join me right now wherever you maybe to give a thunderous standing ovation to the Elders, Founding fathers (and Mothers) and pioneers of the physiotherapy profession in Nigeria.*

**Emmanuel B. John, BSc., MNSP, LPT  
Editor, December 2001.**

**National  
PhysioNews  
Mission Statement**

*"to give the widest coverage of Physiotherapy News and events around the nation and the world and presenting same with journalistic and poetic flavour"*

**National PhysioNews**

Volume 1, Number 3, May-September 2001

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**About the Cover**

Above are pictures of Professors C.S. Enwemeka of KUMC, J.A. Balogun of CSU (both of the USA) and A.O. Sanya of COMUI, Ibadan, Nigeria.

Below a photo gallery modeling the training process of Nigerian Physiotherapists. Shots were taken of the training program at the Federal School of Physiotherapy, Dala, Kano, Nigeria; the subsequent admission of the School's products into the Physiotherapy Profession by the Medical Rehabilitation Therapists Registration Board (MRTRB) in the Presence of NSP President.

**OUR MAY-SEPTEMBER DIET**

We serve you in this issue a very delicious balanced diet of ...the latest happenings in the Nigeria Physiotherapy world. We present an Anniversary Lecture package from a Doyen of Nigeria Physiotherapy. Our Profile Column introduces you to 3 distinguished Nigerian Physiotherapists. We paid glowing tribute to Nigeria Physio-Industry Production Managers. A new Column, Education & Practice Issues is introduced.....Physio-Residency Program is topic for discussion. Details of the 41st NSP Conference in Benin City, Abstracts of Conference Papers & NSP Progress Reports were presented. Some other International Conferences information follows. Please read the whole bit of this diet and get fattened by delicious physio-information. Let's hear from you on how to serve you better. Contact the Editor at: [ebabjohn@yahoo.com](mailto:ebabjohn@yahoo.com), [editor@physionews.8m.com](mailto:editor@physionews.8m.com) or [physionews@yahoo.com](mailto:physionews@yahoo.com).

**AN OPEN LETTER FROM THE EDITOR****WE ARE EVOLVING.....****"Excellence is improving on your last performance"**

- Kola Ewuosho

Dear Professional Colleagues,

The National PhysioNews hit the literary stands very early this year. The need then for the PhysioNews at the beginning was so exigent that we had only two weeks to come up with the concepts and philosophy of our publication.

In just 12 months we have published 3 editions, which is unprecedented in the annals of the NSP in terms of quality, quantity, use of information technology, circulation and cost effectiveness within an impossible meagre budget. We have a website under development, we also established contacts with Colleagues abroad and e-mail versions of PhysioNews sent to them. Though there were some teething problems, which are not unusual with any new innovation like PhysioNews, we received wonderful letters of encouragement and commendations from majority of our professional colleagues at home and abroad. But yet, we received also from a couple of our Professional Colleagues at home, a barrage of very sharp criticisms, some of them were quite constructive.

I therefore on behalf of the Editorial Board say to our Colleagues that we are still in the process of evolving our vision and philosophy. So bear with us meanwhile as we have always improved with each edition, our previous performances. To this end we have widened the pool of our Editorial Board bringing more colleagues on Board for effectiveness, diversity and a wider coverage of events. The PhysioNews Editorship may also change hands in the new Year. In subsequent Editions this will become more apparent. We appreciate your constructive criticisms and suggestions. We have evolved and we are still evolving our vision and philosophy. Our vision is getting even brighter with every passing day. We are at your service. Our working definition is.... "Excellence is improving on your last performance".

Yours Sincerely,

Emmanuel Babatunde **JOHN**, BSc, MNSP, LPT

Editor, December 2001.

O\c Department of Physiotherapy,  
National Orthopaedic Hospital,  
P.M.B. 3087, Dala, kano, Nigeria.  
Tel: 234-64-640006, Ext. 105 (Office), 209 (Residence)  
E-Mail: [ebabjohn@yahoo.com](mailto:ebabjohn@yahoo.com), [physionews@yahoo.com](mailto:physionews@yahoo.com)  
[editor@physionews.8m.com](mailto:editor@physionews.8m.com)  
Websites: <http://www.ebjohn.8m.com>  
<http://www.nigeriaphysionet.8m.com>  
<http://www.physionews.8m.com>



**Your Letters & Editor's Response**

My Dear Emmanuel  
**COMMENDATION**

Please accept the COMMENDATION of Medical Rehabilitation Therapists Board of Nigeria and that of my humble self for the publication of the National Physio News. The quality of this publication, which is the official Newsletter of the Nigeria Society Physiotherapy is of international Standard.

The National Physio News has indeed and in truth elevated the integrity of the profession of physiotherapy in Nigeria and on the continent of Africa. Please extend my hearty congratulations on the achievement of the publication of the National Physio News to the entire Governing Council of Nigeria Society of Physiotherapy.

As the Editor of the National Physio News, I salute you, congratulate you and commend you. May the ink of your pen continue to flow.

With good wishes and best regards. God bless.

Yours very sincerely,  
Professor Isaac O. Owoeye,  
Professor of Physiotherapy,  
College of Medicine, University of Lagos;  
Consultant Physiotherapist and Head, Clinical Department of Physiotherapy, Lagos University Teaching Hospital; and Registrar, Medical Rehabilitation Therapists Board of Nigeria, Idi-Araba, Lagos, Nigeria.

**EDITOR'S RESPONSE**

*Hi Prof.,  
Thanks for your Professorial Commendation. Since this is coming from the MRTRB Registrar, we will laminate and frame the letter and hang it on our office wall as a LICENCE to practice. Thanks Prof. Your Letter-headed paper is beautiful.*

Dear Babatunde John,  
The second edition of PhysioNews Vol. 1, No. 2 is very enriching. I was at the year 2001 NSP Scientific Workshop that held at NOH, Igbobi, Lagos. The turnout of Physiotherapists was unprecedented, such that has never been witnessed in the annals of NSP history even at the AGM. Physiotherapists should please make this a start. There is need for everyone to go back to his/her base armed with all the resolutions of this Scientific Workshop and implement them to the letter. This is the only way in which we can move forward on our march to the much-desired PROMISED LAND FOR OUR MOST CHERISHED PROFESSION. Let there be less of talking but much of action. Bravo!  
Yours faithfully,  
Babatunde G. Ogundumade  
Senior Physiotherapist,  
Unit Head: Surgery/Orthopaedic Unit,  
Physiotherapy Department, JUTH, Jos.

**EDITOR'S RESPONSE**

*Thanks for your mail Mr. Ogundumade. Everyone concerned has heard you.*

Editor, National PhysioNews.

Dear Colleague,  
I'll like to say that the National PhysioNews is quite beautiful and highly welcome. I believe you will progressively improve on the quality and otherwise. I also want to appreciate the obituary publication given to my late wife in the magazine. I express my gratitude to the entire NSP EXCO, the Kano NSP chapter and the National Physio News editorial board. May God bless you all. Amen.

Henry Onuwe,  
Principal, FSPDK, Kano.

Dear Babatunde John,  
I just want to send in these few lines to encourage you in what you are doing. It's a good work, please keep it up. I would like to advise the immediate past president of NSP not to break ranks. NSP is bigger than any man and all hands must be on deck to propagate the image of our Nobel Profession. Every tribalistic sentiments should be done away with; for a house divided against itself cannot stand. Our energies should be channeled to ways of improving Physiotherapy, so that it doesn't play a second fiddle in the Medical Professions: like getting the (MRTB) to be fully functional and upgrading Physiotherapy Curriculum like the Optometrists did, and start the DPT Program. Long live NSP; remain blessed.

Yours Faithfully  
Pastor Chuks Onyekwere  
Secretary-General, NSP Rivers State Chapter. University of Port-Harcourt Teaching Hospital, Port-Harcourt, Rivers State, Nigeria.

**EDITOR'S RESPONSE**

*Dear Pastor Onyekwere,  
Great to hear from you. Surely, your letter encouraged us. Actually, there were no tribalistic sentiments at all, rather ideological and 'degreelistic' sentiments and differing principles which are not unusual if we amicably resolve them. Hope you guys in Port Harcourt are really serious about initiating the commencement of a DPT Programme at UNIPORT. You have our maximum support. Please feed us in regularly on what's happening in Port. Regards to Mr. Ubom, he has not been replying my emails.*

Dear Editor,  
**CORRIGENDUM**

My attention has been drawn to a news item on page 14 of the National PhysioNews Volume 1 Number 2 of March/April 2001 titled: Cerebral Palsy and Bobath's Technique Workshop to hold in Lagos. The impression created in the report was that I coordinated the workshop. This impression is NOT TRUE. The refresher course was organized by AVSI (Volunteers Association for the International Service) in collaboration with Children's Developmental Center. I only assisted the

organization in getting a suitable venue; and as you rightly pointed out, I was one of the resource persons for the refresher course. The credit for the success of the course should actually go to Miss Luisa Carugati (AVSI), Miss Annastasia Ossai (AVSI) and Dr. (Mrs.) Yinka Akindayomi (CDC). I hope you will give this letter as much publicity as you gave the original story. Thank you.

O. A. OLAWALE,  
Dept. of Physiotherapy, CMUL.

**EDITOR'S RESPONSE**

*Dear Mr Olawale,  
Thanks so much for putting the records straight. The flyer sent to PhysioNews by Luisa via email and the one you personally gave me carried no such information and since you were our major source of information and we found you "COORDINATING & ARRANGING" for the Venue and inviting some participants, we thought you were the Chief Coordinator. Thanks for the information. We apologize for the presumption and error.*

Dear Editor,  
I must confess that I am particularly happy for the development of the physiotherapy profession in recent times especially the resuscitation of the Physio newsletter. However, I have a reservation on the second edition where the detail of the wedding ceremonies of the Editor was published. I think this is unnecessary since this newsletter is supposed to be purely professional and more so, the wedding announcement as in page 12 of your last edition and those spaces for sales are ideal enough for that purpose. Now that it is compulsory for every Physiotherapist to get Licensed, I want to suggest that the National Exco of the NSP should work in collaboration with the MRTRB to introduce Zonal headquarters in some parts of the country or use the various ministries of Health in each State. This is to ease the issuance of these Licenses because it will be very cumbersome for a person in the far North to come down to the south yearly for the purpose of license renewal. Thanks again for your good works.  
F.S. Achugbue, BMR (PT), MNPS.  
Otiibhor Okhae Teaching Hospital,  
Physiotherapy Department, PMB 08 Irrua, Edo State

**EDITOR'S RESPONSE**

*Dear Fyne,  
Thanks for your letter. I'm glad we were able to make you happy at least. Your suggestion on Zonal Offices is noted and will be passed on to appropriate quarters. Yes, the newsletter is purely professional, but it is our mandate also to carry social News about the Professionals. It was therefore not out of place to report on the Editor's wedding (never mind that I am defendant and Judge in this matter). Let me use this opportunity to inform all PTs to let us know of their wedding details. We will help pass the word around. We*

*are one big Physio-family. By the way Mr Alfred Omojunikanbi of UPTH, Port-Harcourt wedded on 1st September 2001, but we could not get further details before press time. Congrats Mr Bridegroom! Thanks Fyne for writing in.*

Dear Editor,

**Re-The New Physiotherapist Cadre**  
I wish to applaud your effort in bringing us up to date with recent events in the struggle to move the profession forward. The space and effort dedicated to publishing the new Physiotherapist cadre in Vol. 1, No 2 of PhysioNews is commendable. However there are certain discrepancies which have arisen in attempt to interpret and implement the new scheme and it is in the overall interest of the profession if these are addressed before the ministry of Health gazettes the new scheme. These would make for uniformity in implementation. The noted discrepancies include the omission of intern and corper Physiotherapist in the cadre. Some administrators would prefer to interpret the first grade (Physiotherapist GL 09; HATISS 8) as full pledged post NYSC Physiotherapist instead of Physiotherapy intern as the duties and method of entry and advancement within the cadre make much room for ambiguity. Then post of senior physiotherapist (GL10; HATISS 9). This nomenclature (Senior Physiotherapist) does not give a picture of a fresh appointment post NYSC. Also, the method of entry advancement as given in section 3.3.1 does not give the impression of post NYSC Physiotherapist as such a one possess only two years experience viz the internship year and the youth service year.

I hope your executive will take the necessary steps soon. We look up to you.

Yours faithfully,  
Kelechukwu Uchenna (PT)  
HOD Physiotherapy, FMC Umuahia  
Email: ucfavour@yahoo.com  
Phone: 088 221668

**EDITOR'S RESPONSE**

*Dear Kelechukwu,  
Thanks for writing in. The NSP NEC has cleared the air on the NSS Entry level. That is, PT on GL 09 is for a physiotherapy intern. This level is to be maintained plus one step in the NYSC year. The FMOH has already circularized the NSS. Council is making efforts at correcting this at the Establishment Ministry before it is gazzeted. Thanks once more.*

The Editor, PhysioNews.

**RE: OSUN STATE NSP DISOWNS FANIRAN**

The attention of Osun State Branch of the NSP has been drawn to your article with the above caption published in PhysioNews Vol.1, No. 2, page 14. It was reported in this article that Mr. Faniran has been disowned and warned against his utterances by our body.

Osun State Nigeria Society of Physiotherapy (OSNSP) in its meeting of 11th March, 2001. Critically considered the issues surrounding the election at Ilorin. The meeting confirmed that Mr Faniran handed over to the present NSP President after the Election. Based on this, the house agreed with Mr. Faniran who was present that the new executives be given full support to move the profession forward. Mr Faniran did not object to this, but stated that his position was that of principle.

The Ex-NSP President has not committed any crime to make us disown him. He has contributed immensely to both local and National NSP. If there be any misunderstanding, it is usual.

It is therefore our opinion that, PhysioNews be used to bring unity and harmony among physiotherapists.

Prince Soji Adedoyin, Chairman OSNSP

#### EDITOR'S RESPONSE

Dear Prince Adedoyin,

*Thanks for putting the records straight. I personally take responsibility and apologize to the OSNSP and the person of Mr Faniran for the story in question... though it was filed in by one of our correspondents just as we were going to press. So I could not moderate or edit the content. PhysioNews items are not designed to cause disunity or disharmony. Rather we seek to report Physio News as they really are and unbiased as humanly possible (a good example is an article on that same page 14 that was filed in by Kano State NSP strongly criticizing the Disclaimer Notice). If there are mistakes/human errors (which are not unusual and are 'teething' problems of any new innovation like PhysioNews); we will put the records straight and apologize if brought to our notice. Remember we are not professional Journalists... we are learning daily. Thanks Oba Lola! Please my regards to Mr Faniran & Mr Ogunlape... it's been quite a while I heard from them.*

Dear John (Editor),

What a good job you are unto with your team! I'm highly impressed, and I commend you for this. More power to your elbow. Congrats on your wedding! God bless your marriage.

B. Rotibi, ABUTH, Kaduna.

#### Editor's Response

*Mr Rotibi, thanks a million for your very encouraging letter. We promise to always do our best for the Society and the Profession. It's a privilege.*

*Letters to the Editor are published. It may be edited for clarity or for space. Please write us, let us hear from you how to serve you better.*

- Editor.

### Federal School of Physiotherapy to be incorporated fully into Bayero University

The proprietor of the Federal School of Physiotherapy, Dala, Kano (FSPDK), the Federal Ministry of Health (FMOH) has finally given the go ahead for the FSPDK to be fully taken over by the Bayero University, Kano (BUK). In a letter recently sent to the Vice-Chancellor of the BUK and copied to the FSPDK Principal, the FMOH gave its blessing to the proposed take over. An official handing over may hold before the end of this year. The present staff of the FSPDK may then be absorbed by the BUK or re-deployed to the FMOH depending on their choice.

The FSPDK was established along with three other similar Schools in the nation by a Government edict. The other three Schools are Federal Schools of Radiography, Yaba, Lagos; Dental Technology, Enugu and Medical Laboratory Technology, Jos.

The BUK authorities had taken interest in the School for some time now scheming behind the scene for a full take over. The BUK worked through some highly placed personnel at the FMOH to get the Honourable Minister to agree to the proposal. It will be noted that past NSP Councils have also been eyeing the FSPDK for a proposed Center for Post-Graduate Physiotherapy Training in Nigeria.

The School's Principal, Mr Henry Onuwe however says it may be a good development provided the existing academic standards are maintained and improved upon.

### ADEGHE INSTALLED PRESIDENT ROTARY CLUB OF USELU

The President of the Nigeria Society of Physiotherapy, Mr Noel Adeghe became a 'double' President when he was formally installed as the President of the Rotary Club of Uselu, Benin City, Edo State on the 4th of August, 2001. The Deputy Governor of Edo State, Chief Mike Oghiadomhe was present at the occasion. Chief Oghiadomhe was decorated as a Paul Harris Fellow, the greatest honour and Award in Rotary International. The Honourable Commissioner for Health of Edo State, Dr. Israel Aguele was also present at the occasion. The National Executive Council of NSP was fully represented by the Vice President, Mr Abegunde Alfred, Secretary-General, Mr Onigbinde A.T., Treasurer, Mr Akinwale S.G., the Assistant PRO, Mr Oyewumi Taiwo and the Auditor, Mr Olalekan A.T.

### ADEGHE LOSES DAD

The death has occurred of Pa Edward Onasere Adeghe, the father of the National President of the NSP, Mr. Noel B. Adeghe. His death occurred on Wednesday 7<sup>th</sup> November 2001 at the University of Benin Teaching Hospital (UBTH) after a brief illness. Pa Adeghe is a retired Civil Servant. He is aged 86 years. The National Vice-President on behalf of NSP Executive Council and the National PhysioNews commiserate with the Adeghe family. Praying that God will grant the senior Adeghe eternal rest. Burial arrangements will be announced later.

### Robin McKenzie Retires

Honourable Robin Anthony McKenzie C.N.Z.O.M; O.B.E, the president and founder of the McKenzie Institute International, Center for Postgraduate Study in Spinal Mechanical Therapy, retires after forty years of meritorious service to humanity. His concept of Mechanical Diagnosis and therapy of Spinal Mechanical disorders has transformed, drastically, the world over, the Management of Mechanical low back pain. He is best remembered for is classification system which primarily developed to enhance the effective Management of Spinal Mechanical pain and other musculo-skeletal disorders. The McKenzie Institute's primary mission is to research the causes of Spinal and extremity disorders of the human musculo-skeletal system and their subsequent diagnosis and treatment generally and in particular applying the philosophies and treatment as devised by Robin McKenzie. The philosophies and treatment are known throughout the world as "The McKenzie Method of Mechanical Diagnosis and Therapy". To commemorate the retirement of Robin McKenzie, the Nigerian Faculty has announce a reduction in the course fee for the various courses available in the Faculty thus: Mckenzie part A Course Reduced from N16, 500.00 to N9, 500.00. Mckenzie Part B Course was Reduced from N13, 500.00 to N8, 500.00. Mckenzie part C Course Reduced from N15, 800.00 to N9, 000.00. The Recognition of Thoracic Spine Mediated Disorders in clinical practice. **Reduced from N12, 500.00 to N6, 000.00.** (culled from MCKENZIE NIGERIAN FACULTY NEWSLETTER VOL. No.1. MAY 2001)

### CMUL/LUTH HONOURS OWOEYE IN LAGOS

A Professorial reception was recently held in honour of Professor I.O. Owoeye by the Physiotherapy Department of LUTH/CMUL. In his address, the NSP President, Mr Noel Adeghe who was the Chairman at the occasion paid glowing tribute to the Professor and spoke at length on his humility. Further glowing

tributes were showered on Professor Owoeye by Mr Kunle Okegbemi (Class Leader- 400 level Students of CMUL), Miss A.E. Oguntimilehin (the Departmental Secretary), Dr M.A. Aweda of Radiation Biology Department, Mrs A.O. Ajiboye (Principal Physiotherapist), Professor G.I. Odia and Mrs Bose Fowler, the Chief Physiotherapist at the National Orthopaedic Hospital, Igbobi (NOHI). Mr S.R.A. Akinbo who was the Master of Ceremony at the occasion. Mr O.A. Olawale later on read the professorial citation of Professor Owoeye. Gifts were also presented to the Professor by the CMUL/LUTH and the NOHI Physiotherapy departments. In his response Professor Owoeye thanked all and surprised them all by presenting a gift to the CMUL/LUTH Physiotherapy Departments. Other dignitaries present at the ceremony were Mr R.I. Gbadamosi, Mrs O.O. Oyekoya (NOHI), and Mr A.T. Onigbinde. The closing prayer was given by Mrs Fowler. *(Reports file in by Mr. O.A Olawale)*

### OGNSP MARKS INTERNATIONAL PHYSIOTHERAPY DAY

The Ogun State chapter of the Nigeria Society of Physiotherapy (OGNSP) marked the International Physiotherapy Day in Abeokuta on 7th September 2001 at the Adebola Adegunwa Audio-Visual Centre in Sagamu. In his welcome address at the occasion, the OGNSP Chairman, Mr. O.A. Odunaiya recapped the history of the International Physiotherapy Day and further stated that the reason for the topic of the lecture is to enhance the development of Sports Physiotherapy in Ogun State which prior to the lecture has never been brought to public focus in the State. He went on to call on the Ogun State Government through the Sports Ministry to ensure that they recruit Qualified and Licenced Physiotherapy in the State that will see to the birth of the Sports Physiotherapy in the State. In his Lecture at the occasion, the Guest Lecturer, Mr. O.A. Odunuga, the Chief Physiotherapist at the National Sports Medical Centre, Lagos explained in details the role of Physio-therapy in Sport, factors predisposing to Sports injuries, preventions and some possible treatment approaches, etc. The occasion was well attended by important dignitaries and members of the public. *(Report filed in by the OGNSP Secretariat. E-mail: ogunnspp@yahoo.com)*

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## **OGUN STATE CHAPTER OF NSP ORGANISES WORKSHOP ON THE MANAGEMENT OF STROKE IN ABEOKUTA**

The Ogun State Chapter of the Nigeria Society of Physiotherapy held a workshop on the topic "Recent Advances in Management of Stroke" The workshop took place on Thursday 21<sup>st</sup> June, 2001 at the State Hospital Auditorium, Ijaye, Abeokuta. The resource persons for the workshop were Professor (Mrs.) A.O. Sanya, a Consultant Physiotherapist, UCH, Ibadan, Pa. J.O. Obiri, a Specialist Neurological Physiotherapist, Dr Kolapo Hamzat, Mr. E.A. Adebayo, a Clinical Psychologist and Dr. Oshifade, a Consultant Physician, FMC, Abeokuta.

The first speaker was Dr. Oshifade who introduced the term stroke. He spoke about "the etiology, classification and the medical management of stroke". Prof. (Mrs.) Sanya picked up from there to give the "Physiotherapy Management". Dr. Kolapo Hamzat took "the assessment of stroke patient with particular emphasis on outcome measure". He emphasized the need for the therapist to measure and monitor the recovery effect of their management on patient's condition regularly. He also talked extensively on the use of Nottingham Sensory Scale, Motor Assessment Scale and Modified Motor Assessment Scale and their ratings. Physiotherapists were encouraged to develop their own outcome measure scales with particular emphasis on the Nigeria environment.

Pa Obiri treating a patient of the State Hospital, Ijaye demonstrated a practical session on the management of stroke. Mr E.A. Adebayo rounded off the lectures with "the psychosocial and psychological effect of stroke and its management".

Certificates of attendance duly signed by Prof. (Mrs.) Sanya, Consultant Physiotherapist, Mr. A.E. Adeniyi, Ogun State NSP Chapter Chairman and Mr. A.O. Olawale, Chairman Education Committee of Nigeria Society of Physiotherapy, were awarded to the participants at the end of the workshop. The workshop closed at exactly 5:30pm with thirty-two (32) practicing physiotherapists and two (2) physiotherapy students within and outside Ogun State in attendance.

### **Dambel Physiotherapy offers free services to kerosene victims in Benin**

As part of measures to rehabilitate burnt victims of the killer kerosene, a Physiotherapy Consultancy Organization, Dambel Physiotherapy Consult has pledged to offer free consultancy services to the victims admitted in Central Hospital, Benin City, Edo State.

According to Corporate Affairs Manager Mr. Fred Asemota the organization would also organize educational forum for the medical team involved in the management of these burnt patients on some basic rehabilitation procedure to ensure massive participation. While pledging to donate some basic rehabilitation materials after initial assessment and evaluation of the patients, the organization noted that the patients stands the chance of developing joint tightness, contractures and even deformities if rehabilitation programs are not organized for them to go back to their normal lifestyles and be able to perform their activities of daily living"

In a related development Dambel Physiotherapy has since redeemed their pledge by donating two Zimmer's Frame and a pair of overhead pulley system sets to the victims in Central Hospital, Benin City, Edo state. They went further by administering treatment to these patients and some of the patients are still undergoing physiotherapy at no cost. About 80% of the patients did well. The team visited the Commissioner of Health, Dr. Israel Aguele and the current Director of Health Services in Edo State, Dr. (Mrs) Oweme. They both thanked them for their humanitarian gesture, and assured them that the Presidency requested for names of voluntarily organizations that assisted the State and Dambel Physiotherapy Consult is among those names sent to the Presidency. Mr Taiwo Oyewunmi, the Assistant PRO of the NSP is a member of Dambel Physiotherapy Consult.

### **HIGHLIGHTS OF THE NSP WORKSHOP AT IGBOBI Unprecedented Turn out at NSP/HOD Workshop – 102 Physiotherapists in Attendance**

The Nigeria Society of Physiotherapy organized a 2-day Scientific Workshop and HOD's Committee meeting on 24<sup>th</sup> & 25<sup>th</sup> May 2001 at the National Orthopedic Hospital, Igbobi (NOHI), Lagos. There was a record-breaking attendance of 102 physiotherapists and about 40 students of the CMUL. Below is a brief from Workshop & Committee Meeting.

Theme:

**"Professionalism in Physiotherapy"**

Sub-theme:

**"Management of Spinal Cord Injuries"**

**Day 1 - MORNING SESSION**

**OPENING CEREMONY-** The Opening Ceremony commenced about 12noon, about 2 hours behind schedule at the Rotary International Hall of the NOHI. This was due to the fact that the initial venue became too small to contain the large turnout of physiotherapists. The organizers had prepared for 30-40 physiotherapists as was usual of NSP Workshop attendance in the past. But 102 physiotherapists attended. They therefore quickly had to organize for the bigger Rotary International Hall. The workshop started with Prof. Isaac

Owoeye, Registrar, MRTRB as Chairman. In attendance at the high table were:

\* **Professor Arinola Sanya**  
(Key note address – Professionalism in Physiotherapy)  
\* **Colonel Paschal Mogbo, Military Hospital, Lagos**  
**Mrs. Abosede Fowler – HOD, NOHI**  
**Mr Rasheed Gbadamosi – HOD, LUTH**  
**Mrs. Afolabi – HOD, OSUTH**  
**Mr Noel Adeghe – NSP President**  
**Mr A Abegunde - NSP Vice President,**  
**Professor M.O.B Olaogun –**  
**Editor in Chief, JNSP**  
**Mr O A Olawale – Chairman,**  
**Education Committee**

In his welcome address, the NSP President, Mr Noel Adeghe (obviously elated by the unprecedented attendance) cheerfully welcomed all the physiotherapists from far and near. He remarked that many Colleagues who had left the fold for one reason or the other are now returning and giving maximum support to the NSP. He enjoined all present to carry back to their stations, the spirit of the new NSP. He thereafter introduced to the audience the latest edition of National PhysioNews. Afterwards, Professor Arinola Sanya delivered the Keynote address titled "Professionalism in Physiotherapy" (Details of this paper may be published in JNSP).

#### **AFTERNOON SESSION [PROFESSIONALISM IN PHYSIOTHERAPY]**

The following paper presentations took place:

\* Prof. M.O.B. Olaogun: "Research Methodology as Applicable to Physiotherapy"

\* Mr I.O Sorinola, BSc, MSc: "Clinical Decision Making & Planning Effective Physiotherapy Treatments"

\* Prince R.A. Adedoyin, BMR, MSc: "Viability of Residency Training Programme in Nigeria"

#### **DAY 2: MORNING SESSION MANAGEMENT OF SPINAL CORD INJURY - 9.00am-3.00pm**

The following Papers were presented.

Dr. J.A. Okubena: "Anatomical Considerations in Spinal Cord Injuries"

Dr. M.O. Ogungbesan: "Clinical Features & Management Outcome in Spinal Cord Injuries"

Mr. Y. Babatunde: "Physiotherapy Management of Spinal Cord Injuries"

Mr Tajudeen : "Wheelchair Measurements"

Colonel Paschal Mogbo – "Clinical Experiences of a Distinguish Professional with Special Reference to the Stoke Mandeville Experience"

#### **AFTERNOON SESSION HOD COMMITTEE 3.00pm-5.00pm.**

### **NSP pays WCPT Subscription for 2001**

The Executive Council of the NSP has remitted to the Secretariat of the World Congress for Physical Therapy(WCPT) the year 2001 and Annual subscription of the Society. This is the 1st time in the last

6 years that the NSP Council will be paying the WCPT from Nigeria. The subscription which costs the Council 126 Sterling Pounds (about N25,000:00) apart from Bank Charges is for 300 members. WCPT member National Associations pay thier annual subscriptions based on the number of the currently registered members of their local Association in their respective countries.

### **NSP JOURNAL TO BE OUT SOON**

The Journal of the Nigeria Society of Physiotherapy (JNSP) which was last published in 1995 will again see limelight. According to Professor M.O.B. Olaogun of the Obafemi Awolowo University who is the Editor In-Chief, all is now set for JNSP to come alive again. All papers to be published in the new edition are almost ready. National PhysioNews learnt that the NSP National Executive Council has released funds to the Journal Committee with a mandate to release into Circulation before 31st December 2001. Prof. M.O.B. Olaogun further calls for papers for publication from physiotherapists.

### **OAU ALUMNI ASSOCIATION LAUNCHED**

The Medical Rehabilitation Alumni Association of the Obafemi Awolowo University (formerly University of Ife) has been launched. Their inaugural meeting took place on Wednesday 28<sup>th</sup> February 2001 at Ile-Ife. The Association, according to the protem president, Prince Soji Adedoyin, aims to foster unity amongst the products of the department and to bring meaningful developments to the department. The next general meeting of the Association comes up in Benin City during the 41<sup>st</sup> NSP Annual Scientific Conference. All Ife products are enjoined to come to Benin for the Alumni meeting.

### **NATIONAL EXECUTIVE COUNCIL MEETS ELDERS AT IBADAN..Elders Council to be formerly Inaugurated at 41<sup>st</sup> AGM in Benin**

Members of the National Executive Council (NEC) of the Society met with the founding fathers and Elders of the profession in a historic meeting on Wednesday 4<sup>th</sup> July 2001. The meeting took place at the Department of Physiotherapy, College of Medicine, University of Ibadan. In attendance were Dr T.A. Oshin, Mr C.A. Ajao, Pa J. Obiri and Prof. G.I. Odia. Others present are Profs. M.O.B. Olaogun, A.O. Sanya, Dr (Mrs.) A. Akinpelu, Mr. Adegoke, Mrs. Bosede Fowler and NSP NEC members. Mrs. S.A. Ajao, Prof. Nwuga and Prof. Owoeye sent in their apologies.

At the meeting the NSP President, Mr. Noel Adeghe, briefed the elders on the present state of the NSP and the physio  
(Continue on page 7)

therapy profession in Nigeria. The Elders were so happy to learn first hand, happenings in the NSP and the physiotherapy profession in Nigeria. They all pledged their continual support to the NEC and the NSP. The elders consented to attend the next NSP Conference where Elders Council will be formerly inaugurated. The Elders resolved that Dr. T.A. Oshin should chat up the immediate past president in order to make for peace.

### **Federal School of Physiotherapy, Kano holds 5<sup>th</sup> Induction Ceremony**

The Federal School of Physiotherapy, (Affiliate of Bayero University, Kano), held her 5<sup>th</sup> induction ceremony on Thursday 12<sup>th</sup> July, 2001 at the School's Auditorium in Kano. The Registrar of the Board, Prof. I.O. Owoeye was in attendance as the Commissioner of Oath where sixteen (16) young physiotherapists were received into the physiotherapy profession.

The NSP president, Mr. Noel Adeghe was also in attendance to receive the graduates into the profession. In his address, Mr. Adeghe reminded the new graduates to obey fully the tenets of the oath of physiotherapy practice they were swearing to. He wished them God's blessings in their future endeavour. In his address, the School's Principal, Mr. Henry Onuwe called on the Federal Ministry of Health to come to the aid of the school in both manpower and infrastructural development. The School presently has only three (3) physiotherapy (full time) lecturers. The program has thrived only on part-time lecturers. Efforts are also on to upgrade the 4-year program to a 5-year B.Physiotherapy program. Mrs. N. Onwochei, the Assistant Director of Administration of the National Orthopaedic Hospital, Dala, Kano, was Chairperson at the occasion.

### **Education Committee Commence Work on the DPT Program ... to examine issues of Residency & Fellowship**

Reports reaching our News desk reveal that the Education Committee of the Society has started work in earnest concerning the DPT program. They have already sent out letters inviting memoranda from members and especially the US based physiotherapists to send in papers concerning the DPT. The NEC has also received memoranda from members concerning the possible commencement of Physiotherapy Residency and Fellowship Programs. These papers are to be passed on to the Education Committee to examine and advice Council. Any physiotherapist with any document on DPT Program, Residency and Fellowship Programs especially as it is being operated in other countries should please make such available to the Education Committee. The

Committee Chairman, Mr. O.A. Olawale can be reached at the Dept. of Physiotherapy, College of Medicine, University of Lagos, P.M.B. 12003, Idi-Araba, Lagos.

### **ADEGHE RECIEVES ROUSING WELCOME IN KADUNA**

The National President Mr. Noel Adeghe received a rousing welcome from Kaduna State physiotherapists on Wednesday 11<sup>th</sup> July, 2001 in Kaduna. The Kaduna State branch of the NSP organized a surprise reception for the President who was passing through their domain.

Mr Adeghe was on his way to Kano to attend the 4th Council meeting and induction ceremony of the Federal School of Physiotherapy, Kano. A Physiotherapist in Kaduna who got wind of the President's visit to Kano pleaded with him to stop over in Kaduna. To the surprise of the NSP president, physiotherapists in Kaduna State were gathered at he ABUTH, Kaduna's Physiotherapy Department to honour the visiting President. Mr. Gani Ikhilama came all the way from ABUTH, Zaria to honour Mr President. Also present were other elders in Kaduna, Mr. Olatunji and Mr. Rotibi and other physiotherapists. The NSP President used the opportunity to brief physiotherapists in Kaduna on the current happenings in NSP and the physiotherapy profession in Nigeria, especially issue of new call duty allowance. The Elders in Kaduna who were not opportuned to be at the July 4<sup>th</sup> Elders meeting in Ibadan promised to help broker peace with the immediate past president and Mr. Alegbeleye.

### **MRTRB MEETS IN LAGOS**

The Medical Rehabilitation Therapists (Registration) Board (MRTRB) met for the 1<sup>st</sup> time this year in Lagos at the Board Secretariat on Wednesday 19<sup>th</sup> July, 2000. Over 90% of Board members were in attendance. The Board Chairman and Registrar used the opportunity to brief members on the functions of the Board and the challenges being faced especially finances. The Board is yet to receive their Statutory year 2001 budgetary allocation. Various standing Committees to oversee the different functions of the Board were inaugurated.

### **FSPDK Students Organise Health Week**

The Federal School of Physiotherapy Students Association affiliate of Bayero University Kano (SOPSABUK) held their 3<sup>rd</sup> Annual Health week in their school premises from 23<sup>rd</sup>-25<sup>th</sup> August, 2001. Their theme was "Physiotherapy, Leading the Way to Healthy Lives"

At the Opening Ceremony, Alhaji Sanusi Adamu, the Director of Administration at

the Aminu Kano Teaching Hospital (AKTH) was Chairperson. The Honorable Commissioner of Health for Kano State was ably represented by one of his Directors. During the opening ceremony two papers were presented. The "Role of Physiotherapy in Health Care" was presented by Mr E.B. John, BSc, MNSP, LPT of the National Orthopaedic Hospital (NOH), Dala, Kano while Mr Victor Alonge, BSc, MNSP of the AKTH spoke on "the Role of Physiotherapy in the Workplace".

### **FMOH Releases NSS Circular ...Establishment to amend Ambiguity**

At long last, the slow-motioned Federal Ministry of Health (FMOH) has officially released the circular to implement the New Service Scheme (NSS) for Physiotherapy and ten other professions within the health sector. It will be noted that it took the FMOH about four months to effect release of the NSS circular and not without constant pressures by the NSP Council and other concerned professional groups. The NSS has been circulated to all Health Centers and parastatals under the FMOH. Physiotherapists in Health Establishments nationwide yet to receive copies of the NSS circular in their Center can write the NSP Secretary General for a copy.

In a related development, the Federal Ministry of Establishment Matters has finally agreed to correct the ambiguity in the entry-level point of physiotherapists in the NSS as interpreted by the NSP Council (see Brief of Council Meeting) before the NSS will be gazetted. That is physiotherapist on GL 9 will now be Physiotherapy Intern".

### **ONUWE involved in a Ghastly Auto Crash... Escapes unhurt!**

Mr Henry Onuwe, BSc, MSc, MNSP, MRTRB, the Principal of the Federal School of Physiotherapy, Dala, Kano (FSPDK) was involved in a ghastly road traffic accident on Monday 13<sup>th</sup> August 2001. He and his driver however miraculously escaped unhurt. Mr Onuwe who was recently bereaved of his wife was traveling to Abuja from Jos in his official car when the accident occurred along Lafia-Abuja Road.

According to Mr Onuwe, he left Kano the previous weekend for Jos from where he headed for Abuja on that fateful Monday for a week-long official assignment at the FMOH, Abuja. Somewhere along the Lafia-Abuja Road, he suddenly heard a loud bang very close to the 'owner's corner' of his official car. The car then made a 360<sup>o</sup> degree U-turn and headed for the ditch somersaulting several times before finally landing on it's roof. The whole of the back seat where Mr Onuwe was sitting was completely smashed and compressed.

The FSPDK principal who was conscious throughout the ordeal said he found himself shouting.....Jesus! Jesus! Jesus!.. until the car finally stopped in the ditch. He used his foot to smash the car's side-window before he and his driver came out of the wreck unscratched. Evens his eyeglasses with which he was studying some papers just before the accident was recovered unscratched. Workers of a construction company nearby the accident scene who witnessed the accident from on top their crane later came around to their rescue. Before their arriving the scene, Mr Onuwe and his driver had climbed back on the road. All who saw the car were dismayed to see the two occupants unscratched. It will be recalled that Mr Onuwe similarly escaped late year an armed robbery attack along Kaduna-Zaria Road while he was returning from an official journey to Abuja.

The NSP Executive Council and the National PhysioNews Editorial Board rejoice with the Onuwe family for his miraculous deliverance!

### **OWOYE attends WCPT AFRICA Congress in Kampala, Uganda**

Professor Isaac O. Owoeye, of the College of Medicine, University of Lagos (CMUL) and Registrar of the Medical Rehabilitation Therapist (Registration) Board (MRTRB), attended the WCPT Africa Congress in Kampala 6<sup>th</sup>-12<sup>th</sup> August. A Nigerian physiotherapist, Professor Ladele Amosun of the University of Western Cape, South Africa is the WCPT Africa Chairman. The NSP Council was unable to sponsor an official representative to attend the conference due to lack of funds. The NSP President, Mr Noel Adeghe therefore sent his goodwill message to the Congress through Professor Owoeye. Prof. Owoeye was also mandated to represent Nigeria's interest at the WCPTA congress. No other Nigerian physiotherapist attended the Congress. More detail on the congress proceedings will come up in the next issue of National PhysioNews.

### **Colonel Mogbo now Army's 1<sup>st</sup> Director of Physiotherapy Services**

The Nigeria Physiotherapy vanguard and Ambassador in the Nigerian Army (NA), Colonel Paschal Mogbo has been appointed the NA's first Director of Physiotherapy Services. This was sequel to the New Service Scheme recently approved for Physiotherapists in Nigeria. Colonel Mogbo was elevated last in 1995 as Chief Physiotherapist in the NA. The Profile of Colonel Reverend Mogbo will be published soon in the National PhysioNews. The Editorial Board and the NSP Council hereby congratulates Colonel Mogbo for been a pioneer Director of Physiotherapy services in the Army. We are proud of you.



# PHYSIOTHERAPY IN NIGERIA: YESTERYEARS, PRESENTLY AND IN THE NEXT MILLENNIUM

BY DR. T. ABAYOMI OSHIN, J.P. Ph.D, M. PHIL. B.P.T., DIP T.P, M.C.P.A., F.N.S.P.

The President, Nigeria Society of Physiotherapy, Executive Members, Nigeria Society of Physiotherapy, Professional colleagues, it gives me a great pleasure to be amongst you today and I thank you for inviting me to give an Anniversary talk on this special occasion – the 40<sup>th</sup> birthday of the Nigeria Society of Physiotherapy. I pray that we should have the opportunity to witness many more anniversaries of our great Society.

## WHAT IS PHYSIOTHERAPY?

“Physiotherapy (Physical Therapy) is the art and science of physical treatment by means of therapeutic exercises, instructions, heat, cold, light, water, massage and electricity. Some of the aims of the treatment are the relieve of pains, the increase of circulation, the prevention and correction of deformity, maximum return of strength, mobility and coordination”. Physiotherapy also include the carrying out of electrical and manual tests to determine the amount of impairment of nerve supply and tests to and the strength of muscles, tests to determine functional abilities; measurement of range of joint movement, and measurement of vital capacity as diagnostic aids and for recording progress. Physiotherapists work to prevent disability and to rehabilitate the sick and the handicapped. They are also active in preventive medicine and in clinical research. To give the history of the modalities used by physiotherapists will take a whole day.

## HISTORY OF PHYSIOTHERAPY IN NIGERIA

Physiotherapy was introduced into Nigeria in 1945 by two British Chartered physiotherapists: Miss Manfield and Mr. Williams. They were employed by the government of Nigeria and attached to the then Royal (now National) Orthopaedic Hospital, Igbobi, Lagos. Their primary assignments were:

\* First to treat wounded and disabled Nigerian Soldiers who returned home from Burma and other countries during the Second World War.  
\* Secondly, they were to start a training programme in physiotherapy. A number of Nigerians attended the three – year diploma course they initiated.

On completion of the training and passing out of the school, they were desig-

nated as Assistant Physiotherapists. They were specifically asked to work strictly under the supervision of chartered physiotherapists who had trained in England.

With time, the training programme at Igbobi was discontinued. Just before then, plans were in progress to start a diploma course at the University College Hospital, Ibadan. This was later changed to the Bachelor of Science Degree in Physiotherapy at the University of Ibadan. The course took off in October 1966. The graduation of the foundation students in Ibadan in 1969 was a landmark in the annals of Physiotherapy in Nigeria. Thus, University of Ibadan was the first in Nigeria and West Africa, to award a degree in Physiotherapy.

In 1971, University of Lagos commenced a three-year diploma course, which was upgraded to Bachelor of Science Degree in 1977. University of Ife, Ile-Ife (now Obafemi Awolowo University) followed Ibadan and Lagos in 1977. The course at Ile-Ife was for a four-year Bachelor of Medical Rehabilitation (Physiotherapy) degree. The University of Nigeria, Nsukka also commenced a degree programme in 1987. There is also a training programme in Kano which commenced in 1989. It is now affiliated with the Bayero University, Kano.

The products of our Universities are practicing as physiotherapists in many establishments in the country and abroad. Some are lecturers in Universities in Nigeria and Overseas. A sizeable number are in United Kingdom, United States of America and Canada pursuing postgraduate courses and working to gain further experience and for pecuniary purpose. Several Nigerian Physiotherapists are known to be in Saudi-Arabia. The vogue at home has gradually shifted from working in Teaching, State and Specialised Hospitals to venturing into private practice by a handful of practitioners. We should be mindful of mediocrity.

## NIGERIA SOCIETY OF PHYSIOTHERAPY

The Nigeria Society of Physiotherapy was founded by two Physiotherapists. They were Messrs T. Abayomi Oshin and C. Agboola Ajao in 1959. The inaugural Meeting of the Society took

place at the University College Hospital, Ibadan on 29<sup>th</sup> August 1959. Practicing Physiotherapists were invited by the founders to the meeting. The foundation members of the Society were:

Miss H.M. Joyce,  
Mrs. S.A. Ajao (nee Ajala)  
Mrs. M.T. Payne (nee Walton)  
Mr. T.A. Oshin  
Mrs. L.E. Day (Mrs L.E. Baker)  
Miss. H.M. Munro.  
Mr. I.O. Ayodeji  
Mr. C.A. Ajao.

Officers elected at the inaugural Meeting were:

|                 |                  |
|-----------------|------------------|
| Chairman:       | Mrs. L.E. Baker  |
| Vice Chairman:  | Mr. I.O. Ayodeji |
| Honourable Sec: | Mr. C. A. Ajao   |
| Treasurer:      | Mr. T.A. Oshin   |

Within a short period (1961-1962) the Society was recognized by the Federal and other Regional Governments of Nigeria. It was the only Body that had the power to negotiate with the governments. State chapters of the Society emerged after a few years. They were all under the umbrella of the parent body, Nigeria Society of Physiotherapy (NSP).

For seventeen (17) years, meetings of the NSP were held at Ibadan and Lagos alternately. As membership increased in various sectors of the country, meeting venues shifted from the established bases to Enugu in 1976, Zaria in 1977, Ife in 1978, Lagos in 1979, Benin in 1980, Owerri in 1981, Kano in 1982, Jos in 1983, Akure in 1984, Lagos in 1985, Ilorin in 1986, Port-Harcourt in 1987, Enugu in 1988, Abeokuta in 1989, Kaduna in 1990, Ibadan in 1991, Kano in 1992, Markudi in 1993, Calabar in 1994, Kano in 1995, Lagos in 1996, Lagos in 1997, Zaria in 1998, Osogbo in 1999, (Ilorin in 2000 and Benin in 2001).

## WORLD CONFEDERATION FOR PHYSICAL THERAPY (WCPT) AND NIGERIA SOCIETY OF PHYSIOTHERAPY (NSP)

The existence of the NSP was made known in 1960 to the World Confederation for Physical Therapy (WCPT) with the view of becoming a member of the world Body.

On application, the, the N.S.P was

granted provisional membership in 1966. It was invited in 1967 to the 5<sup>th</sup> International Congress of the WCPT, which took place in Melbourne, Australia. Three NSP members: Messrs Ajao, Kehinde as well as Mrs. Aboderin were present at the memorable congress where Nigeria Society of Physiotherapy was formally admitted as a full member of the WCPT on the afternoon of Thursday 18<sup>th</sup> May, 1967. Since then, members of the Nigeria Society of Physiotherapy had attended international Congress held by the World Body. Some even occupied positions in the Executive Committee. Scientific papers were presented by our members as far back as 1970 in Amsterdam; 1974 in Montreal, Canada; 1978 in Tel Aviv, Israel; 1982 in Stockholm, Sweden, 1987 in Sydney, Australia, 1991 in London, United Kingdom; 1995 in Washington D.C., United State of America; 1999 at Yokohama, Japan.

We had the privilege to welcome a past President of the WCPT to Nigeria. Mr Eugene Micheals was in our midst in 1975. He then launched the NSP's booklet on “Guidelines on the Training of Physiotherapist in Nigeria”. The same was true with past Secretaries of WCPT in the persons of Miss M.J. Nelson, M.B.E, 1968 and Miss E.M Mckay, 1979. We were also opportuned to have Miss Margaret Hollis, M.B.E., run a course on P.N.F. at the College of Medicine, University of Lagos (CMUL) in June 1977. Miss Hollis was the Principal, School of Physiotherapy, Bradford, England.

## PAN AFRICAN CONGRESS & AFRICA PHYSIOTHERAPY ORGANISATION

The Nigeria Society of Physiotherapy held the first Pan-African Physiotherapy Congress in the Old Great Hall, CMUL/LUTH from May 28<sup>th</sup> to June 3<sup>rd</sup>, 1979. The Congress was a precursor to the Africa Physiotherapy Organisation. The Executive Committee of the Organisation met in Cairo, Egypt in 1980. It was there I was elected as the Secretary General and Mr G.I. Odia was the Newsletter Editor.

## THE COVETED DECREE 38

The long awaited recognition of the Nigeria Society of Physiotherapy as an independent registration body was achieved in 1988 when the Federal

(Continue on page 9)



Government promulgated decree No. 38 on Medical Rehabilitation Therapy. In the same year, the Federal Government appointed physiotherapists to represent the NSP on the following bodies:

- National Advisory Committee on Health.
- National Policy on Medical Rehabilitation.
- Board of Management of Teaching and Specialist Hospitals.
- Medical Rehabilitation Therapists (Registration) Board of Nigeria.

### JOURNALS & SOME BOOKLETS OF NSP

The Nigeria Society of Physiotherapy published its first Journal, the Maiden issue in 1969. Other historical publications are:

- \* "First Decade" By Mr. C.A. Ajao in the Maiden issue of the N.S.P. Journal.
- \* Also by the same author (Mr. Ajao), "The Nigeria Society of Physiotherapy Came of age - Twenty Years of the Society" in *Proceedings of Physiotherapy in Africa in 1982*.
- \* Mrs S. Ajao published, "Hand book of Nigerian Society of Physiotherapy" in 1974 and reprinted it in 1976.
- \* "Nigeria Society of Physiotherapy at 25" was published by the Society during the Silver Jubilee Celebrations in June 1985.
- \* "Guidelines on the Training of Physiotherapy in Nigeria" by the N.S.P. in 1975.
- \* "Code of Ethics" was released in 1978 by the Society.

### STUDENTS ASSOCIATION

Student bodies have played no mean role in the propagation on of efficient health care delivery through workshops, seminars, sports, conferences, magazines, Journals and others. The first students' Association was formed in Ibadan in 1978. It was then called "Association of Undergraduate Physiotherapists". The name has since changed to "Association of Physiotherapy Students (APS). Lagos also has University of Lagos Association of Physiotherapy Student (ULAPS). Ile-Ife and Nsukka also have Student Associations.

The parent body of the entire local student Associations is the Nigerian Association of Physiotherapy Students (NAPS). The body holds Annual Scientific Conferences since its inception in 1981. Its conference is mother of all local conferences in individual University.

All the associations published scientific Journals. The first Journals, (Vol. 1

and II) were published by the Association of Undergraduate Physiotherapists of the University of Ibadan in 1978. It was called Physiomag. That of NAPS is called "Physiotherapy BUD" and was first published in 1989.

### THE PRESENT

We accept the fact that physiotherapy is a profession. "We, as physiotherapists, treat patients referred to us from many disciplines of the medical profession viz medicine, surgery, paediatrics, neurology, obstetrics and Gynecology, Dentistry, Psychiatry, otorhinolaryngology (ENT) and others. We do not only treat these patients, we also follow their progress until they achieve full recovery where possible. In some cases, it is in consultation with other members of the health team. But the methods and equipment used by a physiotherapist are determined by him. He decides, independently, alternate forms of treatment for effect and the best results".

"Physiotherapists are not subservient to any one profession. They are not auxiliary personnels, which means in the "secondary" or accessory, position. Physiotherapists, nurses, occupational therapists, physicians, medical social workers, Orthotists, prosthetists, physiatrists, join together as a team to provide the patient with the kind of care each profession can best offer".

But, are young graduates getting what they should have and hold under the present economic predicament? Many physiotherapy schools and departments cannot replace broken down equipment for the training of students. The same apply for those in clinical areas. Do we maintain these standards today?

Textbooks are not within the reach of students. They cannot plough through books in the Library to enrich or even acquire knowledge. As a result, piracy (photocopying of textbooks) has been resorted to. This is a criminal act. It must not be encouraged. The solution lies in the reduction of tariffs on textbooks by the government. In the alternative, senior members of the profession, who are up-to-date with modern trends, should produce monographs on specific subjects. Textbooks will cost much more than monographs.

### COMMUNITY PHYSIOTHERAPY

Students should be exposed to rural and Community Physiotherapy practice during their training. Majority of the Nigerian citizenry live in the sub-

urban areas. Student should learn how to design, improvise and use supportive and therapeutic gadgets as form of appropriate technology.

When in the 1960s, the problem arose in Ibadan where taxicabs refused to carry users of auxiliary crutches to the hospital because of lack of space for them in "Morris-Minors" and even in the other small cars; this speaker designed "Foldable Wooden Crutches". That solved the problem and the taxicabs accommodated them.

### THE FUTURE

We should aim at specialization so that we are not labeled as "Jack of all Trades and Master of Non". Therefore, physiotherapeutic specialization should be further encouraged and pursued. The areas are: Biomechanics, Kinesiology, Electrophysiology & Electrotherapy, Exercise Therapy, Neurology, Sports Medicine, Paediatrics, Manipulation, Geriatrics, Community, Industrial, Cardio-thoracic, Medical and Surgical conditions, Orthopaedics and others.

We should engage in research activities on subjects and conditions relevant to our profession and environment. We ought to prove the effectiveness of our modalities in patient care scientifically, through proven research methodology. It is of utmost importance that scientific and professional Journals should be made available in the teaching and clinical areas. We need to update our skills and knowledge by reading current Journals. Aside from patient care, the welfare, remuneration, salaries and status of the practitioner, should be reviewed from time to time by employing agents.

### ON A HAPPY NOTE:

I am sure you know that a sizeable number of the graduates from our Universities are Lecturers of Physiotherapy in Nigeria today? Also that graduate physiotherapists from Nigeria are heads of divisions and departments in the United Kingdom, United State of America and Saudi Arabia? There are many others who had proven, in other ways, the high standard of training they received in Nigeria during their time here. I however, pray fervently that our professional colleagues who are overseas should come home and contribute their expertise and experience to the development of physiotherapy education and practice in Nigeria.

### CONCLUSION

I will end by passing on to you what I had repeatedly said on occasions

such as this.

- We are expected to base treatment on new knowledge and less on tradition, routine, and ineffective care.
- We should be alert to modern trends, techniques and resource materials. Therefore, read current physiotherapy and other relevant Journals.
- We should carry out duties with dedication, devotion and full sense of responsibility to our patients and the public at large.
- We should give our patients' their money's worth for every visit to our clinic or department.
- We should be critical of what we do, of the modalities and procedure we use.
- We should consult, always, our senior colleagues and others who are more knowledgeable and more competent when in doubt.

Remember that we only treat that which is within our competence. When we have accomplished all of the above and demonstrated intellectual skills and therapeutic accomplishments, we will have self-satisfaction and earn the respect of other members of the health team.

Ladies and gentlemen.  
Thank you.

*Dr Theophilus Abayomi Oshin is a pioneer physiotherapist, a doyen of Physiotherapy in Nigeria, a co-founder of the Nigeria Society of Physiotherapy; and the first Head of Department of the first BSc Physiotherapy training program in Nigeria and West Africa. He is also a Past President of the NSP. He is a man of many parts. His profile along with other Founding Fathers of Nigeria Physiotherapy Training Programs and Practice will be published soon in the National PhysioNews Hall of Fame. His paper published above was delivered at the occasion of the 40th Anniversary of the NSP at Oshogbo on 10th December 1999. This Paper was very minimally edited and updated for publication. It is very relevant today as NSP clocks 42 as it was 2 years ago. - Editor*

# BRIEFS OF COUNCIL MEETING

The National Executive Council of the Nigeria Society of Physiotherapy held their 4<sup>th</sup> Council meeting on Friday, 13<sup>th</sup> July, 2001. Venue was the Board-Room of the Federal School of Physiotherapy, Dala, Kano. Far reaching decisions affecting the Nigeria Physiotherapy scene were taken. Here is a brief of Council decisions.

## Attendance

Noel B. Adeghe National President  
 Alfred Abegunde Vice President  
 Ayo T. Onigbinde Secretary General  
 Emmanuel B. John Asst Sec. General  
 Salu G. Akainwale Treasurer  
 Olalekan Adewunmi Auditor 1  
 N.B Njokama Fin. Sec. (Absent)  
 Awofolu Yinka P.R.O. (Absent)  
 Taiwo Oyewunmi Asst. PRO (Absent)  
 Ogundipe A.O. Auditor II (Absent)

## COUNCIL DECISIONS

### (1) COMMENDATION OF COUNCIL MEMBERS

The President commended the efforts of Council members in attending council meetings. He noted that members attend meetings with physical and financial strain. He encouraged members to keep attending meeting while he promised better days ahead as finances of the Society improve. Members have been receiving only part refund of travelling and other expenses incurred while on NSP Business.

### (2) HANDING OVER BY IMMEDIATE PAST NEC

At the Elder's Council meeting held a week earlier, Dr. T.A. Oshin consented to write the immediate past president to broker peace. Similarly Mr Olatunji, HOD, ABUTH, Kaduna also promised to convey a peace meeting soonest. He reportedly has started speaking with Mr Alegbeleye who promised to lay down his grievances. The President and NEC members will attend any peace meeting called by the Elders whenever they are invited.

### (3) WCPT DUES

Council received communication from WCPT for payment of dues for year 2001. Council approved immediately the release of funds to pay for subscription of NSP for year 2001.

### (4) NEW SCHEME OF SERVICE (NSS)

Council resolved the ambiguity in the entry point level of physiotherapists in the NSS. "Physiotherapist" on GL 09 in the NSS should be interpreted as physiotherapist post internship and NYSC fully licensed by MRTRB; or Physiotherapist post internship with NYSC discharge Certificate fully licensed by MRTRB. The

MRTRB in due course will make a pronouncement on Entry level point of interns.

### (5) PROPOSAL FOR DIRECTOR OF PHYSIOTHERAPY SERVICES

Council directs that a proposal be written immediately to the Federal Ministry of Health for the establishment of a Directorate of Physiotherapy Services. This proposal should reach the FMOH within two (2) weeks; and should be followed up until implemented and advertisement made for the post of Director.

### (6) JOURNAL OF THE NSP (JNSP)

Council received reports that the Editor-in-Chief has concluded all arrangements to publish the next issue of the JNSP if funds are made available. Council approved with immediate effect release of funds for publication. The Journal must be ready before next conference.

### (7) NEWSLETTER

\*Council received representations from some distinguished members of the Society concerning the "Disclaimer Notice" in the 1<sup>st</sup> issue of the Newsletter. Council therefore withdraws the WORD "DISCLAIMER" but retains the entire content under the NOTICE as the content remains true and valid.

\*Council decided that the Newsletter be released quarterly instead of bimonthly because of cost except if the Editorial Board can secure adverts to defray cost of production. Council immediately approved funds for the next edition to be a "Special 42<sup>nd</sup> Anniversary of NSP Edition".

### (8) PROPOSED NUPTAM STRIKE ACTION

\*National Union of Pharmacist, Laboratory Technologists and Professions Allied to Medicine (NUPTAM) which physiotherapy belongs is planning a strike action to press home their demands for appropriate remuneration and other job related allowances.

\*Council received reports that the union has been weakened by the Federal Government via the tactical and political withdrawal of pharmacists and medical Laboratory Scientists from the union after they individually negotiated a 2% basic salary call duty with Government.

\*Council decided that physiotherapists are not to get involved in any strike action called by NUPTAM if the above two professions are not involved as such strike actions will not be effective.

\*Similarly, physiotherapists are not to join any strike action except they are so directed by Council through the National President.

### (9) NSP WORKSHOP AT IGBOBI

Council received reports of a successful Scientific Workshop held 24<sup>th</sup>-25<sup>th</sup> May 2001 at the National Orthopaedic Hospital Igbobi, Lagos. Attendance was unprecedented in recent times. One hundred and two (102) physiotherapists from all over the nation attended the workshop including 40 physiotherapy students from CMUL.

### (10) 41<sup>ST</sup> SCIENTIFIC CONFERENCE & AGM

-Council received reports that all is set for the 41<sup>st</sup> Annual National Scientific Conference in Benin City, Edo State from 22<sup>nd</sup>-25<sup>th</sup> October 2001. Theme is "Physiotherapy Profession in the New Millenium: Prospect and Challenges". Sub-theme: *The Place of Physiotherapy in the National Health Insurance Scheme*. Prof. G.I. Odia is Chief Guest Speaker.

### (11) NATIONAL DEVELOPMENT LEVY

Council Received reports that many physiotherapists are yet to pay the N2, 000 Development Levy. The Financial Secretary was mandated to write members' nationwide to remind them of this Levy.

### (12) NSP STICKER PRINTED

NSP car stickers are printed and now available for sale at N 20:00 per sticker.

### (13) NSP MEMBERSHIP CERTIFICATES READY

Members yet to collect their membership certificate can now do so. Certificates can be collected (after paying the appropriate fees and up to date, ie NSP Dues/ Development Levy) from

(1) Mr Olawale, Chairman

Education Committee

Dept of physiotherapy, C.M.U.L,  
 Idi-Araba

(2) Mr Ayodele Onigbinde, Secretary  
 General, Dept of Physiotherapy,  
 U.I.T.H.

Ilorin, Kwara State or

(*BUT ONLY in Extra-ordinary Circumstances from*)

(3) Mr Noel Adeghe,  
 National President,  
 Dept of Physiotherapy,  
 U.B.T.H., Benin City, Edo State.

### (14) NATIONAL POLICY ON PHYSIOTHERAPY & MEDICAL REHABILITATION

\*Council sets up with immediate effect an Ad-Hoc Committee headed by National Vice President to come up with a National policy on Physiotherapy and Medical Rehabilitation to be submitted to Government soon.

### (15) NEW CALL DUTY AND OTHER JOB RELATED ALLOWANCES

\*Council received briefings from the President and Secretary General on their aborted

efforts to get physiotherapists placed on better % of call duty allowance than the 1.72% just approved by Federal Government.

\*Past councils have made a recommendation of 2.5% Basic salary per unit call for physiotherapist to Government, which was rejected.

\*The President, Vice-President and Secretary General also made frantic efforts by their numerous visits to Abuja in May/June 2001 to at least get physiotherapist's new call duty to be at par with pharmacists and lab. Scientists. However, their effort at the last minute was thwarted by a particular officer at the FMOH who vehemently maintained that physiotherapists had only three years of training and not five years. (This Officer's comments was required by the Honourable Minister to pass the Society's request to Government). This was in spite of obvious and overwhelming documentary evidence that physiotherapy training is now five year plus one year internship. The particular officer in question maintained his stand until President Obasanjo ordered a release of the call duty circular in order to cut short Doctor's Strike. \*At the June 19, 2001 meeting between the Honorable Minister of Health and Presidents of Professional Bodies in the Health sector, the NSP President vehemently made his displeasure at the new call duty for physiotherapists known to the Minister. \*The Honourable Minister apologized admitting that they are aware of all injustice done by the circular; but that President Obasanjo has pleaded with all Professional Bodies to please allow the present circular as it is while the Minister should compile all grievances. President Obasanjo was said to have promised that all grievances would be looked in to and corrected latest by October 2001.

The NSP President had made known to the public, the dissatisfaction of physiotherapists on the new call duty circular. He was on the Network news and has also made pronouncements in some National Dailies.

### (16) THE NIGERIAN ASSOCIATION OF PHYSIOTHERAPY STUDENTS (NAPS)

Council frowned at the attitude and methods of the President and Secretary of the Nigerian Association of Physiotherapy Students (NAPS) who are both from University of Nigeria, Enugu campus. Their methods of fund generation are very embarrassing to the Society. Council mandated the NSP President to contact Mrs. Imoh of NOH, Enugu to advise them and oversee their activities.





# PROGRESS REPORT

THE ANNUAL PROGRESS REPORT OF THE NIGERIA SOCIETY OF PHYSIOTHERAPY (2000-2001)



**Mr. Noel B. Adeghe, MNSP, MCPA,**  
*National Executive President of the  
Nigeria Society of Physiotherapy*

Dear Colleagues

Let me start this Progress Report by thanking you all for reposing your confidence in us (that is, myself and other members of the National Executive Council) by voting us in at the year 2000 AGM in Ilorin. As we mark our first year in office, I present briefly our Report Card.

This present NSP Council was elected and sworn-in on 27<sup>th</sup> October 2000 to serve the Society for the next two years. If you will recall; in my acceptance speech at Ilorin-2000. I promised to start immediately a far and wide consultation nationwide with our colleagues (Physiotherapists) who had left the fold for one reason or the other since the leadership crisis in Kano (1995). With the help of God and you all, this we have done, and the result is here for all to see at the last 41<sup>st</sup> AGM and Annual Scientific Conference in Benin. The Edo 2001 Annual Scientific Conference and AGM attracted over 120 physiotherapists nationwide (including one Physiotherapist from New York) both young and old. Many of them have not attended any NSP organized functions or Conferences in the last 7-10 years.

As we were busy putting our house in order, we were equally busy pursuing the cause of the profession's progress in the country. We were in Abuja several times to ensure the release of the circular on the New Service Scheme. The Federal

Ministry of Health (FMOH) finally released this in August 2001 after seven months of constant follow-up.

Efforts were also made to get a better call-duty and other job related allowances for physiotherapists. Our efforts were however met with stiff opposition at the FMOH. Nonetheless, Physiotherapists nationwide now enjoy a 1.72-% of their basic salary as call-duty allowance. We are fighting on still for better remuneration.

We had consultations with the Elders of the profession at a parley in Ibadan on 4<sup>th</sup> July, 2001. The results and support of the Elders was tremendous. This was reflected in the attendance of many Elders at the Edo 2001 Conference. The Elders also helped brokered peace with the immediate past president.

Five Council Meetings were held in Ilorin (Nov 30<sup>th</sup>/1<sup>st</sup> Dec 2000) at Benin (January 2001) at Lagos (April 2001), Kano (July 4<sup>th</sup>/5<sup>th</sup> 2001) and pre-conference at Benin (October 22<sup>nd</sup> 2001). Far-reaching decisions that affect the Nigeria Physiotherapy Scene were taken most of which were made public through the National PhysioNews.

We initiated the concept of the National PhysioNews as we recognized the place and importance of information dissemination to our members. We believe in keeping you all informed of the day-to-day activities of Council. We released into circulation this year (2001) three editions of the PhysioNews. From next year, it will become a quarterly publication. I hereby salute the efforts of the Editor, Mr E.B. John and the Editorial Board of National PhysioNews for their good works.

The NSP Journal, which was last published in 1995, will come alive again soon. Funds have been released to the

Journal committee led by Professor M.O.B. Olaogun who is also the JNSP Editor-in-Chief. We have his word that the Journal will be put into circulation before the end of this year.

In line with our policy on transparency, we are making public through the National PhysioNews an Audited Account of the Society from December 2000-October 2001. Note however that we are yet to receive documents and accounts from the immediate past NSP Council. The immediate past President, Mr. F.O Faniran, who was at the Edo 2001 promised the AGM to hand-over the Society's property and Accounts to us very soon. We look forward to this.

Next year, 2002, Council will be organising a Scientific Workshop in conjunction with the HODs' Committee by April/May. Details will follow later in the next edition of National PhysioNews. The 42<sup>nd</sup> AGM and Annual National Scientific Conference will come up in the last week of October (tentatively 27<sup>th</sup> October-2<sup>nd</sup> November) in Port-Harcourt, Rivers State. It will be an election year. I hereby enjoin all our colleagues from far and near to make it a point of duty to attend whether sponsored or not. We are also extending an invitation to all our colleagues abroad who may be able to attend. It will be a time to elect new officers to direct the affairs of the Society for another two(2) years. I look forward to seeing you all in Port-Harcourt.

Further details for our activity in the last one year in office will be dealt with more in the Secretary General's Annual Report.

I Remain at Your Service,

*Noel Bodunrin Adeghe,*  
*National Executive President*

**SECRETARY GENERAL'S ANNUAL REPORT (YEAR 2000 - 2001)**

First and foremost, I will like to express my appreciation to all the physiotherapists both at home and abroad for their tremendous support in the last one year. It has been a wonderful year of stress, but with satisfactory achievements. It will be inappropriate to say we did not experience dissatisfaction in certain areas but we have made laudable success and achievements in many areas. I never know that the Nigeria Society of Physiotherapy had been greatly crippled and constrained in many areas until I assumed office as the Secretary General. It is not an exaggeration to say that if you want to be an executive member of this society, you have to be willing to make sacrifices in all ramifications. This is what we have done the last one year. This report covered from 27<sup>th</sup> October, 2001 to 23<sup>rd</sup> October, 2001. The report is summarized thus:

**1. EXECUTIVE COUNCIL**

It was the desire of the Executive Council to hold meetings at different geographical zones of the country, hence five Council meetings were held, in Ilorin, Benin, Lagos and Kano state. The following issues were majority discussed at the meetings

**(a) Professional and job related allowances:**

This issue was the Herculean task that this Executive Council faced in the year 2001 especially with the release of the obnoxious, contemptuous and equally bias circular from the Salary and Wages Commission. However, it will be right at this junction to point it out that the Executive Council should not be crucified for negligence because the ratio as reflected in the circular was the outcome of the negotiations that took place last year far ahead of our coming into office. It is equally important to point it out that there was a negotiation between the Federal Ministry of Health and all Health Unions in February and May 2000 and NSP under the leadership of Mr. F. O Faniran through NUPMTPAM participated in the negotiation. I was also an observer as a National Officer of NUPMTPAM during the said negotiation. At the end of the negotiations, NUPMTPAM refused to sign the agreement because the content did not meet the yearning and aspirations of our members. There are supposed to be six signatories to the agreement but it was only NUPMTPAM that refused to sign, and this gave the Federal Ministry of Health the audacity to go ahead with the implementation.

Ahead of the release of the circular we made frantic effort to correct the anomaly in the agreement, but this did not yield any fruitful result. Even when the circular was released, we rejected the circular and equally threatened the Ministry of Health with industrial and labour unrest. We also effectively used the media,

but all to no avail. However, our persistent pressure yielded result when the Ministry of Health invited NSP and NUPMTPAM to a dialogue and it was resolved that we should submit a fresh memorandum to table our demands. All in all, to show the seriousness of the matter, we have submitted five memoranda to the Federal Ministry of Health. Similarly, we contacted USA, Canada, Japan, South Africa and Germany for evidences to back up our demands. We are embarking on negotiations any time from now with the Ministry of Health and Ministry of Labour. A lot of factors are militating against the Nigeria Society of Physiotherapy on the issue of professional and job related allowances, and most of the factors are direct contributions of practicing physiotherapists in Nigeria. These factors will be discussed as presently.

**(b) Scheme of Service:**

First and foremost, I will like to appreciate the efforts of the past Executive Council under the leadership of Mr. F. O Faniran on the issue of the new Scheme of Service (NSS). When this Executive Council came on board, we had the Herculean task of ensuring the release and implementation of the NSS. The official release of the NSS is not on a platter of gold, but we finally succeeded in ensuring the release. Following the release, we were faced with the ambiguity of the entry point. Information reaching the Secretariat confirmed that most Hospital Managements have commenced implementation of the NSS. The Executive Council has already officially informed the Federal Office of Establishment on the ambiguity in the NSS, which we are following up accordingly. Council recommends GL 09 as entry point for Interns. Meanwhile, the Executive Council has adopted GL 09 as the new entry point for Physiotherapists post NYSC pending correction and clarification from of the Federal Office of Establishment.

**c. NSP Workshop**

The Workshop organized by the Executive Council in conjunction with Committee of HODs on the 24<sup>th</sup> and 25<sup>th</sup> May 2001 at NOH Igbobi was a very successful one. It turned out to be the largest gathering of physiotherapists in a workshop in the history of NSP.

**(d) DPT and Residency Training Programme:**

The Executive Council is strongly committed to upgrading our Physiotherapy training programs to a 6-year training programme leading to the award of Doctor of Physiotherapy (DPT). The Chairman, Education Committee has been directed to liaise with the Academics for possible review of the curriculum. The Executive Council intends to convene a curriculum

review Conference very soon. Similarly, the Executive Council has requested for proposals from some reknown and reputable physiotherapists on the possibility of a residency-training programme. In this line, the Council has initiated moves to hold meetings with the Medical Rehabilitation Therapist Registration Board on the issue of residency training programmes.

**(e) Physiotherapy Technicians:**

The National Executive Council (NEC) of the Society is not favourably disposed to the training of physiotherapy technicians during the course of all the NEC meetings. This is based on the fact that Nigeria is a country that condones a lot of illegalities and that physiotherapy practice in Nigeria has not reached an advanced stage of having technicians. However, NEC directed the headship of the Physiotherapy Technician Training School to furnish her with the details of the documents that has to do with the School for further review.

**(f) Publicity:**

The present NEC is strongly committed to ensuring adequate publicity for the Society. The Society had effectively utilised the media (both print and electronic media) to bring the Society into more limelight. We also commenced the printing and sustenance of a National Newsletter. We have also produced of car stickers for members.

**(g) Hand-over from Mr. F.O Faniran**

The NEC did not allow the refusal of Mr. F.O. Faniran to distract her from her focus and good intentions. I will like to point it out that all the efforts and appeal from this NEC to Mr Faniran failed. Also, he failed to respond to the appeal from the Elders' Council of the Nigeria Society of Physiotherapy through Dr. T.A.Oshin. However, the NEC took the bull by the horn by starting from nowhere to get to this stage. The NEC has resolved to forgo the issue of hand-over in order to avoid unnecessary distractions. This AGM stands to take a decision on this issue once and for all.

**2. ELDERS COUNCIL**

The NEC convened a meeting of the elders of the profession on the 4<sup>th</sup> of July, 2001 at the College of Medicine University of Ibadan, Ibadan. In attendance were Dr. T.A Oshin, Papa C.A. Ajao, Mr. J.O. Obiri, Prof G.I. Odia, Prof A.O. Sanya, Prof. M.O.B. Olaogun, Dr. (Mrs.) A.O. Akinpelu, Mrs. B. Fowler, Mr. B.O.A. Adegoke. Prof. Nwuga and Prof Owwoeye could not attend but they both sent their support to the meeting. At the meeting, NEC sought for advice from the elders on issues like professional and job related allowances, reviewing curriculum of training programmes and the new

scheme of service. The refusal of Mr. Faniran to hand over document and account of the society, which was not on the agenda, was also raised by the elders.

**3. NOMINATION OF DR. T.A. OSHIN FOR NATIONAL AWARD.**

The NEC nominated Dr.T.A. Oshin for National Award for the year 2001 but we are unsuccessful because of higher number of nominees from Ogun state which is his home state. The NEC had used this year to understand the policies and intrigues of the award committee. NEC has resolved to re-nominate him for next year award.

**4. MEMBERSHIP CERTIFICATE:**

Members now enjoy issuance of certificate without delay unlike before provided that all requirements such as annual subscription, levies, etc are met.

**5. WCPT AND OTHER FOREIGN CORRESPONDENCES**

As soon as we got into office in October last year, we immediately contacted the WCPT. Our earlier intervention ensured the lifting of the suspension on the Nigeria Society of Physiotherapy by the world body. We also contacted our colleagues in New York, USA immediately. Our members in New York pledged their loyalty to this NEC and they displayed their loyalty by assisting in the payment of outstanding dues to the WCPT and the WCPT African Congress up to year 2000.

Similarly, the NEC has effected payment on the year 2001 annual subscription to WPCT. The NEC paid for three hundred physiotherapists (300) at the rate of 0.42 Sterling Pounds per PT this will be the first time that NSP would pay annual subscription to WCPT from her own purse in the last six years. We are already in the good book of WCPT. We are regularly exchanging correspondence with WCPT, London since last year. Furthermore, we have been exchanging correspondences with CSP London, APTA, US, CPA, Canada, Japan, Ireland and Germany.

**6. PROBLEMS AND IMPEDIMENTS**

**(i) Lack of basic infrastructures:** Even if the Society does not have a permanent secretariat, basic stationeries, computer and photocopying machines, should be provided at the temporary secretariat. The secretariat spends a lot of money to utilize these infrastructures at commercial Business Centres.

**(ii) Non-committed attitude of physiotherapists to the Society:** It is only in Nigeria physiotherapy practice in the health sector that you often see a physiotherapist practicing without membership certificates/license, most physiotherapists in the North are guilty of this. Although, the Secretariat has resolved to communicate all Hospital Managements to sanction such physiotherapist without membership certificates.



**SEC. GEN, EDUCATION COMMITTEE & TREASURER/AUDITOR'S ANNUAL REPORTS (2000-2001)**

(iii) **Non-participation in continuing education programme.** It has been observed that most physiotherapists do not participate in continuing education programmes regularly and this is an impediment to be able to improve clinical practice.

**7 CONCLUSION**

I am appealing to all physiotherapists to continue to adopt positive and professional attitude towards their profession. The NEC will intensify her efforts in the positive directions that will ensure greater heights for the Society. The secretariat will continue to seek for advises as we have done this last one-year. It will be unfair if I do not say a big thank you to people like Prof. A.O. Sanya, Prof. M.O.B. Olaogun, Prof. Owwoeye, Dr. T.A.Oshin, Papa C.A. Ajao, Mr. A.O. Olawale (LUTH), Mr. Rotibi (Kaduna) and Mrs. Taiwo (UCH). I am also grateful to Mrs. Efratei, Mr. Charles Agbonghae and Mr. Fatoye, all of Aso Rock Clinic. All the aforementioned have contributed to the successful running of the Secretariat. There are more challenges ahead, and I am hoping that with the support of all and sundry, we will have more positive achievements at the end of our tenure in the year 2002.

Thanks.  
Yours Sincerely,

**ONIGBINDE A.T BMR(P.T),**  
M.Ed(Ex. Phys.), MNSP, LPT.  
(National Secretary General)

**ANNUAL REPORT of  
THE EDUCATION  
COMMITTEE:  
FEB.-OCT. 2001.**

**PREAMBLE**

I was appointed chairman, Education Committee of the Nigerian Society of Physiotherapy via a letter dated 13<sup>th</sup> February, 2001, I nominated four (4) other persons to serve on the committee. I later discovered that one of the nominated persons, Prince R. A. Adedoyin is already serving in the Journals Committee and I decided to leave out his name. The National Secretariat of the NSP has not officially informed the other nominated members of their appointments as I directed in my acceptance letters. As a result, the Education Committee has been operating as a one-man committee despite the fact that he has not been officially appointed.

**REFRESHER COURSE ON  
CEREBRAL PALSY:**

A refresher course for physiotherapists and speech therapists on cerebral palsy

was held in Lagos between the 23<sup>rd</sup> and 27<sup>th</sup> April, 2001. The course was organised by an Italian non-governmental organization called AVIS- Volunteers Association for the International Service in collaboration with the children's Developmental Centre, Surulere, Lagos. The Education Committee became involved in this course because of its benefit to us as members of the NSP. We assisted the organizers in mobilizing many physiotherapists to attend the course. We also assisted in arranging a more central venue for the course so that more people could have the opportunity of attending. It is on record that the chairman of the educational committee was one of the resource persons at the course which turned out to be a huge success. It was attended by over fifty (50) physiotherapists and speech therapists from different parts of the country.

**MAY 2001 NSP WORKSHOP:**

The Committee of Heads of Physiotherapy Departments in Nigeria had been planning a workshop even before I was appointed the chairman, Education Committee of NSP. As directed by the National Executive Council of the NSP, the Education Committee also became involved in this workshop which then became a two-in-one, two-day workshop on "professionalism in physiotherapy" and "Management of Spinal Cord Injury"s

This workshop was also a huge success as it provided an avenue for sharing of academic and professional knowledge between the participants. A total of (87) physiotherapists and twenty-eight (28) students attended the workshop. The resource persons for the workshop included Prof. (Mrs) A. O. Sanya, Mr. M. O. B. Olaogun (Associate Professor), Prince R. A. Adedoyin, Mr. I.O. Sorinola, Dr. M. A. Ogungbesan, Dr. J. B. Okubena and Mr. Yinka Babatunde

**WORKSHOP ON STROKE  
MANAGEMENT:**

The Ogun State chapter of the NSP held a workshop on "Recent Management of Stroke" on Thursday 21<sup>st</sup> June, 2001 at state hospital, ijaye, Abeokuta. It was also an avenue for sharing knowledge on management of stroke-one of the commonest neurological diseases in our environment. The education committee gave adequate support to the workshop and the chairman was one of the signatories to the certificate of attendance. The workshop was attended by thirty-two (32) physiotherapist and two(2) students.

**RESIDENCY AND DPT  
PROGRAMMES:**

The education committee was given the assignment of advising the NSP council on the need for introduction of residency

and DPT programmes. The committee feels that these two laudable program's require careful planning and consultations with all shades of opinion before final decisions could be taken. We are already holding informal consultations with physiotherapist in Nigeria. Also, we have made contacts with some of our counterparts in the USA and Saudi Arabia and we are still awaiting their responses. It is expected that a final report will be available for consideration of NSP council by the end of the year.

**OTHER ACTIVITIES**

The education committee has also engaged in other activities involving the sharing of educational information and expertise among physiotherapist in Nigeria and abroad. One notable example of this is the listing of the NSP among the professional associations involved in the rehabilitation all over the world. This information is available on the website of Centre for International Rehabilitation Research Information and Exchange (CIRRIE) in Buffalo, New York, USA.

**O. A. OLAWALE**  
22<sup>nd</sup> October 2001.

**TREASURER & AUDITOR'S REPORT FOR THE  
YEAR 2001 (DECEMBER,2000-OCTOBER 5<sup>TH</sup>, 2001)**

This is a summary of income/ expenditure account of Nigeria Society of Physiotherapy between December 2000-5<sup>th</sup> October, 2001

**INCOME**

|                                   |                      |
|-----------------------------------|----------------------|
| 1. Proceeds from NSP Workshop =   | N55,510.00k          |
| Held at NOH, Igbobi Lagos 24/5/01 |                      |
| 2. Membership/Annual dues =       | N 429,387.36k        |
| 3. Development/Special Levy =     | N 24,000.00k         |
| <b>TOTAL INCOME:</b>              | <b>N 508,879.36K</b> |

**EXPENDITURE**

**PRESIDENCY**

|                                |                |
|--------------------------------|----------------|
| 1. General travelling expenses | = N 91,500.00k |
| Correspondences                | = N 63,600.00k |
| Stationaries                   | = N 13,300.00k |

**2. SECRETARIAT**

|                             |                |
|-----------------------------|----------------|
| General travelling expenses | = N 60,000.00k |
| Correspondences             | = N 63,910.00k |
| Stationaries                | = N 11,890.00k |

**3. TREASURER'S OFFICE**

|                                     |                |
|-------------------------------------|----------------|
| General travelling expenses/Lodging | = N 22,000.00k |
|-------------------------------------|----------------|

**4. ELDERS COUNCIL MEETING IN IBADAN**

|                                 |               |
|---------------------------------|---------------|
| Feeding                         | = N12,000.00k |
| Transport for Secretary General |               |
| Towards preparation             | = N 3,000.00k |
| Transport subsidy for Assistant |               |
| Secretary General from Kano     | =N 2,000.00k  |

**5. NEC MEETINGS**

|       |                |
|-------|----------------|
| Benin | = N 15,000.00k |
| Lagos | = N 10,000.00k |
| Kano  | = N 20,000.00k |

**6. WCPT ANNUAL SUBSCRIPTION  
FOR 300 MEMBERS**

|  |                |
|--|----------------|
|  | = N 22,090.00k |
|--|----------------|

**7 PUBLICATIONS**

|             |                |
|-------------|----------------|
| NSP Journal | = N 30,000.00k |
| Physio News | = N 8,850.00k  |

**8. BANK CHARGES/MISCELENEOUS**

|  |               |
|--|---------------|
|  | = N 4,000.00k |
|--|---------------|

|                            |                      |
|----------------------------|----------------------|
| <b>TOTAL EXPENDITURE =</b> | <b>N 508,897.36k</b> |
| <b>TOTAL EXPENDITURE=</b>  | <b>N 453,140.00</b>  |
| <b>BALANCE =</b>           | <b>N 55,757.36K</b>  |

(Signed)  
Akinwale Saliu G.  
(Treasurer)

(Signed)  
Olalekan Adewunmi  
(Auditor)

**PROGRESS REPORT (1999-2001) OF THE CHAIRPERSON, HOD'S COMMITTEE - Mrs. Bosede Fowler****(1) INAUGURATION OF HEADS OF DEPARTMENT COMMITTEE**

The National Executive Council of Nigeria Society of Physiotherapy (NSP) under the leadership of immediate past president, Mr. P.O. Faniran organized a one-day pre-conference seminar for all heads of physiotherapy Department in Nigeria on the 6<sup>th</sup> of December, 1999 in Presidential Hotel, Oshogbo. The topics for deliberation during the seminar include -Health and physiotherapy care: Management approaches by Mrs. B. Fowler.

-Documentation, record keeping and research in physiotherapy by Professor M.O.B. Olaogun.

-Industrial relation practices by Mr. Ojoawo.

-Clinical internship: Need for standardised practices and other topics relating to physiotherapy administration.

The discussants in their presentations raised a lot of stimulating challenging and eye-opening issues which culminated to wide discussion.

At the end of seminar, a proposal was made by the NEC of (NSP) to inaugurate the Committee of Heads of Physiotherapy Departments. This was acceded to by the 14 participants present.

Following this, the election of interim officers for the take-off of the committee was made: Mrs B. Fowler - Chairperson  
Mr. Alfred Abegunde - Secretary  
Mrs. Afolabi - Treasurer

**(2) INAUGURAL MEETING OF THE COMMITTEE OF H.O.D.s**

The inaugural meeting was held at Oshogbo during the MSP '99 Conference, 14 heads of departments or their representatives were present at this meeting.

The committee deliberated and unanimously agreed on various issues. The key objectives of the committee were:-

-To create a forum where clinical and academic heads will rub minds for the overall interest of patients care, to improve the quality of care and standardised physiotherapy practice.

-To advice each other on effective communication with top management committee.

-To act in a supportive role to and advice from time to time the NSP on the realization of her goals and objectives.

The committee also agreed as follows:-  
Heads of departments should solicit for sponsorship for management courses. Computer training and other courses for themselves and their subordinates to update their knowledge.  
Research should be encouraged among clinicians.

Participatory rather than autocratic or laissez-faire type of leadership should be adopted for effective leadership role.  
Good relationship with superior officers and subordinates should be maintained in a tactical manner.

As a take off for the running of the committee, members are asked to contribute N200.00 each- a sum of N2,200.00 was collected. The next meeting was fixed for 19<sup>th</sup> May, 2000 in UBTH.

**(3) 1<sup>st</sup> HOD WORKSHOP/2<sup>ND</sup> MEETING OF COMMITTEE OF HOD (CHDP) UBTH**

This was a successful outing with a highly impressive turnout of heads of department

from various locations in the country. The HODs were treated with a grand reception and on opening ceremony which had the chief Medical Director-Dr. A.O. Obasohan as the special guest of Honour. Other heads of various departments of UBTH also graced the occasion. Mr. Noel Adeghe, the chief host is hereby commended for his dynamism in organizing such a grand occasion in honour of our colleagues.

The scene definitely reflected the existence of a good rapport between our president, Mr. Noel Adeghe and the management of UBTH. The evidence of the good report could be seen with the appointment of Mr. Adeghe as the coordinator of total quality management (TQM) and the full payment of 40 units of call duty of physiotherapist as reported by the Chief Medical Director himself.

**WORKSHOP**

A paper by Mrs. B. Fowler was presented on complications in physiotherapy management. Complications which could occur following mismanagements by physical therapists.

These she said could arise from poor patient assessment, wrong use of physiotherapeutic modalities, presence or development of certain conditions which may prove fatal in physical therapy maladministration or negligence e.g deep vein thrombosis, autonomic dysreflexia, ectopic bone formation, orthostatic hypotension etc. Various ways of avoiding such complications were discussed. These included pre and post-treatment evaluation, continuous education to update knowledge in clinical practice, recognition of individual's limitation and consultation or referral of different cases to other colleagues with proven expertise.

A second paper presented by Mr. Alfred Abegunde was on billing system in physiotherapy practice in Nigeria. In this presentation, the HODs were challenged and advised to design appropriate billing system that is commensurate with work load. The enhancement of the economic status and self esteem for the practitioner should also be a vital consideration while preparing bills for the patients. An advice to carry out research in the best way of billing the patient and providing efficient services was given by the presenter.

A third paper on "update in physiotherapy assessment" was to be presented by Prof. A.O.B. Olaogun but was not due to the unavoidable absence of the speaker who later wrote to the chairperson to apologize for his absence owing to uncontrollable circumstances. He however promised to present the paper any time he was called to do so.

**3b) REPORT OF VISION PANEL FROM MINISTRY OF ESTABLISHMENT**

The reports were given by Mrs. Fowler of National Orthopedic Hospital Igbobi, Lagos and Rev. Anudu of University Teaching Hospital, Nsukka. The house was briefed on the assessment of physical therapy practice carried out by the

panel from the ministry of establishment. The visitation was at the instance of the National Executive Council of NSP for new schemes of service for physiotherapist. The panel, according to the report were highly impressed by the level of educational qualification, professional competence, the method and approach to physiotherapy clinical practice which apparently is similar to that of medical profession.

The panel therefore reiterated their plan to make appropriate recommendation without delay for proper placement of our noble profession to the authority concerned. Other events of the meeting include :-  
Ratification of the interim officers to substantive position. Election of two(2) additional officers viz:-

1)Mr. Paul Eruoto - Vice-Chairman, Federal Medical Centre, Asaba.

2)Mr. Idowu PRO, IBB Specialist Hospital, Minna.

The autonomy of the committee in organizing and funding programmes was unanimously endorsed.

-The house agreed on bi-annual workshop, the first to hold before end of May, 2001 and the second during the NSP conference.

-The communique emerging at the end of the meeting among others included

1)HODs must encourage their management to institute a revolving fund scheme for procurement of consumables

2)Government should consider the training of PTS in Stoke Mendeuil in Great Britain. A workshop should be organized on management of spinal cord injury at N.O.H., Igbobi, Lagos.

3)The committee recommended the design of standard assessment formats for detailed pre-treatment evaluation of patients.

The next workshop was fixed for 23<sup>rd</sup> October, 2000 in Ilorin. About 22 members attended the workshop.

**ILORIN 2000 HEADS OF DEPARTMENTS WORKSHOP**

There was a low turn out of participants initially due to the tense situation which pervaded Ilorin at the time. This situation however improved, 15 members were present. The attendance included the principal of the Federal School of Physiotherapy, Bayero, Mr. Henry Onuwe

(1)Physiotherapy in the care of the elderly by Mrs. B. Fowler. The paper discussed extensively age related problems of the elderly and the relevance of physical fitness programme in the prevention or alleviation of the problems. According to the paper, research based evidences demonstrate the benefits of physical fitness health programme to include:-

- Decreased susceptibility to falls.
- Improve significantly functional ability, balance and walking gait.
- Increased bone mineral density-prevention of osteoporosis.
- Control of moderate hypertension
- Induce better glucose tolerance, control of diabetic mellitus.

- Significant reduction of need for multiple drug administration.

Issues generated as a result of these presentation were:-

Delayed or non-referral of patients and inadequate physiotherapy personnel.

The second paper presented by Mr. Alfred Abegunde was on total quality management (TQM). The HODs were informed of the concept of total quality management which is geared towards producing and distributing services in such a way as to provide maximum satisfaction to consumers. In the case of physical therapy, the patient as the consumer of service, his or her satisfaction is the main focus.

The key points remain:

-Building patient/physiotherapist relationship.

-quality is the responsibility of all.

-prevention rather than fixing problems is the priority.

**THE MEETING**

The meeting of the HODs proceeded and several interesting issues were deliberated upon. The house finally resolved:-

\* That a workshop on spinal cord management be organized by NOH, Igbobi Lagos in the next workshop.

\* Assessment formats distributed for pre-treatment evaluation of patients were to be given a trial in all hospitals and reports made on their appropriateness.

About 24 heads of departments received the formats and other workshop materials. Training in computer literacy and management was emphasized. The next workshop was fixed for 24<sup>th</sup> May, 2001 at National Orthopedic Hospital, Igbobi, Lagos.

**NATIONAL ORTHOPEDIC HOSPITAL IGBOBI WORKSHOP ON MANAGEMENT OF SPINAL CORD INJURY**

The workshop was organized as schedule and in conjunction with NSP. There was a large turnout of participants of HODs and other physiotherapists from various parts of the country.

**THE WORKSHOP**

Five papers were presented:-

1)Anatomy/pathophysiological consideration of spinal cord injury by Dr. Okubena.

2)Over-view of SCI Management by Dr. Ogungbesan (former commissioner of Health, Lagos State.

3)Physiotherapy aspect of management by Mr. Y. Babatunde-PT.

4)Spinal cord injury-stokemandeville experience by Col. Paschal Mogbo.

5)Wheelchair measurement by Mr. Tijani-PT.

The participants were thoroughly informed on various aspects of intervention of spinal cord injury. On Physiotherapy management, the participants were told, commences from the scene of accident and involves immediate application of chest physical therapy aimed at saving the patient's lives which could be endangered from respiratory complications especially worse in a high cord tension due to paralysis of intercostals and abdominal muscle.



Chest physiotherapy is followed by careful positioning to prevent further cord damage. The positioning must be maintained by all and should govern subsequent procedures until the spine is considered stable.

Physiotherapy is in three stages:-

- 1) Avoidance of preventable complications
- 2) Curative therapy include re-education to maximal potential of non-paralyzed muscle, development of partially paralyzed and re-education of sensory fields
- 3) Establishment of a professional relationship and follow up care, which continue for many years. Establishment of patients relationship must be achieved with understanding and counseling without predicting a definite ultimate recovery level. It must be clear to the patient that prognosis at first is difficult to assess and that immense improvement may result from determined effort on the part of the patient.

#### **OTHER POINTS TO NOTE**

**1)PRIAPISM:** Presence of persistent priapism at the initial stage is a pointer to poor prognosis indicating the severity of the cord lesion irrespective of physical manifestation.

**(i)PARALYTIC ILEUS:** Patients must not be allowed oral food of fluid if peristalsis has not returned. As a result of initial spinal shock all reflexes including bowel movement are absent, serious respiratory distress occurs, consequent to this and outcome is usually fatal.

#### **(ii)FUNCTIONAL OUTCOME:**

Physiotherapist should be conversant with expected treatment outcome at different level of cord lesion. This can be used to assess the treatment efficacy i.e if patient is unable to attain to the expected functional outcome then something is wrong somewhere.

#### **1)ECTOPIC BONE FORMATION:**

Immediate positioning of patient in slight knee flexion with pillow support and a course of cyotherapy for 15 minutes for two(2) weeks can help reduce significantly disabling (ankylosis). Effect of ectopic bone formation. The usual signs are swelling and warmth on palpation of the knees.

#### **2)WHEEL CHAIR MEASUREMENT:**

Therapist should be able to measure the patient for appropriate wheelchair suitable for individual's need.

#### **THE MEETING AT NATIONAL ORTHOPEDIC HOSPITAL IGBOBI, LAGOS**

There was not much discussion during the meeting because of constraint of time. The house however touched on revenue generation) in various departments and agreed to work out modalities best suited for each department since the states are not equal economically. A minimum charge of N2,000.00 for 10 treatment session in all departments was however proposed.

#### **OTHER MATTERS**

A letter was received from the chief physiotherapist of Ahmadu Bello University Teaching Hospital, Zaria, Mr. Lekan Olatunji, Mr. Olatunji apologized for his inability to attend the workshop at National Orthopedic Hospital, Igbobi, Lagos due to some circumstances beyond his control.

# PHYSIOTHERAPY AND THE WAY TO ULTIMATE HEALTH

By Professor Gabriel I. ODIA

Chairman, Medical Rehabilitation Therapist Board of Nigeria

## 1. INTRODUCTION

First of all, I thank the organisers of this conference and the executive of The Nigerian Society of Physiotherapy (NSP) led by the dynamic leader Mr. Noel Adeghe- a great Akokite- for asking me to give the keynote address at this 41<sup>st</sup> Annual Scientific Conference. I am even more delighted because I am not a guest, a Minister or from some other profession. I am just one of you. Also, this Conference, tagged "Edo 2001" is taking place in my cradle- Benin City.

I retired from the services of the College of Medicine and the Teaching Hospital of the University of Lagos on the 1<sup>st</sup> of April, 1992. Since then, I have been in private practice, running a small Physiotherapy Consultancy Service. Eighty percent of patients above the age of 40 years seen in the clinic suffer from hypertension, diabetes, osteo-arthritis, obesity and cancer. I have observed the devastating effects of chemotherapy, radiation and surgery on them, their finances and their families. I then began to wonder if there are no better methods of handling these patients. Soon after, I came across this statement in a book. "We do not have to be sick!!! Disease and sickness are self-inflicted. Almost every physical problem, other than accidents, is caused by improper diet and lifestyle.....". Hypocrites confirmed this statement long before when he said "the gods do not send sickness to men. Men bring it upon themselves." Since then, I started running a class for this group of people aimed at promoting better health and fitness. The effect has been remarkable. (Not yet published).

## II. WHAT IS FITNESS?

Fitness is the ability to carry out daily tasks with vigour and alertness without undue fatigue, and with ample energy for leisure time pursuits, with reserve to meet unforeseen emergencies. It is a positive quality that enables a person to get the greatness amount of happiness and productivity throughout a lifetime. Note that fitness cannot be stored and everyone can improve on their fitness level. The physiotherapy way to better health is simply by keeping yourselves fit throughout life.

## III. HOW DO WE ACHIEVE THIS?

Today, I am going to look at three factors, which have formed the basis of our keep fit class in my clinic.

### 1. Smoking

Cigarette smoking is not only associated with an increased risk of developing cardio-

respiratory diseases; it is also associated with many forms of cancer. Chemical analysis of the smoke reveals more than 3,800 different chemical compounds, more than 500 of which are known to be cancer causing agents. It contains nicotine, which has a direct damaging effect on the heart, increases blood pressure and pulse rate. Finally, it contains carbon monoxide, which has 200 times greater capacity to combine with haemoglobin than oxygen. In short, cigarettes are poisons and should be treated as such- banned completely.

### 2. Diet

I am using diet here in it's broadest term to include everything that we ingest by mouth.

**(a) Alcohol:** Alcohol is a drug, which has a depressant effect upon the brain and reflexes. As with many other drug, it has certain side effects, is potentially addictive, and so can create both a physical and psychological dependence. It also has a well-defined withdrawal syndrome. It can damage virtually every organ in the body, especially the liver, giving rise to cirrhosis. It should also be banned.

**(b)Nutrition:** Essential nutrients for people according to their age, sex and medical conditions have been worked out and used as standard guide to healthy living. Diets based on calories are recommended in many situations. The immune system is basically made up of a trillion cells called lymphocytes and 100 million molecules called anti-bodies. They are more than enough to wade off any assault provided we do not demobilize them by putting harmful substances into our body. I gather for example, that just 9 teaspoons of sugar per day, immobilizes the immune system by 33%, while 30 teaspoons will stop the immune substances from working that day. So also are very high fat intake, caffeine, alcohol, etc. they do this by upsetting the delicate mineral balance.

In our keep fit class, all we do is to reduce the amount of cooked food allowed to barest tolerable minimum, and increase the raw fruits and vegetables with lots of carrot juice to maximum tolerable i.e. we change from a meat-centered cooked and processed food diet with plenty of sugar desserts to a raw centred fruit and vegetable diet. We have not found it easy to convince Nigerians about this, but gradually we are winning. For diabetes and hypertensives we ban all soft drinks and reduce salt intake to the barest minimum.

### 3. Exercises

Pathokinaesiology i.e exercises in disease situations, is the distinguishing science of the physiotherapist. This is our

speciality. Exercise is necessary to ensure proper functioning of the every cell. Exercise puts oxygen into the blood, keeps the lymph moving and help to maintain the general health of the body. Regular exercises improve the efficiency of the heart muscle by making it contract more forcefully and effectively. In an average untrained person, the average pulse rate is about 72 beats per minute. In a highly trained athlete, it may be as low as 40 beats per minute i.e the heart of an athlete is so efficient that it can accomplish as much in 40 contractions as the ordinary individual does in 72. There are also exercises to increase muscular strength, endurance and flexibility. Whether through the 3-minute step test, or the 12-minute run popularly called the coopers test, or the 1 mile walk test, individual fitness levels can easily be determined. Equally important is the fact that exercises help to reduce stress and as you know, all psychosomatic pains and diseases are stress related. Exercises and relaxation training are armaments in the hands of physiotherapists.

## 4. THE CHALLENGE

Guest of honour, Chairman, Colleagues, Ladies and Gentlemen, I have said nothing new. The aim of this address is to throw a challenge to the Nigerian Society of Physiotherapy. The challenge is to create a fitter and healthier society in Nigeria by the propagation of a healthy lifestyle through diet and exercises and the Nigerian Society of Physiotherapy should be in the foe front in promoting this task with as much vigour as the primary healthcare or the National Health Insurance Scheme are being pursued. This I commit to you as your prospect and challenge in the new millennium.

*This is the full text of the Key-note address to the 41st Annual Scientific Conference & AGM of the Nigeria Society of Physiotherapy delivered by Professor Gabriel I. Odia on Tuesday 23rd October, 2001. Venue was the Precious Palm Royal Hotel, Benin City, Edo State, Nigeria.*

## CHAIRMAN'S ADDRESS TO THE 41<sup>ST</sup> ANNUAL SCIENTIFIC CONFERENCE/WORKSHOP OF THE NIGERIA SOCIETY OF PHYSIOTHERAPY BY MR. CHRISTOPHER AGBOOLA AJAO

The Special Guest of Honour, His Excellency Chief Lucky Nosakhere Igbiniedion, The Executive Governor of Edo State, (Your Excellency. Your counterpart, the Governor of Ogun State has said it loud and clear that he would not conform to the protocol list and order of precedence recently enacted by the National Assembly. Maybe you are of the same mind. Maybe, not, whichever, I need to crave your indulgence to grant me immunity in case I get the order protocol out of order).

### (PROTOCOL)

The word of God to the people of Corinth spoken through the Apostle Paul is applicable to our present situation. I quote "by the grace God has given us, we laid a foundation of expert builders, and someone else is building on it. But each one should be careful how he builds. For no one can lay any foundation other than the one already laid which is Jesus Christ. If any man builds on this foundation using gold, silver, costly stones, wood, bring it to the light," (1 Cor. 3: 10-13).

Since my retirement from service, I have maintained my association with the Nigeria Society of Physiotherapy as I gave notice, "from the rear, and participate from the backbench, in support of your endeavors but without visibility". I have avoided the Klieg lights. However, at the meeting of the Elder's Council at the University College Hospital Ibadan on 4<sup>th</sup> July 2001, a new and practicable way forward was mapped out following a review of the transition which took place at the Millennium Annual General Meeting at Ilorin. I have lived in hope that my coming here will make a difference and that our Edo 2001 National Conference will be a bridge across the River Niger uniting East, West, North and South.

Your Excellency, that word "transition" is ever recurring. It has not left us. It has become a household word. But I am happy to inform you that the society has overcome a number of low hurdles and the baton of leadership of the Society has changed hands. The immediate past president Mr. F. O. Faniran from Ile-Ife the ancestral home of Oduduwa vacating has brought the Presidentship to Mr. N. O. Adeghe in Benin, the ancient capital of Benin.

Does this remind some of us of events centuries ago when in AD 1170 the Oramiyan Dynasty came from Ife to Benin or when he went from Benin to Ife, whichever historian you acclaim, the fact of a bond between Ife and Beni remains the history has today repeated itself. I salute the immediate Past President, Mr. F.O. Faniran and his outgone Executive. I congratulate Mr. N.O. Adegbe, our current national president. On behalf of the generality of our members, I pledge our loyalty and support.

The Nigeria Society Physiotherapy held one of its annual conferences in this

same city in 1980. That was 21 years ago. I had the privilege to preside at that ceremony, and the memories of that event have played on my mind to come.

I must reveal another aspect of my being here. Only those born in 1960 or after may laugh. In a few weeks to be precise on the 30<sup>th</sup> of November, it will be forty-two years that I made a memorable visit to Benin City. That was the day I was happily yoked to a young and petit Miss Ajike Ajala in the Ministry of Home Affairs Registry, Secretariat Ibadan at 10.00 a.m. After a reception given us by the Hon. Justice and Mrs. Richard Doherty, we headed for Benin around 12.00 Noon for our honeymoon. I was the driver. We came through Ife, Ilesha, Akure, Owo, on the rugged and twisted old road. Having covered about 400 Km. We arrived Benin at about 6.00 and checked into the Catering Rest House. We had a meal later, a shower and then retired for the first night of our honeymoon. And I slept off like a log.

When the call came for me to come to Benin for this conference I jumped at it, and promised my wife not to make the same mistake of forty-two years ago twice, and assured her that this time, the result would be different.

So I thought. Now those above 42 years of age may prepare themselves to laugh. We arrived in Benin early yesterday. We checked into the hotel. But on this occasion, behold and believe. It was her. She slept through the night. History has a way of repeating itself.

Distinguished audience, let me start by paying tribute to the founding fathers of this ancient city who did us proud and left a golden heritage in culture, custom and tradition. In the words of that sage, the late Dr. Jacob Egharevba the Herodotus of Benin, "in antiquity Benin was renowned for its greatness and civilization on the banks of the Niger and was once the most powerful race in West Africa"

We honor the memory of the Oba Igodo, the first Ogoiso during the first dynasty around 1170 AD. They were followed by Oba Ewedo who moved the traditional palace of the first four Obas from Usama to its present site. About 1440 AD Oba Ewuare built the inner city wall and this is our own "Great Wall of China". It has been estimated that since the inner city wall was built in one dry season, it must have taken the labour of 5,000 men working ten hours a day and seven days a week to accomplish the feat. Of course, there are the female legends too and Queen Idia and Princess Emotan come readily to mind.

In July 1999 the UNESCO at its biennial meeting in Paris designated Sukur in Adamawa State a World Heritage site. Nigeria thus scored her first internationally recognised national monuments. Then came a visit of the World Heritage Convention to the Benin City Moats. The

Benin City moats should be declared a world heritage site. Your Excellency, I hope your administration will cooperate with the National Commission for Museums and Monuments towards the protection, preservation and where necessary the restoration of the great Benin City wall to its old glory. Apropos, some may think it amusing or ever strange that this city, rich in culture and tradition still bears a foreign name of Portuguese origin. Or do we accept the view that when the name of the country changed from Ibinu to Edo about 1470 AD. Benin derived from Ibinu.

Mr. Speaker Sir, am I being partial? Do you feel left out? Point of order. What language does the Speaker speak in the Edo State House of Assembly? Is Edo an alternative language of the house of Assembly? Part II Section. 97 of the 1999 constitution entitle us to use an indigenous language in the House of Assembly. Over to you, Hon. Speaker.

Your Excellency, Distinguished guests, I seek your permission to go back a little bit in nearer time. In the grand expanse of history, forty-one years is not long. But in the scale of our lives, it is a meaningful and measurable unit of time. And in the life of an organization like the Nigeria Society of Physiotherapy, forty-year period as a full generation offers a unique opportunity for reflection.

Having retired and as a member of the older generation, I admit to being a bit rusty and my references may not be current. Therefore, there is probably little I can contribute to the theme of this conference which is "Physiotherapy Profession in the New Millennium" but fortunately, as the Yorubas say, "Dada kole ja sugbon Oni Aburo ti o gboju" and Prof. Gabriel Odia is here. The year 1957 when I graduated from Bradford was when Prof. G.I. Odia and Mr. J.O. Obiri entered. I followed the advice of our Principal, Miss Margaret Hollis, MBE, to slow down a bit so that Gay and Josh could see my foot prints to follow. Prof. Odia, a great achiever, not only followed but he also caught up with and surpassed me by a wide margin. It is he who will shortly feed us with many words of wisdom. As I recognise Prof. Odia, let me say that luck at the highest level is not in the monopoly of Edo State. The Nigeria Society of Physiotherapy too has your Excellency, been "Lucky" since the last conference in Ilorin. It has been our fortune and our luck, we can boast of two Professors in the persons of Prof. Isaac Owoeye of the University of Lagos and Prof. Arinola Sanya, the first female Professor of Physiotherapy, at the University of Ibadan.

Now to other matters, there is a sad aspect of the history of professional organizations in Nigeria. It is the Achilles' heels promoting the fall of many of our professional bodies. Most bodies were established on professional conviction but few now stand by the orthodox faith of their founders. We are all witnesses to the tribu-

lations of the Nigeria Bar Association 1993-1999, the conflict within the Nigeria Medical Association and the dissension within the Pharmaceutical Society of Nigeria. Happily these have all been sorted out.

My message is that as examples, we have to be concerned about our community over and beyond our professional discipline. The professionals of old led the crusade for Nigeria's independence. They formed pressure groups and political parties like the Nigerian Democratic Party and the Nigerian Youth Movement. Among them were Medical Doctors, Lawyers, Pharmacists and Teachers. And today, professionals abound in all three tiers of Government. Even men of God, the ministers of religion, occupy the Government House and Legislative Chambers. I recognize the presence of the Hon. Dr. W. Ogbuide, the Chairman of the House of Representative Committee for Health, and Dr. R. Osahon the Honourable Commissioner for Health. I commend their efforts towards the development of Nigerian Democratic Process. Kindly, I need to say it, remember that we are part of your constituency. The time is now ripe for physiotherapists to broaden the area of activities and engage actively in the field of political discourse.

Your Excellency, Among our members are resource materials who will be useful to the running of your administration and I commend them to you. Just call and they will answer. Rest assured that they will serve loyally with devotion and dedication.

As I look at my crystal ball come the year 2003, I see his Excellency the Governor, Chief Lucky Igbiniedion, Hon. Dr. W. Ogbuide, Hon. Matthew Egbodon and Dr. Israel Aguele all returned with increased majorities to serve us all a second term.

I shall take opportunity to thank Your Excellency for what you are doing for our youths and your special contribution for character and citizenship development.

It is time for me to make an end. If I have been long-winded and tortuous, I claim a Chairman's position and advantage and would at the same time of what the last sage Dr. Jacob Egharevba was wrong to say: "Garrulity in the privilege of old age".

A woman would, as always have the last word and my wife, your Honoured Fellow, the great beneficiary of this trip has said I must not forget to tell you all that we are glad we came and we shall return.

We thank you all.

*This is the full text of the Chairman's Address to the Opening Ceremony of the 41st Annual Scientific Conference/Workshop of the Nigeria Society of Physiotherapy Held at the Precious Palm Royal Hotel, Benin City, Edo State on 23rd October 2001 by Pa Christopher Agboola Ajao, FNSP.*



## ADDRESS OF THE PRESIDENT OF THE NIGERIA SOCIETY OF PHYSIOTHERAPY (NSP), MR NOEL ADEGHE TO THE OPENING CEREMONY OF THE 41<sup>ST</sup> ANNUAL SCIENTIFIC CONFERENCE/WORKSHOP

It gives me great pleasure to welcome all of you to this 41<sup>st</sup> National Conference and Annual General Meeting of our great body, the NSP, the first in this millennium. It is also heart warming for this Conference to be taking place in no other place than the heartbeat of the nation, Edo State. As had been mentioned before, the NSP last held its Conference here in this same hotel in 1980. Since then, a lot of changes have taken place in our great NSP. No doubt, the Society has made giant strides in some areas while at the same time a lot still needs to be done by both the members of the body and various governments in order to improve the practice of the profession in the country.

On occasions like this, it is expected that numerous matters will arise and it is necessary to examine such matters critically. I wish to thank the Federal Government for the approval of a New Scheme of Service for physiotherapists in the country. The new scheme was released through circular B.63279/T/22 since February, 2001. Thank God, physiotherapists can now rise to the Directorship cadre. However, it is very disturbing and demoralizing to say the least that up till now, majority of the health institutions in the country are yet to implement the contents of this circular. In fact, one can count with the fingers the institutions that have complied. The circular is so clear and straightforward and it is written in English language. Therefore, it does not need further interpretation from any other Ministry or body and as such, I say that it is unfair for any institution to seek clarification from Abuja before its implementation. I wish to make passionate appeal to all health institutions at both the Federal, State and Local government levels to implement this circular without delay. This issue has dragged on for too long and I don't know of any offence committed by the profession of physiotherapy to deserve this shabby treatment. Similarly, with the approval of the new scheme, it is only fair that a Directorate of Physiotherapy Services is established at the Federal Ministry of Health in Abuja and in the various Ministries of Health in the states of the Federation. I strongly appeal to the authority concerned to grant this request and make it an end year hamper to the NSP.

Another matter arising in the recent approval of the controversial allowances for professionals in the health sector. It is very unfortunate that physiotherapy was referred to as "others" when the various professions were being mentioned. Even if we were to be given zero percentage in call duty allowance, it would have been more dignifying to mention the name of the profession. As if this was not enough,

the physiotherapy profession was given a paltry 1.72% allocation. When one considers the real meaning of call duty and the profession that actually does it, it beats ones imagination the criteria used in allocating percentages to the various professionals in the health care sector. I was told that one of the major criteria used is the length of training period. I wish to remind us that physiotherapy is a degree course that takes five years to obtain, after which a compulsory one year internship in an accredited hospital is required. In effect, you are required to spend six years before you are registered to practice the profession. With this reminder and also taking into consideration the very important role of physiotherapy treatment on twenty-four basis in intensive care, I strongly appeal to the Federal government to rectify this anomaly in its proposed meeting with health professionals in October this year. This appeal goes for all other allowances payable to the profession.

May I also appeal to the Medical Rehabilitation Therapists Registration Board of Nigeria to accredit more hospitals where new graduates can do their one year internship programme. The present situation where graduates scramble for the new spaces available is quite frustrating.

I want to use this opportunity to appeal to the Federal, State and Local Governments, corporate bodies and individuals to assist the Nigeria Society of Physiotherapy in its quest to build its National Secretariat at Abuja. Before the expiration of my tenure in October next year, I intend to launch an appeal fund towards achieving this aim. You will hear from me at the appropriate time and your support will be highly appreciated.

Coming back home, I am very disturbed and embarrassed to mention that the only physiotherapist in employment of the Edo State Health Management Board is a Youth Corper. Only the Central Hospital in Benin City has a very small room which serve as a physiotherapy department where this corper is based. I am aware that Edo State has one of the largest number of Central Hospitals in the country and it beats one hallow to know why physiotherapy services are virtually non-existent in these hospitals. This obviously is not good enough for the heartbeat of the nation, which is planning to host the National Sports Festival next year, perhaps some deep breathing exercises will improve the heartbeat. I make a passionate and urgent appeal to the Edo State Government and Edo State Health Management Board to remedy this ugly and embarrassing situation immediately.

Earlier in my speech, I mentioned that the NSP has made giant strides since we last met here in 1980. One of these achievements is in the area of academ-

ics. Present at this ceremony today is three professors of physiotherapy. They are Professors Odia, Owoeye and Sanya. There is also an Associate Professor present, that is M.O.B. Olaogun. I congratulate all of you including all those who have excelled in their various specialisation in physiotherapy.

Mention must be made of the proposed National Health Insurance Scheme to take off in the country soon. Again, I observed with dismay that the physiotherapy profession was not represented in the committee set up recently by the Federal Government of Nigeria to fine-tune the scheme. I want to caution that the role physiotherapy in the scheme must be carefully and adequately considered before it finally takes off. A position paper on this has been submitted to the appropriate authorities in Abuja and I hope it is being used.

Usually, when government sends health professionals on Courses related to precautions in handling of HIV patients, no one remembers physiotherapists. However, physiotherapists treat HIV patients with strokes, paraplegia, etc. Why then are we excluded when it comes to training on precautions in handling these cases? I implore the various health institutions especially the tertiary ones to include physiotherapists when considering training of HIV.

Finally, I wish to thank all those who have made this year's conference and AGM possible, in spite of the various constraints. In particular, I say bravo to the Edo State Chapter of the NSP under the chairmanship of Rtd. Major M. Obasuyi for rising up to the occasion. Mention must be made of the contributions from the very good management of the University of Benin Teaching Hospital under the able leadership of Prof. A.O. Obasohan, I also remember the various companies for their contributions in particular, Mouka Foam, Drugfield and Polychuks. Thanks also go to individuals who have helped in cash and kind. May your shadows never grow less and I pray that all of you will also receive help in time of need. I thank you all for listening and I urge all delegates to fully participate in all the sessions during the conference.

NOEL ADEGHE

NATIONAL PRESIDENT, NSP.

### CONFERENCE ABSTRACTS WEDNESDAY 24<sup>TH</sup> OCTOBER, 2001

FIRST SCIENTIFIC SESSION 9.00-11.00

CHAIRMAN: PROFESSOR G.I. ODISIA

DISCUSSANT: PROFESSOR A.O. SANYA.

#### ABSTRACT 1

UTILIZATION OF STANDARDIZED OUTCOME MEASURE AMONG PHYSIOTHERAPISTS IN NIGERIA. AKINPELU, A. O. AND ELUCHIE, N. C., Department of Physiotherapy, College of Medicine, University of Nigeria.

**OBJECTIVE:** The purpose of this study

### CONFERENCE ABSTRACTS

was to determine the level of utilization of standardized outcome measure among physiotherapists' knowledge and familiarity with standardized outcome measures. **METHOD:** A structured questionnaire (closed ended) was used for data collection. Information was obtained on demography of respondents, their level of utilization and familiarity as well as their knowledge on the mode of administration of 16 standardized outcome measures. Two-hundred and thirty-five (75.81%) copies of 310 copies distributed among physiotherapist in Nigeria were duly completed and returned. Data was summarized using descriptive statistics of mean, standard deviation, and percentage correlation coefficients between familiarity, utilization and knowledge were determined using Spearman's Rank Order Correlation Analysis **RESULTS:** Results revealed very low utilization of outcome measure by physiotherapists in Nigeria, as over 60% of respondent have never utilized 14 of the 16 outcome measure listed. The visual analogue scale (VAS) and Gross Motor Function Measures were the two measures, which over 40% of respondents had utilized and were familiar with. There was significant positive correlation between knowledge and each of familiarity (0.52) and utilization (0.49). There was also significant correlation between familiarity and utilization (0.75). **CONCLUSION:** It is therefore concluded that the levels of utilization, familiarity and knowledge of standardized outcome measures amongst physiotherapists in Nigeria were low. This may have serious implication for the standard of physiotherapy practice in Nigeria.

#### ABSTRACT 2

PROFILE OF NIGERIAN PHYSIOTHERAPISTS-OCTOBER 2001. O. A. OLAWALE. Department of Physiotherapy, College of Medicine, University of Lagos.

**KEY WORDS:** Physiotherapy, database, profile, Physiotherapy profession. One of the challenges facing the physiotherapy profession in Nigeria is the lack of adequate and reliable records. This situation should not be allowed to continue in the new millennium. The purpose of this paper is to develop a preliminary database containing relevant demographic information on Nigerian physiotherapist. A retrospective, descriptive study of the demographic profile of Nigerian Physiotherapist was carried out. All relevant data were extracted from the records of the Nigerian Medical Rehabilitation Therapist Board. The detailed results will be presented during the Conference since this an ongoing study, which will terminate on 15<sup>th</sup> October, 2001.

#### ABSTRACT 3

PROFESSIONAL KNOWLEDGE UPDATE AND UPGRADING  
(Continue on page 18)

**ABSTRACTS OF PAPERS DELIVERED AT THE EDO 2001 CONFERENCE****AMONGST PHYSIOTHERAPISTS IN NIGERIA.** OYEWUMI TAIWO J. & OKPARAVERO E.A. University of Benin Teaching Hospital (UBTH) Benin City.

**OBJECTIVE:** Knowledge is a high-minded concept which seems to describe an almost flawless state of consciousness and erudition in which accurate information and its context are thoroughly understood. However, it is not an absolute state but a continuous revolution; It decays with time, becomes outmoded and get replaced by new knowledge, hence, The need for upgrading and updating of professional knowledge. If physiotherapist do not address the issue as the profession matures, we are abdicating the responsibility of determining the authority for our practice. **METHOD:** A survey study was carried out amongst physiotherapists currently working in Nigeria using a 15-item structured questionnaire. 107 questionnaire, were filled and returned of the 180 copies sent out. Mode, frequency percentages and relationship by inference using frequency percentage alongside with chats were used to present the obtained data. **RESULTS:** The result showed that 91.59%, 87.80%, 78.40% of the respondents attend (clinical meetings), (conferences, workshop/seminars), and symposium/public lectures related to physiotherapy profession respectively. 20.56 of the respondent have a post graduate qualification related to physiotherapy and 19.83% of them are currently a post-graduate programme related to physiotherapy. **CONCLUSION:** It was concluded that a high percentage of practicing physiotherapists in Nigeria update their professional knowledge, while a low percentage are upgrading their profession. Recommendations are made on how to encourage and improve participation in professional knowledge upgrading.

**ABSTRACT 4**

**PARTICIPATION LEVEL OF CLINICAL PHYSIOTHERAPISTS IN RESEARCH: A COMPARATIVE STUDY OF SELECTED NIGERIAN AND KUWAIT-BASED PHYSIOTHERAPIST.** TAL-HATU K. HAMZAT AND ADESOLA C. ODOLE, Department of Physiotherapy, College of Medicine, University of Ibadan, Nigeria. NURUDEEN T. AMUSAT Department of Physiotherapy (In-Patients Unit), Physical Medicine and Rehabilitation Hospital, Kuwait.

**OBJECTIVE:** Physiotherapy is both science and art. The art component is represented by the various skills employed, while the science component is the language used in explaining the rationale behind every technique and manoeuvre applied in managing clinical conditions through physiotherapy. To give the profession adequate credibility in the scientific world therefore, there is need for research in physiotherapy. This is moreso that research is the foundation of every

viable profession. Academic Physiotherapy Teachers (APTS) are known to carry out research as part of their job description, and this (research) form an important component of their evaluation during promotion exercise. It has however been observed that clinical physiotherapists (CPTS) are not usually involved in research. **METHOD:** A survey of research participation by selected CPTS in Nigeria and Kuwait was carried out. A comparison of results obtained in these two countries is presented. A 21-item structured questionnaire was used to obtain information on research participation; publication of clinical findings; options and beliefs of CPTS about research; and factors hindering their participation in research. **RESULTS:** the results obtained showed that 43.0% Nigeria and 39.1% Kuwait CPTS sampled had participated in research since obtaining their qualifications. Time constraint (86.2%) and lack of research fund (83.7%) were identified by the Kuwait and Nigeria respondents respectively as leading factors hindering their participation in research. **CONCLUSION:** we concluded that the level of research participation of CPTS in both countries is low, despite their belief that participation in research work would enhance their clinical practice. Recommendations are made on how to improve the level of research participation by the CPTS.

**ABSTRACT 5****MEDICAL EMERGENCIES IN PHYSIOTHERAPY SETTING.**

OLA TOKUNBO ODUNOWO (PT), OLUWASEUN Physiotherapy Clinic Ibadan, University of Ibadan.

**The platitude:** Professional sovereignty, in present day physiotherapy emphasizes the need to make for improving, updating and upgrading the knowledge-base and clinical skills of the graduate physiotherapists at entry cadre into the profession. As we enter a new millennium, the adverse effect of a susceptible omission in our training curricula manifests itself as the inability of physiotherapists to manage medical emergencies in the physiotherapy offices and facilities. This becomes more glaring as more clinical responsibilities are laid on the physiotherapists in the health care system. This thus highlights the need for the immediate rectification of this deficiency. Continuing in the ancillary and subservient role in emergency management reflects negatively on the profession; it militates strongly against the position of eminence and accolade accorded the profession by peer healthcare provider groups. It may also be the basis of the gross disparity in reimbursement policies affecting physiotherapists vis a vis other professionals in public service. Recognition of this problem and its solution is likely to be a key to open pragmatic advantages in raising the place of physiotherapy before the Nigerian public

and in the healthcare system.

**Second Scientific Session - 11.30am - 1.00pm.**

Chairman - PROF. I. O. OWOEYE

Discussant - DR. O. A. AKINPELU

**ABSTRACT 1****PATTERN OF GENDER DISTRIBUTION OF PHYSIOTHERAPY GRADUATE OUTPUT IN NIGERIAN UNIVERSITIES.** D.O.

ODEBIYI. Department of Physiotherapy, Faculty of Clinical Sciences and Dentistry, University of Ibadan, Nigeria.

**KEY WORDS:** Gender distribution. Physiotherapy Graduates, Nigerian Universities.

**OBJECTIVE:** The objective of this study was to determine the pattern of gender distribution of physiotherapy graduates in Nigeria and then compare results with what is obtainable in Europe and Asia.

**METHOD:** A retrospective study (from the inception of physiotherapy education in these schools to 1996/97 session) was conducted. A personal visitation was made to five Nigerian Universities, the student's files were received, and the details of subject's sex, state of origin and year of graduation were obtained. **RESULTS:** Nine-hundred and thirty-six physiotherapy students were included in the study. 608 (65%) of the study population were male and 328 (32%) were female, majority (62%) of the students graduated from the University of Ibadan. The results also showed that majority of the subjects were from the Western Nigeria.

**CONCLUSION:** This paper concludes that there are more male physiotherapy graduates from Nigerian Universities than female Physiotherapy graduates

**ABSTRACT 2****DETERMINANTS OF JOB TURNOVER AMONG PHYSIOTHERAPISTS IN SOUTHERN NIGERIA.** YINKA AWOFOLU,

Obafemi Awolowo University, Ile-Ife.

**KEY WORDS:** Determinants, Personal turnover, Physical therapy.

The purpose of this study was to determine the relations of individuals in the physiotherapy profession by evaluating factors that contribute to job satisfaction and job attrition using job descriptive index. **METHOD:** the importance of personal and work-related factors in relation to job turnover in the physiotherapy profession were addressed using survey questionnaires administered to registered physiotherapists in clinical practice in some cities in South West Nigeria. Of the 93 questionnaires, 85 response (91%) were used in data analysis. **RESULTS:** The three most important reasons respondent choose for leaving a job were "Insufficient salary to meet financial needs" lack of opportunity and financial resources for continuing education and lack of opportunity for participation in policy making for healthcare organization. **CONCLUSION:** Physiotherapists, seek increased recognition of their work by

policy makers, administrators and other professionals, as well as independence in decision making with regard to direct patient care. A thorough and analytical look at the factors contributing to job turnover as revealed by this study will help health administrators and organizations retain physiotherapy staff members.

**ABSTRACT 3****BENEFITS AND FUTURE OF PHYSIOTHERAPY POST GRADUATE TRAINING IN NIGERIA.**

TAL-HATU K. HAMZAT Department of Physiotherapy, College of Medicine. University of Ibadan, Nigeria & ESEOGHENE O. OKPARAVERO Department of Physiotherapy, University of Benin Teaching Hospital, Benin City, Nigeria.

**OBJECTIVE:** With apparently increasing demands by the public for a more complete and higher quality physiotherapy services, we opine that these demands of the public may be met, at least in part, through specialization and further training by the physiotherapy clinicians. Presently in Nigeria, the only available means of formally attaining specialist status is through acquisition of higher degrees from the Universities offering postgraduate (PG) training in Physiotherapy and related fields. Many physiotherapy clinicians (PTCS) are already rising to the challenge of postgraduate training as evident by the number of PTCS who have obtained PG qualifications are currently on PG programmes. This paper discusses the benefits the profession in Nigeria may derive from postgraduate training. We also illustrate the trend of what may happen to the profession in Nigeria in the near future vis-à-vis postgraduate training, using the outcome of a survey study. **METHOD:** The survey study involved final year students in 2 purposively selected Nigerian Universities where therapy is currently offered as a degree programme at postgraduate level. A 12 item structured questionnaire was used to obtain information about the respondent interest in PG training, choice of area of specialization, preferred place of further training and practice. Obtained data are presented during mode and frequency percentage. **RESULT:** Results showed that 91.1% of these respondents want to proceed to at least master's degree level and 10% of these would prefer to obtain Master's degree in related fields rather than physiotherapy. Only 17.0% would want to obtain PG qualifications in Nigeria. Also, a mere 8.9% of the respondents would want to practice physiotherapy in Nigeria. **CONCLUSION:** we concluded that there is a high hope for sustained interests for PG qualification among physiotherapy clinicians in Nigeria judging from data obtained in the survey reported in this paper. Appropriate recommendations are also made on how to bring postgraduate training to an affordable level to PTCS.



## ARINOLA O. SANYA: CELEBRATING THE FIRST FEMALE PROFESSOR OF PHYSIOTHERAPY SOUTH OF THE SAHARA

By Emmanuel B. John, BSc, MNSP, LPT



Prof. Arinola O. Sanya

She is beautiful, articulate and eloquent. Her strides and gait patterns are gracious and elegant. She is intelligent and resourceful. Her charm disarms her opponents. Her charisma draws respect and natural willful submission from her subordinates and those she's mentoring. Her public relations skills are superb and highly captivating. She infects her professional colleagues with enthusiasm and motivates her students with her astounding intellectual abilities. When you meet her, you cannot but be affected by her positive attitudes and positive outlook to life. She is thorough, detailed, unassuming and industrious. She is indeed a blessing to her generation. She is a virtuous woman. Her husband must have been gifted to have discerned and chosen this gem of a woman for wife. Her students (behind her) call her Mama; her contemporaries call her 'Sumbo. She has laboured faithfully and consistently in the area of her professional calling. She has earned the respect of all and she is loved by all. She has come this far to become the 1<sup>st</sup> female Professor of Physiotherapy South of the Sahara. I was the first 'victim' of her Saudi sabbatical experience when she thoroughly 'percussed' my area of weakness in the Exercise Therapy & Kinesiology examinations in 1993. She had just then returned from Saudi Arabia on Sabbatical Leave breathing and oozing out Exercise Physiology. But THANK GOD, I made it; hence I could write today her profile. It is a privilege to present here in the Nigeria Physiotherapy Hall of Fame, this distinguished lady Professor of Physiotherapy.

Professor (Mrs.) Arinola Olasumbo Sanya, BSc, MEd, PhD, MNSP, SRP is the Professor & Head, Department of Physiotherapy, College of Medicine, of the University of Ibadan (COMUI). She is the 1<sup>st</sup> purely home grown and home groomed Physiotherapy Pro-

fessor from the Premier Physiotherapy Training Institution South of the Sahara. Professor Sanya is also a Consultant Physiotherapist to the University College Hospital (UCH), Ibadan.

Arinola Olasumbo Sanya was born in Lagos on 25<sup>th</sup> April 1953 into the Akinpelu family. She is an indigene of Oyo State, Nigeria. She was at the Salvation Army School, Surulere, Lagos from 1959–1966 for her Primary School Education. She attended Queen's College Yaba, Lagos from January 1967–June 1973 for her Secondary School education and Higher School Certificate (HSC). She distinguished herself so well that she was appointed the Head Girl of Queen's College in 1973. She then proceeded to University of Ibadan (UI), Sept. 1973–June 1976 where she graduated with BSc (Hons) Physiotherapy, 2<sup>nd</sup> Class, Upper Division Degree. Her BSc Dissertation was titled "*Traditional (Yoruba) Form of Physical Therapy*".

Immediately after her National Youth Service, she opted for the Academia. She was employed as a Graduate Assistant in the Physiotherapy Unit COMUI while enrolled in the MEd Exercise Physiology program of the University of Ibadan (UI) (April 1978–Sept. 1981). After a successful defense of her MEd Exercise Physiology thesis titled "*Application of the Works of Kraus, Raab and Weber to the Treatment of Low back Pain*", she was appointed Assistant Lecturer from October 1981–March 1983. She was Lecturer II from March 1983–September 1986. During this period, she was also a Doctoral candidate in the PhD Exercise Physiology Program of the UI. In 1986, she successfully defended her Doctoral thesis titled "*Effects of Endurance Exercise Program on the Respiratory function of Asthmatic Children*". She was thereafter appointed Lecturer I (October 1986) until her elevation to position of Senior Lecturer in June 1990.

Dr Sanya while on sabbatical leave (October 1990–July 1992) was Visiting Assistant Professor of Physiotherapy, Department of Rehabilitation Science, College of Applied Medical Science, King Saud University, Saudi

Arabia. She also had a Teaching Locum in Nov. 1997 at the Department of Physiotherapy Hamed Medical Corporation, Qatar.

Dr Sanya was elevated to the position of Professor and Head, Department of Physiotherapy, COMUI in October 2000. Professor Sanya is an astute researcher and author of over 30 original research articles published in reputable peer-review Journals. She has at least 3 Book chapters to her credit, over 5 published abstracts and numerous papers presented at Scientific Fora and Conferences. She has at least 7 completed research works awaiting publication.

Professor Sanya is External Examiner to all Physiotherapy training Schools in Nigeria. She was recently appointed member, Medical Rehabilitation Therapist (Registration) Board of Nigeria (MRTRB). She is the Chairperson, Editorial Committee of Faculty Newsletter, Faculty of Clinical Sciences & Dentistry (FCSD). She is also a member of the Society for the Study of Pain, Nigeria. Professor Sanya is a State Registered Physiotherapist (SRP). She was registered in 1988 to practice in the United Kingdom (UK) by the Physiotherapist's Board of the Council for Professions Supplementary to Medicine (CPSM). She also holds Part A & B Certificates of the McKenzie Institute International in Spinal Mechanical Diagnosis and Therapy (May & November 1993).

A unique contribution of Professor Sanya to the development of Physiotherapy in Nigeria was her decision to stay back at home in Ibadan instead of going abroad for greener pastures. Her presence has contributed to maintenance of standards and continuity of the COMUI BSc Physiotherapy Program of studies. She had every opportunity to go abroad but chose to stay back.

Professor Sanya initiated and spearheaded the successful development and implementation of the unique MSc, MPhil and PhD Physiotherapy Programs at the COMUI. She persevered and successfully took the programs through various phases of approval in the COMUI, the UI Post-Graduate School, and the UI Senate. These

unique graduate programs, which successfully took off in 1997 after 51 months of persistent pursuit has begun alleviating the adverse effect of Brain drain in the Nigeria Physiotherapy Industry. The program has graduated over a dozen MSc candidates and has produced its 1<sup>st</sup> PhD graduate. Professor Sanya to date has supervised numerous BSc, MSc and PhD dissertations.

Professor Sanya is a gem of great value and worth highly sorted for within the UI Community because of her administrative and managerial acumen. She is member of numerous committees within UI including: Appointments and Promotions of FCSD (1993–date), University Senate (1992–date); Academic Board, COMUI (1992–date); Board of Post Graduate School (1992–date), Senior Staff Disciplinary Committee (January 2001–date), Board of Staff School (1993–1998); Senate Truth Committee (Feb. 2001–date). Professor Sanya was Coordinator of the Physiotherapy Unit, then under the Faculty of Surgery (Aug. 1999–June 1990). She was Acting Head of the full fledged Department of Physiotherapy, COMUI, June 1990–October 1990; Sept. 1992–July 1998 and Aug. 2000–October 2000. She is presently the substantive Head.

Professor Sanya is married to Dr Yemi Sanya, a Pharmacist and a Business Magnate. He is the MD/CEO of Finemed Nigeria Limited based in Lagos. Their marriage is blessed with four (4) children aged 21, 20, 17 and 14 by their next birthday. Prof Sanya is sister-in-law to Dr(Mrs) Aderonke Akinpelu also of COMUI Physiotherapy Department.

Dear Colleagues with a standing ovation let us welcome into the Nigeria Physiotherapt Hall of Fame, Professor Arinola Olasumbo Sanya for her great accomplishments and contributions to the development of the Physiotherapy Profession in Nigeria and Beyond.

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**CHUKUKA S. ENWEMEKA, PT, PhD, FACSM:**

Professor &amp; Chairman of KUMC Department of Physical Therapy - A Worthy Ambassador of Nigeria Physiotherapy Training Programs

By Emmanuel B. John, BSc, MNSP, LPT

**Prof. Chukuka S. Enwemeka**

Twenty-three (23) years ago, a 25 year old man was 'rolled-out' of the 'Assembly/ Production line' of the BSc (Hons) Physiotherapy program of the University of Ibadan. In his graduating class of 33 students, he was one of only three that graduated with 2nd Class Upper Division academic honours. This solid grounding at Ibadan prepared him for the 'grind-mills' of various post-graduate programs in the United States of America (USA) where his clinical, academic and research skills were further honed and refined. Today he has become an international icon for physical therapy, laser therapy, photobiology and collagen biochemistry, a luminary, a gem, and a worthy Ambassador of Nigerian Physiotherapy Education and Training.

Chukuka Samuel Enwemeka, PT, BSc, MSc, PhD, FACSM is Professor and Chairman, Department of Physical Therapy Education at Kansas University Medical Center (KUMC), Kansas City, USA. He is an astute Researcher, a vastly published author, an International Journal Editor-in-Chief, a Physical Therapist, an Anatomist, a Consultant, a Highly sorted-after International Speaker, an Academic Administrator and Leader, a Mentor, one of the foremost experts on Laser Therapy and Photobiology, an Educational Consultant and Curriculum Expert, a Sports Medicine Expert, a Visiting Professor to various Schools around the world, and much more.

Sam as his contemporaries' back at home call him has risen through the ranks and file of physiotherapy training and practice to become a great blessing to the world, even outside the realm of physiotherapy. A cursory look at his profile reveals a highly traveled scholar, a man with many feathers to his cap, and a man of many parts—a scientist and physiotherapist par excellence who stands tall amongst his contemporaries

worldwide. Let's take a brief look:

Dr Enwemeka has in his kitty about 45 original peer-reviewed research papers, monographs, & book chapters; over 100 published research abstracts; about 100 papers, seminars, symposia, and workshops presentations (including 51 invited International presentations, i.e. outside the USA). A book solely authored by him, *"The Science of Human Motion"* to be published by Williams & Wilkins Publishers, Baltimore, will soon hit the 'literary stands'. He is currently the Chairperson of the US National Advisory Board on Medical Rehabilitation Research at the National Institutes of Health (NIH) in Bethesda, MD. This Board consists of bioengineers, health consumer advocates, internists, lawyers, lay citizens, neurosurgeons, orthopedic surgeons, physiatrists, rehabilitation engineers, and scientists from various disciplines. He is a Fellow of the prestigious American College of Sports Medicine (FACSM) since 1991. He is member, Who is Who in Science & Engineering.

Dr Enwemeka is an Astute researcher who has handled from 1981 to date Research Grants (from various sources) in excess of \$1,247,000 as Principal Investigator; excess of \$277,500 as Co-Investigator, and various \$ amounts for Equipment grants. His present research focus include; connective tissue plasticity and adaptation, effects of physical agents, i.e. ultrasound, laser photo stimulation, electrical stimulation, exercise and physical activities on connective tissues, especially tendons and ligaments.

Dr Enwemeka, early in his professional life, became interested in Photobiology and Laser therapy. He has conducted scores of research investigations and studies on Photobiology and Laser Therapy. In recognition of his works and contribution to knowledge, he was elected President, World Association for Laser Therapy (WALT), 1998-2000. The WALT is a multidisciplinary International Organisation consisting of biomedical scientists from a wide range of disciplines, cosmetic and aesthetic surgeons, health consumers and advocates, dentists, dermatologists, engineers, internists, neuro-surgeons, orthopaedic surgeons, plastic surgeons, physical therapists, physicists and rehabilitation physicians. To date, Professor Enwemeka is the first and only non-physician to be so elected or honored. He was also recently elected Editor-in-Chief of "Laser Therapy", the Official Journal of WALT. He has been on WALT's Editorial Board since 1991 and served as the Co-Editor-in-Chief from 1994-2000. Dr.

Enwemeka was also Congress Chairman, 2nd Congress of the WALT held from 2nd-5th September, 1998 in Kansas City, MO, USA.

Dr Enwemeka is a widely traveled scholar. He has visited at least 42 of the 50 States of the USA and 21 other countries—Argentina, 2000; Australia, 2000 (x2), Bahamas, 1989; Brazil, 1998 & 1999; Canada, 1988, 1990, 1992 & 1994; Colombia, 2001; Germany, 1986, 1998, 1999 & 2001 Greece, 2000; Israel, 2000; Italy, 1997, 1998; Japan, 1990, 1991, 1997, 1998, 1999, 2000; Mexico, 1986, 1987; The Netherlands, 1986, 1997; Nigeria, (Birth place, lived there from 1953-1981; travels there every two years approx.); Norway, 1995; Palestine, 2000; Romania, 1997, 1998, 1999, 2000 & 2001 Singapore, 2000; Spain, 1994; Taiwan, 1989; United Kingdom, 1981, 1982, 1984, 1985, 1986, 1991, 1993, 1994, 1996, 1997, 1998, 1999, 2000; USA, (lives here now, since August, 1981).

In recognition of his academic stature, Dr Enwemeka has been invited to several Universities and Colleges around the world as a speaker or Visiting Professor. Most recently, he was Visiting Professor of Physical Therapy at the Research Institute for Health Science & Education, Tokyo, Japan (during October and November, 2000) and Curtin University of Science & Technology, School of Physiotherapy, Perth, Australia from April to July, 2000.

Dr Enwemeka is also the President, Kansas City Coalition to promote Diversity in Physical Therapy (CPD), since 1996; member, Board of Directors, Black Health Care Coalition, Kansas City; member, American Association of University Professors (1993 to 1997). He is also member of over a dozen other professional and Research Associations including the APTA, ACSM, etc that space will not permit to itemize. Dr Enwemeka is also a Grant reviewer of many Institutes & Research Organizations in the US. He is also a Peer Reviewer for Physical Therapy, Journal of APTA and the Journal of Orthopedic & Sports Physical Therapy. He was Director, Parish Social Ministry of Christ the King Church, Perrine, Florida (2/92-2/93).

Dr Enwemeka is a man held in high esteem by his peers juniors and senior colleagues for his thoroughness, integrity, industry, and academic stature. He is a man dedicated to his professional calling and has an obvious passion for the physiotherapy profession. The physical therapists privileged to be mentored by him have become great professionals, researchers and faculty members, earning promotions and tenured positions in various Physical Therapy

Programs and Schools. Dr Enwemeka to date has supervised at least 2 PhD Dissertations and 60 MS degree research works. He has mentored at least 6 Research Fellows and 3 Faculty members at the University of Kansas to achieve tenure and promotion from Assistant Professor to Associate Professor.

Born on 7th March, 1953, Professor Enwemeka hails from Agbor in Ika Local government Area of Delta State. He is married with three children. His wife Grace, holds a MSc degree and she is a Certified Case Manager (CCM). Their 1st son, Chukuka (Jr), 20, is a Computer Engineering Major at Kansas State University. Zeninjor, 16, a girl, and Sombiri, 15, a boy, are both in High School.

Dr Enwemeka received his secondary school education at St. Columbas Grammar School, Agbor, Delta State. After graduating from Ibadan, he did his National Youth Service Corps (NYSC) at State Specialist Hospital Abeokuta (1978-1979). He was thereafter employed as Basic Grade Physiotherapist at the University of Benin Teaching Hospital (UBTH), Benin (1979-1980). While in UBTH he carried out a number of clinical researches published in reputable Journals. He also presented papers at a couple of Conferences & Seminars.

Recognizing his potential, the University of Port-Harcourt (UNIPOINT) employed him as an Assistant Lecturer in their College of Health Sciences to lecture Gross Anatomy (tutorials) and to Coordinate Physiotherapy Services at the UNIPOINT Teaching Hospital (1980-1984). While at UNIPOINT, he was elected member of a number of Committees. That is, the Curriculum Development & Evaluation Committee, Admissions Committee and University Class Schedule Committee. Within a few months of his appointment, the UNIPOINT Senate granted him a research grant equivalent to \$4,000 (1981) for *"A Cohort Study of Physical Deformities in Nigeria Schools"*; the result of which was published in International Journal of Rehabilitation Research.

UNIPOINT granted him a study leave from August 1981 to August 1984. In record 3 years he bagged a MSc Musculoskeletal Physical Therapy degree from the University of Southern California, Los Angeles and a PhD in Pathokinesiology from New York University (NYU). He completed the Ph.D. degree requirements in Autumn 1984 and graduated with other Ph.D. students at the next ceremonial opportunity in February 1985. Dr

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Enwemeka's PhD academic records at the NYU are outstanding. He astounded the PG School and the University Senate at NYU by completing his PhD in record 19 months! A record that remains unmatched to date, 17 years later. Within this period, Dr. Enwemeka took 66 credit hours of course work with impressive grades, and completed his Ph.D. research dissertation.

Dr Enwemeka then underwent Post Doctoral Training at the Tissue Culture Research Laboratory, Rusk Institute of Rehabilitation Medicine, New York University Medical Center, New York (1985-1986). Concurrently, he held the position of Adjunct Associate Professor (9/85-2/86) at Long Island University-Brooklyn Campus, and Consultant PT to a number of facilities around New York Area. He founded and served as Director of Interstate Therapy Associates, Brooklyn (10/84-2/86). With this Agency, he helped a couple of Nigerian Physiotherapists with employment.

Thereafter, he took a full-time faculty appointment at University of Texas Health Center from March 1986 to August 1989 in the following capacities: Assistant Professor of Physical Therapy (Primary Department), Assistant Professor of Cellular & Structural Biology (Joint Appointment), Assistant Professor of Physical Medicine & Rehabilitation (Secondary Appointment), Assistant Professor of Physiology (Secondary Appointment), Assistant Professor of Occupational Therapy (Secondary Appointment), Assistant Professor of Life Science (Automatic Secondary Appointment). Dr Enwemeka spearheaded the successful development of a collaborative MSc. Degree between the Departments of Physical Therapy and Physiology at the University of Texas in 1989.

From September 1989 to February 1993, Dr Enwemeka served as Associate Professor of Orthopedics & Rehabilitation and Associate Director for Research in the Division of Physical Therapy, University of Miami School of Medicine, Miami, Florida. Here, Dr Enwemeka initiated and spearheaded the effort to develop a PhD program in Physical Therapy and took the program through various levels of approval in the University. At the Department of Veterans Affairs Miami Medical Center, he also served as research Investigator (WOC) within same period.

Dr Enwemeka's current position is Professor and Chairman of the Department of Physical Therapy Education and Professor of Anatomy & Cell Biology (3/93-6/99) at the Kansas University Medical Center.

#### **THE UNIVERSITY OF KANSAS**

From a 1996 National survey, the University of Kansas ranked 10th amongst public schools in the USA. It is a major

educational and research institution with over 28,000 students and over 2,100 faculty members. The University - a big one - include the main campus in Lawrence; the Medical Center in Kansas City, the Regent Center on Edwards campus in Overland Park; a clinical campus of the School of Medicine in Wichita; and educational and research facilities throughout Kansas State. The University is an Equal opportunity Institution providing programs and activities to all persons, regardless of race, color, religion, sex, etc.

#### **ENWEMEKA & THE DEPARTMENT OF PHYSICAL THERAPY EDUCATION AT KUMC**

The Department of Physical Therapy Education was established in 1943 as a 9-month certificate program, which has now grown to a 2-years Master of Science, a PhD (Rehabilitation Science), and a joint MS-PhD (MSc Physical Therapy & Ph.D. Rehabilitation Science) program.

As at March 1993 when Dr Enwemeka was appointed the Professor & Chairman, the department at KUMC was a floundering un-ranked Academic Department on probationary accreditation with a derisory history of research and development. It had a faculty pool of 7.3 full time Equivalent (FTE) Lecturers with only one PhD faculty member.

Today Dr Enwemeka's Academic Leadership has transformed the department into a nationally recognized Research Entity. The KUMC PT program now ranks 28 out of 238 accredited programs in the USA. This was achieved via a progressive refinement of professional curriculum to achieve a seamless blend of didactic classroom teaching, clinical case studies, hand-on laboratory teaching, and contemporary patient care experience and by promoting continual adaptation to changes in the health industry. This has resulted in a significant improvement in students' performance on the national board examination. Students' passing rate in their first attempt of the national board examination range from 96 to 100%, approximately 10-20 percentage points above the national average.

Also in this process six (6) research facilities were built, peer-reviewed publications in high quality Journals from faculty members quintupled, grants rose from a paltry \$2000 internal grant in 1993 to approximately \$1,200,000 (mostly from the NIH and other National Sources) by 2000. The faculty pool increased to 17 FTEs, with 10.5 FTEs held by PhDs, many of who have strong records of teaching/or publications, and has earned promotions and tenured appointments.

Dr Enwemeka campaigned and raised funds from friends and alumni to support several academic initiative; the yearly increase in funds derived from endowments

sources range from 1000-2500% between 1993 and 1997.

Dr Enwemeka also initiated and Spearheaded the successful development and implementation of an entry-level distance education Master of Science degree program in Physical Therapy at Pittsburg, KS, (a rural community in South East Kansas), a unique program and one of a few in the USA, which entails the delivery of an entire clinical curriculum to a distant site, using a medley of inter-active Internet technologies, two-way compressed video technology, email, video conferencing, and other distance education strategies.

He spearheaded the development and implementation of two innovative research-intensive Ph.D. programs approved by the University of Kansas and the Kansas Board of Regents; a Ph.D. in Rehabilitation Science, and a joint degree MS-PhD program (MS in Physical Therapy, and a PhD in Rehabilitation Science).

Dr Enwemeka similarly re-engineered the Department's administrative processes to enhance functionality; and to absorb the growth from 8.3 to 24 FTE faculty and staff members, above all to foster cohesion among faculty and staff.

#### **SUMMARY OF CONTRIBUTIONS OF DR ENWEMEKA TO NIGERIA PHYSIOTHERAPY PRACTICE**

Professor CS Enwemeka has also contributed immensely to Nigeria Physiotherapy development especially in his early days in Nigeria. This is summarized thus:

\* Enwemeka CS: Physical Deformities in Nigerian Schools: The Port Harcourt Cohort Study. *Int J Rehabil Res* 7:163-172, 1984.

\* Enwemeka CS, Adeghe NUB: Some Family Problems Associated with the Presence of a Handicapped Child in Nigeria. *Child Care, Health and Development* 8:133-140, 1982.

\* Enwemeka CS: Utilization of Physiotherapy Services in Nigeria. *J Africa Health*; April 1981.

\* Enwemeka CS, Obi JO: Management Problems of Children with Cerebral Palsy in Nigeria. *J. Nig Soc Physioth*:13-16, 1981.

\* Enwemeka CS: Physiotherapy and Physiotherapy Services in Nigeria. Scripted and Presented on Radio Rivers State, Port Harcourt, Nigeria; November 15, 1980.

\* Alakija W, Oni G, Enwemeka CS: The Effect of Increase in Hospital Fees at the University of Benin Teaching Hospital on Physiotherapy Services. Presented at the 34th Annual Conference of the Nigeria Society of Physiotherapy, Benin City, Nigeria; May 2, 1980.

\* Enwemeka CS: Locomotor Integrity in Post Paralytic Poliomyelitis in Nigerian Children. Presented at the 35th Annual Conference of the Nigerian Society of Physiotherapy, Owerri, Nigeria, May 3, 1981.

\* Enwemeka CS, Adeghe NUB: The Physi-

cal Characteristics of Patients seen at the Physiotherapy Department, University of Benin Teaching Hospital, Benin City, Nigeria. Presented at the 34th Annual Conference of the Nigeria Society of Physiotherapy, Benin City, Nigeria; April 30, 1980.

\* Enwemeka CS: An Appraisal of the Physiotherapeutic Management of Cerebral Palsy in Nigeria. Presented at the First International Conference on the Handicapped Child in Africa, University of Ibadan, Ibadan, Nigeria; January 10-12, 1980.

\* Enwemeka CS: Physical Therapy Education In Nigeria. Invited Presentation, at the Combined Sections Meeting of the American Physical Therapy Association held at San Francisco, February, 1992 (Sponsored by APTA Section on Community Health). This paper contributed to the reason why many Physical Therapy Employment Agencies lifted and employed many Nigerian trained Physiotherapists in the early 90's.

\* Associate Editor, *Journal of the Nigerian Society of Physiotherapy* (1987-1989)

\* University of Port Harcourt Teaching Hospital, Port-Harcourt, Nigeria - Coordinator of Physical Therapy Services, 3/80 - 8/84 (On study leave from 8/81 to 8/84).

\* University of Benin Teaching Hospital, Benin City, Nigeria, Basic Grade Physiotherapist (9/78 - 8/79).

\* State Specialists Hospital, Abeokuta, Nigeria. Basic Grade Physiotherapist, (7/78 - 8/79).

Professor CS Enwemeka has accepted in principle an invitation to attend the year 2002 42<sup>nd</sup> Annual National Scientific Conference of the Nigeria Society of Physiotherapy as a Key Speaker, provided he is given at least a year's notice. He has a very busy itinerary of speaking engagements around the world, which are arranged many years in advance.

Dear Colleagues at home, please join me in giving Professor Chukuka Samuel Enwemeka a resounding & thunderous standing ovation (i.e. as you get to this point reading this article, stand up & give the ovation).

I hereby strongly recommend Dr Enwemeka to the NSP National Executive Council, for special recognition, honours and Award by the Society for his immense contribution to Physiotherapy practice and training worldwide.

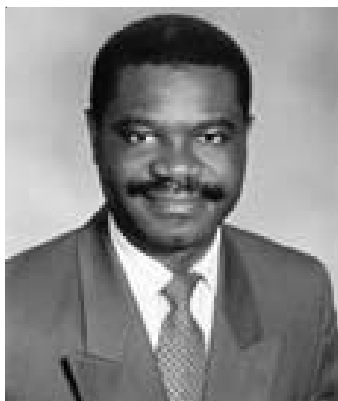
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# FOCUS ON JOSEPH A. BALOGUN:

*Professor & Dean, College Of Health Sciences, Chicago State University,  
The Nigerian Physiotherapy Ambassador-at-Large*

**By Emmanuel B. JOHN, BSc, MNSP, LP**



**Prof. Joseph A. Balogun**

The person of Dr Balogun first attracted my attention sometimes in 1991 in my 200 level days. He came to the College of Medicine, University of Lagos as External Examiner in the then 300 level physiotherapy students' practical examinations in Electrotherapy, Exercise Therapy & Kinesiology and Massage. I was in the examination hall with my classmates to serve as models and subjects. I noticed that most of the examinees were full of awesome fear and trepidation at the sight of this 'dreaded' External Examiner. They were experiencing some tachycardia. They've heard so much of how he drills his students at Obafemi Awolowo University (OAU) that they believed this 'hard-to-please' Examiner would fail them except they are extraordinarily good. On the contrary, I watched with admiration the, graciousness and simplicity of this distinguished physiotherapist as he conducted the examination procedures.

He first requested to address all the examination candidates where he assured them that he was there not to ensure their failure; rather he was there to test what they know. One could immediately see the effects of these soothing words massaging the troubled nerves of the examinees sedating them to relaxation. Of course all of them passed except one who annoyed Dr 'Baloo' (as we students used to call him in those days). Dr Baloo asked this particular candidate the 1st, 2nd, 3rd and 4th simple questions. The candidate had answers to none. Dr Baloo retorted, "My friend, don't annoy me.

I've asked you four simple questions, you don't know any.... okay, tell me, what do you know? .... Anything.... Tell me ..... This particular candidate was advised to withdraw after failing even the resit examination; he was quite unserious with his studies. He had actually wanted to study medicine & surgery but found himself in physiotherapy. He therefore hated every passing day he spends in class (what an irony).

Joseph Abiodun Balogun, BSc, MSc, PhD, PT, FACSM is now Professor of Physical Therapy and Dean, College of Health Sciences at Chicago State University (CSU), Chicago, Illinois, USA. This vastly published Research Scholar and Academic Administrator and Leader has made so much impact in the physiotherapy world and even beyond to earn a place in the Nigeria Physiotherapy Hall of Fame. It is a privilege to present here the profile of this illustrious son and Ambassador-At-Large of Nigeria Physiotherapy Education, Training and Practice.

Joseph Abiodun Balogun was born on New Year Day, 1<sup>st</sup> January 1955. He hails from Idofoin-Isanlu in East Yagba Local Government Area of Kogi State. He attended KDJEC Primary School, Idofoin-Isanlu and ECWA Primary School, Makutu-Isanlu. His secondary school education was at St. Kizito's College, Isanlu, while his Higher School Certificate (HSC) program was at Offa Grammar School, Kwara State. He thereafter proceeded to the University of Ibadan graduating in 1977 with a BSc (Hons) Physiotherapy degree. He served as NYSC physiotherapist at General Hospital, Mubi, in the then Gongola State (1977-1978). He was Physiotherapist 1 at General Hospital, Ilorin, Kwara State from August 1978-July 1980.

He started climbing his career ladder in the academia when he bagged a MSc in Orthopaedic & Sports Physical Therapy in 1981 from the University of Pittsburgh, Pittsburgh, USA. During his doctoral studies, he

was employed as a Teaching Assistant in the Pittsburgh University's School of Health Related Professions (January 1982-December 1984). He received a Certificate in Education Research Methodology in April 1983, a course that was a turning point in his distinguished career in Research. In August 1985, he successfully defended his PhD Dissertation in Exercise Physiology (Cardiac Rehabilitation) also from the University of Pittsburgh.

Dr. Balogun was Assistant Professor of Physical Therapy at the Russell Sage College, Troy, New York (August 1984-May 1986) before deciding to come back home to assist in developing the newly introduced Post-Graduate Studies in Medical Rehabilitation (Physiotherapy) and BMR Programs of the Obafemi Awolowo University (OAU), formerly University of Ife, Ile-Ife, Osun State.

At OAU's Department of Medical Rehabilitation where he became the toast of virtually all scientists and clinical researchers, he served in various capacities including; Lecturer I and Pioneer Coordinator of Graduate Program (June 1986-September 1988), tenured in September 1988; Senior Lecturer and Coordinator Graduate Program October 1988-December 1991; Consultant Physiotherapist to OAUTHC (Feb. 1990-Dec. 1991); Vice Dean, Faculty of Health Sciences, OAU (May 1990 - Dec. 1991). Between July and September 1988, Dr Balogun was Visiting Research Scholar, at the Department of Physical Therapy, School of Health Related Professions, University of Florida, Gainesville, Florida, USA.

Dr Balogun by 1991 sensing that circumstances and situations at home will considerably limit his vast potentials at last succumbed to pressures from USA to take up appointments there. His patriotic zeal had kept him in Nigeria till December 1991. There is an 'eagle' in him (feeling severely caged-in in Nigeria) that wants to fly

high to the highest heavens. He therefore took up appointment as Associate Professor & Director of the Industrial Rehabilitation Laboratory, School of Physical Therapy, Texas Women's University, Houston, Texas, USA, (Dec. 1991-Aug. 1993). Within same period he doubled as Adjunct Associate Professor (i.e. Part time) at the Department of Physical Medicine & Rehabilitation, Baylor College of Medicine, Houston, Texas. He was also a part time physical therapist at Del Oro Institute for Rehabilitation, and Health Focus (Rehability Inc.) Houston, USA from March 1992-July 1993.

Dr Balogun was appointed Professor and Chairman of the Program in Physical Therapy at the State University of New York (SUNY), Health Science Center, Brooklyn, New York (Aug. 30th 1993-Aug. 31st 1999). In November 1994, he was also elevated to the status of Associate Dean for Student Affairs, College of Health Related Professions, SUNY, Health Science Center (HSC), Brooklyn, New York. The Physical Therapy Program was in a troubled state, due to poor performance of students on the licensing examination when Dr. Balogun was appointed. Dr Balogun re-engineered the program by extensively reviewing the BS curriculum. He clearly articulated the program's mission by ensuring that it conformed to the standards prescribed by the CAPTE (Commission on Accreditation in PT Education) of the APTA. His efforts were crowned when the SUNY program was granted a full 8 years accreditation by the CAPTE in May 1996.

Dr Balogun having extensively reviewed the SUNY BSc PT curriculum, streamlined the admissions process and revised the academic requirements to include non-cognitive factors and developed the Admissions Computer Software. He initiated an Award winning Project, the "Physical Therapy Role Model" project, which enhanced the recruitment of minority students into the PT

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**PROFILE: THE NIGERIA PHYSIOTHERAPY HALL OF FAME SERIES**

Program. This project won the APTA's Board of Directors Award in 1996, the *Minority Initiative Award*. The SUNY program had progressively attracted and increased the pool of her minority faculty and students from 9% to 37% in 3 years.

Dr Balogun attracted to and recruited outstanding candidates to fill faculty vacancies. He established a research agenda for the program and in the process developed a Human Research Laboratory, hence faculty scholarly productivity increased 100%; the pass rate of their graduates, at first attempt, in National Board Examination increased to between 80-93.5%. Dr Balogun's excellent management skills came to the fore as he prudently managed the PT program's financial resources maintaining standards despite budgetary reductions of 50% in 4 years. Before leaving SUNY Dr Balogun also achieved amongst other accomplishments too numerous (for space) to mention, approval of the Entry Level Post-Professional Master's Program by SUNY Central and the New York State Department of Education.

Dr Balogun was appointed Professor and Dean, College of Health Sciences at Chicago State University (CSU), Chicago, Illinois, USA, on 1st September 1999, the position he now occupies to date. At CSU, he oversees the affairs of all Schools and Departments in the College, which include pre-Physical Therapy, Occupational Therapy, Nursing, Health Information Administration etc. Dr Balogun brought to CSU a distinguished academic and administrative career. Dr Balogun has to his credit, over 100 original papers published in reputable International peer-reviewed Journals. His area of expertise where he is vastly published include Orthopaedic & Sports Physical Therapy (21 publications), Ergonomics & Work Physiology (17 publications), Physical Fitness & Psychophysiology (12 publications), Physical Agents & Electrotherapy (13 publications), Physical Therapy Education & Administration (12 publications), 21 published Abstracts, 9 Book Chapters. He has also presented over 60 papers at Scientific Fora & Conferences worldwide.

Dr. Balogun is a member of the Editorial Board for International Journal of Physiotherapy Theory and Practice, and Journal of Allied Health. He is also a manuscript reviewer for the Physical Therapy Journal and Journal of Disability and Rehabilitation. Between 1991-1993, he served on the Editorial Board of the Journal of Human Movement Studies. He has supervised to date over 60 BSc Dissertations, over 15 MSc theses and at least 1 PhD thesis, majority of which are already published in reputable peer review Journals.

Dr Balogun is a gifted grant proposal writer and researcher who has handled from 1980 to date, Research grant in excess of \$619,198 and Equipment grant in excess of \$120,194 (all of which he donated to the institutions where he carried out his research projects). In recognition of these accomplishments, he was honored by Chicago State University on 27th November, 2000. He received the *Grant Recipient Award*, at the 2nd Annual Luncheon held to honour faculty and staff of CSU who have acquired grants.

Dr Balogun is a recipient of over 27 International Awards and Honours including Fellow of the prestigious American College of Sports Medicine (FACSM), 1996. Dr Balogun is listed in the following International Biography Publications; International Who is Who of Intellectuals, Cambridge, 1988; Outstanding People of the 20th Century, Cambridge, 1999, Strathmore's Who is Who in America, 1998; Marquis Who is Who in the World, 1998 & 1999; Marquis Who is Who in America, 2000; Marquis Who is Who in Medicine & Health care, 1998; Dictionary of International Biography, Cambridge, 1997. He is also a Honorary Fellow, Institute of Public Health, OAU, Ile-Ife, Nigeria, August 1997. Dr Balogun is a member, Board of Director, Nigerian Conference, USA from 1995 to date. He was also the National Vice-President of the Idofin Development Union, January 1987-December 1991.

Dr Balogun was Visiting Professor, School of Natural & Health Sciences, Program in Physical Therapy, Barry University, Miami Shores, Florida,

USA (Oct. 25 1996-Dec. 1997) and Visiting Professor, King Saud University, Saudi-Arabia (March 2001). He is a BSc and MSc Program evaluation and Curriculum Consultant to the Department of Rehabilitation, College of Medical Sciences, King Saud University, Saudi Arabia. He is the Program Development Consultant to CSU, Chicago and has submitted to the Illinois Board of Higher Education a proposal for the entry-level DPT program for CSU.

Dr Joseph Balogun is married with 4 children. His wife Adetutu Olusola (Nee Olotu) is an Occupational Therapist currently in private practice. She has a BA (English) from OAU, Ile-Ife, 1986, MA (Education) Guidance & Counseling, OAU, 1990 and BSc (OT), SUNY, Health Science Center, Brooklyn in 1995. She is a member of the American Occupational Therapy Association. She is licensed to practice in Illinois and New York States. Their 1st son Omotade Akinyosoye is 10; Omotayo Iyamide, 8 and Omotola Iyaduni, 3 are both girls. Their last son, Omotoluwafe Odutomiwa Abiodun is 10 months old.

Dear Colleagues at Home, join me in giving Professor Joseph Abiodun Balogun, BSc, MSc, PhD, PT, FACSM, a tumultuous and resounding standing ovation (ie as you get to this point reading this article) for his exemplary accomplishments. He is a worthy Ambassador-at-large of the Nigeria Physiotherapy Education, Training and Practice.

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**Finance Minister, Adamu Ciroma Applauds Nigerian Physiotherapists**

Nigerian Physiotherapists and the Physiotherapy profession got applause and commendations of the Honourable Minister of Finance, Mallam Adamu Ciroma recently. Says the Minister....

*"Physiotherapists are wonderful people, very valuable staff within the Hospital. Physiotherapists are very nice and good people. Nigerian Physiotherapists are especially good. I had nine (9) fractures and after the surgeons finished their job fixing the fractures. It was the Physiotherapists that really helped me get back on my feet. They helped me to regain my functions back. Physiotherapists are good professionals. They should please keep up the good work they are doing".*

These were the words of the Honourable Minister of Finance paying a glorious tribute to the physiotherapy profession and especially the Nigerian Physiotherapists who participated in his rehabilitation program. He made this statement on Thursday, 6<sup>th</sup> September at the National Orthopaedic Hospital, Dala, Kano (NOHDK). He was in the Hospital on a personal thank-you visit to appreciate the Hospital staff for taking good and special care of him late last year when he was involved in a ghastly motor accident near Kano. These words were triggered off when the Honourable Minister was being introduced to veteran Physiotherapist and the erstwhile Chief Physiotherapist at the NOHDK, Mallam Hailu Mohammed. On mentioning the word Physiotherapist, the Minister stopped and made this comment before all present inside the office of the Medical Director, Dr. Olawunmi Popoola.

It will be recalled that the Minister involved in an accident last year along with two (2) of his aides was first rushed to the Aminu Kano Teaching Hospital (AKTH) before he was referred to the NOHDK. He was flown to a German Hospital some 48 hours later, courtesy of Julius Berger PLC, accompanied by Dr F.O. Awonusi, a Chief Consultant Orthopaedic surgeon who performed the initial operations on him. National PhysioNews and the NSP National Executive Council hereby commend our colleagues who participated in the rehabilitation of the Honourable Minister.

*This Space  
is for sale, Contact  
the Editor*

# VIABILITY OF A RESIDENCY TRAINING PROGRAMME IN NIGERIA

R. Adesoji Adedoyin, BMR, MSc, MNSP

## INTRODUCTION

In the beginning, the physiotherapy profession was seen as dry and inactive. It was on this note that the pioneers, made mainly of women made a declaration in 1936 which seems particularly relevant today: *"We should be filled with the crusading spirit, gathering the population together in every empty hall in the winter and in the parks in the summer, teaching, them how to stand and breathe, how to walk, move and dance, how to developed a sense of rhythm and how to march with elastic step towards "physical training"*.

In Nigeria today, physiotherapists are in a festive mood because of some major developments in physiotherapy practice. Among these are, availability of post-graduate (MSc, Ph.D) studies, which make physiotherapists aspire higher in their professional education. Inauguration of Medical Rehabilitation Therapists Board and most importantly, the approval of new scheme of service.

The joy may however be short-lived in this new millenium if there is no concrete plans to move the profession forward. Dr. Balogun, now Professor in 1989 when he was delivering a paper on the "Physiotherapy in Nigeria: Past, Present and Future", during the Annual National Conference of the Nigerian Association of Physiotherapy Students (NAPS), made some predictions as follows:

1. The long overdue decree for statutory regulation of our profession will become a reality soon.
2. Newly qualified physiotherapists may have to undergo a year internship.
3. Board licensing examination may become mandatory for qualified physiotherapists prior to employment.
4. The length of training of physiotherapists may be extended to enable our graduates develop skills in communication, use of computers, ergonomics, industrial fitness and physical diagnosis.
5. Two more post-graduate programmes in addition to the existing one at the Obafemi Awolowo University, Ile-Ife may be developed.

These views of Prof. Balogun was the aspiration of all physiotherapists then. All these prediction have been virtually fulfilled. This was as a result of unity and dedication of physiotherapists both the clinicians and Academicians of the time. The question now is

where do we go from here?

## Professionalisation and Professionalism

Professionalism according to Southon and Braithwaite (1998) is the ability to apply sophisticated skills to tasks, which are unpredictable and have high levels of uncertainty as well as complexity. The term professionalisation in contrast to professionalism, embraces the concrete features of occupations that have laid claim to being professions, such as the increasing numbers of members of a profession, specified attributes of the group and identification of traits of its members which also conveys the purposeful movement towards higher standards of professionalism through a continual refinement of practice (Johnson, 1972).

Sim (1985) sees aspects of professionalism in physiotherapy as a widening of clinical and administrative autonomy; an extension in both breadth and depth of the professional knowledge base; an increasing critical attitude to modes of treatment previously taken for granted; a readiness to tread the often daunting paths of research and a heightened awareness of the social and ethical ramifications of professional practice.

Moor (1970) states five criteria in hierarchy representing degrees of professionalism. His criteria ranked from low to high. It includes:

1. Strong motivation and lifetime commitment toward the chosen profession.
2. An established organization committed to defining, protecting, and enhancing the represented profession;
3. Completion of a prolong period of specialized educational training.
4. Orientation towards serving client through the competent application of specialized knowledge and skill to individual needs; and
5. Autonomy of judgment within the realm of given profession.

There has been a major development in physiotherapy education not only in Nigeria but all over the world. The physiotherapy programmes have been transferred from colleges and hospitals, where they were predominantly vocation or clinically focused, to universities, where they have assumed applied sciences and clinical framework. The Physiotherapists now possess not only discipline-specific skills- but also skills such as thinking, communication, learning techniques

and problem solving ability that are peculiar to university graduates.

## The Need for A Residency Training Programme in Nigeria

An important component of professionalism is specialization. When a body of knowledge becomes so vast as to keep beyond the full detailed grasp of the individual professional, specialization becomes necessary. The roles of physiotherapists are becoming more diversified, and given the new challenge and new areas that are opening up requiring expertise, specialization becomes very necessary. A specialist is a master clinician, who has expertise in an area having acquired advanced competency in that area, yet he retains his generalist basis, with holistic perspective.

*"When a body of knowledge becomes so vast as to keep beyond the full detailed grasp of the individual professional, specialization becomes necessary"*

## How Specializations are Achieved

Specialization may be attained through any of the following pathways; direct practice in an identified area over years, through self-directed studies, internships under a recognized specialist, continuation of graduate education and research or any combination of the pathways stated above.

In Nigeria, there is no approved guideline to attain specialization in the field of physiotherapy. Although many have developed themselves towards specialization, but guidelines are needed for standardization and uniformity. Our colleagues that are Consultant in the Teaching Hospitals are called Consultant Physiotherapist, without referring to any specialty area.

In the United States advanced competencies in a specialty area is achieved through post-professional education or self-directed studies. Candidacy for specialty examination is granted after some practical experience and other requirements have been met. Successful candidates are admitted in a formal ceremony at a combine sections meeting of the American Physical Therapy Association (APTA).

The University of St. Augustine, Florida U.S.A. that pioneered the six years programme leading to Doctor of Physical Therapy (DPT), stated the

programme is a clinical degree leading to specialization in a clinical area in physical therapy. That is, candidates for the DPT degree are expected to be certified in a clinical specialty area as part of the graduation requirements.

Clinical internship models towards specialization is also a method used to specialize in the US. Also in an effort for professional advancement, all Baccalaureate degrees would have been phased out by the year 2002 and will be replaced by Master degrees which will become the new entry level into the Physical Therapy profession in the US.

The only opportunity presently that Nigerian physiotherapists can use as a means of moving towards specialization is the postgraduate programmes available in our universities. The awareness is increasing among the physiotherapists as applications into our postgraduate schools continue to increase yearly.

Although, the higher degree in physiotherapy is an important part of continuing professional development, but it is doubtful, if it can fully prepare a physiotherapist in a specialty area. The postgraduate study is more research oriented and is seen more as being designed for and preparing potential academic faculty members.

In a clinical practice based profession like physiotherapy, clinical skills are the most highly valued but are not necessarily the only mechanism for improving practice. A Master's programme may as well help to improve clinical practice skills since an understanding of the theoretical framework formed the scientific basis our profession. There are however some perceived barriers to postgraduate (MSc) education in Nigeria. This will include:

1. Lack of funding
2. Lack of personal time
3. Lack of study leave
4. Lack of staff cover during period of study leave
5. Lack of personal motivation for post-graduate education
6. Heavy Work load in the clinics
7. Lack of appropriate recognition and proper professional placement in the Nigerian Health sector
8. Geographic location of Postgraduate schools

(Continue on page 19)



Further, a Master's degree is not yet an automatic and direct route to career enhancement, promotion, and reward in terms of remunerations in Nigeria. While postgraduate physiotherapy education enhances academic faculty promotions and higher remunerations in the Universities, this may not be true for physiotherapy clinicians in our Health Centres. Rather an approved Residency training programme for physiotherapists will not only solve most of the above stated barriers to postgraduate education, it will also:

- Improve the professional image of physiotherapy profession;
- Improve patient care;
- Improve evidence based practice;
- foster professional autonomy professional development in individual;
- Expand the knowledge base of the profession.

I therefore propose thus the institution of a Residency Training programme for physiotherapists in Nigeria.

#### **A PROPOSAL ON RESIDENCY TRAINING PROGRAMME**

##### **General Regulations**

- The minimum requirement should be a Bachelor's degree (BSc, BMR, BPT, PT, etc)
- Two (2) years post-qualification experience which include the internship and the Youth Service Year (or 1 year clinical experience for those exempted from the NYSC)
- Candidates must have current licensure

##### **Admission Requirement into the Residency Programme:**

1. Preliminary Physiotherapy Residency Examination in (Written General paper).
2. Oral Examination conducted by the Faculty of the Residency Training Institutions.

##### **A Four (4) Years Curriculum Pre-Clinical Courses (1 Year):**

Student receives instruction mainly in basic medical sciences; Anatomy, Physiology, Physiotherapy courses that are peculiar to the chosen specialty area. A pass in the examination shall make the candidate proceed to the professional year.

##### **Professional Clinical Training Phase 1 (2 years):**

Participation in Physiotherapy clinical practice under the supervision of the Consultant Physiotherapist(s) or faculty in the relevant specialty area; series of seminar presentations and lectures; student should in addition treat and present a least 12 relevant clinical case studies to the supervising

Consultant or faculty; a clinical log book containing details of clinical cases handled must be kept by the candidate.

##### **Professional Clinical Training Phase 2 (1 year):**

Undertaking research study and submission of dissertation in the chosen specialty area. Final examination which shall be conducted by External examiners. The Board may approve some areas of specialty Areas thus: Cardiopulmonary, Orthopaedics, Sports, Paediatrics, Electrodiagnostics & Electrophysiology, Neurology, Geriatrics and Community Physiotherapy.

For a start, each training institution may specialize on specific areas. For a smooth take-off of the programme, there arises the need to have some Certified Specialists who will in turn train the potential applicants. I want to recommend, subject to the decision of the Committee set up on the Residency programme and approval by Board that: -

1. All Physiotherapists presently appointed as Consultant Physiotherapists be so recognized and admitted as a Specialist in their areas of interest.
2. All Chief Physiotherapists, Senior Lecturers and above be recognized as Specialists. This may be subject to application and approval by the Board.
3. Qualifying examination may be conducted for physiotherapists who have at least 10 years of clinical experience or at least 5 years of clinical post Master's degree in physiotherapy, or faculty members of Universities not lower than Lecture 1, and holds a Master's or Ph.D degree.

In the alternative All these categories of Therapists may be asked to write specialty examination. This exercise should be phased out within 3 years to give way for normal Residency programme.

##### **Conclusion**

Development of the physiotherapy profession should be the concern of all physiotherapists in Nigeria. Apart from specialization which has become a major force in other countries, the entry level Education is already taking a new shape. Nigerian trained physiotherapists are now asked to take additional courses in United Kingdom and Canada before they can practice there. Many Nigerian physiotherapists desires to practice abroad for pecuniary purposes. This desire to practice abroad may soon be dashed unless we move along with rest of the phys-

iotherapy world. The current 5 years Bachelor's entry-level degree programmes in Nigeria may soon become irrelevant in the next 10 years as the emphasis now worldwide is either a Master's or Doctorate professional entry-level.

The Board, the Nigeria Society of Physiotherapy (NSP) and the Training Institutions should by now be making frantic efforts to commence the DPT programme in Nigeria. The NSP in conjunction with the Board must make sure that any institution that wish to start new physiotherapy programmes must start with DPT. Apart from quality that will be added to the practice of physiotherapy, it will also improve the professional image of the physiotherapists.

One major index that can help this profession grow and achieve its aims will be the cooperation and mutual association of the physiotherapy clinicians, faculty members of Training Institutions, the NSP and the Board.

The care is in our hands. Thank you.

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*Mr Adesoji Adedoyin, BMR, MSc is a Faculty member of the Department of Medical Rehabilitation, College of Health Sciences, Obafemi Awolowo University, Ile - Ife, Nigeria. He presented this paper at the National Workshop on "Professionalism in Physiotherapy" organised by the Nigeria Society of Physiotherapy at National Orthopedic Hospital, Igbobi, Lagos on Thursday, 24th May, 2001. This paper was minimally edited for publication. Please write in and let's know your views about the subject discussed in this paper.*

#### **EDUCATION & PRACTICE ISSUES: CALL FOR PAPERS**

The Editorial Board invites opinion papers from Physiotherapists on issues that concern Education and Practice. Such papers may be published if it meet requirements similar to those stated in the JNSP Call for Papers. See page 27 of this Issue. - Editor

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# SALUTING THE COURAGE & SACRIFICE OF THE 'PRODUCTION & QUALITY CONTROL MANAGERS' OF THE NIGERIAN PHYSIOTHERAPY INDUSTRY

Emmanuel B. John, BSc MNSP, LPT

Sometime in 1991 some agitated and disturbed 200 Level physiotherapy students during an Electrophysics lecture took up their lecturer on an issue bothering their young minds. They were apprehensive of poor earning power and a bleak future prospect professionally upon graduation. The following dialogue therefore ensued:

**Lecturer:** "Never mind the present condition of service of physiotherapists in Nigeria; it is a camouflage. Outside Nigeria, physiotherapists are well paid, highly priced, valued and respected. That is why many Nigerian physiotherapists including many of my colleagues here are going abroad, especially to the USA for greener pastures".

The students became excited but they wondered and prodded further:

**Students:** "If that is true sir, then why are you still here, why haven't you gone too?"

**Lecturer:** "Well, I also got many tempting offers, none of which I applied for. My colleagues abroad gave my name and credentials to some Physical Therapy Schools in the USA who decided to offer me appointments even without an application or interviews. All these offers came at a crucial time that if I leave, the BSc program here will collapse. But I believe that you students have a right to your BSc education just as I had mine. You are the reason why I have stayed back. My joy therefore will be your graduating with flying colours. Then I would be fulfilled and compensated".

With these heart touching words, this crop of 26 students became highly motivated in their studies. They broke all available academic and extra-curricular records at the College of Medicine, University of Lagos (CMUL). Their set had distinctions in all courses. They produced two 1<sup>st</sup> Class degrees, fifteen 2<sup>nd</sup> Class Upper Division and nine 2<sup>nd</sup> Class Lower Division degrees. Their records till date at the CMUL some 7 years after are yet to be equaled.

Those were the days of SAP (Structural Adjustment Program); there was economic crunch. Professionals could hardly sustain themselves on their salaries. Those were the days of the 'Andrews'. Remember Andrew?... "I'm checking out! No light, no water, no good roads, you can't even make a phone call, Bullshit! I'm checking out!" Remember that NTA

jingle on NTA stations nationwide? Things were really BAD. It was about the same time that the America Physical Therapy Association (APTA) lobbied and successfully passed through the US senate a bill that America need to recruit foreign trained PTs to supplement and meet up with demands for PTs in the US. H1 visa was therefore automatic for Nigerian physiotherapists. Many Nigerian PTs were relocating to the USA daily in their numbers; a few to the UK, some to Saudi Arabia and yet a handful to Canada. It was Nigeria Physiotherapy 'Export' galore.

The effects were outstanding! There was a dearth of seasoned and skilled clinicians in our Health Centers nationwide. Distinguished Physiotherapists who were providing leadership for the profession about that time became absent thereby putting on hold momentarily, the cause of the profession's progress being pursued as at that time. There was a progressive and exponential depletion of the Faculty pool of our Training Institutions. The very existence of Nigeria Physiotherapy training programs was threatened.

But there were a few individuals in our Training Institutions who had a die-hard patriotic zeal. They had a *calling* to stay back while others left. They sacrificed the comfort and the juicy opportunities that awaited them if they had gone abroad. It is to these few individuals that I dedicate this brief write up. I'm talking of those who stayed by choice, not those Paul Stern dissatisfied.

*As we celebrate 35 years of Physiotherapy Education in Nigeria they need to be acknowledged and celebrated. Their contributions are no less important than those of the Founding Fathers. In fact they sustained the works and the labours of the fathers lest it be in vain. They stayed back as the "Production & Quality Control Managers of the Nigerian Physiotherapy Industry".*

They are still holding the forth even today in our various Universities. In the face of down turn in Government funding and lack of personal and professional incentives... they stayed put. These individuals deserve our commendations and acknowledgements. They deserve to be celebrated, and given National Awards by the Federal Republic of Nigeria and the Nigeria Society of Physiotherapy. Indeed this generation of physiotherapists and

those coming behind will not forget them. They are great citizens of this country. They should be respected and treated as Kings and Queens.

Do I now mean that those who left are unpatriotic? Noooooo! In fact, that is besides the point. It was good for them and us that they left (*even I will leave too at the next available opportunity....but I hope to come back*). Many of them are making great impact outside Nigeria. Their vast potentials would have been severely caged-in and they would have been frustrated if they had all stayed back. But the high point here is that, it's a great sacrifice on the part of those who stayed back at home. *In fact it takes a calling to make such sacrifices.* I here now pay tribute to the following few notable individuals listed below in our Training Institutions:

## College of Medicine,

### University of Ibadan (COMUI)

Dr. T. Abayomi Oshin spearheaded the program, which commenced in October 1966 to award BSc Physiotherapy degree. It was the 1<sup>st</sup> program in Nigeria and West Africa. The sacrifice and efforts of its current Managers sustained the program and the labours of the pioneers.

**Arinola O. Sanya**, BSc, MEd, PhD, MNSP, Professor and Head & Consultant Physiotherapist to the University College Hospital (UCH), Member MRTRB: She's been on staff immediately post-NYSC. She has seen the Physiotherapy Department go through different phases of development. She initiated and spearheaded the now approved and functional MSc, M.Phil and PhD programs in Physiotherapy. She persevered for 51 months until the program got final Senate approval. She had tempting offers abroad but chose to stay back to manage and maintain standards at the Nigeria premier Physiotherapy Institution.

**Aderonke O. Akinpelu**, BSc, MEd, PhD, MNSP, Senior Lecturer and Consultant Physiotherapist to the UCH. This distinguished and sweet lady physiotherapist who has done much works in paediatrics and neurological physiotherapy is another great Manager that has maintained standards and quality of production at the COMUI program. She got too many tempting offers especially from Saudi Arabia to leave Nigeria permanently, but she chose to stay back.

**A.O. Jaiyesimi**, BSc, MEd, MNSP, Lecturer in Physiotherapy. This Reverend Gentleman had all the opportu-

nity to go abroad but chose to stay back. He has remained to help maintain standards and quality of production at his Alma Mata. He found it necessary to help out at COMUI alongside of his Ministerial calling.

## College of Medicine,

### University of Lagos (CMUL)

Prof. G.I Odi started the CMUL Physiotherapy program in 1971 as a Diploma program that was upgraded to a Bachelor's status in 1977. The BSc program produced its 1<sup>st</sup> set of graduates in 1980. The program was sustained due to the sacrifice of the present Managers. They sustained the works and labours of the pioneer:

**Isaac O. Owoeye**, BSc, MSc, PhD, MNSP, FNASM, Professor of Physiotherapy, CMUL. Consultant Physiotherapist, LUTH & Registrar, MRTRB: He joined CMUL in 1979 as a MSc holder at a time the School needed at least one Graduate faculty member on staff to graduate their 1<sup>st</sup> set of BSc graduates. The University of Lagos thereafter sent him and ten (10) others as University Scholars abroad for graduate studies. This was in order for them to come back home and help strengthen the BSc program. To date ONLY Prof. Owoeye returned back to Nigeria after completing his PhD program. He honoured the bond he signed with the University. He is a man of integrity. The 4-years BSc program is now a 5-years BPT program. He is the Lecturer discussed above. He shunned all offers from the USA and stayed back to keep the CMUL program running.

**Sunday R. A. Akinbo**, BSc, MSc (Anatomy), MNSP, Lecturer 1 & Consultant Physiotherapist, Lagos University Teaching Hospital. He stayed back at a time the CMUL program had only 2 fully functional faculty members. He had every opportunity to go abroad but decided to help out at his Alma Mata.

## Obafemi Awolowo

### University (OAU)

Prof. V.C.B. Nwuga, the 1st Professor of Physiotherapy in Africa, started the BMR program in 1978. Its MSc and PhD programs commenced in 1986. A number of individuals apart from the Professor himself helped maintain standards and quality of production.

**Matthew O.B. Olaogun**, BSc, MSc, MNSP, MNIM, Associate Professor and Head, Vice Dean, Faculty of Basic Medical Sciences, Consultant Physiotherapist to OAUTHC, member MRTRB. He returned from Canada

(Continue on page 27)



**SALUTING... (Contd)**

(Continued from page 26)

just a few days after defending his MSc Dissertation. He has remained in Nigeria since then, shunning all offers abroad. He spent 6 sacrificial years at the Federal School of Physiotherapy, Dala, Kano, where he achieved affiliation of the School to the Bayero University, Kano. The Kano School now Awards BSc Physiotherapy degree. His presence back at OAU has maintained standards and quality of the OAU products.

**University of Nigeria, Enugu Campus**

**S.T. Eke-Okoro**, BSc, DSc (Med. Sc), formerly Senior Lecturer and Pioneer Head of Department. Started the program in 1987 to award BMR degree. The MSc program was introduced in 1994. Dr Eke-Okoro shunned all offers abroad in order to lay the UNEC program on solid footing. He has now left Physiotherapy practice for full time Christian Ministry in the USA. Reverend (Dr) S.T. Eke-Okoro's presence at UNEC in those days set and maintained the standard and quality of the UNEC products. He remained at UNEC shunning all tempting offers abroad until just before he left practice for the Church.

**Federal School of Physiotherapy, Kano**

**Henry Onuwe**, BSc, MSc, MNSP, MMRTTB, Principal, took over from M.O.B. Olaogun and has to date graduated 5 sets of BSc Physiotherapy graduates. He left the comfort of his abode in JUTH, Jos to help out and maintain the standards and ensure quality of the Federal School products.

There are many more great individuals in our Training Institutions today who probably qualify to be mentioned here for their great sacrifices in keeping the Nigeria Training Institutions running especially during the SAP and H1 visa periods. But permit me here to limit myself only to this notable few because of space.

*We also salute today, all the full-time and part-time faculty members in our Training Institutions. We salute also all the Clinicians who equally stayed behind to hold the forte. We salute also those distinguished Physiotherapists who equally stayed behind to give leadership to the profession during those trying years. These great men and women of Physiotherapy mentioned above and many more not mentioned are the "Production and Quality Control Managers of the Nigerian Physiotherapy Industry".*

**NORTH AMERICAN LASER THERAPY ASSOCIATION HOLDS 2<sup>nd</sup> Scientific Conference & 1<sup>st</sup> Consensus Conference on Laser Medicine, Photobiology, and Bioengineering of Tissue Repair**  
**Enwemeka is Key Speaker**



The North American Laser Therapy Association will be holding its 2<sup>nd</sup> Scientific Conference and its 1<sup>st</sup> Consensus Conference on Laser Medicine, Photobiology, and Bioengineering of Tissue Repair from 20th-23rd February 2002 in Atlanta, Georgia, USA. A Nigerian, Dr. Chukuka Enwemeka, Professor of Physical Therapy from the Kansas University Medical Center, Kansas City, USA, is one of the key Speakers at the Conference. For details visit <http://www.naalt.org> or contact Melyni Worth (melyni@intelos.net).

**Enwemeka to attend 42<sup>nd</sup> NSP Conference in 2002 as a Key Speaker**

Professor Chukuka S. Enwemeka has accepted an invitation from the NSP Council to attend next year's 42<sup>nd</sup> NSP Annual Scientific Conference as a Key Speaker. Prof Enwemeka confirmed his acceptance to attend the next NSP Conference to the National PhysioNews Editor, Mr E.B. John via email. Prof. Enwemeka said "it will be my joy and delight to attend the year 2002 NSP Conference". This vastly travelled scholar will however want to know the exact date of the Conference at least one year in advance. He has a busy itinerary of speaking engagements around the world, most of which are arranged many years in advance. Council will decide on date and venue of next year's Conference at Edo 2001 Conference.

Prof. C.S. Enwemeka is the Professor and Chairman of the Department of Physical Therapy Education at the Kansas University Medical Center, Kansas City, USA. He is also a world reknown Laser Therapy Expert. His profile is presented on page 20 of this edition of PhysioNews.

**WCPT 14th WORLD CONGRESS TO HOLD 7th-12th JUNE 2003 IN BARCELONA SPAIN**

The 14th World Congress of the World Confederation for Physical Therapy (WCPT) comes up from 7th-12th June 2003 in Barcelona, Spain. The Spanish Association of Physiotherapists will be playing host to their colleagues from all over the world. The WCPT is calling for papers and has set October 2002 as the deadline for submission of abstracts. This is for anyone who wishes to present papers at the 14th World Congress. Registration materials and invitation to the World Congress will become available for interested participants from June 2002. To receive a full Congress package; that is details of Call for Papers (now) and invitation/registration materials (anytime from June 2002), send your name, address, position, organisation by e-mail to [14thcongress@wcpt.org](mailto:14thcongress@wcpt.org). You will automatically be placed on the WCPT mailing list to receive the Congress materials as they become available.

**CALL FOR PAPER****JOURNAL OF THE NIGERIA SOCIETY OF PHYSIOTHERAPY**

The Journal of Nigeria Society of Physiotherapy (JNSP) constitutes a central forum for the publication of quality full-length manuscripts and short communications reporting new information on experimental, theoretical and clinical aspects of physiotherapy. It will act as a store for physiotherapeutic research papers and a forum for current developments.

The JNSP welcomes manuscripts, which report the application of physical therapy research methodologies to physiotherapy problems. Rigorous peer review is provided by an International Board of Associate Editors to maintain the highest level of scientific and clinical merit.

**NOTES TO CONTRIBUTORS**

The submission of original manuscripts for editorial consideration is welcomed. All articles should be sent to:

Matthew O.B. Olaogun,  
Editor-in Chief /Chairman, JNSP Editorial Board,  
Department of Medical rehabilitation  
College of Health Sciences,  
Obafemi Awolowo University,  
Ile Ife, Nigeria. **Email:** molaogun@oauife.edu.ng

Papers for this journal should deal with physiotherapy rehabilitation problems in general. The papers are accepted subject to the understanding that no substantial part has been or will be published elsewhere, except with the express permission of the editorial board.

Authors should send three complete copies of the text, tables and photographs. The editor will not accept responsibilities for damages or loss of papers submitted. Manuscripts should be submitted double-spaced and typewritten with ample margins. On a single separate sheet there must be the following:

1. Title
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3. Department in which the work was done
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Authors should accompany manuscripts with a summary not exceeding 200 words. Three to five key words should be provided. Accompanying photographs should be glossy prints, untrimmed and unmounted. Number each with pencils lightly on the back and indicate the top. The numbers of photographs and illustration should be kept to a minimum. Publication of colour transparencies must be clearly legible when reduced to the size used in this journal.

Materials taken from other sources must be accompanied by written permission for production obtained from the original publisher. Authors are required to have observed standard ethical codes in the execution of the work to be published.

References should be typed separately, double spaced, and numbered consecutively in the order in which they are first mentioned in the text. References first cited in tables or figure legends should be numbered so that they will be in proper sequence with references cited in the text. "Unpublished observations" or "Personal Communications", for which the author has secured permission of the person cited, should be treated as footnotes and not included in the numbering of the references. Authors are responsible for the accuracy of their references. Please follow these sample formats:

**Article**

Balogun J.A.: Pain Compliant and Muscle Soreness Associated with High Frequency Electrical Stimulation. *Percept Mot skills* 62:799-810, 1986.

**Chapter in a book**

Wagner K.A.: Outcome Analysis in Comprehensive Rehabilitation. In Fuhrer M.J., editor. *Rehabilitation outcomes* Baltimore: Brookes Publishing Co.; pp 233-9. 1987.

**Published proceedings paper**

Kauzlarich J.J Thacker J.G.: Antiskid Wheelchair Brake Design. Proceedings of the 14<sup>th</sup> Annual RESNA Conference, Kansas City, MO, Washington, DC: RESNA Press; 143-5; 1991

**Tables** should not duplicate materials in text or illustration. They should be numbered consecutively with Arabic numeral cited in the text. Each table should be typed double spaced on a separate sheet and should have a brief title. Short or abbreviated column heads should be used and explained, if necessary, in footnotes.

Mathematical Formulae: Traditional mathematical treatments should be extended by adding narrative notes of explained and definitions of terms, as appropriate to ensure that readers of other disciplines gain the fullest understanding of the material presented. The metric system is requested for use in all quantities in text, tables, and figures.

**Originality:** A certificate signed by all authors must confirm that the contribution has not been published buy or submitted to another Journal.

Acceptance of manuscripts will, in addition, be based on the recommendation of referees and reviewers and approval of the Editorial board.

## PHYSIOTHERAPISTS TO RECEIVE 1.72% BASIC SALARY (PER UNIT) CALL DUTY ALLOWANCE

Follow up to the recent circular SWC/S/04/G.15/ Vol. 11/ 7 of 19<sup>th</sup> June, 2001, physiotherapists are now to receive 1.72% of their basic salary per unit call to a maximum of 40 units. This was pursuant to a move initiated by past NSP councils through NUPTAM that call duty should be converted to % of basic salary, so that call duty allowance can be increased each time there is a salary increase. Initially the Nigerian Medical Association (NMA) was against this move when it was proposed some years ago because they were already enjoying a jumbo package call duty allowance. But aftermath of salary increases by the Abubakar and later Obasanjo administrations, the NMA became the vanguard for this proposal now accepted by Government. The NMA were able to negotiate a 4% basic salary per unit call duty for themselves. While the Pharmacists and Laboratory Scientists through some last minute maneuvers also got for themselves 2%. Efforts of NSP to get a minimum of 2% were thwarted by an officer at the FMOH Abuja.

At a June 19<sup>th</sup>, 2001 meeting between Honourable Minister of Health and Professional Bodies in the Health sector, the NSP President in very strong terms condemned the 1.72% given to physiotherapists. He added that...it was even like 'adding insult to injury', to categorize us as "others" instead of being specifically mentioned. For this point the Minister apologized stating that a legal practitioner who do not know who the "others" were prepared the circular. Below is a full content of the circular.

### THE PRESIDENCY NATIONAL SALARIES, INCOMES AND WAGES COMMISSION OFFICE OF THE PERMANENT SECRETARY. CIRCULAR REVIEW OF ALLOWANCES FOR HEALTH PROFESSIONALS

I wish to inform you that Government has approved a review of allowances for Health Professionals as follows: -

#### (i) Call Duty Allowance:

Payment of Call Duty Allowance per unit, to a maximum of 40 units is at the following rates: -

- 4% of Basic Salary per month for Medical/Dental Practitioners,
- 2% of Basic Salary per month for Pharmacists/Medical Laboratory Scientists;
- 1.72% of Basic Salary per month for Nurses and Other Health Professionals.

#### (ii) Inducement Allowance:

Payment of 10% of Basic Salary per annum for Specialists who are in fields as Establishments Circular 1/1991.

#### (iii) Administrative Allowance:

Payment of 10% of Basic Salary per annum as Administrative Allowance for Administrative officers on HAPSS 15,

and 17 in Health Institutions.

#### (iv) Rural Posting Allowance:

Payment of Rural Posting Allowance at the rate of 20% of Basic Salary per annum to all Health Professionals on Rural Posting.

#### (v) Hazard Allowance:

(a) Medical and Dental Practitioners – 100% increase on the current rate which translates to N20, 000 per annum;

(a) Pharmacists/Medical Laboratory Science – N 10,000 per annum;

(c) Nurses and Other Health Workers – N 150% increase on the current rate, which translates to N 10,000 per annum.

#### (vi) Teaching Allowance:

This is applicable to deserving officers at the following rates;

#### (a) Part-time Post Graduate Teaching:

(i) Medically qualified Consultant – 50% increase on the current rate translates to N15,000 per lecture;

(ii) Private Medical/Dental Practitioners increase on the current rate which translate to N7,500 per lecture;

(iii) Other Professionally Qualified Personnel – 50% increase on the current rate which translate to N7, 500 per lecture.

#### (b) Honorarium:

This is applicable to Medical Doctors who give lectures outside the normal job as well as private Medical/Dental Practitioners or other Professionally qualified personnel's who teach under-graduate students on an ad-hoc basis.

(i) Medical Doctor/Dental Practitioners – N1,500 per lecture;

(ii) Private Medical/Dental practitioners – N1,500 pre lecture;

(iii) Other Professionally qualified personnel – N1, 250 per lecture.

#### (a) Post Secondary School:

(i) In accredited post-secondary Institution – N500 per lecture;

(ii) In accredited post-primary Institution – N500 per lecture;

#### (b) Full-Time Teaching:

(i) Lecturer/Consultant – 50% on the current rate which translates to N30,000 per annum;

(ii) Reader/Consultant and Associate Professor/Consultant – 50% increases on the current rate which translates to N30,000 per annum;

(iii) Professor – 50% increase on the current translates to N30, 000 per annum.

All Medical Practitioners and Health Professionals including Resident Doctors, Pharmacists, Nurse, Medical Laboratory Scientists and Physiotherapy Tutors, who engage in teaching, should continue to be paid Teaching Allowance at the above rate.

#### (vii) Clinical Duty Allowance:

Clinical Supplementation Allowance has now been renamed Clinical Duty Allowance and the rate of payment shall be as follows: -

(a) Medical/Dental Practitioners – 40% Basic Salary

(b) Non-Medical Consultants – 25% of Salary

#### (viii) Journal/Learned Society Allowance:

(a) Medical/Dental Practitioners – 50% increase on current rate which translates to N22,500 per annum;

(b) Pharmacists/Medical Laboratory Scientist - N12,000 per annum;

(c) Nurses and Other Health Profes-

sionals – 50% on current rate translates to N9, 000 per annum.

#### (ix) Shift Duty Allowance:

1. Government has directed that the current rate of 30% of Basic Salary as Shift Duty Allowance is to maintained in view of the fact that Basic Salary has been substantially increase;

2. The effective date of (i) (viii) above is 1<sup>st</sup> January, 2001.

3. Government has also directed as follows; (i) that the arrears of Call Duty Allowance and Clinical Supplementation of 150% and 50% respectively should remain 1<sup>st</sup> January, 2000; (ii) that no payment of salaries should be made to Resident Doctors for the duration of the Industrial Action in accordance with Labour Trade Dispute Act CAP 432.

Mrs. A. Rufai, mni

Permanent Secretary, For Chairman.

## COUNCIL CLARIFIES ANBIGUITY IN ENTRY POINT OF THE NEW SERVICE SCHEME

In response to agitation by physiotherapists on the seeming ambiguity in the physiotherapist entry point of the newly approved service scheme. The National Executive Council at their 5<sup>th</sup> Council meeting in Benin clarified the entry point thus: "Physiotherapist GL 09 of the New Service Scheme shall mean physiotherapy intern". By this clarification, it lay to rest all agitation and protests from members. The mistake on the NSS was from the National Council of State on Establishment Matters. Council therefore interprets the NSS as originally presented to the Establishment Ministry. Council has made representation on this to the Establishment Ministry. The Estab. Officials promised to put this correction before the National Council of States on Establishment matters which met at their Annual meeting in the last week of October, 2001. It is hoped that the Estab. Council will ratify this clarification before the gazette for the year 2002 is released into circulation.

## COUNCIL TO PURSUE FORMATION OF DIRECTORATE OF PHYSIOHERAPY SERVICES AT FMOH

Council has decided to pursue to a logical conclusion soonest the issue of setting up of a Directorate of Physiotherapy Services at the Federal Ministry of Health, Abuja. Council has mandated a 2-man committee made up of the Secretary General, Mr A.T. Onigbinde and Treasurer, Mr. Saliu G. Akinwale to come up immediately with a proposal to this effect to be submitted to the Honourable Minister Of Health. Council expects the FMOH to advertise soon the post of Director of Physiotherapy Services. Council will support application of suitably qualified physiotherapists to the post of Director.

## Edo 2001 NSP Conference Attracted over 120 Physiotherapists

It was a time of happy reunion for the Nigeria-Physiotherapy family at the 41<sup>st</sup> Annual Scientific Conference and AGM of the Society in Benin, October 21<sup>st</sup>-25<sup>th</sup> 2001. The Conference attracted so far the largest turnout of physiotherapists ever from all the nooks and crannies of the nation including one PT from New York.

The Conference was more or less like a parade of who-is-who in Nigeria Physiotherapy. Physiotherapists who had not attended NSP Conferences in the last seven to ten years 'miraculously' showed up in Benin. The Conference delegates started arriving Benin on Sunday 21<sup>st</sup>, while most delegates arrived on Monday 22<sup>nd</sup>.

Some of the distinguished physiotherapists present at the Conference included, Pa C.A Ajao, Mama S.A. Ajao, Prof G.I. Odia, Prof I.O.Owoeye, Prof Arinola Sanya, Prof M.O.B. Olaogun, Colonel P.O. Mogbo, Mr. Ola Oparinde, Colonel Ogunseye (rtd), Dr. (Mrs) A.O.Akinpelu, Mr.F.O. Faniran, Mr. Alegbeleye, Mr. Tokunbo Oduowo, Dr (Mrs) Birabi, Dr. Stella Tobi, Mrs B. Fowler, Mrs Afolabi, Mrs. Ladipo, Major Obasuyi (rtd), Mr. Henry Onuwe, Mr. J.D. Jogunola, Dr. Kolapo Hamzat, Mrs. Imoh, Mrs Abanum, Mr. Ogundipe, Rev. E. Anudu, Mr. Rotibi, Mr. C. Dan-Jumbo and many more too numerous to mention. In the pages 11-18 of this Edition are the highlights of the Conference; Addresses presented, abstract of papers, etc.

## Hamzat and Anyannyi Win MKO Abiola's Award for Research

Two distinguished physiotherapists have won for two consecutive times the Bashorun MKO Abiola's Award for Medical Research. The MKO Abiola Award endowed at the University of Ibadan by the late MKO Abiola aim to give recognition and honour to post graduate students of the University of Ibadan (UI) with the best Research thesis.

The Award is given every four (4) years to the best four-graduate thesis. Dr. Kolapo Hamzat, PhD, MNSP of the COMUI was the first physiotherapist to win the Award in 1997 with his MSc Exercise Physiology Thesis Research. Mr. Olu Ayanniyi, MSc, MNSP of the renowned McKenzie Institute was also one of the four (4) recipients of the year 2001 MKO Abiola Award for his MSc Physiotherapy Thesis Research. National PhysioNews Board and the NSP NEC says congratulation Dr Hamzat and Mr Ayanniyi... More grease to lubricate all your joints!