



COCHRANE NIGERIA INFO SHEET

News Sheet of the Nigeria Branch of the South African Cochrane Centre



October 2009

RAP-ing it all up!

The year is gradually winding to an end. This edition of the Cochrane Nigeria Info sheet will be the last for the year. It has been an eventful year at the Nigeria Branch of the South African Cochrane Centre (NBofSACC). The Branch has been carrying out a series of consumer workshops under the Cochrane opportunities fund which have taken us around the country. We have also been involved in other workshops and activities. To 'RAP' it all up, the NBofSACC is collaborating with the South African Cochrane Centre, the Liverpool School of Tropical Medicine, the Cochrane HIV/AIDS Review group, and the Nuffield Commonwealth Programme to host the first edition of RAP (Reviews for Africa Programme) Nigeria.

We believe that we will keep the pace up in 2010. Happy reading and see you next year!

Collaboration News



○ **2009 Trial of the Year Competition**

The Society for Clinical Trials and Project ImpACT are calling for nominations for the 2009 "Trial of the Year". The award is given for the randomized clinical trial that best meets the following criteria: It improves the lot of mankind; provides the basis for substantial beneficial change in health care; reflects expertise in subject matter, excellence in methodology; overcomes obstacles in implementation, etc. For more details and to nominate a trial, visit <http://www.projectimpact.info/sct/>.

Contact: Dave Sackett, sackett@bmts.com

Deadline for nominations: 31 January 2010

○ **Evidence-Based Tuberculosis Diagnosis Website recently launched**

The New Diagnostic Working Group of the Stop TB partnership has launched a website on Evidence-Based tuberculosis Diagnosis. The site, which may be accessed at <http://www.tbevidence.org>, aims to provide the most comprehensive single source of evidence synthesis, policies, guidelines and research agenda on TB diagnosis.

○ **Cochrane Register of Studies – Development Partner Selected**

Metaxis Ltd (www.metaxis.com) has been chosen by the Cochrane Collaboration as the development partner for the new Cochrane Register of Studies (CRS).

MY EXPERIENCE AS AN AUBREY SHEIHAM SCHOLAR

I first learnt of the work of the Cochrane Collaboration from Professor Martin Meremikwu, my teacher and mentor, over 10 years ago. And so after the completion of my basic medical education in 2007, I accepted an opportunity to work closely with the Institute of Tropical Disease Research and Prevention, University of Calabar Teaching Hospital, which hosts the Nigeria Branch of the South African Cochrane Centre and the Effective Health Care Research Programme. My stint here enabled me learn the practical aspects of clinical trial management and also enabled me develop a research question. I eventually registered a title '*Supplementary Vitamin E, Selenium, Cysteine and Riboflavin for the Primary Prevention of Kwashiorkor in Preschool children in developing countries*' with the Cochrane Developmental Psychosocial and Learning Problems Group. This title formed the basis of my application for the 2009 Aubrey Sheiham Scholarship.



Chibuzo Odigwe with Course Mates in Systematic Review Class at Oxford University

When I received an email informing me of my selection as the 2009 Aubrey Sheiham Public Health and Primary Care Scholar, I was both elated and surprised. After the necessary paperwork, I was on my way to Summertown Pavillion, home of the UK Cochrane Centre, to take up the scholarship at the end of April 2009. I arrived the UK Cochrane Centre to a warm welcome by Dr Phil Wiffen – Training Director; Ms Nicola McDowell – Training Coordinator; and Ms Jini Hetherington – Administrator of the Cochrane Collaboration. After coffee and initial discussions, I was taken to the Sheiham Flat along Albert Street in the posh Jericho area of Oxford. I was briefed on the details of my programme for the duration of the scholarship. Among other things, I would be taking a Systematic Review Course at the University of Oxford's Centre for Evidence Based Medicine and dedicating time to outstanding issues earlier identified by my Review Group in the protocol I was already developing.

The Systematic Review Course, which was taught by Professor Mike Clarke (Clinical Epidemiologist and Director of the UK Cochrane Centre), is an integral part of the Oxford MSc in Evidence Based Health Care. The class was drawn from different parts of the globe and various health professions. This was a major strength as the discussions that we had benefitted from the experience of the different course participants. The course lasted for 5 days, and ran for 8 hours each day. This enabled us have in-depth discussions of the practical and complex aspects of conducting systematic reviews.

In addition to the Oxford University Course, I attended all the UK Cochrane Centre training activities that took place during my stay. I also attended a Peer Review Skills training workshop which took place in Oxford at the end of April as well as the Protocol Development Workshop and the Introduction to Analysis workshops which held in Edinburgh in June. At each of these meetings, I benefitted immensely from the wealth of experience of the participants and facilitators. Each of these workshops also enabled me to meet people, make friends and establish

contacts. Academically, I earned 5 Continuing Professional Development points of the UK Royal College of Physicians at each of these workshops.

With my improved understanding of Systematic Review methodology, I was able to focus and complete the review on *Supplementary Vitamin E, Selenium, Cysteine and Riboflavin for the Primary Prevention of Kwashiorkor in Preschool children in developing countries* fairly quickly. However, this was also due to the fact that there was a general paucity of trials in this area.

Although my stay in Oxford was largely devoted to the completion of my review, I was also able to utilize a small fraction of the time to travel around the country and meet people. In Oxford I had the benefit of being fully integrated into the indigenous Afro-Caribbean community, thanks to the very kind and amiable Ms Patricia Atkinson, Administrator of the James Lind Alliance. I also met Sir Iain Chalmers, whose ideas saw the birth of the Cochrane Collaboration



L-R: Mrs Annabel Ferriman, Chibuzo Odigwe and Professor Aubrey Sheiham

One of the high points of my time as an Aubrey Sheiham Scholar was meeting Professor Aubrey Sheiham (who endowed the scholarship). He shared with me his views on the improvement of health care in the developing world, which led him to endow the scholarship. I also enjoyed a very warm working relationship with all the other Cochrane Centre staff, notably Jini Hetherington, Sally Hopewell, Anne Eisinga, Jo Rumney, Jacqueline Cherry, Nicola McDowell, Amy Drahota, Caroline Rouse, David and Carol Lefebvre and Mark Fenton.

With all the activities I was involved in, 3 months passed rather quickly and before I knew it, it was time to return home. I must say that the entire experience was most rewarding. I have realized the immense power of systematic reviews in the identification and appraisal of the effectiveness of health care interventions and I am now committed to contributing to the campaign for improved health care in the developing world using the new skills I was able to acquire during my training.

Chibuzo Odigwe
(Aubrey Sheiham Scholar, 2009)



Cochrane Opportunities fund —Making Cochrane Information accessible to Nigerian Consumers.

The 2007 Cochrane Opportunities fund was allocated to the Nigeria Branch of the South African Cochrane Centre (NBofSACC). The project for which the allocation was made, aims to increase the participation of Nigerian consumers in the dissemination of Cochrane reviews. This will be done through workshops which will be conducted in Western, Eastern and Northern Nigeria. Even though the project was to be conducted in 2008 due to some unavoidable circumstances, it is being carried out in 2009.

To date Workshops have been carried out in Western and Eastern Nigeria.

The second workshop for the Eastern part of Nigeria, was carried out recently in Calabar from 14-15 September at the Institute of Tropical Diseases Research and Prevention. Eighteen participants from various Non-governmental Organizations attended. The participants were introduced to the Cochrane Collaboration and Systematic Reviews and were intimated on how consumers could participate in the work of the Collaboration. Participants worked in groups to experiment with the use of dramas and talk shows etc to pass across evidence from systematic reviews.

Dr. Godwin Aja of the Cochrane Consumer Network has been coordinating the workshops.



Clockwise: Group Photo of Participants; Dr. Godwin Aja of the Cochrane Consumer Network making a presentation; One of the groups experimenting with drama as a means of communicating evidence-based health information .

WEST AFRICAN HEALTH ORGANIZATION HOLDS EBM WORKSHOP

The West African Health Organization, in collaboration with the Institute of Tropical Diseases Research and Prevention Calabar, recently organized an Evidence-Based Medicine Workshop for Heads of Department of Obstetrics and Gynecology in West Africa. The workshop, which lasted for five days, took place from 7th-11th September at the Institute of Tropical Diseases Research and Prevention Calabar and was titled '**Training of Trainers Workshop on Evidence-Based Medicine for the Reduction of Maternal Mortality in West Africa**'. The workshop brought together the Heads of Department of Obstetrics and Gynaecology from 17 teaching hospitals in Nigeria and the Komfo Anokye teaching Hospital in Ghana. The objectives of the workshop were two-fold: firstly, to equip the participants with the necessary skills to find, appraise and apply evidence for effective clinical practice; and secondly to enable them apply the principles of evidence-based medicine in the training of resident doctors with the overall aim of reducing maternal mortality.

Resource persons at the workshop included Professor Martin Meremikwu (Department of Paediatrics, University of Calabar), Dr. Afolabi Lesi (Department of Paediatrics, Lagos University Teaching Hospital), Dr. Angela Oyo-Ita (Department of Community Medicine, University of Calabar), Dr. Mohamed Jalloh (Department of Urology, Hopital General de Grand Yoff, Senegal), Dr. Abosede Afolabi (Department of Obstetrics and Gynaecology, Lagos University Teaching Hospital).

Professor Kayode Odusote and Professor Abdoulaye Diallo of WAHO were also present.



RAP NIGERIA UPDATE

The Reviews for Africa Programme (RAP) was developed by the South African Cochrane Centre to train African health researchers and providers in the science of research synthesis and assist them to initiate and prepare Cochrane Reviews. The programme, which has been held only in South Africa till this time, is now being extended to Nigeria.

The first phase of RAP Nigeria took off on October 19th and will run till October 30th at the National Hospital Abuja. The programme will consist of three phases: phase one- a two-week protocol development workshop, phase 2 which will involve individual work at the participant's home institution and phase three – a two week Cochrane Review Finishing School at the National Hospital Abuja.

Six participants have been chosen and are currently undergoing training at the National Hospital Abuja. The next issue of the Cochrane Nigeria Info Sheet will feature a full article on phase one of RAP Nigeria.

Upcoming Courses, Fellowships and Workshops



❖ Wellcome Trust –Masters Fellowship in Public Health and Tropical Medicine

Fellowships are available for residents of developing countries carrying out research projects at masters degree level in the areas of public health and tropical Medicine. For full details and eligibility criteria visit:

<http://www.wellcome.ac.uk/Funding/Biomedical-science/Grants/Fellowships-and-personal-awards/Public-health-and-tropical-medicine/WTD025881.htm>

Deadline for applications: 9 March 2010

❖ Wellcome Trust - Other Biomedical Grants/Fellowships

For other biomedical grants/fellowships from the Wellcome trust visit:

<http://www.wellcome.ac.uk/Funding/Biomedical-science/index.htm>

❖ Aubrey Sheiham Scholarship – Call for Applications

The Aubrey Sheiham Public Health and Primary Care Scholarship is a three month Scholarship to develop skills in preparing Cochrane systematic reviews.

Applications are invited from health workers, Consumers and Researchers living in developing Countries. Applicants must have registered a review topic before 1st August 2009.

Application Deadline: 30th October 2009

For full details see:

<http://www.cochrane.org/docs/Fellowshipsandscholarships.htm#ASPHPCS>.

Contact: Nicola McDowell, nmcdowell@cochrane.ac.uk

❖ EPPI-Centre London: Online Courses

The EPPI-Centre London has launched two fully online courses titled 'Evidence for Policy, Practice and Personal decisions' and 'Methods for Research Synthesis.

Dates: 8 February 2010 and 17 May 2010

Visit: <http://eppi.ioe.ac.uk/cms/Default.aspx?tabid=704&language=en-US> for more details.

Contact: Kim Reynold k.reynolds@ioe.ac.uk

❖ **Free online courses in Research Ethics and Good Clinical Practice**

The African Malaria Network Trust (AMANET) is an organization located in Tanzania which promotes capacity strengthening and networking of malaria Research and Development in Africa. AMANET provides free online courses in the following areas: Basic Health Research Ethics (available in English and French); Advanced Health Research Ethics; and Good Clinical Practice. Certificates can be printed online once the courses are completed.

To register and take the courses see: <http://webcourses.amanet-trust.org/>



New Reviews from the Cochrane Library: Issue 4, 2009

The last issue of the Cochrane Library for 2009 has been released. The following reviews in Issue 4, 2009 of the Cochrane Library were written by Nigerian authors.

- Interventions for HIV associated Nephropathy *by Ismail Yahaya, Abdulrahman Olalekan Uthman, Muhammed Mubashir B Uthman*
- Interventions for preventing unintended pregnancies among adolescents *by Chioma Oringanje, Martin M Meremikwu, Hokehe Eko, Ekperonne Esu, Anne Meremikwu, John Ehiri*
- Vaccines for preventing invasive Salmonella infection in people with sickle cell disease *by Friday Odey, Uduak Okomo, Angela Oyo-Ita*

Other Recent Reviews

The following are reviews published in 2009 by Nigerians or which address issues particularly relevant to Nigeria.

- The Effects of Antimicrobial Therapy on Bacterial Vaginosis in Non-Pregnant Women *by Oyinlola O Oduyebo, Rose I Anorlu, Folasade T Ogunsola.*
- Artemisinin-Based Combination Therapy for treating Uncomplicated Malaria *by David Sinclair, Babalwa Zani, Sarah Donegan, Piero Olliaro, Paul Garner.*
- Firstline Drugs for Hypertension *by James M. Wright, Vijaya M Musini*
- A combination drug of abacir-lamivudine (Trizivir®) for treating HIV Infection and AIDS *by Muki Shey, Eugene J Kongnyuy, Judith Shang, Charles Shey Wiysonge*
- Polymer-based Oral Rehydration Solution for treating Acute Watery Diarrhoea *by Germana V Gregorio, Maria Liza M Gonzales, Leonila F Dans, Elizabeth G Martinez.*
- Male Circumcision for Prevention of Heterosexual Acquisition of HIV in Men *by Nandi Siegfried, Martie Muller, Jonathan J Deek, Jimmy Volmink.*
- Treatments for Suppression of Lactation *by Oladapo Olufemi, Fawole Bukola.*
- Iron Supplementation for Reducing Morbidity and Mortality in Children with HIV *by Ifedayo Adetifa, Uduak Okomo.*
- Haematopoietic Stem Cell Transplantation for Children with Sickle Cell Disease *by Chioma Oringanje, Eneida Nemecek, Oluseyi Oniyangi.*
- Interventions for preventing late Post-natal Mother-to-Child Transmission of HIV *by Tara Horvath et al.*

- Antiretroviral Pre-Exposure Prophylaxis for Preventing HIV in High Risk Individuals by *Charles I Okwundu, Christy Okoromah.*

Announcements

- **Issue 4, 2009 of the Cochrane Library is out.**
- **How can we serve you better?**

Please feel free to contact us and let us know how we can tailor the *Info Sheet* to better meet your needs. Send your emails to cochranenigeria@yahoo.co.uk

Branch Personnel

Professor Martin Meremikwu – Director

Dr Angela Oyo-Ita – Deputy Director

Mr Felix Awara Eke – Administrative Officer

Ms Chioma Oringanje – Research Assistant

Dr Ekong Udoh – Research Associate

Dr Emmanuel Effa – Research Associate

Mrs Moriam Chibuzor – Editor *Cochrane Nigeria Info Sheet*

Email: cochranenigeria@yahoo.co.uk

Phone Nos: +234(0)8036742377; +234(0)8036572179; +234(0)8037239898
+234(0)8055452670