



SAFETY FIRST



The Laryngoscope

November 2024

A Newsletter of the Nigerian Society of Anaesthetists

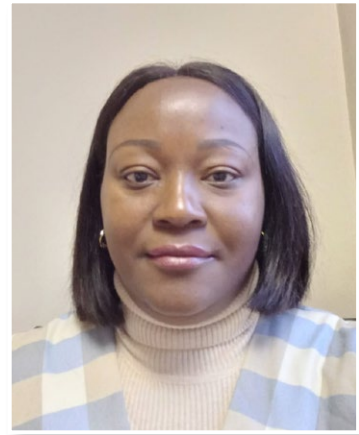


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FROM THE EDITOR'S DESK

It gives me great pleasure to present this edition of THE LARYNGOSCOPE. The feature article "Battling Physician Burnout" resonates because it highlights a real concern for healthcare workers. Coincidentally, the theme for this year's World Anaesthesia Day (WAD) is "Physician Wellbeing" which was celebrated in Anaesthesia departments nationwide.



The Laryngoscope aims to inspire younger Anaesthetists through the stories of pioneer Anaesthetists featured here. Some events attended by NSA members are captured here as well.

On behalf of the editorial team, I say take out time to relax and enjoy this edition.

Dr. Aderonke Adesiyun
Editor in Chief,
The Laryngoscope

FROM THE PRESIDENT

OCTOBER 2024

I bring you warm wishes on behalf of the NSA Board of Trustees and the Executive Committee. It has been an almost 2 years journey of activities, serving the Society and of course not without your support, but some are highlighted below:

Collaboration

The Liberia Anaesthesia Capacity Building project was signed with WFSA in November 2023 in conjunction with AKTH and LMDA to improve Anaesthesia workforce in Liberia.

Some NSA members were beneficiaries of a collaboration on training in USS Guided Regional Anaesthesia techniques at the Komfo Anokye Teaching Hospital (KATH) in Ghana

Conferences

NSA Gombe 2023 witnessed a huge success with juicy scientific content, official introduction of the NSA Sash, Election of the Trainee Representative, awards of Plaques to Life Members, distribution of airway devices and equipment donated by the renowned Prof Patrick Olomu, and more!

WCA (March 2024) in Singapore was a massive success with close to 50 registered Nigerian participants (at home and abroad), including 3 beneficiaries of the WFSA Global scholars (1 Liberian trainee). Eight NSA members were nominated into various WFSA committees, among whom the IPP also became a WFSA Council Member (Africa and Middle East). Nigeria was among those who signed the Patient Blood Management Bill at the WCA in Singapore.

The National President led the Nigerian contingent of about 14 members to the AAAC (Sept 2024) in South Africa, where she was elected as the President Elect of the ARS of WFSA.

Educational Webinars

The informative NSA Educational Webinars have been sustained by the Education Committee and members sacrificial contributions of their time and intellect. The Trainee Representative has also actively coordinated Trainee Sessions under our supervision, in a bid to improve their academic knowledge and public speaking skills in their future leadership roles.

Participation in NSOANP Committee

The ongoing review of the FMOH-NSOANP second phase implementation process has had NSA actively represented with advocacy for inclusion of vital issues relating to Anaesthesia practice.



Societal Support

NSA has continued to offer assistance to members for their career and professional aspirations through letters of support as applicable

- Trainings
NSA has actively committed to support the BLS and PASON-SAFE PAEDS trainings
- Welfare and social media activities
These have been sustained to offer support to members and give visibility to the Society.

World Anaesthesia Day and World Restart the Heart Day (WRAHD)

This year's World Anaesthesia Day, with the theme "Workforce Wellbeing" was celebrated by engaging in enlightenment and advocacy sessions to improve our wellbeing as Anaesthetists; and organizing strategic trainings as specialists on BLS at community levels to commemorate the WRAHD, which is also October 16th 2024.

Finally, as this tenure gradually comes to a close in the next few weeks, I want to sincerely thank this noble house for all support that this EXCO has received, and call upon you to actively participate in this year's conference in the Coal city and in the upcoming elections, this being an election year!

Thank you and sincerely,

Alagbe-Briggs Olubusola T.

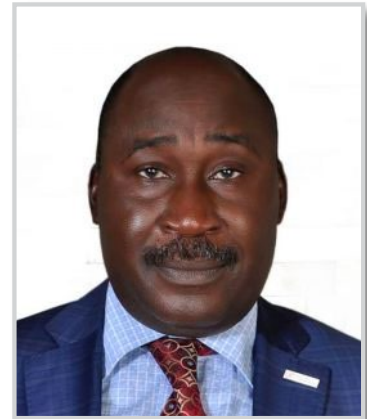
NSA President (2022 -2024)

NIGERIAN SOCIETY OF ANAESTHETISTS (NSA) SECRETARIAT REPORT

Dear esteemed and noble members of the NSA. I hope this finds all of you fine.

I am happy to inform you that the journey has been good so far.

NSA members attended, participated, and made presentations during the All Africa Anaesthesia Congress (AAAC) held in September in South Africa. Congratulations to us all, the NSA President was elected as the President-elect of the Africa Regional Section of the WFSA during the AAAC. The NSA General Secretary also got an award during the Annual Conference of the Society for Advancement of Patient Blood Management (SABM) held in Phoenix, Arizona, USA in September, 2024.



Furthermore, weekly webinars are still going on as an educational value for members.

We are also pleased to inform you that we have made a revised submission to the National Health Insurance Authority (NHIA) for the inclusion of Anaesthetic, critical care and pain management services and fees.

The update of the NSA membership directory is still ongoing; please feel free to send additional and new information to the secretariat. The printed copies of the NSA directory, diary, and book of stewardship are in the various zones. Please contact your zonal coordinator so that you can purchase your copies.

Finally, I am glad to inform esteemed members that the 2024 NSA AGM will take place in Enugu from 11th to 15th November 2024. This is also an election year during which members can elect officers to run the affairs of the Society for the next 2 years and also be elected to serve. Please mark the dates in your calendar and also send abstracts for presentation.

We continue to appreciate the kind support and understanding of our senior colleagues and colleagues.

Thank you.

Dr. Saidu Yusuf YAKUBU
General Secretary, NSA (2022-2024)

Featured Article

BATTLING PHYSICIAN BURNOUT: A PERSONAL JOURNEY

By Dr. Moyosore Makinde

MBBS, DipIBLM, FMCFM, FWACP (Fam Med)

Physician burnout has become a pressing concern within the medical community, spanning across various specialties and settings. As a physician, I have heard the term 'wounded healers' used to describe us. It is a paradoxical image, one that speaks to the relentless dedication we have to our work, even as we feel ourselves running low. But we keep going until our matchsticks are smothered. This burnout, described by Maslach and colleagues as a response to chronic workplace stress, manifests in depersonalization, feelings of low achievement, negative attitudes towards patients and loss of empathy. To truly understand this phenomenon, we must delve into its causes, consequences, and potential solutions.

How Common is Physician Burnout?

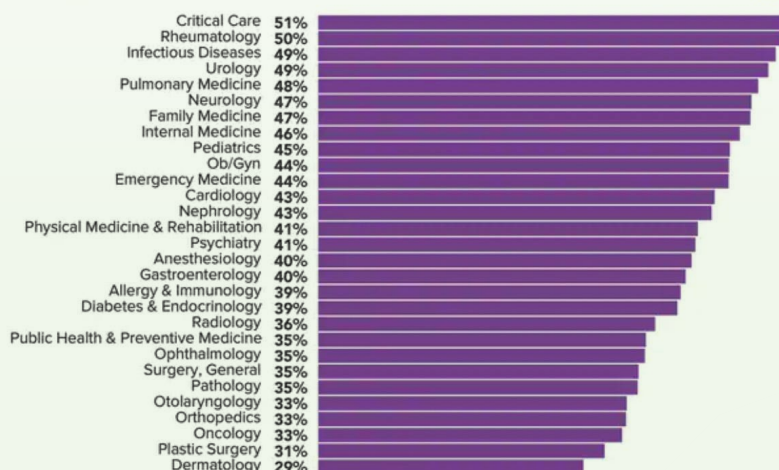
In the United States, a survey among physicians in 2014 revealed that 54.4% experienced

at least one symptom of burnout. By 2021, this figure

had risen to 64%, according to the American Heart Association. Back home in Nigeria, a study by Nwosu and colleagues in 2020 found a prevalence of 75.5% using the Oldenburg burnout inventory. Factors such as being male, under 38 years old, married, a resident doctor, and working in surgical specialties are associated with burnout. It was hardly surprising to me that Medscape Physician Burnout and Depression report highlighted Emergency Physicians (figure below) as being the top specialty with burnout considering my personal experience working in an emergency room during my residency training. It is quite evident that burnout rates are increasing daily, demanding urgent advocacy



Which Physicians Are Most Burned Out?





Causes of Physician Burnout

Numerous factors contribute to burnout among physicians. Long hours, heavy workloads, and pressure to meet productivity targets create chronic stress and overwhelm. In technologically advanced countries, administrative burdens like excessive paperwork and electronic health record (EHR) requirements add to stress levels and reduce patient care time. Caring for patients with complex conditions in inefficient systems with limited resources can lead to frustration and disillusionment.

Consequences of Physician Burnout

Burnout has consequences beyond individual well-being, affecting patient care and healthcare systems. It's linked to decreased job satisfaction, increased medical errors, and higher professional dissatisfaction. Burnout can lead to depression, anxiety, and substance abuse among physicians, impairing their ability to deliver quality care. It also contributes to high turnover rates and early retirements, exacerbating

workforce shortages and disrupting patient care continuity. Furthermore, it's a leading cause of suicide among medical residents in the USA, highlighting the social isolation and loneliness often associated with burnout.

Addressing Physician Burnout

Tackling burnout requires a multifaceted approach that addresses both individual and systemic factors. Encouraging self-care practices like healthy eating, regular exercise, and mindfulness, along with peer or social support, can help physicians cope better with stress. Prioritizing wellness initiatives and providing mental health support is essential. Cultivating a positive work environment based on collegiality, respect and appreciation enhances job satisfaction and morale. Supporting physicians with resources, staffing, and training equips them better for patient care. Promoting work-life balance through flexible scheduling and access to support services is also crucial. Streamlining administrative

processes, optimizing EHR systems, and delegating non-clinical tasks to support staff reduces administrative burdens on physicians, allowing them to focus more on patient care.

In conclusion, addressing physician burnout is a collective effort involving healthcare organizations, policymakers, and individual

physicians. By tackling root causes and supporting physician well-being, we can foster resilience, improve patient care, and build a sustainable healthcare system. It's a journey we must undertake together, for the sake of ourselves, our patients, and the future of healthcare.

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Celebrating a Doyen **Professor Olaitan Alice Soyannwo**

A Trailblazer in Anaesthesia and Palliative Care

The Laryngoscope is proud to celebrate Professor Olaitan Alice Soyannwo, a true pioneer in the field of anaesthesia and palliative care in Nigeria. Her remarkable journey, marked by numerous “firsts” and unwavering dedication, serves as an inspiration to all.

Education/Qualifications:

Professor Olaitan Soyannwo’s distinguished academic journey began with her primary education at African Bethel School, Ilishan Remo (1952-1958), followed by secondary education at the renowned Mayflower School, Ikenne (1959-1963). She completed her Higher School Certificate at Queen’s College, Yaba, Lagos (1964-1965), a prestigious institution known for its academic excellence.

In 1971, she graduated with a Bachelor of Medicine and Surgery (MBBS) from the esteemed University of Ibadan, a pivotal step in her medical career. Her pursuit of knowledge continued with further accomplishments:

- **Diploma in Anaesthesia, University of Ibadan:** 1974
- **Master of Medicine, University of Ibadan:** 1980
- **Certificate in “Management in Medical Practice”:** 1988

Professor Soyannwo’s dedication to her field has been recognized through prestigious fellowships:



West African College of Surgeons: 1984

- **International College of Surgeons:** 1997
- **Nigerian Academy of Science:** 2006
- **Nigerian Academy of Medicine:** 2020

Professional Experience:

- **University College Hospital (UCH), Ibadan:**
 - House Officer: July 1971 - June 1972
 - Registrar/Senior Registrar (Anaesthesia): Sept 1974 - April 1981
 - Consultant Anaesthetist: March 1981 - 2010
 - Lecturer, College of Medicine: March 1981 - Sept. 1986
 - Member, Medical Advisory Committee (MAC): 1985-1988, 1990-1991, 1993-1996, 1998 - 2002
 - Member, Academic Board, College of Medicine: 1988 - 2010
 - Professor of Anaesthesia: July 1998 - 2010
 - Visiting Consultant, Hospice and Palliative Care Department: 2010 - 2022

- **Royal Liverpool Hospital, Liverpool:**
 - Registrar, Department of Anaesthesia: July 1978 - Dec 1979
- **Olabisi Onabanjo University & Teaching Hospital, Sagamu:**
 - Visiting Professor, Department of Anaesthesia: Jan 2006 - Jan 2007
 - Resource Consultant, Teaching Hospital: 2010 - 2014

Administrative Positions

Her leadership within the University of Ibadan and University College Hospital (UCH) spanned decades and included a variety of roles:

- **Acting Head, Department of Anaesthesia, UCH Ibadan:** July 1988 - October 1988
- **Sub-Dean Postgraduate, College of Medicine, University of Ibadan:** November 1990 - July 1991
 - Concurrent role: Member, College Appointments and Promotions Committee
- **Head, Department of Anaesthesia, UCH Ibadan:** September 2000 - July 2002
- **Dean, Faculty of Clinical Sciences, University of Ibadan:** August 2002 - July 2004
- **Head, Hospice and Palliative Care Unit, UCH Ibadan:** 2010 - 2022

Professional Service & Leadership

- **West African College of Surgeons:** Faculty Board (1987-2006), Asst. Treasurer & Council (1996-2000)
- **West African Journal of Medicine:** Assistant Editor (1996-2005)

- **Society for the Study of Pain, Nigeria:** Founder & President (1998-2005)
- **International Association for the Study of Pain:** Council Member (2002-2008)
- **African Palliative Care Association:** Member Board of Trustees (2004-2010) & Vice Chair (2008-2010)
- **Centre for Palliative Care, Nigeria:** President & Director (2005-present)
- **Hospice and Palliative Care Association, Nigeria:** Member, Board of Trustees (2007-present)
- **Babcock University Teaching Hospital:** Board Member (2007-2023)

Association Membership

Nigerian Medical Association (Oyo State)
 Medical Women's Association (MWAN)
 Nigeria Society of Anaesthetists (Trustee)
 Society for the Study of Pain, Nigeria (Trustee)
 Hospice and Palliative Care Association, Nigeria (Trustee)
 The Cathedral Beacons, Itelowajoda, Ijebu-Ode
 L'Amitie, All Saints Church, Ibadan
 Women's Group, All Saints Church, Ibadan

Major Career Achievements:

As the first girl child in my family to receive formal education, I paved the way for future generations. This drive to break barriers continued throughout my career, leading to many firsts:

- The first female medical doctor from my hometown of Ilisan-Remo.
- The first female Professor of Anaesthesia at the University of Ibadan.
- The first female Nigerian Dean of Clinical

Services at the College of Medicine, University of Ibadan.

- The first African to receive the “Honorary Fellow” award from the International Association for the Study of Pain.

These achievements culminated in a Fellowship in the Nigerian Academy of Science, solidifying my standing as a respected citizen of Nigeria and Africa.

My commitment to advancing healthcare extends beyond personal accomplishments. I pioneered the first Hospice and Palliative Care Unit in Nigeria at the University College Hospital, Ibadan, which has now flourished into a full-fledged department. I have contributed to national and international organizations like the Nigerian Cancer Consultative Committee, WHO, IASP, and ASCO, and continue to serve on the advisory boards of the African Palliative Care Association (APCA) and Global Partners in Care (GPIC).

Dedicated to fostering the next generation of healthcare professionals, I have mentored countless students, many of whom have attained professorships. My passion for knowledge sharing is further evidenced by my extensive publications, including books, book

chapters, and over 100 scientific articles.

Family/Social Life:

My journey in life has been one of love, family, and service. In 1973, I married my supportive husband, Oluwemimo Soyannwo, a pharmacist. Together, we are blessed with four children and five grandchildren who enrich our lives immeasurably. As the last child from a polygamous family, I have a lot of very close and loving family members. This appreciation for strong relationships extends to my community, where I am passionate about caring for the less privileged and enduring interpersonal relationships. In my leisure time, I find joy in music, gardening, traveling, and immersing myself in a good book

Advice to younger Anesthetists:

They should be diligent in their work, update their knowledge regularly, be guided by the ethics of their profession, always think of the safety and comfort of their patients and take good care of themselves.

For those who wish to connect, I welcome your emails at laitan.roy@gmail.com.

EVENTS

9th All Africa Anaesthesia Congress



13th - 19th September 2024



Sandton Convention Centre, Johannesburg South Africa

NSA 32nd Annual General Meeting and Scientific Conference

Theme: Workforce well-being



11th to 15th November 2024



Enugu, Nigeria

65th West African College of Surgeons Conference



16th - 20th February 2025



Bamako, Mali



World Anaesthesia Day - FMC Asaba



World Anaesthesia Day - OOUTH Sagamu



World Anaesthesia Day - Port Harcourt



Cross section of NSA Delegates to the 2024 All African Anaesthesia Congress

PROMOTIONS & APPOINTMENTS

Members promoted to full rank of Professor:

1. Professor Samuel Isaiah Nuhu
2. Professor Hanson Osazuwa Idehen
3. Professor Longinus Ndubuisi Ebirim.

Members promoted to Associate Professor

1. Dr Mustapha Miko
2. Dr Dalhat Salahu

Retirement

1. Prof Stella Eno Asirra Eguma
2. Prof Atim Imeh Eshiet.

Gone but not forgotten Members

1. Dr Femi Lawal
2. Dr Madu Ignatius Chinedu
3. Dr Faith Tolulope Kowe

Appointments:

1. Dr Yusuf Musa Mohammad appointed Head of Clinical Services FMC Daura, Katsina State
2. Prof Christy N Mato appointed Acting Vice Chancellor PAMO University of Medical Sciences, River State
3. Prof Patrick Olomu appointed Chief Pediatric Anesthesia Professor and Anesthesiologist-in - Chief at Iowa University Stead Family Children's Hospital, Iowa City USA

NMA Election and Appointment;

1. Dr Yusuf Adamu Baffa elected NMA Chairman Bauchi State Chapter
2. Dr Rukeywe Martin Odukuye appointed NMA Assistant General Secretary South South Zone.

Congratulations, Dr. Olubusola Alagbe-Briggs

Congratulations to our NSA President, Dr. Olubusola Alagbe-Briggs, on her election as the President Elect of the African Regional Section (ARS) of the World Federation of Societies of Anaesthesiologists (WFSA). This is a remarkable achievement and a testament to her leadership and dedication.

Congratulations, Dr. Saidu Yusuf Yakubu

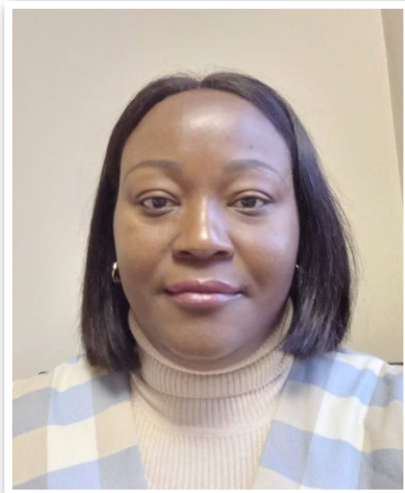
On behalf of the President, the Executive Committee, the Board of Trustees, and the esteemed members of the Nigerian Society of Anaesthetists, we extend our heartfelt congratulations to our dedicated General Secretary, Dr. Saidu Yusuf Yakubu, Associate Professor of Anaesthesia. We celebrate his achievement in being awarded the Blood Works book for securing the top position on the Whova Leaderboard during the Society for Advancement of Patient Blood Management (SABM) 2024 Annual General Meeting in Phoenix, Arizona, USA.

We are truly proud of your remarkable accomplishments.

Congratulations, Prof. Dr. Olusola Temitayo Kushimo

Congratulations to Prof. Dr. Olusola Temitayo Kushimo, MBBS, DA, FRCA, FMCA, FWACS—the first Fellow of the Faculty of Anaesthesia at the National Postgraduate Medical College of Nigeria in 1984—on being conferred the title of Distinguished Fellow of the National College (DFNC) today, September 19, 2024, during the 42nd Convocation Ceremony in Port Harcourt.

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