

UNIMED *titbits*

A bi-monthly bulletin of the University of Medical Sciences, Ondo City, Ondo State.



VC appoints new HODs, Acting HODs and Coordinators

UNIMED students begin 2nd semester exam

Jolade donates books, gives BLS/CPR training

EXCLUSIVE NEWS

Okogun for public lecture on herbal remedies

An emeritus Professor of Phytochemistry, Joseph Ibomeim Okogun will on Thursday August 31, 2017 deliver a public lecture at the University of Medical Sciences, Ondo.

The public lecture entitled, "Some efficacious Nigerian anti-cancer herbal remedies" is slated for the main auditorium of the university, Odosida campus, Ondo city.

Professor Okogun is a renowned Nigerian Chemist and Educator. He was Head of the Department of Medicinal Plant Research and Traditional Medicine (1994-2008) at the National Institute for Pharmaceutical Research and Development (NIPRD). The lecture is to be delivered under the distinguished chairmanship of the Vice-Chancellor, University of Medical Sciences, Ondo city, Prof. Friday Okonofua, FAS. Okonofua has on behalf of the Governing Council, Senate, Staff and Students of the University requested the presence of Vice-Chancellors from different parts of the country.

Chief Medical Doctors, Traditional Rulers and heads of health institutions are also invited for the event. The wife of Ondo State Governor, Arabirin Betty Anyanwu-Akeredolu is expected to grace the event as the special guest of Honour.



Prof. Joseph Ibomeim Okogun

Biographical Profile

Joseph Ibomeim Okogun, PhD, DIC, FAS, FAAS, FRSC, FCSN, FNSP

Joseph Ibomeim Okogun, son of Okogun John E. Omovuon and Madam Enimaluole Iyawa Okogun nee Osemen-ilu both of Ewohimi, Edo State Nigeria.

He attended the Native Authority School, now Okaigben Primary School, Ewohimi, Immaculate Conception College, ICC, Benin City, and Saint Patrick's College, Asaba.

His university education was at the University College, Ibadan now the University of Ibadan where he obtained the B.Sc. Special First Class Honours Chemistry, London in 1963, and the Ph. D., Ibadan, Chemistry in 1967 under the supervision of late Professors Donald E.U. Ekong and Carl W. B. Bevan.

In 1994, he joined the National Institute For Pharmaceutical Research Development, (NIPRD) as Special Consultant Professor of Phytochemistry and until 2008 as Head of the Institute's Department of Medicinal Plant Research and Traditional Medicine. His relatively long and fruitful service at the Institute ended September, 2011.

HONOURS & DISTINCTIONS

Joseph Ibomeim Okogun is the recipient of several national and international awards and honours namely:

College Scholar, University College, Ibadan, 1961-1963;

Departmental Prize, Best Chemistry Graduating Student, University College, Ibadan, 1963;

Commonwealth Academic Fellow 1969 – 70;

Alexander von Humboldt Fellow 1978 – 1979, 1987 and 1993;

Excellence and Recognition Award, Chemical Society of Nigeria, Abuja Chapter, 2006;

Lifelong Achievement Award, Chemical Society of Nigeria Edo Chapter, 2008;

Lifetime Achievement in the field and profession of chemistry Award, Chemical Society of Nigeria, September, 2011;

Distinguished Alumni Award UI, Chemistry Dept. 2008;

Fellow, Royal Society of Chemistry, U.K;

Fellow, African Academy of Sciences;

Fellow, Nigerian Academy of Sciences and past Vice President;

Fellow, Chemical Society of Nigeria, past Editor-in-Chief and past Vice President;

Fellow, Nigerian Society of Pharmacognosy and past President;

Honorary Fellow, Nigerian Institute of Science Technology;

Papal Knight of Saint Sylvester Pope; Honours List of Pope John Paul II, 1984

He supervised 31 successful Ph.D students and a number of successful MSc students many of whom are now professors.

He has published over 130 research papers and has a number of Drug Development Patents.

He has formulated a number of efficacious NAFDAC registered herbal remedies based on his accumulated data on the chemistry and biology of medicinal plants which are being manufactured at the factory of Paxherbal Clinic and Research Laboratories, Benedictine Monastery, Ewu – Esan, Edo State.

VC appoints new HODs, Acting HODs and Coordinators

The Vice-Chancellor, University of Medical Sciences, Ondo, Prof. Friday Okonofua FAS has approved the appointment of new Heads for various departments in the University.

The appointments which is for a period of one year is effective from August 1, 2017. In separate letters to the new appointees, the Registrar of the university, Dr. Mrs. Eunice F. Oyebade, mni congratulated the new HODs saying they shall be responsible to the Vice-Chancellor through the Dean of their various Faculties for the day-to-day administration of their departments.

Oyebade said the duties of the new appointees shall include ‘fostering, developing, monitoring and accessing the academic standards of all the courses within the department’. They are also expected to assign courses to lecturers, monitor their performance, oversee the conduct of various examinations, counsel and discipline of staff and students as may be required.



Prof . Friday Okonofua FAS



Prof. Odunayo Oluwatosin

S/N	Name	Designation	Department
1.	Prof. M.S. Odimayo	HOD	Medical Microbiology
2.	Prof. I.A. Adejoro	HOD	Chemistry
3.	Prof. Samuel Akpovi	HOD	Nursing Science
4.	Prof. A.O. Nwaopara	HOD	Anatomy
5.	Dr. W.O. Adebimpe	Acting HOD	Community Medicine
6.	Dr. Roseangela I. Nwuba	Acting HOD	Biological Sciences
7.	Dr. M.O. Gbala	Acting HOD	Obstetrics & Gynecology
8.	Dr. Patrick Osho	Acting HOD	Haematology
9.	Dr. J.I. Fatukasi	Acting HOD	Radiology
10.	Dr. O.A Adejumo	Acting HOD	Medicine
11.	Dr. Chidozie E. Mbada	Acting HOD	Physiotherapy
12.	Dr. E.S. Uhunmwangho	Acting HOD	Biochemistry
13.	Dr. M.M.C. Anyakudo	Acting HOD	Pysiology
14.	Dr. E.O. Areo	Acting HOD	Mathematics
15.	Dr. A.T Eduviere	Coordinator	Pharmacology & Therapeutics
16.	Dr. Olumuyiwa E. Pelemo	Coordinator	Histopathology
17.	Dr. Timothy Olarinoye	Coordinator	Surgery
18.	Dr. Rosena Oluwafemi	Coordinator	Paediatrics
19.	Dr. I.T. Ogundele	Coordinator	Physics



A group picture of some HODs with the Deputy VC, Admin. and Clinical Services, Prof. Odunayo Oluwatosin at the workshop Pedagogy (Teaching methods) and Integrated curriculum.

8 UNIMED lecturers get CERHI research training

In the quest towards repositioning the University of Medical Sciences, Ondo for sustainability, global visibility, relevance and excellence in area of research, eight lecturers of the university have attended a five day short course organized by Centre of Excellence In Reproductive Health Innovation (CERHI). The 5-day training tagged, “Moving Research to Policy and Development Planning: Intensive Regional Short Course on Literature Review, Systematic Analysis/Meta-Analysis, Journal/Thesis Writing and Knowledge Transfer for Effective Postgraduate Education in West and Central Africa,” was held at the Banquet Hall, University of Benin, Benin City, Edo State. The eight UNIMED lecturers, three females and five males, were drawn from three faculties namely Clinical Sciences, Sciences, and Allied Health Sciences. The training was facilitated by eminent dignitaries in the academic world. Some of these prominent personalities are the Vice- Chancellor, University of Port-Harcourt, Prof. Ndowa Lale; Dean of the School of Postgraduate Studies, UNIBEN, Prof. Victor Omozuwa; Secretary-General, Association of Vice Chancellors of Nigerian Universities and Former Vice Chancellor, Obafemi Awolowo University, Ile-Ife, Prof. Michael O. Faborode; Dean, Basic Medical Sciences, UNIBEN, Prof. (Mrs.) H. Oboh; UNIBEN Librarian, Dr. (Mrs.) Evelyn Idiodi; Director for African Institute for Health Policy and



Group picture of participants from UNIMED with important dignitaries during the CERHI research training; VC, UNIPORT, Prof. Ndowa Lale (with red cap), and, Former VC, OAU, Prof. Michael Faborode (in white native).

Health System, Ebonyi State University, Prof. Jesse Uneke; Project Coordinator, CERHI, Prof. Peter Sede and the Vice - Chancellor, UNIMED, Prof. Friday E. Okonofua FAS. One of the high points of the training was the presentation of the Vice Chancellor, UNIMED, Prof. Friday Okonofua on day-2 of the workshop. Okonofua trained participants on how to write for a journal, using the example of the African Journal of Reproductive Health. An Associate Professor in the department of Biochemistry, University of Medical Sciences, UNIMED, Ondo, Dr. (Mrs.) Akhere Omonkhua gave the rationale and benefits of effective review of the literature in postgraduate education. One of the participants, Dr. Sunday Olanrewaju revealed that during the five-day period, capacity of

participants were built on evidence-based research for effective policy transfer and development implementation. Olanrewaju, a senior lecturer in the department of Community Medicine, University of Medical Sciences, Ondo also revealed that participants were trained in ‘literature review and citation, using relevant softwares such as zotero, systematic and meta-analysis, updated methods and procedures for writing and submitting papers to high ranking journals. He added that guidance was given in the areas of choosing journals for publication, methods for effective use of the library, online educational resources for research and development of theses, strategic communication of research results for policy and programme implementation, as well as the use of “Equist” for policy analysis.

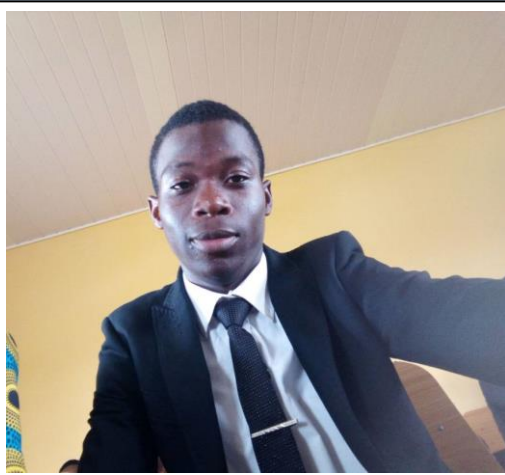
UNIMED students begin 2nd semester examinations

It is another exam season in the University of Medical Sciences, UNIMED, Ondo as 200 level students of the University on Monday 14th of August, 2017 began the second semester examination for the 2016/2017 academic session. 100 level students took their first paper on Friday August 18, 2017.

UNIMEDtbit's Chief Correspondent, Temitope Oluwatayo, spoke with some students on their level of preparedness for the exams and expectations thereafter.



UNIMED students during 2nd semester exams



Name: AJIBADE BENJAMIN ADEWUNMI

Department: Dentistry

Level: 100

As of recent, ease and comfort is being sacrificed for night reading with little or no sleep involved, but residual knowledge is still going to help. I hope for a result better than previous semesters', a result that will reflect my hardwork.



Name: ADESOYE MARCUS-OGUNSUSI

Department: Nursing

Level: 100

In preparation for this upcoming examination, I've gone extra length, reading day and night to increase my C.G.P,A. by the end of the semester. I pray God give me retentive memory as well as grant me success in this examination.

Name: ABDULSALAM BABATUNDE FUAD

Department: Physics

Level: 100

It's been nice to be part of this citadel of learning. My preparation for the upcoming examination has really been tasking, just to get a wonderful grade at the end of the semester. The University internet has really helped me in making research on various topics. I pray by the end of the semester, the Lord should crown my effort with success.

Name: ADEGOYE ADESOPE O.

Department: Biochemistry

Level: 100

The forthcoming exam doesn't really scare me because I know the lecturers do not set any other thing aside what they have taught. I've been working day and night with past questions and other materials. We medical students do not read just to pass. It's us between the patient and the grave, hence the need to acquire practical knowledge while all other things follow.

Jolade donates books, gives BLS/CPR training

A Clinical Professor, Hunter College, The City University of New York, United States of America, Dr. Mrs. Elsie Adedolapo Jolade on Friday August 11, 2017 donated professional textbooks to the University of Medical Sciences, Ondo.

The books cut across courses such as nursing, chemistry and other relevant fields of study.

Receiving the donation on behalf of the Vice-Chancellor, UNIMED, the Registrar, Dr. Mrs. Eunice F. Oyebade appreciated the donor for her kind gesture.

She described the gift as very thoughtful as it would go a long way in equipping the university library and helping the medical students with needed research materials.

Earlier, Dr. Jolade and her team, in collaboration with Ondo Unity Forum in America (OUFA) provided free training on Basic Life Support (BLS) and Cardiopulmonary resuscitation (CPR).

Speaking with UNIMEDtitbits, Dr. Jolade revealed that more than 30 Doctors, Nurses, Pharmacists and other healthcare workers benefited from the training.

“For the first day which is Tuesday, August 8, 2017, 17 participants comprising of Doctors, Nurses, and Pharmacists were given CPR training. On day 2 which is Wednesday August 9, 2017, we trained another 16 participants in heart savers and first aid methods”, Jolade said.

“The training is designed for immediate response in an emergency that has to do with heart issues like heart attack or cardiac arrest,” She added.

She said the training is an American Heart Association based recommendation for Emergency Medical Services (EMS), Auxillary health care workers among others.



L-R: The Deputy Registrar, University of Medical Sciences, Ondo, Mr. Adeyinka Adekalu; Registrar, UNIMED, Dr. Mrs. Eunice F. Oyebade; The Donor, Dr. Mrs. Elsie Jolade and her husband, presenting books to UNIMED.



A cross section of participants during the Basic Life Support training inside the conference room of the Mother and Child Hospital, Ondo.



Models used for basic life support training

Jomu Lobun pledges support for UNIMED

The Jomu Lobun of Ondo Kingdom, High Chief Mrs. Modupe Oluwole has vowed to give all necessary support to the University of Medical Sciences, UNIMED, Ondo in its bid to become one of the best universities in the world. She made the promise during a courtesy visit to her by the management team of the University led by the Deputy Vice-Chancellor, Administration and Clinical Services, Prof. Odunayo Oluwatosin. High Chief Oluwole said she will do everything in her God-given power to contribute to the growth of UNIMED. She promised to liaise with the Fund-Raising Officer of the University, Princess Chukwu to identify areas of need and contribute accordingly .



L-R: Fundraising Officer, University of Medical Sciences, UNIMED, Ondo, Princess Chukwu; Deputy Registrar (Academic), UNIMED, Mr Adeyinka Adekalu; Jomu Lobun of Ondo Kingdom, Mrs Modupe Oluwole; Deputy VC, Admin. & Clinical Services, Prof. Odunayo Oluwatosin; Director, Guidance and Counselling Dept., UNIMED, Dr. Mrs. B.N. Okieie and Protocol Officer, UNIMED, Mr Adesiyen Adetogun during a courtesy visit to the Jomu Lobun of Ondo Kingdom.

Photo News

UNIMED celebrates Akeredolu, Akintade, Ajileye in grand style



L-R: Fund Raising Officer, UNIMED, Princess Chukwu; Protocol Officer, UNIMED, Mr. Adesiyen Adetogun; Ondo State Governor, Arakunrin, Oluwarotimi Akeredolu, Chief Security Officer, UNIMED, Mr. Odunayo Olagbende and Admin. Officer, UNIMED, Olumide Obe presenting birthday card to the Governor



Some members of staff of UNIMED presenting birthday card to Chief Isaac Akintade, the Sarowo of Ondo Kingdom.



C.E.O, Alpha Integrated Energy Services Ltd, Engr. Rotimi Ajileye

UNIMED August Birthdays

Students

Oluwadare	Eniola	Aug. 1
Adegoye	Adesope	Aug. 1
Adekunle	Temitope	Aug. 2
Ubaka	Chukwuka	Aug. 3
Toyo	Ayomide	Aug. 4
Ologbosere	Opeyemi	Aug. 6
Mohammed	Shukurah	Aug. 7
Adegboyega	Gbemisola	Aug. 7
Abayomi	Bolarinwa	Aug. 8
Jacob	Patience	Aug. 8
Orisanusi	Gbenga	Aug. 8
Akosile-Adedeji	Peace	Aug. 9
Ejimgeme	Kelechi	Aug. 10
Akinmoye	Daniel	Aug. 11
Akinola	Pipeoluwa	Aug. 12
Agunbiade	Shalom	Aug. 12
Jola-Moses	Michael	Aug. 13
Aje	Eniola	Aug. 13
Ayenogun	Anjolaoluwa	Aug. 13
Oyegbile	Olamide	Aug. 15
Akinsanya	Samuel	Aug. 16
Akinyemi	Peace	Aug. 16
Eseigbe	Kofoworola	Aug. 16
Oludipe	Heritage	Aug.17
Matthews	Susanna	Aug. 17
Adenijo	Adeyemi	Aug. 19
Mustapha	Ahmed	Aug. 19
Ogungbemi	Dennis	Aug. 20
Ogungbenro	Daniel	Aug. 21
Odofin	Okikioluwa	Aug. 21
Mamidu	Moyinoluwa	Aug. 22
Akintan	Oluwadarasimi	Aug. 22
Richard	Ifeoma	Aug. 22
Adedipe	Paul	Aug. 23
Akinyemi	Risikat	Aug. 23
Momodou	Rafiu	Aug. 23
Ayoola	Ayodeji	Aug. 23
Agbede	Oluwadamilola	Aug. 24
Oluwaseun	Busayo	Aug. 24
Ogunbode	Oluwadamilola	Aug. 24
Orimoloye	Olamide	Aug. 25
Okoro	Emerald	Aug. 27
Adesope	Fuad	Aug. 28
Afolabi	Moyinoluwa	Aug. 29
Olawole	Daniel	Aug. 29
Fadiji	Temiloluwa	Aug. 29
Olofintuyi	Oluwabunmi	Aug. 30
Babatunde	Oluwatobi	Aug. 31
Obitusin	Ebunoluwa	Aug. 31

Staff

Mr. Balogun	Kehinde	Aug. 5
Dr. Oluwafemi	Yinka Doris	Aug. 9
Mr. Oke	Akinola	Aug. 10
Mr Ajayi	Asekhomon	Aug. 15
Mr Caleb	Bitrus	Aug. 15
Prof. Adeseye	Arogunjo	Aug. 17
Mr. Adebayo	Adebiyi	Aug. 23
Dr. Mrs. Nwuba	Roseangela	Aug. 25
Mr. Awe	Joseph Oyeyemi	Aug. 28

HEALTH CORNER

10 ways to prevent Heart Attack

You want what's best for your heart. And it's simpler than you might think. These 10 lifestyle changes can help prevent a heart attack and heart disease.

Continued from last edition

7. **Don't wait to lose weight.** If you have extra pounds, it can put your heart at risk. Exercise and a good diet help. Ask your doctor or a dietitian what your weight should be and how to get there.
8. **Ask about aspirin.** Talk with your doctor about taking an aspirin every day. In some people, this reduces the risk of heart attack.
9. **Get a move on.** Hit the treadmill or the trail. Walk around the neighborhood or go for a swim. Whatever activity best fits your needs, do it! Regular exercise can prevent heart disease, lower blood pressure, and improve your cholesterol levels.
10. **Be social.** Stay in touch with your friends and family. Research shows that people with more social support are less prone to heart trouble. As you grow your network and make new friends, know that you might be good for their heart health, too.

About UNIMEDtitbits

- UNIMED *titbits* is a bi-monthly news publication of the Public Relations Department.
- Heads of Departments/Units, Deans and Principal officers of the university are hereby encouraged to carry the PR dept along in the planning of events related to the University .

Call for Articles

Articles of not more than 250 words in electronic format are welcomed for publication from both staff and students of the University

For comments / enquiries, please contact the PR dept.
Phone Number: 07030537553

e-mail: toluwatayo@unimed.edu.ng

Visit www.unimed.edu.ng for this edition of UNIMEDtitbits and previous editions.