

MEDICAL MINDSCAPE

A PUBLICATION OF NILE UNIVERSITY MEDICAL STUDENTS ASSOCIATION



DIGITAL HEALTH REVOLUTION

EMBRACING TECHNOLOGY FOR BETTER HEALTH CARE DELIVERY

**ROBOTICS AND
AUTOMATION IN
SURGERY**

by Dr. Iliya Karniliyus Salu

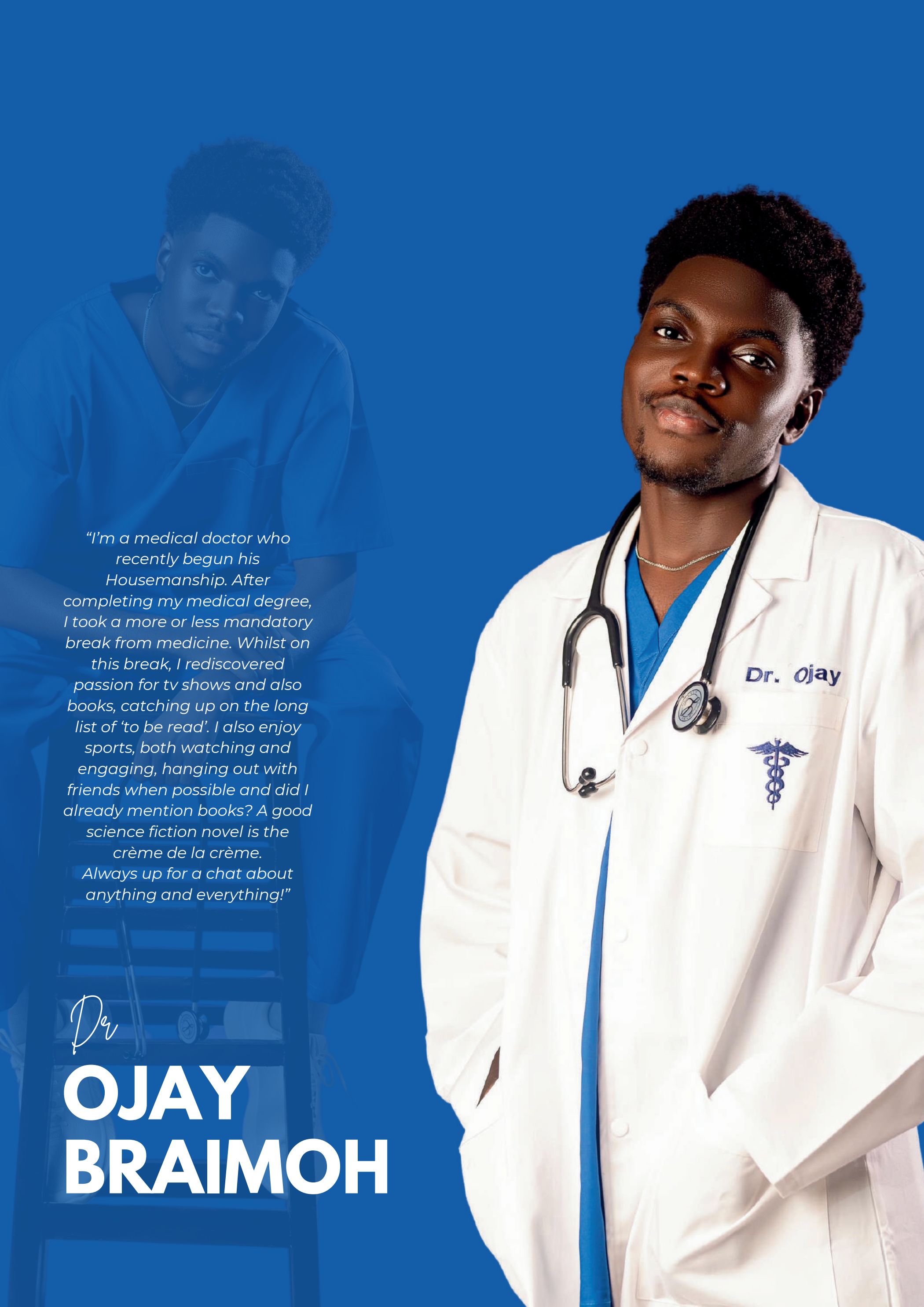
**DR. TANKO
SUNUNU YUSUF**

A Trailblazer in Medicine, Politics,
and Humanitarian Service

**THE NUMSA
CONSTITUTION**

Our Anthem, Motto, Flag
and the story of a beginning

THE MEDICAL MINDSCAPE MAGAZINE SECOND EDITION



"I'm a medical doctor who recently begun his Housemanship. After completing my medical degree, I took a more or less mandatory break from medicine. Whilst on this break, I rediscovered passion for tv shows and also books, catching up on the long list of 'to be read'. I also enjoy sports, both watching and engaging, hanging out with friends when possible and did I already mention books? A good science fiction novel is the crème de la crème. Always up for a chat about anything and everything!"

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**OJAY
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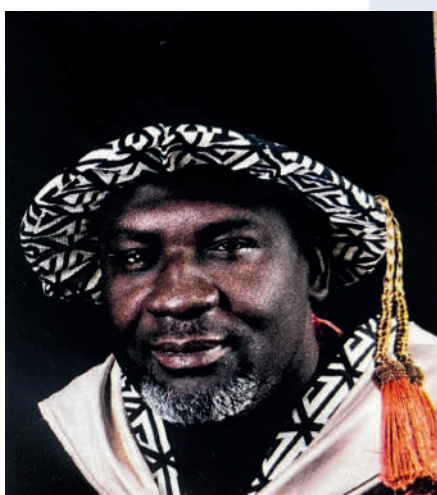
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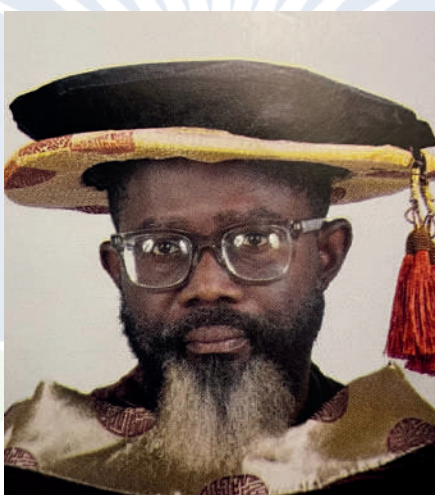
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EMMANUEL ORANWUSI U.
PRESIDENT NUMSA 2023/2034



ABDUL-AZEEZ O. IBRAHIM
SPEAKER, HOUSE OF
REPRESENTATIVES, NUMSA 2023/2034



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EDITOR'S NOTE

Distinguished Colleagues, Revered Members of the Faculty, and Esteemed Guests,

With great excitement, I welcome you to the second edition of Medical Mindscape, the official magazine of the Nile University Medical Students Association (NUMSA). The journey from our inaugural issue has been both enlightening and inspiring, with your valuable feedback serving as our guiding compass and a source of motivation to improve continually.

The 2nd Edition explores the theme “Digital Health Revolution” aiming to bridge two seemingly distinct worlds—health and technology. In this edition, we dive into how the integration of technology can revolutionize healthcare delivery, improve patient outcomes, and empower medical professionals to rise to the challenges of the 21st century

In our pursuit of excellence as aspiring healthcare professionals and in line with our association’s commitment to inclusivity and teamwork, the editorial board—with the outstanding support of the NUMSA president—has curated this remarkable publication to inform, challenge, and inspire its readers. Within these pages, you will find engaging content that captures the essence of the past academic year, ranging from thought-provoking articles to enlightening stories and interviews with students, faculty, and sponsors.

This edition stands as a testament to the dedication of the NUMSA’s leadership and the collective drive of its members to showcase capacity in every endeavor. Each article, story, and graphic reflects a collective passion for knowledge, growth, and innovation.

As you explore this issue, I encourage you to reflect on the digital health revolution's profound possibilities to the healthcare landscape. Share your thoughts, insights, and ideas with us. Your feedback is invaluable as we strive to make Medical Mindscape even better with each edition.

Here’s to continuing this journey of discovery and learning. We eagerly look forward to bringing you more captivating content in Future editions of the Medical Mindscape.

Warm regards,

Ewe Irene Chinonso
Editor-in-Chief
Medical Mindscape Magazine



Ewe Irene Chinonso

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MOTTO: Shall be "Sanitas et Disciplinam"

FLAG: the association shall have a flag as logo with six equal stripes (3 black and 3 blue lines alternating one another) vertically drawn in a rectangular block, representing the six constituencies on a white background.

ANTHEM THE NUMSA MANTRA

Arise friends and colleagues,
Hear NUMSA,

VERSE 1

In the halls of knowledge, where dreams take flight,
Nile's Medics stand strong, embracing the light.
With passion ablaze, our mission defined,
NUMSA united, hearts intertwined.

CHORUS

Oh, NUMSA, we rise, with knowledge as our guide,
In the healing journey, side by side.
Through the challenges we face, together we'll prevail,
Nile's Medics, NUMSA, our hearts set sail.





THE PRESIDENT'S ADDRESS

EMMANUEL ORANWUSI

THE PRESIDENT, NUMSA

2023/2024 ADMINISTRATION

"Give me a lever long enough and a fulcrum on which to place it, and I shall move the world." - Archimedes.

This quote guided my campaign and has been my compass throughout my tenure as President of the Nile University Medical Students' Association (NUMSA). Today, as I write this note for the second edition of The Medical Mindscape, I am proud to say that together, we have not only found the lever and the fulcrum but have begun to move the world.

This edition is particularly special to me. The theme, Digital Health, reflects NUMSA's commitment to embracing innovation in medicine while equipping our members to thrive in a rapidly evolving healthcare landscape. From telemedicine to AI-powered diagnostics, this edition explores the cutting-edge advancements shaping the future of healthcare. It is a testament to NUMSA's forward-thinking vision and our dedication to staying at the forefront of medical progress.

The Medical Mindscape is a cornerstone of that vision—a platform where medical students can learn, share ideas, and amplify their voices. When we launched the first edition, it marked the rebirth of NUMSA after years of dormancy. Now, with the release of this second edition, we celebrate the strides we have made in strengthening our association and positioning it as a force to reckon with.

Over this past year, NUMSA has reached the milestones we once dreamed of. From relaunching the association with a historic magazine unveiling to establishing an official website, account, and stamp, we have laid the foundation for sustained growth. Our outreach programs, such as the HIV Awareness Campaign, Malaria Awareness Outreach, and TB Awareness Day, have impacted lives and reinforced our commitment to community service. Our events, from the Female Basketball Tournament to the International Health and Leadership Summit, have fostered unity, skill-building, and leadership development among our members.

Each milestone reflects our collective resilience, creativity, and determination. I am grateful to every member of NUMSA who believed in our vision and contributed to making it a reality. To the executive team, I thank you for your unwavering support and tireless efforts. Your dedication has been the lever that made this journey possible.

However, as we look to the future, I must emphasize the importance of every NUMSAite's involvement in the affairs of our association. NUMSA is ours—it represents our collective identity, aspirations, and potential. Increased participation and commitment from every member are crucial to sustaining and expanding our successes. Let us make NUMSA a priority, not just for today but for the legacy we leave behind. Together, our efforts will ensure that NUMSA continues to thrive and stand as a beacon of excellence.

As we prepare to conclude this administration with the NUMSA Health Week, I am filled with gratitude and hope. Gratitude for what we have achieved together and hope for the future of NUMSA. The seeds we have planted today will bear fruit for years to come, and I trust that the next administration will continue to build on this legacy.

To every reader of The Medical Mindscape, this edition is for you. Let it inspire you to dream bigger, aim higher, and contribute meaningfully to the world of medicine. NUMSA has shown that with the right lever and fulcrum, there is no limit to what we can achieve.

May we continue to grow in unity and service.
With pride and gratitude.



THE SPEAKER'S ADDRESS

ABDUL-AZEEZ OLUGBENGA IBRAHIM
SPEAKER OF THE HOUSE, NUMSA
2023/2024 ADMINISTRATION

A YEAR OF TRANSFORMATION AND LEGACY

The 2023/2024 administration of the Nile University Medical Students Association (NUMSA) has been a remarkable chapter filled with achievements, growth, and valuable lessons. As we prepare to pass the baton to the next administration, I reflect on our journey with immense pride and gratitude for what we have accomplished together.

One of the defining milestones of this administration was the drafting and adoption of the NUMSA Constitution. Reflecting on the past, there were moments when the lack of a robust governing framework hindered our ability to address challenges and align with the evolving needs of medical students. Our administration took on the critical task of addressing these gaps by creating a constitution that not only resolves current issues but also anticipates the needs of the future. This document now provides a solid foundation for governance, offering clarity, structure, and a vision for the years ahead. It is a testament to our commitment to accountability, transparency, and innovation.

The constitution has already proven instrumental in strengthening NUMSA's operational framework. It has allowed us to streamline our activities, clearly define roles, and accommodate new ideas that reflect the association's growth. We believe that this foundational document will not only stand the test of time but will also empower future administrations to achieve even greater success.

Additionally, we made significant strides in improving our electoral process. By implementing clear guidelines and timelines, we ensured a fair and transparent election season. These reforms have strengthened trust in NUMSA's leadership and set a standard that future administrations can build upon.

While we celebrate these accomplishments, the journey was not without its challenges. Limited resources and the demands of integrating new processes often tested our adaptability. Yet, these challenges became opportunities for growth, innovation, and collaboration. Some initiatives remain in their infancy, but they are stepping stones for future leaders to continue the journey of progress.

As I look back on this year, I am deeply grateful to the Executive Council, House Members, and every NUMSA member. Your dedication, passion, and support have been the foundation of our success. To my fellow leaders, your tireless efforts and unwavering commitment have inspired and sustained me throughout this journey.

As we prepare for the transition, I am confident that the groundwork we have laid will continue to yield lasting benefits. The NUMSA Constitution and the progress we have achieved this year represent a legacy that will guide our association through future challenges and triumphs. Together, we have created something extraordinary—an enduring foundation for NUMSA to remain a beacon of service, unity, and excellence.

Let us continue striving for greatness, united in our shared vision, knowing that our collective efforts will leave an indelible mark on the future.

NUMSA EXECUTIVES



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CHRISTINE
ASS. DIRECTOR OF WELFARE



ABDURRAZAQ LAWAL
ASS. DIRECTOR OF SOCIALS

THE SECRETARY'S DESK

REFLECTING ON A YEAR OF ACCOMPLISHMENTS: THE 2023/2024 NUMSA ADMINISTRATIVE YEAR

The 2023/2024 administration of the Nile University Medical Students Association (NUMSA) began with the successful elections held on **December 20th, 2023**, followed by the first official meeting on December 30th. This marked the commencement of a dynamic and transformative year.

January

The year officially began with the strategic planning of the administrative calendar on **January 3rd**. Shortly after, from January 25th to 27th, we hosted a **virtual event** titled **Exploring Gateways: Establishing Connections with Medical Associations Globally and Nationally**. This program provided valuable insights for students interested in engaging with external associations like the Nigerian Medical Students Association (NiMSA), the Federation of African Medical Students' Associations (FAMSA), and the International Federation of Medical Students (IFMSA). As a result, many NUMSA members are now actively involved in these associations.

February

February was filled with activities focused on student interaction and stress relief. On February 12th, we hosted a **Games Night** for clinical students, featuring lively competitions such as eating contests and musical chairs, which fostered unity among participants. Following that, on February 16th and 17th, the **Gift Exchange Extravaganza** brought students together across all levels to encourage socialization and bonding.

March

March was particularly eventful, starting with a **football match** on March 9th between clinical and preclinical students. The enthusiastic support from both sides demonstrated the unity across all levels of the medical school. From March 15th to 17th, a **Canva Training Tutorial** was conducted to build skills in graphic design, specifically focused on event flyers—a valuable skill set outside the medical field. The month concluded with the much-anticipated Official NUMSA Launch on **March 28th**, a historic moment marked by the **unveiling of our first magazine, The Medical Mindscape**. The event, attended by patrons, matrons, and school administration, symbolized a fresh beginning for the association after a previously imposed ban.

April

April saw the successful execution of the **first-ever Female Basketball Tournament on April 27th**, a thrilling event that spanned all levels. Participants were rewarded with certificates, and the top teams received medals, with the winning team proudly taking home the trophy.

May

In May, NUMSA created its **first-ever branded t-shirt** in preparation for the **Malaria Outreach on May 4th** in Anguwan Rogo, an event held in commemoration of World Malaria Day. The outreach, which involved both clinical and preclinical students, was a huge success, raising awareness about malaria prevention. On May 5th, a **follow-up picnic** was held on Nile University's main campus, offering students a much-needed day of relaxation and fun. The month concluded with our **first Joint House Meeting on May 25th**, coupled with a friendly football match between NUMSA and the final-year students of the Engineering Department.

June

June was dedicated to mental health awareness and constitution-building. The Ink It Contest, held to mark Men's Mental Health Awareness Month, encouraged participants to write insightful articles focusing on men's health within Nigeria's healthcare system. On June 22nd, the executive members of NUMSA participated in a Drug Abuse Awareness Walk, an event organized in collaboration with MTN, NDLEA, and UNODC. In addition, a Constitution Review was held on June 7th, ensuring the association remains updated with the evolving needs of its members.

July

July was a significant milestone in NUMSA's history as the association successfully opened its first official account—an essential step toward financial transparency. We also held our first-ever Congress Meeting on July 19th, allowing NUMSA members to voice concerns and ask questions directly to the executive team. Another important achievement was the acquisition of an official stamp, further solidifying NUMSA's credibility.

August

In August, the association expanded its outreach efforts with an HIV Awareness Campaign in Asokoro Village on August 24th. This outreach provided attendees with hands-on experience in HIV testing. On August 26th, we celebrated the launch of the Official NUMSA Website, a ground-breaking achievement that enhanced our communication and outreach capabilities.

September

In September, members of NUMSA joined the World Heart Day Health Walk, organized by the Medical Women's Association of Nigeria (MWAN) and Limi Hospital. This walk, held in commemoration of World Heart Day, featured free medical check-ups, health screenings, CPR training, and vaccinations.

Looking Ahead

As we reflect on the year's achievements, there are still significant events ahead, including the International Health and Leadership Summit in October and the Health Week in November. These events will serve as the capstone of our administrative year, which we believe has been one of the most impactful in NUMSA's history.

We are proud of what we have achieved this year, and we extend our heartfelt thanks to everyone who contributed to our success. We hope the next administration will continue to build on this legacy, taking NUMSA to even greater heights. May God bless NUMSA, Nile University, and Nigeria. Amen.

In Unity and Service,

Oluwasegun Oluwatomiwa Odunlade
Secretary General, NUMSA



The Possibilities of **Virtual Reality** In Medical Training and Education

- Chisom Doosur, 200 level

Imagine expanding the human heart so much that you could step into it and examine every chamber. Imagine being able to consult on a project with a colleague in China while viewing the medical images of your patient in 3D. Imagine the possibility of watching a rare surgical operation on separating conjoined twins without being present in the operating room. These and much more learning opportunities are possible with virtual reality.

Virtual reality (VR) is a 3D simulation of an imaginative environment that enables the user to experience and interact as if they were present physically. It offers a completely immersive, hyper-realistic experience. VR was first developed to enable higher learning and assessment while providing student pilots with realistic simulations. Now, virtual reality is expanding the field of medicine by improving the worldwide standard of student physician education and training. Rapid technological advancements are enabling greater accessibility to knowledge for a larger number of people. According to the International Telecommunications Union (2024), 67% of people on the planet have direct access to the Internet, a 45% increase from 2018.

Given the abundance of information and rapidly advancing technologies, it makes sense that the medical industry will develop to keep up with the needs of contemporary society and expand its reach to include more people in both rural and urban locations. Due to a lack of innovation, medical personnel had to learn a few techniques in the past. However, new breakthroughs have led to more medical treatments and less time to learn them. Because virtual reality (VR) has the potential to revolutionize medicine, it is crucial to use it in medical education and training.

Virtual reality can provide innovative visuals for the teeming population of medical personnel who must keep pace with current global medical realities, leading to a significant increase in the assimilation of knowledge while bridging the learning gap. Students would be able to examine, scale, dissect, scan, and perform medical procedures as many times as they need to and repetitively practice through VR to increase their mastery and completely revolutionize the medical practice.

Studies show that people remember 10% to 20% of what they hear. Studies additionally show that using visual aids increases learning by more than 400%. The likelihood that pupils would recall and carry out operations correctly would be greatly increased by using a visual medium like virtual reality.

The ability to simulate a hospital setting for students prior to beginning clinicals is another benefit of virtual reality. This will offer them a taste of what it will be like to be a doctor in the future and make their transition to the hospital much simpler.

Medical students can make use of virtual reality as a useful tool. There are a few drawbacks to this technology, though, that need to be mentioned. First of all, because it is so expensive, virtual reality is not widely available. The vast amount of equipment needed to outfit medical students would cost a significant sum of money.

Secondly, virtual reality is complex and requires frequent updates. This could prove to be burdensome, especially if trained personnel are not available to make these updates. Similarly, prolonged VR use raises medical concerns, including motion sickness and headaches. Additionally, students with health issues might not be able to use VR technology, which would give others an unfair edge.

In conclusion, virtual reality is still being developed even though it is being investigated and applied in many different industries. It is improving learning and eventual practice by integrating fun and interaction with a more immersive learning experience for medical students worldwide. For that to be, VR needs to be widely adopted in medical schools to increase learning and assimilation.

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MALARIA OUTREACH –

A LIFELINE IN THE FIGHT AGAINST MALARIA

OFFICE OF THE VICE PRESIDENT INTERNAL – MARYAM JIBRIN WUNTI

Malaria remains one of the deadliest diseases in the world, affecting millions of people, particularly in sub-Saharan Africa, Asia, and parts of Latin America. Despite advancements in treatments and preventive measures, the fight against malaria is far from over.

Globally, malaria affects over 241 million people annually, with an estimated 627,000 deaths, primarily among children under five and pregnant women. While *Plasmodium falciparum* remains the deadliest strain, contributing to most cases in Africa, other strains such as *P. vivax* cause significant disease in regions like Asia and Latin America.

Purpose and Scope

Our malaria outreach program aimed to deliver preventive and curative interventions directly to affected communities. The program included providing access to antimalarial treatments, promoting the use of rapid diagnostic tests (RDTs), and conducting educational campaigns on malaria prevention. By focusing on community-level action the initiative was to help reduce the disease's impact where it is most severe.

The outreach program was conducted in the Anguwan Rogo community on 4th May 2024 to commemorate World Malaria Day [25th April 2024]. It successfully screened and treated 100 individuals, significantly impacting local malaria prevention efforts. The outreach team, consisting of our medical students, and healthcare workers from The Nile Clinic, provided free malaria testing using rapid diagnostic tests (RDTs) and administered treatment for those who tested positive.

Key Highlights:

- **Consultation:** Our team of final year medical students with the aid of the doctor from The Nile Clinic conducted free consultations with the members of the community and used this opportunity to widen their patient-based knowledge.
- **Screening:** Out of the 100 individuals screened, 35 tested positive for malaria. The screening process was quick and efficient, allowing for immediate diagnosis and action.
- **Treatment:** All individuals who tested positive were treated on-site with artemisinin-based combination therapies (ACTs), the recommended treatment for uncomplicated malaria. The outreach team also provided follow-up instructions and advised patients to complete their full course of medication.

Prevention

Education:

In addition to screening and treatment, the outreach included educational sessions where community members were informed about the importance of using insecticide-treated bed nets (ITNs), eliminating mosquito breeding sites, and seeking early treatment if symptoms appeared.

Preventive Measures: The program distributed 10 waste baskets to the community and gave lectures on proper waste disposal and environmental hygiene to prevent further transmission of malaria.

Outcome:

The outreach program not only treated malaria cases but also raised awareness about prevention strategies, contributing to the long-term reduction of malaria in the community. The success of this event highlights the critical role of such initiatives in combating malaria in high-risk, underserved areas. It also sensitized the medical students on the need to engage evidence-based health practices/ habits that promote hygiene and introduced them to hands-on management of patients beyond the confines of a hospital.

Pictures Excerpt



EMPOWERING PATIENTS IN SELF-CARE USING MEDICAL HEALTH APPS

A Survey Analysis by Amina Abdullahi Anate, 200 level

The phrase “*empowering patients*” is increasingly prevalent in discussions about healthcare. But what does it truly mean to empower patients, and how can this empowerment be beneficial to individuals? These questions are at the heart of my recent survey, which examined the barriers to routine check-ups and the potential role of health applications in prompting patient self-care.

SURVEY OVERVIEW.

The survey included 90 anonymous participants from which I gathered demographic data, including age, gender, overall health status, and certain questions. The demographic distribution is as follows:

- Age range:14-67.
- Gender distribution: 65.5% female and 34.5% Male.
- Overall health status: 15.6% excellent, 68.9% Good, and 15.5% Fair.
- Chronic conditions:18.9% had chronic conditions.

One response particularly stood out when I asked,

“What suggestions do you have for improving access to regular medical check-ups?”

An individual expressed concern about the state of healthcare in Nigeria, stating:

“Awareness is crucial, Nigeria is a country where even the educated sometimes act without sufficient awareness.

People often wait until health issues become critical before seeking medical help, leading to unnecessary loss. While cost is a significant factor, I believe more public hospitals should be established, particularly in regions with high populations. Many people seek affordable care, but public hospitals are often overcrowded, increasing the risk of infections and diseases...”

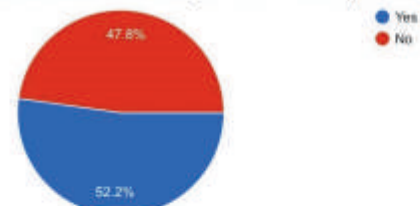
This response captures the average feedback I received from this question. To encourage patients into healthcare, we must address the barriers such as the high cost of healthcare. In Nigeria, where there are only 0.4 physicians per 1000 people, access to healthcare is severely limited, particularly in rural areas. This statistic indicates the need for innovative solutions like the one that can be found in the mHealth initiative in Kenya, particularly through the M-TIBA program, which uses mobile technology to improve healthcare access. Another method that can be implemented is deploying mobile health clinics to underserved areas.

Reflecting on all this information, I asked on the survey whether individuals are aware of medical health apps, and if they use them and got the following data:

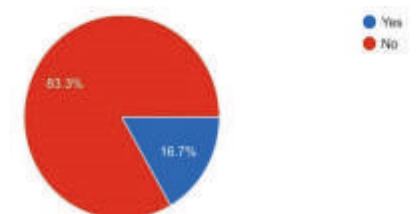
90 responses

How can we empower patients:

Are you aware of medical health apps that can help manage your health?



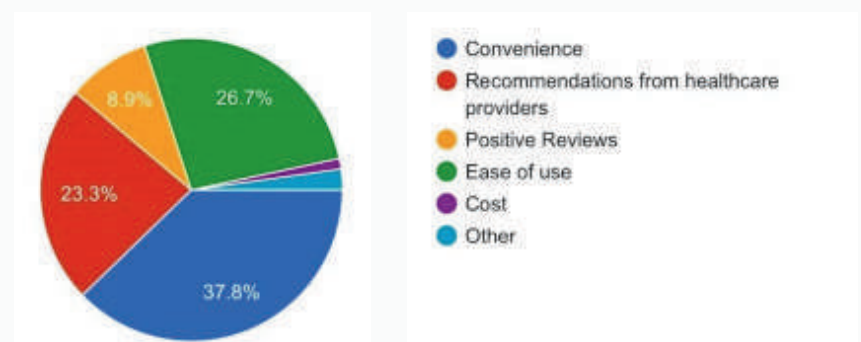
Do you use any medical health apps for self-care or health management?



self-care using medical health apps if they don't understand how these apps empower them? This lack of awareness and usage is even more when we consider the demographic data. To improve awareness, programs could be organized to talk about the benefits of healthcare apps and how they could be used, having employers include regular checkups as part of employee benefits can lead to increased usage of health apps.

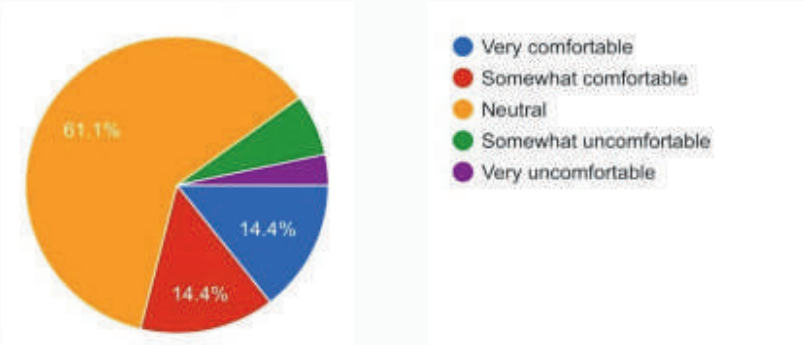
So how do we truly empower individuals when the tools for their health are flying under the radar? It's essential to integrate motivation into the process to effectively empower patients. Hence, I then asked for feedback on key motivators and got the following response

What would motivate you to use a medical healthapp?



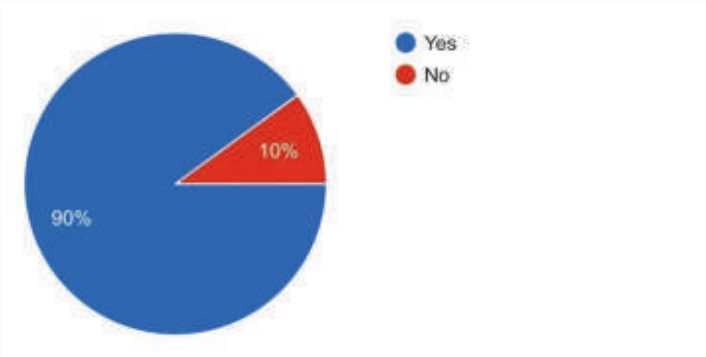
The top 3 are convenience, Ease of use, and recommendations from healthcare. Patients are most likely to engage with health apps that seamlessly integrate into their daily lives, something they see as a necessity. A user-friendly interface where patients of different ages can navigate without frustration and endorsement from trusted healthcare providers who have expertise in the field needed by the patients. However, motivations without assurance of comfort aren't truly motivating, are they? This brings me to my next question:

How comfortable are you with using medical health apps?



To encourage the 61.1% of neutral respondents, we should connect them with healthcare professionals. Understanding demographic factors like age, gender, and lifestyle can aid in developing effective health apps. I concluded by asking:

Do you see yourself using medical health apps in the near future/ future?



In conclusion, the current trend of avoiding regular health check-ups due to time constraints and perceived lack of necessity highlights a significant opportunity for mobile health apps to improve health management. With 90% of individuals open to using such apps in the future, and 44.4% avoiding check-ups due to logistical concerns, these apps can bridge the gap by offering convenient and accessible health monitoring solutions by incorporating features like health tracking, appointment scheduling, medication reminders, virtual consultations, etc. This shift has the potential to make health check-ups a regular part of individuals' routines, ultimately leading to better health outcomes.

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A Matter of Importance

With pleasure flowers grow, bloom, and wither,
Same applies to Life and it's entirety,
Sporadically, unwanted events happen coz' it's life,
Does it leave life on the hands of ruins...?
Still an architect of your life, a sketch pad is vital,
Picking all pieces is a responsibility.

With nice words love begins, lags and slacks,
Same applies to people and their diversity,
Situations defines unwanted events in exacts
Does it leave emotions untapped...?
Still in love with your mental health, regression is vital,
Putting all pieces together kicks off the process.

With diverse thoughts decisions are made, enforced and placed,
Same applies to life and it's entirety,
Specifics defies these decisions,
Does it keep things in chaos...?
Some persons believe in superiority and absolutuity,
Placing tags on people is an inhibitor.

With pleasure relationships start, grow and diminish,
Same applies to people and their diversity,
Setting barricades enables this process,
Does it sever cords...? yes it does!
Sulking and wailing is a zero, Silence, always said is golden,
Placing no hope on humanity, Prevails.

It doesn't end here...Life continues.



Robotics And Automation In Surgery

by Dr. Iliya Karniliyus Salu, FWACS FRCS Eng and Consultant Laparoscopic & General Surgeon

Introduction

Robotic Systems have been in use for many years since the advent of the PUMA 560 used in 1985 to biopsy a brain lesion to reduce movement due to hand tremors. Then in 1988, the PROBOT, developed at the Imperial College London, was used to make repetitive incisions during transurethral prostate surgery.

The watershed moment in the history of robotic surgery occurred with the introduction of the da Vinci Surgical System in the early 2000s. This system revolutionized minimally invasive surgery in providing surgeons with enhanced dexterity precision and improved visualization.

Generally Robotic systems help surgeons increase precision, flexibility and control for many procedures. Autonomous robotic surgery is a new ground breaking development that represents the dedication and integration of robotic systems with varying degrees of autonomy for the exertion of surgical procedures.

This paradigm shift is made possible by relying on AI driven automation to allow surgeons to benefit from real time data analysis assistance in decision making and the skill to perform making tasks with submillimeter precision.

While the majority of autonomous robotic systems remain in the experimental stage, a notable subset has successfully transitioned into clinical applications.

These Clinical applications include venipuncture, hair implantation, intestinal anastomosis, total hip replacement, cochlear implant, radiosurgery knot tying et ex cetra, exemplifying the current capabilities of autonomous surgical systems.

Autonomous robotic surgery, removing the surgeon's hands, is a ground-breaking field that aims to introduce robotic systems capable of performing surgical procedures with a high degree of autonomy. Autonomous control of surgical robotic platforms promise higher precision.

Intelligent maneuvers, and the avoidance of tissue damage.

Research is ongoing to develop autonomous robotic systems that can perform complex surgical skills such as suturing and intestinal anastomosis, deployment of staples in an open surgical setting. Preliminary results of these supervised autonomous procedures can outperform surgery performed by expert surgeons and robot-assisted approaches in terms of efficacy and consistency.

These advances in autonomous robotic surgery clearly show the potential to improve significantly without doubt outcomes and accessibility to optimized techniques. The introduction of autonomous robotic systems in surgery has generally been met by skepticism from some..... The watershed moment in the history of robotic surgery occurred with the introduction of the da Vinci Surgical System in the early 2000s. This system revolutionized minimally invasive surgery by providing surgeons with enhanced dexterity precision and improved precision, and improved visualization. The da Vinci Surgical System quickly gained acceptance in various surgical specialties, paving the way for the rapid expansion of robotic-assisted procedures.

The primary purpose of this overview is to provide a comprehensive and up-to-date exploration of the world of robotic surgery. It seeks to inform healthcare professionals, researchers, policymakers, and the general public about the current state of robotic surgery, its applications, and the emerging frontiers that hold promise for the future. By examining the advancements and challenges in this field, this article aims to contribute to a broader understanding of the role of robotic surgery in modern medicine.

The significance of advancements in robotic surgery cannot be overstated. These developments have improved patient outcomes, reduced complications, shorter hospital stays, and enhanced surgical precision. Moreover, they have opened doors

to new possibilities, such as tele surgery, personalized medicine, and the integration of artificial intelligence (AI).

The potential to democratize surgical expertise, improve access to health care, and redefine the boundaries of what is achievable in surgery underscores the importance of staying abreast of the latest robotic surgical innovations. This overview serves as a critical resource for comprehending the evolving landscape of robotic surgery and its profound impact on health care [6].

Fundamentals of robotic surgery

Robotic Surgical Systems

Da Vinci surgical system: The Da Vinci system features multiple robotic arms with surgical instruments. These arms precisely mimic the surgeon's hand movements and provide a more excellent range of actions.

The Advantages of Robotic Surgery

- **Precision:** Robotic systems excel in precision, enabling surgeons to perform intricate and delicate maneuvers vyith accuracy that surpasses what the human hand alone can achieve. The robotic arms' stability and precision reduce the risk of errors during surgery, leading to improved patient outcomes and reduced postoperative complications.
- **Enhanced dexterity:** Robotic Surgical systems are equipped robotic arms that can rotate 360 degrees and mimic the natural movements of a surgeon's hand but with significantly reduced tremors. This enhanced dexterity is particularly valuable for working in confined spaces within the body and efficiently performing complex tasks. Surgeons can manipulate tissues and instruments with high control, enhancing their surgical capabilities

Current utilization of robotic surgery

General Surgery

Cholecystectomy: Robotic-assisted cholecystectomy, the gallbladder removal, is one of the most common general surgical procedures performed robotically. Robotic systems provide surgeons with enhanced precision, which is particularly important when working in the confined space of the abdomen. The robotic instruments reduce the risk of injury to surrounding structures, such as the bile ducts and blood vessels. Patients undergoing robotic cholecystectomy benefit from smaller incisions, reduced postoperative pain, and faster recovery.

Hernia repair:

Robotic-assisted hernia repair has become increasingly popular due to its precision and minimally invasive techniques. Robotic systems allow surgeons to perform precise mesh placement for hernia repair, reducing the risk of recurrence. Smaller incisions, less postoperative pain, and faster recovery times make robotic hernia repair an attractive option for patients seeking a quicker return to their daily activities.

Appendectomy:

The removal of the appendix, known as an appendectomy, can be accomplished robotically. Robotic appendectomy involves smaller incision and precise instrumentation, reducing tissue trauma and postoperative pain. Patients benefit from quicker recovery times and a shorter hospital stay than traditional open appendectomy.

Gynecological Surgery

Hysterectomy:

Robotic-assisted hysterectomy has gained popularity for treating various gynecological conditions, including fibroids and endometriosis. During a robotic hysterectomy, the uterus is removed with robotic instruments, resulting in smaller incisions and reduced scarring. This minimally invasive approach offers several advantages, including shorter hospital stays, quicker recovery times, and improved cosmetic outcomes, patients undergoing robotic hysterectomy often experience less postoperative pain and a faster return to normal activities

Ovarian cystectomy:

Removing ovarian cysts can be performed robotically with enhanced precision. Robotic systems allow surgeons to navigate delicate ovarian tissues with dexterity, minimizing the risk of damage and reducing blood loss during the procedure.

Patients benefit from smaller incisions, less postoperative discomfort, and faster recovery times. Robotic ovarian cystectomy is particularly valuable for preserving ovarian function in cases where cyst removal is required.

Myomectomy:

Surgical removal of uterine fibroids, 181pvvn myomectomy can be performed robotically. This approach allows surgeons to target and remove fibroids while preserving the uterus, making it an option for women who wish to retain their fertility. Robotic myomectomy offers improved precision and control reducing tissue damage and a faster patient return to normal activities. The minimally invasive procedure also leads to less scarring and post operative pain.

Surgeon Experience and Training

- Enhanced surgical skills:** Robotic systems allow surgeons to enhance their surgical skills and perform complex procedures with greater precision. Robotic instruments' intuitive interfaces and dexterity allow surgeons to refine their techniques and tackle challenging cases more effectively. The high-definition 3D visualization and fine instrument control improve surgical outcomes, ultimately benefiting patients by reducing the risk of complications and postoperative issues. Continuous practice and experience with robotic surgery empower surgeons to provide high-quality, minimally invasive care across various specialties.
- Reduced physical strain:** Robotic surgery minimizes the physical strain experienced by surgeons during procedures. Unlike traditional surgery, where surgeons often maintain physically demanding positions for extended period, robotic surgeons operate from a seated position at the console. This ergonomics advantage reduces the risk of musculoskeletal injuries and fatigue, contributing to the long-term well-being of surgical teams. Surgeons can perform intricate procedures more comfortably and precisely, enhancing their overall job satisfaction and longevity.
- Structured training programs:** To ensure safety and proficiency, comprehensive training programs are readily available for surgeons interested in adopting robotic surgical techniques. These Structured programs offer hands-on training, simulation-based exercises, and mentorship opportunities. Surgeon's in training can gain the necessary skills and knowledge to Operate robotic systems effectively and safely. Training programs also emphasize patient safety and ethical considerations, ensuring that surgeons are well prepared to provide their patients with the highest quality oh Care. As robotic surgery becomes more widespread, the Availability of structured training programs helps build a skilled and competent workforce of robotic surgeons.

Challenges and limitations
Cost and Accessibility

High initial costs: Robotic surgical systems' acquisition and maintenance costs can be substantial. Purchasing equipment and

ongoing maintenance, training, and software updates require a significant financial investment. This financial barrier can be incredibly challenging for smaller hospitals and healthcare facilities with limited budgets. To address this, healthcare institutions may explore options such as group purchasing agreements, financing arrangements, or partnerships with more extensive facilities to make robotic surgery more accessible.

Conclusions

In conclusion, robotic surgery is a testament to human innovation and the relentless pursuit of excellence in health care. This comprehensive overview has illuminated the field's evolution for its historical roots to its current prominence, Robotic surgery has already profoundly impacted patient care with its precision, reduced complications, and faster recovery times. As we peer into the future, it becomes evident that this transformative field will continue to shape the healthcare landscape, offering the promise of more accessible, efficient, and personalized surgical interventions. While challenges persist, such as cost considerations and ethical complexities; they are eclipsed by' the boundless potential for improving patients' lives worldwide. Robotic surgery's journey is far from over.

As it advances, it reaffirms our commitment advancing the frontiers of medical science and providing the highest standards of care to those in need. The authors have declared that no competing interests exist.

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CYBERSECURITY IN HEALTHCARE: PROTECTING PATIENT INFORMATION IN THE DIGITAL AGE.

by Shounteayomi Oladipo

Cybersecurity is the practice of protecting online systems, networks, and programs from digital attacks. Healthcare services such as services that record and analyze patient data are available online hence the need for cybersecurity in the healthcare sector. Cybersecurity in healthcare deals with the storage and protection of electronically stored information of patients and service providers at large, from illegal access or use. Cybersecurity is the gap between patient safety and online infringement.

Having understood the concept of cybersecurity, we must know its importance and significance in the healthcare sector today. The most well-founded importance is that it safeguards personal privacy and data against theft and cyber-attacks. Cybersecurity is used to monitor systems to shield confidential government information and health information. Nobody wants to question their privacy especially when it comes to healthcare. Patients want to feel their privacy is protected because it helps them see the quality of healthcare they get. When patient privacy is breached, most of the time, it feels as though their health is at stake. The quality of healthcare one would receive is not just in the medicine they are given, or in the treatments they undergo, but also in the safety of the information they give out to be accessed and attended to by a healthcare professional or organization. One of the most important things in medicine is patient-doctor confidentiality which helps boost the confidence of the patient and the legal reputation of the organization responsible. Complaints, data, and results of a patient are handled electronically in this information age. With the rise of new technology, new treatment equipment, and online medicine, there is an equal demand for their safety and reliability.

Another importance of cybersecurity in healthcare is that it enhances productivity and flexibility. Viruses and attacks can affect the workflow and effective functioning of the organizations involved. Hospitals/firms can suffer inaction when faced with security threats, and cause downtime. For example, in September 2011, a healthcare group known as Tricare sustained a data breach due to the theft of some electronic health records from the car of the personnel responsible for storing the information. In July 2015, the University of California, Los Angeles (UCLA)-also suffered from a cyber attack that invaded some sensitive patient data. The information includes the patient's name, date of birth, health plan identification numbers, social security numbers, and other important files. From these cases, it is obvious that such confidential records must be supervised and restricted at all times. The healthcare industry suffers a large amount of data breaches due to the improvement of technology and the rate at which it is growing. As technology evolves, cybercriminals constantly look for ways to hack into data. Cybersecurity also helps to educate and train the workforce of that organization about potential risks such as data breaches, malware, spyware, etc. This makes the employees less vulnerable to attacks and knows to take action when exposed to such attacks. It adds an extra layer of safety when the employees/health care providers are educated in that field.

Some strategies can be employed to protect patients' data. The first step in preserving cyber defense in healthcare is establishing a security culture. It is known that the weakest link in any system is the user. It is difficult to raise awareness about threats because many believe it can't happen to them. When security practices are built in, it decreases the likelihood that a patient's personal health information would be exposed to alteration, denial of access, and even deletion in some cases. Mobile devices- laptops, desktops, smartphones, storage mediums- that have access to Electronic health records (EHRs) can be seen as an opportunity to present threats to information privacy. Keeping these gadgets supervised and restricted to only informed professionals reduces the risk of unauthorized access. When implementing a security culture in healthcare there is no room for carelessness. All staff must understand the vision of information safety so that these habits and practices are automatic. Protection of patients through good information security practices should be second nature to the healthcare operation as sanitary practices. Network security- firewalls, cloud security, authentication, installation of antivirus software, password management, regular updates, and servicing – is another way of preventing unauthorized access to patient files and records.

The future of cybersecurity in medicine depends on the willingness to implement these policies and guidelines. None of these things can be effective except the healthcare practitioners are willing and able to use them. The landscape of cybersecurity healthcare must evolve as the digitization of healthcare services being provided are equally evolving. There has been a rise in online consultations, online therapy, use of medical apps and the likes due to convenience and lack of means of transport. This brings an equal demand for more patient information security. If these policies are implemented and these steps are taken cybersecurity in healthcare can be preserved. With all that has been said there is a need for a system that ensures vigilance and adaptation to avoid threats in the health care field.



PRECISION MEETS INNOVATION:

The impact of 3D printing & imaging on surgical practice

by TAMUNOSAKI DAVID WEST HORSFALL

"Imagine being able to see a 3D replica of your body before undergoing surgery or walking into an operating room as a surgeon and seeing different tools, implants and prosthetics specially crafted for one's patient".

All this has become a reality thanks to the presence of 3D printing and is no longer what we can only see in movies. In a field where precision and accuracy are highly demanded, 3D printing is emerging as a complete game changer in surgical practices that were once deemed impossible to carry out. This article talks about ways 3D imaging can improve not only the patient's life but also the surgeon's practice and training process for medical students. It also speaks about the limitations and its future potential.

The timeline of 3D printing spans from 1980 till today. Also known as additive manufacturing, is a process of designing three-dimensional object from a digital model file. It uses various materials for building such as plastic, metals and ceramics. The concept and foundation of 3D printing was laid around 1981 by Dr. Hideo Kodama; it then experienced rapid growth and commercialization during the 90s till present days. Some significant milestones; In 2005, the first use of 3D printing to create patient specific implants and prosthetic including cranial implants and dental devices, in 2012, The FDA approves the first 3D-printed surgical tool, in 2014, There was approval of spiritam a 3D-printed drug, in 2015, the first successful use of 3D-printed vertebrae in spinal surgery, in 2018, the use of 3D printing for complex organ models and surgical stimulation becomes more widely spread and there are many more significant milestones covered by this wonderful discovery.

The rise of 3D printing has been used in many medical fields such as orthopedics, maxillofacial surgery, cardiovascular surgery, oncology, dental medicine, neurosurgery, and many other areas but our focus is on its impact in the surgical field. 3D printing is making significant strides in the field of surgery offering many transformative which we are about to dive in. This section explores its key advantages, which are:

- **Personal tailoring of implants:** 3D printing has provided the ability to craft specific and highly customized implants that fit the needs of every individual's anatomy. These implants are better than the traditional implants because they are better fit, need little to no adjustment during surgery, and have improved comfort and functionality.
- **Optimized surgical precision:** It enables the creation of patient-specific surgical guides and tools. These guides help surgeons to perform an operation with greater accuracy. Surgeons can also use 3D anatomical printed models to visualize, rehearse and plan before the actual surgery to improve expertise with the specific surgery and fine-tune their techniques.
- **Shortened surgical duration:** The combination of preoperative planning, visualization before surgery, custom implants, and enhanced training due to the use of 3D printing can lead to a great reduction of time spent in the operating room.
- **Resource Optimization:** it reduces waste by producing exact amount of materials needed for implants which reduces the need for large inventories and unnecessary storage costs
- **Earning aid for medical students:** It provides a tangible, hands-on learning experience. It provides replicas of human organs and structures that can be used for learning and also provides practical surgery simulations to practice their skills in a safe zone.

There are many other advantages such as patient interaction and education, reproducibility, consistency, and many more. Despite these impressive advantages, there are different limitations one should be aware of which are

- **Material Limitations:** Not all 3D printed materials are suitable for the implantation of human tissues.
- **Cost and accessibility:** Some materials may be expensive to get, and rural areas may not be able to access these technologies.
- **Technical expertise:** There is a need for highly experienced engineers when dealing with this technology. It also requires regular maintenance for longevity.

Some other limitations are ethical and legal considerations, incorporating it into existing systems, and accuracy.

The future of 3D printing in surgery is very promising. It will revolutionize patient care with customized implant and tools, improving training and overall effectiveness of surgical procedures. In Conclusion, the influence of 3D impact is nothing short of ground-breaking and as it continues to evolve, they provide unmatched opportunities in surgical field.



The Role of Nigeria's Healthcare System in the Future of Men's Mental Health in Nigeria

by Esther Ekeng

Michael Zana rolled out of bed on a cool Wednesday morning to the tinny sound of his 6 am alarm. As he dragged himself to freshen up, he felt the familiar fatigue that seemed to penetrate his bones. He hadn't slept until 2 am the night before and had to get to work by 7. This was Michael's first year on his own as a doctor. After completing his housemanship, he entered a fellowship program to specialise in orthopaedics. Unfortunately for Michael, having just finished medical school, he was at the bottom of the food chain -- overworked and underpaid.

As Michael walked into the hospital that morning, one of the cases he would work on was that of a man who had suffered multiple bone fractures after falling from a building. "Doc Z!", he heard, as he walked in with his supervisor. It was an old friend, Tobi, who had been three years ahead of him in secondary school. "Tobi? What are you doing here?" Michael replied. "Hahaha... I was trying to fix a light when I fell from my block of flats.. bwaaa!" Tobi explained. Michael let out an uneasy laugh. "I never knew you as a handyman," he commented. "Well it's like I'm not so handy after all," Tobi responded. Tobi had always been an intellectual and never much for hands-on projects. It seemed strange to Michael that he would even attempt to fix a light, or that there would be a light so high up an apartment building. Reasoning that it could be an attempted suicide, he considered referring Tobi to the department of psychiatry, but he knew it was unlikely that he would see a psychiatrist anytime soon (the already understaffed psychiatric department had recently suffered the exit of 3 doctors, one, who died of a heart attack, and two who fled abroad), besides, there was no way Tobi would do such a thing, he was

such a happy guy Michael explained to Tobi how the team would treat his legs, and showed him the screws they would be putting in his hips and ankles.

Unknown to Michael and any other healthcare personnel who Tobi had spoken to, Tobi had been dealing with delusions and violent voices in his head for many months and closed up about it after his brother made a joke about Tobi turning into a madman roaming the streets.

A few months later, Tobi sought help at a neuropsychiatric hospital, only to be left waiting in a sea of patients for the better half of a day, with little to no promise that he would see someone. Tobi walked out and tried his handyman stunt again.

Unfortunately, tragedies of this sort are all too common in Nigeria. With the plethora of challenges that men have to face in the nation, including community violence, insecurity, and economic instability, all this amidst pressure to "be a man", men's mental health suffers. These men meet a culture blighted by stigma and superstitions, and a healthcare system handicapped by underfunding, brain drain, and burnout. In this essay, the crucial part that the Nigerian healthcare system has to play in the future of men's mental health will be explored.

The Issue

Men are more likely to die by suicide and more likely to go undiagnosed for mental illness. With bombings, kidnappings, and armed robberies becoming more prevalent, post-traumatic stress is also on the rise. Men make up virtually the entirety of Nigeria's armed forces, witnessing a lot of violence firsthand in their service. Moreover, in the harrowing event of inter-ethnic conflict, men are

the ones doing the fighting and seeing their brothers and families slaughtered. To further paint the picture, a 2018 WHO report stated that 3 out of 4 drug users are men, and men are more likely to be high-risk drug users. The report went on to say that around 40 percent of Nigerian drug users reported that they had wanted to receive treatment or rehabilitation but were unable to access such services.

Nigerians, especially men, are discouraged from speaking up about what may be going on within them. Moreover, it is a fact that men are less likely to go to the doctor for physical ailments, and especially not for mental health difficulties (Sagar et al.). Along with stigma, there is a shortage of information on mental illness, especially in rural areas, even though about 20% of Nigerians are affected by mental illness.

The "mad man" stereotype, an image of a man with torn clothes and dirty hair, aimlessly roaming the streets, epitomizes the stigma of mental illness. Mental illness is traditionally associated with evil spirits, and instead of seeking medical help for the mentally ill, communities tend to take them to spiritual leaders for deliverance, or exclude such persons from the community. Meanwhile, a man could be experiencing something that can be treated with medicine or therapy.

This clear burden of mental illness amongst men meets a healthcare system under-equipped to handle it. Standard practice requires one psychiatrist per 10,000 in a country's population. With roughly 250 psychiatrists for a population of over 200 million, the doctor-patient ratio is closer to 1:800,000. Nigeria currently has 10 federal.

Neuropsychiatric hospitals¹ and about 1000 psychiatric nurses. These hospitals are located in urban areas, leaving roughly 48% of Nigeria's population without access. Finally, and unfortunately, less than 10% of Nigerians in need of treatment for mental illness receive the care they need (Adejoro).

The major issues of Nigeria's healthcare system regarding mental health can be boiled down to a lack of resources, brain drain, and burnout.

Lack of resources

The Nigerian culture and stigma towards mental health have historically affected the government's attitude and allocation of resources to mental health. It also influences the decision of healthcare personnel to enter the mental health field (Fadele), and how men are treated in and before entering mental health facilities. Fewer students in health sciences tend to choose to specialize in the fields of psychiatry and psychology. This leads to less human resources in the field. The small group of human resources tends to dwindle due to a looming issue that all professional sectors of Nigeria face: brain drain.

Brain drain

The horizon for most Nigerian professionals entering healthcare is quite bleak. Hospitals are understaffed and under-equipped, while the health burden of the masses increases. Medical professionals themselves are under the same stresses as the masses – the sun shines on all. When there is insecurity, the healthcare workers are also insecure. When there is an economic downturn, the healthcare workers also feel it, all coupled with the pressure of serving hundreds of thousands of people. Therefore, there is a worrying and increasing incidence of medical professionals leaving the nation, with about two-thirds of certified psychiatrists leaving the country annually (Agbo).

Burnout The remaining workers have to try to cover the gap left by those who leave, still under unfavourable conditions, which leads to burnout. It perpetuates a vicious cycle where burned-out professionals seek to emigrate, leaving fewer workers to continue struggling in a stressful environment, leading to more burnout.

There were 8 as of 2019 located in Abeokuta (Ogun State), Kaduna (Kaduna State), Calabar (Cross River State), Yaba (Lagos State), Benin (Edo State), Enugu (Enugu State), Kware (Sokoto State), and Maiduguri (Borno State) Two institutions named federal neuropsychiatric hospitals have since been established, one in Dawanau, Kano State, and the other in Egba, Kwara State.

Moving Forward

Despite the apparent bleak outlook of men's mental health in Nigeria, there is hope for better care for men tomorrow.

Primary healthcare centers make up 85% of the total hospitals and clinics in the nation. Taking mental health to the level of primary health care is an existing idea that, when implemented, could solve the problem of the availability of mental healthcare. The primary health care system is much closer to communities, and would much easily reach the population of Nigerian men in rural areas. This proximity saves families the stress and cost of sending a family member to an urban center to receive care. Now, one may ask "Why not move every other specialty to the primary healthcare level?" but the reason that the specialty of psychiatry should be widely distributed is because the mind is essential for the functioning of the rest of the body. It can be argued that bringing psychiatry to the Primary Health level will reduce the effects of drug abuse nationwide, and potentially improve the life expectancy of men.

Statistically, most men in need of mental healthcare are not going to meet a psychiatrist. Training all medical professionals (including nurses or midwives heading primary health care centers, pharmacists, and community health care extension workers) in mental health best practices can ensure that people at least meet someone who can offer some help. As humans and products of our culture, even people in health sciences may still harbour reservations against the mentally ill and the field of psychiatry. Healthcare personnel and aspiring healthcare workers must not be participants in the cultural stigma of mental illness in society. Proper training and education can dispel misunderstandings and superstitions that these people may have. It has been shown that quality, hands-on exposure to the psychiatry specialty can make medical students more

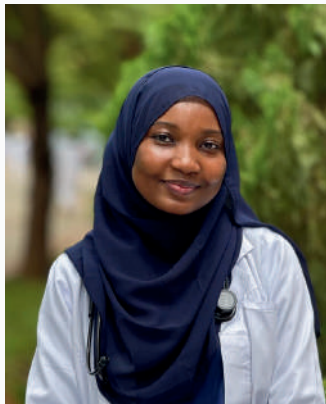
likely to choose it as their own (Fadele). Exposures like that show students that there's nothing to be wary of, leading to more of them going into it.

One of the major approaches to health promotion is health education. It is the responsibility of the healthcare system to bring awareness of the existence and severity of mental illness. Though it may not be visible, men need to know that they are susceptible, but the ailments are treatable. Growing awareness of the importance of mental health may encourage a trend of men seeking help for mental illness in the future. This would positively impact the statistics of men's utilization of mental health care. Even further, the major obstacle to men regarding their mental health – cultural and religious stigma – can be overcome through partnership with spiritual and cultural leaders. Education on mental illness could remarkably reduce the association between mental illness and evil spirits, giving men the freedom to seek out proper treatment for mental illnesses, just like any other illness. In summary, as the typical defenders and providers of the family unit, men experience the worst of Nigeria's issues intensely. As the situation of the nation changes for the worse, men's mental health follows. Men are less likely to exhibit health-seeking behaviours, which reflects badly concerning their mental health. Also, the Nigerian healthcare system is grossly inadequate for the burden of mental illness in the nation. However, moving forward, this system has an opportunity to improve men's mental health through awareness programs, training medical professionals, and taking mental health care to the primary health care level. As devastating as the situation may currently be, there is sure room for optimism for the future.

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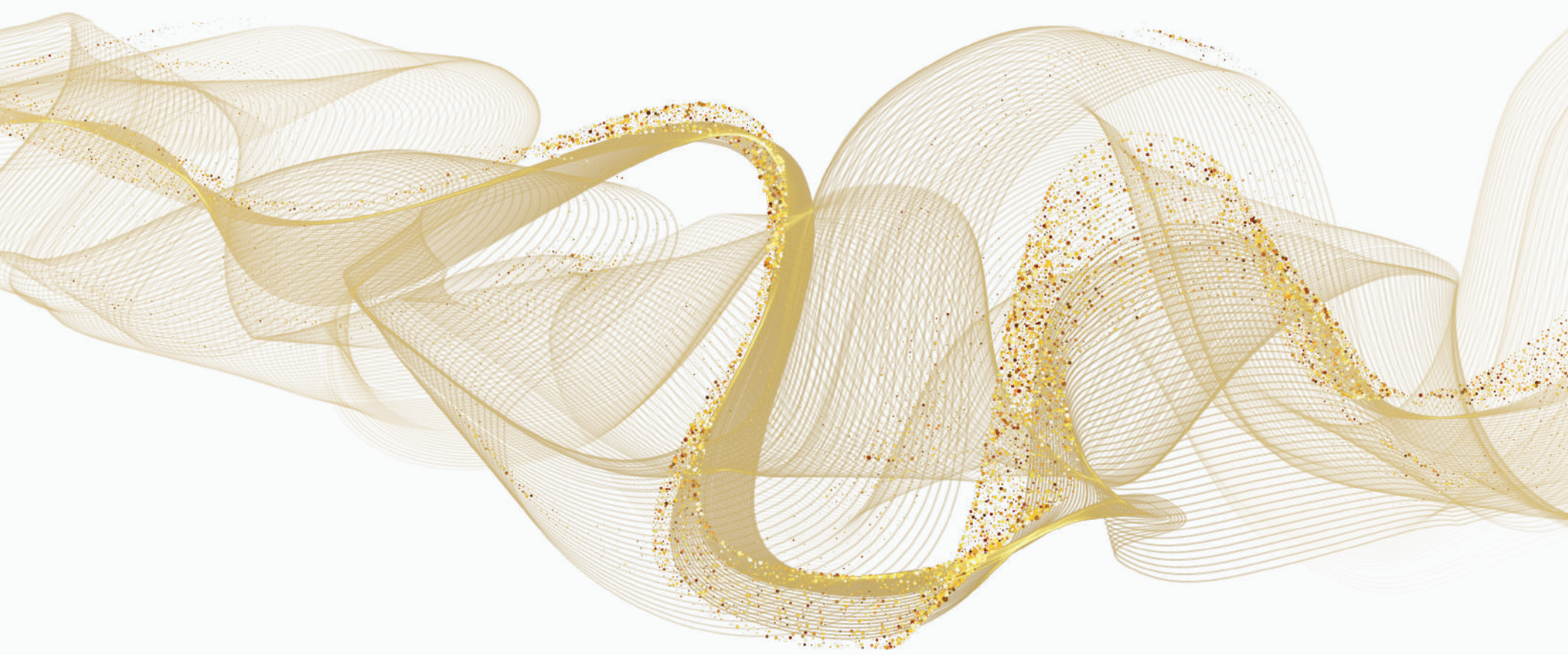


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- Dr. Danielle Oyintokoni Pondei





THE FUTURE OF

Before we can talk about the future we have to consider the past. As the Spanish-American philosopher, George Santayana once said “Those who cannot remember the past are doomed to repeat it.”

From the beginning, every society has had rules that develop over time and find their way into the society's heart to become norms. Societal norms are unwritten rules and expectations that guide behavior within a specific society or culture. These norms dictate how people should behave, what roles they should fulfill, and how they are meant to interact with others. These norms usually vary for the male and female genders and they have a significant impact on the experiences and opportunities available to males and females within that society.

Nigerian women were not as oppressed and helpless as they are now painted to be. They were central to trade and held political and leadership positions (although most positions were held by men). It was during the 20th century, that serious threats to the influence and privileges of women occurred. The patriarchy combined with colonial administrations and Western-style education favoured men and boys over women and children. In Nigeria today, women are expected to be homemakers, caretakers, nurturing and soft, while men are expected to be providers, protectors, brave and strong. Like a vast majority, I only ever saw how this adversely affected women and young girls with many cases of abuse, gender-based violence, and lack of access to education and opportunities, among many others. I failed to realize until recently, that this wasn't a case of a parasitic relationship with men being the parasites and women the host. Instead, these constructs now engraved into our society have negatively affected both parties. Men are however affected mainly psychologically.

Research has shown that conformity to certain masculine norms in and of

itself does not have negative implications for the psychological well-being of men. However, when rigid conformity to masculine norms leads to gender role conflict many problems ensue (Cole, et al., 2018). Gender role conflict occurs when individuals' socialized gender norms prevent them from acting in a certain way or make them feel negatively for doing so (O'Neil, 2008). According to research, gender role conflict has been associated with depression and anxiety, stress, low self-esteem, shame, and negative relationship outcomes (Cole, et al., 2018). In all, over 200 studies have examined the relationship between gender role conflict and the mental health issues of men, with the results suggesting significant associations between the experience of gender role conflict and negative outcomes (O'Neil, 2015). Aside from gender role conflict, toxic masculinity or hegemonic masculinity also severely affects men's mental health. Toxic masculinity is the demonstration of masculinities that are enforced by restrictions in behaviors (e.g., crying, fear) based on gender roles that amplify existing power structures that favor the dominance of men (Benita N. Chatmon, 2020). In other words, Toxic masculinity is a set of beliefs and behaviors that promote the idea that men should be dominant, aggressive, and emotionless (Enzo Harris, 2023). Toxic masculinity may lead to difficulty in expressing emotions, aggression, and violence, which is seen often (Benita N. Chatmon, 2020).

The burden of society-imposed expectations and the fear and stigma attached to not being able to meet up to them affect men immensely. Men who do not meet up to these expectations are considered failures, weak, and not 'man enough', and those whose desires go against the masculine norms face a lot of hate and ridicule. Another issue men battle with is the perception of weakness when they ask for help. As a man, asking for help and being vulnerable is seen as a sign of weakness so many

MEN'S MENTAL HEALTH IN NIGERIA

by Uzoka Samantha Ada-uku

many men do not have a support system or people they can fall back to and open up to. Instead, they decide to face all of life's struggles on their own and that is perceived as a strength. When experiencing minor or major symptoms of a physical illness, you are advised to go to the hospital for an expert opinion and treatment if necessary. The same goes with mental illness, when you notice that something is wrong, you should look for help. That is one of the first steps to getting treatment. Delaying this will cause further damage to psychological and emotional well-being and sadly this is the case for many people today, especially men. Men are also more likely to abuse drugs and alcohol than women. This difference also stems from cultural norms or stereotypes (Zachary Pottle, 2022). Men's struggle with mental health causes many of them to turn to substances such as alcohol and illicit drugs as a means of coping and this can lead to severe physical dependence if left untreated.

The mental health struggles mainly caused by societal pressures are mostly faced by men in Western, African, and Asian societies. However, in many African countries including Nigeria, there is less awareness on the topic of mental health when compared to Western societies and this has caused low mental health to thrive. According to the National Library of Medicine (NLM), Nigeria has the highest caseload of depression in Africa, making it the seventh highest in the world. Dr. Aremu Sa'ad, a renowned psychiatrist said over 20% of Nigerians suffer different forms of mental illness (Tijjani Ibrahim, 2024). Mental illness is a serious threat to Nigerian society today and it is silently killing many Nigerians with high rates of depression and suicide. Nigeria's health and development policy agenda has historically disregarded mental health. Additionally, mental health is a topic that is poorly understood, discrimination and stigma against people struggling with mental health are pervasive, mental health services are inadequately staffed, and

individuals who struggle with mental health issues are often mistreated. There is also serious understaffing in the mental health care sector with about 200 psychiatrists and 1000 psychiatric nurses for over 200 million people in Nigeria (Tijjani Ibrahim, 2024). That alongside insufficient infrastructures and negative public perceptions of mental health problems, prevents nearly 80% of people with serious mental health needs from receiving the care they need. A lack of public education and awareness about mental health has led to many misconceptions, and a low public acceptance of people with mental health issues with cultural and religious preconceptions having a substantial impact on the healing process of people with mental health disorders (AbdulRaman, 2023).

The Nigeria National Mental Health Act 2021 signed by the Honorable Muhammadu Buhari in 2023 is a major change that Nigeria has embarked upon in favor of providing mental health services for her people. If implemented properly, it will cause a positive shift in Nigerian's access to mental health. Creating awareness and advocating for men's mental health is very crucial if we would like to see any change. If this is done, men as well as other members of the society will come to understand better the issue of mental health and that having mental health struggles is not a sign of weakness or failure but a condition that should not be left untreated. Coming together as a country to battle this virus is one of the best ways to secure the lives and minds of the men of our country

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THE INAUGURAL NUMSA LAUNCH

On **March 28 2024**, under the leadership of Emmanuel Oranwusi, President of the Nile University Medical Students' Association (NUMSA), the association successfully launched **Her association and her first magazine**, "The Medical Mindscapes." The event, themed **"Medicine and The Medic"** paid tribute to the field of medicine and the challenges medical students face.

The grand event featured a keynote address by **Dr. Ugochukwu Charles Ugwuanyi**, Chairman of the Nigerian Medical Association (FCT) and a distinguished neurosurgeon. His presentation encouraged students to reflect on their goals and the efforts required to achieve them. The event also included a **panel discussion** led by **Dr. Nubwa Medugu**, Head of the Department of Microbiology, Basic Clinical Sciences, and a consultant microbiologist. The discussion, focusing on tuberculosis, involved contributions from her former students and provided valuable insights into this pressing socio-medical issue.

The event was both enlightening and engaging, leaving NUMSA members inspired and enthusiastic about the future of their association. As they continue to work towards elevating NUMSA to greater heights, they anticipate more achievements to come.

The driving force behind NUMSA is its fervent commitment to empowering the next generation of healthcare professionals. Through the provision of knowledge, skills, and resources, the organization fosters collaboration, advances medical education, extends humanitarian aid, and strives to improve healthcare access for all, thereby leaving a lasting positive impact on global well being.

The launch event also commemorated four World Health Days: -

World Tuberculosis Day: Featured a panel discussion led by Dr. Nubwa Medugu, with participation from Emmanuel Oranwusi, Irene Ewe, Ashraf Salihu, Safiya Sadiq Saleh, Abdul-Azeez Ibrahim O., and Maryam Jibrin Wunti.

World Water Day: Highlighted by a presentation from Saifullah.

World International Women's Day: Marked by a presentation from Maymunah Haruna.



The launch proper

TB panel discussion





Award presentation



Snippets of the **NUMSA Launch 2024**

Our Patrons:



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ENFORCEMENT AGENCY

Dr Ocheke's sendforth



Send forth by the current 600 level medical student for Professor Isaac, **Consultant Pediatrician**

MTN Anti-Substance Abuse Program

Advocacy Walk @mtng held to commemorate The 2024 International Day Against Substance Abuse and Illicit Drug Trafficking in Collaboration with the **NDLEA & UNODC**, and other Stakeholders of Health, Federal Ministry of Health, NUMSA was well represented by The President, Speaker, The VPE,, The Sec. Gen., The Fin. Sec., The Dir of Welfare.



State House Conference Centre, Abuja.

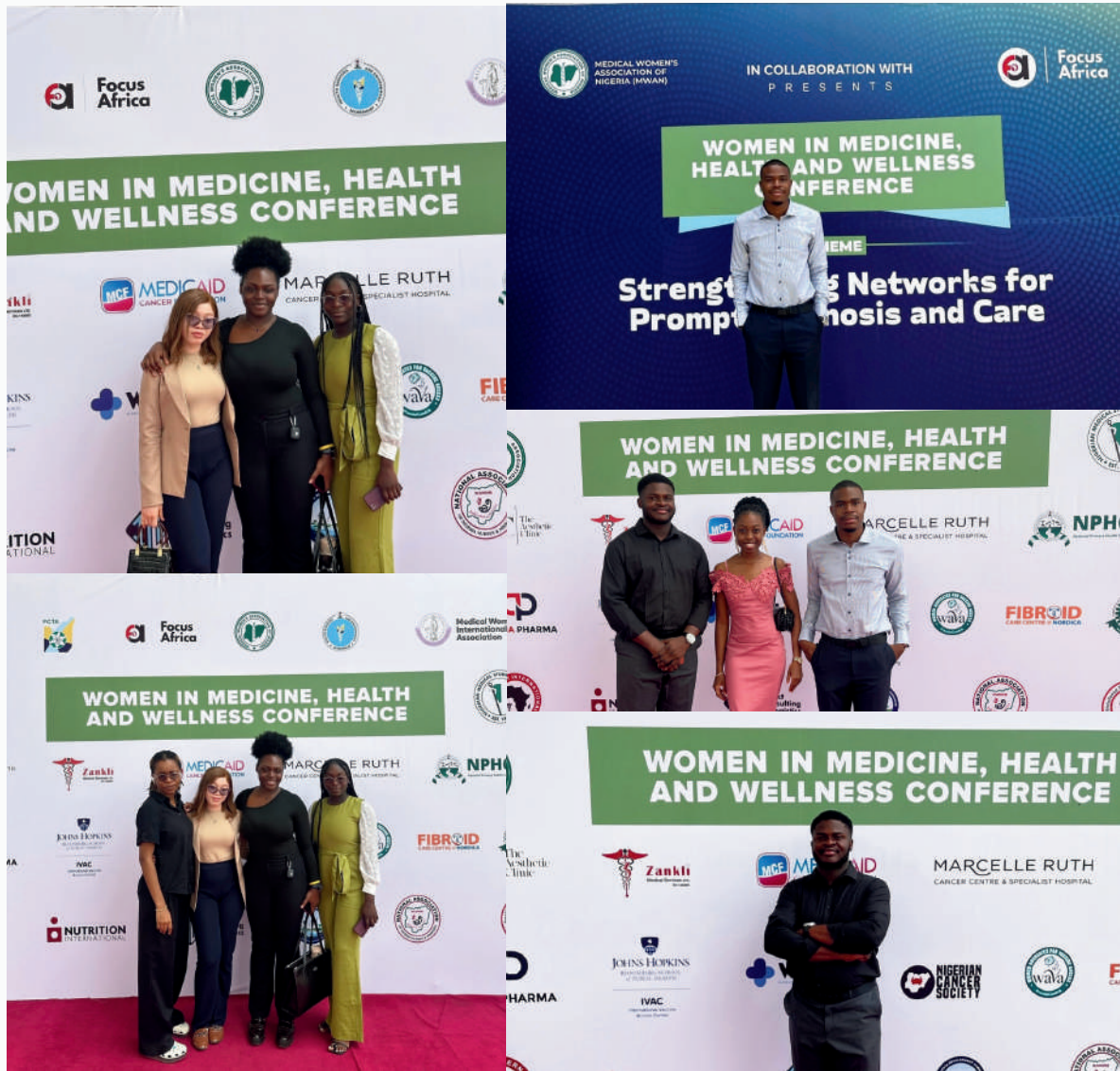
The National Drug Law Enforcement Agency (NDLEA) successfully hosted the United Nations International Day Against Drug Abuse and Illicit Drug Trafficking on Wednesday, June 26th, 2024, at the State House Conference Centre in Abuja.

We were honored to have His Excellency Bola Ahmed Tinubu, GCFR, President & Commander-in-Chief of the Armed Forces, Federal Republic of Nigeria as our Special Guest of Honour, and Prince Lateef Fagbemi, SAN, Minister of Justice & Attorney General of the Federation as our Chief Host.

Representatives:

Emmanuel Oranwusi - The NUMSA President
Abdulazeez O. Ibrahim - The NUMSA Speaker

The event highlighted the importance of investing in prevention and featured insightful discussions and presentations. We appreciate your support and commitment to a drug-free Nigeria!



MWAN Conference

Nile University Medical Students Enhance Knowledge at MWAN Women in Medicine, Health, and Wellness Conference

Nile University medical students attended the prestigious Women in Medicine, Health, and Wellness Conference, organized by the Medical Women's Association of Nigeria (MWAN) in collaboration with Focus Africa. Held on June 27th and 28th, 2024, at the NAF Conference Centre in Abuja, the conference focused on strengthening networks for prompt diagnosis and care, offering our students invaluable learning opportunities and professional development.

It was an experience.

WORLD HAND HYGIENE DAY 2024

Nile University Medical Students' Association Leads the Charge on Hand Hygiene Day

On May 6, 2024, the Nile University Medical Students' Association (NUMSA) took the lead in promoting hand hygiene at Junior Secondary School, Jabi, Abuja. This initiative, chaired by **Maryam Umar**, the Local Officer for NiMSA-SCOPH (Standing Committee on Public Health), was part of the global celebration of World Hand Hygiene Day. In collaboration with the RUBADI Foundation, the team hosted an impactful session on personal hygiene and sanitation, distributing free sanitizers to the students to emphasize the importance of cleanliness in preventing infections.



NOMA CENTER VISITATION



December 15th 2023 marked a pivotal moment as NOMA disease was officially recognized as a Neglected Tropical Disease. This rapidly progressing gangrenous disease primarily affects children aged 2-6, often exacerbated by malnutrition, infectious diseases, and impoverished conditions.



Recently, on April 23, 2024, the TONTD team, accompanied by NUMSA Executive, embarked on a visit to the NOMA center situated in the National Hospital Abuja. This center, inaugurated in November 2023, proudly offers 100% free facilities and care to NOMA-afflicted individuals.

Under the leadership of Dr. Charles Ononiwu, a dedicated maxillofacial surgeon, the NOMA center stands as a beacon of hope. Equipped with cutting-edge facilities including laboratories, theaters, an ICU, wards, and a pharmacy, the center can accommodate up to 80 individuals.

Beyond its impressive infrastructure, the NOMA center exudes warmth and compassion, fostering an environment conducive to healing. Our visit not only provided insight into the physical and psychological challenges faced by NOMA patients but also inspired us to become advocates for this NOMA project.

For those impacted by NOMA or seeking support, please reach out to the NOMA center at 08000-666-2243 or via email at info@nani.ng. Remember, treatment and assistance are provided at absolutely no cost.

Chidera Okobo

TONTD NIMSA 2024

UAMSA Dinner Night



MALARIA OUTREACH



NUTRI- VISION

with Bill Gates



Find and follows us on:

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Snapchat: @numsanile

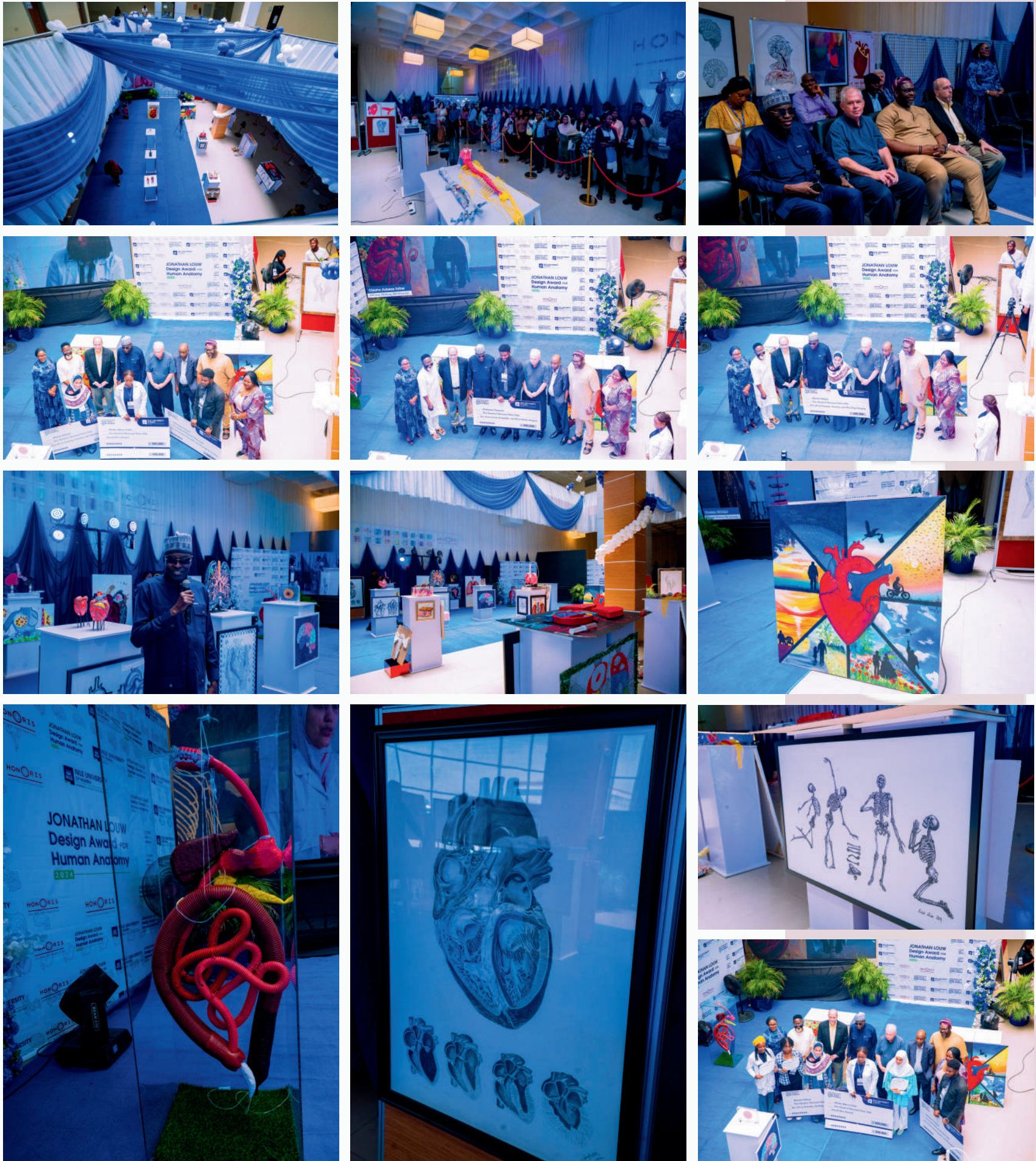
Tiktok: @nileunimsa_

website: numsa.org

gmail: nileuniversitymedicalstudentsa@gmail.com

Jonathan Louw Design Competition' 24

Each year, Nile University of Nigeria hosts an inspiring annual event designed to ignite creativity and passion among medical students. This vibrant platform encourages participants to showcase their talents, express their creativity, and share their inspirations drawn from their academic journey. By blending knowledge with innovation, the event challenges students to think beyond conventional boundaries, fostering a spirit of originality and critical thinking.



Overall Best Winner - Dr. Obioha Adaeze Esther

Best in Artwork in Recycleable Materials and Mixed Material Category - Emmanuel Oranwusi Uchenna

Best in Drawing, Painting and Sketching Category - Mariah Siddiqui

This event has transformed the medical school experience, making it more exciting and less daunting. By providing a creative outlet for students to express themselves and engage with their studies in innovative ways, it has alleviated much of the frustration often associated with rigorous academic demands. The event serves as a reminder that medicine is not only about hard work but also about passion, inspiration, and the joy of learning.



Dr. Yusuf Tanko Sununu

A Trailblazer in Medicine, Politics, and Humanitarian Service

Dr. Yusuf Tanko Sununu, an esteemed medical professional and dedicated public servant, has left an indelible mark on Nigeria's health sector and beyond. Born on February 2, 1967, into the family of Malam Attahiru Salihu ("Malam Tanko"), a respected educationist from Ngaski Local Government, Dr. Sununu's life has been a testament to service, excellence, and humanity.

Early Life and Education

Dr. Sununu's formative years were deeply rooted in tradition and learning. He began his Islamic education in his hometown before embarking on formal education. From 1975 to 1981, he attended primary school, followed by his secondary education at Government Science Secondary School, Yauri, which he completed in 1986.

Driven by a passion for knowledge, he pursued higher education at the College of Education, Sokoto (now Shehu Shagari College of Education). He then transitioned to the matriculation program at Usmanu Danfodio University, Sokoto. When accreditation issues arose, he was transferred to the University of Maiduguri, where he earned his Bachelor of Medicine and Surgery (MBBS) in 1996.

Academic Excellence and Professional Growth

Throughout his academic journey, Dr. Sununu's dedication to excellence was evident. During his preclinical years, he distinguished himself as the best student in human anatomy. In his clinical years, he demonstrated exceptional proficiency in surgery. He completed his residency training in record time, earning recognition as a consummate professional in the medical field.

In February 2012, Dr. Sununu further specialized by attending the World Laparoscopy Hospital in Gurgaon, New Delhi, where he attained the Fellow of Minimal Access Surgery (FMAS) and a Diploma in Minimal Access Surgery (DMAS). These qualifications positioned him as an expert in modern surgical techniques.

Contributions to Healthcare

Dr. Sununu has dedicated his career to improving healthcare delivery, particularly during his tenure as Chairman of the House Committee on Healthcare Services in Nigeria's 9th and 10th Assemblies. His impactful initiatives include:

- **Empowering Girls' Education:** Sponsored education for 700 girls, fostering their empowerment and future prospects.

- **Maternal Healthcare:** Facilitated over 5,895 free cesarean sections, addressing Nigeria's high maternal mortality rates and ensuring access to emergency obstetric care.
- **Restoring Vision:** Provided free eye surgeries to more than 700 individuals, improving quality of life for many in his constituency.
- **Healthcare Infrastructure:** Established three Type 2 Primary Healthcare Centers (PHCs), enhancing access to essential medical services for underserved populations.

Current Role

Dr. Sununu currently serves as Nigeria's Minister of State for Humanitarian Affairs and Poverty Reduction, where he continues to champion initiatives that uplift vulnerable communities. His dedication to public service reflects his unwavering commitment to improving the lives of Nigerians.

Words of Advice to Aspiring Medical Professionals

The medical profession is a noble calling guided by ethics, requiring unwavering honesty, dedication, and hard work. To thrive as a medical student and practitioner, one must embrace these values and commit to continuous self-improvement. Regularly updating knowledge and skills is essential in a field where advancements are constant.

Dr. Sununu emphasizes the importance of demonstrating empathy—not mere sympathy—when relating to patients. Empathy fosters trust and ensures that care is both compassionate and effective. By embracing these principles, aspiring medical professionals can excel and make a meaningful impact in the lives of others.

Legacy of Excellence

Dr. Yusuf Tanko Sununu's journey is a beacon of inspiration. His dedication to medicine, education, and public service underscores the transformative power of commitment and compassion. From the operating room to the policymaking arena, he exemplifies what it means to lead with purpose and serve with humility.

As Minister of State for Humanitarian Affairs and Poverty Reduction, Dr. Sununu continues to build on his legacy of impactful leadership, striving to create a better future for all Nigerians.

NUMSA International Health & Leadership Summit 2024 (IHLS'24)

The International Health and Leadership Summit brought together thought leaders, healthcare professionals, and students to explore innovations, challenges, and transformative strategies in healthcare. Over two days, participants engaged in insightful lectures and workshops that tackled critical issues, from technology integration in medicine to mental health and emotional intelligence for professionals.

DAY 1

Lecture 1: Health and Technology Integration for Enhanced Healthcare in Nigeria

Technology integration in healthcare is revolutionizing the delivery of medical services in Nigeria. From improving patient outcomes to increasing access to care, technology is reshaping the landscape of medicine.

Challenges in Current Healthcare:

- 1.Limited Access: Rural and remote areas often lack healthcare infrastructure and professionals.
- 2.Rising Costs: Healthcare expenses continue to climb, burdening families and the system.
- 3.Shortage of Professionals: The "Japa syndrome" has led to a brain drain, leaving critical gaps.
- 4.Inefficiencies in Traditional Systems: Outdated methods hinder effective care delivery.

Benefits of Tech Integration:

- Improved Patient Outcomes: Real-time data and advanced diagnostics lead to timely treatments.
- Reduced Errors: AI and EHR systems enhance accuracy in diagnoses and procedures.
- Faster Turnaround Times: Digital tools streamline processes, saving time and resources.

Applications in Healthcare:

- Health Information Systems (HIS)
- Telemedicine: Expanding access to remote areas while reducing travel and costs.
- Internet of Medical Things (IMT): Devices that monitor patient health in real-time.
- Electronic Health Records (EHR)
- Artificial Intelligence (AI)
- Mobile Health (MH)

Case Study – Tuberculosis:

Nigeria has the highest TB burden in Africa. Subclinical TB, where patients remain asymptomatic, often goes undiagnosed. Digital X-ray with CAD (computer-assisted detection) helps diagnose early, initiating treatment before further organ damage. Tools like XMAP also allow remote interpretation of radiographs by specialists outside underserved areas.

Key Takeaway: Investing in technology isn't optional—it's the foundation for overcoming Nigeria's healthcare challenges. Policymakers must prioritize cybersecurity, training, and equitable access to tech resources.

Lecture 2: Drug Abuse and the Role of Medical Professionals Speaker: Mr. Owonubi Gbenga

Drug abuse, a growing concern in Nigeria, affects not just individuals but families and communities. The lecture highlighted the types of abuse, causes, and the vital role medical professionals play in prevention and treatment.

Key Insights:

1.Forms of Abuse:

- Recreational use (e.g., cannabis).
- Misuse of opioids like Tramadol and Codeine.
- Polydrug use (simultaneous use of multiple drugs).

2.Drivers of Abuse:

- Peer pressure.
- Increased drug availability.
- Social and economic factors like unemployment and poor parenting.

3.Signs of Abuse:

- Behavioral changes: truancy, poor hygiene, and indifference.
- Physical symptoms: black lips, sniffly nose, and bloodshot eyes.

Medical Professionals' Role:

- Early detection and screening for drug misuse.
- Educating the public about risks and prevention strategies.
- Collaborating with agencies like NDLEA for a broader impact.

Key Takeaway: Combating drug abuse requires a multi-faceted approach, with healthcare providers at the forefront of early intervention and education.

Lecture 3: Emotional Intelligence for Healthcare Professionals

Speaker: Ike Okoye

Emotions play a critical role in patient care. Emotional intelligence (EI)—the ability to recognize, manage, and effectively use emotions—enhances healthcare delivery by improving communication, empathy, and stress management.

Four Pillars of EI:

- 1.**Self-Awareness:** Recognizing one's emotional triggers.
- 2.**Self-Management:** Regulating responses through techniques like deep breathing.
- 3.**Social Awareness:** Empathizing with patients and colleagues.
- 4.**Relationship Management:** Building meaningful and productive interactions.

Key Takeaway: Emotional intelligence isn't just a soft skill; it's a vital tool for reducing stress, improving patient relationships, and achieving better healthcare outcomes.

DAY 2

Lecture 1: Personal Experience in Health and Technology Integration
Speaker: Dr. Amos Omoniyi

From TB diagnostics to multi-disease platforms, Dr. Amos shared how technological advancements are saving lives and redefining healthcare delivery. Tools like GeneXpert and TB Lamp now provide faster, more accurate bedside testing for TB, COVID-19, and hepatitis.

Key Takeaway: Investing in adaptable, scalable technology ensures efficient diagnosis and treatment, even in resource-limited settings.

Lecture 2: Mental Health for Healthcare Professionals

Mental health is foundational to delivering quality care, yet healthcare professionals often neglect their own well-being.

- Common Challenges:**
- **Burnout:** Prolonged stress leading to physical and emotional exhaustion.
 - **Compassion Fatigue:** Emotional exhaustion from constant caregiving.
 - **PTSD:** Trauma from high-stress environments.

Warning Signs: Chronic fatigue, isolation, decreased performance, and irritability.

- Self-Care Practices:**
- Prioritize rest and relaxation.
 - Incorporate mindfulness techniques to reduce stress.
 - Seek support when overwhelmed.

Key Takeaway: A healthy caregiver is better equipped to provide effective, compassionate care. Addressing mental health is not a luxury—it’s a necessity.

Lecture 3: Antimicrobial Stewardship
Speaker: Dr. Philip Nwajobi-Princewill

- Antibiotic misuse leads to resistance, a growing global health threat. Antimicrobial stewardship emphasizes the six R’s:
- Right patient
 - Right drug
 - Right dose
 - Right route
 - Right duration
 - Right outcome

Key Takeaway: Stewardship programs reduce resistance, enhance patient outcomes, and preserve the efficacy of vital medications for future generations.

Conclusion

The International Health and Leadership Summit underscored the importance of innovation, emotional intelligence, and mental health in achieving sustainable healthcare solutions. Participants left with actionable insights, inspired to drive change in their communities and beyond.

Photo excerpts



Pitch-InCompetition



The Pitch In Competition was to inspire and spark, the medical student who attended the IHLS’24, to start looking deep into the healthcare system of Nigeria and proffer long lasting solutions.

Book Launch



Photo excerpts





EXECUTIVE SUMMARY:

HIV AWARENESS AND SCREENING OUTREACH AT GUZAPE VILLAGE

On August 24, 2024, the Nile University Medical Students Association (NUMSA), in partnership with NAOWA Hospital Army Command, organized an HIV awareness and screening outreach at Guzape Village. This initiative aimed to raise awareness, dispel myths, reduce stigma, and offer free HIV testing and referrals for further care.

For me, as Vice President of External Affairs, it was more than just an event; it was my first experience planning and participating in such a crucial medical outreach. Special thanks to our President, Emmanuel Oranwusi, for his leadership and support. Despite exam pressures, we worked side-by-side to make this outreach a reality.

The day began with setting up canopies, arranging screening kits, and encouraging villagers to join in. Knowing HIV is a sensitive topic, we approached it with empathy, focusing on education without causing fear. One of the greatest challenges was overcoming people's hesitation to get tested due to stigma, but with patient counseling, many eventually participated.

A standout moment was when a young man, initially reluctant, returned at the end of the day to get tested. His excitement after receiving his results was contagious, and he even brought friends along to be tested too. It was a reminder of how powerful reassurance and correct information can be.

Thanks to the generous support of NAOWA Hospital Army Command and the dedication of our student volunteers, we successfully tested 100 people. This outreach directly contributed to SDG 3, which promotes good health and well-being.

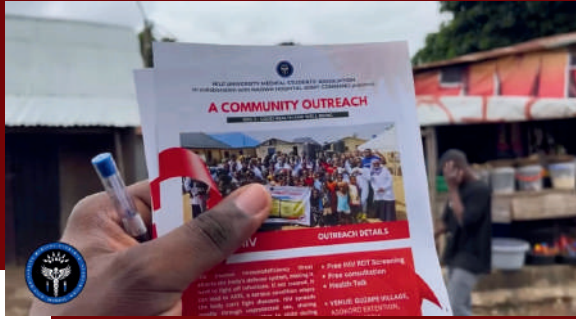
This experience reaffirmed the importance of empathy, communication, and teamwork in healthcare. It was a day of learning, leading, and serving—and one I hope will inspire others to get involved in similar initiatives to make a positive impact.

Join us!

Participating in community outreach isn't just about healthcare—it's about changing lives, one conversation at a time. Let's continue breaking barriers and improving health in our communities!

OFFICE OF THE VICE PRESIDENT EXTERNAL- EWE IRENE

PHOTO EXCERPT



A SOUL, UNWRITTEN

If I could be anything, I would be a flower—

Beautiful, colorful, unapologetically unique.

My essence would be gentle, yet fierce,
Growing boldly in the cracks of forgotten dreams,

In spaces that reject, but can not stop me.

I would rebel with quiet elegance,
Thriving without approval,
Daring to defy expectations with audacity,

Shining like the sunflower,
Golden-faced, unyielding.

I lose a part of myself each time I rise,
But like yellow petals,
I wither and regrow, blooming stronger.

I would bloom like the cherry blossom,
Soft, pink, and delicate, yet steadfast,
Standing tall, even in fleeting moments,
The beautiful companion to sunset walks,
A witness to love and laughter,
Touching the hearts of every hand that holds me.

And when my time comes,
I would wither as flowers do—
Not in defeat, but in quiet grace.
Even in decay, I would leave my mark,
Seeds of hope scattered by the wind,
A beautiful mess of a life well-lived,
A life well-loved.

To be a flower is to live fully—
To thrive, to fade, to rise again.

To be a flower is to be a beautiful soul,
Free, unprovoked, unwritten,
Unashamed.

|| Fatima Tijjani Mato. 600 Level

"HIV is not a death sentence, HIV does not make people dangerous to know, so you can shake their hands and give them a hug heaven know sthey need it"



Riicc is a highly versatile singer-songwriter from Nigeria, whose music resonates with authenticity and emotional depth. Born in Lagos and raised in Abuja, Riicc's soundscape is a reflection of his rich cultural upbringing and diverse musical influences. Drawing inspiration from icons like Lil Wayne, Wizkid, The Weeknd, and Travis Scott, his dynamic style fuses Afrobeats, Amapiano, Trap, Hip Hop, and Soul into a genre-bending experience.

Known for his captivating melodies and vivid storytelling, Riicc crafts songs that connect deeply with listeners, exploring themes of love, ambition, and resilience. His music carries a voice of its own, effortlessly shifting between infectious rhythms and introspective lyricism, making him a standout in the evolving music scene.

Beyond music, Riicc's journey is marked by his remarkable decision to pursue a career in medicine. Currently studying to become a medical doctor, he seamlessly balances his passion for music with the demanding world of healthcare. This dual path enriches his artistry, infusing his songs with themes of healing, perseverance, and human connection.



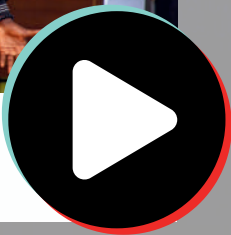
@riicc1253 **stream:** ily, changing room, mine, etc



@riiccgram_



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SUBSCRIBE



FEDERAL REPUBLIC OF NIGERIA

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ORANWUSI OLUWASEGUN ODUNLADE

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NILE UNIVERSITY MEDICAL STUDENTS' ASSOCIATION

have this day been registered as a corporate body.

Given under my hand at Abuja this 27th day of June, 2024



Hussaini Ishaq Magaji SAN
Registrar - General

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We are thrilled to feature these exceptional medical students who are redefining the boundaries of innovation and entrepreneurship. Congratulations on your well-deserved recognition!

To the trailblazers, the game-changers, and the innovators – we celebrate you. May your stories inspire a new generation of medical students to pursue their entrepreneurial dreams. These medical students are proof that with hard work, determination, and a willingness to take risks, anything is possible.

Congratulations on your feature and continued success!



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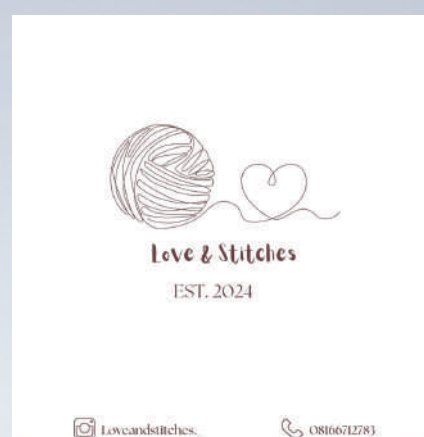
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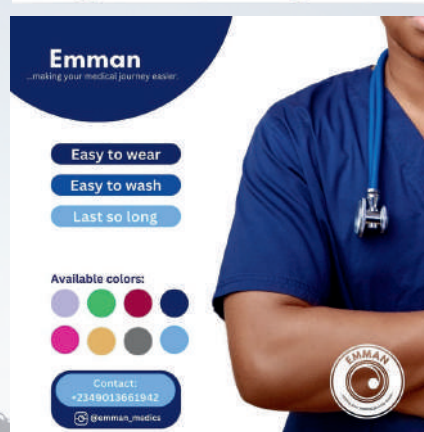
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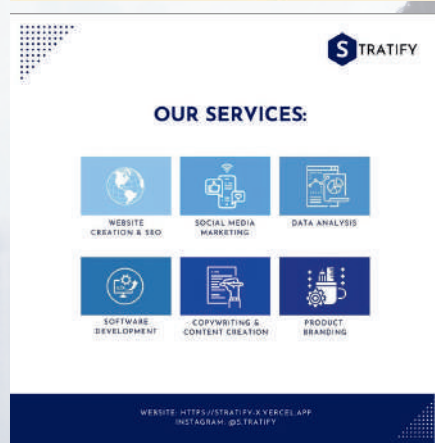


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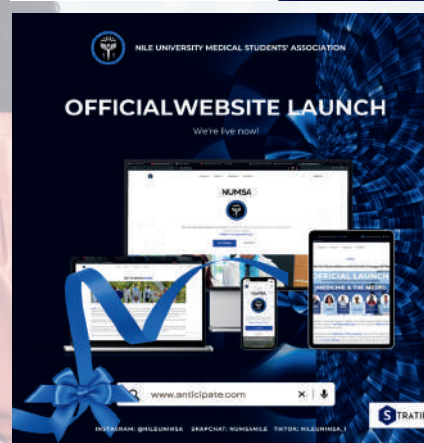


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BANANA BERRY BLAST #4500	CHOCOLATE PUFFPUFF #3000	LEMONADE #2500
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