



**ASSOCIATION OF
PSYCHIATRISTS
IN NIGERIA**

51st Annual General & SCIENTIFIC MEETING



Theme:
**Mental Health Practice
in the Post-Covid 19
Pandemic Era:**
Opportunities and Challenges
(First Virtual /Special Edition)

Subthemes:

**The New
Normal**
PROF JUDE OHAERI

**Tele Mental
Health**
DR OKOGBENIN

**School Mental
Health**
PROF AYINMODE



OTHER FEATURES

EARLY CAREER PROGRAM | INTERNATIONAL MEMBERS PARTICIPATION
ANNUAL GENERAL MEETING | SUB SPECIALTIES MEETINGS | INDUCTION OF NEW APN MEMBERS
PRESS CONFERENCE | COMMUNIQUE RELEASE | LIVE STREAMING



Wed. & Thurs.
2ND - 3RD
December 2020



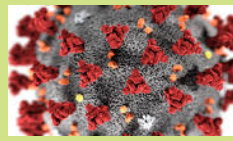
1-5P.M
Daily



ONLINE

**5CME/
CPD POINTS**

B R O C H U R E



PROGRAM OF EVENTS

TUESDAY 1st DECEMBER 2020

12noon - ARRIVAL OF LOC/NATIONAL EXECUTIVE MEMBERS

6:00-9:00pm-EXECUTIVE MEETING

THURSDAY 3RD DECEMBER 2020

1.00pm – 2.00pm Affiliates and Group Meetings

2.00pm – 4.00 pm Annual General Meeting and Committee Reports

WEDNESDAY 2ND DECEMBER 2020

9.00 – 10.00am Preconference Media Briefing

10.00am – 12 noon Courtesy Visits

12 noon – 1.00pm Zoom Advertisement for Sponsors

1.00pm – 2.00pm Opening Ceremony

2.00pm – 2.30pm Keynote Lecture (Theme) By Prof Oye Gureje

2.30pm – 3:00pm Goodwill Messages / Sponsors Presentation

3.00pm – 3.20pm Subtheme I - The New Normal: Prof. Jude Ohaeri

3.20pm – 3.35pm Subthemes II - School Mental Health: Prof Tunde – Ayinmode

3.35pm - 4.05pm Goodwill Messages / Advertisement

4.05pm – 4.20pm Subtheme III - Tele Mental Health: Dr Esther Okogbenin

4.20pm – 4.30pm Experience Sharing: Dr Yewande Oshodi

4.30pm – 4.45pm Questions & Answers

4.55pm- 5:00pm Vote of Thanks

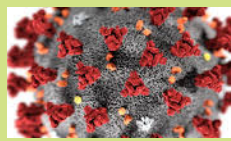
FRIDAY 4TH DECEMBER 2020

8:00am-10:00am- LOC Debriefing

11:00am – 12 noon Press Conference (Release of Communique)

12noon Departure of LOC/Executives





AGSM EXCOS



**PROF. TAIWO
LATEEF SHEIKH**
President



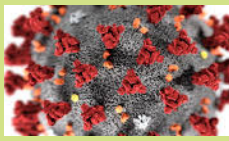
**DR. VERONICA
OLUYEMISI
NYAMALI**
Vice President



**DR. JOYCE
OMOAREGBA**
Secretary General



**DR. APPOLOS
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AGSM EXCOS

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**DR. ABAYOMI
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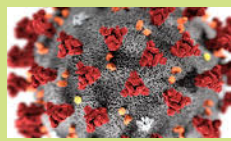


**DR JIBRIL
ABDULMALIK**
International
Liason Officer



**DR. BABAGANA
KUNDI MACHINA**
Coordinator of Young
Psychiatrists





LOC CHAIRPERSON'S WELCOME ADDRESS

On behalf of the LOC, I have the great pleasure to welcome you all to the 51st Conference of the Association of Psychiatrists in Nigeria which had to be virtual for obvious reasons – the COVID19 pandemic. This is the first of its kind and it came with its own challenges of making it happen and even determining the scope of the conference particularly as it relates to technical hitches. Despite these, the LOC had to be on ground in Lagos to host this event. These were executives who had to travel from various parts of the country to co-ordinate all the activities. This year's theme, "Mental Health Practice in the Post - COVID19 pandemic Era", reflects one of the year 2020 priority goals. The pandemic caught us all by surprise, made our work as healthcare providers far more challenging and the disruptions are yet to be over. There are indeed various lessons learnt from this global experience.

I am happy to welcome, most especially the keynote speaker, Professor Oye Gureje (An Erudite Scholar and researcher), Prof Jude Ohaeri (Our Great Teacher) and other speakers who will do justice to the subthemes. I want to sincerely thank you for honoring our invitation to join this conference in spite of your very busy schedule. This Conference brings together our teachers and colleagues from academia, teaching and specialty hospitals, psychiatrists in Diaspora and private sector, NGOs, allied mental health professionals, State Health Commissioners and other Government officials. The times are challenging, however as we continue to grow and adapt, deliberately remain always adaptable, motivated and responsive to all COVID19 related issues at individual, institutional, community and national levels. We are all encouraged to be ready to live and work with our new normal, emphasizing resilience as we provide comprehensive treatment, various forms of psychosocial supports and care to the public. COVID19 has brought to the fore an exciting area as far as work, research and collaboration are concerned for capacity development.

I will like to encourage each and every one of us present here to participate fully in this virtual Conference, bring your experience and expertise to our gathering. As established and emerging professionals with vision, the knowledge, the wherewithal and experience, we need to help our Country pave its way into the future despite the challenges posed by the pandemic. I want to assure you that at the end of the Conference, you will be better informed and more knowledgeable in doing things differently and better equipped to navigate through whatever comes up in the nearest future as a result of the pandemic.

On behalf of the LOC, we appreciate you for joining from the comfort of your room. We are indeed grateful to all our sponsors that made this Conference a reality. I need to specially thank the LOC for the hard work they have put in which included several late night zoom meetings. You have all been wonderful. Please, sit back, hang on, and stay connected as you enjoy this maiden virtual Conference.

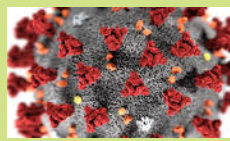
Thank you one! Thank you All!

DR. VERONICA OLUYEMISI NYAMALI

Chairperson Local Organizing Committee

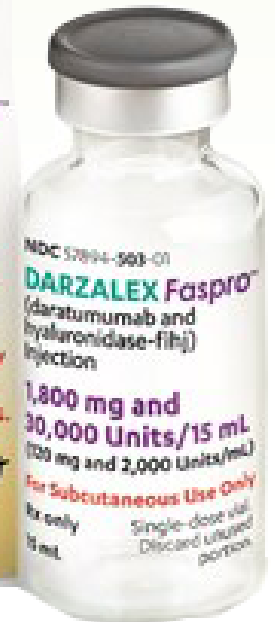
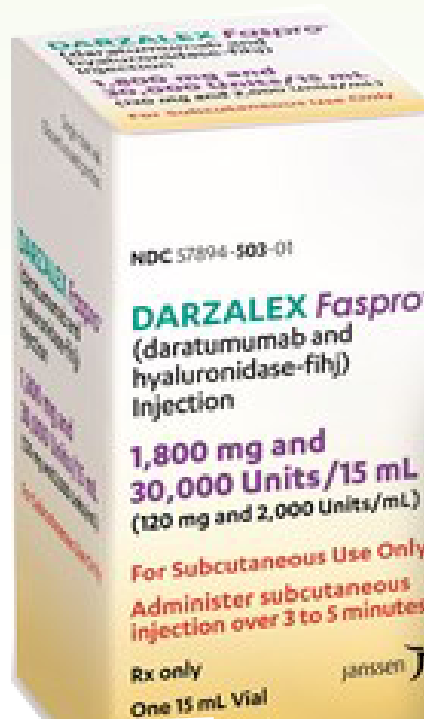
Vice - President APN.

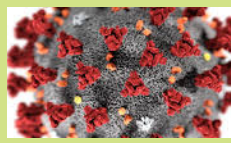




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**PRESIDENT OPENING SPEECH****WELCOME ADDRESS BY THE PRESIDENT,
ASSOCIATION OF PSYCHIATRISTS IN NIGERIA TO****THE 51ST ANNUAL GENERAL AND SCIENTIFIC MEETING OF THE
ASSOCIATION OF PSYCHIATRISTS IN NIGERIA**

and the attendant technological difficulties, the Executives of the APN resolved not to miss out this year in the history of the AGSM of our great Association by staging a virtual version. By this achievement, we have succeeded in not only keeping the dreams and hopes of our founding fathers alive, but have also kept the flag of our association flying. I therefore sincerely congratulate the Local Organizing Committee (LOC) lead by our indefatigable and highly resourceful Vice-President, Dr. Veronica Oluyemisi Nyamali, our enterprising Executive Members that transformed into the LOC, our ever-supportive members of APN and our unrelenting partners for making this year's conference a reality.

The theme for this year's AGSM is "Mental Health Practice in the Post-Covid-19 Pandemic Era: Opportunities and Challenges". The choice of this theme is apt, considering the fact that Covid-19 has been shown globally to impact negatively on our mental health. A recent publication reported "one in five (20%) Covid-19 patients diagnosed with a mental illness within three months of testing positive"! This may actually be only a tip of the iceberg, considering those who have suffered considerable mental health morbidity due to fear of contracting Covid-19, psychological impact of lockdown and isolation, psychosocial consequences of Covid-19 related job loss, Covid-19 stigma, domestic violence, child abuse, sexual assault, and more, all these without actually contracting the virus! Thus the mental health sequelae of Covid-19 will certainly linger beyond the period of the pandemic. We also have the conference sub-themes, which aims to further dissect issues related to the Covid-19 pandemic, these include "The New Normal", "School Mental Health" and sharing of experiences by our expert colleagues from Irua, Edo State and Lagos State.

We are very grateful to our Teachers, erudite Scholars, thoroughbred Researchers, experienced Administrators and seasoned mental health Practitioners that have accepted to do justice to the conference themes and sub-themes. I believe very exciting moments awaits us and we shall all depart much richer in knowledge; with scintillating experience that will linger in our memory for a long time to come.

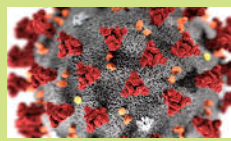
I welcome you all once again to this beautiful event and wish all participants fulfilling deliberations and pleasant experience. Remember, there is "No Health without Mental Health".

Welcome!

PROF. TAIWO LATEEF SHEIKH

President,

Association of Psychiatrists in Nigeria.



OYE GUREJE

MBBS, PHD, DSC, FMCPSYCH, FWACP, FRANZCP, FRCPSYCH
Erudite Scholar And Researcher

PROF OYE GUREJE is Professor of Psychiatry and Director, WHO Collaborating Centre for Research in Mental Health, Neurosciences and Substance Abuse, Department of Psychiatry, University of Ibadan. A former President of the Association of Psychiatrists in Nigeria and of the African Association of Psychiatrists and Allied Professions, he Chairs the National Mental Health Action Committee, a policy think-tank of the Nigerian Federal Ministry of Health and is a member of the Ministerial Expert Advisory Committee on COVID-19. He has served the World Psychiatric Association as a member of the Board and of a number of Committees and has also served the WHO in several capacities, including recently as a member of the International Advisory Group for the Revision of the ICD Chapter on Mental and Behavioral Disorders where he chaired the Work Groups on Somatic Distress and Dissociative Disorders as well as on Cultural Guidance for the ICD-

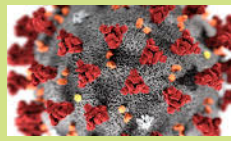


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His main research interests are in epidemiology and global mental health. He has conducted large scale community-based surveys, large randomized controlled trials, implementation research and research

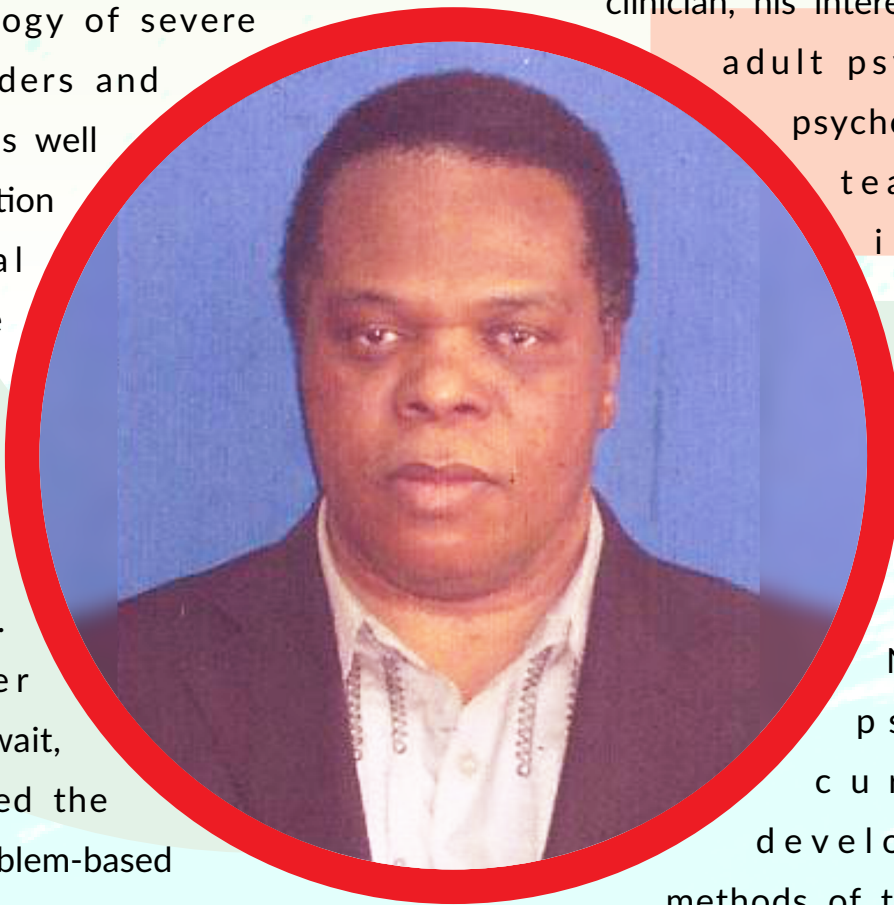
on health system strengthening with grant supports from the Wellcome Trust, MRC (UK), EU, AusAid, Grand Challenges Canada, IDRC and the NIMH, among others. He has published more than 500 peer-reviewed scientific papers, monographs, book chapters, and has co-edited 3 books. Described as one of the "most influential scientific minds", he is listed among the global highly cited researchers by Clarivate Analytics (<https://hcr.clarivate.com>). A recipient of many awards,

including the Lifetime Achievement Award of the Ibadan College of Medicine Alumni Association, Professor Extraordinary, Department of Psychiatry, Stellenbosch University, South Africa, Fellow of the Nigerian Academy of Science, Fellow of the Nigerian Academy of Medicine, and the Nigerian National Order of Merit.

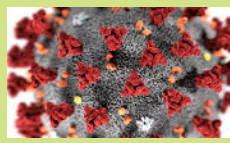


PROF. JUDE. U. OHAERI

As a Professor of Psychiatry at University of Nigeria, Nsukka. He is a research psychiatrist, consultant psychiatrist and teacher. Although he has researched various aspects of psychiatry, his major interest is in general adult psychiatry, with a focus on the psychopathology of severe mental disorders and somatization, as well as the contribution of biological variables to the etiology, management and long-term outcome of these disorders. In an earlier sojourn in Kuwait, he also studied the process of problem-based learning (PBL), and psychiatric epidemiology; while his quality of life studies concerned the contribution of psychosocial variables to the etiology and management of mental disorders. His current focus is on psychiatric genetics, especially molecular genetics. Accordingly,



working with Prof Taiwo Sheikh, he has inspired the formation and official registration of the Nigerian Society for Research in Biological Psychiatry, and he has constituted the Biology of Psychopathology Research Group within the UNN. As a clinician, his interest is in general adult psychiatry and psychotherapy. As a teacher, he is involved in inculcating the ideals of scientific rigor and evidence based medicine in Nigerian psychiatry, curriculum development and methods of teaching at the undergraduate and postgraduate levels. These days, his leisure activities consist of reading widely, listening to classical and instrumental music and chatting with his grandchildren.



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**ASSOCIATION OF
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Annual General Meeting

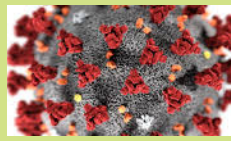


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PROF MOSUNMOLA FLORENCE TUNDE-AYINMODE

MOSUNMOLA FLORENCE TUNDE-AYINMODE is a graduate of University of Ilorin where she obtained MBBS degree in 1990 and is a fellow of the National Postgraduate Medical College of Nigeria (FMCPsych) in Psychiatry since May, 1999. She is a Professor of Psychiatry in the Department of Behavioural Sciences, College of Health Sciences, University of Ilorin and an honorary Consultant Psychiatrist at the University of Ilorin Teaching Hospital (UITH), Ilorin. She pioneered the establishment of a Child and Adolescent Mental Health unit in the Department of Behavioural Sciences UITH, where she has continued to provide excellent services for over 13 years.

Prof. Tunde-Ayinmode has modest administrative experiences. Currently, she is the Head of Department of both institutions (Unilorin and UITH). She has a lot of experience in dealing with the psychosocial issues of students and was the Assistant Hall Mistress for the Female Hostels of the College of Health Sciences and Member, Committee of Hall Masters and Mistresses, Unilorin, 2009 till 2017. She has also served on other sensitive committees of the university and the hospital including the Ethics and Research Committee as well as the Therapeutic Committee of the hospital.

She is a member of several professional associations including Association of Psychiatrists in Nigeria (APN) and Association for Child and Adolescent Psychiatry and Allied Professions in Nigeria (ACAPAN) where she served as the Treasurer from its inception in 2010 till 2017.

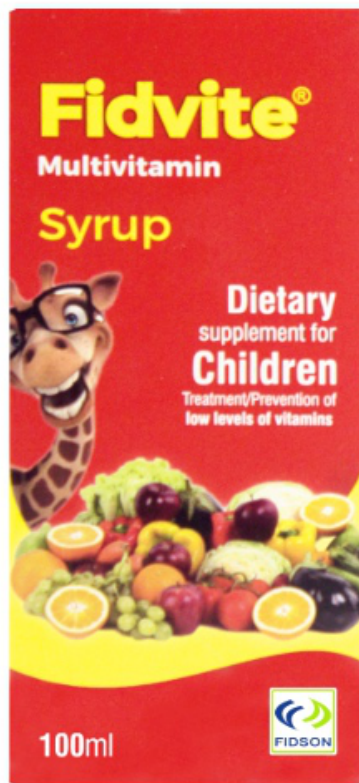
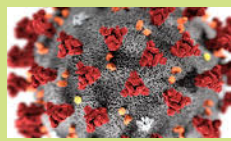
She has contributed to undergraduate Medical

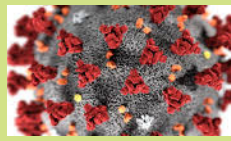


Education of over 3,500 Medical doctors produced by the College of Health Sciences, University of Ilorin, since 1995.

A trainer of trainers, presently, she is the Secretary/Member of Faculty Board, Faculty of Emergency Medicine, NPMCN and a Supervisor in the Doctor of Medicine (MD) Programme, NPMCN.

Prof. Tunde-Ayinmode is widely published, a prolific writer with major interests in the area of: The mental health problems of children and adolescents and their mothers, in addition to family and psychosocial problems of women with mental illness, the epidemiology of common child and adolescent mental health problems in general and in special populations (Sickle cell disease and Bronchial asthma) and issues like family violence, family planning, parenthood and parenting of women with severe mental illness.



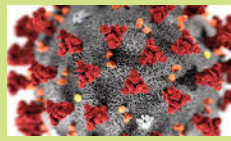


DR. ESTHER OSEMUDIAMEN OKOGBENIN

is a consultant Psychiatrist at the Irrua Specialist Teaching Hospital, Irrua (ISTH) and an Associate Professor of Psychiatry in the Department of Mental Health, College of Medicine, Ambrose Alli University, Ekpoma. She is a fellow of the West African College of Physicians and has Master degree in Mental Health & Psychological Therapies from the prestigious Queen Mary University of London, United Kingdom.

Dr Esther Okogbenin has presented papers at different conferences both locally and internationally and has authored over 22 publications in both local and international journals. She is the Acting Head of Department of Mental Health, Faculty of Clinical Sciences, College of Medicine, Ambrose Alli University, Ekpoma. She leads the mental health and psychosocial support team of the Institute of Lassa Fever Research and Control, ISTH, Irrua and currently champions the COVID-19 Pandemic Mental Health and Psychosocial Support via tele mental health services in ISTH. She was recently the facilitator for mental health and psychosocial aspect of COVID-19 Pandemic of the UNICEF funded National training of Trainers (NTOT) in Nigeria. She is also the head of ISTH's Health Care Ethics Programme and a member of ISTH's Scientific Review committee. She is currently serving as a consultant to NCDC (Nigeria Centre for Disease Control) in the drafting of the National Lassa Fever Psychosocial Care Guidelines.

She has received many awards including awards for mental health advocacy and mentorship for medical students. She was the recipient of a Chevening scholarship, sponsored by the Foreign and Commonwealth Office of the United Kingdom with which she obtained an MSc in Mental Health; Psychological Therapies at Queen Mary University of London.



Vote of Thanks

Honorable Senior Colleagues, respected colleagues, our most valued speakers, distinguished ladies and gentlemen, it's my privilege to have been asked to propose a vote of thanks on this momentous occasion.

On behalf of the executive committee of the Association of Psychiatrists in Nigeria, and the entire members, I extend my heartfelt appreciation to all speakers for gracing our conference this year. We promised our participants a wonderful package of stimulating, cotemporary and intriguing lectures delivered by seasoned, articulate and well versed speakers, and I must say that this promise has been fulfilled.

As we all know, an event like this cannot happen overnight. The wheels started rolling months ago. It required planning and a bird's eye for details. We have been fortunate enough to have a motivated and dedicated LOC led by the vibrant Vice President of the association. We cannot thank them enough for their involvement and their willingness to take on the completion of tasks beyond their comfort zones

I would like to take this opportunity to place on record our hearty thanks to the government functionaries, pharmaceutical companies and NGOs that have partnered with us to make this conference a success.

I also extend my thanks to our colleagues in the diaspora who have collaborated with us this last years and were very willing to participate in the conference.

Finally our thanks goes to all the participants that registered for the conference. You have been simply wonderful.

May God bless us all.

Long live the Association of Psychiatrist in Nigeria

Thank you

DR OMOAREGBA JOYCE OHIOLE

Secretary General, APN

**DR. JOYCE
OMOAREGBA**
Secretary General

