



# CBR NEWSLETTER

A NEWSLETTER OF CENTER FOR  
BIOETHICS AND RESEARCH

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The Centre for Bioethics and Research (CBR) is the leading organization providing training in research ethics in Nigeria. CBR continues to train healthcare and biomedical research professionals on research ethics and promote research ethics in order to ensure the ethical conduct of research in Nigeria. Ethical issues are fundamental parts of human development; it is therefore essential to create awareness on the basic principles of ethics that can help to lead a more fulfilling life whether on a personal or professional level.

This edition of the CBR Newsletter describes the activities of CBR in the fourth quarter of 2019. We wish you a happy reading.

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## In this Issue

**1.0 M.Sc Bioethics Trainees**

**2.0 Retreat for M.Sc. Bioethics Faculty Members in University of Nigeria, Enugu.**

**3.0 Online Blended Diploma Program**

**4.0 RHInno Ethics Software Refresher Training**

**5.0 My Personal Experience as a participant of the Online Blended Diploma Program.**

**6.0 My Experience as an M.Sc. Bioethics Scholar at the University of Ibadan.**

**7.0 Fogarty Administrators Conference for 2019.**

**8.0 Onsite Institutional Ethics Committees and Health Researchers training**

**9.0 Online Collaborative Institutional Training Initiative (CITI) in collaboration with BRANY, New York**

**10.0 Recognition of a high Achiever**

**11.0 Appointments/Achievements**

**11.1 Promotions**

**11.2 Achievements**

**12.0 BeOnline Journal – Accepting Manuscripts for Review and Publication**

**Closing Remarks**

**Contact Information**

## 1.0 M.Sc Bioethics Trainees

The current set of M.Sc. Bioethics Students that were admitted in the 2018/2019 session for the masters degree program have almost completed their course work for the session, they will start working on their final research projects in the 2019/2020 session. A new set of students have applied for admission into the Bioethics program and they will be shortlisted and recommended for admission in the 2019/2020 session by the postgraduate School University of Ibadan.

## 2.0 Retreat for M.Sc. Bioethics Faculty Members in University of Nigeria, Enugu.

The Center for Bioethics and Research organised a 3-day retreat for key personnel from University of Nigeria Enugu to finalize arrangements for training of students and review of lecture materials for faculty members of the Master's degree program in Bioethics. The retreat was an opportunity for resource persons to deliberate on the launch of a fully fledged Master's degree program in bioethics at the institution.



L-R: Dr. Maduabuchi John Moses, Dr. Felix Nzube, Dr. Asogwa Nicholas, Dr. Onyeka Anthonia, Dr. Ezugu Eusebus, Dr. Mrs. Nwaigwe Chioma, Prof. Emmanuel Ezeome, Mrs. Agnes Nonye Anarado, Rev. Fr. Abah George, Dr. Anthony Emmanuel, Prof. Onochie Okoye.





**UNN Bioethics Faculty Members at the Retreat**

Part of the objectives of the retreat was to finalize the arrangement to escalate the rapid training and development of bioethics specialists with training in research methods who can be engaged in research into bioethical problems.

CBR is in liaison with the Director Institute of Public Health, College of Medicine UNN to advertise the training opportunity to MPH students that have completed their course work and are about to commence their research projects. The Students will also receive Sponsored participation in the Blended Diploma program in Bioethics and Sponsorship of their research projects, upon completion of the Diploma in Bioethics and the final research

project within the stipulated time period CBR will work with UNN to collaboratively approve the research topics and identify supervisors for students' bioethics projects at UNN.

The rationale of this arrangement is to increase the number of research ethicists with advanced degrees produced by Nigerian universities. This is necessary so the country can have adequate number of research ethicists for its numerous research institutes, universities, teaching hospitals, government and non-governmental organizations, sufficient to serve a rapidly growing population and complexity of research projects. The retreat was held at Hotel Fidelma Enugu from the 7th to 10th of October, 2019.



### 3.0 Online Blended Diploma Program

The Center for Bioethics and Research (CBR) Nigeria admitted 12 participants for the second set of trainees for the online blended diploma program for 2019. CBR organized 2 Weekend Retreats for successful participants of the blended diploma program. The Retreats were held in succession from November 1st – 3rd and December 6th – 8th 2019 at the prestigious Davies Hotel, Ibadan.

The Participants were admitted into the diploma program having fulfilled all the admission requirements. The Weekend Retreats were organized at the end of each month of the 2 months duration of the program. The participants arrived at the hotel and were astonished by the grand ambience of the Venue for the Retreat, the atmosphere was calm and relaxing as they checked – in to their rooms. The order of events for the Weekend Retreats were mainly a Welcome Address by the Facilitators of the retreat, review of lectures for each month, guest lecture, video on ethical issues, mock IRB session by the participants etc.

The Weekend Retreat is a chance for participants to get to know each other and to look with new eyes on the ethical review process for members of ethics committees, the challenges and human development more broadly.



**Dr Adejumo answering questions from participants**

Dr. Adebayo Adejumo informed the participants about the postgraduate degree program in Bioethics at the University of Ibadan and the online ethics training programs such as CITI and TRREE that can be easily accessed through the Center for Bioethics and Research. He said the online trainings can be very helpful to the participants in their review of protocols, it will also improve their understanding of Research Ethics. He welcomed participants to the retreat on behalf of the Director, Center for Bioethics and Research. The participants were also given the opportunity to introduce themselves and mention what they do for a living.

After the introductions the lectures for the first month were reviewed and the following topics were reviewed: Composition of ethics committee, Roles of different categories of ethics committee members & admin, Methods of ethics committee



**Dr. Adejumo during his welcome address to the participants**

review of protocol. Dr. Adejumo mentioned during the review of lectures that a major breach of ethics was recorded when the Nazi trial took place after the second world war, captives were subjected to inhumane treatment and this led to the development of the Nuremberg Code which is a set of Research Ethics Principles for human experimentation. Later on the World Medical Association developed the Declaration of Helsinki as a statement of Ethical Principles for Medical Research involving human subjects, the declaration is addressed primarily to physicians. He added that National Council on Health approved the National Code of Health Research Ethics (Nigeria) in 2007. He told the participants that even though codes exist for research purposes without full enforceability researchers would always find ways to circumvent the codes and laws.

CBR Weekend Retreat includes a guest lecture for participants and the guest lecture for the November Weekend retreat was titled 'Ethics of End of Life Care' by Dr. Olayinka Eyalade from the Anesthesia Department, College of Medicine, University of Ibadan. She described end-of-life care as a terminal, hospice or palliative care which minimizes/prevents suffering/pain while offering psychological and spiritual support for the patients and their family. She said that end of life medical interventions include Nursing, Medication, Nutrition, Resuscitation and Blood transfusion. She gave an historical evolution of end-of-life care by describing the various legal battles that have amounted from it such as the cases of Karen Ann Quinlan, Nancy Cruzan, Terri Schiavo.

Dr. Eyalade mentioned that the decision-making process is a vital component of end-of-life care for the physicians, patients, family and other healthcare givers, she said the two major approaches to decision making in end - of - life care can be described as either rational or non-rational. She explained further that conflict of interest may arise from end-of-life care from situations such as



**Dr. Eyalade during her presentation**

communication breakdown and shared decision making.

In her closing remarks, she listed some of the policies regarding end-of-life care as cardiopulmonary resuscitation, advance directive, surrogate decision maker, living wills, prognostication, medical futility and bereavement.

The guest lecture for December Weekend retreat was titled Law and Bioethics as tools for human rights, the speaker was Dr. Mrs. Jadesola Lokulo – Sodipe from the Faculty of Law, University of Ibadan. She started her lecture by mentioning that the need to protect human rights is the foundation of bioethics principle and these rights are off shoots of the right to dignity. The United Nations recognized the need to uphold these rights and promulgated the Universal Declaration of Human Rights (UDHR) which states that parties have the duty to respect, protect and fulfil human rights. In order to achieve this, laws, policies and regulations are put in place. She said there are 2 sources of law, positive law and natural law. She defined positive law as statutory laws which are created through legislation, she defined Case laws as laws which are created by opinions written by judges in court cases. She said natural law characterizes the universal



precepts that characterize a just natural order which is often associated with religious doctrines. Bioethics has an interdisciplinary character and it has had a longstanding focus on patients and research participants, more recently, it has been focusing on technology, in particular technologies of human reproduction and enhancement.

Dr. Mrs. Lokulo – Sodipe explained the relationship between law and bioethics as, law provides a means for resolving disputes in bioethics, law brings to bioethical cases an attention to rights and procedure while Bioethics enriches legal analysis with life-and-death dramas. She said the application of law to bioethical breaches has resulted in landmark judicial decisions and the adoption of new statutory and administrative laws such as Nuremburg Trial and the resultant Code.

Dr. Eyelade mentioned that the decision-making process is a vital component of end-of-life care for the physicians, patients, family and other healthcare givers, she said the two major approaches to decision making in end – of – life care can be described as either rational or non-rational. She explained further that conflict of interest may arise from end-of-life care from situations such as

Dr Mrs. Lokulo – Sodipe informed the participants that Bioethics led to the development of the legal rules that have become an integral part of the research enterprise. The law on its part institutionalized and made mandatory the analytical framework for the ethical conduct of research developed by experts in the field of bioethics. She said Bioethics and human rights respond to the same social and historical forces and events. The Universal Declaration on Bioethics and Human Rights (UDBHR), 2006 established the link between bioethics and human rights. Its preamble provides recognizing that ethical issues should be examined with due respect to the dignity of the human person and universal respect for, and observance of, human rights and fundamental freedoms. She added that Bioethical requirements such as informed consent, proxy consent, privacy and confidentiality, discrimination and stigmatization are all fundamental human rights.

In conclusion She said human rights are fundamental and its basis is in the right to dignity, being rights they create corresponding duties/obligations on the State. Governments are to put into place domestic measures and legislation compatible with their treaty obligations and duties – laws and bioethics principles.

Comments and questions from the participants are always welcomed by the guest speakers at the end of their presentations. The guest lecture sessions for these retreats were very interactive. The participants suggested the development of a communique to the government to address some of the issues that were mentioned.

A group photograph was taken with Dr. Mrs Lokulo - Sodipe at the end of her presentation. After the guest lectures at the weekend retreats there was a mock IRB session for participants and Cases were selected from



**Dr. Mrs. Lokulo - Sodipe during her presentation**

the Casebook on Ethical Issues in International Health Research by the World Health Organization (WHO).



**Sitting (L-R):** Oluranti Olufemi, Ogunyemi Funmilayo, Prof. A. S Jegede, Dr. Mrs. Lokulo-Sodipe, Dr. Adebayo Adejumo, Odeniyi Olalekan.

**Standing (L-R):** Afolabi Tosin, Leo-Olagbaye Afesobi, Orum Gabriel, Folarin Joseph, Mordecai Godstime Owajiloniro, Nnaji Chinedu Simeon, Kakako Ladipo Saheed.

The participants were divided into 2 groups to form ethics committees, each group appointed a Chairman and a Secretary for the deliberation on their cases. During the first weekend retreat the participants reviewed cases titled - ***Evaluating the Use of Traditional Medicines for Diarrhea, Testing a treatment for Schizophrenia***. During the second weekend retreat the participants reviewed cases titled - ***Documenting the health conditions of an indigenous community, Pneumonia vaccine trial***. At the end of the deliberations the appointed secretary for each group made a presentation based on the discussion of the group and the final decision of each group.

Prof Jegede and Dr. Adejumo listened to the presentations and asked questions from each group about how they arrived at the decision that they made concerning the cases that were reviewed. At the end of the presentations the facilitators of the retreat commended the participants for their effort and made recommendations for consideration by

the participants on deliberation of protocols. The facilitators also informed the participants about advanced bioethics training and job prospects for Bioethicists locally and Internationally. Afterwards, all the participants of the blended diploma program were presented with certificates of completion.



**Prof. Jegede addressing participants at the Weekend retreat**



**Participants displaying their certificates of completion; Prof. Jegede in navy blue attire at the center of the picture.**

The closing remarks were delivered by Mr. Damola Oyafajo, the participants and facilitators stepped outside for the last group photograph for the Weekend Retreat. The Participants were reimbursed for their transportation to and from the venue of the retreat at the end of the activities for each month's Weekend Retreat.





**Participants and facilitators at the Weekend Retreat.**

**L - R: Mr. Nnaji Chinedu Simeone, Mr. Olusegun Adeyemo, Mr. Odeniyi Michael Olalekan, Mr. Oyindamola Oyafajo, Mr kakako Saheed, Mr Orum Gabriel, Mrs Adeniji Ajoke Oluwatobi, Mr Oluranti Idowu Olufemi, Prof. Jegede, Mrs Ogunyemi Funmilayo, Mrs Afolabi Tosin, Mr Mordecai Godstime, Mrs Leo-Olagbaye Afesobi, Mr Folarin Joseph Olalekan and Mr. Idowu Joseph Olufem**

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## 4.0 RHInnO Ethics Software Refresher Training

The Center for Bioethics and Research organised a 3 – day refresher training on the use of RHInnO Ethics Software for members of 6 registered Institutional Health Research Ethics Committees. Members of the clinical trial division of drug evaluation for the National Agency for food and Drug Administration and Control (NAFDAC), the National Health Research Ethics Committee (NHREC) were also at the training.

The refresher training was organised as part of the implementation for 1 of the work packages on the Deepening Research Ethics in Nigeria (DREIN) Project. The DREIN project is supported by the European Development Clinical Trials Partnership (EDCTP). The refresher training was from the 28th – 31st of October, 2019 at the IBIS Hotel, Lagos Nigeria. The refresher training was organised to address the challenges encountered by the ethics committees that received the upgraded version of the RHInnO Ethics Software as stated in the work package/deliverable for the DREIN project.

The RHInnO Ethics software enables ethics committees to efficiently review research ethics protocols including those for complex clinical

trials and report serious adverse events, online.

The refresher training consisted of:

- (a)** Cataloguing the user experience of the HRECs on the use of the RHInnO Ethics software version 2.1.
- (b)** Troubleshooting the challenges or difficulties encountered in the use of the RHInnO Ethics software.
- (c)** Training of members of staff from NAFDAC on the use of the software.
- (d)** Training session on the evaluation of the usage and impact of the RHInnO Ethics software.

Mr. Francis Kombe the software engineer from COHRED presented background information and an overview of RHInnO Ethics software to appreciate the importance and benefits of transitioning from manual to an online ethics review system.

The training commenced with a brief exercise of step-by-step and do-it-yourself training approach to ensure that every participant is involved in how to use the software while solving the challenges they encountered. A training site was presented by the facilitator for the purpose of the training at <https://cohred.rhinno.net/login>. The Participants were guided on the development of Standard of Operations (SOPs) as Administrators. During the training participants were also shown how to perform tasks for specific roles such as administrators, reviewers or researcher. As a way of improving the understanding of the participants on the use of the Software there was a practical session where the participants were divided into groups, an individual from each group was selected to perform the functions of an administrator while others acted as reviewers. The outcome of the exercise was very helpful as it revealed the level of understanding on the use of the software by the participants.



**A front view of participants for the RHInnO Ethics Software refresher training. First on the right, Mr Francis Kombe, first on the left Prof. Onochie Okoye from UNN**





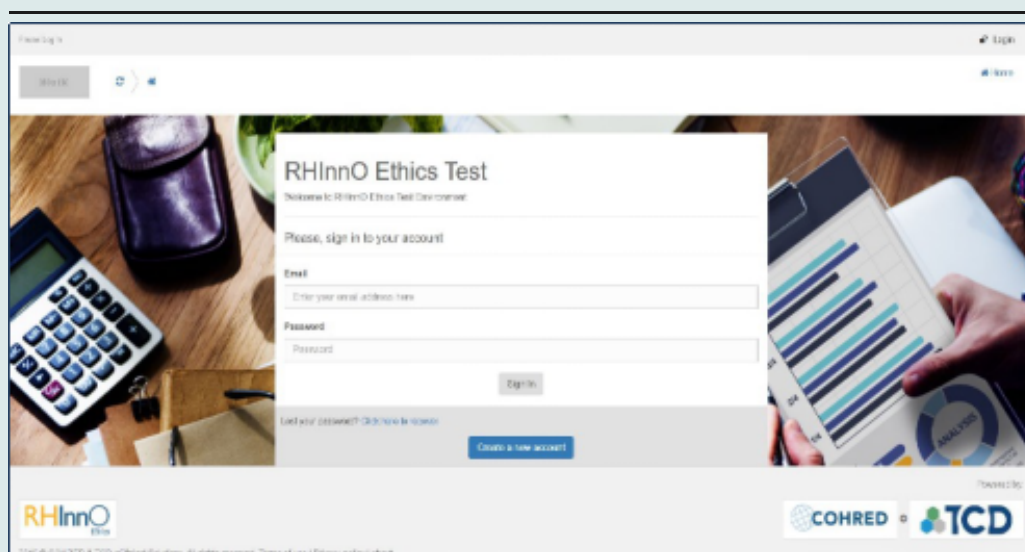
**Cross-sections of the participants for the RHInno Ethics Software refresher training during the user experience session**

### **Evaluation**

The Participants assessed the training software and their experience with it. Out of 23 participants that completed the evaluation forms, 100% agreed that the objectives of the training were met; the presenter was engaging; the presentation materials were relevant; the content of the training was organised and easy to follow; the trainer was well prepared to answer any questions; and the hands-on activities were helpful and relevant.

17 Participants (73%) agreed that the training length was appropriate while 6 Participants (26%) disagreed. 21 Participants (91%) agreed that the pace of the training was appropriate to the content and attendees while 2 Participants (9%) disagreed. Also 2 Participants (9%) disagreed on the appropriateness of the venue for the event.

Majority of the participants responded that the hands on sessions during the training were most useful in resolving the challenges they identified. They agreed that it eased their learning and interaction with the platform. The listening and teaching skills of the facilitator was highly commended.



**The login interface of the RHInno Ethics Software used during the refresher training**

The Participants indicated their desire for more hands-on experience on the RHInno Ethics platform as well as the resolution of the mentioned limitations of the platform.

All the participants indicated that they would recommend the use of the RHInno Ethics Software as the platform is easy to use, informative, transparent, time and cost efficient. It encourages uniformity in the review of submitted protocols.



**Participants of the RHInno Software Refresher Training.**

**L - R: Dr Ahmed Oloyo, Dr. Ayodele Ekun, Mr. Hodefe Olufemi, Mr. Ogunbamise Adebiyi, Dr. Sani Aji, Dr. Dalhatu Gwarzo, Mr. Abubakar Mahmud, Mr. Labran Haruna, Prof. Onochie Okoye, Mr. Mazi Onyimba Eze, Dr. Ngozi Chukwu, Mr. Solomon Chibuzor Ebuka, Dr. Adeboye, Mrs. O.O Adewunmi, Mrs. Yusuf Olanrewaju Ahmed, Mrs. Bello Olubunmi, Dr. Margret Mafe, Dr. Cheluchi Onyemelukwe, Mr. Ado Danladi, Mr. Kayode Isiaka Amuda, Dr. Beno Yakubu, Mrs. Ebele Anto, Mrs. Anastasia Adaku Ofojee, Mr. Dennis Ake, Mrs. Okwara Ugochi Adah, Mr. Olusegun Adeyemo.**



## 5.0 Blended Diploma in Bioethics at the Centre for Bioethics and Research

### My Personal Experience as a participant of the Blended Diploma Program

It was Abraham Lincoln who said: 'you will remain the same person you are today in next five years except for two things: the books you read and the company you keep.'

In my undergraduate days, I was exposed to professional ethics and research methodology and the lecturer who took us on ethics of research was so passionate about it that I began developing interest in ethics. One of the memorable story he told us was the Nazi concentration camp experiments where the dignity of humans was dented and it was inhumane and touching. This further implants in my subconscious mind the desire to get involved in research ethics. Again the issue of ethical principles of autonomy, beneficence, non-maleficence and justice raised by another of my lecturer under professional ethics became more interesting to me as I was getting prepared to practice as a licensed medical laboratory scientist. I quite appreciated the rights accorded to my supposed clients with whom I will be relating during the course of my day to day professional practice. When I got into practice, I didn't like the way most patients were treated by healthcare providers especially in the private sector where the aim of making money overrides the right of the patients thereby blinding the ethical eyes of the healthcare providers such that the rights of the patients are jettisoned. I didn't like this and each time I witnessed the unfair treatment of patients, I get some nudges in my mind for patients' right advocacy initiatives but the challenge has been how to start one.

In my quest to further my professional development, I stumbled on a senior colleague of mine who is a crusader of thinking outside the box and professional diversification. He drew my attention to other lucrative areas of our profession such a Clinical Trials which is pivotal in medical advancements.

Quickly, I nursed interest and registered for the online course organized by him on the Basics of clinical trial. During the program, he linked us to Global health network where we took some online short and modular courses in clinical trials. I also took a course on protecting human research participants by NIH office of extramural research that further deepened my overall interest in research. It was during this material time that the said senior colleague drew our attention to what I called my baby blended online diploma program and strongly encouraged us to apply. He assisted us at all stages of the application. I turned in my application after completion of the prerequisite courses with CITI on the 1st of June, 2018. Unfortunately, when some of my colleagues who applied got their admission letter, I didn't. I felt so bad because I was fully in love with the program especially with the fact that it was sponsored by NIH. I decided to console myself with the assurance that I will reapply in the next opportunity.



**Author: Mordecai Owajioniro Gostime.**  
*Graduate 2019 Blended Diploma Program,  
Center for Bioethics and Research*

Alas! The good news came when I received a mail on 21st February, 2019 from Centre for Bioethics and Research (CBR), Ibadan, Nigeria stating that I have been considered for admission into the diploma program as my application was successful. My joy welled up and knows no quenching. Quickly, I contacted that my colleague, Sct. Olufikayo, to tell him about the new development.

After a long waiting, the program kick started on the 30th of September, 2019 with the online courses with access to course materials, videos and quizzes which were easy to comprehend. The coordination was superb, the lecturers were simplistic and mentored. They were adept with bioethics. In fact, it runs in their blood. My experience has been rewarding and awesome as I delve deeper into bioethics more than what I had in my undergraduate days. It was so interesting that I got to know about the National Code for Health Research Ethics (NCHRE) that was established since 2007 during this training of which was not even mentioned in my undergraduate days (2010-2015). Could it be that it was not supposed to be mentioned or the lecturer who taught us was not aware of its existence?

One of the thrilling part of this program is the awareness that ethics committees are constituted primarily to ensure the protection of research participants as well as the researcher, institution and the sponsors. Informed consent process is great tool to achieving that. Bioethics guarantees that the research participants is entitled to detailed information about the research he/she will be taking part in so as to enhance his capacity to making voluntary informed decision to participate in such research and can equally withdraw from such if he deems fit. The issue of benefit and compensation to the participants was a welcome idea. This program has change my orientation about ethical and scientific conduct of research. The mock IRB is something too hard to forget as it gave us the practical opportunity to review case studies and members of group 2 to which I belong were astute reviewers.

The submission of research protocol and categorization of protocol review into exempt, expedited and full committee was impactful. The crop of students of my set is something intriguing as all of them were just too cerebral in their contributions during the online chat sessions and weekend retreats. They have formed my important social and professional network. Our coordinators, Mr. Damola and Mr. Segun, are credit-worthy as they did their job with such unprecedented seamless expertise. The reviews of the lectures and guest lectures during the weekend retreats by our erudite lecturers and mentors lent the needed air of gravitas to my passion to see to the need of patients' and research participants' education on their rights in this part of the globe where less importance is attached. The way and manner Prof. Jegede and Ass. Prof. Adejumo stirred my passion for bioethics, I will not fill comfortable to stop with the diploma program. I do hope to further my training in this my new found love (Bioethics) and become an active force to reckon with in Nigeria, Africa and the world at large. The financial commitment from the sponsor (internet stipend, per diem, hotel accommodation, feeding and transport fare) was worth the training. 'I came, I saw, I conquered'. I am not the same person I was before this diploma program. Thanks to Centre for Bioethics and Research, Nigeria and Fogarty international Centre of US National Institutes of Health for organizing and sponsoring this program respectively.

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***The coordination was superb, the lecturers were simplistic and mentored. They were adept with bioethics. In fact, it runs in their blood.***

***My experience has been rewarding and awesome as I delve deeper into bioethics...***

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## 6.0 My Experience as an M.Sc. Bioethics Scholar at the University of Ibadan

My name is Temiloluwa Priscilla Ojo, I am a graduate of plant science and biotechnology from Ekiti State University. My first contact with research ethics and Bioethics happened in 2017 when I was working as a research assistant at the American University of Nigeria in the development unit of the institution. It was majorly a supported service for the internally displaced in the three insurgent northeast states of Nigeria and it was aimed at providing basic resettlement help for each person by trying to integrate them back into the society. At some point in time we incorporated research and evaluation into our intervention programmes. One of such is the measurement of health stability and nutrition impact of our feeding of once a day for the Almajiri's children at that time.

As a co-investigator on the team we were required to take ethical clearance, the Institutional Review Board (IRB) which I just heard about for the first time required that we should take courses on research with a vulnerable population, conflict of interest and social behaviour investigator. This is how I was introduced to the West Africa Bioethics CITI online courses, at first I was sceptical about taking the courses just to carry out a developmental measurement and ask harmless questions. After the courses which were interesting and insightful to me, I developed an interest in Bioethics without having a clear sense of its nature and scope.

I erroneously concluded that it was for health practitioners and it had no importance in my area of specialization, although I was already diversified at that time. I tried to apply for the blended-diploma after a year of my knowledge of Bioethics with no success, a few months after that I learnt from the WAB program administrator about the MSc degree program in Bioethics at the University of Ibadan. The icing on the cake, I have been able to read more and



**Author: Ms. Temiloluwa Priscilla Ojo. M.Sc. Bioethics Scholar University of Ibadan. 2018/2019 Session**

realise Bioethics is multidisciplinary and not limited to medical researchers only so I applied and thankfully after meeting the admission criteria of the postgraduate school University of Ibadan I was admitted for the 3 semesters long academic program.

It was my first learning experience where technology is adequately utilized as lecture notes are in slides despite the small class size with most of the reading in soft copy. I find myself going through the modules fighting hard to meet deadlines for term papers, assignments and presentations. Academic activities during the first two semesters are very intensive. The courses are in modular form, a course at a time for a period of three weeks and lecture holds Monday through Fridays with class activities spanning a minimum of 6 hours a day, that was the most tedious to cope with for me. With the understanding and experience of the faculty members breaks were incorporated in the form of group discussion, self-study, presentations and class discussion to keep students in high spirit through the class. Classes are usually very interactive as the students get to share insight on topics at the discretion of course directors.

My bioethics experience took off on 16th June 2019, with the first contact being Prof Agunlana who took us through "Introduction to Philosophy." I was sceptical about the course because I viewed it as being an abstract but the class was very interesting to me. Even though I had a minimal knowledge of philosophy beforehand, because of the approach the lecturer started with and the books and readings helped to deepen my knowledge of it. In a few days of attending the class and learning I could tell what philosophical moral theories I mostly align with, myself and my class could determine whether we are Deontologist, Kantian, Aristotelian or guided by virtue ethics.

The series of lectures and the need to consistently write in each module kept me on my toes, the experience as a bioethics trainee made me realise there are no wrong or right, it depends on how well you could articulate your reasons and points. The case studies, film reviews, book reviews, discussion of ethical issues and interactive sessions made the course an exciting, inspiring and humble experience for me. I also found "Foundations of Bioethics" and "Informed Consent and Research Ethics Committee" modules particularly interesting and most useful for me. The most challenging course for me was Biostatistics, it was voluminous and there was so much to be learnt practically. I began to see the historian part of me awakened by research histories, adequate readings on human exploitations in the past, Nazi experiments, Pfizer's Trovan trial, Willowbrook, watching "Miss Ever's Boys" a movie illustrating the Tuskegee Syphilis Study. During the Foundation of Bioethics Principle and Informed consent, CIOMS, Belmont report, Nuremberg code, Nigeria health research codes became a memorable article for me. The ethical guidelines are the point to the fact that the human subject as research participants need to be protected against any harm and risk.

I might not have been opportune to know about MTA, genomic and genome research dissemination, the ethics of genomic research and the fact that a

general community or key stakeholder consent does not translate to straight jacket consent from the actual research subjects from the community without undergoing a program in Bioethics. In-depth knowledge of individual Autonomy and respect for persons which translate to us treating people better. I find ethics to be lenient as it provides guides to do things the right way even if erring has been done.

Resources were adequately provided by the Center for Bioethics, which includes payment of tuition fees, comfortable accommodation, monthly Stipends and Books. The books were particularly useful, in the words of one of the faculty members - 'Your Bioethics is rooted in Beauchamp and Childress', I found the "Principle of Biomedical Ethics" book by this author particularly helpful and useful to build a ground foundation in understanding Bioethics. The understanding and efficient program administrator has made the study time a smooth sail, he is readily available to heed our call to make learning convenient and more enjoyable. A functional library with useful resources and also software and online access to enable ease of research and study was provided by WAB.

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***The experience as a bioethics trainee made me realize there are no wrong or right, it depends on how well you could articulate your reasons and points.***

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To whom much is given, a lot is expected, bioethics has ignited a quest for more in me, the real learning has just begun as I continue in my quest for further knowledge in the field of Bioethics and also talk to as many researchers as possible about the ethics of research and responsible conduct of research not just amidst Biomedical researchers, but across all fields of science. My special appreciation to every member of WAB faculty, WAB Administrator, Coordinator Prof C.A. Adebamowo and Fogarty international centre.



## 7.0 Fogarty Administrators Conference for 2019

The Center for Integrated Global Biomedical Sciences (CIGBS) at the University at Buffalo organized the Annual Fogarty International Center (FIC) Administrators meeting on the 12th – 13th September, 2019 in Buffalo, New York. The Meeting was the 18th Annual Conference for Administrators of Awards from the Fogarty International Center.

The Fogarty International Center at the National Institutes of Health (NIH) is dedicated to supporting and facilitating global health research by building partnerships between health research institutions in the U.S. and abroad while training the next generation of scientists to address global health needs.

Mr. Olusegun Adeyemo is the Program Administrator at the Center for Bioethics and Research Nigeria, he is one of the Administrators that attended the annual conference for Administrators. The

conference brought together Fogarty Award Administrators and Program coordinators to share their collective experiences in building research programs around the world. It has grown in significance as one of the primary mechanisms for creating efficient capacity building in the area of research administration with a focus on recruitment, fiscal management, core facility building and international travel. The conference was preceded by Emerging Issues in Global Health, a mini-symposium highlighted by a keynote from Fogarty International Center Deputy Director Peter H. Kilmarx, MD. The symposium took place on Sept. 11 from 12-2 p.m. in the Active Learning Room at the Jacobs School of Medicine and Biomedical Sciences at University at Buffalo.

On the 12th of September, there was a group photograph of all the administrators that had travelled from within and outside the United States to Buffalo New York for the meeting, the venue was Zebro Conference room CGP building of Roswell Park Cancer Institute. The welcome address was delivered by Gene D. Morse, distinguished Professor in the University at Buffalo School of Pharmacy and Pharmaceutical Sciences.

The introduction of staff and faculty members was done by Jack DeHovitz distinguished service Professor in the Department of Medicine, SUNY Downstate Health Sciences University. Peter H. Kilmarx, MD gave the opening remarks.

There were 4 Plenary sessions on the first day of the conference:

- Fogarty Funded D43 Programs at the University at Buffalo
- Program Updates from the Fogarty International Center
- CareerTrac Updates
- Grants Management Updates and Allowable Costs.



**Mr. Olusegun Adeyemo at the conference for Administrators in Buffalo, New York**

The plenary sessions were coordinated by staff of the Fogarty International Center, National Institutes of Health and facilitators of the conference from the University at Buffalo. There were group discussions as part of the activities for the first day of the conference. Some of the group discussions were on equity, diversity and inclusion. Sharon Nolan – Weiss, the Director Office of Equity, Diversity and Inclusion mentioned that Equity, Diversity and Inclusion (EDI) ensures University at Buffalo's compliance with policies covering discrimination, harassment, accommodations, equal opportunity and child protection.

There was a group discussion that focused on issues tagged 'Tough to Talk About'. Issues such as scholars experiencing biases, prejudices or being the subject of discrimination or harassment based on race, color, national origin, sex, religion, age, disability, gender, pregnancy, gender identity, gender expression, sexual orientation, predisposing genetic characteristics, marital status, familial status, veteran status, military status, domestic violence victim status or criminal conviction status. The main question for the group discussion was on whether organizations funded by different programs from the Fogarty International Center have something in place to deal with these types of issues and what can be done to help prepare scholars and hosts for handling these types of situations. There were numerous contributions from participants within the group discussion that have experienced some of the issues that were listed and how they resolved them.

Katie Tudini assistant Vice – Provost, Director for International Student Services and Caitlin Rioux International Student Inclusion and Engagement Program Coordinator gave the closing remarks for the group discussion session and activities for day one of the conference.

On the second day of the conference which also was the last day of the conference, the first session was on Mentoring Agreements between Mentors and

Mentees. Roopa Sriram Program Coordinator Fogarty Programs University of Washington facilitated the session. He explained that it is important at the beginning of the mentoring relationship that both parties appreciate each other's understanding of what they expect from it and how they anticipate it will proceed. The Mentoring agreement is an invaluable tool as it helps each party clarify and agree on their responsibilities and role, as well as gain commitment from all concerned. He added that Research shows that clear contracting is important for people working and relating to each other as well as developing an effective and successful mentoring relationship. He provided a checklist of things to do as an aid to the initial discussion between a Mentor and Mentee.



**Participants at the conference during group discussions**

The other session on Mentoring for the second day included Mentoring Roundtable: What makes a Mentor/Mentee relationship successful, how to sustain the mentoring relationship, how to evaluate the relationship. The moderator of the session was Xiufeng Liu, PhD, University at Buffalo. The panelists were Albert Nyamhunga, MMed, MBChB, University of Zimbabwe, Charles Maponga, Pharm.



D. University of Zimbabwe and Qing Ma, PhD, Pharm  
. D. University at Buffalo.

There was a workshop on best practices for documenting training in the Responsible Conduct of Research, participants broke out into small groups of about 5 or 6 and noted ideas for how they are or could be documenting and tracking training of fellows and Mentors in the Responsible Conduct of Research. After the morning break there was another Workshop on Program Management from Abroad, participants broke out again into small groups of about 5 or 6 and discussed ideas for how they are or could be ensuring trainees participate fully in and complete their program especially when it is being conducted outside of the United States, tracking and documenting trainee progress.

There was a presentation and Workshop on how to keep up, it was an overview of the University at

Buffalo sponsored projects services in support of Fogarty Awards. Participants were asked to share their experiences and best practices for keeping up with evolving NIH policies including:

- Grant Applications and other Pre – Award issues
- Post Award Administration including fiscal reporting
- Central Resource for Administrators and Program Coordinators.

After the Workshop and presentation, participants were asked to return their completed evaluation forms for the meeting. The closing remarks were delivered by the meeting facilitator Kelly Tooley. A total of 36 administrators within and outside the United States of America were at the meeting.

An excursion to Niagara Falls was organized for participants at the end of the conference.



**Mr. Olusegun Adeyemo and Mrs. Yinka Owoade the program coordinator for IHVN ACCME project at the end of the administrators conference**

## 8.0 Onsite Institutional Ethics Committees and Health Researchers Training

The following onsite trainings were conducted by the Centre for Bioethics and Research from October 2019 to date.

| Institution                            | Date            | Attendance | Participants                                      | Training type          |
|--|-----------------|------------|---|------------------------|
| Lily Specialist Hospital, Warri        | October 29 - 30 | 11         | Members of Health Research Ethics Committee- HREC | Modern Research Ethics |
| University of Ilorin Teaching Hospital | November 5 - 7  | 17         | Members of Health Research Ethics Committee       | Modern Research Ethics |

The Center for Bioethics and Research provided on-site training to 2 Health Research Ethics Committees and their Members from institutions across Nigeria. These trainings are part of the requirements by the National Health Research Ethics Committee (NHREC), for members of an Ethics Committee and the registration of a newly inaugurated Ethics Committee or Institutional Review Board.

## 9.0 Online Collaborative Institutional Training Initiative (CITI) in collaboration with BRANY, New York

As part of our partnership with the Biomedical Research Alliance of New York (BRANY)'s CITI program, we provided 1,089 online CITI trainings in Informed Consent, Responsible Conduct of Research and a specialised module on the Nigerian National Code for Health Research Ethics from 25th of August, 2019 to 10th of December, 2019.

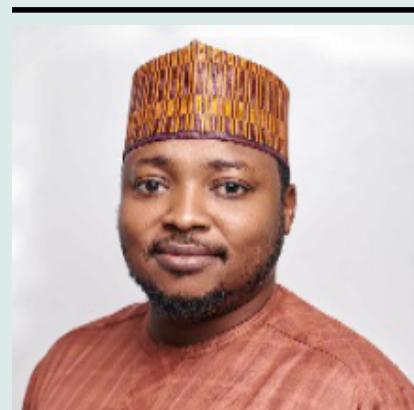
## 10.0 Recognition of a high Achiever

Aminu Yakubu Adamu is a Bioethicist and a Research Ethics expert, he worked very closely with Prof. C.A. Adebamowo while he was Chairman of the National Health Research Ethics Committee (NHREC). Aminu specializes in Ethics related issues, he has also worked in several ethics settings both locally and Internationally, with the guidance and tutelage of Prof. Adebamowo he has made remarkable achievements. CBR focus is on him and some of his laudable achievement in this edition of our Newsletter.

Aminu Yakubu Adamu is a graduate of Biochemistry from Bayero University, Kano State Nigeria. He studied Biochemistry at the University between 1995 – 1999 when he obtained a second class lower degree in Biochemistry.

Aminu has been committed to research work right from his undergraduate days, his final research project for his B.Sc. Degree was on 'Dietary habits, HDL and LDL cholesterol as cardiovascular disease risk factors amongst diabetics in Kano State.' In 2004 Aminu obtained a Master's Degree in Public Health from the University of Birmingham, United Kingdom. The dissertation for his Master's degree was on 'Resources for the Management of Tuberculosis in the West Midlands: a needs assessment. During the research for his Master's degree he studied modules on Epidemiology and Statistics, Healthcare Evaluation appraising effectiveness of interventions including their internal and external validities, and also cost effectiveness. Other modules that he studied include Needs Assessment, Evidence Based Medicine, use of concatenate (CAT) and PEOM in appraising evidence from Randomised Control Trials (RCT), Meta-Analysis, and Systematic Reviews, Critical Appraisal, Health Promotion and Disease Prevention, health promotion in practice, theories and models and their practical applications.

During the course of his research work for his



**Mr. Aminu Yakubu Adamu**

Master's degree Aminu acquired skills in Critical appraisal and evaluation of research studies including systematic reviews, conducting needs assessment, developing research proposals and conducting research. He also acquired skills in general understanding of the implications of diseases and their interactions with physical, social, behavioral and environmental factors (determinants) to Public Health, Design of evidence based health promotion strategies using suitable models.

In 2009 Aminu was a fellow at Johns Hopkins University Fogarty African Bioethics Training Programme for Fellows, his Practicum Title was 'Research Ethics Committees in Nigeria: operations, functions and needs. Thereafter, between year 2000 – 2006 he obtained certificates for short courses in Computer Appreciation, Marginal Budgeting for Bottlenecks and protection of human research subjects.

During the acquisition of his Professional Certificates, in the year 2000 Aminu was employed as the Senior Health Research Officer for the Federal Ministry of Health Department of Health Planning and Research of Nigeria, his primary responsibilities were assisting senior colleagues in commissioning health related researches, Prioritizing researches for the ministry, assessment of researches for consideration by research ethics committee, reviewing research findings that are in line with the ministry's goals



and translating their outcomes into policy statements for consideration of the Ministry. He also performed other administrative duties such as budget preparation and covering meetings.

Aminu's other health research experience at the Federal Ministry of Health included participating in preparing draft health research policy for Nigeria with some funding from World Health Organization (W.H.O). Aminu also participated in preparing the draft document on health research priorities for Nigeria, he provided support to the Local Organizing Committee that organised the high level meeting on health research for Ministers of health from developing countries, it was a WHO/TDR supported initiative led by the Ministers of Health for Nigeria and Ghana.

He also participated in the 2005 NARHS survey as a technical supervisor for Katsina State and was responsible for coordinating activities of the interviewers and ensuring adherence to survey protocol.

Aminu Supervised the Service Availability Mapping (SAM) exercise in Abuja in 2006. He was responsible for ensuring accuracy of data collection, site preparation and coordination. From 2001-2003 he was the Finance Team Leader for the Federal Ministry of Health on the Strategic pathway for reproductive health commodity security (SPARHCS) in collaboration with DELIVER, John Snow Incorporated (JSI), and other development partners. He was responsible for leading the finance team to identify cost-effective methods to ensure contraceptive security for the reproductive health programme, he suggested mechanisms to implement the strategies and the team's work led to the development of a fully costed contraceptive forecast for a period of 10 years using the FAMPLAN software.

Aminu also contributed to the redesigning of the contraceptive logistic management System including redesigning of HMIS forms for collecting basic reproductive health commodity usage data, since 2004 till date he has been involved with Millennium Development Goals (MDG) and use of marginal budgeting for bottleneck (MBB) tool. He is responsible for developing workplans, and ensuring their implementation by all programmes that have direct link to the MDGs. Aminu provides technical assistance to the MDG secretariat, in all matters relating to MDG plan and implementation he is part of the team that fully costed the inputs needed to achieve the MDGs 4 & 5 for the Integrated New-born and Maternal Child Health Development Strategy using the MBB tool.

Aminu with support from UNICEF has facilitated several workshops at the local level to develop practical workplans for maternal and child mortality reduction under the Accelerated Child Survival and Development Strategy concept pioneered by UNICEF in 2005, utilizing MBB based planning approach (bottleneck reduction approach) he is currently using the MBB tool to develop a comprehensive needs assessment for achieving MDGs 4, 5, & 6 in Nigeria in collaboration with UNICEF and World Bank, the document is at the final stage.

Aminu Yakubu also worked as the Desk officer on Health Sector Reform (HSR) in the Federal Ministry of Health, he was responsible for developing workplans and their implementation for the HSR secretariat of the Ministry. He provided technical assistance in all matters relating to HSR plan and implementation. Aminu was a part of the technical team that collected evidence based data on health financing initiatives needed to inform the development of the National Healthcare Financing Policy. He also organised and participated at the workshop where the zero draft of the national Healthcare Financing Policy was developed.

When Prof. Clement Adebamowo was the Chairman of the National Health Research Ethics Committee of Nigeria (NHREC) he worked with Aminu Yakubu as the Administrative Officer of the National Health Research Ethics Committee (NHREC) from 2006 – 2016. Aminu was the primary contact person for the NHREC on health research ethics issues, he was responsible for reviewing research protocols and making recommendations for action of the Chairman of the Committee and where necessary the Committee at large. He also partook in oversight of research to ensure adherence to approved protocol, he provided guidance to potential applicants for ethical approval on the process and how best to proceed in line with provisions of the National Code for Health Research Ethics. Aminu participated in the technical workshop where the National Code for Health Research Ethics was developed and he contributed to the process. He also provided the initial technical support for the re-engineering process that led to the inauguration of the present NHREC.

Aminu participated in the 2006 Annual Human Research Protection Program (HRPP) organised by Public Responsibility In Medicine and Research (PRIM&R) in Washington DC.

In 2009, with support from Prof. Adebamowo, Aminu presented a paper on Health Research and Ethics Regulations in Nigeria at the Pan American Health Organization (PAHO) conference on International Ethics Regulation in Chile. He also executed some Ministerial Level Assignment, he was a member of the technical sub-committee for the ATM summit where he developed technical briefs and wrote reports of the various sub-committee meetings during the summit proper.

In 2008 he provided significant technical support in writing the Global Fund Round 8

Health Systems component of the Nigerian submission, he made all the presentations to Country Coordinating Mechanism (CCM) on behalf of the team.

In 2007 as part of south-south collaboration he co-facilitated training on Marginal Budgeting for Bottleneck for officers of the Sierra Leone Ministry of Health. Later in 2007 he was appointed as consultant to UNICEF East and Southern Africa Regional Offices to serve as facilitator for a regional training of trainers workshop on Marginal Budgeting for Bottleneck (MBB) in Rwanda. MBB is a costing and planning tool to facilitate country system strengthening for achieving the MDGs. In March 2008 he was a consultant to UNICEF West and Central Africa Regional Offices to review the MBB training manuals, Aminu was one of the five people that wrote the Health Systems component of the Global Fund round 8 proposal for Nigeria. The proposal is now funded and being implemented.

In 2010 he was the Lead technical expert for developing the HSS component of the Global Fund Round 10 Grant for Nigeria. He is one of the key technical team that coordinated the process for development of the National Strategic Health Development Plan for Nigeria and the First Nigeria Health Sector Performance report. Aminu wrote some aspects of both documents.

Aminu was recently admitted for his Ph.D. in Bioethics at the University of Ibadan, he is the first Ph.D candidate of the Bioethics program at the University of Ibadan, his research interest is on Research Ethics of Alzheimer's Disease and Alzheimer's Disease related dementia.

In September 2019 Aminu was appointed as the Vice – President for Research Planning and Ethics at 54gene, before then he was the Science Program Specialist at the U.S Center for Disease Control and

prevention (CDC). He reviewed study protocols for consistency with CDC standards and provided inputs and guidance to investigators to ensure compliance.

Aminu Yakubu has 2 publications with Prof. Clement Adebamowo and others:

- C. Adebamowo, M. Mafe, A. Yakubu, et. Al: Developing Ethical Oversight of Research in Developing Countries: Case Study of Nigeria; Harvard Health Policy Review; Vol. 8, No. 1, Spring 2007
- Yakubu A. and Adebamowo CA. Implementing National System of Health Research Ethics Regulations: The Nigerian Experience. BeOnline Journal 2012; Vol. 1 No. 1: pp4 - 14

The Center for Bioethics and Research is proud to be associated with Mr. Aminu Yakubu Adamu, we congratulate him on his achievements thus far and wish him good luck in his strive for greater heights.

## **11.0 Appointments/Achievements**

### **11.1 Promotions**

Dr. Mrs. Simisola O. Akintola was promoted to Professor of law in the Faculty of law, University of Ibadan.

### **11.2 Achievements**

Dr. Chiedozie Ike an alumnus of the Blended diploma program of the Center for Bioethics and Research passed the certified IRB Professional exam organised by Public Responsibility in Medicine and Research (PRIM&R).

## **12.0 BeOnline Journal – Accepting Manuscripts for Review and Publication**

BeOnline, the Bioethics Online journal of the Center for Bioethics and Research is an open-access online journal that provides a platform for individuals to contribute to the global discourse on bioethics by adding the voice of Africans and research in Africa to the discussions about clinical and research ethics, primarily in Africa and in the world at large. We invite you to submit your work to our panel of experienced reviewers and publish in the BeOnline journal. Rapid review and decision is guaranteed. We also provide text editing support to improve the quality of your papers. Let the world hear your view about research ethics.

For more information on how to submit a manuscript for review, please visit us @ <http://www.bioethicscenter.net/journal/> or send an email to [admin@bioethicscenter.net](mailto:admin@bioethicscenter.net)



## Closing Remarks

Thank you for taking your time to read this issue of the newsletter, your comments about the current issue, and ideas for the next issue are what will keep the Center for Bioethics and Research Newsletter an interesting and lively newsletter.

Please send contributions and suggestions to [admin@bioethicscenter.net](mailto:admin@bioethicscenter.net)

## Contact Information

102, Bashorun Road, Ashi-Bodija P.O.Box 29822,  
Ibadan, Oyo State  
Nigeria.

Email; [admin@bioethicscenter.net](mailto:admin@bioethicscenter.net)


CHECK US ON THE WEB  
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# HAPPY NEW YEAR

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