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### Training of Doctors at the Geriatric Centre, University College Hospital, Ibadan, Nigeria

*Formation des Médecins au Centre Gériatrique, University College Hospital, Ibadan, Nigeria*

<sup>1</sup>L. A. Adebuseye, <sup>1\*</sup>O. O. Olowookere, <sup>2</sup>E. O. Cadmus

#### ABSTRACT

**BACKGROUND:** The population of older people is increasing exponentially and geriatric care is just evolving in Nigeria. There is a shortage of training opportunities for doctors in Nigeria to care for older people.

**METHODS:** This was an account of the conceptualisation, structure, and outcomes of the annual two-week basic certificate course in geriatric medicine for doctors at the University College Hospital (UCH), Ibadan, Nigeria, between 2016 and 2022.

**RESULTS:** In all, 204 doctors were trained. Their mean age was  $40.1 \pm 8.5$  years, and 105 (51.5%) were females. Majority (80%) worked in public hospitals, especially in the tertiary health sector (62.2%). Annual participation increased from 26 participants in 2016 to 39 participants in 2022. Knowledge acquisition was the main reason for attending the course (56.7%). There were 42 didactic lectures and ten clinical/practical sessions. On average, participants' self-rating in caring for older persons improved significantly after ( $80.2 \pm 12.7\%$ ) than before ( $49.9 \pm 16.4\%$ ) the course [mean difference = 30.24%, 95%CI (25.91–34.57),  $p < 0.0001$ ]. Similarly, the overall post-course test score in the 20 MCQs ( $14.08 \pm 2.89$ ) was significantly higher than the pre-course test ( $12.51 \pm 2.01$ ) scores [Mean difference = 1.57, 95%CI (0.45–2.69),  $p = 0.007$ ]. Some participants (37.8%) had commenced special clinics for older persons in 39 institutions across Nigeria.

**CONCLUSION:** Our training programme has yielded a modest increase in the capacity building of doctors for the care of older Nigerians. However, more concerted efforts are needed to train more doctors throughout Nigeria. **WAJM 2023; 40(8): 877–882.**

**Keywords:** Workforce, Training, Doctors, Geriatrics, Nigeria.

#### RÉSUMÉ

**CONTEXTE:** La population des personnes âgées augmente de façon exponentielle et les soins gériatriques sont en pleine évolution au Nigeria. Les médecins nigériens manquent de possibilités de formation pour s'occuper des personnes âgées.

**MÉTHODES:** Il s'agit d'un compte rendu de la conceptualisation, de la structure et des résultats du cours annuel de certificat de base de deux semaines en médecine gériatrique pour les médecins à l'University College Hospital (UCH), Ibadan, Nigéria, entre 2016 et 2022.

**RÉSULTATS:** Au total, 204 médecins ont été formés. Leur âge moyen était de  $40,1 \pm 8,5$  ans et 105 (51,5%) étaient des femmes. La majorité (80%) travaillait dans des hôpitaux publics, en particulier dans le secteur tertiaire de la santé (62,2%). La participation annuelle a augmenté de 26 participants en 2016 à 39 participants en 2022. L'acquisition de connaissances était la principale raison de participer au cours (56,7%). Il y a eu 42 conférences didactiques et dix sessions cliniques/pratiques. En moyenne, l'auto-évaluation des participants en matière de soins aux personnes âgées s'est améliorée de manière significative après ( $80,2 \pm 12,7\%$ ) qu'avant ( $49,9 \pm 16,4\%$ ) le cours [différence moyenne = 30,24%, 95%CI (25,91-34,57),  $p < 0,0001$ ]. De même, le score global au test post-cours dans les 20 QCM ( $14,08 \pm 2,89$ ) était significativement plus élevé que le score au test pré-cours ( $12,51 \pm 2,01$ ) [différence moyenne = 1,57, 95%CI (0,45-2,69),  $p = 0,007$ ]. Certains participants (37,8%) ont commencé à travailler dans des cliniques spéciales pour les personnes âgées dans 39 institutions à travers le Nigeria.

**CONCLUSION:** Notre programme de formation a permis une augmentation modeste de la capacité des médecins à soigner les Nigériens âgés. Cependant, des efforts plus concertés sont nécessaires pour former davantage de médecins dans tout le Nigeria. **WAJM 2023; 40(8): 877–882**

**Mots-clés:** Main-d'œuvre, Formation, Médecins, Gériatrie, Nigeria.

<sup>1</sup>Chief Tony Anenih Geriatric Centre, University College Hospital, Ibadan, Oyo State, Nigeria.

<sup>2</sup>Department of Community Medicine, College of Medicine, University of Ibadan, Oyo State, Nigeria.

\*Correspondence: Dr. Olowookere Olufemi O., Chief Tony Anenih Geriatric Centre, University College Hospital, Ibadan, Oyo State, Nigeria. E-mail: femikemi2001ng@yahoo.com Telephone: +2348023422410.