



# Newsletter

Volume 01 | Issue 001 | Publication name: WAFERS

## *Announcement*

### **Manuscripts Under Review**

- The Prevalence and Pattern of Comorbid Long-term Conditions with Low back pain and Osteoarthritis in Low and Middle-Income Countries: A Systematic Review and Meta-Analysis. *International Journal of Health Promotion and Education*
- Self-management interventions for multiple long-term conditions in Low- and Middle-Income Countries: A Systematic Review. *Journal of Global health*

## *Inside this Issue*

### **PG. 2**

At a glance, it highlights the activities of WAFERS.

### **PG. 3**

From Ideas to Impact.

### **PG. 4**

Big Challenges and Big Potential.

### **PG. 5**

Meet the Team.

### **PG. 6**

Gallery.

*About Us*

West African Institute for Applied Health Research and Socio-Economic Development (WAFERs) is a registered non-profit research organization.

We are committed to spearheading the development, evaluation, and implementation of innovative solutions in low resource settings with a specific focus on West Africa.

WAFERs is keen on conducting high quality research that creates a lasting impact on global health hence, she's profiled on Ringgold database solely for research and publication purposes.

Currently, three distinct projects are ongoing in various locations in the Western part of Africa.

“WAFERs address public health challenges through innovative multidisciplinary approach.”

**Conference presentation held so far:**

- Co-contextualising and Implementing evidence-based care model for osteoarthritis: Nigerian case study in the Joint Implementation of Guidelines for OSTeoArthritis in West-Africa (JIGSAW-A). OARSI 2024 World Congress on Osteoarthritis, being held April 18th-21st, 2024 in Vienna, Austria.
- Challenges Of Implementing A New Model Of Care For Osteoarthritis Among Community Pharmacies In South-Western Nigeria: Focus on the Joint Implementation of Guidelines for OSTeoArthritis in West-Africa (JIGSAWA). OARSI 2024 World Congress on Osteoarthritis, being held April 18th-21st, 2024 in Vienna, Austria.
- Nutrition in older adults with Osteoarthritis and joint pain: Empowering people in sub-Saharan Africa with the right information to live and self-manage well in line with core guideline recommendations. International Conference on Nutrition ICN on November 4th -5th, 2024 in Cape Town, South Africa.
- Everyday living Osteoarthritis: Care Gaps and Unmet Needs of Osteoarthritis Patients in Nigeria, West Africa-A Qualitative Study 25th Annual National Scientific Conference & General Meeting 22nd-Jul-23rd 2024.
- Management of Osteoarthritis in a West Africa Country: Perspective of Community Pharmacists and Healthcare Professionals 64th Nigeria Society of Physiotherapists Conference 8th-14th October 2023.
- Diet myths and Osteoarthritis in Africa: Patient Information Needs and Role of Healthcare Professionals- Support Program for PhD Student in Africa (SuNREA) Training /Workshop South Africa 8th-14th October 2023.



**Joint Implementation of Guidelines for Osteoarthritis (OA) in West-Africa (JIGSAW-A)**

JIGSAW-A is accessing culturally acceptable patient information for effective self-management among people living with OA in West Africa.

In addition, the project tries to establish an approach in ensuring that healthcare professionals (HCPs) especially community pharmacists and physiotherapists work together in delivering care for OA.

The overall objective is to empower patients with consistent, accessible information on OA, likewise support HCPs (especially pharmacists and physiotherapists) in West African countries to deliver high quality, contextualized OA care in line with both National and International guidelines.

JIGSAW-A is funded through the Global Awards for Advancing Chronic Pain Research (ADVANCE) 2021 & Institute for Global health and Wellbeing Keele University.

Partners & Collaborators: University of Ibadan, Joy cometh Foundation, WAFERs, Keele University.

**Reducing burnout, improving wellbeing of Health Workforce in Nigeria.**

WAFERs is working together with partners (University of Ibadan, Nigerian Medical Association and Oyo State Ministry of Health) to address this critical area of research, and health services strengthening.

The strategy in achieving this is by improving our understanding of Nigeria’s health workforce wellbeing and help to inform the development of appropriate support and interventions for future scale out.

This accedes to investment in wellbeing of HCWs as both a moral and ethical obligation. Hence, requiring system-wide solutions to tackle root cause problems that reinforces psychological stress and intersectionality.

HCW Burnout project — Phase 1 (sponsored by The West African Institute For Applied Health Research (WAFERs)).

HCW Burnout project — Phase 2 & 3 (seeking funding)

**CIRCLES OF JOY**  
Is a community support group for older adults that empowers senior citizens in West African communities. Following the global statistics on elderly abuse and other associated morbidities, the goal is to create age- friendly community centers.  
  
In turn, this encourages old-age social and mental interactions, leading to healthier, joyful, and more fulfilled lives in life. It provides community support network for encouraging healthy lifestyle habits and explore innovative ways by which older adults can also 'give back' to their community. In all this proffers solution to the burden of elder abuse both in Africa and globally.  
  
Circles of joy is sponsored by The West African Institute For Applied Health Research (WAFERs) & New Covenant Ibadan

## Poor Funding

- The organization requires more financial resources in order to exciquite and scale up projects.

## Poor Stakeholders Collaboration

- Collaboration with all stakeholders down to all participants is required to acheive the desired projects outcomes. With advocacy and more sensitization this can be greatly acheived.

## Cultural and Behavioural Beliefs

- Advocacy and senzitization goes a long way also to break this barrier and acheive desired project goals.

WAFERs

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JIGSAW-A's project dissemination in Oyo State Ibadan



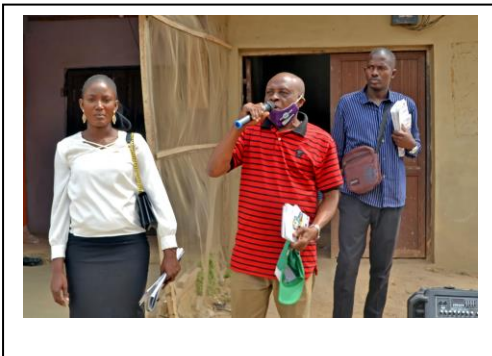
Physiotherapy exercise training for participants



Presentation to participants during the launch of Circles of Joy project



Volunteers and some team members during the launching of Circles of Joy project



Sensitization and road show activity of JIGSAW-A project