

CURRICULUM VITAE

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BIOGRAPHY

Dr. Yaria works at the University College Hospital, Ibadan as a physician. He is currently coordinating an upgrade of the epilepsy and sleep unit, as well working as a clinical investigator in a few NIH funded research projects.

Dr. Yaria attended the University of Ibadan where he obtained a Bachelor of Medicine and Surgery in 2008 and obtained a Master's in Public Health from the University of South Wales in 2020. He was also a Fellow of the National Postgraduate College of Medicine, Nigeria in 2019.

Apart from Dr. Yaria being involved in normal work-related activities in patient care and research, he teaches and mentors undergraduate medical students and postgraduate residents in training. Due to his training in biostatistics, also works as a data analyst and takes time out to give back to the society. The community engagement in the Stroke Investigative Research and Education Network (SIREN) project, participation in the Control Unique to CVDs in LMICs (COUNCIL) initiative, and Stroke Information System pilot community-based initiative are a few examples. He also has over twenty-five publications in peer-review journals with over three hundred citations.

PROFESSIONAL SUMMARY

A trained neurologist with working experience in clinical practice and research. A firm believer in improved service delivery, pragmatic interventional options and translational medicine for exemplary patient outcomes. Passionate about teaching neurosciences and willing to work with all members of the medical team, incorporate their ideas and input to maximize clinical outcome, training, and ultimately sustainable care delivery

EDUCATION

1985–1992		Oritamefa Baptist Nursery and Primary School, Ibadan.
1992–1993		St. Patrick's Grammar School, Ibadan, Nigeria
1993–1996	JSCE	Yinbol College, Orogun, Ibadan, Nigeria
1996–1998	SSCE	Methodist Grammar School, Bodija, Ibadan, Nigeria
2002–2008	MBBS	College of Medicine, University Of Ibadan, Nigeria
2011–2014		Membership, Medicine, National Postgraduate College of Nigeria
2015–2019	FMCP	Fellowship, Neurology, National Postgraduate College of Nigeria
2018–2020	M.Sc.	Public Health, University of South Wales

CERTIFICATION AND LICENSURE

2008	Medical Licensure, Nigeria
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CONFERENCES AND WORKSHIP

- 2013 Health in Numbers: Quantitative Methods in Clinical Public Health Research (an online learning initiative by Harvard University through edX)
- 2014 Fundamentals of Clinical Trials (an online learning initiative by Harvard University through edX)
- 2018 IBRO Teaching Tools Workshop in Neuroscience, Dakar, Senegal
- 2018 Movement Disorders Overview for Practicing Clinicians, International Parkinson and Movement Disorder Society
- 2019 Research Methodology in Medicine Workshop, National Postgraduate Medical College of Nigeria
- 2019 Health Resources Management Workshop, National Postgraduate Medical College of Nigeria
- 2019 Pre-Conference Workshop on Neuroradiology and Neurophysiology, Nigerian Society of Neurological Sciences
- 2019 51st Annual General and Scientific Meeting, Nigerian Society of Neurological Sciences

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WORK EXPERIENCE

10/11 – 11/19 Resident, Department of Medicine, University, College Hospital, Ibadan, Oyo State, Nigeria.

Handled clinical interviews and physical examinations of various medical cases largely referred from primary or secondary healthcare facilities. Other responsibilities included interpretation and synthesis of laboratory information and carrying out required interventions. Specialist procedures carried out and/or interpreted include renal biopsy, nerve conduction studies, electrocardiogram, electro-encephalography, and cerebrospinal fluid analysis amongst others. During the course of the program, the skills required to work with other members of health team was developed, medical students and resident teaching was customary, and a number of medical conferences attended improve knowledge and skill in clinical practice and research.

09/14 – 09/17 Clinical Investigator, Stroke Investigation Research Education Network (SIREN) Project

Responsibilities included patient recruitment, application of stroke-related clinical tools e.g. NIH Stroke Scale, ASPECTs score, patient follow-up, interpretation of laboratory results, detailed reporting of brain neuro-imaging, management of adverse effect, and manuscript development.

01/10 – 10/10 Medical Officer (General Hospital, Igboora, Oyo State, Nigeria)

A mandatory national service year in a secondary healthcare centre that helped to build self-confidence, innovation in the face of limited tools, and necessary leadership skills. Clinical cases managed included both communicable and non-communicable medical diseases.

11/08 – 10/09 House Officer (University College Hospital, Ibadan, Nigeria)

Rotated through five departments – medicine, surgery, emergency, pediatrics, obstetrics and gynecology. Responsibilities included obtaining a full and detailed medical history, physical examination, intelligent and rational ordering and interpretation of test results under supervision. Skills to manage various emergencies acquired with basic procedures – intravenous cannulation, phlebotomy, nasogastric tube insertion, urethral catheterization, blood glucose monitoring and correction, lumbar punctures, electrocardiography, basic cardiopulmonary resuscitation, suturing and laceration repairs, active management of labor, neonatal resuscitation, and phototherapy administration carried out on numerous occasions. Clinical presentations during ward-rounds, departmental meetings, and audits were frequent.

08/08 – 11/08 Freelance Research Assistant.

Responsible for data acquisition (questionnaire administration, participant examination, blood sampling), data management, and data analysis.

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PROFESSIONAL MEMBERSHIP

Member, Medical and Dental Council of Nigeria
Fellow, National Post-graduate Medical College of Nigeria
Member, Nigerian Society of Neurological Sciences
Member, International Parkinson and Movement Disorder Society

ACADEMIC AND CLINICAL APPOINTMENTS

2008 – 2009	House Officer, University College Hospital (UCH), Ibadan, Nigeria.
2009 – 2010	Medical Officer, General Hospital, Igboora, Oyo State Nigeria
2011 – 2014	Registrar, University College Hospital, Ibadan, Nigeria
2015 – 2019	Senior Registrar, Neurology Unit, UCH, Ibadan, Nigeria.
2020 – present	Consultant, Neurology Department, UCH, Ibadan, Nigeria.

CLINICAL SKILLS

- Problem-solving skills based on observation, listening and asking questions to accurately diagnose a wide range of neurological diseases.
- Knowledge and interpretation of a number of neuro-radiology investigations – computer tomography, magnetic resonance imaging,
- Ability to perform routine diagnostic procedures e.g. spinal tap studies.
- Interpretation and synthesis of electrophysiology – electroencephalogram, electromyography, nerve conduction studies.
- Teamwork and communication skills developed over an eight years period of working with multiple interns, residents, and consultants of various disciplines.
- Organization and time-management skills developed over years of managing multiple task as a resident – medical student lectures, teaching resident doctors, in-patient and out-patient management, and investigator on multiple research projects.
- The ability to communicate compassionately with patients and their relatives developed while managing various neuro-degenerative and severe conditions

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With regards sleep medicine, being currently in charge of running the epilepsy division in my hospital, I am charged with the training of medical students, residents, and post-graduate students on sleep neurophysiology and neurobiology. As the primary referral for epilepsy, I see about three new adult epilepsy patients weekly and follow them up for prolonged periods. I am currently working with the neuro-surgery department and colleagues in Canada on the possibility of setting up an epilepsy surgery service for drug-resistant cases. I currently oversee and report EEG related recordings for the hospital and those from other peripheral centers that serve the town at large. In sleep medicine, clinical cases personally managed include acute and chronic sleep deprivation, delayed sleep phase disorder, REM sleep behavior disorders (mainly those associated with Parkinson's disease), sleep-related epilepsy, arousal disorders, obstructive sleep apnea (OSA), and sleep related movement disorders namely bruxism. Overnight sleep studies have been performed regularly especially on patients being assessed for OSA with other investigations include pulmonary function testing, laboratory studies e.g. thyrotropin test. Currently, the "neurophysiology service" has expanded with a section dedicated to pediatric service and a new machine purchased strictly for epilepsy monitoring and polysomnography. Hence my interest in improving my knowledge and skills.

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TEACHING EXPERIENCE

A. UNDERGRADUATE TEACHING:

Teaching, examination and mentorship of undergraduate medical students which has involved giving lectures in different topics in neurology and internal medicine, clinical demonstrations, and bedside tutorials. In addition, taking part in the coordination of examinations for medical students.

B. POSTGRADUATE TEACHING

Bedside teaching and tutorial sessions of medical residents, psychiatry residents, and master's degree students on clinical attachment to the neurology unit. Scheduled as a member of select committee tasked with creation of a Neuroscience Masters for the University of Ibadan.

COMMUNITY SERVICES

Apart from executing clinical and academic responsibilities, I take it as a duty to give back to the society. Been made aware of the scourge of stroke in the Nigeria, the focus has been on the primary and secondary prevention approaches. A multipronged approach has been used to educate community members on cardiovascular risk factors, prevention, and best responses during outreaches, religious gatherings and corporate settings.

Programs targeting population health that I have been include:

1. Community Engagement in SIREN – a project which has successfully educated over 7000 individuals on cardiovascular risk factors and screened over 5,000 individuals.
2. The COUNCIL initiative which aims to apply frameworks and skills in implementation science and translational medicine to cardiovascular diseases and risk factor reduction in low and middle income countries.
3. Stroke Information System pilot community-based initiative – a program which consisted of various healthcare providers organized as teams to visit households most of which were situated in slums and low resources areas. The aim was to bring clinical practice otherwise restricted to the four walls of the hospital facility to the door-step of these individuals at no cost to the households. Consultation, screening, diagnosis, treatment and follow up were carried out consistently for about eight weeks.

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DISSERTATION

Calibration of Clinical History Concerning Seizure Semiology in a Neurology Clinic in Nigeria:
National Postgraduate Medical College of Nigeria: 2019. (Part II FMCP Dissertation)

BIBLIOGRAPHY

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1. Adanze Onyenonachi Asinobi, Adebowale Dele Ademola, Oluwatoyin Oluwafunmilayo Ogunkunle and **Joseph Yaria**. Trends in the Epidemiology of Severe Pediatric Non-surgical Renal Disorders in Ibadan Nigeria: A Marked Increase in the Incidence of Acute Kidney Injury. *British Journal of Medicine and Medical Research*, ISSN: 2231-0614, Vol.: 11, Issue.: 12
2. Adanze O. Asinobi, Adebowale D. Ademola, Clement A. Okolo, **Joseph O. Yaria**. Trends in the Histopathology of Childhood Nephrotic Syndrome in Ibadan, Nigeria: Preponderance of Focal Segmental Glomerulosclerosis. *BioMed Central Nephrology* (2015) 16:213. DOI 10.1186/s12882-015-0208-0
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between white matter hyperintensities and stroke in a West African patient population: Evidence from the Stroke Investigative Research and Educational Network study. *NeuroImage*, Volume 215, 2020, <https://doi.org/10.1016/j.neuroimage.2020.116789>. (<http://www.sciencedirect.com/science/article/pii/S1053811920302767>)

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ABSTRACTS THAT HAS BEEN PUBLISHED ONLINE AFTER PRESENTATION

1. Farombi, T.H., **Yaria, J.O.**, Owolabi, M.O., Ogunniyi, A.; Cognitive impairment and fall rate in Parkinson's disease (PD) in Nigeria [abstract]. *Movement Disorders* 2015;30 Suppl 1:867
2. A50 Pediatric Lung Disease: Risk Factors, Management, And More: Sleep Quantity and Quality Amongst Secondary School Adolescents. Alohan, A O; Orimadegun, A E; **Yaria, J O**. *American Journal of Respiratory and Critical Care Medicine*; New York Vol. 191, (2015): 1.
3. A. O. Alohan,^{1, 2} A. E. Orimadegun³, **J. O. Yaria³**; Sleep Quantity and Quality amongst Secondary School Adolescents in Nigeria [abstract]. *Am J Respir Crit Care Med* 191;2015: A1913
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1. Oguntoye R.A, **Yaria J**, Makanjuola A, Alli M, Afolayan , Walshak P, Adebajo M. mSOAR: A Bedside Stroke Prognostic Tool In Ibadan Patients.
2. Abieyuwa O. Alohan, Adebola E. Orimadegun, **Joseph O. Yaria**. Sleep Quantity and Quality amongst Secondary School Adolescents in Nigeria.
3. Farombi T. O, Owolabi T. O, **Yaria J. O**. Cognitive Impairment and Fall Rates in Parkinson's disease in Ibadan.
4. Titilola Akingbola, Tobi Sanuade, **Joseph Yaria**, Chinedu Ezekekwa, Bibilola Oladeji & Bamidele Tayo. Depressive Symptoms in Sickle Cell Disease Patients and Its Impact on Caregivers.
5. AO Fagbohun. AE Orimadegun. **JO Yaria**. Body Mass Index and Sleep in Nigerian Children. *American Journal of Respiratory and Critical Care Medicine* 2017;195:A4131
6. **J. Yaria**, A. Makanjuola, R. Akinyemi; Cutaneous Presentation in Neuro-Myelitis Optica.

BOOK CONTRIBUTIONS

1. Nigerian Epilepsy Guideline (Contributor)

https://web.facebook.com/ClinicalNeurophysiology/posts/252119409757093?_rdc=1&_rdr

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RESEARCH PROJECTS

COMPLETED

1. The IDEA (Identification and Interventions for Dementia in Elderly Africans) Study. Funding Agency: Grand Challenges Canada. Grant #: 0086-04.
2. The SIREN (Stroke Investigative Research & Educational Network) Study. Funding Agency: National Institute of Health (NIH). Project #: 5U54HG007479-02.
3. Tailored Hospital-based Risk reduction to Impede Vascular Events after Stroke (THRIVES) study. Funding Source: National Institute of Neurological Disorders and Stroke (NINDS) – Award Number U01 NS079179.
4. Global Alliance for Chronic Diseases (GACD)/Control UNique to Cardiovascular diseases In LMIC (COUNCIL) initiative.
5. Gait in Elderly Individuals. Funding source: Medical Education Partnership Initiative in Nigeria (MEPIN)

ON-GOING PROJECTS

1. Clinical Investigator, Triple Therapy Prevention of Recurrent Intra-cerebral Disease Events Trial (TRIDENT)
2. The LANCET Neurology Commission
3. Stroke and Cardiovascular Research Training (SCaRT) Institute

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