

WCPT-IPT-HOPE –Online Educational Session



Integrating Exercise in HIV Rehabilitation: The Nigerian Experience

Presenter: John, Davidson Okwudili. PT
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Date: Thursday, 5th December, 2019. **Time:** 12:00 EST

Link: <https://oakland.webex.com/oakland/j.php?MTID=tb2233a2f654cd7f00c2bcd79676c5193>

The session will be recorded so if you are not able to view it at the scheduled time, a link will be posted on the WCPT website two days following this presentation so that you may view the video recording.

Purpose: To provide an insight on some novel researches on exercise rehabilitation in PLWH and the model used to integrate exercise into HIV rehabilitation in Nigeria.

Overview:

- HIV Landscape in Nigeria
- Perceived burden of disability and impaired functional status in people living with HIV
- Challenges of integrating exercise into HIV rehabilitation in Nigeria
- Current evidence on exercise and physiotherapy intervention in people living with HIV in Nigeria
- Progress
- Future developments

Biography: John, Davidson Okwudili is a senior physiotherapist and the team lead in Oncology and Palliative care unit of Department of physiotherapy, Alex Ekwueme Federal University Teaching Hospital, Abakaliki (AEFUTHA), Nigeria. He serves as a member of the tumor board at AEFUTHA. The board also nominated him as a member of the counseling unit which involves a physician, psychologist, dietician and a pharmacist, for people living with HIV and cancer at AEFUTHA. He is the chairman of education committee, Nigeria Society of physiotherapy – HIV, Oncology and palliative care expert specialty group (NSP-HOPE).

He gained a Bachelor of Medical Rehabilitation (BMR, PT) from the University of Nigeria and an MSc in Physiotherapy from the University of Lagos, Nigeria. Currently, he is a final year doctoral student in the field of human kinetics and exercise physiology. His thesis is on designing exercise circuits adapted for people living with HIV at the different stages of the disease progression.

As the team lead in oncology and palliative care unit in his center, he designs exercise/physical activity programmes aimed at alleviating physical symptoms, optimizing function, preventing disability and deconditioning and improving quality of life throughout the continuum of care for people with terminally

ill disease such as HIV and cancer. He is passionate about improving the lives of those affected by HIV and other terminally ill diseases through healthy lifestyles ensuring that they are well counseled to mitigate the risks of long-term effects of the disease progression and treatments. He is an advocate of improved physical activity and optimal physical function in people living with HIV and cancer.

He has served as a resource person to many organizations and has presented in numerous conferences. He has recent publications in the field of physical activity and exercise rehabilitation in HIV/AIDS, Cancer and Palliative Care and back pain.

He is happily married with children.

Learned Society Activity:

Editor: Cient Periodique Orthopedics

Reviewer: 1. Rehabilitation Science
2. Journal of Sports Rehabilitation