



THE AUWAL SHANONO FOUNDATION  
IN COLLABORATION WITH  
ONYEBUCHI CHRIS IFEDIORA (OCI) FOUNDATION

# AN ESSAY GUIDE

A close-up, slightly blurred image of a fountain pen nib, positioned on the right side of the red background.

ASF/OCI  
LITERARY AWARD FOR MEDICAL STUDENTS  
(LAMS ESSAY COMPETITION)

# FOREWORD

Of all of the OCI (Onyebuchi Chris Ifediora) Foundation's activities on Education, Health, and Social/Public Welfare, the Literary Award for Medical Students (LAMS) is the one dearest to my heart. This is so, because, a lot of the man I have become today, was born out of the modest writing ability I developed over the years. In LAMS, I find a deeply cherished opportunity to share one of the major secrets of whatever successes I have achieved so far in life, with my younger professional colleagues.

What started in 2020 as an invitation to sponsor an essay competition for the South-east regional body of the Nigerian Medical Students Association (NiMSA), quickly became an exciting national project that now involves all the recognized medical schools in all of Nigeria's six geo-political zones.

In expanding the LAMS project in late 2021, the OCI Foundation agreed to partner with the Auwal Shanono Foundation, the charity arm of NiMSA. Through it, we keep alive our noble mission of inspiring and sharpening the literary

prowess of Nigeria's future medical doctors, a quest that fits into the Foundation's larger commitment of inspiring youths across the Nigerian nation. For the records, the OCI Foundation also delivers the innovative "Arm Our Youths (ArOY) Anti-cancer Health Campaign" in the 37 NYSC orientation camps across Nigeria (a regular feature that started with the NYSCs Batch A of 2022), and is currently sponsoring a Bill at Nigeria's National Assembly (NASS) that will see to the inclusion of anti-breast and anti-cervical teachings into the regular curriculum of all senior secondary schools in Nigeria.

With the LAMS initiative, the OCI Foundation has a simple goal, a clear vision, and an unequivocal mission that is being delivered with total commitment and unwavering resolve. As already stated, LAMS is designed to identify, inspire, and reward medical students who show literary dexterity. In addition to cash awards, the OCI Foundation also provides branded medical materials for the top performers in the competition, with an automatic membership to the OCI Foundation also on offer to some of them. We pledge to continue the sponsorship of this project on an annual basis and are glad to have it in honour of the memory of NiMSA's former President, the late Auwal Shanono, who, we understand, died in 2011 while on active service for NiMSA.

The OCI Foundation's decision to support the Nigerian medical students via the LAMS Initiative was an easy one. As a medical undergraduate, I, its Founder, was very active in NiMSA activities and served as the Secretary General of the Federation of African Medical Students' Associations (FAMSA) and that of the Nnamdi Azikiwe University Medical Students Association (NAUMSA). I was also an invited delegate to the 2001 General Assembly of the International Federation of Medical Students' Associations (IFMSA) in Taipei, Taiwan.





Onyebuchi Chris Ifediora  
**FOUNDATION**  
*"...we rise, by lifting others"*



I encourage all Nigerian medical students to take this essay competition seriously and to participate in it, at least once in their undergraduate days. By doing so, you would be winners, even if you do not end up among those recognised. My exposure to a balanced mix of academics and politics in my undergraduate helped me develop my literary skills, something that has proved crucial in my career to date as a medical practitioner, researcher, and academic. Those skills were also vital in my sojourn through institutions in the United Kingdom (University of Liverpool), the United States of America (Harvard Medical School), and Australia (Griffith University).

For the records, the OCI is an international (Nigerian-Australian) non-profit, charity organisation established with the aim of breaking down barriers to the attainment of excellence among Nigerians through Education, Health, and Empowerment/Charity Activities. The LAMS Initiative is a component of the Foundation's Educational project, which has 5 other scholarship schemes under it.

We invented the slogan, "We rise, by lifting others", and through LAMS, we live it.

*Dr Chris O. Ifediora*

**ASSOCIATE PROFESSOR,  
 GRIFFITH UNIVERSITY MEDICAL  
 SCHOOL, GOLD COAST, AUSTRALIA  
 PRESIDENT, OCI FOUNDATION**

# ABOUT AUWAL SHANONO FOUNDATION

Auwal Shanono Foundation is a philanthropic project of the Nigerian Medical Student Association (NIMSA). It was founded in the year 2020 to honor and immortalize the late Comrade Auwal Shanono, who died in active service as the NIMSA President (2010/2011).

Embodying the spirit of the Late Comrade Auwal Shanono, the foundation seeks to engage in various altruistic acts of services in its capacity with a major focus on the state of maternal and child health in the country. It aims to help structures already in place and also create new initiatives to alleviate the burden of maternal mortality and improve the overall well-being of mother and child.

The foundation is also guided by key components of the United Nations Sustainable Development Goals (SDGs) that will ultimately result in improving the quality of health and life of the Nigerian populace at large.

The foundation aims to engage the entire community of the Nigerian Medical Student Association (NIMSA) across all the various MSAs to participate and contribute their quota in making a real difference and positive impact in the life of fellow Nigerians.

It is a project by NIMSA and does not fail to assume a sense of responsibility and service to NIMSAites, through various schemes and initiatives such as the Auwal Shanono Foundation essay competition, it rewards excellence with savory cash prizes and gifts. The foundation collaborates with partners with similar objectives to bring its vision into realization. One such partner is the OCI Foundation which jointly sponsors the "The Auwal Shanono Foundation and Onyebuchi Chris Ifediora (OCI) Foundation's Literary Award for Medical Students (LAMS) Essay Competition.

The foundation continually seeks to expand its reach, employing the skills, talents, and manpower of volunteering members of the Nigerian Medical Student Association, it hopes to leave a lasting legacy that would have made the late Comrade Auwal Shanono proud.



# **TABLE OF CONTENTS**

<b>01</b>	<b>FOREWORD</b>
<b>04</b>	<b>TABLE OF CONTENTS</b>
<b>05</b>	<b>LIST OF CONTRIBUTORS</b>
<b>06</b>	<b>SECTION A</b>
<b>07</b>	<b>WHAT IS AN ESSAY</b>
<b>08</b>	<b>TYPES OF ESSAY</b>
<b>09</b>	<b>STRUCTURE OF AN ESSAY</b>
<b>10</b>	<b>QUALITIES OF A GOOD ESSAY</b>
<b>11</b>	<b>ACADEMIC ESSAYS: PECULIARITIES AND APPROACH</b>
<b>12</b>	<b>SECTION B</b>
<b>13</b>	<b>UNDERSTANDING THE ESSAY TOPIC</b>
<b>14</b>	<b>HOW TO WRITE A GOOD INTRODUCTION</b>
<b>15</b>	<b>HOW TO WRITE A GOOD BODY</b>
<b>16</b>	<b>HOW TO WRITE A GOOD CONCLUSION</b>
<b>17</b>	<b>RESEARCH AND REFERENCING</b>
<b>20</b>	<b>SECTION C</b>
<b>21</b>	<b>BRIEF HISTORY</b>
<b>22</b>	<b>SUBMISSION GUIDELINES</b>
<b>23</b>	<b>PAST WINNING ESSAYS</b>
<b>39</b>	<b>EDITOR'S FINAL NOTE</b>
<b>40</b>	<b>REFERENCES</b>

# Contributors



This publication - An Essay Guide for The Auwal Shanono Foundation and Onyebuchi Chris Ifediora (OCI) Foundation's Literary Award for Medical Students (LAMS) Essay Competition was an initiative of the 2022 NIMSA Administration presided by Onuorah Webster Jideofor under the stewardship of National Director, Auwal Shanono Foundation, Abdulmojeed Aishat (OOUMSA).



**OTALI OKAU**

Local Officer-BESUMSA,  
Auwal Shanono Foundation.



**SADIQ ABDUSALAM ADEIZA**

Editor-in-Chief  
Director, Editorials and Publications,  
Auwal Shanono Foundation (ILUMSA)



**MIMIDOO VICTORIA**

Member, Grant sourcing team,  
Auwal Shanono Foundation



**ADAMU RABIU ISA**

Deputy Director, Auwal  
Shanono Foundation



**DAMBATTA AMINA SANNI**

Coordinator, Grant Sourcing Team,  
Auwal Shanono Foundation



**VICTOR WAKEEL**

Local Officer-LAUMSA,  
Auwal Shanono Foundation



**NAWAL O. MOHAMMED**

Northwest Regional Director,  
Auwal Shanono Foundation



**ORANWUSI EMMANUEL**

National Director of Protocol II,  
Auwal Shanono Foundation



**ABOLORE SALAKO**

Financial Secretary, Auwal  
Shanono Foundation

## SECTION

# A

## INTRODUCTION

- What is an essay?
- Types of essay
- Structure of an essay
- Qualities of a good essay
- Academic essays: Peculiarities and Approach



# TYPES OF ESSAYS

BY VICTOR WAKEEL

There are many different types of essays, each aiming to achieve a purpose, to bring a unique perspective to the reader. Essays may be personal or they could be academic. They are often typically defined in four categories namely:

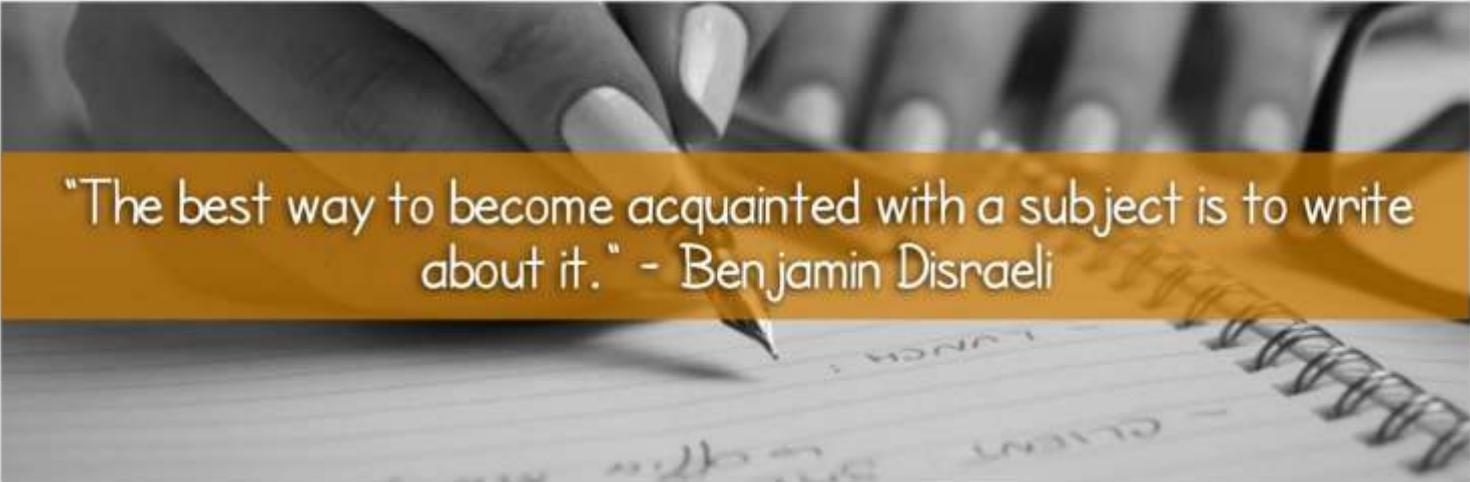
- Narrative essays
- Descriptive essays
- Expository essays
- Argumentative essays

## ARGUMENTATIVE ESSAY

This type of essay is one in which the writer tries to falsify or agree to a notion, convincing the reader in the process to see the topic from his point of view.

The objective of Argumentative essays is to validate a point with pieces of evidence and reasoning thereby persuading the reader to understand and support their specific point of view about a topic.

An argumentative essay is also known as a



"The best way to become acquainted with a subject is to write about it." - Benjamin Disraeli

## NARRATIVE ESSAY

The narrative essay is a personal piece of writing. From the word "narrate", it is an essay written to give/narrate a concept (a story). The objective of narrative essays is for the writer to bring the reader into his world with his words and in a creative manner allowing the reader to visualize the event being written about. These essays can be stories or sometimes called "creative non-fiction." The use of the first person pronoun 'I' is often prominent in these essays.

## DESCRIPTIVE ESSAY

A descriptive essay aims at the description of qualities, focusing on concrete sensory details of events, objects, places, people, emotions, and situations. The descriptive essay heavily explores the senses; sight, smell, taste, touch, and sound of the object or event of interest. Unlike a narrative essay, a descriptive essay usually doesn't tell a full story or try to make an argument as seen in an argumentative essay, it emphasizes description.

Persuasive essay.

## EXPOSITORY ESSAY

An expository essay is an essay that communicates factual information. An expository essay, also known as a definition essay, is the most basic type of essay. Expository essays aim only to explain an idea or define a concept, without making an argument. In general, expository essays are shorter pieces that answer a question as directly as possible. It may also be used to compare, explore and discuss certain topics. Though bits of storytelling elements are in place, it is not the primary objective. The main purpose of expository essay is to educate the reader. You will find this type of essay writing employed a lot in academic essays.

You can find different elements of the various types of essays employed in a single piece depending on what the writer is trying to achieve.

# STRUCTURE OF AN ESSAY

BY SADIQ ABDULSALAM ADEIZA



A well-structured essay goes a long way in improving the readability of the essay and allows you to communicate your points in a clear and uncomplicated manner.

The way you structure your essay is crucial to presenting your position coherently. It helps your reader follow the logic of your ideas and understand your overall point. To give your essay a well-defined structure, it is important to organize it into paragraphs. Each paragraph should be centered around one main point or idea.

An essay is essentially made of three components which comprise the structure of the essay, this includes the introduction, the body of the essay, and the conclusion.

## INTRODUCTION

The introduction is essentially an opening or a window into the rest of your essay. It should be captivating to catch the reader's attention. It precludes what is to come in the rest of the essay, it typically contains any relevant background information and a thesis statement that presents the main emphasis of your essay.

## THE BODY OF THE ESSAY

The body of your essay is where you develop your ideas in an essay. In the body, you make arguments supporting your thesis and provide evidence to back your viewpoint. Its main purpose is to present, interpret, and analyze all the information and sources you might have gathered to support your stance. It is typically the longest part of the essay.

"I don't need to know everything, I just need to know where to find it"  
- Albert Einstein

## THE CONCLUSION

This is the final part of the essay, it should be brief and concise, returning to the thesis statement in the essay and linking and summarizing all the points raised in the essay, leaving the reader with a lasting positive impression of the essay.



# QUALITIES OF A GOOD ESSAY

BY ORANWUSI EMMANUEL

When quality is made mentioned in association with an essay, a distinction is expected which hits differently and sets it apart from other essays with the same topic.

The reader or listener is fascinated by the level of excellence of what he reads or listens to, the flawlessness of the essay intact. These qualities that set an essay apart can be encapsulated in the following perks; Ease, Focus, Use of simple Language, Use of elements of Surprise, Development, Coherence, Logic of Presentation (Unity), and finally, conclusion.

## THE EASE

An essay should be able to create a connection with the reader. This can be achieved through; quotes, phrases, rhetorical questions, elements of surprise, etc. This is very important because it makes the reader more interested in the write-up.

## THE FOCUS

An essay should be striking the central idea of the theme or topic. Even while using phrases and quotes, or trying to make the reader feel at ease, do not wander off with misguided illustrations and lengthy examples which may end up being boring to the reader, making your essay lose its focus.

## USE OF SIMPLE LANGUAGE

An essay can be written in any form but most importantly, refrain from using slang and shortening words as we do in informal texts. Also prevent the use of light-hearted tone, strange abbreviations, and weak formulaic phrases. Keep in mind, that the essay is a serious piece of work with a specific argument or idea, not an arbitrary letter to a friend.

## USE OF ELEMENT OF SURPRISE

In writing an essay do not be afraid to use catchy phrases, loud quotes, and unexpected arguments to a limit of focus. It would definitely, arouse emotions in the reader and your essay would always be remembered but let it not be aggressive or contradictory to the main idea.

## DEVELOPMENT

Each paragraph should have a topic sentence and the paragraphs should be partitioned in ascending order of interest, disentangling the central idea with detailed descriptions, examples, information, and points to show solidarity.

## COHERENCE

An essay should be very logical and have a proper correlation between lexis and lexicons, so the essay can be easily understandable.

## THE LOGIC OF PRESENTATION (UNITY)

Each paragraph should not stir away from the main theme of the essay, it should be within the limits of the central idea.

## THE CONCLUSION

An Essay is at its best when concluded with a part of the theme of the essay, a poignant statement, a rhetorical question, an interesting phrase, or a mind-blowing quote. Something that would be thrilling and fascinating, leaving a lasting impression on the reader.

"He writes like he's afraid someone might actually understand him." - Patrick Rothfuss

# ACADEMIC ESSAYS

## PECULIARITIES AND APPROACH

BY SADIQ ABDUSALAM ADEIZA

"If people cannot write well, they cannot think well, and if they cannot think well, others will do their thinking for them."

- George Orwell

An academic essay is a unique type of essay that forms the basis of its name and generally explores academic themes and topics.

The most important reasons for these types of writing are to present some new pieces of information or to utilize already existing facts and knowledge to deliver particular ideas and opinions. This type of essay allows the writer to demonstrate their mastery and knowledge of a particular subject matter as well as their creativity in developing their ideas and communicating in a clear, coherent, and convincing manner.

One of the main peculiarities of an academic essay is that it presents a thesis statement - which is a clear, specific point that the essay is trying to convey or argue. The thesis statement is supported by pieces of evidence, in form of facts, statistics, examples, etc. These must be presented in an organized and well-structured write-up.

In approaching writing an academic essay, it is crucial to have a full understanding of the essay topic and what exactly it entails. You must also spend a significant amount of time researching previous literature on that topic or similar ones, studying the various viewpoints, and gathering information and data. Then you must be able to formulate your thesis statement which will be the crux of your essay and adopt a style with which you will wish to present the essay. If you are new to this type of writing, it is encouraged to go through several samples to learn the styles of essay writing you are most comfortable with.

Academic essays may be narrative, descriptive, expository, or persuasive as previously discussed. The narrative and descriptive styled essays are usually more subjective and engage the creativity and storytelling abilities of the writer. However, what we most commonly find in academic essay topics are the expository and persuasive styles which are more scientific and objective.

An expository essay does not present personal opinions or views on a subject, it simply consists of factual information on the subject whereas an argumentative or persuasive essay is all about presenting an opinion or an idea and selling it to the reader.

### EXAMPLES OF ACADEMIC ESSAY TOPICS:

#### NARRATIVE

- Write a story revolving around your experience with the COVID-19 pandemic
- Tell a story that teaches medical ethics that the best doctors know when to ask for help.

#### DESCRIPTIVE

- Describe the most important technological invention in health practice in the last decade.
- Detail the function and operation of a dialysis machine

#### EXPOSITORY

- Telemedicine: A Key to Improve Healthcare Delivery in Remote Areas in Africa
- What policies can the government put in place to reduce the scourge of drug-related deaths in the country

#### PERSUASIVE:

- The abuse of cough syrups: To ban or not to ban?
- Should sex education be taught in secondary schools or not?

Writing an academic essay can prove to be a herculean task if you don't understand what exactly it entails and how to go about it. In this section of the guide we hoped to introduce you to what essays and essay writing is all about, in the next section of this guide, we will take you through each aspect of writing an essay from start to finish.

## SECTION

# B

## HOW TO WRITE AN ESSAY

- Understanding the Essay topic
- How to write a good Introduction
- How to write a good body of an essay
- How to write a good conclusion
- Research and Referencing



# UNDERSTANDING THE ESSAY TOPIC

BY SADIQ ABDULSALAM ADEIZA

In a writing contest, what causes many essays to not pass the first test on reading by judges is a clear lack of understanding of the topic on the part of the writer. No matter how well written an essay is, if it does not deal accurately with the topic in question, then it is as good as if the writer had not picked up a pen.

To grasp the full context of an essay topic you must first:

- Identify the keywords
- Identify the process words
- Recognize the topic of the question
- Recognize the limits of the question

## IDENTIFY THE KEYWORDS

The keywords are pointers to what the essay should be about. This can be easily achieved by breaking the topic statement into smaller sizes e.g. "Telemedicine: A Key to Improve Healthcare Delivery in Remote Areas in Africa". The keywords here are Telemedicine, Health Care Delivery, and Remote areas in Africa. This is essentially what the entire essay will be centered on.

## IDENTIFY THE PROCESS WORDS

The process words are words in the topic statement or sometimes implied in the topic that indicates the pattern in which your essay will be structured. For example, if an essay topic says: "Compare and Contrast the roles of laboratory scientists and microbiologists in the healthcare sector". The term "Compare and Contrast" are your process words, indicating that you are to give a two-sided viewpoint in your essay. If the process word in the essay topic is "discuss" then your pattern is linear

and if it is "debate" then your approach to the essay should be argumentative. Identifying the process words is key to executing your essay appropriately.

## RECOGNIZE THE SCOPE OF THE TOPIC

By identifying the key and process words, you have a good idea of the essay topic, now you must immediately begin to recognize the scope of the topic, i.e. all that it will entail producing a comprehensive essay that does justice to the topic, you should start to draw a mental sketch in your mind of how the essay will look like, the resource materials you will need to consult and so on.

## RECOGNIZE THE LIMITS OF THE TOPIC

Following that, you should also recognize the limits of the essay topic – what the topic is not asking you to talk about. Judges tend to score an essay poorly if it dwells too much on what is not in the scope of the topic e.g. if an essay topic is to discuss the faced in pediatric care in Nigeria, don't spend several paragraphs discussing the challenges faced in adult care or pediatric care in Europe. That will be beyond the limits of the essay topic.

Once you have a clear understanding of the essay topic, proceed to gather your resource materials – data, information, statistical values, etc. That you will need to present your points in the essay, then proceed to write, starting from the Introduction.

"A good style must first be clear" - Aristotle

# HOW TO WRITE A GOOD Introduction

BY OTALI OKAU

As they say, a first impression lasts longer. How well the introduction of an essay is written will often set the tone of the entire piece. In this chapter we are discussing how to write a good introduction under the following headings:

- What is the aim of the Introduction
- Key things to include in the Introduction
- What to avoid in the Introduction

## THE AIM OF THE INTRODUCTION

The Introduction of an essay is the beginning of that essay. It forms one of the 3 core parts of an essay namely; The Introduction, the body, and the conclusion. A good Introduction skillfully draws the reader's attention to the given essay topic and arouses interest. An introduction aims to introduce the essay topic, and provide adequate information about it, to entice the reader, and enable the reader to have a glimpse of the topic summarized in short sentences. Every essay has a given topic, and an Introduction elaborates briefly on the topic before the body itself.

## KEY THINGS TO INCLUDE IN THE INTRODUCTION

A good introduction captures the reader's attention immediately which in turn makes the reader enthusiastic about reading the remaining pages of the essay. An Introduction should clearly state the essay topic, provide relevant context and explain one's specific area of focus. Furthermore, it should also provide useful information about the essay topic and any background information before reading the body of the essay. Also, it is advisable to give definitions of elaborate terms if necessary. A good summary of the writers' main point should be highlighted briefly, starting from the general point to the more specific points.

## WHAT TO AVOID IN AN INTRODUCTION

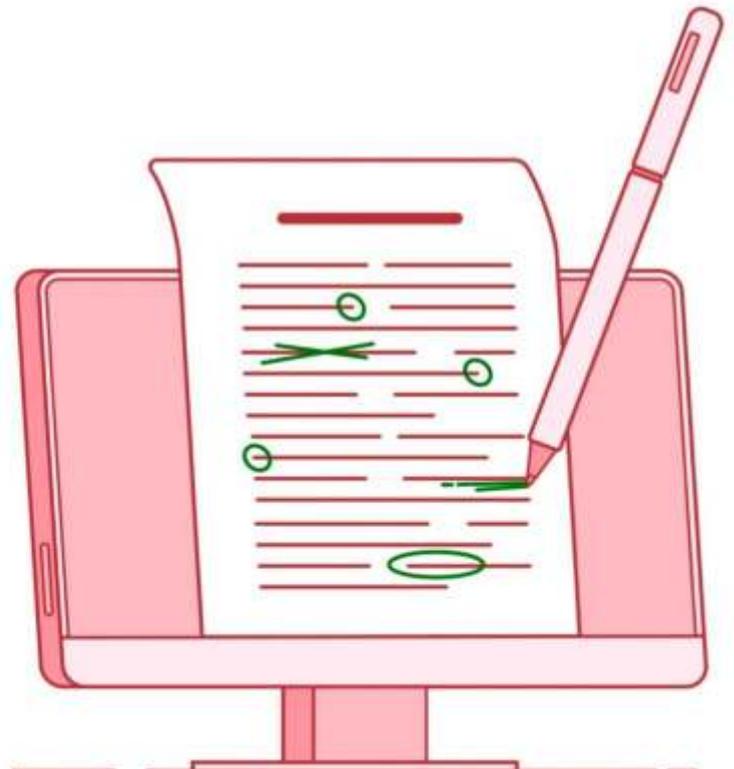
- APOLOGIZING TO YOUR READER



Never start an Introduction with an apology. This suggests that you don't know what you're writing about or you're not enough of an expert in the given essay topic. Avoid phrases such as; "I'm not sure about this, but... In my opinion" etc. From your introduction, your work should exude such confidence that the reader should feel at ease and relaxed that this writer must have a good grasp of this topic.

## • TOO LENGTHY AN INTRODUCTION

Avoid too many details in an Introduction. A very lengthy introduction can get the reader bored before the main body comes up. The Introduction is essentially just that – an introduction. If the Introduction is too lengthy, it'll take away the purpose of the body of the essay. It should however not be extremely short.



# HOW TO WRITE A GOOD BODY

BY MIMIDOO VICTORIA ATUME

The body of the essay is where you get into the main purpose of the essay, it is typically the longest part of the essay, arranged in paragraphs between the introduction and the conclusion. This is where you convey your line of thought, your reasoning, your deductions, shreds of evidence, and inferences to the reader, thus much effort must be put into it to ensure it is executed well.

When developing the body of an essay, you should keep in mind that a good and effective body of the essay should:

- Contain a paragraph or paragraphs each beginning with a topic sentence. A topic sentence is a sentence that contains a summary of what a specific paragraph entails. Topic sentences are usually used at the start of the paragraph to introduce the reader to the main message of the paragraph.
- Discuss a single idea in each paragraph. The single idea should be duly summarized in the topic sentence and expatiated in the supporting sentences to enable the reader to understand the writer's argument.
- Contain coherent ideas. The ideas of the paragraphs should be written in clear and understandable language. The idea of each paragraph should be distinguishable from the next. Ideas should not be mixed up to avoid confusing the reader and to get the writer's argument passed across properly. Each idea must be developed before moving on to the next to present an organized work. If the writer is giving information about events, there must be coherence between the paragraphs, and what is in the former paragraph must lead to what is in the latter.
- Contain examples, accurate facts, and references to support the writer's line of reasoning.
- Ensure that complex or newly discovered ideas are communicated from known to unknown. Also, ensure that the new ideas are discussed at an appropriate learning pace for readers. For instance, a known idea can be discussed in the first paragraph followed by paragraphs with the unknown or newly introduced ideas.
- Include transition words at the beginning of a

“Writing requires great skill, painstaking patience, and the ability to perceive and express observations in a unique manner.” - Kilroy J. Oldster

new paragraph to carry the reader along and build on already stated points or ideas. Examples of transition words include: firstly, furthermore, therefore, however, similarly, consequently, thus, additionally, to summarize, to sum up, lastly, etc.

- Be devoid of grammatical errors. Ensure that appropriate punctuations, tenses, spellings, and syntax are used. The verb tenses must be consistent i.e. the writer must stick to a particular tense chosen. If describing past events or narrating events, the past tense of verbs should be chosen and used throughout the length of the essay. If writing an expository, descriptive, or argumentative essay, the present tense of verbs should be used. The verb tense should only be changed if this will help the writer enhance the meaning of his argument.

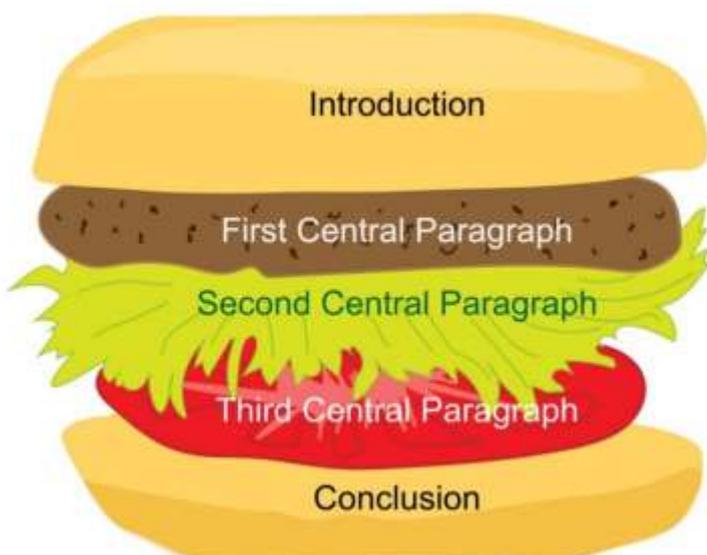
One very important aspect to consider while writing the body of an essay is the attention span of your reader, you must endeavor to keep the reader engaged all through, achieving this means that you should take note that:

- People tend to absorb information in short bursts, and readers usually take mental breaks at the end of a paragraph. This stop is also where they halt to reflect on the content so far or to write notes. As such, you should avoid lengthy paragraphs. Avoid one-sentence paragraphs as well as those that can feel far too short and underdeveloped.
- The writer must consider who the target audience is. This is critical to determine the tone and language-whether to use technical jargon and to explain basic concepts in a certain field or not. This

is critical to determine the tone and language-whether to use technical jargon and to explain basic concepts in a certain field or not. This will also help the writer determine the extent to which the article should be simplified. Where the topic is sensitive, the writer should present a full picture of his argument for or against and make objective conclusions based on the facts.

- The writer should display a keen interest in the topic being written about. If you are bored with the writing, how do you think the reader will feel about it? Write in an active rather than passive voice. The active voice used creates emotional impact and places emphasis on action.
- The language should be simple and clear., The use of ambiguous words, redundant adverbs, and adjectives should be avoided. The writer should alternate short and long sentences in the essay. Avoid repeating the same points over and over, don't raise your voice, improve your argument.
- Ensure that the essay is descriptive, helping the reader to create a visual image of the writer's argument. The writer must make good use of storytelling as this helps keep the reader's attention.
- Relevant quotations, metaphors, other figures of speech, idioms, and rhetorical questions should be used to grab the reader's attention. The idioms should be explained and the rhetorical questions answered as the body of the essay develops.

Using the above points as a guideline, you would have achieved a body of the essay that satisfies all requirements and expertly conveyed your main points, and then you round up with your conclusion.



# HOW TO WRITE A GOOD CONCLUSION

BY NAWAL O. MUHAMMAD

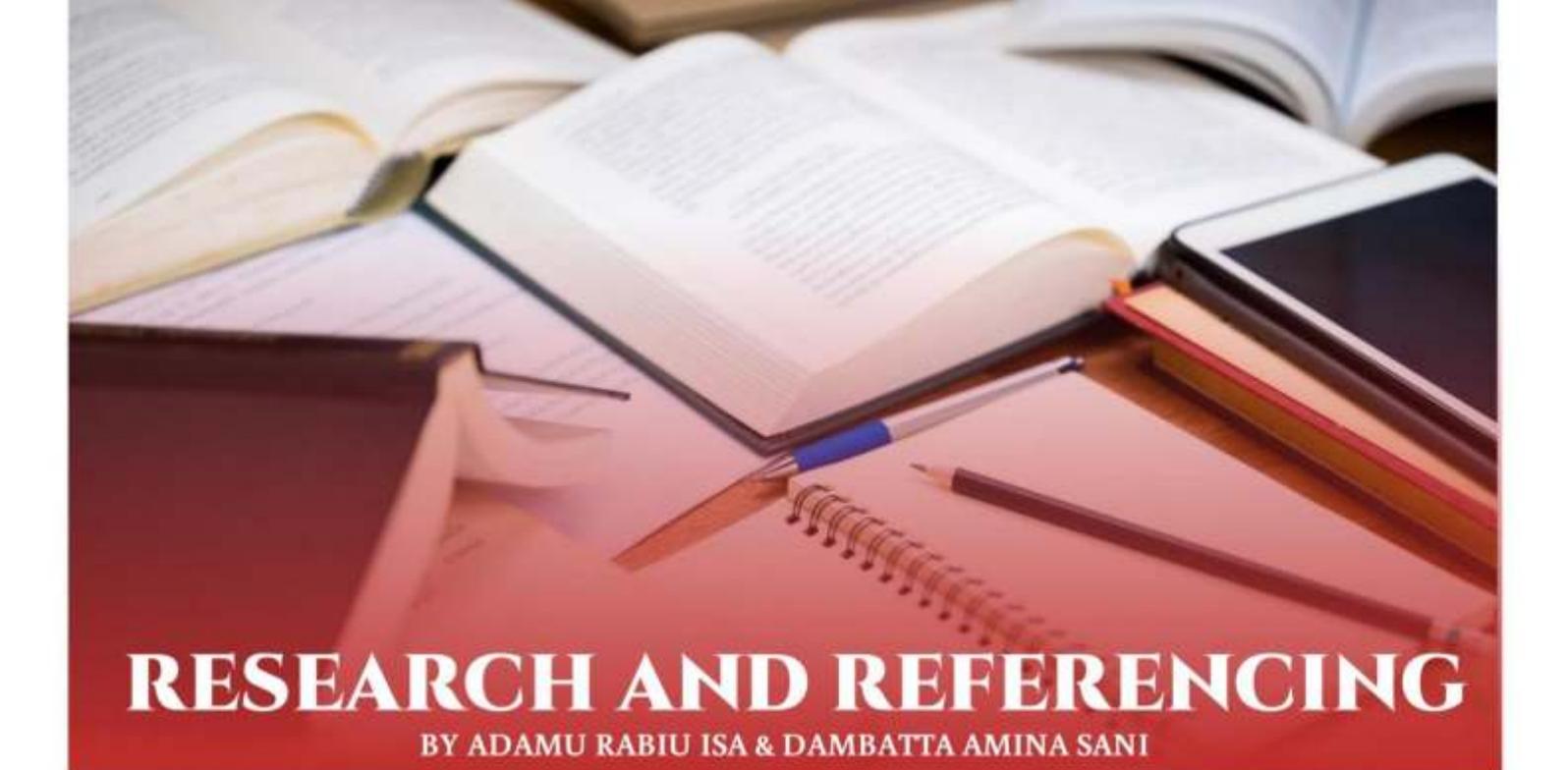
*"All is Well That Ends Well" -  
William Shakespeare.*

The Conclusion is the final part of your essay, the grand finale if you like, it is a culmination of all you have written so far. A good conclusion will flow out naturally from the rest of the essay. It is the last impression on the reader/judge. If the introduction is the face, middle the body, the conclusion constitutes the legs, of the essay. It is the limbs upon which your essay will walk. If a beautiful face and symmetrical body are supported on lean legs, the whole structure will lose its charm. An essay is an organic whole, hence the beginning, the middle, and the end are to be knit together. Here are 5 key tips for writing a good conclusion.

## KEY THINGS TO INCLUDE IN THE CONCLUSION:

- A topic sentence in the conclusion paragraph. This should summarize your thesis statement.
- A summary of the main ideas. The main ideas from the body of the essay should be written as supporting sentences to smoothly wrap up the essay.
- The language that appeals to the reader/examiner's mind. This is a great way to reinforce your main points; by creating a powerful and lasting image in the mind of the reader/examiner.
- A course of action, solution to an issue, or questions for further study should be proposed.
- A closing sentence-"clinch". These are your final words. It should end on a powerful note and provide a sense of closure to the reader.

The conclusion should show how the points you have made throughout the essay fit together and is aimed at reinforcing the main ideas presented in the body of your work. It should give a lasting impression on the mind of the reader/judge on the significance of the topic.



# RESEARCH AND REFERENCING

BY ADAMU RABIU ISA & DAMBATTA AMINA SANI

## RESEARCH

When you perform research, you want to know how something works or why something happened. You want to answer a question you (and other people) have about the world. This is one of the most fundamental reasons for performing research. Nowadays, research is straightforward. We can do the bulk of our research sitting at home using the internet and get answers to all the questions we want. Research is essential for every field, and it is so for essay writing.

Here are some reasons you should do good research in essay writing:

- ✓ It Makes Your Essay Interesting; The essays based on research are always exciting and tend to catch people's attention. The more time you spend on research, the more knowledge you will have about the topic, which will help you write an exciting essay. Your essay must be attractive, or people will not even consider continuing to read it.
- ✓ You Can Add Lots Of Information; Spending hours researching will help you get lots of information and knowledge about whatever you want. Researching not just helps you in essay writing, but it also enables you to get the exposure that is important for professional life.
- ✓ Your Essay Will be Authentic; Research always makes your work authentic. You will be able to write accurate and ethical stuff in your essay. An unauthentic essay can cause trouble in the writing

and quickly be flagged for plagiarism.

- ✓ Your Concepts Will be Clear And Better; Research helps you find out more about the topic you are writing about. You will know the history, the background and almost everything about the topic that you must know. Whether you need to add that information or not, this information will eventually reflect in your essay. Your concepts must be clear enough for writing an essay or article.
- ✓ You Can Come Up With a Creative Essay; Creativity and innovation are always eye-catching and exciting, and of course, you want to write an attractive essay. Spending enough time researching can help you develop some great and creative ideas. Brainstorming and research are excellent combinations adopted by hundreds of famous writers worldwide.

## RESEARCH MATERIALS

Some relevant research materials that can help you adequately gather information include:

## REFERENCE BOOKS

When you want to quickly look up a fact or statistic, turn to reference books. This category includes atlases, encyclopedias, dictionaries, maps, government guides, yearbooks, and similar resources. Reference books can give a good overview of a topic and may provide some valuable facts and statistics. However, you may have to go beyond just the general idea presented in a reference book. More

so, reference books may not include the most recent information. For example, an encyclopedia may have obsolete and moot information as it is not published frequently enough to cover new trends or topics.

### REGULAR BOOKS

In addition to reference books, regular books may be useful to your topic. Books are often helpful in getting a more in-depth look at topics. Also, books may show how the topic may relate to other subjects against a reference entry that is independent and focused on only the topic.

### MAGAZINES, JOURNALS AND ARTICLES FROM OTHER SOURCES

You may consult recent journals, newspapers, magazines, and other printed materials for current information on your topic. These can also be found in the online sphere using tools like Google Scholar, Directory of Open Access Journals (DOAJ), Research Gate, Academia, etc. To check what has been recently published in these sources, you use a guide that lists out recent (and older) articles and their specific publication information. These sources provide timely, up-to-date information and statistics, but you can't always tell from the information at the start whether the report contains valuable information for your topic; you usually have to read the entire article to see whether it's relevant.

### WEBSITE RESOURCES

Website information is usually current, and searching the internet is fast and convenient. You may be able to find recent information or statistics from online reference sites and may also see think pieces posted online about a particular topic. A good example is Wikipedia. Wikipedia is an excellent point to start your research. It provides you with hands-on easy-to-digest background information and breaks down the topics into their constituent parts that you can use to help structure your paper. However, accuracy can be a problem on Wikipedia (the reviewing process for articles is not very rigorous, and the articles themselves are oftentimes not written by experts) and other websites, so check who has written or posted the article or is in charge of the site. For the most part, anyone can create their website and publish any information, whether true or not. Make sure the author and site are reputable

by checking out the author's or the website's credentials (if they are listed).

### REFERENCING

Referencing means providing a book, article, or write-up with citations of sources of information.

What to note when citing references:

- The author's name (or the editor's).
- The edition (if not the first).
- The year the work was published and in which city it was published.
- The title of the work.
- The name of the publisher.
- If it's an article, include the title of the article; the page number(s); and any other pertinent information (such as the volume number).
- If it's an electronic resource, e.g., a website, state the electronic address followed by the date the source was accessed.
- If you are quoting directly from the source, don't forget to include a page number.

### HOW DO YOU CITE A REFERENCE?

If you are directly quoting from a work, you will need to include the author, year of publication, and page number for the reference. References in academic journals and papers occur in the form of citations or footnotes. There are several styles and formats (APA, MLA, etc.) which have to be followed. References can also be made in the form of a list at the end of an article or essay as a complete bibliography.

References are used to create meaning and promote better understanding, but it has to be understood that there is a fundamental difference between meaning and reference. References only promote comprehensibility by drawing parallels and differences. References are an absolute must to avoid plagiarism and copyright violations. It ensures that credit is assigned where it is due and the completed work does not infringe upon another's intellectual property.

### REFERENCING STYLES

✓ THE MLA (MODERN LANGUAGES ASSOCIATION) SYSTEM is a parenthetical

“No, no; if a man brings references, it proves nothing; but if he can't, it proves a great deal.” - Joseph Pulitzer

system: i.e. bracketed references in the body of your essay are linked to full-length citations in the bibliography at the end of your essay. The bracket in the body of the essay contains only the author's surname and the page number or numbers you are referring to. For example, There are several different referencing styles or conventions but there are four that are used most widely. (Kennedy, 17). If your essay quotes from two or more works by the same author then the bracketed reference should include a shortened version of the title to indicate which book is being referred to. (Kennedy, *New Relations*, 26). A bibliography compiled according to MLA conventions lists items alphabetically by the author's last name. Each entry should include, in the following order: the author's name in full, the title of the book, the place of publication, the publisher, and the date. For example: "Kennedy, David. *New Relations: The Refashioning of British Poetry 1980-1994*. Bridgend: Seren, 1996." Pay attention to how the entry is punctuated as that is part of the system too.

✓ THE APA (AMERICAN PSYCHOLOGICAL ASSOCIATION) SYSTEM is also a parenthetical system but the bracketed references in the body of your essay are the author's surname, the date of publication, and the page or page numbers you are referring to. For example: "There are several different referencing styles or conventions but there are four that are used most widely (Kennedy, 2003, p. 17)." The reference always goes at the end of the sentence before the full stop. A bibliography compiled according to APA conventions lists items

alphabetically by the author's last name. Each entry should include, in the following order: the author's surname, their first initial, the date of publication in brackets, the title of the book, the place of publication, and the publisher. For example: "Kennedy, D. (1996) *New Relations: The Refashioning of British Poetry 1980-1994*. Bridgend: Seren." Again, pay attention to how the entry is punctuated as that is part of the system too.

✓ THE HARVARD SYSTEM is another parenthetical system and the bracketed references in the body of your essay are: the author's surname and the date of publication. The list of works at the end of the essay is headed 'References'. The works listed in it appear in alphabetical order by the author's surname and follow the same format as the APA system.

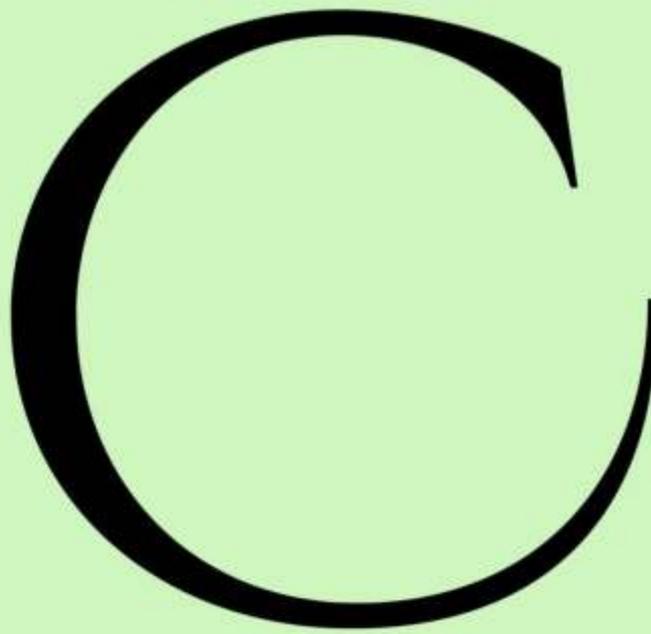
✓ THE MHRA (MODERN HUMANITIES RESEARCH ASSOCIATION) SYSTEM does not use bracketed references in the body of an essay. Instead, superscript numbers like this <sup>1</sup> are linked to a sequence of notes which appear either at the foot of the page or in a section at the end of your essay. The note contains the full reference for the book or article you are referring to. Here's what an MHRA note reference looks like: "<sup>1</sup> David Kennedy, *New Relations: The Refashioning of British Poetry 1980-1994*. (Bridgend: Seren, 1996), p.26."

#### ADVANTAGES OF USING REFERENCES

- References help to build an entire network of information, a thread in which each is connected to the next.
- It is the basis of primary as well as secondary research, and how new ideas are explored and theories are written.
- Quality of references improves journals and papers. Often the reputation of an academic journal has been found to depend on the quality of references.

Research and referencing are the soul of essay writing. Research demonstrates the endeavor put into a piece of writing and referencing demonstrates the honesty of the writer.

# SECTION



## THE ESSAY COMPETITION

- Brief History
- Guidelines
- Past Winning Essays
- Editors Final Note
- References

# Brief History

The Auwal Shanono National Essay Competition was commenced in the year 2020 as an annual event to celebrate and reward excellent writing and literary skills among Nigerian Medical students across all MSAs. The entrants submit an essay on the theme or topic chosen for that year by the organizers and the works judged best are rewarded with prizes.

In 2020, the foundation partnered with SCOME to organize the competition, the essay topic was "TELEMEDICINE: A Key to Improve Healthcare Delivery in Remote Areas in Africa" and the top three winners were Charles Victory Odigbo, Daniel Jeremiah Itodo, and Jeffery Uduehi.

In 2021, the partnership commenced with the OCI Foundation, and the winners of the competition were presented with Auwal Shanono/OCI Foundation Literary awards for Medical Students (LAMS), which include the grand prize of N90000 + A brand new stethoscope + A brand new pair of theatre scrubs for the 1st position. Cash prizes and gifts are given to the best ten entries.

The essay topic for the 2021 edition was; "GLOBAL QUEST TO ERADICATE CERVICAL CANCER; CRITICALLY ANALYSING THE ROLE OF THE OCI FOUNDATION'S "CERVIBREAST PHONE APPLICATION" FOR USE IN DEVELOPING COUNTRIES, AND SUGGESTING STRENGTHENING MEASURES" and the winners were: Nater Paul Akpen (1st from BESUMSA), Egwuda Joana Ufedo (2nd from BHUMSA), Folarin Abisola Barakat (3rd from LASUMSA) among other winners.

The winning entries for the 2021 edition are included in this guide as a sample for you to study and improve upon in your submission.

## THE OCI FOUNDATION

The Onyebuchi Chris Ifediora (OCI) Foundation (International) is a non-governmental, non-profit and non-political organisation established to break down barriers to the attainment of excellence through a three-pronged action plan targeted at Education, Health, and Empowerment/Charity Activities.

Of Nigerian origin, The founder, Dr. Onyebuchi Chris Ifediora (MBBS, MPH, FRACGP, HMS-SEAL) is an Associate Professor of Medicine based in Australia. He obtained his primary medical degree from the Nnamdi Azikiwe University Medical School, Nigeria, and later added to it a Master of Public Health degree from the University of Liverpool, United Kingdom.

As of August 2021, he has received over a dozen national and international awards, including those from Rotary International, the World Peace Advocates (an affiliate of the UN), the Nigerian Bar Association, the Nigerian Independent Media Practitioners, and the Association of Global Youths among several others. He holds an Associate Alumnus status with the prestigious Harvard Medical School.

The OCI Foundation works with the Auwal Shanono Foundation to provide cash prizes and gifts to winners of the annual Auwal Shanono National essay competition presented as Auwal Shanono/OCI Foundation Literary awards for Medical Students (LAMS).

To learn more about the incredible work that OCI Foundation are doing visit their website at [ocifoundation.org](http://ocifoundation.org)

# SUBMISSION GUIDELINES

## A CRUCIAL PART OF YOUR ESSAY

Imagine after writing a most-wonderful essay and you submit your work for a contest and then it does not even pass the first stage of reading by the judges simply because you could not take a little time to read and follow the submission guidelines.

Guidelines are there for a reason and must be followed to meet the essay requirement. What to look out for includes:

- **BIODATA**

Your submission must carry your biodata: Names, MSA, Contact, Email, etc. (As specified). This is for easy identification, if your work cannot be identified as yours, it leads to disqualification.

- **AUTHENTICITY**

All works submitted must be the original work of the entrant, it must be written by the person, not

plagiarized, and not previously published in part or as a whole.

- **WORD COUNT**

Not following the rules regarding the word count can easily get you disqualified. Writing below or above the set limit is wrong. Usually, the set word count excludes your biodata, headings, and references. That is it refers to the number of words in your essay alone.

- **FONT STYLE**

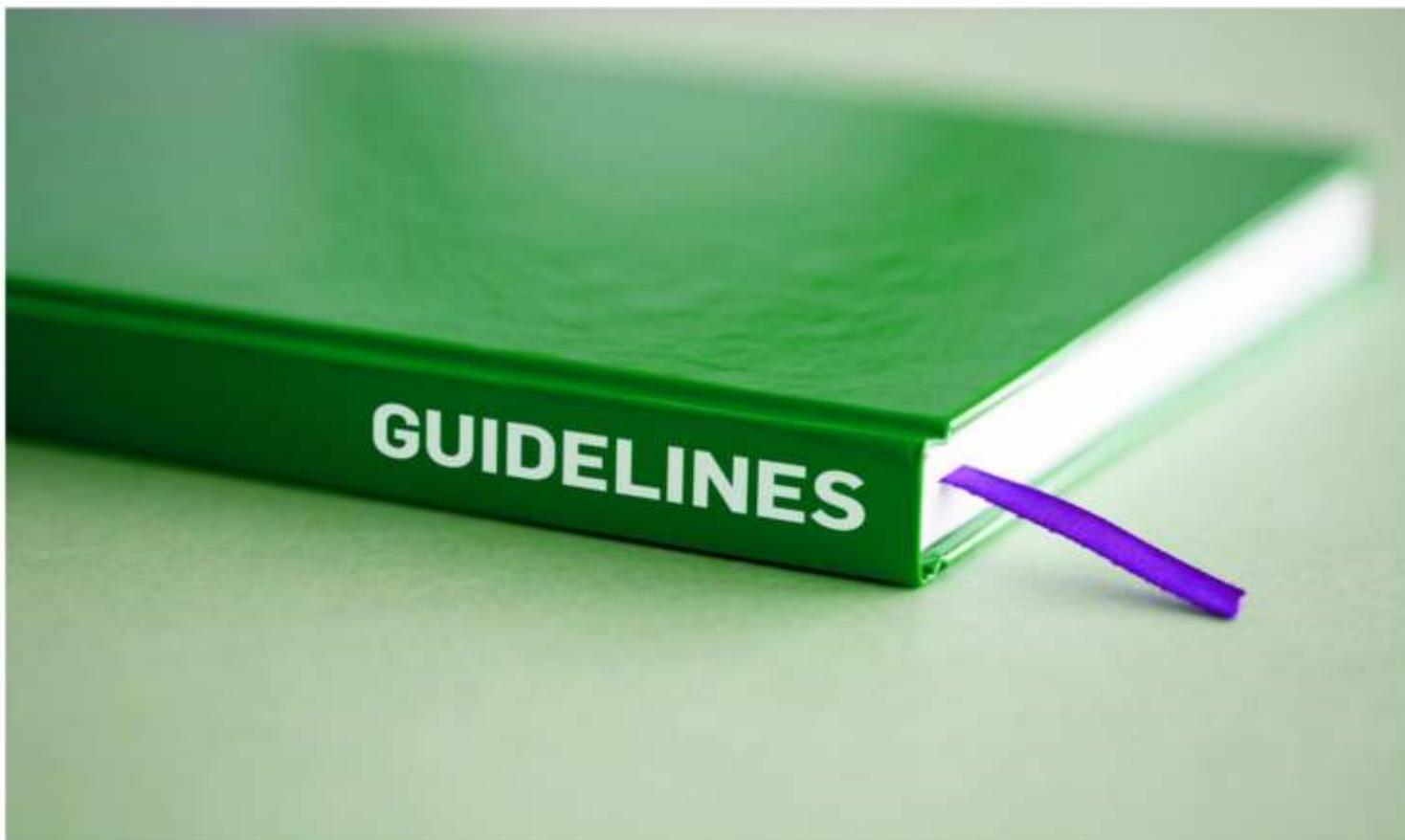
Follow the font style stipulated by the essay organizing body and not whichever one you fancy. Also, watch out for specific requirements on line spacing and font size.

- **REFERENCE STYLE**

Take note of if any particular reference style is preferred and stipulated.

- **DEADLINE**

Once the call for submissions is out, mark the deadline day in your calendar and endeavor to submit before the set date. Else any work submitted after the deadline has expired will be disqualified.





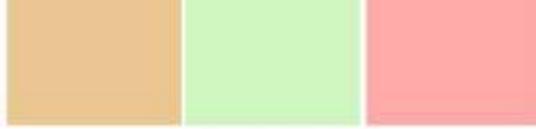
**PAST**

**WINNING**

**ESSAYS**

**2021**

**GLOBAL QUEST TO ERADICATE CERVICAL CANCER;  
CRITICALLY ANALYSING THE ROLE OF THE OCI FOUNDATION'S  
"CERVIBREAST PHONE APPLICATION" FOR USE IN DEVELOPING  
COUNTRIES, AND SUGGESTING STRENGTHENING MEASURES.**



**EGWUDA JOANA UFEDO  
BINGHAM UNIVERSITY TEACHING HOSPITAL,  
JOS, PLATEAU STATE.**



Cervical and breast cancer are among the commonest cancers among women globally, with cervical cancer ranking fourth most common cancer among women and breast cancer rising above lung cancer to become the most common form of cancer worldwide (WHO, 2021). Despite the availability of relatively easy screening and preventive measures for these diseases, they continue to rank high amongst the leading causes of female deaths. 90% of these deaths worldwide occurs in Low to Middle Income Countries (LMICs) (WHO, 2020). In most LMICs, there are various factors that promote the high morbidity and mortality rates of these cancers. There is the limited availability of screening facilities and vaccination programs, as well as the issue of restricted access to appropriate treatment in cases where a diagnosis has been made. Perhaps the most pressing of all these factors is the lack of knowledge and awareness about prevention of these diseases; and this is where the OCI Foundation's Cervibreast app makes its grand entrance.

Like David Blumenthal says, "information is the lifeblood of medicine, and health information technology is destined to be the circulatory system for that information"; this forms the basis for the Cervibreast application. The Cervibreast app, a mobile phone application targeted at the primary and secondary prevention of cervical and breast cancer, was released as a free app on Play Store and the Apple iOS Store in 2019 and 2020 respectively. It features a ground-breaking innovation that synchronizes monthly reminders for self-breast examination with a woman's monthly cycles; as well as 2 yearly reminders for a biennial Papanicolaou smear. It also has explanatory videos on the self-examination process. The app additionally contains information on preventive strategies for breast and cervical cancer, and as well as a location algorithm that searches out services or clinics around your location. The options for logging in via Facebook and Google are always advantageous to apps because few people do not like the process of a new sign up and the burden of having to remember a new password; this ease of signing up is a major plus to the Cervibreast app.

Mobile devices remain a cheap and effective way of improving healthcare delivery in developing countries and health applications are generally advantageous because they are easily accessible at the user's convenience. Although in the hustle and bustle of trying to make ends meet, people in most developing countries do not have time to utilize other conventional means of health education, 90% of the population have mobile phones and 50% have access to the internet (DataReportal, 2021). This means that over 104 million people technically have access to this application. Hence, the Cervibreast app is definitely a step in the right direction. According to WHO (2020), preventive interventions should be targeted at different stages in a person's life to be more effective. Primary prevention which includes HPV vaccination, and health education on various topics should be targeted at preteens and teenagers; secondary prevention which includes regular screening and quick treatment at women greater than 30 years; and tertiary prevention which includes treatment of invasive cancer and palliative care to affected women of all ages. The age group for primary and secondary prevention (preteens to the fifth decade) is also the age group most likely to own a phone with internet access, which makes the use of the



Cervibreast app a viable solution to the lack of awareness on preventive measures against cervical and breast cancer:

Despite the various benefits of the use of technology in health, there are still substantial obstacles to its use in developing countries. These obstacles can be summed up in four C'S: connectivity, cost, capacity and culture (Bukachi, 2007). Most people in Nigeria have experienced the issue of poor connectivity; apps and other internet-access tech stall and 'hook' until we give up and move on. Apart from this, over 50% of the population do not have internet access at all, and so would not be able to utilize this app. As for cost, even without the problem of a rapidly decreasing value in our currency, data prices are still high. The average 1 gig of data costs \$0.5, which is just enough for about 12 hours of internet browsing. 83.9% of Nigerians live below \$2 per day (Orokpo & Mutong, 2018); would they be willing to consistently spend an amount - which technically translates to about 25% of their daily income - on data? The issues of capacity and culture are especially important when considering older age groups. Older people tend to rely more on other traditional means of getting information and may be sceptical about getting seemingly delicate information from a phone application. And even though the apps interface is made intentionally simple, would they still be able to keep up with the inner workings of the app? Other possible barriers to usage of this app are technology gap, literacy and language barriers. A typical market woman, who knows just enough English to make sales in a day would probably find it difficult to utilize the Cervibreast app. Sadly, it can be argued that this woman is in more need of the health information within the app, than her working class counterpart who would most likely be more exposed to this information than her:

Despite all the seemingly dampening obstacles, the Cervibreast app still has a lot of potential in the LMIC space. A version of the app that doesn't need an internet connection can be looked into. This version can contain the basic preventive facts and a simple image showing how to perform a self-breast examination. Even better, this information can be translated into the common local languages, to promote usage amongst non-English speaking people. To further promote usage among the targeted age group, ads can be created to raise awareness. Ads on social media was the most common means of new brand discovery in the last one year according to DataReportal (2021); hence sponsored ads on common social media platforms like Twitter, Instagram or YouTube can be taken advantaged of.

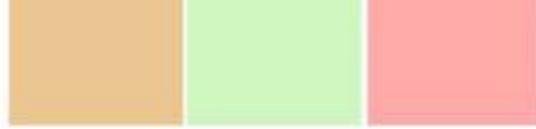
In a world where technology has not only come to stay, but has also permeated every industry in the world, the OCI Cervibreast app is not just valuable but it is a necessity. From the preteen/teenager who has never heard of cervical or breast cancer, to the woman who does not have access to available health information about prevention of cervical and breast cancer, to the working woman too busy to go to a health facility to get information about these diseases, the Cervibreast mobile app has the potential to be a life-saving intervention as it makes this information easily accessible and understandable. Preventive health was the third most common



health outcome in a study that examined the use of technology in medicine (Kruse et al., 2019), hence, the projected outcome for the app is a very feasible one. This mobile app has the capacity to greatly improve early detection of cervical and breast cancers and thus drastically reduce morbidity/mortality.

## REFERENCES

- Bukachi, Frederick & Pakenham-Walsh, Neil (2007). 'Information Technology for Health in Developing countries.' *Chest*. 132. 1624-30
- DataReportal (2021). 'Digital 2021: Nigeria.' Retrieved from [www.datareportal.com/reports/digital-2021-nigeria](http://www.datareportal.com/reports/digital-2021-nigeria) on 1st October, 2021
- Kruse C, Betancourt J, Ortiz S, Valdes Luna SM, Bamrah IK, Segovia N (2019). 'Barriers to the Use of Mobile Health in Improving Health Outcomes in Developing Countries: Systematic Review.' *Journal of Medical Internet Research*. 21 (10)
- Orokpo OF, Mutong SM (2018). 'Nigeria's raising poverty profile amidst poverty alleviation programmes: Interrogating the paradox.' *International Journal of Innovative Development and policy Studies*. 6(2), 109-116
- WHO (2020). 'Human papillomavirus (HPV) and cervical cancer.' Retrieved from [https://www.who.int/news-room/fact-sheets/detail/human-papillomavirus-\(hpv\)-and-cervical-cancer](https://www.who.int/news-room/fact-sheets/detail/human-papillomavirus-(hpv)-and-cervical-cancer) on 30th September, 2021
- WHO (2021). 'Breast cancer now most common form of cancer: WHO taking action.' Retrieved from <https://www.who.int/news/item/03-02-2021-breast-cancer-now-most-common-form-of-cancer-who-taking-action> on 1st October, 2021.



**FOLARIN ABISOLA BARAKAT  
LAGOS STATE UNIVERSITY MEDICAL STUDENT  
ASSOCIATION.**



The cervical cancer is the cancer that occurs in the cells of the cervix. The cervix is a part of the female reproductive system, it is the opening between the vagina and the uterus. Cervical cancer is the fourth most frequent cancer in women worldwide; In developing countries like Nigeria, cervical cancer is the second most common cancer, predominantly in women aged 15 to 44 years.

Cervical cancer is predominant in developing countries and global death from the disease occurs majorly in these countries. In 2018, the WHO recorded an estimate of 570,000 women who were diagnosed with cervical cancer worldwide and about 311,000 women had died from the disease. In 2017, 14,089 women were diagnosed with cervical cancer in Nigeria and 8,240 died from this disease. The prevalence of this cancer and its effects on the mortality rate worldwide necessitate the global quest to eradicate the cervical cancer. Cervical cancer is one of the most easily treated cancer if detected early. In developing countries, cervical cancer prevention and screening programs are relatively scarce resulting in late detection of the cancer in women until it is in an advanced stage. Government funded universal vaccination, screening, diagnostic and treatment programmes are not readily available to those in these developing countries like Nigeria and Algeria hence the prevalence of this disease in these developing countries.

The Cervical cancer is mainly caused by various strains of a virus called Human Papilloma virus(HPV) which is a sexually transmitted infection. The HPV type (16 and 18) causes 70% of cervical cancer. Those who are at risk of contacting the Human Papilloma Virus and its persistence, thus having the Cervical cancer include; Women with many sexual partners, women that engage in sexual activities at an early age, some women with weakened immune system has an increased risk to HPV. Women who took some type of miscarriage prevention drugs while pregnant can make the foetus prone to an increased risk of a type of cervical cancer called clear cell adenocarcinoma. Some women who smoke tobacco, Women who possess other sexually transmitted diseases like Chlamydia, Herpes etc. Women with poor hygiene and poor diet are also at risk.

The symptoms of the cervical cancer begins to unravel if there is persistent infection with the causative virus leading to pre-cancerous lesions, this can lead to cervical cancer. These symptoms are: Change in vaginal discharge in terms of quantity, colour and odour. Abnormal bleeding after intercourse. Pelvic, leg and lower back pain. Irregular vaginal bleeding between periods. Fatigue, loss of weight and loss of appetite. The cervical cancer screening test that are available are: the conventional test ( Pap smear) with the liquid based cytology( LBC) the most common type and readily available in Nigeria. Others include; the HPV testing for high risk HPV types and the Visual inspection with Acetic Acid(VIA).

There's a global quest to eradicate the cervical cancer and the statistics has greatly shown over the years that the predominance of this disease actively affects mostly the developing



countries. With this in mind, the Onyebuchi Chris Ifediora (OCI) foundation which is a non-governmental, non-profitable and non-political foundation under one of its many interventions, the major intervention being the Arm Our Youths Campaign, embarked on empowering high school teenagers on techniques of breast and cervical cancer preventive measures in a sustainable manner.

The OCI foundation through one of the health campaigns component of the Arm Our Youths (AROY) health campaign invented the CERVIBREAST mobile phone application and it was made freely available to the general public on the Android play store on September 6th, 2019 and the Apple IOS store on May 13th, 2020. The OCI foundation invented the CERVIBREAST App in a bid to empower women to look after their health, identify early symptoms of cervical cancer and embrace cancer-preventive measures in their lifestyle and minimize the impact of cervical cancer.

The CERVIBREAST mobile Application is; free and lacks in-app purchases, this facilitates the use of the app and in turn helps create awareness on the cervical cancer. The application can be easily shared from one mobile device to another. The CERVIBREAST App invented by the OCI is easily accessible and very flexible to use as it possess easy login details. The application is accessible using an existing Facebook or Google accounts or by simply creating a new login details. The flexibility of this app allows larger percentage of women who were ignorant or lacking concrete information about the disease to easily access the application and get familiar with the information available on the app.

The CERVIBREAST App is very relatable and it allows familiarity; The App features top Nollywood stars which makes it easier for the public to connect with the message passed across to them, This increase the sensitization of Women to the information about the cancer. The CERVIBREAST App make use of life saving videos of step by step techniques that is understandable even to a layman. The pictorial and video representatives of these techniques and the cervical cancer makes it easily assimilated and the awareness is made.

The CERVIBREAST App is a unique app that combines lot of features in the sensitization of the public to the Cervical cancer; its preventive measures and appropriate screening guides. The CERVIBREAST App provides information on cervical cancer preventive measures. On the mobile application, explicit details on Cervical cancer which entails the causes, symptoms and the preventive measures are readily available. This plays an important role in sensitization of the public and evidently causes a decrease in rate at which the cervical cancer is predominant. The CERVIBREAST App gives its users the privilege of locating cervical cancer service providers in Nigeria without stress. This aids in eradicating the cervical cancer because the users gets the necessary information about the disease, can get screened on time and get treatment required if need be. Registered users on the application can customize monthly reminders on Cervical Cancer screening to be sent to them. This reminder helps to avoid forgetting scheduled screening.



The CERVIBREAST App possess customizable two yearly cervical cancer screening. It allows users to set reminders using information about their screening history. This plays an important role in the early detection of the cancer if present, and fosters early treatment. Users of the CERVIBREAST App are allowed to book for the Cervical cancer screening, this gives room for early detection, early treatment and most importantly reduces the mortality rate of this disease. The features of the CERVIBREAST App highlighted above, collectively plays an important role in the global quest for eradicating the Cervical cancer:

Although, CERVIBREAST App is readily available for download not a lot of people are aware of the app . The OCI organization can advertise the application on various social media platforms, radio and tv stations to create more publicity about the application. Guidelines on how the application function should be made easy on flyers and pamphlets and distributed to the public, this increases the awareness about the application and more people can download it for use. The app layout should be more animated, fun and there should be a tweak in the stiffness and basic colours. This allows the app to be more user friendly. Instead of the 2-yearly cervical cancer screening reminder; an annual cervical cancer screening should be scheduled and the users should be reminded in time for their appointment.

The CERVIBREAST App is limited to a type of language that is the English language. The application can be programmed to run in other languages for those who don't speak/understand the English language to reduce language barrier. The CERVIBREAST App should include centres for Vaccinations against HPV. Workshops and seminars should be held at intervals all over the world. These seminars should sensitize the public about the disease, the causes and symptoms. The seminars should also highlight the importance of the CERVIBREAST Application, the information on the operation of the application should be explained in clear terms at these programmes. These Seminars should also be conducted in smaller communities where ignorance is the order of the day. The seminars should be conducted in secondary schools to sensitize students in high schools about the disease and the application.

The CERVIBREAST App is restricted to android phones and IOS phones, negligent of individuals using neither of these phones. The Application should be made available on all type of phones. Outreaches should be carried out on Anticervical cancer and appropriate information about the disease must be communicated to the areas where these outreaches are conducted. The CERVIBREAST App information must be communicated as well.

The primary aim of all the points stated above is to reduce the prevalence of the cervical cancer; increase the sensitization of the public to the cancer and ultimately reduce it's morbidity and mortality rate and eradicate the cervical cancer globally.



countries. With this in mind, the Onyebuchi Chris Ifediora (OCI) foundation which is a non-governmental, non-profitable and non-political foundation under one of its many interventions, the major intervention being the Arm Our Youths Campaign, embarked on empowering high school teenagers on techniques of breast and cervical cancer preventive measures in a sustainable manner.

The OCI foundation through one of the health campaigns component of the Arm Our Youths (AROY) health campaign invented the CERVIBREAST mobile phone application and it was made freely available to the general public on the Android play store on September 6th, 2019 and the Apple IOS store on May 13th, 2020. The OCI foundation invented the CERVIBREAST App in a bid to empower women to look after their health, identify early symptoms of cervical cancer and embrace cancer-preventive measures in their lifestyle and minimize the impact of cervical cancer.

The CERVIBREAST mobile Application is; free and lacks in-app purchases, this facilitates the use of the app and in turn helps create awareness on the cervical cancer. The application can be easily shared from one mobile device to another. The CERVIBREAST App invented by the OCI is easily accessible and very flexible to use as it possess easy login details. The application is accessible using an existing Facebook or Google accounts or by simply creating a new login details. The flexibility of this app allows larger percentage of women who were ignorant or lacking concrete information about the disease to easily access the application and get familiar with the information available on the app.

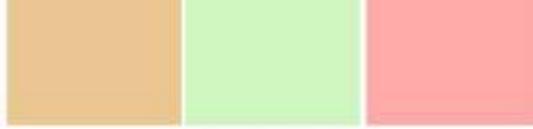
The CERVIBREAST App is very relatable and it allows familiarity; The App features top Nollywood stars which makes it easier for the public to connect with the message passed across to them. This increase the sensitization of Women to the information about the cancer. The CERVIBREAST App make use of life saving videos of step by step techniques that is understandable even to a layman. The pictorial and video representatives of these techniques and the cervical cancer makes it easily assimilated and the awareness is made.

The CERVIBREAST App is a unique app that combines lot of features in the sensitization of the public to the Cervical cancer; its preventive measures and appropriate screening guides. The CERVIBREAST App provides information on cervical cancer preventive measures. On the mobile application, explicit details on Cervical cancer which entails the causes, symptoms and the preventive measures are readily available. This plays an important role in sensitization of the public and evidently causes a decrease in rate at which the cervical cancer is predominant. The CERVIBREAST App gives its users the privilege of locating cervical cancer service providers in Nigeria without stress. This aids in eradicating the cervical cancer because the users gets the necessary information about the disease, can get screened on time and get treatment required if need be. Registered users on the application can customize monthly reminders on Cervical Cancer screening to be sent to them. This reminder helps to avoid forgetting scheduled screening.



## REFERENCES

- <https://ocifoundation.org/oci-cervibreast-mobile-app/>
- <https://www.nhs.uk/conditions/cervical-cancer/symptoms/>
- <https://www.mayoclinic.org/diseases-conditions/cervical-cancer/symptoms-causes/syc-20352501>
- <https://onlinelibrary.wiley.com/doi/pdf/10.1111/tmi.13070>
- <https://www.youtube.com/watch?v=kow7e2RSz4U>
- [https://www.who.int/health-topics/cervical-cancer#tab=tab\\_1](https://www.who.int/health-topics/cervical-cancer#tab=tab_1)



**NATER PAUL AKPEN  
BENUE STATE UNIVERSITY MEDICAL STUDENTS'  
ASSOCIATION**



## INTRODUCTION

Tedros Ghebreyesus, the director-general of the World Health Organisation (WHO), had said that "Through cost-effective, evidence-based interventions, including improving access to diagnosis and treatment of invasive cancers, we can eliminate cervical cancer as a public health problem and make it a disease of the past" (WHO, 2020). OCI (Onyebuchi Chris Ifediora) Foundation's CerviBreast Phone Application matches the brief for any intervention that can eradicate cervical cancer as set out by Mr Ghebreyesus. But how is cervical cancer a public health problem?

## CERVICAL CANCER AND PUBLIC HEALTH

With more than half a million new cases annually, cervical cancer ranks fourth among the cancers that commonly affect women. This number is projected to rise even further; and with it, the number of deaths. Put differently, while "one woman dies of cervical cancer every two minutes" (WHO, 2018), that number per time is expected to increase in the coming years. This is even though cervical cancer is a preventable disease, and is readily curable if detected early enough and adequately managed (WHO, 2020).

While affecting all countries, the cancer of the cervix accentuates inequalities: the developing world has twice as many cases and thrice as many deaths as compares to the developed world. To live in the poorest countries, to be young and to be uneducated dramatically increases the chances of getting cancer (WHO, 2020). In Nigeria, out of the 15,000 cases that were diagnosed, more than 10,000 died; thus making cervical cancer the second most active cancer killer among women. By 2050, deaths would have increased by 63% for those below 65 years and by 50% for those above 65 years (Human Papillomavirus Centre, 2019; OCI Foundation, 2021 )

To further accentuate the seriousness of this public health issue, most of those who get infected and eventually die from the cancer are also mothers of young children. It follows therefore that the life outcomes of those children left behind hang in the balance further complicates public health (Mailhot, et al., 2019).

With regards to strategies for overcoming cervical cancers, three options exist; namely, vaccination, screening, and preventive lifestyles (OCI Foundation, 2021). Vaccinations target the human papillomavirus which causes cancer; screening carries out surveillance on this virus. Both measures, however, are unavailable for most in developing countries because of financial constraints and the asymptomatic nature of the virus - even in its advanced stages. In reality, therefore, preventive lifestyles are the way to go in resource-constrained settings when it comes to combating the virus. It is precisely at this point that the OCI Application reigns supreme.

OCI'S CERVIBREAST APP (OCI Foundation, 2021.)

First open to Android users on 6th September 2019 and then to IOS users five months later; the CerviBreast App was to serve as an important milestone along the path to eradicating cervical



cancer: The APP was part of a broader campaign called the Arm our Youth Health campaign or ArOY Campaign for short. The campaign, (championed by the OCI head - an internationally trained and practising physician) itself had arisen out of a series of high-level health symposia aimed at emphasizing breast and cervical cancer-preventive techniques (OCI Foundationc, n.d). These origins of the App suggest an evidence-based and peer-reviewed foundation - a quality that is a sine qua non for interventions aimed at turning the tide against cervical cancer: Capturing another essential for cervical cancer interventions the App is freely available and has no compulsory in-app purchases; it is therefore cost-effective. This quality is especially important for the developing world that carries a greater burden of the cancer: Recommendations are also made about nearby places where people can go to have their cervix screened for cancer:

Designed by seasoned app designers, the app boasts of being the only inbuilt algorithm for personalized reminders about a once-every-two-year cervical cancer screening. Linking up cervical cancer with breast cancer - another serious health concern - the app integrates monthly reminders that are personalized to match individual menstrual cycles. Accompanying videos demonstrate breast self-examination and feature popular Nollywood stars.

It is instrumental to note that the App came about during the COVID-19 pandemic when all forms of human contact, including hospital consultations, were at a standstill or kept to a minimum at best. This app would have helped fill the information gap that the pandemic created. In effect, the app together with other tools of telemedicine would not have fanciful options; they would have been the only option.

#### POSSIBLE INHIBITIONS TO CERVIBREAST APP UPTAKE

The first factor that would limit the degree to which the app is embraced is culture. A culture where people approach telemedicine with scepticism would mean people would doubt the validity of the health information that they receive through it. To put it another way, patients, especially the rural ones, have come to identify healthcare as something that one travels over long distances to access and that it is only accessed from a white-coated doctor of a certain age. Healthcare that is relatively easy and gotten from screens does not amount to healthcare for them. Thus, they keep away from it.

CerviBreast App cannot function in an absence of internet access and electricity, or the phone itself. Where these structural issues do not prevent health information from being delivered, they may summarily slow the speed at which healthcare is delivered - with potentially morbid and mortal consequences.

Where present, "internet service provider and telephone call fees can be two to four times as high in developing countries [i.e. most African countries] as in developed market economies" (Dzenowagis, 2009). If the costs involved in assessing application outstrip the income



of patients, its uptake would necessarily be hampered.

## RECOMMENDATIONS

With English not being the first language for many in the developing world, messages may not be successfully passed conveyed solely in English. Local languages would help to reach a wider reach - especially the rural and uneducated ones that are most at risk of coming down with cancer. In a survey cited in Harvard Business Review, it was found that 72.1% of consumers spent a large fraction of their time surfing websites that were in their language own language; 72.4 are more likely to buy a product through an application if it is in their own language and 56.2% valued the ability to obtain information in their own language rather than even the apps price (Kelly, 2012). The sum of these figures is that local languages would make users more comfortable and help to break down the initial cultural resistance to the app that may be.

Secondly, the CerviBreast benefit from being made offline-first. Offline-first "is a development approach that ensures that an app will work as well offline as it does online" (Melamed, 2018). This approach is important in developing countries because connectivity is likely to be poor. The content of the app could be made to not require a constant online connection for functionality through downloads when connectivity is stronger.

Still arising from the nature of the developing world and the transience of both data and connectivity, it would be an improvement to the application if screening reminders were integrated into text messages. Text messages require a cellular network which is more widespread than data network. Also, text messages can be received on simpler phones that have long-lasting batteries due to their abbreviated functions compared to smartphones.

## CONCLUSION

Cervical cancer is a serious public health issue as has been established. Beyond the statistics that make the news, there are people - flesh and blood - whose lives or livelihoods are cut short. They mostly do not make the news. It is only natural that every tool aimed at combating cancer, once it does not make the problem worse, should be welcomed. But to then have a tool such as the OCI CerviBreast app which is cost-efficient, evidence-based, and easy to use is providential. While the app would be dogged by structural issues such as cost, infrastructure, and culture, it can be improved through the integration of local languages, offline content, and offline reminders. For the future, as it has begun in the present, the impact that can arise from this app would be instrumental in eliminating cervical cancer. The possibilities are boundless.

## REFERENCES

- Human Papillomavirus Center: (2019) Human papillomavirus and related cancer: Fact sheet 2018. Spain: HPV Information Center

- 
- Kelly, N. (2012) Speak to global customers in their own language [Online]. Available at <https://hbr.org/amp/2012/08/speak-to-global-customers-in-t> (accessed 30 September 2021)
  - Mailhot, R.B., Balogun, O.D., Ishaq, O.F., Bray F, Ginsburg, O., and Formenti, S.C. (2019) 'Estimating child mortality associated with maternal mortality from breast and cervical cancer'. *Cancer*; 125(1).
  - Melamed, T. (2018) Offline-first: what is it, and how could your app benefit? [Online]. Available at <https://calvium.com/offline-first-what-is-it-and-how-could-your-app-benefit/> (accessed 30 September 2021)
  - OCI Foundationa. (2021) Cervical cancer preventive measures: Presentation by the OCI Foundation [Online/Video]. Available at <https://www.youtube.com/watch?v=QYoLVoqHWTQ> (accessed 30 September 2021)
  - OCI Foundationb. (2021) The "OCI CERVIBREAST" mobile phone application: Freely available for apple and android devices [Online]. Available at <https://ocifoundation.org/oci-cervibreast-mobile-app/> (accessed 30 September 2021)
  - OCI Foundationc. (n.d.) The arm our youth (AROY) health campaign [Online]. Available at <https://ocifoundation.org/the-arm-our-youths-campaign/> (accessed 30 September 2021)
  - WHOd. (2018) Cervical cancer: an NCD we can overcome. Speech by WHO Director-General. Geneva: WHO [Online]. Available at: <https://www.who.int/dg/speeches/detail/cervical-cancer-an-ncd-we-can-overcome> (accessed 30 September 2021).
  - World Health Organisation (WHO). (2020) Global strategy to accelerate the elimination of cervical cancer as a public health problem. Geneva: WHO.

# Editor's Final Note

We have come to the end of this Essay guide, which has been meticulously compiled for your study and perusal by the 2022 Administration of the Auwal Shanono Foundation.

Over the previous editions of The Auwal Shanono National Essay Competition, the judges have received some outstanding entries and we have also seen submissions that fall way too short of the required standard. So the foundation under the directive of National Director, Aishat Abdulmojeed came up with the initiative to prepare this essay guide for future entrants to help bridge the gap and further improve the quality of future submissions.

The guide was prepared in three sections:

Section A introduces the reader to the world of essay writing, discusses what an essay means, the different types of essays, the unique structure in which an essay is typically written, the qualities of a good essay, and the approach and peculiarities of an Academic essay which is the main focus of the essay competition.

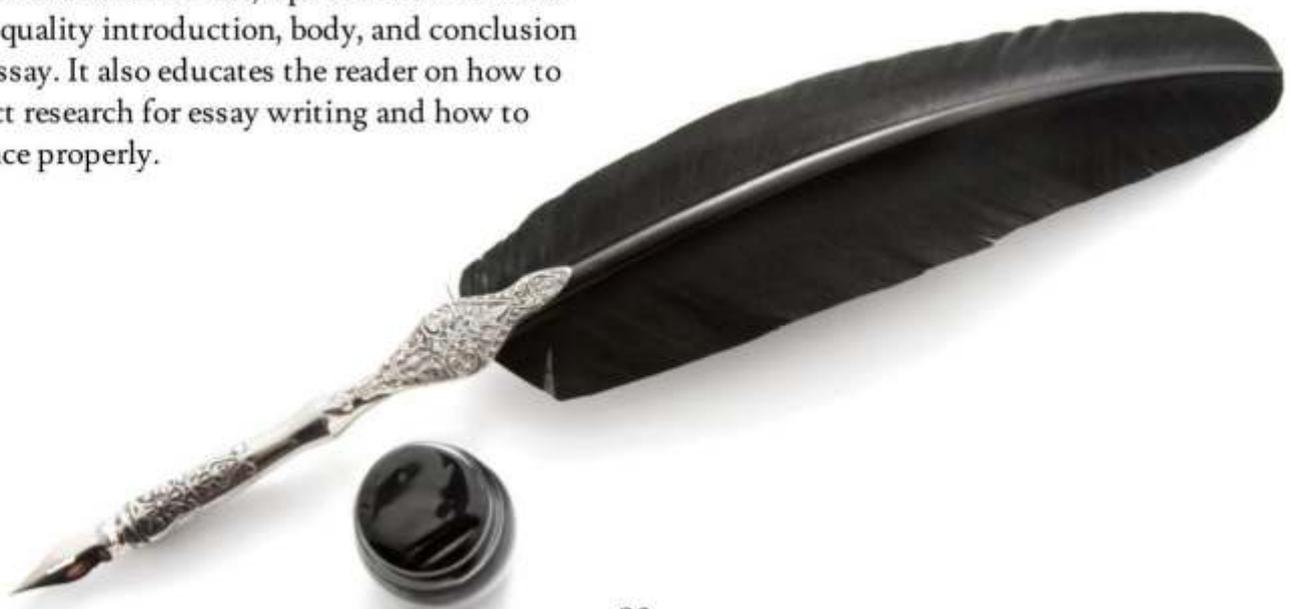
Section B goes in-depth to provide the reader with detailed information on how to write a good essay, from understanding the essay topic to writing your first sentence and the last, tips to follow to write a good quality introduction, body, and conclusion of an essay. It also educates the reader on how to conduct research for essay writing and how to reference properly.

Section C turns the microscope on The Auwal Shanono National Essay Competition (TASNEC), gives the reader a brief account of its history, previous winners and awards, what to watch out for in the submission guidelines, and presents the reader with three samples of winning essays from the 2021 edition to consult as they prepare their submissions.

I first came across this foundation by submitting for the maiden edition of the essay competition of which my submission made the top ten entries. To come full circle to help prepare this guide has been fulfilling and big gratitude goes to all the wonderful members of the foundation that selflessly contributed to bringing this to life, the content and design team, You are all the best. For the reader, I hope we have at least inspired you to pick up a pen and write.

*Sadiq Abdulsalam Adeiza*

DIRECTOR, EDITORIALS AND  
PUBLICATIONS,  
AUWAL SHANONO FOUNDATION



# REFERENCES

## WHAT IS AN ESSAY?

- <https://literarydevices.net/essay/>
- <https://www.google.com/amp/s/literaryterms.net/essay/amp/>
- <https://www.britannica.com/art/essay>
- <https://medium.com/nerdify/what-makes-essays-similar-different-from-other-writing-forms-436280878f9>
- <https://www.google.com/amp/s/literaryterms.net/essay>

## TYPES OF ESSAY

- Academic Recourse Centre ARC – PDF
- <https://www.masterclass.com/articles/guide-to-common-types-of-essays#8-types-of-essays>
- Centre for academic support – PDF
- Grammarly blog

## STRUCTURE OF AN ESSAY

- <https://bit.ly/3vdM0Hy>
- <https://bit.ly/3uDpWXP>

## QUALITIES OF A GOOD ESSAY

- <https://www.iedunote.com/top-10-qualities-good-essay>
- <http://www.hunter.cuny.edu/rwc/handouts/the-writing-process-1/invention/Five-Qualities-of-Good-Writing>

## ACADEMIC ESSAYS: PECULIARITIES AND APPROACH

- <https://essaypro.com/blog/academic-essay#Sum>

## UNDERSTANDING THE ESSAY TOPIC

- <https://learn.solent.ac.uk/mod/book/view.php?id=2735&chapterid=1155>

## HOW TO WRITE A GOOD INTRODUCTION

- <https://www.wordstream.com/blog/ws/2017/09/08/how-to-write-an-introduction>
- <http://guidetogrammar.org/grammar/intros.htm>
- A winner's guide to writing Pepper-Hot Essays for Competitions by Dr. Msonter Anzaa

## HOW TO WRITE A GOOD BODY

- An article on legal writing by Joy Maduafor.
- <https://wts.indiana.edu/writing-guides/>

## paragraphs-and-topic-sentences.html

- <https://www.thoughtco.com/topic-sentence-composition-1692551>
- <https://www.indeed.com/career-advice/career-development/how-to-write-a-topic-sentence>
- <https://www.bestcolleges.com/blog/how-to-write-a-body-paragraph/>
- <https://libguides.hull.ac.uk/essays/main>
- <https://writersperhour.com/blog/how-to-write-interesting-essays>
- <https://writersperhour.com/blog/10-tips-student-must-apply-to-write-an-engaging-essay>
- <https://grammar.yourdictionary.com/grammar-rules-and-tips/writing-advice-and-tips-on-how-to-engage-the-reader.html>
- <https://literarydevices.net/pacing/>
- <https://mytasker.com/blog/how-to-write-engaging-content>
- <https://www.ucanwest.ca/blog/media-communication/how-can-you-reach-your-target-audience-through-your-writing>
- <https://www.masterclass.com/articles/how-to-write-a-body-paragraph-for-an-essay#how-to-write-a-body-paragraph>

## HOW TO WRITE A GOOD CONCLUSION

- <https://www.masterclass.com/articles/how-to-write-a-conclusion#how-to-write-a-conclusion>
- <https://www.time4writing.com/writing-resources/writing-a-good-conclusion-paragraph/>
- <https://bid4papers.com/blog/essay-conclusion/>

## RESEARCH AND REFERENCING

- <https://www.speedyessay.co.uk/blog/why-research-is-important-for-an-essay/>
- <https://www.cliffsnotes.com/cliffsnotes/subjects/college-life/understand-types-of-research-material>
- <https://askanydifference.com/what-is-reference/>
- <https://uniprojectmaterials.com/view-blog/the-various-types-of-referencing-and-how-to-reference-properly>
- <https://www.oxbridgeessays.com/blog/essay-referencing-system/>
- <https://www.scribbr.co.uk/referencing/mhra-style/>
- <https://pitt.libguides.com/citationhelp>
- <https://www.rlf.org.uk/resources/mla-apa-harvard-or-mhra/>



@asf\_nimsa



@asf\_nimsa



Auwal Shanono Foundation NiMSA



auwalshanonofoundation@gmail.com



LUMINA GRAPHICS 09090714361