



MEDIKKA

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2025 EDITION
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INSIDE THIS EDITION:

- Factors Affecting Clinical Medical Education and Learning at the University of Nigeria Teaching Hospital, Enugu Nigeria
- Medical Education in the Era of Virtual Reality
- Addressing Burnout and Mental Health in Medical Students
- Challenges of Medical Education in Sub-Saharan Africa

THEME:

**MEDICAL EDUCATION IN THE ERA
OF VIRTUAL REALITY**



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MEDIKKA is a recognized, peer-reviewed annual international medical journal published in English language by the University of Nigeria Medical Students' Association.

The following categories of manuscripts are accepted for publication:

Research articles: Original research concerning any aspect (e.g. aetiopathogenesis, epidemiology, diagnosis, management and prevention) of disease. Animal research contributions of relevance to human health are also welcome.

Review articles including meta-analysis: Detailed systematic and critical evaluation of the literature on a specified clinical problem. Reviews should include information such as type of studies and the selection process.

Short communication and case reports: These may be unique case reports, clinical experiences and short reports of origin research.

All articles are subjected to peer-review by the MEDIKKA board of editorial consultants.

Manuscript requirements

Manuscripts must be in accordance with the Uniform Requirements for Manuscripts submitted to Biomedical Journals published by the International Committee of Medical Journal Editors (ICMJE). Papers should be type-written with double line spacing. On a sheet separate from the text, the following should be type-written:

- Running title (not more than forty characters)
- Title of Article/Paper
- Name, Address, Qualifications and Departmental/Institutional Affiliation of the Author(s)
- References using Vancouver style
- Tables and illustrations
- Key words for indexing (three to six)

Original and research articles should contain an abstract of 150-200 words.

The Editor reserves the right to shorten and/or correct the articles received (in consultation with the Editorial consultants) without altering the subject matter of the articles.

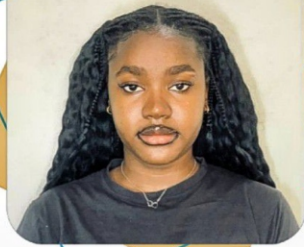
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NOTE

From the

EDITOR-IN-CHIEF



Medical education is the foundation of healthcare, shaping future professionals through rigorous training and continuous learning. As medicine evolves, so must our approach to education, incorporating new technologies and methodologies to enhance learning and patient care.

This edition of MEDIKKA explores the challenges and opportunities in medical education, particularly in resource-limited settings. With advancements like artificial intelligence and virtual reality becoming part of training, we must ask: "How do these shape the future? What barriers exist, and how can we overcome them?" Through this journal, we contribute to this discussion by presenting insights, reflections, and research from medical students and professionals.

As a publication of the University of Nigeria Medical Students Association (UNMSA), MEDIKKA has always been a platform for academic and intellectual contributions. Notably, in this edition, every article was authored by members of our association, showcasing the depth of talent and scholarship within UNMSA. This highlights our commitment to fostering student-led research and medical discourse.

We are deeply grateful to Dr. Francis Chukwuani for his mentorship, support, and role in the final review process of this edition. His dedication to student-led academic initiatives continues to inspire us.

A special appreciation also goes to our research supervisor Prof. Madu Anazoeze Jude for his invaluable assistance in the research we conducted. His expertise and guidance have significantly enriched our study, and we are truly grateful for his support in fostering research excellence.

We also extend our sincere gratitude to AmBliN for sponsoring our research. Their support has been instrumental in ensuring the success of our study, and we appreciate their commitment to advancing medical research.

I also want to acknowledge the editorial board members, whose tireless efforts in reviewing, editing, and curating this journal ensured its quality and relevance. Your dedication has been instrumental in making this edition possible.

We hope this edition sparks meaningful discussions, challenges perspectives, and inspires further inquiry into the evolving landscape of medical education.

Grace N. Kaluokoro
Editor-In-Chief
MEDIKKA Journal, 2025 Edition



NOTE *From the* PRESIDENT



Dear Esteemed Readers,

It is with great pleasure that I welcome you to this edition of **MEDIKKA**, a journal that continues to serve as a platform for insightful discussions and research. Each edition reflects the dedication and intellect of our medical community, and this one is no exception.

Medical education is constantly evolving, shaped by innovations and challenges. This edition captures a broad spectrum of topics—from the factors influencing our learning experiences to the integration of new technologies and the personal well-being of medical students. These discussions are not just academic but deeply relevant to our journey as future healthcare professionals.

I extend my sincere appreciation to the Editorial Board for their hard work and to every contributor whose research, reviews, and perspectives have made this edition possible. Your dedication to knowledge and progress is truly commendable.

To our readers, I hope this journal serves as a source of inspiration and learning. May it spark new ideas and encourage conversations that drive positive change in medical education and beyond.

UCHENNA O. NTO

The President,
University of Nigeria Medical Students' Association
(2024/2025)

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