WAJM

WEST AFRICAN JOURNAL OF MEDICINE

ORIGINALITY AND EXCELLENCE IN MEDICINE AND SURGERY

BOOK OF ABSTRACTS

THE 47TH ANNUAL
GENERAL AND SCIENTIFIC MEETING
OF THE WEST AFRICAN COLLEGE OF
PHYSICIANS (WACP)

HOSTED BY THE NIGERIAN CHAPTER

11TH - 15TH JULY, 2023

WEST AFRICAN JOURNAL OF MEDICINE

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GENERAL INFORMATION

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And the West African College of Surgeons, is for clinicians, scientists and others interested in the field of medicine and the medical sciences. The Journal which accepts articles in English and French is indexed/ abstracted in EMBASE, Excerpta Medica, Medline/Index Medicus, African Journals on Line and African Index Medicus.

The mission of WAJM is to educate clinicians, improve the life and care of patients, stimulate and disseminate findings from research in medicine and allied biomedical sciences and related areas and provide a forum for the documentation and exchange of information in the clinical and biomedical sciences.

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4. The following sequence is followed: (1) Title page, (2) Abstract, Keywords, (3) Abbreviations, (4) Introduction, (5) Subjects, Materials and Methods, (6) Results, (7) Discussion, (8) Acknowledgements, (9) Duality of Interest, (10) References, (11) Tables, (12) Figures, and (13) Legends to Tables and Figures.
5. Abstract is structured in no more than 250 words, (include a word count) and if unstructured (vide supra) a maximum of 150 words.
6. Four to ten keywords (from Index Medicus MeSH) are provided.
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WEST AFRICAN JOURNAL OF MEDICINE

INFORMATION FOR CONTRIBUTORS

Mission and Scope

The West African Journal of Medicine (WAJM) publishes contributions of professional, scientific and educational interest to medical and dental practitioners and researchers and those in related disciplines, with special focus on medical practice and research in Africa and its people. The aim of the Journal is to provide a medium for international dissemination of research findings in West Africa and elsewhere and to promote co-operation amongst and between medical researchers in Africa and elsewhere. The Journal is published in English and French. Supplements are published upon arrangement with the Editor-in-Chief.

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Section B: *Brief Communications and Case Reports*

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Information for Contributors

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Present units of scientific measurements in the units in which the research was conducted (with the conventional or SI equivalents in parentheses) in the text. In a table or figure, a conversion factor should be provided as a footnote.

ACKNOWLEDGMENTS

Acknowledgement of general, financial and material support or technical and secretarial help etc. should be indicated at the end of the main text. It is the responsibility of the authors to obtain consent of those being acknowledged.

REFERENCES

The references should be numbered in parentheses in the order in which they appear in the text, tables, or legends. References should be in the Vancouver superscript style, as laid down in the "Uniform Requirements for manuscripts submitted to Biomedical Journals (1)".

At the end of the article the full list of references should give the surname and initials of all authors unless there are more than six, when only the first six should be given, followed by et al. The author's name should be followed by the title of the article, the title of the Journal abbreviated as in Index Medicus, the year of publication, the volume number and the first and last pages. For books, the references should follow the following format: the author, title of book, place of publication, the publisher, the year and the relevant pages. Journals not listed in Index Medicus should be spelt out in full.

Examples of References
Journals: List all authors when six or fewer; when seven or more, list first six and add et al

1. Standard article
Musumuta G, Miakama T, Okoro P. Pneumonia in Lagos Children. West Afr J Med 1997;234:45–49.

2. Special format
Letters or abstracts: As for articles with Letter or Abstract Oshare, EO. Tetanus in Lagos (letter) Niger Med J 1988; 1: 301.

3. Books
List all authors or editor when six or fewer: when seven or more, list the first six and add et al.

1. Author of a Book
Makamer EN. Diabetes mellitus for Medical Students. 6th ed. Nairobi. Princess Publisher; 1990.

2. Chapter in a Book
(Note: Previous Vancouver style had a colon rather than a p before pagination). Phillips SI, Whisnant JP. Hypertension and stroke. In: Laragh JH. Brenner BM, editors. Hypertension: pathophysiology, diagnosis and management. 2nd ed. New York. Raven Press; 1995. p. 465 – 78.

4. Volume with supplement
Shen HM, Zhang QF. Risk assessment of nickel carcinogenicity and occupational lung cancer. Environ Health Perspect 1994:102 (Suppl) 1275–82.

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5. Issue with supplement
Payne DK, Sullivan MD, Massie MJ. Women's psychological reactions to breast cancer. Semin Oncol 1996; 23(1 Suppl 2):89–97.

6. Volume with part
Ozben T, Nacitarhan S, Tuncer N, Plasma and urine sialic acid in non-insulin dependent diabetes mellitus. Ann Clin Biochem 1995; 32(Pt.3):303–6.

7. Type of article indicated as needed
Enzensberger W, Fischer PA. Metronome in Parkinson's disease (letter). Lancet 1996; 347:1337.

8. Personal author(s)
Ringsven MK, Bond D. Gerontology and leadership skills for nurses, 2nd ed. Albany (NY). Delmar Publishers; 1996.

9. Editor(s), compiler(s) as author
Norman IJ, Redfern SJ, editors. Mental health care for elderly people. New York. Churchill Livingstone; 1996.

10. Conference proceedings
Kimura J, Shibasaki H, editors. Recent advances in clinical neurophysiology. Proceedings of the 10th International Congress of EMG and Clinical Neurophysiology. 1995 Oct 15-19, Kyoto, Japan. Amsterdam: Elsevier, 1996.

11. Conference paper
Bengtsson S, Solheim BG. Enforcement of data protection, privacy and security in medical informatics. In: Lun KC, Degoulet P. Piemme TE, Rienhoff O, editors. MEDINFO 92. Proceedings of the 7th World Congress on Medical Informatics 1992 Sep 6-10: Geneva, Switzerland. Amsterdam: North Holland, 1992. p.1561 – 5.

12. Dissertation
Chaplain SJ. Post-hospital home health care: the elderly's access and utilization (dissertation). St Louis (MO): Washington Univ. 1995. The Holy Bible. King James version. Grand Rapids (MI): Zondervan Publishing House; 1995. Ruth 3:1 – 18. 1973.

13. Electronic Material
Journal article in electronic format Morse SS. Factors in the emergence of infectious diseases. Emerg Infect Dis (serial online) 1995 Jan-Mar (cited 1996 Jun 5); (1):(24 screens); Available from: URL: http/www.cdc.gov /ncidod/EOD/eid.htm.

14. Monograph in electronic format
CDI, clinical dermatology illustrated (monograph on CD-ROM), Reeves JRT, Maibach H. CMEA Multimedia Group, producers. 2nd ed. Version 2.0 San Diego. CMEA: 1995. Hemodynamics III the ups and downs of hemodynamics (computer program). Version 22. Orlando (FL). Computerized Educational Systems, 1993. For full reference information see Reference 1 given below. It is the responsibility of authors to ensure the accuracy of cited references.

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All manuscripts reporting experiments in human beings must be accompanied by a statement in the method section that the authors have complied with the requirements of the local ethical committee. If investigators have no access to an ethics committee, the principles outlined in the Helsinki Declaration (2) should be followed. Avoid using patient's names, initials or hospital numbers. If full-face photographs are to be used, such photographs must be accompanied by a signed or thumb printed informed consent of the person. Animal experimenters must also follow the institution's guidelines on the use of laboratory animals in research.

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The criteria for authorship are as expressed in the Uniform Requirements (1) which state that "authorship credit should be based only on substantial contribution to":
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(b) drafting the article or revising it critically for important intellectual content;
(c) final revision of the version to be published.

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On acceptance, the copyright of the paper will be vested in the Journal/Publisher. All authors of the manuscript are required to sign the "Statement to be signed by all authors" and the transfer of the copyright.

DOCUMENTS CITED

1. International Committee of Medical Journal Editors. Uniform requirements for manuscript submitted to Biomedical Journals. http:// www.icmjc.org/urm_full

2. 41st World Medical Assembly. Declaration of Helsinki's recommendations guiding Physicians in Biomedical Research and involving human subjects. Bulletin Pan-American Health Organisation.1990; 24: 606–9.

WEST AFRICAN JOURNAL OF MEDICINE

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The Journal is increasingly taking on its role in postgraduate medical education. To this end we solicit review articles in specialized areas of medicine, surgery, dentistry, basic medical sciences and medical education including continuing medical education. If you need further information, please contact the EIC. Those wishing to write for us, should contact the EIC to intimate him about the chosen subject before submitting.

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THE 47TH ANNUAL GENERAL
AND SCIENTIFIC MEETING

Of the

WEST AFRICAN COLLEGE
OF PHYSICIANS (WACP)

(NIGERIAN CHAPTER - HELD IN BAUCHI)

11TH - 15TH JULY, 2023

BOOK OF ABSTRACTS

WEST AFRICAN JOURNAL OF MEDICINE

FROM THE EDITOR-IN-CHIEF

I would like to extend heartfelt congratulations to the leadership of the Nigerian Chapter of the West African College of Physicians for the outstanding success of the 47th Annual General and Scientific meeting which was held in Bauchi, Bauchi State, Nigeria between the 11th and 15th of July. Amidst the numerous challenges being faced by the nation, including the exodus of doctors and other healthcare professions to greener pastures, it is heart-warming to note the chapter's unwavering dedication to fostering these educative engagements and activities. In the same vein, the sacrificial commitment of fellows and members of the college in pushing the frontiers of scientific research and striving for excellence in healthcare delivery is commendable. This is especially true in light of the many environmental and systemic limitations and constraints that abound.

The WAJM is delighted to present this book of abstracts, a compendium of the various scientific presentations at the conference. The abstracts cover a wide range of topical issues across the different specialties. This collection presents a diverse array of ideas, innovations, and scholarly endeavours.

The potential role and advantages of salivary lipid profiling as a valuable investigative tool which was brought to the fore by Raji et al., is a germane contribution that I would like to highlight. Saliva is a non-invasive and readily accessible biological fluid, making it an attractive option for diagnostic investigations. As shown by their findings in the study, the assay of salivary lipids has a promising role as a non-invasive biomarker in diagnostics, disease monitoring, and research. It is hoped that advancement in biotechnology and analytical techniques will further enhance their diagnostic and prognostic utility. As the understanding of the nexus between salivary lipids and health continues to increase, they are likely to play an increasingly significant role in preventive and diagnostic healthcare delivery.

The various abstracts presented in this book constitute essential snapshots that offer a glimpse into the full scope and findings of the various research. We congratulate the contributors who have distilled their works into these concise abstracts for their dedication and passion. We are glad to offer the platform to connect the output of their scholarly works to the wider community. I will therefore use this opportunity to invite the authors to submit their full papers to the WAJM for prompt consideration for publication.

We hope that the content in this issue will provoke further discussions, inspire action, and encourage collaboration. It is through the collective efforts of our academic community that we can continue to make a difference and shape a better future.

We look forward to your feedback and contributions.

Prof G.E Erhabor

Editor-in-Chief

SCIENTIFIC SUBCOMMITTEE CHAIRMAN'S REMARK

The 47th WACP Nigeria Chapter Annual General and Scientific meeting which was held in Bauchi between the 11th and 15th of July had among other activities - abstracts presentation. After 2 months of calls for abstract submission through all the available media outlets, 48 abstracts were received.

The abstracts received were then sent to appropriate reviewers for peer review and necessary corrections were made and resubmitted. A total of 45 abstracts were finally presented during the conference while attempts were not made by 3 authors of abstract to present their abstracts, hence removed from the abstracts list.

The abstracts presented during the conference spread across all the faculties in the college and the theme of the conference.

Thank you.

Dr. Ayoola Yekeen Ayodele

WACP/2023/01:
CASE FATALITY RATE OF CHILDHOOD TUBERCULOSIS: EXPERIENCE FROM FEDERAL TEACHING HOSPITAL GOMBE: A TWO DECADE REVIEW

Isaac WE, Jalo I, Yohanna G, Rasaki A, Ebisike K, Girbo A, Olatoke L, Raymond PM, Iliya A, Ndubusi V, Rabo Y, Daniel GE, Apollos D, Bakura B, Maryam O, Bello A, Joel Z, Tukur H, Abdulkarim H, **Adeniran OA**[*], Abdulrahman S, Meller T, Adamu A, Ibrahim BA

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Introduction: Tuberculosis (TB) was the leading cause of death from an infectious agent worldwide, until the Coronavirus (COVID-19) pandemic, ranking above HIV/AIDS. Nigeria ranks 6th among the 30 TB high-burden countries (TB, TB/HIV, DRTB) and 1st in Africa. The estimated case fatality rate (CFR) of TB in Sub-Sahara Africa (SSA) is 15%.

Objective: To review the Tuberculosis case fatality rate (TCFR) in children diagnosed with TB from 2000 -2019 in Federal Teaching Hospital Gombe.

Methodology: All cases of Tuberculosis (TB) diagnosed in children using ICD 10 classification were retrieved and analyzed. These included deaths from TB. The mainstay of TB diagnosis was clinical using TB Score (81%), Gene Xpert was 7%, and AFB was 10%.

Results: 26,716 children were admitted; 383 had TB out of which 208(54.3%) were males and 175 (45.7%) females. TB constituted 1.4% of Paediatric admissions. Children 0 -5 years constituted 46.7% (179/383) of cases and 11 – 18 years were 31.3% (120/383). Fulani, Hausa, and Tangale constituted 43.6% (167), 21.1% (81), and 6.8% (26) of TB cases respectively. TB admissions were highest between 2015 and 2019 (31.8%). TB adenitis was the most common extrapulmonary TB. Tuberculosis/HIV co-infection accounted for 103(27%), out of which 74% (44) died. Overall TCFR was 15.6%; TCFR was 16.3% in males and 14.8% in females. The TCFR was 46.7% in 0-5yrs; 15% in 6-9yrs and 38.3% in 10–18yrs.Fulani had the highest CFR (11.9%). Tuberculosis CFR was highest between 2010-2014 (30.0%) and lowest in 2005-2009 (21.6%).

Conclusion: The Tuberculosis CFR is comparable to SSA CFR.

Keywords: Tuberculosis, case fatality, Gombe

WACP/2023/02:
SOCIODEMOGRAPHIC CHARACTERISTICS AND PATTERN OF SERUM AND SALIVARY LIPIDS

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Introduction: Saliva is secreted by the salivary gland, and as a screening medium, saliva offers more advantages over serum for the determination of lipid levels due to the non-invasive nature of the collection, reduced infectious risk, and ease with analysis. Its user-friendly nature would be acceptable by especially children.

Objectives: To determine the socio-demographic features of subjects and dyslipidaemia using serum and salivary lipids

Methodology: Descriptive and cross-sectional. A total of 200 apparently healthy primary school children aged 5-12 years were tested for serum and salivary; total cholesterol (TC), triglycerides (TG), high-density lipoproteins (HDL), and low-density lipoproteins (LDL). A structured study proforma was used for socio-demographic features data

collection, and p value ≤ 0.05 was taken as statistically significant. Statistical analysis was carried out using frequency distribution tables, chi-square, and ANOVA for comparison of means.

Results: There were no statistically significant associations between serum lipids and sex and to some extent age, SES, and BMI, except for TC and TG. Those who were overweight had elevated TC and TG using both serum and saliva, while the underweight have higher abnormal LDL using both fractions. However, the overweight fraction only had abnormalities only in the HDL fraction.

Conclusion: Socio demography had influence on lipid patterns, therefore using the saliva provide a non-invasive alternative for screening children.

Keywords: Apparently healthy, Serum, Saliva, Prevalence, Socio-demography

WACP/2023/03:

SEVEN-YEAR REVIEW OF PAEDIATRIC AND ADOLESCENTS HIV CARE SERVICES AT ABUBAKAR TAFAWA BALEWA UNIVERSITY TEACHING HOSPITAL BAUCHI, NIGERIA

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Introduction: Although the global morbidity and mortality rates associated with Human Immunodeficiency Virus (HIV) are decreasing, this improvement is slow in Sub-Saharan Africa. The treatment of HIV in children and adolescents is associated with high failure and mortality. The objectives of this study are to describe HIV treatment regimens and case fatality rates for paediatric and adolescent patients

Methodology: Retrospective review of data of all children aged $\leq$17 years seen for Paediatric HIV Care Clinic in Abubakar Tafawa Balewa University Teaching Hospital (ATBUTH) Bauchi. Descriptive data were extracted from the electronic database of the Hospital.

Results: A total of 289 children and adolescents aged 3 to 16 years (mean 12 ± 3.3 yrs; female: male ratio 1.03:1) were cared for during the period under review. Most of the patients (73.7%, n-213) were adolescents. One hundred and twenty-two (42.2%) patients were active on treatment and regular with follow-up visits; 117 (40.5%) patients had an interruption in treatment (were either lost to follow-up or missed follow-up appointments for at least one month beyond their appointment date). Two patients refused to continue with their medications despite appropriate counseling. The case fatality rate was 4.2% (n=12).

Conclusion: There was a high rate of interruption in treatment among children and adolescents being treated for HIV at our centre. The case fatality rate was 4.2%.

Keywords: Paediatrics HIV, Case fatality, Bauchi

WACP/2023/04:

CORRELATION BETWEEN ANTHROPOMETRY AND BLOOD PRESSURE IN CHILDREN

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Introduction: Although a positive correlation has been shown to exist between blood pressure (BP) and anthropometry, conflicting reports have been documented about the anthropometric parameter that best determines increased blood pressure (BP) in children. Whereas waist circumference (WC) has been shown to correlate with BP in adults due to disproportionate fat distribution, the uniform fat distribution in children may alter this relationship established in the adult population.

Objective: Correlation between anthropometric parameters and BP in children

Methodology: A cross-sectional study of BP where 1350 apparently healthy secondary school adolescents aged 10-19 years were recruited over 6 months. The BP, height, weight, body mass index (BMI) and WC were taken and analysed.

Results: The mean weight of the students was 48.6±10.9kg with a range of 23-100kg, while height was 1.6±0.1m and ranged from 1.2-1.9m. The mean WC was 65.6±8.9cm and ranged from 22-100cm while the mean BMI was 18.9±3.1kg/m^2. The overall mean systolic BP was 108.9±12.5mmHg with a range of 76-165mmHg while diastolic BP was 68.3±8.2mmHg and ranged from 47-95mmHg. The BP correlated positively with height with systolic blood pressure (SBP) and diastolic blood pressure coefficients being 0.44 and 0.34 (r=0.44 & 0.34; p<0.001), correlated with weight with SDB and DBP coefficients (r=0.51 & 0.38; p<0.001), correlated with BMI (r= 0.40 & 0.29; p<0.001) and with WC (r= 0.31 & 0.23; p<0.001).

Conclusion: SBP showed a stronger correlation with the anthropometries than the DBP in children. The weight has the highest correlation while the WC has the lowest correlation with BP in children.

Keywords: Anthropometrics Parameter, blood Pressure, Children

WACP/2023/05:

GENDER VARIATION IN THE PREVALENCE OF CHILDHOOD HYPERTENSION

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Introduction: Hypertension is an important health problem all over the world. It is usually silent and the presence of symptoms may indicate end-organ damage. Whereas some studies reported a higher blood pressure (BP) in girls than boys at all ages other studies reported no sex differences while others demonstrated an initial higher BP in boys before puberty with reversal at puberty.

Objective: Variation in prevalence of hypertension according to gender

Methodology: A cross-sectional study of BP that recruited 1350 apparently healthy secondary school adolescents aged 10-19 years over 6 months

Results: The overall point prevalence of hypertension was 4.4% (59 of 1350) with gender-specific prevalence for males being 4.1% (26 of 628 boys) and 4.6% (33 of 722 girls) for females, (χ 2=0.831, p=0.362). According to stages of hypertension, 1.5% (10 of 628) and 1.1% (7 of 628) males had stages 1 and 2 systolic hypertension respectively while 2.4% (15 of 628) had stage 1 diastolic hypertension and none had stage 2. Similarly, 2.4% (17 of 722) and 1.2% (9 of 722) females had stages 1 and 2 systolic hypertension respectively while 1.2% (9 of 722) and only 0.1% (1 of 722) girls had stages 1 and 2 diastolic hypertension respectively. The overall prevalence of pre-hypertension was 22.1% (298 of 1350) with gender-specific prevalence of 21% (131 of 628) for males and 23.1% (167 of 722) for females, (χ 2=4.349, p=0.037).

Conclusion: Female adolescents have a higher prevalence of hypertension, especially pre-hypertension, compared with males. The BP screening is recommended at secondary school entry and at regular intervals.

Keywords: Gender Variation, Childhood Hypertension

WACP/2023/06:

REVEALING THE VARIED REALITY OF MALARIA RELATED DEATHS IN CHILDREN ACROSS GENDER, AGE, AND ETHNICITY IN FEDERAL TEACHING HOSPITAL GOMBE OVER 20 YEARS: AN ESSENTIAL EPIDEMIOLOGIC IMPERATIVE

Isaac WE, Jalo I, Yohanna G, Aliu R, Ebiseke K, Girbo A, Olatoke L, Raymond PM, Iliya A, Ndubusi V, Rabo Y,Daniel GE, Apollos D, Bakura B, Usman MO, Kamaludden H, Abdulshaheed B, Tukur H,Joel Z, Abdulkarim H, Abdulrahman S, Adeniran OA, Adamu A, Ibrahim B, **Meller BT**[*]

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Introduction: Nigeria recorded 31% of 619,000 malaria deaths globally; and accounts for 25-30% of all childhood mortality in the country. Few studies in Nigeria, have reported malaria's case fatality rate over a long period.

Objective: To determine Malaria Case Fatality Rate among Children admitted from 2000-2019

Methodology: All severe malaria cases and deaths amongst children aged 0-18 over the last two decades were analysed using ICD-10. The diagnosis was based on clinical and microscopic findings.

Results: 26,716 children were admitted, 2494 (9.3%) were diagnosed with malaria and 209 died. Malaria constituted 5.3% (209/3956) of all childhood mortality. Males constituted 58.9 % (1468/2494) while 65% (1642/2494) were aged 0-5 years.

Of the malaria admissions, Fulani and Hausa constituted 948(38%) and 438(17.6%) respectively. Admissions were highest in October (15%) and in 2012 (9.6%)

The overall malaria CFR was 8.3%; 8.8% in Females (91/1026) and 8.03% in Males P-value <0.05 (X^2=54.735); 8.6% in children aged 0-5years, 8.2% in 6-10 years and 7.4% in 11-18 years, P-value <0.05 (X^2=893.164). CFR was highest in April (11.4%)and lowest in November (5.2%).

Kanuri and Igbo had CFR of 70% and 38.4% respectively while it was lowest in Tera tribe (4.3%), P-value<0.05.

The CFR was highest in the year 2004 (22%), 3.5% in 2000 and 2006. Over the years, case fatality rate was 15.9% between 2000-2004, 6.1% from 2005-2009. Between 2010-2015, it was 7.3% and 8.5% from 2016-2019.

Conclusion: This study revealed the deadly reality of severe malaria with increased CFR among females, aged 0-5 and the Kanuri tribe.

Keywords: Malaria, Case Fatality, variability, children, 20 years

WACP/2023/07:

PATTERN OF RENAL DISEASES AMONG CHILDREN ATTENDING PAEDIATRIC NEPHROLOGY CLINIC, FEDERAL TEACHING HOSPITAL, GOMBE

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Introduction: Children present with a spectrum of renal diseases depending on age, sex, and geographic location among other factors. With the absence of a paediatric renal registry in Nigeria, this will provide part of the regional data necessary for the Nigerian renal registry.

Methodology: A retrospective study where cases of renal diseases that presented in a nephrology clinic over a 2-year period were retrieved from the nurses' and doctors' records and analysed.

Results: A total of 147 children were reviewed, male and female were 101 and 46 respectively with M: F being 2.2: 1. Mean age was 9.59 ± 4.58 years, age distribution were <5 years (23.0; 15.6%), 5-9 years (52; 35.4%) and ≥ 10 years (72.0; 49.0%). The majority (77.0; 52.4%) had low socioeconomic status. Majority (145; 98.6%) were acquired renal diseases while ectopic kidney (2.0; 1.4%) was the only CAKUT. Acute glomerulonephritis (49; 33.3%), urinary tract infections (37; 25.2%) and nephrotic syndrome (30.0; 20.4%) were the major acquired renal diseases. Acute kidney injury (AKI) and chronic kidney disease (CKD) were seen in 9 (6.1%) and 13 (8.8%) respectively. Urolithiasis, sickle

cell nephropathy, and primary enuresis were seen in 5(3.4%) and 1 (0.7%) respectively. The mean age of children with CAKUT and acquired renal diseases were13.00 ±1.41 and 9.54±4.59 years (P=0.290) while that of AKI and CKD were 10.89±5.21 and 14.15±3.24 years respectively (P= 0.084).

Conclusion: Childhood renal diseases increase with age and are commonest among adolescents, especially the chronic forms. Regular screening and aggressive treatment are recommended in adolescents.

Keywords: Renal Diseases, Renal Registry, Gombe

WACP/2023/08:

OBSTRUCTIVE UROPATHY FROM BILATERAL URETERIC CALCULI IN AN INFANT WITH DIARRHOEA DISEASE

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Introduction: Urolithiasis is the presence of mineral deposits in the urinary tract. It is rare in under-5 children and in Sub-Saharan Africa. Although metabolic abnormality is implicated in 50% of cases, infection, decreased urine volume and flow (dehydration state) have been implicated. We report a case of bilateral ureteric calculi in an infant with diarrhoea disease and dehydration.

Case Report: A.S, is an 8-month-old male with prolonged loose, large volume stool, large volume vomiting, high-grade fever, body weakness, and peri-orbital swelling that progressed to generalized body swelling and absent urine for 2 days.

He was conscious, afebrile (36.9^{0}C), pale with anasarca. Had distended abdomen with ascites. Dyspnea, coarse crepitation, and hypoxemia. Tachycardia (PR -180/min) Hypertensive (BP – 125/79mmHg).

PCV – 20%, WBC – 24,000/l, platelet – 110,000/l. Creatinine (1030 umol/l), Urea – 30mmol/l, Multi drug resistant E.Coli. Bilateral Grade II nephritis, hydro-uretero-nephrosis, right pelvi-ureteric and left vesico-ureteric junction calculi. Managed for Diarrhoea disease complicated with Bilateral Obstructive uropathy secondary to Bilateral Ureteric Calculi.

Had bilateral open ureteric exploration, ureterolithotomy, Stenting, intraoperative transfusion, antibiotics, analgesics, and IVF.

24-hr post-surgery: urine output (3.26ml/kg/hr): right stent (210ml), left stent (423ml) while urethral catheter (150ml), 742umol/l, Urea: 26mmol/1

48-hr post-surgery: Urine output 5.1ml/kg/hr (1224ml/24hr); Cr: 424umol/l, Urea: 16mmo/l

5 days post-surgery: Urine output 3.1ml/kg/hr (725ml/24hr); Cr: 47umol/l, Urea: 4.6 mmo/l,

Patient was discharged home and currently on follow-up in paediatric nephrology and urology clinics.

Conclusion: A high index of suspicion of obstructive uropathy in children with diarrhoea disease, and dehydration, who have developed acute kidney injury is recommended.

Keywords: Obstructive Uropathy, Diarrhoea disease, Ureteric Calculi

WACP/2023/09:

DIAGNOSIS DISCLOSURE RATE AND ITS ASSOCIATIONS AMONG ADOLESCENTS LIVING WITH HUMAN IMMUNODEFICIENCY VIRUS IN GOMBE METROPOLIS, NIGERIA

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Introduction - Disclosure of Human Immunodeficiency Virus (HIV) status is one of the major challenges in the management of children and adolescents living with HIV (CALHIV). With the increasing number of adolescents

living with HIV (ALHIV) and the peculiarities of the adolescent stage of development, there is a need for local data on the disclosure of HIV status among adolescents living with HIV in our area of practice.

Objectives: To determine the prevalence of disclosure of HIV status and its associated factors among Adolescents living with HIV in Gombe Metropolis.

Methodology – This was a cross-sectional descriptive study among 130 ALHIV aged 12-18 years, attending Anti-Retroviral Therapy (ART) clinics in Federal Teaching Hospital and State Specialist Hospital- Gombe who were recruited consecutively over 10 months. Disclosure of HIV status was assessed using a pre-tested semi-structured questionnaire in both the adolescents and their respective caregivers.

Results - The prevalence of HIV status disclosure by caregivers' report and self-report was 66.2% and 63.1% respectively. Older adolescents' age and a higher level of education were significantly associated with disclosure (p value < 0.05). The commonest reason for disclosure was 'increasing curiosity' 23/130(26.7%) while 'being too young' was the commonest reason for non-disclosure 19/44(43.2%). About half 42/86(48.8%) of the disclosures were done by the mothers while 15/86(17.4%) disclosure processes were carried out by healthcare workers.

Conclusion – The disclosure rate was relatively high among ALHIV in Gombe Metropolis. Caregivers should be encouraged on early disclosure.

Keywords: Disclosure, HIV-status, Adolescents.

EPIDEMIOLOGIC TREND AND CASE FATALITY OF CHILDHOOD TETANUS IN FEDERAL TEACHING HOSPITAL GOMBE; A 20YEARS REVIEW

Isaac WE, Jalo I, Yohanna G, Aliu R, Ebiseke K, Girbo A, Olatoke L, Raymond PM, Iliya A, Ndubusi V, Rabo Y, Daniel GE, Apollos D, Bakura B, Usman MO, Kamaludden H, Abdulshaheed B, Tukur H, Joel Z, Abdulkarim H, Abdulrahman S, Adeniran O.A, Adamu A, **Ibrahim B**[*], Meller BT

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Introduction: Tetanus is a vaccine-preventable disease, it remains a significant cause of morbidity and mortality in both neonatal and post-neonatal periods, especially in developing countries with limited health facilities and inadequate vaccination. The overall case fatality rate (CFR) is 13.2% globally, highest in the neonatal period and in sub-Saharan Africa. CFR is 64%, 47%, and 43% in Nigeria, Uganda, and Tanzania respectively

Objectives: To determine the Case Fatality Rate of Childhood tetanus in FTHG from 2000-2019

Methodology: All cases and deaths from tetanus amongst children aged 0-18 years in paediatric medical ward of FTHG over the last two decades diagnosed clinically and classified using ICD-10 were analysed.

Results: 95 cases of tetanus out of 26,716 total admissions constituting 0.004%. There were 49 tetanus deaths out of 3956 total childhood deaths (0.012%) over the study period. Males constituted 66% (63/95). 30% (28/95) were aged 0-28 days; 23.1% (22/95) were adolescents. Fulani and Hausa constituted 37% (34/95) and 31% (29/95) respectively. Admission was highest in the dry season 52% (50/95 %).

The overall tetanus CFR was 51.6%; 78% of deaths were in males (38/49), 30% in neonates and 23% in adolescents. CFR was highest during the dry season (67.3%). Hausa and Fulani had CFR of 51% and 40% respectively. P-value < 0.05

The CFR was 88% between 2000-2004, 72% from 2005-2009, 71% between 2010-2014 and 33% from 2015-2019

Conclusion: Tetanus CFR is still high among neonates and adolescents. Maternal tetanus vaccine and booster doses in children need strengthening.

Keywords: Childhood Tetanus, Case Fatality, 20years Review

WACP/2023/11:

IN-PATIENT PNEUMONIA BURDEN AND CASE FATALITY RATES IN CHILDREN OVER TWO DECADES IN FEDERAL TEACHING HOSPITAL, GOMBE (FTHG)

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Introduction: Pneumonia is the leading cause of death among children globally accounting for an estimated 1.2 million (18%) total deaths annually. The number of childhood-related deaths from pneumonia is approximately 2000-fold higher in developing than in developed countries. Nigeria contributes the highest of pneumonia-related deaths globally.

Objectives: To determine the case fatality rates (CFR) of pneumonia from 2000-2019 in paediatric ward, FTHG

Methodology: All cases of pneumonia admissions and deaths in patients aged 0-18 years, using ICD-10 classification, were retrieved and analysed. The mainstay of diagnosis is clinical and/or radiographic features

Results: A total of 26,716 children were admitted during this period, 1151 had pneumonia (4.3%) and 118 died. Males constituted 647 (56.2%) and females 43.8% of the total pneumonia admissions. Children aged 0-5 years had the highest pneumonia admissions, followed by 6-9 years. Admissions were highest in the wet than the dry season. Pneumonia CFR was 10.2%; 10.9% in females and 9.7% in males. Under-5 constituted 84% (969/1151) of pneumonia admission with a CFR of 9.3%. CFR were 10.3% and 21% in 6-10 years, and 11-18 years respectively.

The CFR between2000-2004 was 14.1%, 2005-2009:21.1%, 2010-2014:10.2% and 2015-2019:7.2%. Kanuri had the highest CFR of 56.2%.(P <0.05) Other ethnic groups were 29.4% in Waja, 25% in Tula, 21.4% in Igbo, 16.6% in Yoruba, 12.1% in Tangale, 10.2% in Hausa, 8.8%in Bolewa and 8.3% in Fulani. The CFR was highest in February20.2%.

Conclusion: Pneumonia Case fatality is high.

Keywords: pneumonia, case fatality, children, two decades

WACP/2023/12:

MOBILE PHONE UTILIZATION FOR ENHANCING CHILD HEALTH: KNOWLEDGE, ATTITUDES AND PRACTICE OF MOTHERS IN FEDERAL TEACHING HOSPITAL, GOMBE

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Introduction: Globally e-health interventions have expanded significantly and despite huge mobile phone penetration in Nigeria, its deployment in health remains largely unexplored.

Objective: To establish the use of mobile phones for health by mothers of children admitted in the paediatric wards of Federal Teaching Hospital, Gombe.

Methodology: Three hundred and eighteen structured questionnaires were administered to mothers of children on admission in the paediatric medical ward, emergency paediatric ward, and the special care babies unit over 10 weeks.

Results: There were 96.7% (298/308) between 16 and 45 years; 35.1% and 33.8% of mothers had tertiary and secondary level education respectively, 89.3% (275) were married, 65.9% had monogamous marriages; 75.4.% (212/281) of mothers had 1-4 children 94.5% of mothers possessed a mobile phone, 68.5%(139/203) accessed the internet daily, 69.5% (210/302) had access to the internet, 77.5% (203/262) belonged to a social media platform, 64.7% mothers used internet for health, 81% of mothers with tertiary education accessed the internet for health (p<0.05), 66.7% (148/222) have used their phones for healthcare consultation, 54.9%(157/286) have called a

healthcare worker which was highest among tertiary-educated mothers (p<0.05), and 88.5% would preferably call a doctor. Symptoms that necessitated the phone call were diarrhoea, convulsions, excessive crying and vomiting. 59.3% preferred to call healthcare workers anytime, 27% at night. 36% received a prescription 35% were advised and 27% were referred. 87% were satisfied with the healthcare response via phone. 23% have children with chronic illness and 97.3% (291/299) would like to have a Paediatric call Centre for their children's health.

Conclusion: Higher maternal education enhanced the use of mobile phones for child health.

Keywords: Mobile Phone Utilization, Child Health

WACP/2023/13:

PREVALENCE AND RISK FACTORS OF NEEDLE STICK INJURIES AMONG CLEANERS IN A TERTIARY HEALTH FACILITY IN GOMBE, NORTHEAST, NIGERIA

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Introduction: The cleaning staff working in a health facility are at risk of needle stick injuries (NSI) because of the nature of their work which involves the disposal of used needles and sharps. This study aimed to determine the prevalence and risk factors of NSI among cleaning staff at Federal Teaching Hospital Gombe.

Methodology: A cross-sectional study was carried out among 150 cleaning staff, selected using simple random sampling technique. An interviewer-administered questionnaire was used to collect data on the research variables. Data was analyzed using SPSS Version 23. Bivariate analysis was conducted to examine the relationships between sociodemographic factors and the prevalence of injury, while logistic regression was used to determine the predictors of needle stick injuries. Statistical significance was determined at a p-value of $\leqslant 0.05$.

Result: Majority of the respondents were males (64%) and uneducated (63.3%) with a mean age of 39.9±9 years. The prevalence of NSI among the cleaners was 35.3% with 23.3% having experienced injury at least once. Uneducated individuals were found to have experienced NSI more than those who were educated. Risk factors found to be predictors of NSI were sex, educational level, job duration of > 10 years, and number of hours spent during cleaning activity.

Conclusion: Most of the staff were uneducated with no formal training before the commencement of work. Prevalence of NSI was high and therefore, there is a need for health education on the risks of the job and formal training of staff before commencement of work.

Keywords: Needle, Cleaners, Injury, Risk Factors

WACP/2023/14:

ACCEPTANCE AND UTILIZATION OF MODERN FAMILY PLANNING METHODS AMONG WOMEN OF CHILD BEARING AGE IN RURAL COMMUNITIES OF NORTH-EASTERN NIGERIA

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Introduction: Modern family planning is one of the most "health-promoting" and cost-effective activities in public health promotion and has the potential to avert approximately 30% of maternal and 10% of child deaths. Family planning is an important preventive measure against maternal and child morbidity and mortality. It is an essential component of primary health care and reproductive health. It confers important health and development benefits to individuals, families, communities, and the nation at large.

Objectives: The study examined the acceptance and utilization of modern family planning methods among women of

childbearing age in Potiskum town of Yobe State, North-eastern Nigeria.

Methodology: A descriptive cross-sectional study design was adopted for the study. A semi-structured questionnaire was used to collect data from 271 respondents comprising women of childbearing age (15-49 years) residing in Bolewa 'B', Yerimaram, and DogoNini wards of Potiskum town, Yobe State. A multi-stage sampling technique was used to select the participants for the study.

Results: The findings of the study revealed that the women of child-bearing age in Potiskum town, Yobe State have a high level of knowledge on modern family planning methods (88.6%) with friends and relatives as the predominant source of information (60.4%). More than half of the respondents (54.2%) have good utilization of modern family planning with cultural and religious misconceptions playing vital roles. The unmet needs were found to be (37.4%). Established determinants of utilization of modern family planning services among the respondents include male non-involvement, side effects, religion, and distance beyond 5km to a health facility.

Conclusion: In conclusion, despite a good level of knowledge of modern contraceptives among the respondents, only half utilize the services. It is recommended among others that, there is a need for the government, through the Ministry of Health, to revive and support family planning education at both household and community levels that targets the woman and her partner. This could be undertaken through community mobilization and engagement using print and mass media, traditional leaders, community resource groups, market places as well as newsletters, posters, and social media.

Keywords: Knowledge, Attitude, Practice, Modern Family Planning, Potiskum, Yobe, Nigeria

WACP/2023/15:

KNOWLEDGE, ATTITUDE AND PRACTICE OF PREMARITAL SCREENING FOR HIV/AIDS AMONG RESIDENCE OF RURAL AREAS IN NORTH-EASTERN NIGERIA

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Introduction: One of the biggest health challenges threatening the human race in recent times is the HIV/AIDS pandemic. To know one's HIV status is a part of the human right to health. The disease has continued to be on the front burner for many years now, despite initial denials and cover-ups by some countries. Sub-Saharan Africa with just over 10 percent of the world's population has the greatest burden of this disease. It is estimated that close to two-thirds of all people living with HIV are in sub-Saharan Africa with South Africa having the highest number.

Objective: This study assessed the knowledge, attitude, and practice of premarital screening of HIV/AIDS among residents of rural areas of Itas Gadau local government area of Bauchi state, North-eastern Nigeria.

Methodology: A descriptive cross-sectional design was used for the study. A semi-structured questionnaire was used to collect data from 379 eligible respondents comprising residents of Itas and Gadau towns of Bauchi State. A multi-stage sampling procedure was used to select the participants for the study. Pearson's chi-square test was used in testing for the association between educational status and premarital screening for HIV/AIDS in the rural areas.

Results: The results show that all (100%) of the respondents have heard of HIV/AIDS and the dominant source of information was from friends (77.6%) followed by healthcare workers (17.4%). In addition, 90% of participants have good knowledge of premarital screening for HIV/AIDS. Majority of the study respondents had undergone premarital screening for HIV/AIDS (64.4%). The result also shows that there is a statistically significant relationship between educational status and the practice of premarital screening for HIV/AIDS in Itas/Gadau, Bauchi State with p-value of 0.001.

Conclusion: The study found that there was a very high level of knowledge, good attitude, and practice for HIV/AIDS among the study respondents. Thus we recommend that the community should maintain the mandatory premarital screening and continue with regular health education on premarital screening for HIV/AIDS.

Keywords: knowledge, attitude, practice, HIV/AIDS, Itas/Gadau, Bauchi, Nigeria

WACP/2023/16:

KNOWLEDGE OF ANTIMICROBIAL DRUG RESISTANCE (AMR) AMONG PATIENTS IN A GENERAL OUTPATIENT CLINIC IN ABUJA MUNICIPAL AREA COUNCIL (AMAC), FEDERAL CAPITAL TERRITORY, NIGERIA

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Introduction: Antimicrobial resistance (AMR) is currently prevalent and has the potential to affect everyone, of any age, in any country. In humans, animals, and the environment, antimicrobial-resistant microbes are quickly emerging and spreading. This study aims to assess the knowledge of Antimicrobial Drug Resistance (AMR) among patients in a General Outpatient Clinic in Abuja Municipal Area Council (AMAC), Federal Capital Territory, Nigeria.

Methodology: This was a descriptive cross-sectional study among 400 clients in a district hospital done in 2022 using a multistage sampling technique. Data was collected using a self-administered structured questionnaire and analyzed and presented as tables, proportions, and percentages using the IBM SPSS 28 Statistical Package for the Social Sciences. Ethical approval was granted by Bingham University Teaching Hospital Ethical Research Committee, Jos, and Plateau State.

Results: The study revealed that 8.5% of female respondents had good knowledge, 20.75% had fair knowledge while 27.75% had poor knowledge. Of all the male respondents, 8.5% had good knowledge, 13% had fair knowledge and 21.5% had poor knowledge. Summarily, only 68 (17.0%) of participants had good knowledge of antimicrobial resistance, 135 (33.75%) had fair knowledge of antimicrobial resistance, and 197 (49.25%) had poor knowledge of antimicrobial resistance. Test of association between knowledge of antimicrobial resistance and socio-demographics showed that marital status ($\chi^2 = 44.28$, $p < 0.045$), Education ($\chi^2 = 123.80$, $p < 0.001$), and Age ($\chi^2 = 112.95$, $p < 0.001$) were statistically significant.

Conclusion: The Federal, State, and Local governments, health care providers, and community health workers should focus on increasing awareness of AMR risk factors through health campaigns and programs that will aid behavioral change.

Keywords: Knowledge, Antimicrobial Drug Resistance (AMR), antimicrobial use, Abuja Municipal Area Council (AMAC),

WACP/2023/17:

FACTORS AFFECTING RESEARCH ENGAGEMENT AMONG CLINICIANS IN AZARE, BAUCHI STATE, NIGERIA

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Introduction/Background: Medical research is a key element in the advancement of medicine and patient care improvement. However, there is evidence that developing regions like Nigeria have comparatively low research output. Clinicians' attitudes, practices, and barriers toward research are key causal factors of the low research productivity.

Objectives: This study explored the research practice, attitude, and barriers towards research engagement among Clinicians at Federal Medical Centre, Azare, Bauchi state.

Methodology: This was a quantitative cross-sectional study conducted at Federal Medical Centre, Azare, Bauchi state. Data on sociodemographic characteristics, research practices, attitudes, and barriers toward research engagement was obtained using a pretested, self-administered questionnaire. Data was collated and analyzed using IBM Statistical Package for Social Sciences software (SPSS) version 21.

Result: A total of 101 clinicians participated in this study of which 14.9%, 31.7%, and 29.7% were Consultants, Registrars and Medical Officers respectively. Only 20.8% of the respondents have presented at a scientific conference previously, while 18.8% of the respondents have a published paper in a scientific journal. Although clinicians showed a positive attitude towards research (Mean: 4.39, SD ± 0.61), lack of research funding, facilities, mentorship, and demanding clinical services are major deterrents to clinicians' engagement in research.

Conclusion: Clinicians have poor research practice despite their positive attitude towards research engagement. Appropriate interventions should be implemented for effective research engagement to augment research output.

Keywords: Research engagement, Clinicians, Azare

KNOWLEDGE, AND ACCEPTANCE OF THE COVID-19 VACCINE AMONG WOMEN ATTENDING ANTENATAL AT PRIMARY HEALTHCARE CENTRES, JOS-PLATEAU STATE; NIGEIRA

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Introduction: COVID-19 Vaccination has been met with a variation in acceptability for various reasons, ranging from spiritual to physical perception of the vaccines, false information, and lack of information. Adequate knowledge and positivity will lead to high acceptance and willingness to take the vaccine. Acceptance of the vaccine by the general public and healthcare workers appears to play a major role in controlling the pandemic. Vaccine hesitancy is viewed by the World Health Organization as the world's top threat to public health, particularly in low- and middle-income countries.

Objective: This study is aimed at assessing the knowledge, acceptance, and perception of the COVID-19 vaccine among women attending Antenatal at Primary Healthcare Centers in Jos-Plateau State; Nigeria.

Methodology: A descriptive cross-sectional study was done in 2021 among 250 pregnant women using a multistage sampling technique. A structured self-administered questionnaire was used. Data analysis was done using SPSS version 20. Sociology-demographic variables were presented on tables using frequencies and proportions. Knowledge, attitude, and perception were scored and graded appropriately. The level of significance was set at a p-value ≤ 0.05.

Results: The majority, 224 (89.6%) were aware that there is a vaccine for coronavirus. Majority, 173 (69.2%) of the respondents had a fair knowledge of the vaccine, 45 (18%) had good knowledge while 32 (12.8%) had poor knowledge. Majority 151 (60.4%) of the respondents were willing to receive the vaccine if it was made available while 99 (39.6%) were not willing. Although only about 60 (24%) had received the vaccine with 83% of these being before pregnancy, 23 (24.0%) experienced allergic symptoms after taking the coronavirus vaccine, and 13 (13.5%) took the vaccine during pregnancy. Of these pregnant women, 14 (25.0) experienced side effects. The major misconception among the women was centered around false information from social media, such as magnetic properties of the vaccine. The major systemic side effects that were experienced by those who had received the vaccine were headaches (47.6%), catarrh (28.6%), injection site swelling (22.2%), fever (20.5%), and fatigue (16.0%). Abdominal pains (18.8%), preterm contraction (15.6%), bleeding per vagina (15.6%), miscarriage (9.4%), reduced or poor fetal kicks (9.4%) occurred after taking the vaccine during pregnancy

Conclusion: The government and the PHC board should intensify sensitization of communities and patients about the COVID-19 vaccine using television, and radio and enlighten the persons who come for Ante Natal Care (ANC) through posters and oral awareness.

Keywords: Covid19 Vaccine, Antenatal, Primary Healthcare Centres, Jos-Plateau State

FACTORS INFLUENCING ACCESS AND UTILIZATION OF REPRODUCTIVE HEALTH SERVICES AMONG ADOLESCENTS IN URBAN AND RURAL COMMUNITIES IN RIVERS STATE, NIGERIA

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INTRODUCTION: Adolescents face multiple barriers in accessing information and health care services. Rural and urban differences in access to and use of reproductive health services (RHS) exist but the extent is unclear. We identified and compared the factors influencing access to and utilization of RHS among adolescents in urban and rural communities in Rivers State, Nigeria.

METHODOLOGY: A comparative cross-sectional study design was used. In sequential explanatory mixed methods. First, a quantitative survey interviewed 507 adolescents, 255 in urban and 252 in rural communities. This was followed by a narrative approach to qualitative inquiry using focused group discussions. Access and utilization were determined, and predictors of access and utilization were derived from multivariate logistic regression models using adjusted odd ratios.

RESULTS: The median ages and interquartile ranges were 16.0 (14-19) and 14.0 (12-16) years for urban and rural respondents respectively. Utilization of RHS was low, 65 (25.5%) in urban, 57 (22.6%) in rural. Access to services was also low, 81 (31.76%) urban versus 8 (3.17%) rural have economic access to RHS. Age, level of education, awareness of RHS, and sexual experience were predictors of access and utilization in both communities, beliefs that condoms can prevent STIs/ HIV, and exposure to mass and socio-media influenced access and utilization of RHS. Specifically, the age group (15-19 years) of respondents was found to be a significant predictor of utilization of RHS for both urban (cOR=4.32, 95% CI; 0.82-22.69, p=0.001) and rural (aOR=7.65, 95% CI; 1.99-29.40, p=0.003) adolescents. The barriers to the utilization of RHS were ignorance, lack of awareness, parental influence, and financial constraints.

CONCLUSION: Adolescents in urban areas have more access (3 in 10) and utilization of RHS compared with their rural (3 in 100) counterparts. There is a need to promote information and education on RHS among adolescents, especially in rural areas.

KEYWORDS: Access, Utilization, Reproductive health service, Adolescents, Rivers State.

AWARENESS AND PRACTICES TOWARDS PREVENTION OF MOTHER-TO-CHILD TRANSMISSION OF HIV AMONG MARRIED MEN ATTENDING THE ANTIRETROVIRAL CLINIC IN AMINU KANO TEACHING HOSPITAL, KANO, NIGERIA

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Background: The prevention of mother-to-child transmission (PMTCT) of HIV programme was introduced as a comprehensive package of interventions with the aim of reducing mother–to–child transmission (MTCT) of HIV. The programme offers an opportunity to capture pregnant women and their partners in order to prevent the transmission of HIV to the baby. This study is aimed at assessing the awareness and practices of married HIV-positive male partners towards PMTCT.

Methodology: A descriptive cross-sectional study that interviewed 220 HIV-positive male partners using an interviewer-administered questionnaire.

Results: The study revealed that more of the respondents 145 (65.9%) were between the age group of 31 to 40 years. More than half 130 (59%) of the respondents were aware of PMTCT while 135 (61.4%) of the respondents had good practice of PMTCT. Respondents with formal education were 1.5 times more likely to be aware of the PMTCT programme than those having informal education [p=0.03, AOR=1.53, 95%CI=(1.98-4.54)]. Similarly, respondents with formal education were 2.5 times more likely to practice PMTCT programme than those having informal education [p=0.03, AOR=2.53, 95%CI= (1.63-4.54)].In addition, Male partners who were above 30 years of age were 3 times more likely to participate in PMTCT activities compared to those who were less than 30 years [p=0.02, AOR=2.17, 95%CI=(0.01-4.12)].

Conclusion: Raising awareness about the need for male partners' involvement in the PMTCT programme as well as encouraging male partners to partake in PMTCT activities will further increase its uptake.

Keywords: Awareness, Practice, HIV, PMTCT, Male partner

WACP/2023/22:

ADHERENCE TO ANTIRETROVIRAL THERAPY (ART) AMONG PEOPLE LIVING WITH HIV/AIDS IN SECONDARY HEALTH FACILITIES IN KADUNA, NORTHWESTERN NIGERIA

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Introduction: HIV/AIDS is a disease of public health concern. UNAIDS at the global level aims to achieve 95% of people living with HIV know their status, 95% of those who know their status are accessing ART treatment, and 95% of people on treatment achieve suppressed viral load by the year 2030. Adherence remains a critical factor necessary to achieve this target. This study determines the factors affecting adherence to ART among PLWHA in secondary health facilities in Kaduna.

Methodology: A descriptive cross-sectional study was conducted among 320 PLWHA ART in 4 secondary health facilities in the Kaduna metropolis using a cluster sampling technique. Data was analysed using SPSS version 26. Chi-square test and multivariate logistic regression were used to explore associations, level of statistical significance was set at $p \leqslant 0.05$.

Results: The mean age of the respondents was 38.16 ± 11.95 Most 317 (99.1%) were on TDF/3TC/DTG, two PLWHA (0.6%) were on AZT/3TC/ATV/r combination of ART and one of the PLWHA (0.3%) was on ABC/3TC/DTG. Overall 25.9% had suboptimal adherence to ART. Factors affecting adherence include forgetfulness (**χ^2=181, p=0.001**) depression (**χ^2 =41.8, p=0.001**) stigma (**χ^2 =12.1, p=0.001**), lack of social support (**χ^2 =30.8 p=0.0001**) and duration on ART (**χ^2=11.1, p=0.012**). The odds of sub-optimal adherence was significantly lower in those on ART for duration $\geqslant$ 24 months compared to duration of ART < 24 months among PLWHA on ART (AOR=0.36, 95% CI =0.18-0.73).

Conclusion: Sub-optimal Adherence to ART was high in this setting. There is a need for the clients' health education, comprehensive pre-initiation ART adherence counseling and an intensified social support system.

Keywords: HIV/AIDS; ART; PLWHA; Secondary health facilities; Sub-Optimal, adherence

WACP/2023/23:
KNOWLEDGE OF MPOX AMONG PRIMARY HEALTH CARE (PHC) WORKERS IN JOS NORTH LOCAL GOVERNMENT AREA, PLATEAU STATE. NIGERIA

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Introduction: Mpox (MPX) is a viral zoonotic (a virus transmitted to humans from animals) disease caused by Mpox virus currently spreading across the world. Primary healthcare workers are fundamental in the provision of healthcare at the grassroots level. They are the front-line health managers who are expected to meet the needs of their community and prevent the spread of Mpox in Nigeria. This study aims to assess the knowledge of Mpox among Primary Health Care (PHC) Workers in Jos North Local Government Area, Plateau State.

Methodology: The study is a descriptive cross-sectional study to assess the knowledge, attitude, and perception of Mpox among 152 Primary Health Care (PHC) workers in Jos North, LGA. A multistage sampling technique and a structured interviewer-administered questionnaire were used to collect data.

Results: Majority of the participants, 118 (77.6%) were females, while 34 (22.4%) of the participants were males. Most of the participants 46 (30.3%) were within the age group of 31 to 40 years, Most Respondents had poor knowledge on Mpox in general 70 (46.1%), 19 (12.5%) demonstrated a good knowledge of Mpox; 63 (41.4%) had moderate knowledge in terms of clinical presentations, prevalence, and vaccine availability. Most respondents were knowledgeable with regards to Mpox being preventable (89.5%) and the knowledge of some preventive measures.

Conclusion: Government and Primary Healthcare Development Agency (PHCDA) should intensify efforts to sensitize the PHC workers on Mpox infection through seminars and workshops, as well as on preventive measures already in place. The PHC workers should make a personal effort to learn more about Mpox infection, its prevention, and control.

Keywords: Mpox, PHC workers, Knowledge

WACP/2023/24:
OCCUPATIONAL HEALTH AND SAFETY PRACTICES AMONG WORKERS IN BLOCK/CONCRETE CONSTRUCTION INDUSTRIES IN GOMBE METROPOLIS, GOMBE STATE, NORTHEAST, NIGERIA

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Introduction: The block/concrete industry is often seen as a driver of economic growth in developing countries. A wide range of people mainly unskilled form the bulk of workers in these industries. According to the International Labor Organization, about 60,000 fatal accidents occur annually on these construction sites. This study aimed to determine the knowledge of hazards and practices of occupational safety measures among the workers in these industries.

Methodology: A descriptive cross-sectional study was done among 295 respondents selected using a multi-stage sampling technique. A structured, interviewer-administered-electronic questionnaire was used to obtain information from the respondents. Data were analyzed using SPSS version 23. Quantitative variables were summarized using tables and charts. The chi-square test was used to examine the relationship between socio-demographic characteristics and knowledge and practice. Statistical significance was determined at a p-value of ≤ 0.05.

Results: All the respondents were males, with a mean age of 28.9 ± 6.9 years. Most (70%) of the respondents have good knowledge while 49% have good practices in occupational safety. The age, level of education, and status of the worker

were associated with knowledge of occupational hazards and practices. There was a statistically significant relationship between the knowledge of hazards and the practice of occupational safety (p = 0.000).

Conclusion: The knowledge of occupational hazards among the study participants was high while safety practices were not adequate. Therefore, the health authorities should educate workers on safety practices and encourage the management of the factories to provide safety measures to protect the workers.

Keywords: Knowledge, Practice, Occupational, Hazards, Block, Concrete.

WACP/2023/25:

MORBIDITY PATTERN AND LEVEL OF COMPLIANCE WITH SAFETY MEASURES AMONG QUARRY WORKERS IN GUSAU METROPOLIS, ZAMFARA STATE

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Introduction: Quarrying is a thriving occupation providing widespread employment opportunities to the poor indigenes of Zamfara State. The workers are more susceptible to various morbidities due to numerous hazards in their working environment. This study aims to assess the morbidity pattern, availability, and compliance with safety measures among quarry workers in Gusau metropolis, Zamfara State.

Methodology A cross-sectional study was conducted among 307 quarry workers in Gusau metropolis between July and August 2022. The respondents were selected by multi-stage sampling technique. Data was collected using an interviewer-administered questionnaire (ODK), an observer checklist, and clinical examination. Appropriate descriptive and inferential statistics were done to determine significant association (p<0.05).

Results: The common morbidities among the respondents were respiratory (39.4%), ear (6.5%), eye (30.0%), and injuries (39.7%). Working hours per day and duration of work in the quarry were factors associated with respiratory morbidities. Respondents' level of compliance with safety measures were; no compliance (5.2%), low compliance (43.7%), moderate compliance (49.8%), and considerable compliance (1.3%).

Conclusions: This study showed high morbidities and low compliance with safety measures among quarry workers in Gusau metropolis, Zamfara State.

Keywords: Stone quarry, morbidity, hazards, compliance and safety measures.

WACP/2023/26:

OUTCOME OF HIV/AIDS ADMISSIONS IN THE MEDICAL WARDS OF A TERTIARY HEALTH FACILITY, SOUTH EAST NIGERIA: A 10 -YEAR REVIEW

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Introduction: About 9% of all persons living with HIV infection (PLWH) the world over were resident in Nigeria as of 2014 and Nigeria had the second largest HIV disease burden in the world after South Africa. Despite the introduction of antiretroviral therapy (ART) for the treatment of HIV infection, PLWH was frequently admitted to the medical wards on account of opportunistic infections, advanced HIV disease, and other complications.

Objective: The objective of this study was to determine the HIV/AIDS treatment outcome in the medical wards of the only teaching hospital in Abia State, which in 2019, had a disease prevalence of 2% behind Akwa Ibom, Benue, and Rivers States in Nigeria.

Methodology: This was a 10-year retrospective descriptive study in which data about patients admitted for HIV/AIDS

was extracted from the Admission/Discharge registers in the male and female medical wards. Data collected from each patient's record included – age, gender, definitive diagnosis, duration of hospital stay, and outcome during admission. In this study, the outcome measures were improved and discharged home, died, discharged against medical advice (DAMA) or transferred to another specialty. Relevant data thus obtained were analyzed using Statistical Package for Social Sciences (SPSS) version 20.0 software.

Results: A total of 6587 medical admissions were seen within the study period; 852 (12.9%) were admitted because of HIV/AIDS-related complications, made up of 365 (42.8%) males and 487 (57.2%) females. Young people (20-39 years) and the middle-aged population (40-59 years) were the predominant age groups admitted at 55.5% and 36.2% respectively Mortality among the HIV/AIDS admissions was 32.7% while only 45.9% improved and were discharged home. The mean duration of hospitalization was 8.48±7.08 with a range of 1–50 days and most deaths (77.1%) occurred within the first ten days of hospitalization.

Conclusion: HIV/AIDS contributes significantly to medical admissions in Aba, Nigeria. Mortality from HIV/AIDS is high despite scaled-up ART enrollment within the period under review. Public health measures aimed at preventing HIV infections are advised as prevention of HIV infection is much more cost-effective than attempting to treat HIV advanced disease.

Keywords: HIV/AIDS admissions, treatment outcome, medical wards, southeast Nigeria

WACP/2023/27:
UPPER GASTROINTESTINAL TRACT ENDOSCOPY: A RETROSPECTIVE ANALYSIS OF INDICATIONS AND FINDINGS AT ATBUTH BAUCHI

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Introduction: Upper gastrointestinal (UGI) endoscopy is considered a safe procedure performed for diagnosis, monitoring the course of disease, early detection of complications, treatment, and responses to therapeutic intervention. The indications have increased over the years. This study aimed to analyse the indications, findings, and safety of UGI endoscopy in our environment.

Methodology: A retrospective study of consecutive patients who had UGI endoscopy at ATBUTH over the period of two years (2014 -2016). Data extracted from the records of the patients including biodata, clinical presentation, indications, findings, and complications of the procedure was analyzed using SSPS version 26. The procedure was explained to each patient. After a spray of 10% xylocaine spray to the patient's pharynx, the procedure was carried out with an Olympus CV-170 machine using standard protocols and monitoring of vital signs throughout.

Results: Two hundred and fifty-two patients were included, 148 (58.7%) males, 104 (41.3%) females, age range of 17–85 years (mean age ± SD = 44.1 ± 15.2). Commonest indications were dyspepsia 160 (63.5%). Hematemesis 32 (12.7%), suspicion for gastric 9(3.6%), and oesophageal tumours 6(2.4%) were also indications. The most common finding was gastritis 67 (26.6%). There was increased detection of gastric 11(4.4%) and oesophageal tumours 8(3.2%) more than clinical acumen and were in elderly patients with troublesome symptoms. None of the patients developed complications from the procedure.

Conclusions: UGI endoscopy is a safe procedure, and detected gastric and oesophageal tumours more accurately than clinical acumen and is recommended in all patients with troublesome upper GI symptoms.

Keywords: Upper GI endoscopy, Indications, Findings, Dyspepsia, Hematemesis.

WACP/2023/28:

HAEMATOLOGICAL PARAMETERS AMONGST ACUTE STROKE PATIENTS MANAGED AT A TERTIARY HOSPITAL IN ABAKALIKI NIGERIA: A CASE-CONTROL STUDY

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Introduction: Changes in the haematological indices could have implications for stroke risk, management plan, and outcome. There are limited data on the pattern of haematological parameters of acute stroke patients in Nigeria despite its impact on stroke risk, management, and outcome.

Objectives: To determine the pattern and the prognostic implications of the haematological parameters in acute stroke patients managed over a nine-year period at a Tertiary Hospital in Abakaliki Nigeria.

Methodology: This was a retrospective hospital-based case-control study of the haematological parameters of acute stroke patients seen over a nine-year period at a tertiary hospital in Abakaliki Nigeria

Results: The mean total white blood cell count and percentage neutrophil in the case group were significantly higher than the control group while the mean packed cell volume did not show any significant difference.

Further analysis of the case group revealed that the mean PCV was significantly lower among female folks, elderly age group, those with low education attainment, impaired renal status, short admission duration, haemorrhagic stroke, and admitting hypertension.

On the other hand, mean total WBC count and differential neutrophils were significantly elevated among female folks, working-class age group, low educational status, longer admission duration, mortality, and haemorrhagic stroke.

Conclusions: Elevated total white blood cell count and differential neutrophilia were significantly associated with acute stroke. Changes in haematological parameters have implications for stroke risk and outcome.

Keywords: Acute stroke, Case-control study, Neutrophils, Packed cell volume, White blood cells

WACP/2023/29:

PREVALENCE OF RENAL DYSFUNCTION IN ACUTE STROKE PATIENTS AT ABAKALIKI NIGERIA: AN OBSERVATIONAL STUDY

EZE CO*

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Introduction: Renal dysfunction is commonly seen in hospitalized stroke patients. It serves both as a risk factor for stroke and as a complication of stroke. Renal dysfunction is a poor prognostic factor for stroke and increases the risk of recurrence. Despite the above poor indices, there is a paucity of data on the prevalence of renal dysfunction in acute stroke patients in Nigeria.

Objective: It is against this background that this study was conducted to identify the prevalence and pattern of renal dysfunction among acute stroke patients who were managed at a Federal Teaching Hospital in Abakaliki Nigeria.

Methodology: This is a cross-sectional observational hospital-based study undertaken at the Emergency unit of the Alex Ekwueme Federal University Teaching Hospital Abakaliki, Nigeria from October 2021 to April 2022 (7-month period).

Result: Amongst the 210 acute stroke patients enrolled in the study, 51 (24%) had renal dysfunction with no age and sex predilection. Haemorrhagic stroke, alteration in consciousness, and anaemia were significantly associated with renal dysfunction.

Conclusion: The prevalence of renal dysfunction following acute stroke is high and there is a need for assessment of renal functions in every acute stroke patient and institute prompt multi-disciplinary treatment.

Keywords: Acute stroke, Medical emergency, Nigeria, Renal dysfunction

RELATIONSHIP OF MEAN PLATELET VOLUME TO SEVERITY AND SHORT-TERM OUTCOME OF ACUTE ISCHEMIC STROKE

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Introduction: Despite the considerable number of clinical studies conducted, questions on the importance of the determinants of outcome after ischaemic stroke still exits.

Methodology: Eighty consenting acute ischaemic stroke patients presenting to the emergency unit of Federal Teaching Hospital Gombe, along with 80 age and sex-matched controls were recruited. All the subjects were examined after relevant clinical history and stroke severity was determined using the NIHSS score. A brain imaging computed tomography or magnetic resonance imaging (CT/MRI) was performed for each patient and the stroke outcome of each patient was documented at the end of 30 days. MPV was assayed using the Sysmex KX-21N automated haematology analyser.

Result: The mean age of patients 59.74±14.44 years was similar to the mean age of controls 59.80±14.08 years; P=0.947. The gender distribution between the two groups was also similar (p=0.436). Systemic hypertension was the most common modifiable risk factor for stroke accounting for 58.8%. The MPV of stroke patients 10.51 ± 0.88fl was significantly higher than that of controls 9.86±0.88fl p=0.0001 with a reference interval of 9.10-10.62fl using controls. Patients with MPV ⩾10.62fl were categorized as high MPV range. The majority of patients in the high MPV category had significantly severe stroke with NIHSS score >16 p=0.001. No significant relationship was observed between the high MPV category and functional outcome based on mRS category p=0.101, The effect of MPV in the prediction of mortality remained significant (OR: 4.58, P= 0.012) in the multivariate regression model after controlling for other factors associated with mortality in acute ischemic stroke. A significant relationship was observed between MPV and infarct volume on the ROC curve and the area under the curve was 0.684 and an MPV value of 9.85fl was determined at 90% sensitivity and specificity of 50%.

Conclusion: The study shows that MPV is associated with stroke severity and can be used as a marker to predict mortality in acute ischaemic stroke.

Keywords: Mean platelet volume, ischemic stroke severity, outcome

PREVALENCE AND PREDICTORS OF MEDICATION ADHERENCE AMONG PATIENTS WITH SCHIZOPHRENIA IN MAIDUGURI, NORTHEASTERN NIGERIA

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Introduction: Non adherence to antipsychotic medication is a key factor to poor treatment outcome, frequent relapse, poor quality of life and increased economic burden of mental illness.

Objective: To determine the prevalence and associated factors of medication adherence among patients with schizophrenia on antipsychotic medications

Methodology: Through a cross-sectional survey, two hundred and nine patients with schizophrenia on antipsychotic medications were recruited through a systematic random sampling to participate in the study. Data were collected using the Socio-demographic Questionnaire, Medication Adherence Rating Scale and Positive and Negative Symptoms Scale. Frequencies and percentages were used to compute categorical variables. Associations of socio-

clinical variables with medication adherence were analyzed using chi-square and variables with significant association were subjected to logistic regression analysis to determine the independent predictor of medication adherence.

Result: The prevalence of high, medium, and low medication adherence was 43.1%, 44%, and 12.9% respectively. Factors significantly associated with medication adherence at bivariate analysis were age ($\chi2$=22.97; p=0.003), number of drugs ($\chi2$=16.23; p=0.003), female gender ($\chi2$=6.55; p=0.038), prolactin level (($\chi2$=14.93; p=0.021) and severity of illness ($\chi2$=17.77; p=0.007). The independent predictors of high medication adherence were age (p=0.014), fewer number of drugs (p=0.006), and normal to mildly ill on PANSS scale (p=0.015).

Conclusion: Non-adherence to antipsychotic medication was found among 56.9% of patients with schizophrenia. The findings of this study call for a proactive psychosocial counselling approach for mental health consumers and their caregivers.

Keywords: Schizophrenia, Antipsychotics, Adherence

WACP/2023/32:
DEPRESSION AMONG PATIENTS WITH RHEUMATIC MUSCULOSKELETAL DISORDERS ATTENDING TERTIARY HOSPITAL IN NORTHERN NIGERIA

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Introduction: Rheumatic musculoskeletal disorders are a group of conditions affecting one or multiple joints of the body resulting in pain, swelling, stiffness, and loss of joint functions. Being a chronic condition that causes so much morbidity can precipitate psychological disorders, including depression. The comorbidity of depression with rheumatic disorder leads to increased morbidity, disability, and mortality.

Objective: The objective of this study was to determine the prevalence of depressive disorder in rheumatic disorder and its correlates among the patients attending the Rheumatoid Clinic of ABUTH, Zaria.

Methodology: It was a cross-sectional study involving 151 randomly selected participants, using a systematic random sampling method. A sociodemographic and clinical questionnaire, MINI, and WHO Disability Adjusted Scale were administered to them.

Results: The prevalence rate of depressive disorder among the participants was 14.6%. Depression was significantly associated with employment status (χ^2 = 9.402, p=0.004), marital status (χ^2 12.939, p=0.005), severity of pain (χ^2 = 16.663, p= 0.001), level of disability (χ^2 = 16.002, p< 0.001) and poor physician recognition of emotional health (χ^2 = 14.663, p= 0.001). The level of disability was found to be the independent determinant of depression among the participants.

Conclusions: Pains and disabilities are common complications of rheumatic disorders. Both are highly associated with depression. Poor recognition of the emotional health of the patient further aggravates depression. The presence of depression on the other further leads to persistent complaints of pain and disabilities. The clinicians should therefore routinely look for depressive illness and promptly refer to mental health services for further evaluation and management. This will increase the overall well-being of the patient.

Keywords: Depression, Rheumatic Musculoskeletal Disorders, Northern Nigeria

WACP/2023/34:

CORRELATION OF PROGESTERONE RECEPTORS AND P63 TO THE HISTOLOGICAL GRADE OF MENINGIOMAS: REVIEW AND SIGNIFICANCE IN AN AFRICAN POPULATION

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Introduction: Meningiomas are the most common neoplasm of the central nervous system. According to the WHO 2020 classification, there are fifteen subtypes that have been grouped into grades 1, 2, and 3. The WHO grade 1 meningiomas are generally grouped as benign while the WHO grade 2 and 3 tumours are grouped as malignant. Progesterone receptors and P63 are common immunohistochemical markers reported useful in the diagnosis, grading, and prognosis of meningiomas. This study seeks to determine the usefulness of these findings in our population.

Methodology: A 10-year retrospective review of histologically diagnosed cases of meningioma. Immunostaining for progesterone receptors and P63 were performed and the results were correlated with the histologic grades and sex of the patients.

Results: The three WHO grades of meningioma were assessed in this study. The M:F ratio was 1:1.4 and peak age incidence was seen in the 41 – 50 years age range. The majority of the cases were WHO grade 1 (86.1%) while WHO grades 2 and 3 tumours were 8% and 5.9%. There was no correlation between Progesterone receptor and P63 immunopositivity to the WHO grades or sex.

Conclusion: This study concluded that Progesterone receptors and P63 immunopositivity did not correlate with the WHO grades of meningiomas. This may be due to the predominant variant of meningioma seen in this study. Thus, progesterone receptor antagonists may not be an effective alternative for treatment in patients with inoperable meningiomas. Also, P63 immunopositivity may not be a sufficient grading tool in the management of meningiomas in our population.

Keywords: Meningiomas, Progesterone receptors, P63

WACP/2023/35:

RELATIONSHIP BETWEEN SICKLE CELL NEPHROPATHY AND SOME BIOCHEMICAL MARKERS OF HAEMOLYSIS AMONGST PATIENTS WITH SICKLE CELL ANAEMIA IN KANO, NORTHWESTERN NIGERIA

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Introduction: Advancements in the care of patients with sickle cell anaemia have led to significant improvement in survival with many patients reaching adulthood. As they age, long-term complications of the disease manifest in them, notable amongst which is nephropathy which is one of the leading causes of morbidity and mortality in them. There is limited information about sickle cell nephropathy and some biochemical markers of haemolysis that can detect it early in our setting. This study aimed to determine the relationship between some indirect markers of haemolysis and sickle cell nephropathy.

Methodology: The study was a descriptive cross-sectional one where 204 adolescent and adult patients with sickle cell anaemia attending the clinic of AKTH Kano were recruited. An interviewer-administered questionnaire was utilized. Blood samples were taken for determination of serum bilirubin, LDH, and reticulocyte count. Spot urine was used to quantitatively determine albumin to creatinine ratio. Data collated was analyzed using SPSS version 22.0. P-value <0.05 was considered significant.

Result: Two hundred and four (204) participants were enrolled in to the study. Their mean age was 19.6±5years. Females were the majority 131/204 (64.2%). The median (IQR) serum lactate dehydrogenase, bilirubin, direct

bilirubin, and reticulocyte count were 607.0(487.3-758.5) U/L, 54.5(37.0-119.0) umol/L, 16.0(11.3-29.0) umol/L and 4.0(3.0-8.4%) respectively. Sickle cell nephropathy was found in 29/204 (14.2%). There were positive significant associations between sickle cell nephropathy with raised serum bilirubin and serum lactate dehydrogenase (p-value = 0.02 and 0.032 respectively).

Conclusion: Sickle cell nephropathy is common amongst patients with sickle cell anaemia and raised serum bilirubin and lactate dehydrogenase are predictors of sickle cell nephropathy.

Keywords: Sickle cell, nephropathy, lactate dehydrogenase, serum bilirubin

WACP/2023/37:
HISTOPATHOLOGICAL ANALYSIS OF NON-NEOPLASTIC OVARIAN LESIONS SEEN IN A TERTIARY HEALTH CENTRE IN NORTH WESTERN NIGERIA

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Introduction: Ovarian lesions may present as enlargements of the ovary and may occur at any age. Non-neoplastic enlargements develop almost exclusively during the childbearing years. They may be asymptomatic or, in rare cases, cause acute symptoms due to complications and account for the most prevalent cause of hospital admissions. They frequently form a pelvic mass and potentially mimic an ovarian neoplasm.

Objective: To study the frequency and histopathological classification of non-neoplastic ovarian lesions in a tertiary institution in North-western Nigeria

Methodology: A retrospective study in which surgical biopsy specimens seen over a 9-year period were reviewed with respect to age and histopathological characteristics.

Results: A total of 83 non-neoplastic lesions were histologically diagnosed during the period under review. They constitute 5.16 % and 40.9 % of both gynaecological and ovarian samples received respectively. Of which 33.7% were Corpus luteum, 13.3% were both Follicular cysts and simple cysts respectively. Luteoma of pregnancy and Infarction constitute 9.6% each respectively. Endometriosis and no pathology as part of TAH, 6.0% respectively. Ovarian ectopic gestation was 4.8% cases, Nonspecific inflammation (oophoritis) 2.4%, and 1.2% complex cyst. Majority of cases 45.8% occurred among women in the third decade and 26.5% in the fourth decade, cases within the fifth decade were 9.6% and the second decade constituted 8.4% cases.

Conclusion: Ovarian non-neoplastic lesions are common in our environment; they potentially mimic ovarian neoplasms thereby posing a diagnostic challenge. Proper classifications are important for appropriate management.

Keywords: Ovarian, lesion, non-neoplastic, frequency.

WACP/2023/38:
CORRELATION BETWEEN SERUM ALBUMIN LEVEL AND PACKED CELL VOLUME IN NEWLY DIAGNOSED PATIENTS WITH PULMONARY TUBERCULOSIS IN A TERTIARY HOSPITAL IN BAUCHI, NORTH-EASTERN, NIGERIA

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Introduction: Though some studies showed biochemical and haematologic derangements in patients with pulmonary tuberculosis (PTB), but information with regards to the correlation between serum albumin and packed cell volume (PCV) is scarce. The aim of this study was to determine the correlation between serum albumin level and PCV in newly

diagnosed patients with PTB at Abubakar Tafawa Balewa University Teaching Hospital (ATBUTH), Bauchi, North-eastern Nigeria.

Methodology: This was a cross-sectional study of consecutive newly diagnosed patients with PTB who were Sputum smear-positive as determined by Gene Expert/Rif MTB machine and HIV-negative by 'Determine' test, that were recruited from the medical outpatient department (MOPD) and directly observed treatment short course (DOTS) clinic of ATBUTH, Bauchi. The study was conducted between 2019-2022. Three milliliters of blood sample was analyzed at ATBUTH laboratory for serum albumin and PCV. Extracted data was analyzed using IBM SPSS version 23.0 software.

Result: There were 61 patients studied comprising 46 (75.4%) males and 15 (24.6%) females with male to female ratio of 3:1. Their ages range from 14-64 years old. The mean age ± standard deviation (SD) of the patients was 32.21 ± 13.67 years. The mean ± SD of serum albumin and PCV were 2.99 ± 0.55 g/dl, 33.42 ± 5.66 % respectively. Pearson's product moment correlation coefficient (r) was +0.475, p = 0.000 which was statistically significant at the 0.01 level suggesting a positive correlation between serum albumin and PCV.

Conclusion: There was a significant correlation between serum albumin level and PCV in patients studied.

Keywords: Serum albumin, Packed Cell volume, Correlation, Pulmonary Tuberculosis, North-eastern Nigeria

WACP/2023/39:

CLINICOPATHOLOGICAL AND IMMUNO-HISTOCHEMICAL CHARACTERIZATION OF GASTROINTESTINAL STROMAL TUMOUR AT FOUR TERTIARY HEALTH CENTERS IN NIGERIA USING CD117, DOG1, AND HER-2 BIOMARKERS

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Introduction: Gastrointestinal stromal tumours (GISTs) are neoplastic lesions that primarily affect the digestive tract and develop from interstitial cells of Cajal. Due to their malignant potential and personalized treatment, these lesions require histopathologic and immunohistochemical characterization. In this investigation, the sex, age, lesional sites of origin, histopathologic types, the prevalence of HER-2 expression, prognostic indices (based on tumour size and mitotic figures), expression of CD117 and DOG1, and characteristics of patients with GIST were all characterized.

Methodology: This is a retrospective cross-sectional analysis of GIST cases seen at four tertiary healthcare centers in Nigeria over ten years (2008 to 2017) and investigated utilizing histopathological and immunohistochemical (CD117, DOG1, and HER-2) methods.

Result: In this study, there were twenty GIST cases. Notably, the majority (40%) of the cases had tumours with sizes between 7.0 and 8.0, the stomach was the most frequent site (70%) and the spindle cell type of GIST was the most prevalent (80%) histopathological type. Additionally, the stomach was significantly associated with GIST as an origin site (with a P value of 0.001), and 100% and 50% of these tumours were immunoreactive with CD117 and DOG1 respectively. Finally, HER-2 immunoreactivity was negatively stained with GIST tumour.

Conclusion: In our study, GISTs most frequently develop in the stomach, and CD117& DOG1 are essential for correctly diagnosing these tumours. However, HER-2 immunoreactivity is a predictive marker of survival for personalized care.

Keywords: Gastrointestinal stromal tumours (GISTs), histopathology, immunohistochemistry, Biomarkers.

KNOWLEDGE ON THE USE OF BIOSIMILARS IN HAEMATOLOGICAL MALIGNANCIES AMONGST HEALTH CARE WORKERS AT A TERTIARY HOSPITAL IN NORTHEAST NIGERIA

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Introduction: Haematological malignancies like other cancers are on the rise. With the improved understanding of the biology of cancers, various biological molecules (biologics and biosimilars) are being discovered and used as supportive and/or specific treatment options. These novel treatments have revolutionized the care of cancer patients and significantly improved survival. While biosimilars are widely available, their use is still limited in some low- and middle-income countries, including Nigeria. Barriers to the use of biosimilars in cancer care include poor knowledge of stakeholders, financial disincentives, and unfavourable regulatory policies. This study aimed to determine the knowledge of healthcare workers (HCWs) at a tertiary hospital in Bauchi, Nigeria, before and after a structured training program on the use of biosimilars in haematological malignancies.

Methodology: Healthcare workers underwent a week-long training on biosimilars. Knowledge pre- and post-training were ascertained using interviewer-administered questionnaires. Participant data were summarized as percentages in charts and tables and compared using the Z-test in Microsoft Excel 2016. P values ≤ 0.05 were considered significant.

Results: One hundred and sixty-one (161) participants attended the training, with females constituting 56.5%. Participant knowledge of cancer and haematological malignancies was significantly higher after training (82.1% vs. 61.5%; Z = 4.1, p < 0.001). Similarly, post-test scores assessing knowledge of biologics and biosimilars used in haematological malignancies were significantly higher than pre-test scores (80.0% vs. 44.1%; Z= 6.6, p < 0.001).

Conclusion: Knowledge of biosimilars and their use in haematological malignancies was low amongst HCWs, but improved significantly after an educational program.

Keywords: Biosimilars, Haematological Malignancies, HCW

PREVALENCE AND FACTORS ASSOCIATED WITH FEAR OF FALLING IN THE ELDERLY ATTENDING A TERTIARY HOSPITAL IN SOUTH-SOUTH NIGERIA

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Introduction: Fear of falling is a loss of confidence in balance which affects the quality of life of the elderly. Falls in older people can result in disability, death, financial stress on the family, and higher medical expenses and a significant proportion of those who fall are said to be afraid of falling.

Objective: To determine the prevalence and the factors associated with Fear of falling in the elderly attending the Rivers State University Teaching Hospital, Port Harcourt.

Methodology: A cross-sectional study of patients, 60 years and older, attending the Family Medicine clinic. A questionnaire (which included the Modified Fall Efficacy scale) was used to collect data on the socio-demographic characteristics and fear of falling. The functional assessment of the respondents was done using the Timed Up-and-Go test (TUG). Descriptive analysis and logistic regression were done to determine the factors associated with the fear of falling.

Results: Of the 292 respondents, fear of falling was prevalent in 58 (19.9%) of them. The female gender was found to have 50% lower odds of having a fear of falling than their male counterparts (O.R.=0.541, 95% C.I=0.327-0.896). An

association was found between fear of falling and TUG as those with a fear of falling took a longer time to complete the TUG test

Conclusion: The study suggests that healthcare professionals should routinely investigate the fear of falling in geriatric care to devise preventive and intervention strategies to combat the Fear of falling among the elderly.

Keywords: Fear of falling, elderly, fall prevalence, timed up and go test, modified fall efficacy scale.

WACP/2023/43:
ASSESSMENT OF THE EFFECT FAMILY FUNCTIONING ON NUTRITIONAL STATUS OF UNDER-FIVE CHILDREN IN A TEACHING HOSPITAL IN BAUCHI NORTH-EAST NIGERIA

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Introduction: Malnutrition is a major public health problem in developing countries including Nigeria. Assessment of the nutritional status of children and the effect of family functioning on it will improve understanding of the magnitude of the problem and aid planning of appropriate interventions that will improve child health and development.

Objective: The goal of this study is to assess the effect of family functioning on the nutritional status of under-five children attending ATBUTH, Bauchi.

Methodology: A cross-sectional study was conducted on 349 under-five children attending the Paediatric Outpatients' Clinic of ATBUTH, Bauchi. Data were collected and analysed using Statistical Package for the Social Sciences version 20. Frequency and percentages were used to summarize the data. Descriptive statistics, Chi-square and binary logistic regression were used for analysis at $p < 0.05$.

Result: The age range of the participants was 13-24 months with males accounting for 64.2%. The study observed 70.5% of the respondents perceived their family to be functional. Nutritional status of under-five children using weight for height z-score was found to be an independent predictor of family functioning (p=0.010). However, no significant relationship was found between the nutritional status of under-five children using height for age z-score and family functioning (p=0.112).

Conclusion: The study concludes that the functionality of the family determines the weight of under-five children, while the functionality of the family has no effect on the height of the under-five children.

Keywords: Family Functioning, Under-Five, Nutritional Status.

WACP/2023/44:
DIETARY LIFESTYLE, HYPOALBUMINAEMIA AND ANAEMIA AMONG OLDER ADULTS ATTENDING A PRIMARY CARE CLINIC IN NIGERIA: A CROSS-SECTIONAL STUDY

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Introduction: Anaemia has been extensively studied in children and women of reproductive age. However, there are few data on anaemia and related conditions in the elderly from developing countries.

Objectives: To determine the prevalence and severity pattern of anaemia, and assess the relationship between dietary lifestyle, hypoalbuminaemia, and anaemia in older persons.

Methodology: A cross-sectional study involving 378 patients aged ⩾ 60 years who presented at the General Outpatient Clinic. Dietary lifestyle was assessed using a structured questionnaire. Samples were collected for packed cell volume and serum albumin. Inferential statistical analyses were used to determine the associations between variables.

Results: A total of 348 respondents completed the study. The mean age of respondents was 67.83 ±7.53 years with female (60.9%) predominance. The prevalence of anaemia and hypoalbuminaemia were 42.2% and 17.8% respectively. Hypoalbuminaemia (β=0.335, 95%CI=0.131-0.229, *P*<0.001), long duration of co-morbidities (β= -0.179, 95%CI= -0.165-0.047, *P*<0.001), one full meal/day (β=0.130, 95%CI=0.224-1.879, *P*=0.013), and low monthly income (β=0.122, 95%CI=0.179-1.543, *P*=0.026) were the predictors of anaemia among the elderly in this study.

Conclusion: Data on the predictors of anaemia from this study will be useful in developing guidelines and strategies for managing the condition in primary care settings and other similar sites.

Keywords: Anaemia, Hypoalbuminaemia, Dietary Lifestyle, Elderly Patients, Primary Care

WACP/2023/45:

PREDICTORS OF OVERWEIGHT AND OBESITY AMONG ADOLESCENTS ATTENDING SECONDARY SCHOOLS IN BAUCHI METROPOLIS, NORTHEAST NIGERIA

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Introduction: Overweight and obesity are important risk factors of cardiovascular disease. The prevalence of both has continued to rise not only among adults but also among adolescents at an alarming rate worldwide. Adolescent overweight and obesity are becoming challenging, yet under-recognised problems in many developing countries like Nigeria. The aetiology is rather complex; however, some factors have been identified as determinants in different studies worldwide.

Objective: The study aimed to determine the predictors of overweight and obesity among adolescents attending secondary schools in the Bauchi metropolis.

Methodology: A multistage sampling technique was used to select 300 participants. Data were collected using an interviewer-administered questionnaire and analysed using Statistical Package for the Social Sciences version 20. The level of statistical significance at p-values < 0.05.

Results: The overall prevalence of overweight was 11.0% and that of obesity was 9.7%, while the prevalence for male and female overweight was 6.0%, 5.3%, and for obesity was 2.0%, and 7.7% respectively. The mean BMI-for-age of the participants was $20.9kg/m^2 \pm 4.79 kg/m^2$. Overweight and obesity were observed to have an independent significant association with female gender (OR 2.339 [95% CI: 1.13–4.86; P= 0.023]), father's occupation (OR 0.396 [95% CI: 0.191–0.823; P= 0.013]), and type of school attended (OR 0.336 [95% CI: 0.159–0.708; P= 0.004]).

Conclusion: The prevalence of overweight was higher in males than in females, while the reverse was the case for the prevalence of obesity. Adolescents with self-employed fathers and those who were attending private schools were more likely to develop Overweight and Obesity.

Keywords: Predictors, Overweight And Obesity.

WACP/2023/46:

EVALUATION OF IMPACT OF OPHTHALMOLOGY ROTATION ON FAMILY MEDICINE PRACTICE IN NORTHERN NIGERIA: A MULTICENTER STUDY

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Introduction: Globally, 36 million people are blind and 217 million people have moderate or severe distance vision impairment. Eighty-nine percent of vision-impaired people live in low and middle-income countries. To prevent progression to blindness, there is a need for early diagnosis and referral for treatment. At the heart of this are the Family Physicians who are the first port of call for our teeming population.

Objectives: The main aim of this study is to assess the ophthalmic knowledge base of Family Physicians and the level

of utilization of skills acquired during the ophthalmology rotation in their day-to-day practice.

Methodology: A cross-sectional descriptive survey was conducted. A self-administered questionnaire was filled by all consenting Family Physicians in 4 hospitals in 2 states. It included a self-assessment section on knowledge, ophthalmic skills, and open-ended questions on suggestions. An on-the-spot assessment of available ophthalmic equipment was made. Data was analyzed using STATA 13 with descriptive and analytical statistics to yield frequencies, percentages, and proportions. A significant between-class difference was indicated by $P < 0.05$.

Results: A response rate of 57.9% was obtained. Respondents are graduates from 14 states across the country; mostly in Northern Nigeria 61(87.1%) and 65.6% from the University of Jos. Most respondents received the 4 weeks of ophthalmology rotation 53(82.8%) in undergraduate and 61 (95.3%) in postgraduate. On a dichotomized Likert scale, 68 (97.1%) rated their ophthalmology posting/training experience as satisfactory with half of these ranking their experience as average. There was no statistically significant difference between the level of practice and comfort in managing ophthalmic conditions (p = 0.949). Respondents made suggestions on training, duration and equipment.

Conclusion: Most Family Physicians had ophthalmology training for the required 4 weeks by the colleges in addition to the undergraduate training giving them a good knowledge base. Despite good rating in managing ophthalmic conditions, only one of the 4 hospitals had ophthalmic equipment. There is a need to objectively measure Family Physicians' ophthalmic skills to ensure that eye patients seen first by Family Physicians receive appropriate treatment.

Keywords: Ophthalmology, Family Medicine, training, Nigeria

HERBAL MEDICINE USE DURING PREGNANCY IN A FEDERAL TEACHING HOSPITAL IN NORTHERN NIGERIA- A CROSS-SECTIONAL STUDY

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Introduction: The use of herbal medicine is common in the general population. However, it has not been well-studied among pregnant women in Nigeria, especially in the northeast. Knowledge of herbal medicine use in this population is important in improving maternal and child care.

Objectives: 1. To determine the prevalence of herbal medicine use during pregnancy among the study population**. 2.** To determine the association between herbal medicine use and pregnancy-related outcomes

Methodology: The study was conducted among 339 women attending the postnatal clinic of Abubakar Tafawa Balewa University Teaching Hospital, Bauchi, from July to September 2022. Interviewer-administered questionnaires were administered to participants selected through consecutive sampling. Information about the antenatal care details of the participants was retrieved from their folders. Data analysis was conducted using Epi Info version 7.2.5.0 software produced by the Centers for Disease Control, USA. Ethical approval for the study was obtained from the Ethics Review Committee of the Hospital.

Results: The lifetime prevalence of herbal medicine use was 38.1% among the study participants. In their last pregnancies, over a quarter (27.1%) of the participants had used herbs. This group was significantly less likely to use routine hematinic (folic acid and iron tablets) than participants who did not use herbs while pregnant (X^2=22.9, p<0.00000). Family income and religion were associated with herbal medicine use in pregnancy on logistic regression (p=0.02 and 0.008 respectively).

Conclusions: Herbal medicine use is common during pregnancy in the study population and is strongly associated with a low uptake of iron and folic acid.

Keywords: Herbal Medicine, Pregnancy

BARRIERS AND ENABLERS OF INTERPROFESSIONAL COLLABORATION (IPC) AMONG HEALTH WORKERS IN A NIGERIAN TEACHING HOSPITAL

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Introduction: Interprofessional collaboration is crucial to the optimal functioning of every health system because the complex nature of healthcare requires that health workers from different allied professions work as a team to deliver quality health to the patients. Identifying the enhancing factors and barriers to this synergy is essential to safe and efficient healthcare delivery. This study addresses this issue in Nigeria, where inter-professional rivalry is rife.

Objective: To determine the enablers of, and barriers to, interprofessional collaboration in Abubakar Tafawa Balewa University Teaching Hospital, Bauchi, Nigeria.

Methodology: The study adopted the proportionate stratified random sampling technique to recruit 266 staff of the hospital across the different health professions. Data was collected using an adapted version of the Assessment of Interprofessional Team Collaboration Scale (AITCS) and data analysis was done using the Statistical Package for Social Sciences version 23.0. The ideal scores pre-set were 4.0 for the enablers and 2.0 for the barriers. Ethical review for the study was obtained from the Ethics Review Committee of the hospital.

Results: The mean score for the enablers was 4.28, and the strongest enabler of IPC identified was a climate of mutual respect, dignity, and trust among team members (4.36). On the other hand, the mean score for the barriers was 3.80, and the strongest barrier to IPC was the lack of role clarification (3.84).

Conclusion: The study revealed a strong level of enablers to IPC in ATBUTH. However, the barriers were above the set threshold, suggesting a significant impediment to IPC. The hospital should strengthen the identified enablers while making efforts to reduce the barriers. This type of study is also recommended for other hospitals in the country.

Keywords: Inter-professional collaboration, enablers, barriers