

VOLUME 42, NUMBER 2
February 2025

ISSN 0189 - 160X

WAJM

WEST AFRICAN JOURNAL OF MEDICINE

ORIGINALITY AND EXCELLENCE IN MEDICINE AND SURGERY



OFFICIAL PUBLICATION OF
THE WEST AFRICAN COLLEGE OF PHYSICIANS *AND*
WEST AFRICAN COLLEGE OF SURGEONS



www.wajmed.org



TABLE OF CONTENTS

GENERAL INFORMATION	IC
INFORMATION FOR AUTHORS	1F
EDITORIAL NOTE:	
Confronting the Hidden Wounds-Prioritising Mental Health in Communities affected by Armed Conflicts – <i>G. E. Erhabor</i>	79
Ending Nuclear Weapons, Before they End us – <i>Kamran Abbasi, Parveen Ali, Virginia Barbour, Marion Birch, Inga Blum, Peter Doherty, Andy Haines, Ira Helfand, Richard Horton, Kati Juva, Jose F. Lapena Jr, Robert Mash, Olga Mironova, Arun Mitra, Carlos Monteiro, Elena N. Naumova, David Onazi, Tilman Ruff, Peush Sahni, James Tumwine, Carlos Umaña, Paul Yonga, Chris Zielinski</i>	80
ORIGINAL ARTICLES	
Predictors of Erectile Dysfunction among Nigerian Men with Type 2 Diabetes Mellitus	83
A. M. Badmus, S. O. Ikuerowo, E. A. Jeje, A. A. Abolarinwa, O. A. Omisanjo	
Work-Related Stress among Academic Staff of a Higher Institution in South-west, Nigeria: A Cross-sectional Study	90
O. Q. Bakare, A. O Coker, M. Saibu, T. O. Durojaiye	
Programmed Cell Death Ligand 1 (PD-L1) Expression in Triple Negative Breast Cancer Cases in Benin City	97
D. O. Owolabi, I. Obahiagbon, M. O. Udoh, C. Owobu, V. J. Ekanem, J. O. Ogunbiyi, A. N. Olu-Eddo	
Post-Traumatic Stress Disorder in the Epicenter of the Boko Haram Insurgency: Prevalence and Psychosocial Correlates	104
A. W. Ibrahim, U. B. Musami, Y. A. Kareem, M. Y. Mahmood, A. I. Halid, B. K. Machina, F. B. Shettima, A. Ashiru, P. N. Oguallili	
Paracetamol-Diclofenac Versus Pentazocine-Diclofenac for Post-Caesarean Section Pain Relief: A Double Blind Randomized Controlled Trial	114
J. O. Chionuma, T. O. Odetayo, A. M. Olumodeji, O. A. Makinde, A. Gbadegeshin	
Prevalence and Determinants of Malocclusion among Preschool Children in Maiduguri	121
T. O. Ligali, A. E. Oromakinde	
Assessing Fibrosis and Steatosis utilizing Transient Elastography (Fibroscan) in Metabolic-dysfunction Associated Steatotic Liver Disease: An Experience from UBTH, Benin City, Nigeria	127
R. A. Ugiagbe, E. E. Ugiagbe, A. O. Malu	
Effects of Footwear Types on Balance and Risk of Falls among Pregnant Women: A Cross-Sectional Study	137
C. P. Ojukwu, J. S. Elejo, O. J. Nebo, N. E. Ubochi, E. M. Anekwu, I. J. Ilo	
Promoting Adolescents Oral Health: Effectiveness of Two Oral Health Educational Methods among Senior Secondary School Students in Lagos, Nigeria	143
U. I. Ekowmenhenhen, O. O. Sofola, O. G. Uti, U. Odogu, A. Akande, O. J. Oluwaleti	
CASE REPORT	
Evaluating the Effectiveness of Multiple Provider Enhanced Adherence Counselling in the Improvement of Treatment Outcomes amongst Adolescents Living with HIV (ALHIV): A Case Series	152
T. O. Adebawojo, O. M. Oladosu, A. O. Onifade, E. Hambolu	
INDEX TO VOLUME 42, NO. 2, 2025	
Author Index	157
Subject Index	158



Promoting Adolescents Oral Health: Effectiveness of Two Oral Health Educational Methods among Senior Secondary School Students in Lagos, Nigeria

*Promotion de la Santé Bucco-Dentaire des Adolescents: Efficacité de Deux Méthodes
Éducatives en Matière de Santé Bucco-Dentaire chez les Élèves du Secondaire à Lagos, Nigeria*

¹*U. I. Ekowmenhenhen, ²O. O. Sofola, ²O. G. Uti, ¹U. Odogu, ¹A. Akande, ¹O. J. Oluwaleti

ABSTRACT

OBJECTIVE: To compare the effectiveness of two oral health educational (OHE) methods in improving the oral health status of adolescents in Lagos State.

METHODS: A cluster-randomized controlled trial involving 220 adolescents in selected Lagos State secondary schools in Nigeria was conducted. Structured oral health education was delivered didactically to two intervention groups (T1 and T2). Additionally, (T2) received regular weekly oral health messages via WhatsApp and Facebook for three months. The third (control) group (T3) received nothing. OHI-S scores and DMFT findings were recorded following WHO standards, and oral health knowledge and practice were assessed using a questionnaire on Day 1, and subsequently at 1, 3, 6, and 12 months. The statistical test included a Student's t-test, ANOVA, and chi-square test. The critical significance level was set at $p < 0.05$, and the confidence interval at 95%.

RESULTS: Of 220 participants, 88 were males, and females constituted 132, with a mean age of 16.11 ± 0.6 years. The mean OHI-S score at baseline was 0.76 ± 0.44 , 0.80 ± 0.59 , and 0.81 ± 0.52 in intervention 1 (T1), 2 (T2) and control (T3) groups respectively. There was no significant difference between the three groups at various periods ($F > 0.05$), though the group with social media reinforced oral hygiene messages had a significant improvement in oral hygiene at the end of the study. There was a good level of oral health knowledge, but oral health practice was poor in the three groups (T1) 74.7%, 51.8%, (T2) 80.7%, 66.3%, (T3) 72.2%, 51.9% respectively, with no significant difference between them at the beginning, and end of the study. Similarly, there was no significant difference in the mean DMFT of the three groups at the beginning and end of the study.

CONCLUSION: OHE using the didactic and social media-reinforced mode of delivery was just as effective as the didactic method alone in improving the oral health status of adolescent school children in Lagos State.

KEYWORDS: Oral health, Knowledge, Practice, Hygiene, DMFT.

RÉSUMÉ

OBJECTIF: Comparer l'efficacité de deux méthodes éducatives en matière de santé bucco-dentaire (OHE) pour améliorer la santé bucco-dentaire des adolescents dans l'État de Lagos. **MÉTHODES:** Un essai contrôlé randomisé en grappes impliquant 220 adolescents de certaines écoles secondaires de l'État de Lagos a été mené. Une éducation structurée en santé bucco-dentaire a été dispensée de manière didactique à deux groupes d'intervention (T1 et T2). De plus, (T2) a reçu des messages hebdomadaires réguliers sur la santé bucco-dentaire via WhatsApp et Facebook pendant trois mois. Le troisième groupe (contrôle) (T3) n'a rien reçu. Les scores OHI-S et les résultats DMFT ont été enregistrés conformément aux normes de l'OMS, et les connaissances et pratiques en matière de santé bucco-dentaire ont été évaluées à l'aide d'un questionnaire le premier jour, puis à 1, 3, 6 et 12 mois. Les tests statistiques incluaient le test t de Student, l'ANOVA et le test du chi carré. Le niveau de signification critique était fixé à $p < 0,05$, et l'intervalle de confiance à 95 %.

RÉSULTATS: Sur les 220 participants, 88 étaient des garçons et 132 des filles, avec un âge moyen de $16,11 \pm 0,6$ ans. Le score moyen OHI-S au départ était de $0,76 \pm 0,44$, $0,80 \pm 0,59$ et $0,81 \pm 0,52$ pour les groupes d'intervention 1 (T1), 2 (T2) et contrôle (T3), respectivement. Il n'y avait pas de différence significative entre les trois groupes à différents moments ($F > 0,05$), bien que le groupe ayant reçu des messages renforcés sur l'hygiène bucco-dentaire via les réseaux sociaux ait montré une amélioration significative de l'hygiène bucco-dentaire à la fin de l'étude. Le niveau de connaissance en santé bucco-dentaire était bon, mais les pratiques étaient médiocres dans les trois groupes (T1 : 74,7 %, 51,8 % ; T2 : 80,7 %, 66,3 % ; T3 : 72,2 %, 51,9 %), sans différence significative entre eux au début et à la fin de l'étude. De même, il n'y avait pas de différence significative dans les moyennes DMFT des trois groupes au début et à la fin de l'étude. **CONCLUSION:** L'éducation en santé bucco-dentaire utilisant un mode de diffusion didactique et renforcé par les réseaux sociaux s'est révélée aussi efficace que la méthode didactique seule pour améliorer la santé bucco-dentaire des adolescents scolarisés dans l'État de Lagos.

MOTS-CLÉS: Santé bucco-dentaire, Connaissances, Pratiques, Hygiène, DMFT.

¹Department of Preventive Dentistry, Lagos University Teaching Hospital, Lagos, Nigeria.

²Department of Preventive Dentistry, Lagos University Teaching Hospital/CMUL, Lagos, Nigeria.

Corresponding Author: Dr. Ekowmenhenhen U. I., Department of Preventive Dentistry, Lagos University Teaching Hospital, Lagos, Nigeria. Email: chiefidahu@gmail.com. Phone: 07037662079