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TABLE OF CONTENTS

GENERAL INFORMATION	IC
INFORMATION FOR AUTHORS	1F
EDITORIAL NOTE:	
Beyond the Numbers: Stemming the Rising Tide of Hypertension and Cardiovascular Disease – <i>G. E. Erhabor</i>	159
 ORIGINAL ARTICLES	
Outcomes of Cervical Cerclage for Pregnancies at Risk of Cervical Insufficiency in a Nigerian Teaching Hospital	163
I. O. Awowole, O. O. Sowemimo, A. E. Ubom, M. O. Ameen, S. B. Bola-Oyebamiji, O. A. Adeniyi	
Assessment of Income Sources and Purchasing Power of the Elderly in a Rural Community, Anambra State, Nigeria	169
S. I. Ezemenahi, C. C. Ibeh, K. D. Oli, C. C. Nkwopara, S. C. Ezemenahi, U. C. Ezemenahi	
Cardiovascular Disease Risk Related Knowledge, Perception, Behaviours, and Utilization of Routine Screening Services among a Nigerian Adult Population: A Cross-Sectional Analytic Study	178
P. Oyibo, E. O. Eke, N. S. Awunor, K. O. Obohewemu, E. M. Umuerrri, O. Eyawo	
A Comparative Study of the Prevalence of Hypertension and Electrocardiographic Left Ventricular Hypertrophy in Oil-and Gas-Polluted Communities in the Niger Delta Region	190
A. C. Mankwe, T. C. Ugwu, J. S. Aprioku, A. W. Obianime	
General and Emergency Presentations of Children with Congenital Heart Defect and Factors Affecting it as Seen in A Tertiary Health Institution in Enugu	202
I. O. Arodiwe, I. A. Nwafor, F. A. Ujunwa, B. O. Edelu, J. M. Chinawa, T. A. Oguonu, N. Ezemba, J. C. Eze	
Knowledge, Attitude and Perception of Medical Students at the University College Hospital, Ibadan towards Female Genital Mutilation	208
O. O. Lawal, G. O. Obajimi, R. A. Abdus-Salam, P. C. Ugochukwu, M. T. Ibagbe, O. P. Atere, D. E. Aigbonoga, O. O. Bello, I. O. Morhason-Bello	
Dietary Diversity and Food Insecurity among Medical Students of the University of Ibadan: A Cross-sectional Study	215
D. A. Oladipo, O. O. Akintimehin, F. O. Samuel	
Risk of Insufficient Hydroxyvitamin D Levels in Diabetic Foot Ulcers in Rivers State Nigeria	225
U. D. Batubo, B. Oyan, U. Umoren, S. Ogbamba, S. Abere, C. N. Unachukwu	
Effects of Complementary and Alternative Medicine Use on Fasting Blood Glucose Among Adult Type 2 Diabetics Attending General Outpatient Clinic in North Central Nigeria: Any Benefits?	231
N. L. P De-kaa, B. O. Ornguga, N. A. Akwaras, L. T. Swende, D. A. Daniel, M. N. Ocheifa, V. N. Shaahu, T. J. Igbudu	
Barriers and Enablers of Antihypertensive Adherence Among a Nigerian Adult Hypertensive Population Seeking Care in Public Secondary Health Facilities in Delta State, Nigeria: A Mixed Methods Study	240
P. Oyibo, O. Uwomano, K. O. Obohewemu, I. F. Ndioho, E. O. Eke, E. M. Umuerrri	
 INDEX TO VOLUME 42, NO. 3 2025	
Author Index	248
Subject Index	249



ORIGINAL ARTICLE

Cardiovascular Disease Risk Related Knowledge, Perception, Behaviours, and Utilization of Routine Screening Services among a Nigerian Adult Population: A Cross-Sectional Analytic Study

Connaissances, Perceptions, Comportements Liés au Risque de Maladies Cardiovasculaires et Utilisation des Services de Dépistage de Routine Parmi une Population Adulte Nigériane: une Étude Analytique Transversale

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ABSTRACT

BACKGROUND: Cardiovascular disease (CVD) risk preventive interventions should be informed by and targeted at addressing health literacy needs of individuals and communities. This study assessed the CVD risk knowledge, perception, behaviours, and utilization of routine risk screening services among a Nigerian adult population.

METHODS: A cross-sectional analytic study design was employed to assess the CVD risk knowledge, perception, behaviours, and utilization of risk screening services among a random multistage sample of 900 adults. Data were collected using an interviewer-administered semi-structured questionnaire adapted from the WHO STEPS questionnaire. Descriptive and inferential analyses of data collected were carried out using the IBM SPSS version 28 software.

RESULTS: The mean age of the study participants was 45.0 (SD = 18.7) years, with 66.8% reporting three concurrent risk behaviours, and 34.2% reporting utilization of at least one CVD risk screening service in the preceding year. Overall good CVD risk knowledge, and perception among the study participants was 77.2% and 19.6% respectively. Education, urban settlement, family history of CVD, good overall CVD risk knowledge and perception were predictors of the utilization of CVD risk screening services.

CONCLUSION: A significant proportion of the study participants reported multiple CVD risk behaviours, had poor risk perception and utilization of risk screening services despite having a good overall CVD risk knowledge. There is need for concerted efforts by the relevant stakeholder in the State Ministry of Health to target the adult population in the study setting with health promotion information on CVD risk prevention and the benefits of early risk detection.

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KEYWORDS: Cardiovascular diseases, Risk, Knowledge, Perception, Behaviours, Screening Services

RÉSUMÉ

CONTEXTE: Les interventions de prévention des risques liés aux maladies cardiovasculaires (MCV) devraient être fondées sur les besoins en littératie en santé des individus et des communautés. Cette étude a évalué les connaissances, la perception, les comportements et l'utilisation des services de dépistage de routine des risques cardiovasculaires parmi une population adulte nigériane.

MÉTHODES: Une étude analytique transversale a été menée auprès d'un échantillon aléatoire et multistadial de 900 adultes, afin d'évaluer leurs connaissances, perceptions, comportements et recours aux services de dépistage des risques cardiovasculaires. Les données ont été recueillies à l'aide d'un questionnaire semi-structuré administré par entretien, adapté du questionnaire WHO STEPS. Les analyses descriptives et inférentielles ont été effectuées à l'aide du logiciel IBM SPSS version 28.

RÉSULTATS: L'âge moyen des participants était de 45,0 ans (écart-type = 18,7). Environ 66,8 % ont déclaré cumuler trois comportements à risque, tandis que 34,2 % avaient eu recours à au moins un service de dépistage des MCV au cours de l'année précédente. Globalement, 77,2 % des participants avaient une bonne connaissance des risques liés aux MCV, mais seulement 19,6 % en avaient une bonne perception. Le niveau d'études, le lieu de résidence (urbain), les antécédents familiaux de MCV, ainsi qu'une bonne connaissance et perception des risques cardiovasculaires étaient des facteurs prédictifs de l'utilisation des services de dépistage.

CONCLUSION: Une proportion importante des participants présentait plusieurs comportements à risque, une faible perception des risques et une faible utilisation des services de dépistage, malgré un bon niveau de connaissances générales. Des efforts concertés sont nécessaires de la part des acteurs concernés du ministère de la Santé de l'État afin de cibler la population adulte avec des messages de promotion de la santé sur la prévention des risques cardiovasculaires et les avantages d'une détection précoce. WAJM 2025; 42 (3): 178-189

MOTS-CLÉS: Maladies cardiovasculaires, Risque, Connaissances, Perception, Comportements, Services de dépistage

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