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TABLE OF CONTENTS

GENERAL INFORMATION	1C
INFORMATION FOR AUTHORS	1F
EDITORIAL NOTES – The Double Burden of Communicable and Non-Communicable Diseases – G. E. Erhabor	353
The Resurging Outbreaks of Yellow Fever Infection – T. O. Olajubu, G. E. Erhabor.....	354
ORIGINAL ARTICLES	
An Evaluation of Platelet Factor 4, Beta-Thromboglobulin and Mean Platelet Volume in the Assessment of Thrombotic Risks in Subjects with Diabetic Mellitus Subjects at Lagos State University Teaching Hospital, Ikeja, Lagos, Nigeria.....	357
A. O. Dada, O. A. Dada, A. A. Akinbami, A. R. Bamiro, I. E. Uche, O. I. Adeyemi, O. A. Kareem, O. B. Okunowo, M. R. Dosu	
Assessment of Drug History Information in Referral Letters to the Antiretroviral Therapy Outpatient Specialist Clinic of a Federal Teaching Hospital in Ilorin.....	362
O. A. Agede, M.O Bojuwoye, J. A. Ogunmodede	
Assessment of Healthcare-Seeking Behaviour and Self-Medication among Adult Patients with Gastrointestinal Symptoms at a Rural Clinic in the Niger Delta of Nigeria.....	367
N. P. Dienye, C. Imarhiagbe, A. I. Dan-Jumbo, P. O. Dienye, S. Uriah, N. O. Nnadi, C. O. Akinla	
Effect of an Antidepressant on Medication Adherence among Type 2 Diabetic Patients with Depression Accessing Care in GOPC of FETHI.....	375
O. E. Gabriel-Alayode, S. L. Omotola, O. T. Elegbede, O. A. Ajetunmbi, S. M. Agboola, A. K. Jimoh, A. O. Elegbede	
Evaluation of Homocysteine Status and its Correlation with Disease Severity in Individuals with Sickle Cell Anaemia in Steady State.....	382
N. I. Ugwu, P. O. Manafa, S. E. Agina, C. E. Onah, E. C. Okocha	
Knowledge, Attitude and Practice in the Prevention of Nosocomial Infections among the Hospital Staff of a Nigerian Tertiary Hospital.....	389
E. F. Mbon, O. V. Chimezie, O. Ehioghae, O. A. Adesegun, B. E. Fikayo	
Psychometric Properties of the Modified Family Affluence Scale (FAS II) among Adolescents in Nigeria: A Preliminary Report.....	397
F. I. Eleazu, B. E. Edet, E. A. Essien, C. J. Okafor, A. C. Okoro, O. Udofia	
Relationship between Periodontal Disease, Dental Caries and the Risk Indicators for Cardiovascular Disease in Lagos, Nigeria.....	404
A. Oyapero, L. L. Enone, R. Moronkola, R. O. Ojikutu	
Bone Mineral Density and Vitamin D Status in Nigerians: The Impact of HIV.....	414
E. E. Abene, Z. M. Gimba, H. Rawizza, G. Odoh, G. A. Amusa, D. Y. Chundusu, L. C. Imoh, E. I. Agaba, S. A. Sagay	
Vascular Access in Hemodialysis: Peculiarities in a Low-Income Setting, Pattern, Prevalence and Relationship with Intradialysis Events and Dialysis Dose.....	421
P. K. Uduagbamen, M. Sanusi, F. O. Soyinka, O. B. Udom, A. F. Ogunlade, O. A. Omokore, C. C. Emmanuel	
Yellow Fever Disease: Pattern of Presentation of Patients in Federal Medical Centre, Asaba, Delta State, Nigeria	428
A. Q. Aigbokhaode, N. L. Orhue, A. O. Ojimba, F. C. Ugoeze, C. E. Origbo, D. Caleb, S. I. Ezemenahi, N. P. Ekhaton, U. Mkpuma, J. I. Okereke, V. A. Osiatuma, E. O. Ezunu	
Outcome of Patients with Common Endocrine Diseases Who Had COVID-19 in two Centers in Lagos, Nigeria: A Cross-Sectional Study.....	435
O. Oluwale, W. Fashola, O. B. Olopade, I. A. Odeniyi, O. A. Fasanmade	
Gender Differences in Clinical Characteristics and Lifestyle Behaviours of Overweight and Obese Adolescents.....	438
N. J. Iduoriyekemwen, M. T. Abiodun, W. E. Sadoh, A. N. Onyiriuka	
A Review of Scrotal Ultrasonography in Uyo, Nigeria.....	445
N. N. Nwafor, I. P. Eyo, O. D. Ogholoh, C. C. Nwafor	
CASE REPORT	
Premature Atherosclerotic Cardiovascular Disease: A Case of Myocardial Infarction Seven Years after Bentall Procedure in a Nigerian Man.....	452
B. T. Osibowale, O. S. Ogah, A. A. Adebiyi, V. A. Obasuyi, K. T. Adeleke, O. O. Oresgun, A. Aje, A. M. Adeoye	
INDEX TO VOLUME 40, NO. 4, 2023	
Author Index	456
Subject Index	457



ORIGINAL ARTICLE

Effect of an Antidepressant on Medication Adherence among Type 2 Diabetic Patients with Depression Accessing Care in GOPC of FETHI

Effet de l'Antidépresseur sur l'Observance Thérapeutique chez les Patients Diabétiques de Type 2 Souffrant de Dépression et Ayant Accès aux Soins dans le GOPC de FETHI

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ABSTRACT

Comorbid depression among diabetes mellitus (DM) patients is on the increase. This has been linked with poor glycaemic control, greater risk of complications, high burden of medical cost and health care utilisation, and worsening prevalence of other comorbidities resulting in decreased life expectancy. This study determined the antidepressant effect of amitriptyline on depression and glycaemic control among the depressed type 2 DM patients attending Federal Teaching Hospital, Ido-Ekiti (FETHI), Nigeria. It was an interventional study involving 51 depressed type 2 DM patients randomly screened using Patient Health Questionnaire-9 (PHQ-9). They had health education and oral amitriptyline 50mg at night for two months. Post-intervention assessment was done using the same tool. Respondents' age ranged between 44 and 78 years with a mean age of 58±8.4 years. Post-intervention assessment showed improved depressive symptoms; 50% of the respondents had significantly improved glycaemic control with a statistically significant effect on depression (the median score of PHQ-9 reduced from 6.0 to 3.0). **WAJM 2023; 40(4): 375–381.**

Keywords: Diabetes Mellitus, Depression, Amitriptyline, Glycaemic Control, Medication Adherence.

RÉSUMÉ

La dépression comorbide chez les diabétiques est en augmentation. Elle a été associée à un mauvais contrôle de la glycémie, à un risque accru de complications, à une charge élevée en termes de coûts médicaux et d'utilisation des soins de santé, ainsi qu'à un taux de mortalité plus élevé chez les personnes souffrant de comorbidité. Cette étude a déterminé l'effet de l'antidépresseur (Amitriptyline) sur la dépression et le contrôle de la glycémie chez les patients dépressifs atteints de diabète de type 2 qui fréquentent l'hôpital universitaire fédéral d'Ido-Ekiti (FETHI). Il s'agit d'une étude interventionnelle portant sur 51 patients atteints de diabète de type 2 et déprimés, sélectionnés au hasard à l'aide du questionnaire sur la santé des patients 9 (PHQ-9). Ils ont bénéficié d'une éducation à la santé et ont pris 50 mg d'amitriptyline par voie orale pendant deux mois. L'évaluation post-intervention a été réalisée à l'aide du même outil. L'âge des personnes interrogées était compris entre 44 et 78 ans, avec un âge moyen de 58± 8,4 ans. L'évaluation post-intervention a montré une amélioration des symptômes dépressifs, 50% des personnes interrogées ont eu un contrôle glycémique significativement amélioré avec un effet statistiquement significatif sur la dépression (le score médian du PHQ est passé de 6,0 à 3,0). **WAJM 2023; 40(4): 375–381.**

Mots clés: Diabète sucré, dépression, contrôle glycémique, observance thérapeutique.

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