

VOLUME 39, NUMBER 1  
January 2022

ISSN 0189 - 160X

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# WAJMJ

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**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



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## ORIGINAL ARTICLE

### Clinical Audit of Low Dose Prophylaxis Programme for Nigerian Children with Haemophilia

#### *Audit Clinique du Programme de Prophylaxie à Faible Dose Pour les Enfants Nigériens Atteints d'Hémophilie*

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#### ABSTRACT

**INTRODUCTION:** The evidence of benefits for prophylaxis especially low dose prophylaxis is incontestable yet most children in developing countries as Nigeria do not have access to this treatment protocol.

**AIM:** The aim was to audit the low dose prophylaxis treatment in Nigerian children with haemophilia.

**METHODOLOGY:** A multicentre clinical audit of five haemophilia treatment centres; University of Nigeria Teaching Hospital Enugu, Lagos University Teaching Hospital, National Hospital Abuja, University of Port Harcourt Teaching Hospital Port Harcourt, and Federal Teaching Hospital Gombe. Eighteen children with mild-severe haemophilia were enrolled into low-dose prophylaxis treatment programme. The reduction of joint bleeding, improvement of joint function and Quality of Life (QoL) during prophylaxis were analysed.

**RESULTS:** In total 18 children – 17males and 1 female (median age 8 years) were enrolled. The median duration of observation was 7 months (range 3–15months). Seven of the children were on primary prophylaxis (41%) while 10 of the children (59%) were on secondary prophylaxis. The number of joint bleeds decreased from a total of 162 (individual range 5–20, mean 10.3) to 42 (range 0–7, mean 3.0) during the observation period with an overall reduction of 74%. Joint function improved in 94.1% of disease joints, while only 5.6% reported no improvement (due to poor compliance). School attendance improved in all subjects, sports participation and daily activity improved moderately.

**CONCLUSION:** Low dose prophylaxis was beneficial in reduction of joint bleeds, improvement of joint function and improvement of QoL of Children with haemophilia in Nigeria. *WAJM 2022; 39(1): 11–15.*

**Keywords:** Low dose prophylaxis, Nigeria, Haemophilia, quality of life, Factor VIII concentrate.

#### RÉSUMÉ

**INTRODUCTION:** Les preuves des avantages de la prophylaxie en particulier la prophylaxie à faible dose est incontestable cependant en pays en développement comme le Nigeria n'ont pas accès à ce protocole de traitement.

**OBJECTIF:** L'objectif était de vérifier le traitement prophylactique à faible dose chez les enfants nigériens atteints d'hémophilie.

**MÉTHODOLOGIE:** Un audit clinique multicentrique de cinq centres de traitement de l'hémophilie ; L'hôpital universitaire de Nigéria, Enugu Hôpital universitaire de Lagos, Hôpital national d'Abuja, l'hôpital universitaire de Port Harcourt et l'hôpital universitaire fédéral de Gombe. Dix-huit enfants atteints d'hémophilie légère-sévère ont été inscrits au programme de traitement prophylactique à faible dose. La réduction des saignements articulaires, l'amélioration de la fonction articulaire et de la qualité de vie (Qo) ont été analysées.

**RÉSULTATS:** Au total, 18 enfants - 17 garçons et 1 fille (âge médian : 8 ans) ont été recrutés. La durée médiane d'observation était de 7 mois (de 3 à 15 mois). Sept des enfants étaient sous prophylaxie primaire (41 %) et 10 enfants (59 %) étaient sous prophylaxie secondaire. Le nombre de saignements articulaires a diminué, passant d'un total de 162 (fourchette individuelle 5-20, moyenne 10,3) à 42 (fourchette 0-7, moyenne 3,0), pendant la période d'observation, soit une réduction globale de 74 %. La fonction articulaire s'est améliorée dans 94,1 % des articulations malades, tandis que seulement 5,6 % n'ont signalé aucune amélioration (en raison d'une mauvaise observance).

n'ont signalé aucune amélioration (en raison d'une mauvaise observance). La fréquentation scolaire s'est améliorée dans toutes les matières, la pratique du sport et l'activité quotidienne s'est améliorée modérément.

**CONCLUSION:** La prophylaxie à faible dose s'est avérée bénéfique dans la réduction des saignements articulaires, l'amélioration de la fonction articulaire et l'amélioration de la qualité de vie des enfants atteints d'hémophilie au Nigeria. *WAJM 2022; 39(1): 11–15.*

**Mots-clés:** Prophylaxie à faible dose, Nigeria, Hémophilie, qualité de vie, concentré de facteur VIII.

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Abbreviations: QoL, Quality of Life.