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## TABLE OF CONTENTS

GENERAL INFORMATION	1C
INFORMATION FOR AUTHORS	1F
EDITORIAL NOTES .....	105
<b>ORIGINAL ARTICLES</b>	
<b>Arterial Oxygen Saturation and other Clinical Predictors of Survival in Patients with Covid-19: A Review of Cases in a Tertiary Care Hospital in Nigeria</b> .....	109
S. A. Ayinbuomwan, N. Mokogwu, O. A. Akoria, B. U. Okwara, C. E. Omuemu, D. E. Obaseki	
<b>Determinants of Outcome among Under-Five Children Hospitalized with Pneumonia at a Tertiary Health Facility in South-West Nigeria</b> .....	114
A. O. Odeyemi, A. O. Odeyemi, T. L. Musa	
<b>Self-Perceived Halitosis in La, a Suburb of Accra, Ghana</b> .....	120
D. Tormeti, P. K. Blankson, S. Atinkah, J. Sackeyfio, A. Dai-Kosi, M. Ayetey-Adamafo	
<b>Sensorineural Hearing Loss among Hypertensives</b> .....	125
O. R. Quadri, I. O. Gbujie, D. B. Ojji, D. F. Folorunso, F. M. Damtong, E. A. Dahilo, T. S. Ibekwe, O. G. B. Nwaorgu	
<b>Clinico-pathological Profile of Head and Neck Tumours with Intracranial Extension</b> .....	131
M. O. Udoh, D. O. Udoh	
<b>Profiles of Tuberculosis Patients: A Single-Center Experience in a Semi-Urban Tuberculosis Center in Southeast Nigeria</b> .....	137
C. U. Ufoaroh, E. N. Anyabolu, I. C. Okoye, I. S. Chinweuba	
<b>Caring for Children with Congenital Heart Diseases: Economic Burden of Pre-Surgical Management on Nigerian Families</b> .....	144
C. O. Duru, F. S. Okpokowuruk, A. D. Adesina, G. O. Worgu, F. O. Adeniji, J. M. Chinawa, I. Aliyu	
<b>Rate, Indications and Outcome of Blood Transfusion in Neonates at Federal Teaching Hospital, Gombe, Nigeria</b> .....	152
I. Jalo, E. W. Isaac, M. P. Raymond, M. Amina, R. Y. Adeniji	
<b>A Doctor's Experience from Covid-19</b> .....	158
T. Ibekwe, P. Ibekwe	
<b>Comprehensive Idiopathic Clubfoot Treatment based on the Ponseti Method: The FMC, Umuahia Experience</b> .....	162
P. I. Amaraegbulam, U. I. Oluwatosin, C. O. Udemzue, U. Egbe-Eni, A. Chuku	
<b>Indications for Removal of Orthopaedic Implants in a Nigerian Tertiary Hospital: A Review of 128 Cases</b> .....	166
D. D. Mue, W. T. Yongu, M. N. Salihu, J. N. Kortor, I. C. Elachi, J. O. Donwa	
<b>CASE REPORT</b>	
<b>Skull Base Chordoma: A Case Presentation and Review of Literature</b> .....	171
M. O. Udoh, D. E. Imasogie, D. O. Udoh	
<b>COVID-19 and Mycobacterium Tuberculosis Coinfection: A Case Report</b> .....	176
A. A. Agada, V. Kwaghe, Z. Habib, F. O. Adebayo, B. Anthony <sup>†</sup> , T. Yunusa, B. A. Ekele	
<b>Hyper-Immunoglobulin E Syndrome and Squamous Cell Carcinoma of the Lower Lip: A Case Report</b> .....	180
A. O. Akinboro, M. O. Onigbinde, S. O. Oiwoh, O. O. Afolayan, A. A. Oladeji	
<b>BRIEF COMMUNICATION</b>	
<b>The Transgender Phenomenon and its Effect on the Practice of Anatomic Pathology: A Futuristic Perspective</b> .....	185
C. A. Okolo	
<b>ERRATUM: WAJM 2021; 38(1): Pages 24–27 – OMISSION OF TABLES AND FIGURE</b> 189	
<b>Sonographic Diagnosis of Metastatic Cervical Lymph Nodes in Primary Orofacial Malignancies: Role of the Radiologist's Experience</b> .....	189
U. A. Okeke, J. B. Igashi, M. A. Hamza, S. O. Ajike, B. D. Saheeb	
<b>INDEX TO VOLUME 38, NO. 2, 2021</b>	
<b>Author Index</b> .....	194
<b>Subject Index</b> .....	195



### Sensorineural Hearing Loss among Hypertensives

#### *La Surdit  De Perception Chez Les Hypertendus*

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#### ABSTRACT

**BACKGROUND:** The effect of hypertension on the vascular system leads to Target Organ Damage (TOD). The cochlea is one of the target organs affected by hypertension, giving rise to Sensorineural Hearing Loss (SNHL).

**OBJECTIVE:** To determine the prevalence and pattern of Sensorineural Hearing Loss (SNHL) among hypertensives.

**DESIGN:** Case-Control Study.

**SETTING:** Tertiary hospital.

**SUBJECTS:** Two hundred and twenty six hypertensives, aged 21 to 60 years and a corresponding number of age and sex matched control.

**METHODOLOGY:** Eligible participants were prospectively evaluated. Their blood pressures were verified, hearing thresholds assessed through Pure Tone Audiometry, Pure Tone Average were calculated and the types and degree of hearing loss were confirmed. Data was analyzed using SPSS 21 and statistical significance was set at p-value  $\leq 0.05$ .

**RESULTS:** Each group had 127 (56.19%) females and 99 (43.81%) males. The difference in the mean age between the cases (40.02  $\pm$  0.70 years) and the controls (37.42  $\pm$  0.47 years) was not statistically significant (p = 0.542). The difference in the mean Pure Tone Average in dBHL between the cases (15.53  $\pm$  6.95) and the controls (13.98  $\pm$  4.35) was significant (p = 0.005) with a 12.83% prevalence of SNHL among the hypertensives against 1.77% in the controls. Majority (96.6%) of them demonstrated bilateral, symmetrical, mild SNHL with 51.7% of them being above 50 years. The odds ratio in this study was 8.17 (p = 0.0001).

**CONCLUSION:** This study demonstrated a SNHL prevalence of 12.83% with a mild, bilateral, symmetrical pattern among hypertensives; increasing with advanced age and an eight-fold risk of occurrence. *WAJM 2021; 38(2): 125–130.*

**Keywords:** Hypertension, Target Organ Damage, Sensorineural Hearing Loss, Pure Tone Audiometry, Pure Tone Average.

#### R SUM 

**CONTEXTE:** L'effet de l'hypertension sur le syst me vasculaire entra ne des l sions des organes cibles (TOD). La cochl e est l'un des organes cibles touch s par l'hypertension, ce qui entra ne une surdit  de perception (SNHL).

**OBJECTIF:** D terminer la pr valence et les caract ristiques de la surdit  de perception (SNHL) chez les personnes hypertendues.

**CONCEPTION:**  tude cas-t moins.

**R GLAGE:** H pital tertiaire.

**SUJETS:** Deux cent vingt-six personnes hypertendues,  g es de 21   60 ans et un nombre correspondant de t moins d' ge et de sexe correspondants.

**M THODOLOGIE:** Les participants  ligibles ont  t   valu s de mani re prospective. Leur tension art rielle a  t  v rifi e, les seuils auditifs ont  t   valu s par audiom trie tonale pure, la moyenne tonale pure a  t  calcul e, et les types et le degr  de perte auditive ont  t  confirm s. Les donn es ont  t  analys es au moyen de SPSS 21 et la signification statistique a  t  fix e   la valeur p de 0,05.

**R SULTATS:** Chaque groupe comptait 127 (56,19 %) femmes et 99 (43,81 %) hommes. La diff rence d' ge moyen entre les cas (40,02  $\pm$  0,70 ans) et les t moins (37,42  $\pm$  0,47 ans) n' tait pas statistiquement significative (p = 0,542). La diff rence de la moyenne des sons purs en dBHL entre les cas (15,53  $\pm$  6,95) et les t moins (13,98  $\pm$  4,35)  tait significative (p = 0,005) avec une pr valence de 12,83 % de SNHL chez les hypertendus contre 1,77 % chez les t moins. La majorit  (96,6 %) d'entre eux pr sentaient une LHNH bilat rale, sym trique et l g re, 51,7 % d'entre eux ayant plus de 50 ans. Le rapport de cotes dans cette  tude  tait de 8,17 (p = 0,0001).

**CONCLUSION:** Cette  tude a d montr e une pr valence de LHNH de 12,83 % avec un sch ma l ger, bilat ral, sym trique parmi les hypertendus ; augmentant avec l' ge avanc  et un risque d'occurrence huit fois plus  lev . *WAJM 2021; 38(2): 125–130.*

**Mots-cl s:** Hypertension, dommages aux organes cibles, perte auditive neurosensorielle, audiom trie tonale pure, moyenne tonale pure.

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Abbreviations: ARHL, Age Related Hearing Loss; BP, Blood Pressure; CHL, Conductive Hearing Loss; dBHL, decibel Hearing Level; DBP, Diastolic Blood Pressure; HBP, High Blood Pressure; HL, Hearing Loss; MHL, Mixed Hearing Loss; PTA, Pure Tone Audiometry; PTA<sub>v</sub>, Pure Tone Average; SBP, Systolic Blood Pressure; SNHL, SensoriNeural Hearing Loss; TOD, Target Organ Damage; UATH, University of Abuja Teaching Hospital; WHO, World Health Organisation.