

VOLUME 38, NUMBER 4

ISSN 0189 - 160X

APRIL 2021

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 NOTES | 299 |
| ORIGINAL ARTICLES | |
| HIV-Associated Nephropathy among Children with Renal Disease in Port Harcourt, Nigeria | 307 |
| T. A. Uchenwa, I. C. Anochie | |
| Dental Trauma in Adult and Elderly Nigerians: A National Survey | 313 |
| E. C. Otoh, O. O. Taiwo, O. A. Adeleke, O. J. Majekodunmi, S. O. Ajike | |
| Knowledge, Attitude and Practice on Covid-19 among Clinical Healthcare Workers in Bingham University Teaching Hospital (BHUTH) Jos, Plateau State, Nigeria | 321 |
| M. Shehu, H. Shehu, O. Momodu, O. Abraham, E. E. Esegbe | |
| Comparison of the Diagnostic Relevance of Albumin Creatinine Ratio Versus Cystatin C in Assessment of Cardiovascular Complication in Type 2 Diabetics | 328 |
| B. K. Myke-Mbata, S. C. Meludu, D. O. Ochalefu, B. C. Basil | |
| Self-perceived Burden on Caregivers, Anxiety and Depression among Chronic Kidney Disease Patients in Southern Nigeria | 335 |
| O. A. Adejumo, E. I. Okaka, A. A. Akinbodewa, O. I. Iyawe, I. R. Edeki, O. S. Abolarin | |
| Frequency of Osteoporosis in Black Nigerian Women Aged 50 and above with Degenerative Musculoskeletal Diseases and Fractures | 342 |
| O. A. Adewole, S. O. Idowu, M. O. Shoga, M. O. Kayode, O. O. Adelowo | |
| Knowledge, Attitudes, and Practices towards COVID-19 Transmission and Preventive Measures among Residents of Nigeria: A Population-Based Survey through Social Media | 347 |
| A. T. Akafa, A. Amos, A. Okeke and A. C. Oreh | |
| School Health Instructions in Primary Schools - A Study of Gwagwalada Area Council, Federal Capital Territory Nigeria | 359 |
| U. A. Sanni, U. M. Offiong, E. A. Anigilaje, K. I. Airede | |
| Plasma L-Arginine in Sickle Cell Anaemia Patients in Crises and its Correlation with Markers of Severity of Disease | 366 |
| O. W. Aworanti, T. S. Akingbola, A. Adeomi, A. E. Alagbe, A. O. Salako | |
| Meniscus Sign: A Test for the Confirmation of Correct Placement of Epidural Catheter | 374 |
| H. O. Idehen, G. Agbonkhese | |
| Clinicopathological Pattern and Management of Primary Lung Cancer in Ilorin, Nigeria | 380 |
| P. O. Adeoye, O. O. Desalu, C. K. P. Ofoegbu, A. E. Fawibe, A. K. Salami, R. O. Akanbi, C. M. Opeyemi, O. O. K. Ibrahim, O. B. Ojuawo, A. O. Aladesanmi, I. Olaoye | |
| CASE REPORTS | |
| Protein C Deficiency in a Patient with Anomalous Hemiazzygous Vein and Portal Vein Thrombosis | 387 |
| F. A. Fasola, A. Akere, C. U. Akunwata, C. Onyejelam, M. A. Osundina | |
| Aplasia Cutis Congenita: A Case Report | 391 |
| O. J. Ugowe, S. A. Balogun and E. A. Adejuyigbe | |
| Favourable Outcome of Severe Lassa Fever Following Early Diagnosis and Treatment: A Case Report | 395 |
| J. A. Onuh, A. E. Uloko | |
| CLINICAL ARTICLE | |
| Comparison of Short Course Versus Long Course Antibiotic Prophylaxis for Caesarean Section: A Randomised Controlled Trial | 398 |
| A. C. Ezeike, C. O. Agboghroma, E. R. Efezie, K. W. Durojaiye | |
| INDEX TO VOLUME 38, NO. 4, 2021 | |
| Author Index | 405 |
| Subject Index | 406 |



School Health Instructions in Primary Schools - A Study of Gwagwalada Area Council, Federal Capital Territory Nigeria

Enseignement De La Santé Scolaire Dans Les Écoles Primaires - Une Étude Du Conseil Régional De Gwagwalada, Territoire De La Capitale Fédérale Du Nigeria

¹U. A. Sanni, ²U. M. Offiong, ³E.A. Anigilaje, ⁴K. I. Airede

ABSTRACT

Background: School Health Instructions (SHI) entail the instructional aspect of school health programme, which provides a classroom opportunity for inculcating healthy habits into the school-age child.

Objective: To assess the status of implementation of school health instruction in primary schools in Gwagwalada Area Council of the Federal Capital Territory, Nigeria

Methods: A cross-sectional descriptive study of 146 primary schools in the Gwagwalada Area Council of the Nigerian Federal capital was carried out to assess the implementation of SHI with respect to the contents, methods of delivery and teachers preparation for health teaching using an evaluation checklist for SHI.

Results: Of 146 schools, 115(78.8%) schools attained the minimum acceptable score of 27. Of the 40 public and 106 private schools, 27(67.5%) public and 88(83.0%) private schools attained the acceptable minimum score of 27. There was a statistically significant difference between the mean scores attained cumulatively in the various components of the school health instruction by the public and private schools ($t=2.721, p=0.008$). Public schools had significantly more teachers with education-related qualifications than private schools ($p<0.001$). Teachings on HIV/ AIDS, safety education and community health were undertaken by 95.9%, 93.2% and 95.2% schools respectively. Only 5(3.4%) schools followed the recommendation of giving health instruction at least thrice a week.

Conclusion: Implementation of SHI was adequate in the study area, with a better performance among the private schools.

WAJM 2021; 38 (4): 359-365

Keywords: School Health Instruction, primary school, private, public, Gwagwalada Area Council, Federal Capital Territory, Nigeria

ABSTRAIT

Contexte: L'enseignement de la santé à l'école (SHI) comprend l'aspect pédagogique du programme de santé scolaire, qui offre en classe la possibilité d'inculquer des habitudes saines à l'enfant d'âge scolaire.

Objectif: Évaluer l'état de la mise en œuvre de l'enseignement de la santé scolaire dans les écoles primaires du Conseil régional de Gwagwalada du territoire de la capitale fédérale, Nigéria

Méthodes: Une étude descriptive transversale de 146 écoles primaires du Conseil régional de Gwagwalada de la capitale fédérale nigérienne a été menée pour évaluer la mise en œuvre de l'AMS en ce qui concerne le contenu, les méthodes de prestation et la préparation des enseignants à l'enseignement de la santé en utilisant une liste de contrôle SHI.

Résultats: Cent quinze (78,8%) écoles composées de 27 (67,5%) écoles publiques et 88 (83,0%) écoles privées ont atteint le score minimum acceptable de 27, avec une différence statistiquement significative entre les scores moyens des deux catégories d'écoles ($t = 2,721, p = 0,008$). Les écoles publiques avaient beaucoup plus d'enseignants avec des qualifications liées à l'éducation que les écoles privées ($p < 0,001$). Des enseignements sur le VIH / SIDA, l'éducation à la sécurité et la santé communautaire ont été dispensés respectivement par 95,9%, 93,2% et 95,2% des écoles. Seulement 5 écoles (3,4%) ont suivi la recommandation de donner des cours de santé au moins trois fois par semaine.

Conclusion: La mise en œuvre de SHI a été adéquate dans la zone d'étude, avec une meilleure performance parmi les écoles privées.

WAJM 2021; 38 (4): 359-365

Mots clés: Enseignement de la santé à l'école, école primaire, privé, public, Conseil régional de Gwagwalada, Territoire fédéral de Capital, Nigéria

¹Federal Medical Centre, Birnin-Kebbi, Kebbi State. ²University of Abuja Teaching Hospital, Gwagwalada, Federal Capital Territory. ³University of Abuja Teaching Hospital/University of Abuja, Gwagwalada, Federal Capital Territory. ⁴University of Abuja Teaching Hospital/ University of Abuja
***Correspondence:** U.A. Sanni. E-mail: talktosani81@gmail.com

Abbreviations: AIDS: Acquired Immunodeficiency Syndrome; FCT: Federal Capital Territory; GAC: Gwagwalada Area Council; HIV: Human Immunodeficiency Virus
LGA: Local Government Area; NERDC: Nigerian Education Research and Development Council; SHI: School Health Instruction; SPSS: Statistical Programme for
Social Science UBE: Universal Basic Education; ZEO: Zonal Education Office