

VOLUME 39, NUMBER 6
June 2022

ISSN 0189 - 160X

WAJMJ

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	1C
INFORMATION FOR AUTHORS	1F
EDITORIAL NOTES	555
ORIGINAL ARTICLES	
Association between Consumption of Geophagic Substance and Helminthic Infection among Pregnant Women, in Kisii County, Kenya	557
G. G. Ratemo, S. K. Musyoki, B. O. Nyanchongi	
Diagnostic Correlation between General Practitioners and the Ophthalmologist in the Management of Eye Diseases	563
A. A. Onyiaorah, N. N. Kizor-Akaraiwe, S. N. N. Nwosu	
Clinical Presentation and Intensity of Infection with Intestinal Helminths among School Children in Ile-Ife, Osun State, Nigeria.....	568
B. O. Olopade, T. O. Charles-Eromosele, O. B. Olopade	
Primary Hypertension with Target Organ Damage among Apparently Healthy Secondary School Students in Osogbo, South-Western Nigeria.....	573
O. V. Kayode, S. O. Oninla, J. A. O. Okeniyi, G. Oyedeji, A. O. Odeyemi, O. A. Abayomi	
Sex Hormone-Binding Globulin Level Enhances Prediction of Gestational Diabetes Mellitus in a Sub-Saharan African Population	580
B. Basil, I. N. Mba, S. A. Adebisi, B. K. Myke-Mbata, E. K. Oghagbon	
Associated Psychological Factors of Viral Load among Self-Isolating Nigerian COVID-19 Patients	588
T. Opakunle, O. Aloba, O. Opakunle, P. Olaitan, O. Adebimpe, O. Adeagbo	
Cervical Cancer Knowledge, Risk Factors and Screening Practices among Women Residing in Urban Slums of Lagos, Southwest, Nigeria	595
T. Olubodun, M. R. Balogun, O. I. Olowoselu, V. A. Emina, U. U. Ugwuowo, O. O. Ogundele, M. Kerry, T. O. Charles-Eronmosele, A. B. Olubodun	
Cord Blood Thyroid Stimulating Hormone Values in Healthy Term Babies delivered at Abubakar Tafawa Balewa University Teaching Hospital Bauchi, Northeastern Nigeria	603
M. F. Bashir, H. A. Elechi, O. O. Jarrett, E. E. Oyenusi, A. Oduwole, N. Ibrahim, I. Ohuche, I. A. Adedeji, S. Adamu, J. Jingina, A. S. Adamu, L. M. Dattijo, Y. A. Misau	
The Prevalence and Outcome of Teenage Pregnancies in a Secondary Health Facility in Delta State, Nigeria: A Four-Year Retrospective Review	609
N. S. Awunor, D. T. Obong, A. A. Nwachi, A. On-Emore, O. A. Oloya, K. O. Omoyibo, U. Onyejekwe	
Translation, Cultural Adaptation and Validation of the Hausa version of the Standardised Mini-Mental State Examination in Northeastern Nigeria	614
T. Adeniji, A. Y. Oyeyemi	
Malignant Melanoma in Lagos, Nigeria: Elucidating Histopathologic Prognostic Factors	623
O. O. Obadofin, K. B. Badmos, O. O. Omoseebi, A. A. F. Banjo	
Neurogenic Tumors of the Oral and Maxillofacial Region in a Nigerian Population	628
R. Agbara, B. Fomete, K. U. Omeje	
Epidemiology and Management of Oculoplastic Disorders at a Tertiary Hospital: A 4-Year Review	635
B. A. Adewara, S. A. Badmus, O. O. Awe, O. H. Onakpoya, B. O. Adegbehingbe, A. O. Adeoye	
Experiences of Multidisciplinary Working: Perspectives from the Wessex Ghana Stroke Partnership	641
A. Akpalu, L. Sykes, K. Nkromah, J. Attah, C. Osei-Yeboah, L. Johnson, C. Amponsah, F. Laryea, O. Anarfi, A. Shaw, L. Cullen, S. Easton, C. Fullbrook-Scanlon, C. Gordon, C. Spice	
CASE REPORT	
Disseminated Tuberculosis in a Nigerian Adolescent with Linear IgA Bullous Dermatitis: A Case Report and Review of Literature	646
A. A. Gobir, S. O. Ariyibi, R. M. Ibraheem, A. R. Johnson, M.B. Abdulkadir, O. S. Katibi, P.O. Adeoye, E.A. Udoh, O.N. Ilesanmi, O. O. Folaranmi	
INDEX TO VOLUME 39, NO. 6, 2022	
Author Index	651
Subject Index	652



Primary Hypertension with Target Organ Damage among Apparently Healthy Secondary School Students in Osogbo, South-Western Nigeria

Hypertension Primaire Avec Atteinte des Organes Cibles chez des Élèves du Secondaire Apparemment Sains À Osogbo, dans le Sud-Ouest du Nigeria

¹*O. V. Kayode, ²S. O. Oninla, ³J. A. O. Okeniyi, ²G. Oyedeji, ⁴A. O. Odeyemi, ⁵O. A. Abayomi

ABSTRACT

INTRODUCTION: In recent times, there has been an increase in the frequency of hypertension among young people which is contributing globally to the increase in cardiovascular morbidity and mortality in adults.

OBJECTIVE: The aim of this study was therefore to determine the prevalence of primary hypertension and its risk factors among apparently healthy secondary school students in Osogbo, southwestern Nigeria.

METHODS: A school-based cross-sectional study of a total of 404 secondary school students in Osogbo city. Following informed parental consents of all the students involved in the study, blood pressure (BP) measurements were taken at 2 different visits by auscultation after a negative urine dip stick test result (thus excluding haematuria or proteinuria) in every subject before each BP was measured.

RESULTS: The overall prevalence of hypertension and pre-hypertension in this study was 3.5% (n = 14) and 6.2% (n = 25), respectively. Obesity, consumption of extra – uncooked salt, high parental education and attendance of privately-owned secondary schools were identified risk factors associated with elevated BP. Seven (29%) of 24 subjects with hypertension had features of left ventricular hypertrophy (an evidence of target organ damage) on echocardiography and electrocardiography. All subjects with elevated BP had normal renal scan.

CONCLUSION: Hypertension with features of target organ damage exists among adolescents. No known primary aetiologies were found among the hypertensive adolescents in the study and thus they were all deemed to have essential hypertension. **WAJM 2022; 39(6): 573–579.**

Keywords: Primary hypertension, target-organ damage, healthy adolescents.

RÉSUMÉ

INTRODUCTION: Ces derniers temps, on a constaté une augmentation de la fréquence de l'hypertension chez les jeunes, ce qui contribue globalement à l'augmentation de la morbidité et de la mortalité cardiovasculaires chez les adultes.

OBJECTIF: Le but de cette étude était donc de déterminer la prévalence de l'hypertension primaire et de ses facteurs de risque parmi des élèves du secondaire apparemment en bonne santé à Osogbo, sud-ouest du Nigeria.

MÉTHODES: Étude transversale en milieu scolaire portant sur un total de 404 élèves du secondaire dans la ville d'Osogbo. Après avoir obtenu le parents informés de tous les élèves participant à l'étude, des mesures de l'étude, la pression artérielle a été mesurée par auscultation lors de 2 visites après un résultat négatif à la bandelette urinaire (excluant ainsi l'hématurie ou la protéinurie) chez chaque sujet avant que la TA ne soit mesurée.

RÉSULTATS: La prévalence globale de l'hypertension et de la préhypertension dans cette étude était de 3,5% (n = 14) et de 6,2% (n = 25), respectivement. L'obésité, la consommation de sel extra-cuit, le haut niveau d'éducation des parents et la fréquentation d'écoles secondaires privées ont été identifiés comme des facteurs de risque associés à une tension artérielle élevée. Sept (29%) des 24 sujets hypertendus présentaient des caractéristiques d'hypertrophie du ventriculaire gauche (preuve d'une atteinte des organes cibles) à l'échocardiographie et à l'électrocardiographie. Tous les sujets présentant une PA élevée avaient une scintigraphie rénale normale.

CONCLUSION: L'hypertension avec des caractéristiques d'atteinte des organes cibles existe chez les adolescents. Aucune étiologie primaire connue n'a été trouvée chez les adolescents hypertendus de l'étude et donc tous considérés comme souffrant d'hypertension essentielle. **WAJM 2022; 39(6): 573–579.**

Mots clés: Hypertension primaire, dommages aux organes cibles, adolescents sains.

¹Department of Paediatrics, Evercare International Multi-Specialty Hospital, Lekki Phase 1, Lagos State, Nigeria. ²Department of Paediatrics, College of Health Sciences, LAUTECH, Ogbomosho, Oyo State, Nigeria. ³Department of Paediatrics, College of Health Sciences, Obafemi Awolowo University Teaching Hospitals Complex, Ile Ife, Osun State, Nigeria. ⁴Department of Paediatrics, College of Health Sciences, Bowen University Teaching Hospital, Ogbomosho, Oyo State, Nigeria. ⁵Department of Radiology, Faculty of Clinical Sciences, College of Medicine, Ekiti State University, Ado Ekiti, Ekiti State, Nigeria.

*Correspondence: Dr. Olamide V. Kayode, Department of Paediatrics, Evercare Hospital, Lekki Phase 1, Lagos State, Nigeria.

Email: medicoval@gmail.com; olamide.kayode@evercare.ng; Tel: +234-8185776577.

Abbreviations: BMI, Body Mass Index; DBP, Diastolic Blood Pressure; E,U,Cr, Electrolyte, Urea Creatinine; ECG, Electrocardiogram; LVH, Left Ventricular Hypertrophy; NHBPEP, National High Blood Pressure Education Programme; SBP, Systolic Blood Pressure; SD, Standard Deviation.