

VOLUME 40, NUMBER 4

April 2023

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](http://www.wajmed.org)



## TABLE OF CONTENTS

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



### Assessment of Healthcare-Seeking Behaviour and Self-Medication among Adult Patients with Gastrointestinal Symptoms at a Rural Clinic in the Niger Delta of Nigeria

*Évaluation du Comportement de Recherche de Soins et de l'Automédication chez les Patients Adultes Présentant des Symptômes Gastro-Intestinaux dans une Clinique Rurale du delta du Niger au Nigeria*

<sup>1</sup>N. P. Dienne, <sup>1\*</sup>C. Imarhiagbe, <sup>1</sup>A. I. Dan-Jumbo, <sup>1</sup>P. O. Dienne, <sup>1</sup>S. Uriah, <sup>1</sup>N. O. Nnadi, <sup>1</sup>C. O. Akinla

#### ABSTRACT

**BACKGROUND:** Patients' behaviour in making decisions regarding their health is currently changing from a passive role to an active one in which they participate fully in the control of their health as well as take initiatives in self-care.

**OBJECTIVES:** This study evaluated health-seeking behaviour and practice of self-medication among patients with abdominal pain in a rural Primary Health Centre in the Niger Delta.

**METHODS:** This was a cross-sectional study among 400 patients that attended the Primary Health Centre in Oyorokoto, Rivers State, Nigeria. Interviewer-administered questionnaires were used to collect data on participants' demographics, medicines-taking behaviour, and practice of self-medication. Data analysis was done using Statistical Package for Social Science for windows version 20. The p-value of <0.05 at a confidence level of 95% was considered significant.

**RESULTS:** Most of the participants chose to consult formal health care when they experienced health problems (57.3%), and self-medication prevalence was 29.5%. The majority of the respondents (65.8%) took medication based on a health worker's advice while 32.5% depended on past experience with a similar illness. The practice of self-medication was significantly associated with gender, age, and religion. The female gender and older age groups significantly practice self-medication compared to the males and younger age groups ( $p < 0.001$ ). Christians significantly practice self-medication ( $p = 0.038$ ).

**CONCLUSION:** Increasing public awareness of the rational choice of getting medical assistance is very important. A health education program to increase awareness about the use of medicines among the general public and to enable them make the right decisions relating to their health problems is advocated. **WAJM 2023; 40(4): 367–374.**

**Keywords:** Gastrointestinal symptoms, Healthcare seeking behaviour, Self-medication, Rural.

#### RÉSUMÉ

**CONTEXTE:** Le comportement des patients dans la prise de décisions concernant leur santé est actuellement en train de passer d'un rôle passif à un rôle actif dans lequel ils participent pleinement au contrôle de leur santé et prennent des initiatives en matière de soins personnels.

**OBJECTIFS:** Cette étude a évalué le comportement de recherche de santé et la pratique de l'automédication chez les patients souffrant de douleurs abdominales dans un centre de santé primaire rural du delta du Niger.

**METHODES:** Une étude transversale auprès de 400 patients qui ont fréquenté le centre de santé primaire à Oyorokoto, dans l'État de Rivers, au Nigeria. Des questionnaires administrés par des intervieweurs ont été utilisés pour recueillir des données sur les données démographiques des participants, le comportement des participants prenant des médicaments et la pratique de l'automédication, l'analyse des données a été effectuée à l'aide du package statistique pour les sciences sociales (SPSS) pour Windows version 20. La valeur de  $p < 0,05$  au niveau de confiance de 95 % a été jugée significative.

**RESULTATS:** La plupart des participants ont choisi de consulter des soins de santé formels lorsqu'ils ont éprouvé des problèmes de santé (57,3 %), la prévalence de l'automédication était de 29,5 %. La majorité des répondants (65,8 %) ont pris des médicaments sur les conseils d'un agent de santé, tandis que 32,5 % dépendaient d'expériences antérieures avec une maladie similaire. La pratique de l'automédication était significativement associée au sexe, à l'âge et à la religion. Le sexe féminin et les groupes d'âge plus âgés pratiquent significativement l'automédication par rapport aux hommes et aux groupes d'âge plus jeunes ( $p < 0,001$ ). Les chrétiens pratiquent de manière significative l'automédication ( $p = 0,038$ ).

**CONCLUSION:** Il est très important de sensibiliser davantage le public au choix rationnel d'obtenir une assistance médicale. Un programme d'éducation sanitaire visant à sensibiliser le grand public à l'utilisation des médicaments et à lui permettre de prendre les bonnes décisions concernant ses problèmes de santé est préconisé. **WAJM 2023; 40(4): 367–374.**

**Mots-clés:** Symptômes gastro-intestinaux, Comportement de recherche de soins de santé, Automédication, Rural.

<sup>1</sup>Department of Family Medicine, Rivers State University Teaching Hospital, Port Harcourt, Rivers State, Nigeria.

\*Correspondence: Dr. Comfort Imarhiagbe, Department of Family Medicine, Rivers State University Teaching Hospital, Port Harcourt, Rivers State, Nigeria. E-mail: princess\_yinmi@gmail.com Telephone number: 08037544281.