

VOLUME 40, NUMBER 8
August 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



TABLE OF CONTENTS

GENERAL INFORMATION	1C
INFORMATION FOR AUTHORS	1F
EDITORIAL NOTES – From the Editor-in-Chief	775
G. E. Erhabor	
– Decolonizing Medical Training for Development Impact in West Africa	776
Friday Okonofua	
ORIGINAL ARTICLES	
Burden, Severity and Characteristic Pattern of Coronary Artery Disease using 160-Slice Computed Tomographic Angiography: Earliest Report from Northern Nigeria	779
A. Ismail, Y. Lawal, K. Isyaku, I. Garba, J. A. Ismail, A. M. Tabari, M. S. Umar	
Audit of Preoperative Fasting for Elective General Surgeries in the Obafemi Awolowo University Teaching Hospitals Complex, Ile-Ife, Nigeria	786
A. O. Adesunkanmi, A. E. Ubom, C. U. Ndegbu, A. M. Olugbami, O. I. Aaron, F. O. Wuraola, O. Olasehinde	
Determinants and Outcomes for Neonatal Septicaemia at the Federal Medical Centre Bida, North Central Nigeria	792
G. Ahmed, G. O. Oladele, A. Usman, O. Adesiyun, A. O. Olowu	
Knowledge Levels and Predictors of Venous Thromboembolism among Pregnant Women in Nigeria: A Cross-Sectional Survey for the ‘Move for Flow’ Programme	799
C. P. Ojukwu, T. U. Nwagha, L. C. Agbo, A. U. Ezeigwe, P. Okorie	
Knowledge of Healthcare Professionals on Hepatitis B Virus Infection and Vaccination Uptake in a Tertiary Hospital in Nigeria	808
S.T. Suleiman, M.K. Ogunfemi, M.O. Bojuwoye, K.O. Omokanye, A.H. Bello, S.O. Idris, A. Ahmed, J.O. Oni, J. Imran, C.I. Oyewopo	
Knowledge, Attitude and Practice of Shisha Smoking among Undergraduates in a Private Tertiary Institution in Nigeria: A Cross-Sectional Study	814
J. O. Ogunkoya, K. J. Sodeinde, F. E. Bamidele, A. E. Ladele, O. Abiodun, O. T. Imishue, O. Ehioghae, O. A. Ogunkoya	
Oral Disorders and Serum Oestrogen Levels in Postmenopausal Women in Lagos, Nigeria	820
K. O. Ojo, O. M. Eweka, P. O. Ayanbadejo, T. A. Oshodi, F. J. Owotade	
Outcome of Combined Trabeculectomy-Trabeculectomy in Eyes of Nigerian Children with Primary Congenital Glaucoma	826
M. O. Ugalahi, A. O. Adeyemo, B. A. Olusanya, A. M. Baiyeroju	
Predictors of Anaemia among Pregnant Women Booking for Antenatal Care at Federal Medical Centre, Bida, Niger State, Nigeria	831
A. C. Ekpe, S. A. Adefemi, M. D. Pemi	
Cardiovascular Risk Factors in the 21st Century in a Semi-Urban Slum in North-Central Nigeria	838
G. O. Osaigbovo, L. C. Imoh, T. Afolaranmi, A. I. Zoakah	
COVID-19 Infection Prevention and PPE Use: A Cross-Sectional Survey of Maternity Health Care Workers’ Perspectives and Practices in a Tertiary Hospital, Nigeria	850
T. O. Kuye-Kuku, A. M. Olumodeji, F. D. H. Olalere, J. O. Chionuma, A. O. Aborisade, U. G. Ofulue	
Awareness and Knowledge of Breast Cancer and Breast Examination amongst Undergraduate Students. Mixed Method Approach	857
O. Y. Makinde, F. O. Wuraola, A. A. Aderounmu, T. O. Ugalahi, O. Olasehinde, A. O. Adisa	
A Multicenter Retrospective Cohort Study of the Profile of Seminal Fluid Analyses of Men Seeking Fertility Care at Different Hospitals	863
A. O. Ugwu, E. P. Igbodike, R. Funtua Anas, O. A. Kusamotu, A. Adefemi, O. Anyobode, C. J. Okeke, B. S. Umezulike, J. S. Shehu, S. Ige, N. E. Harrison, S. A. Ayeni, A. L. Okpara, P. Soibi-Harry, H. O. Ngwu, C. C. Makwe, E. O. Ugwu, J. I. Achara, J. A. Olamijulo, S. Garba, R. Garba, S. I. Omisakin	
SHORT COMMUNICATION	
A Call for Regular Ophthalmologist Cover for Rehabilitation Centers for the Blind	869
A. O. Adio, U. Udo	
CASE REPORT	
Mpox and Chicken Pox Coinfection Complicated by Acute Urinary Retention: A Case Report	873
A. E. Onukak, C. N. Nga, B. C. Ubani, E. Umoinkwe, N. Umoette	
MEDICAL EDUCATION	
Training of Doctors at the Geriatric Centre, University College Hospital, Ibadan, Nigeria	877
L. A. Adebuseye, O. O. Olowookere, E. O. Cadmus	
INDEX TO VOLUME 40, NO. 8, 2023	
Author Index	883
Subject Index	884



Cardiovascular Risk Factors in the 21st Century in a Semi-Urban Slum in North-Central Nigeria

Facteurs de Risque Cardiovasculaire au 21ème Siècle dans un Bidonville Semi-Urbain du Centre-Nord du Nigeria

¹*G. O. Osaigbovo, ²L. C. Imoh, ³T. Afolaranmi, ³A. I. Zoakah

ABSTRACT

INTRODUCTION: Cardiovascular disease is prevalent in most low- and middle-income countries, and it is a major cause of disability and low quality of life. Stroke incidence is rising in tandem with the prevalence of its risk factors. Our research aims to identify stroke risk factors in a semi-urban slum in north-central Nigeria.

METHODS: This community-based, cross-sectional study was conducted in July 2017 to determine the prevalence of stroke risk factors among adult (≥ 18 years) residents of the Kabong community, in Jos, north central Nigeria. A total of 196 participants were recruited by multistage sampling technique. An adapted WHO STEPS questionnaire was used for the study and blood samples were obtained for lipid biochemistry.

RESULTS: We studied 196 participants, of whom 118 (60.2%) were females. The participants' median age was 48 (29) years, with those ≥ 65 years accounting for 17.3%. Generalized and abdominal obesity, hypertension, and diabetes mellitus were all prevalent in 39.1%, 52.3%, 37.1% and 17.8% of the population respectively. A LDL/HDL cholesterol ratio of >2.5 was observed in 74.1% of participants, elevated total cholesterol in 52.3%, elevated LDL-cholesterol in 57.4%, low HDL-cholesterol in 68.5% and high triglycerides in 13.2%. Current smoking and alcohol consumption were found in 4.1% and 32% of respondents, respectively.

CONCLUSION: There is a high prevalence of cardiovascular risk factors in this young population. Elevated blood pressure, hypertriglyceridemia, and illiteracy were all predictors of cardiovascular events. Health education, screening, and lifestyle changes are needed to reduce future cardiovascular disease burden. **WAJM 2023; 40(8): 838–849.**

Keywords: Cardiovascular, Risk factors, Semi-urban, North-Central, Nigeria.

RÉSUMÉ

INTRODUCTION: Les maladies cardiovasculaires sont répandues dans la plupart des pays à revenu faible ou intermédiaire et constituent une cause majeure d'invalidité et de mauvaise qualité de vie. L'incidence des accidents vasculaires cérébraux augmente parallèlement à la prévalence de leurs facteurs de risque. Notre recherche vise à identifier les facteurs de risque d'AVC dans un bidonville semi-urbain du centre-nord du Nigeria.

MÉTHODES: Cette étude transversale à base communautaire a été menée en juillet 2017 pour déterminer la prévalence des facteurs de risque d'AVC chez les résidents adultes (≥ 18 ans) de la communauté de Kabong, à Jos, dans le centre-nord du Nigeria. Au total, 196 participants ont été recrutés par une technique d'échantillonnage à plusieurs degrés. Un questionnaire STEPS adapté de l'OMS a été utilisé pour l'étude et des échantillons de sang ont été prélevés pour la biochimie des lipides.

RÉSULTATS: Nous avons étudié 196 participants, dont 118 (60,2 %) étaient des femmes. L'âge médian des participants était de 48 (29) ans, les participants ≥ 65 ans représentant 17,3 %. L'obésité généralisée et abdominale, l'hypertension et le diabète sucré concernaient respectivement 39,1 %, 52,3 %, 37,1 % et 17,8 % de la population. Un rapport A LDL/HDL-cholestérol $> 2,5$ a été observé chez 74,1 % des participants, un taux élevé de cholestérol total chez 52,3 %, un taux élevé de LDL-cholestérol chez 57,4 %, un faible taux de HDL-cholestérol chez 68,5 % et un taux élevé de triglycérides chez 13,2 %. Le tabagisme et la consommation d'alcool ont été constatés chez 4,1 % et 32 % des personnes interrogées, respectivement.

CONCLUSION: La prévalence des facteurs de risque cardiovasculaire est élevée dans cette jeune population. Une pression artérielle élevée, une hypertriglycéridémie et l'analphabétisme sont des facteurs prédictifs d'événements cardiovasculaires.

L'éducation à la santé, le dépistage et les changements de mode de vie sont nécessaires pour réduire le fardeau des maladies cardiovasculaires à l'avenir. **WAJM 2023; 40(8): 838–849.**

Mots-clés: Maladies cardiovasculaires, Facteurs de risque, Semi-urbain, Centre-nord, Nigeria.

¹Department of Medicine, Faculty of Clinical Sciences, College of Medical Sciences, University of Jos/ Jos University Teaching Hospital, Jos, Plateau State, Nigeria. ²Department of Chemical Pathology, Faculty of Clinical Sciences, College of Medical Sciences, University of Jos/ Jos University Teaching Hospital, Jos, Plateau State, Nigeria. ³Department of Community Medicine, Faculty of Clinical Sciences, College of Medical Sciences, University of Jos/ Jos University Teaching Hospital, Jos, Plateau State, Nigeria.

*Correspondence: Dr. Osaigbovo Osawaru Godwin, Department of Medicine, Faculty of Clinical Sciences, College of Medical Sciences, University of Jos/ Jos University Teaching Hospital, Jos, Plateau State, Nigeria. Phone: +234 8037877728. E-mail: osaigbovog@unijos.edu.ng, osaigodwin20@gmail.com, osaigodwin@yahoo.com