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TABLE OF CONTENTS

| | |
|---|------------|
| GENERAL INFORMATION | 1C |
| INFORMATION FOR AUTHORS | 1F |
| EDITORIAL NOTES | 215 |
| ORIGINAL ARTICLES | |
| A Comparison of Two Regimens for Post-Caesarean Section Analgesia in a Tertiary Health Centre in Northern Nigeria.... | 217 |
| J. Ekweani, E. Ogboli-Nwasor, H. N. Madugu, S. Avidime | |
| A Survey of the Prevalence and Anthropometric Correlates of the Risk for Obstructive Sleep Apnoea in Abuja, Nigeria | 223 |
| A. A. Akor, J. O. Ogedengbe, B. Chori, A. Odili | |
| Anaemia among Pregnant Women: Prevalence and Pattern at Booking Clinic of a Tertiary Health Care Facility in North Central Nigeria | 228 |
| A. C. Ekpe, S. A. Adefemi, M. D. Pemi | |
| Cancer Related Mortality in Port Harcourt, Southern Nigeria | 237 |
| A. Dodiya-Manuel, P. N. Wichendu, S. T. Dodiya-Manuel, O. G. Mba, J. O. Alegebeleye, B. P. Athanasius, T. J. Gbeneol, D. H. Ndefo | |
| Clinical Profile and Outcome of COVID-19 Cases Admitted at a Tertiary Health Facility In South-West Nigeria | 241 |
| T. O. Ojo, T. A. Adetunji, A. A. Amuda, O. Fajobi, O. T. Elugbaju, O. E. Adeoye, B. A. Omotoso, O. F. Awopeju, A. O. Olagunoye, A. M. Owojuyigbe, A. A. Onayade, V. A. Adetiloye | |
| Comparative Immunohistochemical Analysis of p53 and α-SMA in Ameloblastoma, AOT and OKC | 248 |
| O. M. Adesina, K. E. Adebisi, O. A. Effiom, G. O. Omoniyi-Esan, F. J. Owotade, O. A. Fatusi, B. Kolude, O. O. Odujoko, A. Ladeji | |
| Increased Risk of Migraine among Students with Asthma: Results of Headache and Asthma Study among University Students.... | 256 |
| O. O. Desalu, E. O. Sanya, A. O. Adeoti, O. B. Ojuawo, A. O. Aladesanmi, J. K. Olarinoye, O. J. Afolayan | |
| Knowledge of Asthma among Teachers in Public Primary Schools in a Resource-Limited Country | 262 |
| E. E. Ekop | |
| Length of Hospital Stay of COVID-19 Patients managed at the Lagos State Isolation Centres during the First Wave of the Pandemic | 269 |
| A. O. Adejumo, T. B. Ogunniyan, O. D. Oladokun, O. B. Oluwadun, S. Adesola, W. B. Mutiu, I. A. Abdus-Salam, B. A. Saka, A. V. Adetola, A. O. Ogunsanya, J. Okediran, S. Mba, O. M. Oyadotun | |
| Correlation of Lead Poisoning and Intelligence Status of School Children in a Southern Nigerian Urban City | 275 |
| O. D. Emeagui, B. U. Ezeonwu, H. I. O. Opara, N. K. Emeagui, S. N. Okolo | |
| Relationship between Lifestyle Modification Counselling and Lifestyle Pattern in Hypertensive Patients attending the Family Medicine Clinic of a Tertiary Hospital in Nigeria | 281 |
| T. I. A. Oseni, B. A. Suleiman, B. F. Dele-Ojo, N. F. Fuh, G. Ighasabemon, O. S. Oyewusi | |
| Relationship between Serum 25-Hydroxy Vitamin D and Severity of Asthmatic Attack in Children | 286 |
| J. O. Yusuff, S. A. Biliaminu, A. A. Akande | |
| Cervical Cancer Screening in a Human Immunodeficiency Virus Treatment Centre in Zaria North-Western Nigeria..... | 291 |
| A. Yahya, A. Mustapha, A. O. D. Kolawole, A. O. Oguntayo, B. K. Lawal | |
| Variation of Permanent Teeth Crowns in Three Nigerian Ethnic Populations | 299 |
| T. A. Yemitan, T. E. Adeyemi, A. M. Ladeji | |
| Paediatric Trauma Presentations in a Teaching Hospital in Lagos, Nigeria: Epidemiology and Predictor of Mortality..... | 306 |
| O. I. Akinmokun, M. O. Afolayan, T. O. Odugbemi, O. M. Oni, A. G. U. Ohadugha | |
| Malaria Parasitaemia and its Associated Factors among Febrile Children in a Tertiary Hospital in Southwest Nigeria..... | 314 |
| A. O. Odeyemi, Y. T. Olasinde, A. R. Ojewuyi, A. O. Odeyemi, O. A. Ala | |
| INDEX TO VOLUME 39, NO. 3, 2022 | |
| Author Index | 320 |
| Subject Index | 321 |



Clinical Profile and Outcome of COVID-19 Cases Admitted at a Tertiary Health Facility In South-West Nigeria

Profil Clinique et Résultat des Cas de COVID-19 Admis dans un Etablissement de Santé Tertiaire du Sud-Ouest du Nigeria

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ABSTRACT

BACKGROUND: Coronavirus Disease 2019 (COVID-19) is an emerging disease with a global spread that has affected millions of lives. In Nigeria, the third wave of the outbreak is being experienced with many patients requiring hospitalization. Being a novel disease, we characterized the clinical profile and outcomes of patients admitted into our isolation centre.

METHODS: A case series of 65 COVID-19 patients admitted at the Isolation Centre of Obafemi Awolowo University Teaching Hospitals Complex, Ile-Ife, from June 2020 to March 2021 is presented. Information on demographic characteristics, medical history, symptoms, treatment and outcomes was obtained. Data were analysed using SPSS version 25.

RESULTS: Most (47; 72.3%) patients were less than 65 years old and 39 (60.0%) were males. The commonest symptoms were cough (42; 64.6%), breathlessness (41; 63.1%), fever (40; 61.5%), muscle aches (40; 61.5%), and anosmia (16; 24.6%). Hypertension (41; 63.1%) and diabetes (18; 27.7%) were the most predominant comorbidities. Forty-three patients (66.2%) had supplemental oxygen therapy. The majority (44; 70%) of patients were admitted for 10 days or less and 58 (89.3%) patients were discharged home. However, 6 deaths (9.2%) were recorded among patients with advanced comorbidities and severe sepsis with all deaths occurring within 5 days of admission.

CONCLUSION: There was a male predominance among patients admitted at the Isolation Centre and all mortalities occurred within five days of admission. Early detection, prompt management of cases with hypoxaemia and optimal treatment of comorbidities are recommended for good outcomes in COVID-19 patients. **WAJM 2022; 39(3): 241–247.**

Keywords: COVID-19, Clinical Profile, Outcome, Case management, Isolation centre.

RÉSUMÉ

CONTEXTE: La maladie de la coronavirus 2019 (COVID-19) est une maladie émergente dont la propagation mondiale a affecté des millions de vies. Au Nigéria, la troisième vague de l'épidémie est en train de se produire avec de nombreux patients nécessitant une hospitalisation. S'agissant d'une nouvelle maladie, nous avons caractérisé le profil clinique et les résultats des patients admis dans notre centre d'isolement.

MÉTHODES: Une série de cas de 65 patients atteints de COVID-19 admis au Centre d'isolement de l'Obafemi Awolowo University Teaching Hospitals Complex, Ile-Ife, de juin 2020 à mars 2021 est présentée. Des informations sur les caractéristiques démographiques, les antécédents médicaux, symptômes, le traitement et les résultats ont été obtenus. Les données ont été à l'aide de SPSS version 25.

RÉSULTATS: La plupart des patients (47 ; 72,3 %) étaient âgés de moins de 65 ans et 39 (60,0 %) étaient des hommes. Les symptômes les plus fréquents étaient la toux (42 ; 64,6%), l'essoufflement (41 ; 63,1%), la fièvre (40 ; 61,5%), les douleurs musculaires (40; 61,5%) et l'anosmie (16 ; 24,6 %). L'hypertension artérielle (41; 63,1%) et le diabète (18 ; 27,7%) étaient les comorbidités les plus prédominantes. Quarante-trois patients (66,2 %) avaient une oxygénothérapie complémentaire. La majorité (44 ; 70%) des patients ont été admis pour 10 jours ou moins et 58 (89,3%) ont été renvoyés chez eux. Cependant, 6 décès (9,2 %) ont été enregistrés parmi les patients présentant des comorbidités avancées et une septicémie grave, tous les décès étant survenus dans les 5 jours suivant l'admission.

CONCLUSION: Il y avait une prédominance masculine parmi les patients admis au centre d'isolement et tous les décès sont survenus dans les cinq jours cinq jours après l'admission. La détection précoce, la prise en charge rapide des cas d'hypoxémie et le traitement optimal des comorbidités sont recommandés pour obtenir de bons résultats chez les patients atteints de COVID-19. **WAJM 2022; 39(3): 241–247.**

Mots clés: COVID-19, Profil clinique, Résultat, Gestion des cas, Centre d'isolement.

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