

VOLUME 40, NUMBER 11
NOVEMBER 2023

ISSN 0189 - 160X

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	1C
INFORMATION FOR AUTHORS	1F
EDITORIAL NOTES – Stigma in Medicine Ibidunni O. Oloniniyi, Gregory E. Erhabor.....	1137
Time to Treat the Climate and Nature Crisis as One Indivisible Global Health Emergency.....	1139
Kamran Abbasi, Parveen Ali, Virginia Barbour, Thomas Benfield, Kirsten Bibbins-Domingo, Stephen Hancocks, Richard Horton, Laurie Laybourn-Langton, Robert Mash, Peush Sahni, Wadeia Mohammad Sharief, Paul Yonga, Chris Zielinski	
ORIGINAL ARTICLE	
Health Resource Utilization among Patients with Type 2 Diabetes Mellitus In Nigeria: An Analysis from the International Diabetes Management Practice Study (IDMPS).....	1145
Kolawole B.A., Anumah F.A., Unachukwu C (for the IDMPS 7 investigators)	
Health-Related Quality of Life and Its Determinants Among Hypertensive Patients in Rural Southwest Nigeria.....	1155
E. A. Afolabi-Obe, S. M. Agboola, A. O. Ibrahim, O. E. Gabriel-Alayode, O. E. Omosanya, O. T. Elegbede, A. O. Ajetunmobi, K. O. Sito, T. M. Olanrewaju	
Metabolic Syndrome and its Correlates among Hypertensive Patients in Abuja, North Central Nigeria.....	1164
H. C. Onyegbutulem, P. I. Henry-Onyegbutulem, D. Dogo, P. E.H. Schwarz, S. R. Bornstein	
Oral health and nutritional Status of Preschool-Aged Children in Maiduguri, North-East Nigeria.....	1173
T. O. Ligali, O. O. Orenuga	
Antibody response to Covid-19 vaccine (AstraZeneca) amongst Healthcare Workers in a Tertiary Hospital in Nigeria.....	1181
Z. G. Habib V. G. Kwaghe, B. A. Ekele, A. A. Akor, U. S. Galadima, N. D. Baamlong, E. K. Olateju, P. C. Onyeka	
Sleep Health amongst Patients Attending Adult Neurology Clinic in Abakaliki Nigeria.....	1192
C. O. Eze, F. C. Okoro, M. Okorie	
Stroke Hexagon; Protocol for Reduction of Stroke Burden in Resource-Poor Settings.....	1199
C. O. Eze	
The Stigma of Epilepsy among Patients attending The Epilepsy Clinic at Connaught Hospital, Sierra Leone.....	1209
Durodami R. Lisk, Aliu Kanu, James B.W. Russell	
Food and Aeroallergen Sensitization, Eosinophils Levels and Risk of Atopic Dermatitis in Abuja.....	1216
P. U. Ibeke, T. I. Otu, E. E. Ekop, P. U. Bassi	
Predictors of Surgical Site Infection in Contaminated Abdominal Surgical Wounds: Our Experience in Irrua Specialist Teaching Hospital.....	1223
E. Tagar, J. Kpolugbo, W. Akerele, A. A. Okomayin, C. Odion	
Overview of Early Childhood Caries in Nigeria and Global Recommended Treatment Guidelines.....	1232
N. K. Onyejaka, A. R. Njokanma, A. Ehizele, A. Adewale	
The Effect of Music on Operative Anxiety markers in patients undergoing Cataract Surgery: A dual centre cross-sectional comparative study.....	1240
O. T. Aribaba, A. A. Adenekan, A. A. Alabi, C. C. Emefu, O. T. Ilo, M. O. Kareem, Y. O. Oshodi, A. O. Onakoya, F. B. Akinsola	
Impact of Anemia on The Quality of Life of Chronic Kidney Disease Patients: A Single Institution Experience.....	1253
A. Odeyemi, O. M. Oladimeji, A. O. Ajibare, A. A. Iyayi, A. B. Oladimeji, O. T. Ojo, A. P. Adebola, J. O. Awobusuyi, A. O. Adekoya	
Intestinal Helminthiasis: Risk factors and relationship with Nutritional status and Anaemia among Institutionalised Children in three States of South-East Nigeria.....	1262
M. O. Njoku, K. K. Iloh, C. O. Okike, G. C. Njoku, O. N. Iloh, N. C. Ojinnaka	
CASE REPORT	
Pyoderma Gangrenosum in a Young Nigerian Male with Severe Ulcerative Colitis: A Case Report.....	1274
C. P. Onyia, P. Asogwa W. Adiri, O. Obienu, U. N. Ijoma S. C. Nwokediuko	
INDEX TO VOLUME 40, NO 11, November, 2023	
Author Index	1280
Subject Index	1281



Health-Related Quality of Life and Its Determinants Among Hypertensive Patients in Rural Southwest Nigeria.

Qualité de Vie liée à la Santé et ses Déterminants chez les Patients Hypertendus en Milieu Rural du Sud-Ouest du Nigéria.

¹E. A. Afolabi-Obe, ^{2*}S. M. Agboola, ²A. O. Ibrahim, ²O. E. Gabriel-Alayode, ³O. E. Omosanya
³O. T. Elegbede, ³O. A. Ajetunmobi, ¹K. O. Sito, ¹M. T. Olanrewaju

ABSTRACT

BACKGROUND: The health-related quality of life (HRQOL) of patients with hypertension is of particular concern to stakeholders because hypertension is a chronic disease.

OBJECTIVES: To determine the pattern of HRQOL and its determinants among hypertensive patients in rural Southwestern Nigeria.

SUBJECTS, MATERIALS AND METHODS: A hospital-based cross-sectional survey was conducted between June and October 2019 on 390 consented adult patients with hypertension on follow-up using systematic sampling technique. Respondents' blood pressure (BP), body mass index (BMI), waist circumference (WC), waist-hip ratio (W-HR) and other measurements were taken. Relevant data on socio-demographics and lifestyle behaviours were collected using an interviewer-administered questionnaire which incorporated validated instrument for assessment of HRQOL score using SF-12 survey. The data were analyzed using SPSS (version 21). Binary logistic regression was used to identify the determinants of HRQOL.

RESULTS: The mean physical component summary (42.0 ± 8.44), mental component summary (40.6 ± 8.11), and mean overall quality of life score (41.3 ± 8.17) were all below the normal score of 50 ± 10 . However, of all the eight domains, the role emotional was the highest (47.61 ± 14.97). The odds of having overall good HRQOL were better with respondents with female gender (AOR=1.99, 95% CI: 1.05-3.88), tertiary education (AOR=3.22, 95% CI: 1.63-7.20), and controlled BP (AOR=3.01, 95% CI: 1.04-15.79).

CONCLUSION: The mean HRQOL score of the respondents was below the mean score. The findings of this study would assist stakeholders in decision-making towards improved management of patients with hypertension. **WAJM 2023; 40(11): 1155-1163**

Key words: Overall quality of life, Determinants, Hypertension, Rural Nigeria

RÉSUMÉ

CONTEXTE: La qualité de vie liée à la santé (HRQOL) des patients hypertendus est une préoccupation particulière pour les parties prenantes car l'hypertension est une maladie chronique.

OBJECTIFS: Déterminer le modèle de la HRQOL et ses déterminants chez les patients hypertendus en milieu rural du sud-ouest du Nigéria.

SUJETS, MATÉRIAUX ET MÉTHODES: Une enquête transversale hospitalière a été menée entre juin et octobre 2019 sur 390 patients adultes atteints d'hypertension en suivi, consentis, en utilisant une technique d'échantillonnage systématique. La pression artérielle (PA), l'indice de masse corporelle (IMC), la circonférence de la taille (CT), le rapport taille-hanche (W-HR) et d'autres mesures ont été prises chez les répondants. Les données pertinentes sur les caractéristiques sociodémographiques et les comportements liés au mode de vie ont été collectées à l'aide d'un questionnaire administré par un enquêteur, intégrant un instrument validé pour l'évaluation du score HRQOL à l'aide de l'enquête SF-12. Les données ont été analysées à l'aide de SPSS (version 21). La régression logistique binaire a été utilisée pour identifier les déterminants de la HRQOL.

RÉSULTATS: Le résumé de la composante physique ($42,0 \pm 8,44$), la composante mentale ($40,6 \pm 8,11$) et le score moyen de qualité de vie global ($41,3 \pm 8,17$) étaient tous en dessous du score normal de 50 ± 10 . Cependant, de tous les huit domaines, le rôle émotionnel était le plus élevé ($47,61 \pm 14,97$). Les chances d'avoir une HRQOL globale satisfaisante étaient meilleures chez les répondants de sexe féminin (AOR=1,99, IC à 95 % : 1,05-3,88), ayant une éducation tertiaire (AOR=3,22, IC à 95 % : 1,63-7,20) et une PA contrôlée (AOR=3,01, IC à 95 % : 1,04-15,79).

CONCLUSION: Le score moyen de HRQOL des répondants était en dessous du score moyen. Les résultats de cette étude aideront les parties prenantes dans la prise de décision en vue d'une meilleure gestion des patients hypertendus. **WAJM 2023; 40(11): 1155-1163**

Mots-clés: Qualité de vie globale, Déterminants, Hypertension, Nigéria rural

¹Department of Family Medicine, Federal Teaching Hospital, Ido-Eki, Ekiti State, Nigeria. ²Department of Family Medicine, Afe Babalola College of Medicine and Health Sciences, Ado-Ekiti, Ekiti State, Nigeria. ³Department of Family Medicine, Afe Babalola University, Ado Ekiti, Ekiti State, Nigeria.

Corresponding Author: Dr. Segun Matthew Agboola, Department of Family Medicine, Afe Babalola College of Medicine and Health Sciences, Ado-Ekiti, Ekiti State, Nigeria. Email: agboolasm@abuad.edu.ng. ORCID: 0000000317167002, Phone Number: +2348034908523

¹E. A. Afolabi-Obe (ORCID: 0000-0001-7254-3571), ²S. M. Agboola (ORCID: 0000-0003-1716-7002), ²A. O. Ibrahim (ORCID: 0000-0002-2395-9551), ²O. E. Gabriel-Alayode,

³O. E. Omosanya (ORCID: 0000-0001-5396-1110), ³O. T. Elegbede (ORCID: 0000-0001-7918-7223), ³A. O. Ajetunmobi (ORCID: 0000-0001-5483-9328), ¹K. O. Sito (ORCID: 0000-0001-6929-3612),

¹M. T. Olanrewaju

Abbreviations: HRQOL: Health-related quality of life; BP: blood pressure; BMI: body mass index; WC: waist circumference; W-HR: waist-hip Ratio; PCS: Physical Component Summary; MCS: Mental Component Summary; SPSS: Statistical Package for the Social Sciences