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## TABLE OF CONTENTS

GENERAL INFORMATION	1C
INFORMATION FOR AUTHORS	1F
EDITORIAL NOTES – <b>Stigma in Medicine</b> Ibidunni O. Oloniniyi, Gregory E. Erhabor.....	1137
<b>Time to Treat the Climate and Nature Crisis as One Indivisible Global Health Emergency.....</b>	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	
<b>ORIGINAL ARTICLE</b>	
<b>Health Resource Utilization among Patients with Type 2 Diabetes Mellitus In Nigeria: An Analysis from the International Diabetes Management Practice Study (IDMPS).....</b>	1145
Kolawole B.A., Anumah F.A., Unachukwu C (for the IDMPS 7 investigators)	
<b>Health-Related Quality of Life and Its Determinants Among Hypertensive Patients in Rural Southwest Nigeria.....</b>	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	
<b>Metabolic Syndrome and its Correlates among Hypertensive Patients in Abuja, North Central Nigeria.....</b>	1164
H. C. Onyegbutulem, P. I. Henry-Onyegbutulem, D. Dogo, P. E.H. Schwarz, S. R. Bornstein	
<b>Oral health and nutritional Status of Preschool-Aged Children in Maiduguri, North-East Nigeria.....</b>	1173
T. O. Ligali, O. O. Orenuga	
<b>Antibody response to Covid-19 vaccine (AstraZeneca) amongst Healthcare Workers in a Tertiary Hospital in Nigeria.....</b>	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	
<b>Sleep Health amongst Patients Attending Adult Neurology Clinic in Abakaliki Nigeria.....</b>	1192
C. O. Eze, F. C. Okoro, M. Okorie	
<b>Stroke Hexagon; Protocol for Reduction of Stroke Burden in Resource-Poor Settings.....</b>	1199
C. O. Eze	
<b>The Stigma of Epilepsy among Patients attending The Epilepsy Clinic at Connaught Hospital, Sierra Leone.....</b>	1209
Durodami R. Lisk, Aliu Kanu, James B.W. Russell	
<b>Food and Aeroallergen Sensitization, Eosinophils Levels and Risk of Atopic Dermatitis in Abuja.....</b>	1216
P. U. Ibeke, T. I. Otu, E. E. Ekop, P. U. Bassi	
<b>Predictors of Surgical Site Infection in Contaminated Abdominal Surgical Wounds: Our Experience in Irrua Specialist Teaching Hospital.....</b>	1223
E. Tagar, J. Kpolugbo, W. Akerele, A. A. Okomayin, C. Odion	
<b>Overview of Early Childhood Caries in Nigeria and Global Recommended Treatment Guidelines.....</b>	1232
N. K. Onyejaka, A. R. Njokanma, A. Ehizele, A. Adewale	
<b>The Effect of Music on Operative Anxiety markers in patients undergoing Cataract Surgery: A dual centre cross-sectional comparative study.....</b>	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	
<b>Impact of Anemia on The Quality of Life of Chronic Kidney Disease Patients: A Single Institution Experience.....</b>	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	
<b>Intestinal Helminthiasis: Risk factors and relationship with Nutritional status and Anaemia among Institutionalised Children in three States of South-East Nigeria.....</b>	1262
M. O. Njoku, K. K. Iloh, C. O. Okike, G. C. Njoku, O. N. Iloh, N. C. Ojinnaka	
<b>CASE REPORT</b>	
<b>Pyoderma Gangrenosum in a Young Nigerian Male with Severe Ulcerative Colitis: A Case Report.....</b>	1274
C. P. Onyia, P. Asogwa W. Adiri, O. Obienu, U. N. Ijoma S. C. Nwokediuko	
<b>INDEX TO VOLUME 40, NO 11, November, 2023</b>	
Author Index .....	1280
Subject Index .....	1281



## ORIGINAL ARTICLE

### Stroke Hexagon; Protocol for Reduction of Stroke Burden in Resource-Poor Settings

#### *Hexagone de l'AVC : Protocole de Réduction du Fardeau de l'AVC dans les Milieux à Ressources Limitées*

C. O. Eze

#### ABSTRACT

**BACKGROUND:** Stroke is a neurological emergency, with high prevalence, especially in developing countries where it assumes an epidemic proportion. It is globally the second most common cause of death after ischemic heart disease. The poor indices reported in developing countries are multifactorial and related to late case presentation, ignorance, poverty, and unavailability of comprehensive and well-coordinated stroke care.

**OBJECTIVES:** This manuscript identified and highlighted the available and cheap stroke management pillars in developing countries and recommended measures to strengthen the system to maximize the benefits in the reduction of the morbidity and mortality from stroke.

**RESULTS:** The identified stroke management pillars include stroke prevention, hyperacute stroke management, acute stroke management, stroke rehabilitation, stroke research, and stroke support.

**CONCLUSIONS:** A coordinated and concerted stroke management protocol involving the stroke hexagon will reduce stroke morbidity and mortality in resource-poor settings. There is a need to sensitize the stakeholders in stroke management to assume more responsibility.

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**Keywords:** Stroke hexagon, Protocol, Stroke Burden, Resource poor setting

#### RÉSUMÉ

**CONTEXTE:** L'AVC est une urgence neurologique, avec une prévalence élevée, en particulier dans les pays en développement où il prend une ampleur épidémique. Il est mondialement la deuxième cause de décès la plus fréquente après la maladie cardiaque ischémique. Les mauvais indices rapportés dans les pays en développement sont multifactoriels et liés à une présentation tardive des cas, à l'ignorance, à la pauvreté et à l'absence de soins coordonnés et complets pour l'AVC.

**OBJECTIFS:** Ce manuscrit a identifié et mis en évidence les piliers bon marché de la prise en charge de l'AVC dans les pays en développement et recommandé des mesures pour renforcer le système afin de maximiser les avantages dans la réduction de la morbidité et de la mortalité dues à l'AVC.

**RÉSULTATS:** Les piliers identifiés de la prise en charge de l'AVC comprennent la prévention de l'AVC, la prise en charge hyperaiguë de l'AVC, la prise en charge aiguë de l'AVC, la rééducation post-AVC, la recherche sur l'AVC et le soutien aux personnes touchées par l'AVC.

**CONCLUSIONS:** Un protocole de prise en charge de l'AVC coordonné et concerté impliquant l'hexagone de l'AVC réduira la morbidité et la mortalité liées à l'AVC dans les milieux à ressources limitées. Il est nécessaire de sensibiliser les parties prenantes à la prise en charge de l'AVC pour qu'elles assument davantage de responsabilités. **WAJM 2023; 40(11): 1199 - 1208**

**Mots-clés:** Hexagone de l'AVC, Protocole, Fardeau de l'AVC, Milieux à ressources limitées

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