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## TABLE OF CONTENTS

GENERAL INFORMATION	IC
INFORMATION FOR AUTHORS	1F
EDITORIAL NOTE: <i>Right Ventricular Dysfunction in Hypertension, and the Risk and Remedies of Obstructive Sleep Apnoea among Young Persons - G.E. Erhabor</i>	107
<b>ORIGINAL ARTICLES</b>	
<b>Inflammatory Bowel Disease in Adults – Experience and Challenges in Gastroenterology Practices in Calabar, South-South Nigeria</b>	109
M. Kooffreh-Ada, E. Chukwudike, T. Ugben, A. E. Itam-Eyo, O. Uba-Mgbemena, I. E. Nwa, B. A. Eko, E. I. Effiong, A. J. Omotoso, G. Kajogbola, U. C. Okonkwo, O. E. Ngim, R. Ndoma-Egba	
<b>Burden of Thyroid Dysfunction Among Type 2 Diabetes Mellitus Patients in South East Nigeria with Emphasis on its Prevalence and Pattern of Presentation: A Case-Controlled Study</b>	118
Etzeani Ignatius U, Ogbonna Stanley U	
<b>Effect of Motivational Interviewing on Lifestyle Modification among Patients with Hypertension Attending the Family Medicine Clinics of ISTH, Irrua, Nigeria (Milmaph Study) – A Randomised Control Trial Study Protocol</b>	126
T. I. A. Oseni, A. O. Oku, N. E. Udonwa	
<b>A Review of the Current Management of Intracranial Infections of Neurosurgical Importance</b>	135
Eghosa Morgan, Olowo Samuel, Ezemwenghian Morgan, Edward Poluyi	
<b>Functional Disability and Social Support in Older Patients attending Chief Tony Anenih Geriatrics Center (CTAGC) University College Hospital, Ibadan Southwestern, Nigeria</b>	148
M. O. Olawuyi, F. A. Olaniyan, O. O. Olowookere, A. F. Fagbamigbe	
<b>Pattern of Right Ventricular Changes in Patients with Uncomplicated Systemic Hypertension at a Tertiary Centre in Southwest Nigeria</b>	156
R. K. Moronkola, A. C. Mbakwem, A.O. Ajibare, O. T. Ojo, O. M. Oladimeji, C. Amadi, Folasade Daniel, O. Kushimo	
<b>Morbidity Pattern in the Medical Wards of a Nigerian Teaching Hospital During the COVID-19 Pandemic</b>	163
O. G. Oriafio1, A. O. Opadeyi, A. O. Isah	
<b>COVID-19 and Activities of Daily Living Among Primary Health Care Workers in Ekiti State, South-West Nigeria</b>	169
A. Adeniran, O. Q. Bakare, E. O. Oluwole, F. C. Chieme, T. Durojaiye, O.Y. Ojo, B. Olujobi, M. M. Ilesanmi	
<b>Infection Prevention and Control: Baseline Knowledge and Practices of TBAs in rural Kano, northwestern Nigeria</b>	175
T. G. Amole, A. K. Ayaba, F. I. Tsigah-Ahmed, R. I. Jalo, U. Bashir, A. L. Adamu, S. M. Abu, F. M. Mahmud, H. S. Galadanci	
<b>Profile and Correlates of Sleep Quality and Obstructive Sleep Apnoea among Young Persons in Ibadan, Southwestern Nigeria</b>	183
S. Oiwoh, O. Adebayo, K. K. Kanmodi, J. Agbogidi, O. F. Ojo., O. Ogunsuji, A. O. Oyabambi, A.P. Wachinou	
<b>Knowledge of Hepatitis B Vaccine and Vaccination Status of Theatre Personnel at ATBUTH, Bauchi</b>	191
K. J. Bwala, M. M. Muhammed, A. Mohammed, Isa Sajo Mienda, H. U. Liman	
<b>Insights into Breast Cancer Knowledge Among Female Adolescents in Delta State, Nigeria: A School-Based Study</b>	197
M. O. Akpo, E. E. Akpo, D. O. Akpo	
<b>Weight Changes in Breast Cancer Survivors in a Nigerian Hospital: Pattern and Correlates</b>	203
S. A. Folorunso, A. A. Abdus-salam, M. A. Jimoh, B. M. Alabi, A. O. Folorunso, J. A. Obadipe	
<b>Selenium Deficiency as a Risk Factor for Peripartum Cardiomyopathy</b>	209
K. M. Karaye, H. Sa'idu, N. A. Ishaq, S. A. Balarabe, B. G. Ahmed, I. Y. Mohammed, A. G. Habib, MY Henein on behalf of Peripartum Cardiomyopathy in Nigeria (PEACE) Registry Investigators	
<b>Residents-as-teachers: A Needs Assessment of Residents' Teaching Skills in the Clinical Setting using Direct Observation of Teaching</b>	215
O.E. Ayodele, J. Blitz	
<b>INDEX TO VOLUME 41, NO. 2, 2024</b>	
Author Index	226
Subject Index	227



### COVID-19 and Activities of Daily Living among Primary Health Care Workers in Ekiti State, South-West Nigeria

*COVID-19 et Activités de la Vie Quotidienne chez les Travailleurs des Soins de Santé Primaires dans l'État d'Ekiti, au Sud-Ouest du Nigeria*

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#### ABSTRACT

**BACKGROUND AND OBJECTIVES:** Globally, COVID-19 has greatly impacted humans physically, socially, mentally, and economically. No doubt, healthcare workers seemed to bear the greatest impact. The study therefore assessed the impact of COVID-19 on the primary healthcare workers' daily activities in Ekiti, South-west, Nigeria.

**METHODS:** The study was a cross-sectional study using a quantitative data collection method among 716 primary healthcare workers. Respondents were selected using an online convenience sampling method via their social media platforms. Data was collected, collated, and analyzed using SPSS version 25 software and presented as frequency tables, mean and standard deviation. Bivariate/multivariate analyses were conducted using t-tests and ANOVA statistics. The level of statistical significance was set at  $p < 0.05$ .

**RESULTS:** The mean age of respondents was  $44.4 \pm 6.4$ SD with less than half (47.1%) between 41-50 years age group. The majority of the respondents (89.4%) were female and almost all (96.2%) were married. Ninety percent (90%) had ever heard of Coronavirus and (85.8%) had to spend more money on activities of daily living such as transportation (90.1%), groceries (80.6%), assisting relations (95.8%) and sanitary measures (disinfection) at home (95.0%). COVID-19 had a huge negative impact on the majority (89.7%) of healthcare workers with a mean score of  $22 \pm 4.8$ .

**CONCLUSION:** COVID-19 negatively impacted the daily living and professional duties of primary healthcare workers which reflected in their psychological, physical, social and economic well-being. Disease outbreaks are unlikely to disappear soon, hence, global proactive interventions and homegrown measures should be adopted to protect healthcare workers and save their lives.

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**KEYWORDS:** COVID-19, Health workforce, Primary Healthcare, Health Systems, Depression.

#### RÉSUMÉ

**CONTEXTES ET OBJECTIFS:** Globalement, la COVID-19 a grandement impacté les êtres humains physiquement, socialement, mentalement et économiquement. Sans aucun doute, les travailleurs de la santé semblent être les plus touchés. L'étude a donc évalué l'impact de la COVID-19 sur les activités quotidiennes des travailleurs des soins de santé primaires à Ekiti, au Sud-Ouest du Nigeria.

**MÉTHODES:** L'étude était une étude transversale utilisant une méthode de collecte de données quantitative auprès de 716 travailleurs des soins de santé primaires. Les répondants ont été sélectionnés en utilisant une méthode d'échantillonnage de convenance en ligne via leurs plateformes de médias sociaux. Les données ont été collectées, compilées et analysées à l'aide du logiciel SPSS version 25 et présentées sous forme de tableaux de fréquence, de moyenne et d'écart-type. Des analyses bivariées/multivariées ont été réalisées à l'aide de tests t et d'ANOVA. Le niveau de signification statistique a été fixé à  $p < 0,05$ .

**RÉSULTATS:** L'âge moyen des répondants était de  $44,4 \pm 6,4$  SD avec moins de la moitié (47,1 %) dans le groupe d'âge de 41 à 50 ans. La majorité des répondants (89,4 %) étaient des femmes et presque tous (96,2 %) étaient mariés. Quarante-vingt-dix pour cent (90 %) avaient déjà entendu parler du Coronavirus et (85,8 %) avaient dû dépenser plus d'argent pour les activités de la vie quotidienne telles que le transport (90,1 %), les courses (80,6 %), l'aide aux relations (95,8 %) et les mesures sanitaires (désinfection) à domicile (95,0 %). La COVID-19 a eu un impact négatif important sur la majorité (89,7 %) des travailleurs de la santé avec un score moyen de  $22 \pm 4,8$ .

**CONCLUSION:** La COVID-19 a eu un impact négatif sur la vie quotidienne et les devoirs professionnels des travailleurs des soins de santé primaires, ce qui s'est reflété dans leur bien-être psychologique, physique, social et économique. Les épidémies de maladies ne disparaîtront probablement pas de sitôt, c'est pourquoi des interventions proactives mondiales et des mesures locales doivent être adoptées pour protéger les travailleurs de la santé et sauver leurs vies. WAJM 2024; 41 (2): 169 - 174.

**MOTS-CLÉS:** COVID-19, Main-d'œuvre de la santé, Soins de Santé Primaires, Systèmes de Santé, Dépression.

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