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TABLE OF CONTENTS

GENERAL INFORMATION	IC
INFORMATION FOR AUTHORS	1F
EDITORIAL NOTE:	
Stress-Related Quality of Life Among Healthcare Professionals, and the Urgent Need for Systemic Reforms	737
Towards Bridging Gaps in Healthcare Delivery <i>G. E. Erhabor</i>	
ORIGINAL ARTICLES	
The Value of Targeted Screening for Glaucoma: The University of Ilorin Teaching Hospital Experience	741
T. S. Obajolowo, I. A. Yusuf, S. G. Adeoti, J. F. A. Owoeye, M. A. Taiwo, F. O. Olatunji	
Research Participation and Feedback: Perception of Adolescents and Young Adults Living with HIV in Lagos, Nigeria	748
A. O. Salako, T. Musari-Martins, F. T. Akinsolu, O. O. Odubela, P. N. Ezemelue, B. Opaneye, S. Bankole, N. O. Rahman, I. E. Idigbe, A. R. Abubakar, N. A. David, T. A. Gbaja-biamila	
Assessment, Management and Quality of Care of Patients Presenting with Non-Traumatic Acute Chest Pain	755
in the Emergency Room who had Acute Coronary Syndrome	
O. O. Oladapo, K. A. Ojifinni, O. Adebayo, O. A. Orimolade, O. Oluwasanjo, V. A. Obasuyi, A. T. Adeyanju	
A 7-Month Review of Clinical and Demographic Predictors of Childhood Mortality in a Tertiary Children	761
Hospital in Freetown, Sierra Leone	
I. E. Akhigbe, P. E. Ikhurionan, N. V. T. Bell, R. D. C. Luke, A. B. Bah, A. Geissler-Jalloh, A. M. Mustapha, G. E. Ofovwe	
Molecular Subtypes of Breast Cancer in a Tertiary Centre in Edo State: South-South Nigeria	767
E. E. Ugiagbe, D. O. Owolabi	
Gaps in Management of Dyslipidaemia among Physicians in Nigeria: Report of a Web-Based Survey	775
Y. A. Ayoola, O. A. Adejumo, S. O. Oiwoh, J. O. Akande, O. Adebayo, T. I. A. Oseni, F. O. Inofomoh, A. A. Mamza, I. R. Edeki, A. C. Enikuomihin, O. O. Oni, O. A. Junaid, T. T. Shogade, I. A. Yusuf, M. M. Yakubu, A. O. Yusuf, D. S. Oyedepo, S. O. Adebayo, A. A. Akintunde for the Nigeria Clinical Lipid Research (NiCLiR) Network	
Opinions of Dental Technologists in Nigeria on Quality of Work Authorization for Removable Dental Prosthesis	783
O. A. Adenuga-Taiwo, T. O. Omosebi, M. O. Bowale, A. O. Awotile, I. Dike	
Assessing the Quality of Life of Healthcare Professionals in High-Stress Units at a Tertiary Health Centre	789
in South-eastern Nigeria	
S. I. Ezemenahi, C. C. Ibe, O. S. Okonkwo, C. S. Anusi, S. C. Ezemenahi, P. Esegbe, A. N. Alabi	
Perception, Practice and Cost Burden of Medical Tourism Among Physicians in Public Tertiary Health	796
Facilities in Oyo State, South-West, Nigeria	
R. Y. Olatunde, O. T. Esan	
Awareness of Primary Care Providers on Genital Schistosomiasis Infection in Northern Nigeria	805
Y. A. Sada, A. L. Olawumi, M. Tenego, M. S. Sidi, M. Z. Dan-Inna, Y. F. B. Camanor, T. I. A. Oseni	
Use of Prophylactic Parenteral Tranexamic Acid for Reduction of Blood Loss During and After Caesarean Section:	810
A Double-Blind Randomized Controlled Study	
A. V. Ndubuisi, P. U. Agu, E. O. Ugwu, S. N. Obi, G. U. Eleje, M. I. Eze, K. E. Ekwuazi, A. O. Ugwu, P. C. Ekwueme, C. S. Anigbo	
Analysis of the Factors Affecting the Male-Female Sex Ratio of Babies Born through Assisted Reproductive Technology	818
A. O. Ugwu, C. C. Makwe, V. Kay	
CASE REPORT	
Biventricular Hypertrophic Cardiomyopathy in a 26-year-old Nigerian Woman with Noonan Syndrome	826
O. S. Ogah, A. Aje, V. A. Obasuyi, O. A. Orimolade, I. T. Nebo, F. A. Ajao, D. A. Olawuyi, V. K. Olalekan, C. M. Ogah, F. E. Obiekwe, M. N. Odenigbo, O. M. Adebayo, A. M. Adeoye, O. O. Oladapo, A. Adebisi	
Intramural Pregnancy: An Intriguing Diagnosis in a Resource Constraint Practice	831
O. O. Lawal, G. O. Obajimi, C. M. Okor, J. A. Ogunsola	
Cerebral Echinococcosis Mimicking a Brain Tumour in Rural Southwest Nigeria	836
M. O. Buhari, O. Omoseebi, O. O. Oyeleye, O. Folaranmi, O. O. Erinomo, O. M. Adeniyi	
INDEX TO VOLUME 41, NO. 7, 2024	
Author Index	840
Subject Index	841



The Value of Targeted Screening for Glaucoma: The University of Ilorin Teaching Hospital Experience

La Valeur du Dépistage Ciblé du Glaucome: l'expérience de l'Hôpital Universitaire d'Ilorin

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ABSTRACT

BACKGROUND: Glaucoma is an irreversible silent and dangerous eye condition that leads to damage of the optic nerve head. This study aimed to determine the outcome of targeted glaucoma outreaches done in the University of Ilorin Teaching Hospital over three years with a view to early detection and timely institution of management.

METHODS: The study is a retrospective review of 3 targeted hospital-based glaucoma screenings, World Sight Day of 2019 (140 participants), World Glaucoma Week of 2020 (176 participants), and World Glaucoma Week of 2022 (183 participants). The criteria for diagnosing glaucoma and glaucoma suspects were taken from the national study of prevalence and types of glaucoma from the Nigerian national blindness survey and International Society for Geographical and Epidemiological Ophthalmology criteria.

RESULTS: The study population had a mean age of 45.54 years (SD 16.92) with individuals within the age group of 51-60 years comprising the majority of the participants (26.4%). Most participants had normal vision or mild visual impairment in the right eye (411, 86.1%) and left eye (405, 84.9%) while blindness was recorded in the right eye of 37 (7.7%) participants and left eye of 36 (7.5%). The prevalence of glaucoma cases and suspects among study participants was 29.4% and 42.5%, respectively. There was a statistically significant relationship between the diagnosis of glaucoma and older age, family history of glaucoma and elevated intraocular pressure.

CONCLUSION: This study showed that targeted screening for glaucoma is an invaluable tool for ensuring early detection of the disease. *WAJM 2024; 41 (7): 741 - 747*

KEYWORDS: Glaucoma screening, Glaucoma prevalence, Glaucoma blindness, Family history of glaucoma

RÉSUMÉ

CONTEXTE: Le glaucome est une affection oculaire silencieuse et dangereuse qui entraîne des dommages au nerf optique. Cette étude visait à déterminer les résultats des campagnes de dépistage ciblé du glaucome menées à l'Hôpital universitaire d'Ilorin sur trois ans en vue d'un dépistage précoce et d'une institution rapide de la prise en charge.

MÉTHODES: Cette étude est une revue rétrospective de trois dépistages hospitaliers ciblés du glaucome : la Journée mondiale de la vue de 2019 (140 participants), la Semaine mondiale du glaucome de 2020 (176 participants) et la Semaine mondiale du glaucome de 2022 (183 participants). Les critères de diagnostic du glaucome et des suspects de glaucome ont été tirés de l'étude nationale sur la prévalence et les types de glaucome de l'enquête nationale nigérienne sur la cécité et des critères de la Société internationale de géographie et d'épidémiologie ophtalmologique.

RÉSULTATS: La population étudiée avait un âge moyen de 45,54 ans (SD 16,92), les personnes âgées de 51 à 60 ans constituant la majorité des participants (26,4 %). La plupart des participants avaient une vision normale ou une légère déficience visuelle à l'œil droit (411, 86,1 %) et à l'œil gauche (405, 84,9 %), tandis que la cécité a été enregistrée à l'œil droit de 37 participants (7,7 %) et à l'œil gauche de 36 (7,5 %). La prévalence des cas de glaucome et des suspects de glaucome parmi les participants à l'étude était respectivement de 29,4 % et de 42,5 %. Il existait une relation statistiquement significative entre le diagnostic de glaucome et l'âge avancé, les antécédents familiaux de glaucome et l'élévation de la pression intraoculaire.

CONCLUSION: Cette étude a montré que le dépistage ciblé du glaucome est un outil précieux pour assurer la détection précoce de la maladie. *WAJM 2024; 41 (7): 741 - 747*

MOTS CLÉS: Dépistage du glaucome, Prévalence du glaucome, Cécité due au glaucome, Antécédents familiaux de glaucome

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ABBREVIATIONS: **IOP:** Intraocular Pressure; **UIITH:** University of Ilorin Teaching Hospital; **WSD:** World Sight Day; **WGW:** World Glaucoma Week; **ISGEO:** International Society for Geographical and Epidemiological Ophthalmology (ISGEO); **SD:** Standard Deviation **CI:** Confidence Interval; **VCDR:** Vertical cup-to-disc ratio; **SPSS:** Statistical Package for the Social Sciences