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### Gaps in Management of Dyslipidaemia among Physicians in Nigeria: Report of a Web-Based Survey

*Lacunes dans la Prise en Charge de la Dyslipidémie Chez les Médecins au Nigeria: Rapport d'une Enquête en Ligne*

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#### ABSTRACT

**BACKGROUND:** Dyslipidaemia contributes significantly to global coronary artery disease (CAD) and cardiovascular disease. Effective use of statins precludes adequate knowledge of its benefits. This study aimed to determine the gaps in the management of dyslipidaemia among physicians in Nigeria.

**METHODS:** This was a web-based survey of physicians across Nigeria regarding the management knowledge and practice of dyslipidaemia. Analysis was done by SPSS 23.0.  $P < 0.05$  was taken as statistically significant.

**RESULTS:** Three hundred and thirteen physicians across Nigeria consisting of 65.4% males responded to the survey. The majority, 57.5% were 25-40 years. While most of the participants (98.3%) believe that elevated LDL-C is an important cause of CAD, there were concerns about statins use and associated increased risk of muscle disorder (63.2%), hepatic disease (37.4%), hemorrhagic stroke (27.2%), cognitive impairment (12.6%) and new-onset diabetes mellitus (19.2%). Similarly, 41.9% of participants have concerns about hemorrhagic stroke while 32.2% also expressed concerns about lowering LDL-C and ischaemic stroke. **More than a third** (38.2%) indicated that >20% of their patients cannot use statins continuously due to adverse effects such as muscle symptoms, etc. The results obtained when asked about the target of LDL-C in patients with or without a history of CAD and diabetes mellitus were as varied as 3-200 mg/dl.

**CONCLUSION:** This study highlights there exist significant gaps in knowledge and practice of the management of dyslipidaemia among experts in Nigeria. Concerted efforts by relevant authorities and societies may be needed to enhance the knowledge and practice of the management of dyslipidaemia in reducing the CV risk among Nigerians.

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**KEYWORDS:** Dyslipidaemia, Management, Knowledge Gap, Physicians, Nigeria.

#### RÉSUMÉ

**CONTEXTE:** La dyslipidémie contribue de manière significative à la coronaropathie et aux maladies cardiovasculaires dans le monde. L'utilisation efficace des statines ne peut se faire sans une connaissance adéquate de leurs avantages. Cette étude visait à déterminer les lacunes dans la gestion de la dyslipidémie chez les médecins au Nigeria.

**MÉTHODES:** Il s'agit d'une enquête en ligne auprès de médecins nigériens concernant les connaissances et la pratique de la gestion de la dyslipidémie. L'analyse a été effectuée à l'aide de SPSS 23.0.  $P < 0,05$  a été considéré comme statistiquement significatif.

**RÉSULTATS:** Trois cent treize médecins du Nigeria, dont 65,4 % d'hommes, ont répondu à l'enquête. La majorité d'entre eux (57,5 %) étaient âgés de 25 à 40 ans. Bien que la plupart des participants (98,3 %) pensent qu'un taux élevé de LDL-C est une cause importante de maladie coronarienne, ils s'inquiètent de l'utilisation des statines et du risque accru de troubles musculaires (63,2 %), de maladies hépatiques (37,4 %), d'accidents vasculaires cérébraux hémorragiques (27,2 %), de troubles cognitifs (12,6 %) et de diabète sucré d'apparition récente (19,2 %) qui y est associé. De même, 41,9 % des participants sont préoccupés par les accidents vasculaires cérébraux hémorragiques, tandis que 32,2 % se disent préoccupés par la réduction du LDL-C et les accidents vasculaires cérébraux ischémiques. Plus d'un tiers (38,2 %) ont indiqué que plus de 20 % de leurs patients ne peuvent pas utiliser les statines en continu en raison d'effets indésirables tels que des symptômes musculaires, etc. Les résultats obtenus lorsqu'on leur a demandé quel était l'objectif du LDL-C chez les patients avec ou sans antécédents de maladie coronarienne et de diabète sucré variaient de 3 à 200 mg/dl.

**CONCLUSION:** Cette étude met en évidence l'existence de lacunes importantes dans les connaissances et la pratique de la prise en charge de la dyslipidémie chez les experts au Nigeria. Des efforts concertés de la part des autorités et des sociétés concernées pourraient être nécessaires pour améliorer les connaissances et la pratique de la prise en charge de la dyslipidémie afin de réduire le risque CV chez les Nigériens.

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**MOTS-CLÉS:** Dyslipidémie, gestion, écart de connaissances, médecins, Nigeria.

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