FACULTY OF HEALTH SCIENCES AND TECHNOLOGY
COLLEGE OF MEDICINE
UNIVERSITY OF NIGERIA, ENUGU CAMPUS

3rd Annual International Scientific Conference

Theme:

Re-imagining the Role of Research in Health Development

Workshop Topic:

Qualitative Methods in Health Systems Research

Date: 21st - 22nd May, 2024
Workshop: 21st May, 2024
Conference: 22nd May, 2024
Venue: CEMAC Auditorium, UNEC



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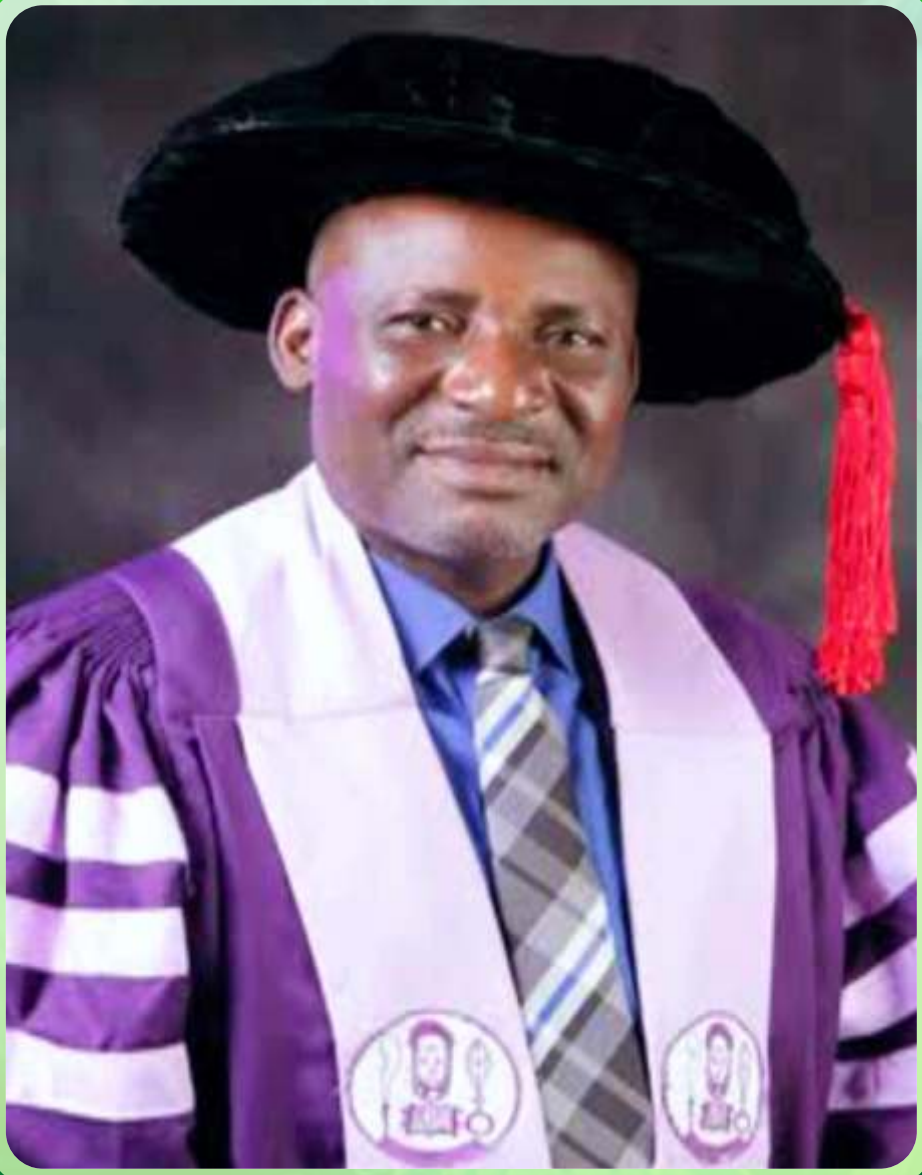

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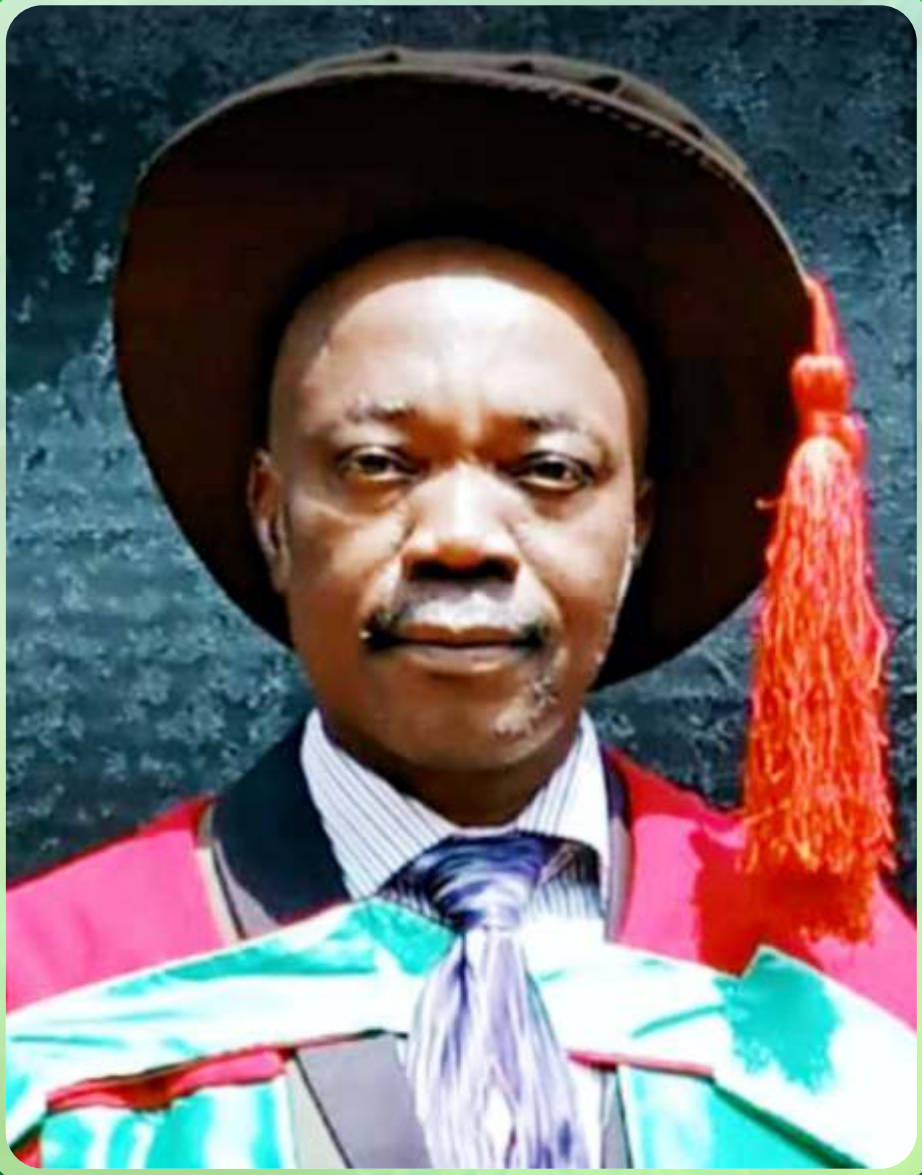

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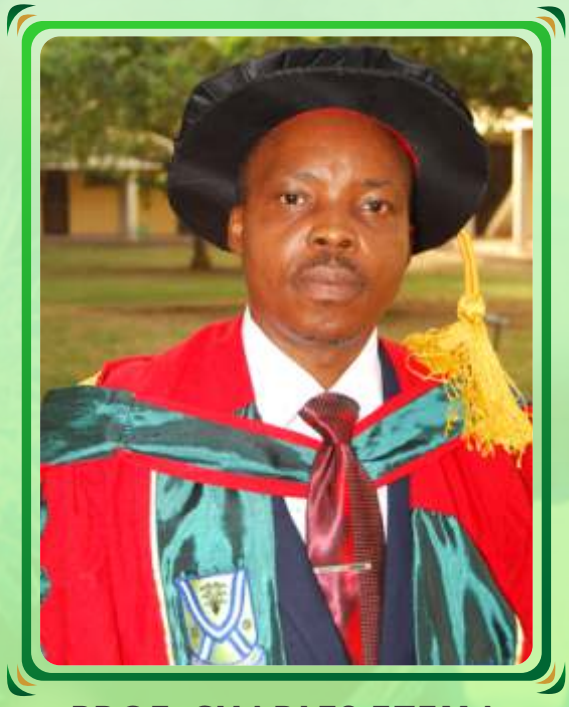

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PROGRAMME OF EVENTS

DAY 1: ICAN HALL 21ST MAY 2024

Arrival and Registration of Participants	7:30am - 8:30am	
Session 1: Oral Presentations Tea Break Opening Ceremony	9:00am - 10:30am 10:30am - 11:00am 11:00am - 1:00pm	10 Presentations 1-10
Session 2a: Oral Presentations **Session 2b:** Virtual Presentation Lunch	1:00pm - 1:45pm 1:00pm - 1:15pm 1:45pm - 2:15pm	7 Presentations 11-17 12 Presentations 1-12
Session 3: Oral Presentations	2:30pm - 2:45pm	15 Presentations 18-32

DAY 2: CEMAC HALL - 22ND MAY 2024

Session 4: Oral Presentations Tea Break/Guest Lecture	9:00am - 10:30am 10:30am - 11:30am	10 Presentations 33-42
Session 5: Oral Presentations **Session 5b:** Virtual Presentation Lunch	11:30am - 1:00pm 11:30pm - 01:00pm 1:00pm - 1:30pm	10 Presentations 43-52 13 Presentations 13-25
Session 6: Oral Presentation Chairman's Closing Remarks End	1:45pm - 2:30pm	9 Presentations 53-61

CONFERENCE SESSIONS & **ABSTRACTS**

CANDIDURIA AMONG FEMALE UNDERGRADUATES IN UNIVERSITY OF NIGERIA ENUGU CAMPUS.

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ABSTRACT

Introduction; The presence of *Candida* species in urine is known as Candiduria. Antibiotic abuse, weak immune status and some health conditions can predispose one to candida infection which may be hazardous. This study investigated the prevalence of Candiduria, identified the aetiologic agents and susceptibility profile of *Candida* species isolated from female undergraduates in University of Nigeria Enugu Campus.

Method; A clean catch midstream urine samples was collected from 200 female undergraduates from June to July 2023. All samples were cultured on *Sabouraud* dextrose agar supplemented with Chloramphenicol. Yeast cells were observed using Lactophenol cotton blue. Isolated *Candida* species were identified using sugar fermentation test and CHROM agar *Candida*. Antifungal susceptibility profile was performed using disc diffusion techniques.

Results; Of the 200 urine samples analyzed, 55(27.5%) yielded different species of *Candida* including *C. albicans* 25(12.5%), *C.glabrata* 16(8.0%), *C. krusei* 13(6.5%) and *C. utilis* 1(0.5%). Marital status showed that the prevalence in the singles were 53 (96.4%) and 2 (3.6%) for married. Age distribution showed the highest prevalence among age group 21-25, (54.5%) and least among age group 26-30, (12.7%). Hostel distribution showed Manuwa hostel to have the highest prevalence of 20(36.4%). The difference in Marital status, age groups, and hostels distributions were statistically insignificant, P= 0.168, 0.251 and 0.080 respectively. Antifungal susceptibility profile showed that 18(72%) of the *C. albicans* were susceptible to Fluconazole and Nystatin, 9(56.3%) of the *C. glabrata* and 6(46.2%) of the *C. krusei* were susceptible to Nystatin. C. *utilis* was resistant to all the antifungal drugs used.

Conclusion; *C. albicans* was the most prevalent species in this study and it is hazardous to health. Early detection and prompt treatment of the yeast infection in sexually active females is necessary to control the spread of the candida infection.

Keywords: Candiduria, female undergraduates, C.albicans, Antifungal susceptibility profile.

DEATH ANXIETY, LIFE EXPECTANCY, AND SOCIAL SUPPORT AMONG OLDER ADULTS IN ENUGU METROPOLIS

Authors: Mgbeojedo Ukamaka Gloria, Ejiofor Onyinye, John Jeneviv Nene, Okezue Obinna Chinedu, Anyaene Chiamaka Chinyere, Ikele Chioma Nneka

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ABSTRACT

Introduction: Increased demographic transition and advanced technology has improved life expectancy globally. However, this has led to older adults being overtly anxious about death and dying. This seems to be bridged by social support and networks. This study was designed to determine the relationship between death anxiety, social support and life expectancy among older adults in Enugu Metropolis.

Materials and methods: This was a cross-sectional study comprising 200 older adults (65 years and above) who were conveniently recruited from Enugu metropolis. The data were collected using a demographic questionnaire, Templer's death anxiety scale, Snyder's life expectancy scale and the multidimensional scale of perceived Social Support (MSPSS).

Results: 55.5% were female while 44.5% were male with a mean age of 71.30±5.85. The results showed that there was low level of death anxiety (4.57±1.85), moderate level of social support (59.45±3.39) and high level of Life expectancy (43.87±2.77). There was no significant relationship between death anxiety and social support ($r = -0.011$, $p = 0.88$), death anxiety and life expectancy ($r = -0.078$, $p = 0.26$) and social support and life expectancy ($r = 0.013$, $p = 0.86$).

Conclusion: Increased social support has the possibility of reducing death anxiety and also increases the level of life expectancy among older adults.

Keywords: Death anxiety, Life expectancy, and Social support

(Virtual) WHAT ORGANIC ACTIVITIES DO COMMUNITIES UNDERTAKE TO ADDRESS SOCIAL DETERMINANTS OF HEALTH AND HOW CAN THESE BE CONTEXTUALLY INTEGRATED INTO THE PHC SYSTEM? - REFLECTIONS FROM THREE NIGERIAN STATES.

Authors: Enyi Etiaba1,2*; Chinelo Obi1, Obinna Onwujekwe1,2

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Introduction: Contextualized approaches to health promotion and disease prevention, address social determinants of health (SDH), hence the committee on SDH recognizes individuals (housholds) and communities as the micro and meso levels entry points respectively, for addressing SDH (1). This paper highlights contextual approaches that have contributed to community health, and how these can be equitably integrated into the formal primary health care (PHC) system.
Methods: A qualitative study was conducted in three contextually different states: Akwa Ibom, Anambra and Kano. A total of ninety in depth interviews (IDIs) and focus group discussions (FGDs) were conducted with purposively selected stakeholders-community and religious leaders, community men and women groups, formal and informal health care providers. Manual thematic analysis was conducted, guided by an Expanded Health Systems Framework (2).
Results: Various community-initiated health related activities were identified across study states, including health awareness programs, distribution of drugs and medical care, nutrition education, environmental sanitation and security initiatives to protect health facilities and providers, usually organised by the community youth groups. Other initiatives ranged from alliance/collaboration with the diaspora associations and indigenous philanthropists to utilizing community structures such as the women's group to organize health talks for community members. Enforcement of environmental sanitation and hygiene was the most common form of community health production, addressing SDH.
Conclusion: Community initiated activities encompasses multiple sectors and stakeholders in the community, which are essential factors for addressing social determinants of health and equitable health care delivery. Going a step further, to contextually integrate these activities into the formal primary health care system will enhance health community health service access and delivery, which is key to universal health coverage.
Key words: Community, health activities, social determinants of health, community groups; service delivery
References
1. WHO. A conceptual framework for action on the social determinants of health. 2010
2. Sacks E, Morrow M, Story WT, et al. Beyond the building blocks: integrating community roles into health systems frameworks to achieve health for all. BMJ global health 2019;3(Suppl 3):e001384.

THE EFFECT OF SOCIAL MEDIA BASED PSYCHODRAMA THERAPY ON REDUCTION OF SYMPTOMS OF POSTPARTUM DEPRESSION IN WOMEN WITH FIRST BIRTH EXPERIENCE: THE CONTRIBUTORY ROLE OF SPOUSAL SUPPORT

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Abstract
Postpartum depression has been a mental health challenge amongst women over the years. This study examined the impact of social media- based psychodrama therapy in reducing postpartum depression symptoms in first time mothers. We conducted this study using a quasi-experiment with the use of pre-test, post-test and follow up evaluation after six months. We found a significant main effect of social media- based psychodrama therapy in reducing the symptoms of postpartum depression in women. F(1,503= 713,413, p=0.0001, eta squared -441. We also found that this relationship is moderated by spousal support, like physical, emotional and social support. Additionally, our result showed that first time mothers experience PPD symptoms after child birth more than experienced mothers. We equally found that psychodrama contributed in reducing symptoms of PPD in experienced mothers more than in first time mothers. The implication of our result is that first time mothers require more attention to assist them recover from PPD symptoms than their experienced counterparts.

Keywords: Postpartum, Depression symptoms, Quasi-experiment, Psychodrama, Social media, Therapy

EXPERIENCES OF NURSE ACADEMICS REGARDING NURSING STUDENTS RESEARCH SUPERVISION: A QUALITATIVE STUDY

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Abstract
Background: Research project supervision has become part and parcel of a university teacher's role amidst other job roles, thereby increasing their workload and stress levels. Consequently, nurse academics have been saddled with the responsibility to ensure that they graduate students who have mastered the art of writing research projects proficiently. Thus, it is important to understand the key aspects of their experiences during research supervision.
Aim: This study explored the experiences of nurse academics as regards supervising nursing students research projects.
Methods: Phenomenological qualitative research method was used in the study. The population of the study comprised nurse academics from universities in Southeast Nigeria who have supervised students research work in the last two years and are currently supervising research works. Participants were purposively sampled according to a variety of academic ranks, work experiences and specialties based on the judgement of the researcher after she had identified and selected information rich cases related to the phenomenon of interest. A total of 19 participants who agreed to participate voluntary via in-depth interviews were interviewed after data saturation had been achieved. Approval for the conduct of the study was obtained from the Research Ethics Committee of the University of Nigeria Teaching Hospital, Ituku Ozalla who issued an Ethical Clearance Certificate with reference number; UNTH/CSA/329/VOL.5 after ensuring that ethical standards will be observed during the study.
Results: The themes emerging as a result of the interviews conducted were "research problem formulation is overtly poor", "unsatisfied about students' output" and "variable but often large supervisees". In the study most participants (70%) stated that students' nurses do not know how to formulate research problems and how to present different components of their research proposals whereas 100% of participants affirmed that there has been a disproportion between students' ratio to staff ratio leading to poor supervision.
Conclusion: The study revealed that it is necessary to develop students research writing skills by introducing adequate trainings. Institutional heads should recruit more academics to match the yearly increase in enrollment of students to prevent burnout for lecturers.
Keywords: Nurse Academics, Research Supervision, Experiences, Nursing Students

FOOD HYGIENE PRACTICES AMONG FOOD VENDORS IN LAFIA, NASARAWA STATE, NIGERIA

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Abstract
Background:One of the most fundamental needs of humans is food.Food vendors face debates over their adherence to food hygiene standards during cooking, packaging, transport, sales, serving, and storage, despite their numerous contributions.The specific objectives were todeterminehow food vendors protect the food from contamination during cooking; packaging; transporting to sales point; during serving and during storage.
Materials and methods: The study utilized a descriptive cross-sectional survey design and multistage sampling technique to select 261 food vendors. The instrument for data collection was the questionnaire with Cronbach's Alpha test reliability score of 0.755. Data was analyzed using descriptive and inferential statistics at significance level of 0.05% reliability
Results: The overall practice of the respondents in the protection of food from contamination during cooking was high 209 (80.0%) while it was low141 (54.0%) during packaging. while transporting to the sales point was high 157(60.0%) during serving was also high 174 (66.7%) and during storage high 195 (75%). There was significant relationship between the educational background of the food vendors and the practice of food hygiene during cooking ($\chi 2 = 14.4$, $p < 0.01$) and there was significant difference between the type of food vending and the practice of food hygiene during packaging ($\chi 2 = 12.6$, $p < 0.01$).
Conclusion: The study recommended that regular health education, periodic medical examination should be organized for food vendors. There should be strict enforcement of standard environmental, personal and food hygiene practices among the food vendors in Lafia, Nasarawa State, Nigeria.

Key words: Food hygiene practice, Food vendors, Contamination of food

MULTIDRUG RESISTANT NEISSERIA GONORRHOEAE: PREVALENCE, BURDENS, RISK FACTORS AND TREATMENT OPTIONS AMONG PATIENTS WITH SEXUALLY TRANSMITTED DISEASES IN A NIGERIAN TEACHING HOSPITAL.

Samuel Onuzulike Ebede,*1,2 Ifeyinwa Nkeiruka Nwafia, ,1,2 Paul Tochukwu Nwachukwu,1 Promise Chidiebere Ndubueze,2 Ibuchukwu Orabueze ,1,2 , Shedrack Chikezie Emeribe 1,2, Chinedum Christabel Amagwu 2, Princess Okeke 1,2 , Ogochukwu Ijere 2, Chidiogo Nwafor 2 Martin Eke Ohanu 1,2, Uchenna Chinedu Ozumba 1,2, Achukwu Ngozika 3 UC Maduakor 3, Ifeoma Chinwe Ikegwuonu 3 , Edwin N Okafor 3.

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Background: The emergence of multidrug resistance Neisseria gonorrhoeae is a global public health challenge yearning for urgent interventions. Infections with Neisseria gonorrhoeae, a sexually transmitted pathogen that causes urethritis, cervicitis with severe complications, are increasing. Gonorrhea is typically treated with the current WHO recommended ceftriaxone therapy, but drug resistant strains are emerging worldwide.
Objectives: To identify drug resistant Neisseria gonorrhoeae strains, prevalence and their antibiotic susceptibility, targeted therapy to reduce the burden of AMR.
Material and methods: This cross-sectional study protocol was approved by the Health Research and Ethics Committee of the University of Nigeria Teaching Hospital, Enugu. Urethral samples from symptomatic males were cultured in modified Thayer Martin agar and incubated in 3-7% CO2 at 35–370C for 24 hours. Antimicrobial susceptibility done using the modified Kirby Bauer disc diffusion method and interpreted according to the Clinical Laboratory Standards Institute guidelines. .
Result: A total of 152 isolates of Neisseria gonorrhoeae from adult male patients with STI attending our clinic in UNTH were examined. All isolates were susceptible to spectinomycin and nearly half (49.3% (75) of all the studied strains were susceptible to all tested antibiotics. Resistance to ceftriaxone, ciprofloxacin, azithromycin, penicillin G and tetracycline were 14% (21), 18.4% (28) , 20.3 % (31), 40.7% (62) and 58.0% (88) respectively. Four out of the 152 were multi-drug resistance strains as defined as strictly resistant to 3 or more antibiotics according to EUCAST criteria. Neisseria gonorrhoeae MDR in males 2.7% (4 of 152).
Conclusion: This study revealed the presence of acquired resistance of Neisseria gonorrhoeae to many antibiotic classes and urgent need for continued surveillance of antimicrobial susceptibilities of Neisseria gonorrhoeae to inform treatment guidelines and mitigate the impact of resistant gonorrhea.
Keywords: Multidrug, Resistance, Gonorrhea, treatment, options, EUCAST.

UNILATERAL POLYARTHRITIS: AN UNUSUAL ACUTE PRESENTATION OF GOUTY ARTHRITIS CASE REPORT

.

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Abstract
Background: Gouty arthritis is the most common inflammatory arthritis among adult males. The typical presentation is as acute gouty arthritis which is mono-articular, exquisitely painful, involving in most cases the large joints of lower limb or big toe. Symmetric polyarthritis can usually occur in those with chronic tophaceous gout or long standing hyperuricemia. There is no case report of asymmetric polysynovitis from gout among Nigerians in the literature. Hence this report is worth making.
Objective: This presentation is aimed to create awareness that gout can have an unusual presentation.
Method: Extract from case note record of patient
Results: Mr OS is a 72 year old retired university executive, known diabetes mellitus patient of 5 years duration and hyperuricemia and gout since 2014 and subsequently had increasing frequency of episodes of acute monoarthritis. He presented on 15/06/2023 with abrupt onset severe polyarthritis involving only the right upper and lower limb joints of 3 days duration. On examination he was found to be in severe painful distress, apprehensive and greatly disabled, had unilateral polysynovitis of upper and lower limbs, tachycardia and isolated systolic hypertension.
The diagnosis was polyarticular gouty arthritis. He was admitted, treated with oral colchicine and indomethacin and given intra-articular corticosteroid therapy. He showed remarkable improvement and was discharged home within 36 hours of presentation.
Conclusion: Gout can have an unilateral polysynovitis as an unusual acute presentation.

EFFECT OF ASSERTIVENESS TRAINING ON SELF-ESTEEM OF NURSING STUDENTS IN SELECTED BASIC SCHOOLS OF NURSING IN SOUTH-EAST NIGERIA.

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Abstract
Introduction: Nursing students are the nucleus and future nurse professionals, therefore, their ability to be assertive with high self-esteem is paramount in reducing medical errors and observing and reporting early signs of unsafe practices in care delivery. This study evaluated the effect of and assertive training on the self-esteem of nursing students in the Basic Schools of Nursing in southeast Nigeria.
Materials and methods: A quasi-experimental design (pretest-posttest control group) of 126 final year nursing students was adopted for the study. Six weeks assertive training was employed in the study. Standardized Rosenberg Self-esteem Scale (RSES) (r =0.65) and Rathus Assertiveness Schedule (RAS) (r = 71) were used for data collection before and after the training. Analysis was done with IBM SPSS Window version 23 using descriptive statistics (frequencies, percentages, mean and standard deviations) and inferential statistics (Chi-square test of Independence, Mann-Whitney test and Wilcoxon Signed Ranks).
Results: At baseline, only few (4%) of the students had high self-esteem and majority of them were unassertive. Self-esteem and assertive scores increased at posttest 1 (immediately after intervention) and posttest 2 (4 weeks after posttest 1) in the intervention group, and self-esteem mean scores was significantly ($p < .05$) higher than the pre-test self-esteem in the Control group in posttest 1 and 2.
Conclusion: Nurses with high self-esteem and assertive skills are more likely to provide collaborative and coordinated quality patient care, therefore, policy makers can plan and organize regular trainings on assertive behavior and self-esteem improvement for all cadre of nurses to empower them to provide quality patient care.
Keywords: Self-esteem, Assertive behavior, Assertiveness training, Nursing students

SCREENING FOR VON WILLEBRAND DISEASE IN PREGNANT WOMEN WITH SELF-REPORTED BLEEDING HISTORIES SOUTH EAST NIGERIA.

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Abstract
Context: Menorrhagia, affecting 18 million women globally aged 30-55, poses a significant health concern. Aim: This study assesses the coagulation profile of pregnant women with bleeding problems and screened for von Willebrand Disease (VWD).
Setting and Design: This was a cross-sectional study involving 150 pregnant women from Odumegwu Ojukwu University Teaching Hospital and Enugu State University Teaching Hospital, with 45 age-matched non-pregnant women as controls. Material and Methods: Blood samples were collected for coagulation studies, complete blood count (CBC), and von Willebrand factor parameters. Data collection spanned from January 2021 to August 2022, and bleeding severity was assessed using the ISTH-BAT.
Statistical analysis: Frequencies and percentages were used to represent the categorical variable. Kruskal-Walli's test and descriptive statistics were performed on the continuous variables. Dunn's multiple comparisons test was performed for multiple comparisons between the groups, while the Mann–Whitney U test was used for comparisons between two groups. P-value < 0.05 was considered significant. Results: showed postpartum haemorrhage (PPH) as the most prevalent symptom (38%). Levels of VWF: Ag, FVIII, and VWF: CB increased as pregnancy progressed but were significantly lower in pregnant women with bleeding histories. Notably, a low FVIII:C/VWF: Ag ratio (<0.7) suggested haemophilia A or 2NVWD, with further differentiation possible through assays or genetic analysis of F8 and VWF genes. A low discordant (<0.7) VWF: CB/Ag ratio may indicate type 2A, 2B, 2M, or PT VWD. Conclusions: This study highlights the need for additional evaluation using assays like Ristocetin Induced Platelet Aggregation, multimer analysis, and genetic testing, though these may be unavailable in resource-limited settings.
Key-words: von Willebrand's disease, bleeding disorders, coagulation profile, pregnant women, von Willebrand's collagen binding
Key Messages: There is a need to develop capabilities in VWD diagnosis in sub-Saharan Africa.

THE SYNERGISTIC EFFECT OF ETHANOLIC EXTRACT ACTIVITY OF CURCUMA LONGA AND PIPER GUINEENSE ON TINEA CAPITIS

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Abstract
Introduction: Synergism is the interaction of two or more chemicals to produce a combined effect which is greater than the sum of individual effect. Medicinal plants contain metabolites that may act individually, additively or in synergy to improve health and Tinea capitis are highly persistent and contagious and represent a significant public health problem among school children who practice poor personal hygiene. Hence, this objective.
Objective: To test the synergistic effect of ethanolic extract of Curcuma longa and Piper guineense seed on Tinea capitis .
Methodology: The samples for fungal isolates were obtained from school children on informed consent by scalp scrapping. The Curcuma longa and Piper guineense were authenticated, grounded and extracted using Soxhlet extraction method and analysed qualitatively for phytochemical compositions. The antidemotophyte activity of each extract was performed using pour plate by agar block method at different concentration of extracts and the synergistic effect of the extract performed using checkerboard assay method. The dertmatophyte isolated after fungi culture and microscopy using standard mycological method were, Trichophyton tonsurans, Trichophyton mentagrophyte and Trichophyton schoenleinii. Both plants extract showed different MIC against the test fungi.
Results: The preliminary screening of antifungal activity revealed that both plants showed a statistically significant effect p=0.0001(P<0.05) in the mean growth of inhibitory diameter against test fungi with respect to different concentrations. The individual plants extract showed a very higher statistically significant effect P=0.002 (P<0.05) on Trichophyton tonsurans.
Conclusion: The interaction of the plant extracts revealed that all combination of plant extracts showed synergism against Trichophyton schoenleinii and Indifference against Trichophyton tonsurans and Trichophyton mentagrophyte. These shows that in the treatment of dermatophyte infection, Tinea capitis caused by the isolated dermetophyte, combination of the ethanolic extract of Curcuma longa and Piper guineense can be used together to improve health and cure ringworm.
Keywords: Synergism, Dematophytes, Curcuma longa and Piper guineense.

QUALITY OF LIFE OF STROKE SURVIVORS MANAGED AT SELECTED TERTIARY HOSPITALS IN SOUTH EAST NIGERIA: A PRELIMINARY STUDY.

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Correspondence:

Background: Globally stroke is the leading cause of disability and a significant financial burden among the sufferers and their carers. Available study has shown that stroke is prevalent in both Enugu and Ebonyi state, but there is paucity of data on the QOL of stroke survivors in the South East, Nigeria. Quality of Life (QOL) is a measure of the perceived level of wellbeing among individuals and is used as an appraisal of treatment outcomes for clients.
Aims: This study investigated the QOL of stroke survivors who received Physiotherapy treatment at selected tertiary hospitals in South East, Nigeria.
Methods: This is a cross-sectional survey study carried out at the University of Nigeria Teaching Hospital (UNTH) Enugu and the Federal Teaching Hospital Abakaliki (FETHA) Ebonyi state. The socio-demographic data of participants and medical records of their physiotherapy treatment duration were evaluated. Quality of life of the stroke survivors were assessed using the Stroke Specific Quality of life Scale (SSQOL). A translated and validated Igbo version of the questionnaire was also used for data collection from participants who could not effectively communicate in English. Data was computed using SPSS version 23 and analyzed using Chi square test at $p < 0.05$.
Results: A total of forty participants aged 18 years and above were purposively recruited into the study. The quality of life of majority of stroke survivors was relatively fair (43%). There was a significant relationship between the quality of life and duration of physiotherapy treatment ($p = 0.039$).
Conclusion: The QOL of stroke survivors managed by Physiotherapists in the tertiary hospitals was fair and needs improvement.
Keywords: Stroke, stroke survivors, quality of life, Physiotherapy.

COMPARATIVE EFFICACY OF TRANSCUTANEOUS ELECRICAL NERVE STIMULATION AND SHOULDER WHEEL EXERCISE ON PAIN INTENSITY AMONG PATIENTS WITH ROTATOR CUFF SYNDROME

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Introduction: Rotator cuff syndrome (RCS) represents a spectrum of disease which includes acute reversible tendinitis to massive tears. Aims: The study aimed at comparing the efficacy of combined therapy (Transcutaneous electrical nerve stimulation (TENS) and shoulder wheel exercise (SWE)) with TENS and SWE administered separately on pain intensity in patients with rotator cuff syndrome.
Methods: A single-blind, randomized, experimental trial was used. Sixty (60) patients with rotator cuff syndrome were recruited from four selected hospitals in Enugu State using purposeful sampling technique. These patients were randomized into combined therapy (TENS and SWE plus conventional physiotherapy) group, (SWE plus conventional physiotherapy) group and (TENS plus conventional physiotherapy) group using opaque sealed envelopes. Each group contained twenty (20) participants. TENS intervention lasted for 30 minutes thrice per week for six weeks, while SWE, a close chain exercise, involved twenty (20) revolutions each session, administered thrice per week for six weeks in all the groups. Descriptive statistics of frequency, percentage, mean, standard deviation and pie chart were used to summarize the data, while repeated measure ANOVA and Bonferoni pair-wise comparison were used to analyze the data respectively. Visual Analogue Scale (VAS) was used to measure pain intensity. Data were collected at the baseline, 3rd week and 6th week post interventions. Alpha level was set at $p < 0.05$.
Results: The results showed no significant differences in pain intensity at 3rd week ($F = 0.182$, $P = 0.832$) and 6th week ($F = 1.409$, $P = 0.253$) in between group comparison, while there is a significant difference in pain intensity at 6th week ($F = 23.707$, $p = <0.0001$) in combined TENS and SWE group. Conclusion: TENS combined with shoulder wheel exercise satisfactorily improves pain in patients with rotator cuff syndrome, although there is no difference in improvement across the groups.
Key words: Transcutaneous electrical nerve stimulation, pain intensity, rotator cuff syndrome

FOOD SAFETY AND HYGIENE PRACTICE AMONG FOOD VENDORS IN SOME RESTAURANTS IN NNEWI METROPOLIS.

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Abstract
Background: Food-borne illnesses are a major global cause of morbidity and death worldwide, food safety and hygiene play a critical role in maintaining and improving consumer health. Food handling procedures by food sellers have been identified as a major contributing cause to the incidence of food-related illnesses linked to unhygienic food. Hence, this study was conducted to assess the influence of socio-demographic factors on food safety and hygiene practices among food vendors in Nnewi metropolis.
Methodology: A cross-sectional study was carried out among 176 food vendors in Nnewi metropolis, using convenience sampling techniques and quantitative methods of data collection. SPSS, Version 27.0, and Minitab, Version 21.2, were used for data analysis. A P-value of ≤ 0.05 is considered statistically significant.
Result: Age, marital status, occupation, and education have significant associations with food safety and hygiene practices, as indicated by p-values less than 0.05. Specifically, age groups show a p-value of 0.035, with the 15–25 age group having a higher percentage of bad practices 22 (30.6%) compared to other age groups, suggesting that younger workers might need targeted training on food safety. In contrast, factors like gender and duration of employment as food vendors do not show significant associations with food safety practices (p-values of 0.700 and 0.665, respectively), suggesting that these aspects might not play a critical role in influencing safety behaviours in this context.
Conclusion: : The data indicate that certain demographic factors significantly impact food safety practices, pointing to potential areas for intervention, such as enhancing training and monitoring, particularly among younger, married, and less educated food handlers, as well as servers. The level of practice of food safety and hygiene requires improvement, as wholesomeness and the utmost safety of food are essential to promoting and preserving health.
Keywords: Socio-demographic, food safety and hygiene practice, food handlers, Nnewi metropolis

PERCEIVED LEVEL OF ASSERTIVENESS AND SELF ESTEEM OF NURSE INTERNS IN ENUGU NIGERIA

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Abstract
Background: Assertiveness and high self esteem form the most important behavioural skills for nurses in the workplace, especially to build effective team relationships and to provide quality nursing care.
Material and methods: A descriptive cross-sectional study involving ninety-two (92) interns employed in tertiary institutions. Two standardised instruments were used for data collection: Rathus Assertiveness Schedule and Rosenberg Self-Esteem scale. Data were analysed using descriptive and inferential statistics
Results: The mean age of the respondents was 27 years (SD ± 2.8) while majority (72.3%) were females. Majority of the interns have moderate level of self-esteem (55.5). Findings revealed highest scores on self-esteem were on the items; they felt that they had a number of good qualities (3.5 ± 0.8); felt satisfied with themselves (3.5 ± 0.7); could do things as well as most other people (3.4 ± 0.8). Level of assertiveness of the respondents was low 22.2. Non-assertiveness was observed in stating that people often took advantage of them (-0.4 ± 2.2); avoid hurting other people's feelings even when they feel injured (2.0 ± 1.8); not been able to say anything at times (1.8 ± 1.9) and avoiding asking questions for fear of sounding stupid (1.8 ± 2.3). There was no significant association between the level of self-esteem of the nurse interns and their level of assertiveness (x2 = 0.073 and P = 0.787).
Conclusion: Nurse interns in Nigeria currently have relative low level of assertiveness, however their level of self esteem is moderately high. The concepts of assertiveness and self-esteem should constitute an integral part of the basic undergraduate nursing courses
Key words; Nurse interns, Assertiveness level, self-esteem. Enugu,

NURSING UNDERGRADUATES' ACCEPTABILITY AND BARRIERS TO USE OF COMPUTER-AIDED OBJECTIVE STRUCTURED CLINICAL EXAMINATION (CA OSCE) FOR NURSING AND MIDWIFERY FINAL QUALIFYING EXAMINATION

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Abstract
Introduction: Historically, the Nursing and Midwifery Council of Nigeria licensure examination for Registered Nurses was a paper-based exam. Early last year the use of computer-based Tests was implemented for her final qualifying examinations. This study therefore assesses the level of acceptance and barriers to the use of computer-aided objective structured clinical examination (CAOSCE).
Methods and Materials: In this cross-sectional study, a total of 417 400-500 level nursing undergraduates who have been exposed to CAOSCE were purposively recruited in the study. Data collection was through a self-developed pre-tested questionnaire from June to August 2023. Descriptive and inferential statistics were used for the data analyses. An overall mean score for acceptance and barriers was obtained for each respondent by taking the mean response scores. The mean score > 2.5 was grouped as good and yes and < 2 as poor and no. A chi-square test with Fisher's exact test was used to test the hypothesis at a 5% level of significance.
Results: The students' acceptance rate of the CAOSCE was high, at 93.1%. Poor availability of CAOSCE infrastructure and equipment (3.31±0.76) was the major institutional barrier to using the CAOSCE. Inadequate computer literacy (3.19±0.83) was the primary barrier faced by lecturers, whereas students had difficulties such as technical problems and network disruptions (3.31±0.71: 3.30±0.79). The degree of acceptance differed significantly (p =.006) between males and females, with the females showing higher levels of acceptance. Furthermore, a statistically significant distinction was noted regarding the level of computer exam anxiety between students in the 400 and 500 levels (p =.008), with the 500 levels reporting higher levels of this obstacle.
Conclusions: Despite significant obstacles to using CAOSCE, nursing undergraduates agreed to use CAOSCE in final qualifying exams. Therefore, to continue implementing CAOSCE, institutions must make the necessary arrangements and preparations.
Keywords: computer-based test, nursing undergraduates, nursing, midwifery, nursing education

KNOWLEDGE, ATTITUDE AND OBSTACLES TO UTILIZING CONTEMPORARY ELECTRONICS FOR CARE PROVISION AMONG NURSES IN THE UNIVERSITY OF NIGERIA TEACHING HOSPITAL, ENUGU

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Abstract

Introduction

Globally, healthcare provision is moving increasingly from its initial analogue, human hands-on services, to highly machine-assistive/electronic service delivery. Despite this trend, healthcare provision in Nigeria is still ridden with the old analogue delivery pattern with a high level of improvisation. This study ascertained the level of awareness the UNTH nurses have about contemporary electronics for healthcare provision, determined the level of belief the nurses hold about contemporary electronics for healthcare provision and determined the hindrances to utilizing contemporary electronics for healthcare provision among the nurses.
Material and Methods: Utilizing a descriptive survey design, data were obtained from the 168 sampled respondents using a questionnaire developed by the researcher. The data were analyzed using descriptive statistics of frequency, percentage, mean and standard deviation.
Results: A majority (136;81.0%) of the respondents are females; married (66.1%); have 6-10 years of work experience (39.9%); have bachelor's degree (42.3%); are Chief Nursing Officers (22.0%); work in Obstetrics/Gynecology Department; have a high level of awareness of contemporary care provision electronics (≥ 2.77 of 4 points) and a high level of belief in their usage for care provision. All the respondents (100%) identified limited staff training, staff resistance to change (87.5%), lack of access to suitable device and internet services (139; 82.7%), concerns about information privacy and security (127; 75.6%); sublevel managers' reluctance to request the devices and their usage (74.4%); devices maintenance challenges (122; 72.6%); hiding of contemporary devices by ward managers (64.9%); among others, as the major hindrances to the usage, whereas improper management of funds was the slightest hindrance to the usage.
Conclusion: The respondents have good knowledge of care provision electronics and a positive attitude about them despite diverse obstacles. Reorientation, attitudinal change, and more commitment from healthcare staff to the usage are recommended.
Keywords: Knowledge, Attitude, Obstacles, Contemporary Electronics Utilization, Care Provision

ADHERENCE AND ASSOCIATED FACTORS TO TUBERCULOSIS TREATMENT REGIMEN AMONG PATIENTS ACCESSING CARE AT UNIVERSITY OF NIGERIA TEACHING HOSPITAL ENUGU, ENUGU STATE

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Introduction: Treatment adherence among tuberculosis (TB) patients is challenging given the complexity, modest tolerability and long duration of treatment regimen currently available for tuberculosis as patients who are not cured due to treatment non-adherence pose serious risk for individuals and community. These have great economic impact due to cost to patients, patient's family, the community as well as the health care system. The specific objectives of the study were to determine the level of adherence, patient, socio-economic, treatment and institutional factors associated to adherence to TB treatment regimen among TB patients in UNTH, Enugu.
Materials and Methods: Descriptive cross-sectional survey design was adopted while census method was used to include all the 120 adult TB patients receiving treatment at UNTH. Questionnaire was used for data collection. Data collected was analyzed with SPSS/IBM version 25.
Results: Findings indicated that the level of adherence of TB medication regimen was low for majority of the patients (71.8%). Concern on how to be cured completely of TB was the major patient related factors associated with adherence to TB treatment regimen with a mean sum of (3.15±0.58). Type of business or occupation (2.45±0.83), stigmatization (2.42±0.87), lack of money for transportation and other related drugs (2.36±0.90) and income level (2.31±0.88) were the most considered socioeconomic related factors associated with adherence to TB treatment regimen. Taking the drugs on empty stomach (2.90±0.42), the number and size of TB pills (2.74±0.66) and unsuitable time for taking drug (2.71±0.67) were the major treatment-related factors associated with the adherence.
Conclusion: The study recommends that awareness campaign be mounted by nurses and other healthcare providers concerning specific aspects of TB disease to address the problem of loss to follow-up and treatment interruption which were found to be the major reasons for unsuccessful treatment.
Key words: Tuberculosis treatment, Adherence and associated factors, Patients accessing care

TRANSABDOMINAL ULTRASONOGRAPHY INVESTIGATION OF VESICO-VAGINAL FISTULA USING THE TREDELENBURG APPROACH: A CASE STUDY.

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Introduction: Vesicovaginal fistula (VVF) is an abnormal opening between the urinary bladder and the vagina, through which urine from the urinary bladder leaks into the vaginal vault. VVF is a consequence of obstetric and gynecological surgery with a reported global prevalence of 1 in 1000 post-hysterectomy and deliveries respectively, and a reported prevalence of 3.3 per 1000 births, 400,000 – 800, 000 living with vvf and between 50000 -100000 new cases yearly in Nigeria. Although various investigative methods of vvf have been reported in literature, we report a non-invasive, no radiation, less discomfort and cost effective transabdominal ultrasound investigation of vvf.
Materials and Method: A 31 year old female presented for a radiological investigation for a suspected urethra-vaginal fistula to rule out vvf. The clinical information was uncontrolled urine for 4–months following a cesarean section for a breech presented fetus. Pelvic ultrasound was done in full bladder urine using Philips ClearVue 550 Ultrasound Equipment. Due urine incontinence, patient was confined to the ultrasound couch in a supine trendelenburg position as the bladder filled against gravity hence reducing the pressure of incontinence. Longitudinal and transverse scans were carried out in the mid-line supra-pubic region with the transducer rotated 1800.
Result: The uterine body, cervix, vagina and urine filled bladder were demonstrated in profile. A defect 8.1 mm wide in the posterior bladder wall that connected the vaginal lumen (VVF) was observed, with increasing volume of leaking urine into the vaginal vault and subsequent reduction in bladder volume.
Conclusion: Transabdominal ultrasound investigation of vvf successfully demonstrated a defect and the size. Due to its' non-invasiveness, no radiation, less discomfort and cost effectiveness, the tredelenburg approach would be highly beneficial to the marginalized and impoverished women who suffer vvf most, especially in an economically challenged Nigeria Nation with a high poverty index.
Keywords: Ultrasound, Vesico-vagina-fistula, Tredelenburg.

TEXT NECK SYNDROME: AWARENESS, PROFILE AND ASSOCIATION WITH DEMOGRAPHICS, SMARTPHONE ADDICTION, NOMOPHOBIA AND DURATION OF SMARTPHONE USE AMONG UNEC STUDENTS

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Abstract: Introduction: Text neck syndrome (TNS) or turtle neck posture denotes a repetitive stress injury sustained from prolonged forward flexion posture of the neck while using a hand-held electronic device. Smartphones are indispensable tools for the student population. Studies have shown a rise in smartphone use among university students for internet access, social networking, educational purposes, and other daily life activities. Excessive exposure to these devices could lead to postural deformities that cause pain and decrease students' quality of life. This study determined the awareness, profile and associated factors of TNS among UNEC students.
Materials and Methods: This cross-sectional study involved 399 UNEC students aged 18 years and above. A self-developed questionnaire was used to collect data on demographics and awareness of TNS, while the Neck Disability Index was used to evaluate the profile of TNS. The smartphone addiction scale and nomophobia questionnaire were used to assess smartphone addiction and nomophobia, respectively. Data were analyzed using SPSS (v25). Pearsons's chisquare test and Spearman rank correlation coefficient was used to test the association between the variables. Significance was set at $p<0.05$
Results: Majority of the participants [244(61.2%)] had poor awareness of TNS. Out of the participants, 167(41.9%) had mild disability, 35(8.8%) had moderate disability and 9(2.3%) had severe disability. Gender ($X2 = 11.49$, $p = 0.020$), smartphone addiction ($r = 0.236$, $p = 0.001$) and nomophobia ($r = 0.117$, $p = 0.020$) were significantly associated with TNS among the study participants.
Conclusion: The results of this study highlight the need to develop measures to prevent the detrimental effects of text neck syndrome in the student population and increase the awareness thereof. Futhermore, measures to promote the awareness of healthy use of smartphones including postural education are warranted to reduce neck disorders.
Keywords: Text neck syndrome, smartphone addiction, nomophobia, disability

CROSS-CULTURAL ADAPTATION AND VALIDATION OF THE PITTSBURGH SLEEP QUALITY INDEX (PSQI) IN THE IGBO LANGUAGE

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Abstract

Background: Sleep disturbances are associated with decreased quality of life, increased use of healthcare resources, and poor mood. The Pittsburgh Sleep Quality Index (PSQI)questionnaire was developed by researchers at the University of Pittsburgh in 1989 and evaluates overall sleep quality and sleep components along seven domains based on the previous month. Its Non-availability of the Igbo version restricts its use among Igbo language speakers in South-East Nigeria.

Aim: To translate and cross-culturally adapt the PSQI scale to the Igbo culture and environment among Igbo language speakers in South-East Nigeria using established guidelines.

Method: the original version of PSQI was translated, synthesized, back-translated, and subjected to expert panel review before producing the final Igbo version of the PSQI scale. The sample size was calculated using G-power and a consecutive sample technique was used. The English and Igbo versions of the PSQI Scale were administered to 100 healthy adults (40% males and 60% females) living in Otolo Nnewi. Obtained data was analyzed using frequency counts, percentages, mean, standard deviations, Spearman rank order test, Cronbach's alpha, and principal component analysis (PCA). The level of significance was set at 0.05.

Results: There was no significant difference in the scores on the English and Igbo versions of the PSQI ($p<0.001$). The correlations between the corresponding domains and total scores on both versions of the PSQI were excellent ($\rho=0.86$ -1.0). The Cronbach's alpha value of the PSQI was 0.7 showing an excellent internal consistency between the items on the Igbo version of the PSQI.

Conclusion: The Igbo version of the PSQI is a good, valid, and reliable tool, and thus can be used to assess the Sleep Quality of Igbo language speakers. Further studies examining the validity of Igbo PSQI should be further conducted. PSQI should further be adapted in other major Nigerian culture. Researchers should further conduct research of similar methods to increase the accessibility of clinical outcomes among Igbo speakers

Keywords: Cross-cultural adaptation, Pittsburgh Sleep Quality Index, Sleep Quality Scale.

SHORT-TERM EFFICACY OF KINESIO TAPING IN PRIMARY DYSMENORRHEA AMONG FEMALE UNDERGRADUATE STUDENTS; A QUASI-EXPERIMENTAL STUDY.

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Abstract

Background: Primary dysmenorrhea (PD) is one of the most common complaints among women, in the absence of any pelvic pathological failure. Pharmacological treatments are commonly reported as a factor in decreasing pain in PD. Few studies have shown the benefits of kinesiotaping as a non-pharmacological means of pain reduction in PD. Aim: To investigate the safety and short-term efficacy of kinesiotaping in PD among female students of Nnamdi Azikiwe University.

Methods: This study was a quasi-pre- and post-interventional study. The convenience sampling technique was used. Only fifty participants were available for the study, with a mean age of 22.6±SD. Kinesiotaping was applied for a duration of one menstrual cycle. To assess the effectiveness of the intervention, the Visual Analogue Scale (VAS) and Verbal Multidimensional Scoring System Scale (VMS) were completed before and after the intervention. The data were analyzed using the Wilcoxon signed rank test and the Spearman rank correlation test. The level of significance was set at 0.05.

Result: There was a concerning lack of knowledge about KT, a significant reduction in pain intensity in PD on the pre-and post-visual analogue scale ($p<0.001$), and a significant decrease in PD severity on the pre-and post-verbal multi-dimensional scoring system ($p<0.001$). There was a significant correlation between the participants' scores on VAS and VMSS pre-kinesiotaping ($p<0.001$) and post-kinesiotaping ($p<0.001$).

Conclusion: Kinesiotaping proved an effective method for reducing the pain intensity and severity of PD. Public education campaigns should be initiated to promote awareness of the safety and effectiveness of KT.

Keywords: primary dysmenorrhea, Kinesio taping, efficacy female students.

EFFECTS OF PEDOMETER-BASED WALKING PROGRAMME ON SOME MODIFIABLE RISK FACTORS OF STROKE AMONG COMMUNITY DWELLING OLDER ADULT POPULATION: A SYSTEMATIC REVIEW

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Introduction: Pedometer-based walking is a health promotion strategy in stroke prevention by targeting the key modifiable risk factors including physical inactivity, hypertension, obesity and diabetes.
Method: This review included RCTs studies which evaluated the effects of pedometer walking programmes on either obesity, hypertension, diabetes, or other modifiable risk factors of stroke among community dwelling older adult aged ≥55 years that participated in pedometer-based walking programmes irrespective of the sex. Only studies with supervised pedometer-based walking programmes were included but not restricted to a particular dose, form, frequency, duration and intensity of intervention. RCTs which involved other interventions (nutrition, lifestyle modification, with/without counselling) were considered.
Results: Ten studies met the inclusion criteria with n=1348, 691 male,848 female and 7 were not gender specific.In the studies, pedometer walking programme were performed 2-3times/week, at 40-60 minutes/session, and for a range of 4 -24 weeks. Comparing the intervention to control groups showed no significant change p>0.05 in indices of obesity (BMI and waist circumference) and metabolic outcomes (FBS, HDL and triglycerides).Physical activity elicited significant differences in the primary analysis,p=<0.00001 and systolic BP p=<0.008, there was no significant change for Diastolic BP p=0.33.
Conclusion: Pedometer walking programme can boost physical activity level, have an anti hypertensive like effect on community dwelling older adults but have no affect on diastolic BP. The physical activity showed homogeneity, the high heterogeneity in the other included studies, imply that adequately powered RCTs with clinical/methodological comparability are required in future studies.
Databases: PubMed,CINAHL,EMBASE,Cochrane Library, AMED Trial registers and directory of open-access repository websites; http://www.clinicaltrial).
Keywords: Community-dwelling older adults,stroke prevention, Pedometer-based walking, Obesity, Metabolic outcomes, Blood pressure.

OBSTETRIC ULTRASOUND REQUEST: AN AUDIT AT A TERTIARY HOSPITAL

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Abstract
Introduction: Radiology request forms (RRF) are necessary communication tools between the clinician and the radiologist. It ought to be completely and legibly filled to avoid misunderstanding of the requested investigation and possible misinterpretation of results. The importance of adequate completion of RRF by medical doctors cannot be overemphasized. This study aims to audit the adequacy of filling of radiology request forms for obstetric ultrasound at UNTH Enugu.
Materials and Method: A total of 1,160 request forms for obstetric ultrasound sent to the Department of Radiation Medicine UNTH Ituku/Ozalla, Enugu from January 2019- December 2023 were evaluated. There were 14 fields: date of request, name, age, patient's contact, clinical diagnosis, clinical details, parity, LMP, EDD, GA, information required, previous exam, doctors' signature, consultant's name/firm, patient mobility and legibility of writing. The adequacy and completeness of filling of these individual fields were assessed. Descriptive analysis was done with Microsoft 365 excel spreadsheet software.
Results: Age ranged from 17-52years (mean 31.9). The most filled field were patient's name 100% (n=1160) and date of request 99% (n=1150). In contrast, 28.7% (n=323) of patients' ages, 80% (n=928) for their contacts, 7.76% (n=90) of clinical diagnosis, 60.1% (n=697) of clinical details, 30.3% (352) of their parity, 26.3% (n=305) of their LMP, 37.8% (n=438) of EDD, 35.3% (n=410) of GA, 2.6% (n=30) of information required, 96.6% (n=1121) of previous examination field, 21.6% (n=250) of doctor's signature, 20.3% (n=236)of consultants' name/firm, and 97% (n=1125) of mobility of patient were not filled. 64.7% (n=751) of the doctors had legible writing, 27.1% (n=314) had semilegible, while 8.2% (n=95) had illegible writing. The study revealed a significantly high number of uncompleted fields in the request forms for obstetric ultrasound.
Conclusion: Radiologists are oftentimes not provided with adequate/critical information needed to make a diagnosis or narrow down the differential diagnosis. This study creates more awareness on the importance of proper filling of request forms which will help improve quality of reports, patients' care, follow-up, training and research.
Keywords: Obstetric, Radiology, ultrasound, request forms

EFFECTS OF DANCE THERAPY ON ACADEMIC STRESS LEVEL AND QUALITY OF LIFE OF FEMALE UNDERGRADUATE STUDENTS OF UNIVERSITY OF NIGERIA, ENUGU CAMPUS.

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Introduction: Globally, students have been reported to experience academic stress which affects their mental well-being and quality of life (QoL). Mental stress syndromes usually respond positively to several therapeutic regimes, including Dance therapy (DT). DT has been reported to promote emotional, cognitive, physical, and social integration of individuals with a resultant improvement in their general wellbeing. Its role in academic stress modulation is worth exploring. Thus, this study explored the effects of dance therapy program on academic stress level and QoL of female students of University of Nigeria, Enugu campus.
Materials and Methods: This quasi - experimental study involved 26 female undergraduate students who were undergoing moderate and severe academic stress, as obtained from the perceived stress scale (PSS). Their baseline QoL was assessed with the SF-36 questionnaire. Each of them underwent ten sessions of a 15-minute dance routine on alternate days. The link to the dance therapy video (structured by the researchers) was shared with the participants who mimed the steps uniformly while using their mobile devices. Post-therapy assessments were obtained after the 5th and 10th sessions, respectively. Data were analyzed with descriptive statistics and inferential statistics of ANOVA at an alpha level of 0.05.
Results: Participants' mean age was 22.7±1.4 years. Academic stress level reduced significantly ($p = 0.013$) following dance sessions. Relative to their QoL, significant improvements were observed in three QoL domains [Energy/fatigue ($p=0.004$); pain ($p=0.028$) and general health($p=0.011$)] in response to DT.
Conclusion: DT is an effective tool for improving academic stress and QoL in university female students. Physiotherapists and other relevant health professionals are encouraged to adopt DT as one of the tools for managing academic stress among female students.
Keywords : dance therapy; academic stress; quality of life; female students, Nigeria

SUICIDE DRIFT AMONG YOUNG PEOPLE IN THE 21ST CENTURY

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Abstract
Suicide is the leading cause of death among young people and it is estimated that at least a million people die annually from suicide worldwide. Many people, especially the young and middle-aged, attempt suicide. It seems to be an escape route from problems for a good number of young persons. Suicide rates have been reported as stable or falling in many developed countries, but a rising trend of youth suicide has been observed in both developed and developing world. The rate of suicide among those aged 10-24 increased nearly 60% between 2002 and 2018.This work discusses the common causes of suicide generally and the specific causes of suicide in young persons in relation to the increase rate trend among young persons in the 21st century. The possible ways of recognizing suicidal behaviours and strategies for reducing suicide among young persons, the roles and responsibilities of healthcare personnel in promoting mental health and preventing suicide. The role of government, society and various organizations in prevention of suicide is also discussed. Management of peer pressure, positive lifestyle, economic development and controlling cyber bullying and fraud are some of the recommendations given at the end of this study
Key words: Suicide, suicide drift, mental health, mental illness, Young people.

PREVALENCE OF WOUNDS AND BURNS INFECTIONS AND ANTIBIOTIC SUSCEPTIBILITY PATTERN OF ISOLATES AMONGST PATIENTS SEEN AT NATIONAL ORTHOPAEDIC HOSPITAL ENUGU AND UNTH ITUKU-OZALLA, ENUGU STATE, NIGERIA

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Abstract
Introduction: Wounds and burns get easily infected if not treated properly and this can lead to serious consequences. Resistance of bacterial organisms to commonly used antibiotic is increasing. This study investigated the prevalence of wounds and burns infections and antibiotic susceptibility pattern of isolates amongst patients seen at National Orthopaedic Hospital Enugu (NOHE) and UNTH Ituku-Ozalla, Enugu State, Nigeria.
Materials and Methods: This was a cross-sectional study. Ethical clearance and informed consents were obtained. A total of 80 wound swabs from patients seen at UNTH Ituku-Ozalla and 40 burns swabs from patients seen at NOHE, were investigated for bacterial infections. The swabs were cultured and growths observed were subjected to antibiotic susceptibility tests. These were done using standard microbiological methods.
Results: Out of 80 wound swabs examined, 78(97.5%) were infected with bacterial organisms. Coagulase negative Staphylococcus (CoNS) was the most isolated 52(54.7%), Pseudomonas spp 14(14.7%), Staphylococcus aureus 10(10.5%), Citrobacter freundi 8(8.4%), Proteus spp 4(4.2%), Klebsiella spp 3(3.2%), Enterobacter spp and Streptococcus spp 2(2.1%) each. Out of the 40 burn swabs examined, 29(72.5%) were infected with bacterial organisms. Staphylococcus aureus ranked highest 9(23.1%), Pseudomonas spp 8(20.5%), Diphtheroids 7(17.9%), CoNS 6(15.4%), Klebsiella spp, Bacillus spp, Streptococcus spp and Proteus spp 2(5.1%) each, Citrobacter spp 1(2.6%). Males showed higher prevalence for wounds and burns bacterial infections than females. This difference was not statistically significant ($p > 0.05$). Gram-positive isolates from wounds showed highest susceptibility to perfloxacin, gentamycin, rosephine and erythromycin (100%) each while Gram-negative isolates showed highest susceptibility to perfloxacin 71.0%. Gram-positive isolates from burns showed highest susceptibility to erythromycin (100%) while Gram-negative isolates showed highest susceptibility to ofloxacin (69.2%). Gram-negative isolates from wounds and burns showed multi-drug resistance to antibiotics tested.
Conclusion: Newer antibiotics should be tested and used for treatment of wounds and burns infections to avoid antibiotics resistance.
Key words: Wound infections, Burn infections, Antibiotic susceptibility tests, UNTH Ituku-Ozalla, National Orthopaedic Hospital Enugu.

DETERMINING THE UTILITY ATTACHED TO ANDROGEN DEPRIVATION THERAPY FOR ADVANCED PROSTATE CANCER IN ENUGU, SOUTHEAST NIGERIA

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Abstract
Introduction: Most patients continue to present in advanced stages of prostate cancer necessitating that palliative care with androgen deprivation therapy (ADT) remains first line therapy. The resources committed for palliation were substantive and the utility derived therein in our setting was undetermined. This study aimed to determine the utility derived in the first 6months of ADT for advanced prostate cancer (aPCa) in Enugu, southeast Nigeria
Materials and Methods: Men above 40years scheduled for ADT for aPCa were recruited between August 2022 and October 2023 from UNTH Ituku-Ozalla, Parklane and 82Div hospitals. Each participant completed the EuroQol 5-Dimensions 5-Levels (EQ-5D-5L) questionnaire just before ADT (surgical or medical) and at the 6th month. A control arm of men attending the same hospitals for non-cancer, non-debilitating disease conditions completed the questionnaire once. EuroQol health value set for Uganda was used to determine health value indices (utilities) at recruitment and at 6months of ADT, and QALYs were derived.
Results: There were 224 (mean age: 70.62±7.34) and 185 (mean age: 69.06±10.18) participants in the ADT and the control groups respectively. The 2 groups were similar in formal education attainment (p 0.39), but the ADT group had poorer participants (p 0.03). The mean health value indices were 0.507±0.327 for ADT group and 0.775±0.196 for the control group respectively. At 6months, the mean health value index for the ADT group was 0.704±0.249 while the mean gain in QALYs was 0.31±0.13. Maximum gain in QALYs was 0.5 while about 3.8% reported negative gain in QALYs. Gain in QALYs was influenced by cancer virulence, but not by modality of ADT, level of wealth or of formal education.
Conclusion: There are quantifiable gains in QALYs in the first 6months of ADT for aPCa. The values obtained from this study will guide future comparative studies.
Keywords: Advanced Prostate Cancer; Androgen Deprivation Therapy; Health Value Indices; Utilities

ASSESSMENT OF THE APPLICATION OF RADIATION PHYSICS KNOWLEDGE DURING CLINICAL TRAININGS AMONG CLINICAL RADIOGRAPHY STUDENTS IN UNIVERSITY OF NIGERIA, ENUGU CAMPUS

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Abstract
Introduction: This study delves into the pivotal role of radiation physics knowledge in shaping the competence of clinical radiography students, with a focus on the challenges they encounter during their training. Despite a reported understanding of basic radiation physics principles, students face barriers that hinder effective translation of this knowledge into clinical practice, potentially leading to suboptimal outcomes.
Materials and methods: The study was conducted among clinical students (4th year and 5th year) of the department of Medical Radiography and Radiological Sciences, University of Nigeria, Enugu Campus, Enugu state. The study design was a prospective, cross-sectional descriptive study which enables to collect data at a specific point in time. The population has a total number of 500 students. Using the statistical formula proposed Taro Yamane a minimum sample size of 220 students was obtained. All clinical radiography students who were willing to participate in this research were included. Ethical approval to carry out the research was obtained from the Health Research and Ethics Committee of University of Nigeria Teaching Hospital, Ituku-Ozalla.
Results: Among 220 participants from the University of Nigeria's Department of Radiography and Radiological Sciences, 180(81.4%) expressed thorough teaching of radiation physics during pre-clinical training, while 151(68.3%) reported an excellent understanding. However, 142(64.3%) cited disinterest due to perceived complexity, 93(42.0%) noted a gap between theoretical teaching and practical application, and 187(84.6%) mentioned a lack of fear of radiation's biological effects. Suggestions for improvement included a dedicated curriculum 199(90.0%), increased teaching duration 154(69.7%), expert involvement 210(95.10%), hands-on training 211(95.5%), interactive learning methods 206(93.2%), and collaborative training approaches 210(95.0%).
Conclusion: This research underscores the importance of refining radiation physics education to bridge theory and practice effectively.

SALT LITERACY IN THE CREEKS OF BAYELSA STATE: IMPLICATIONS FOR PUBLIC HEALTH ACTION IN HARD-TO-REACH AREAS IN NIGERIA

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Abstract
Introduction: Assessment of salt literacy is among the key actions needed to achieve World Health Organization's target of reducing global population salt consumption by 30% by 2025. To date, salt literacy assessment and reduction programmes in Nigeria has majorly focused on urban and semi-urban areas, leaving out the hard-to-reach areas like communities in the creeks of Bayelsa. The objective of the study was to assess the level of salt literacy of communities in the creeks of Bayelsa state to provide an idea of salt literacy status in hard-to-reach areas in Nigeria.
Materials and Methods: The study was a community-based survey. A validated salt literacy questionnaire was used to obtain salt literacy data from 2,016 respondents selected purposively from nine communities in the creeks of the three senatorial districts of Bayelsa State. Descriptive statistics was done to obtain summaries of demographic and salt literacy data, while independent samples t-test and chi square were used to determine district-based differences in salt literacy scores, and the relationship between respondents' educational status and level of salt literacy, respectively.
Results: A total of 1,655 (82.1%) respondents had low salt literacy, while the remaining 361(17.9%) had basic salt literacy. Salt literacy scores were not significantly different among communities in the three senatorial districts (M1 = 24; M2 = 24; M3 = 24; Sd =5.26; t (2,016) = 2.19, P = 0.104, 2-tailed). There was also no significant relationship between respondents' educational status and salt literacy level (X2= 0.237a, df=2, P> 0.05).
Conclusion: Salt literacy of communities in the creeks of Bayelsa state is low and requires urgent public health action. Educational programmes for salt reduction should be extended to hard-to-reach areas in Nigeria.
Keywords: Salt; Literacy; The Creeks; Bayelsa State; Nigeria.

THE INTEGRATION OF ARTIFICIAL INTELLIGENCE IN HEALTHCARE: A CROSS-SECTIONAL STUDY ON THE KNOWLEDGE, PERCEPTION, AND READINESS OF MEDICAL STUDENTS AT A TERTIARY INSTITUTION IN NIGERIA

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Abstract
Background: The integration of AI is expected to revolutionize healthcare, compelling forthcoming healthcare professionals to arm themselves with essential knowledge and skills. Given this, understanding medical students' (future healthcare providers) perspectives and readiness is vital for achieving full integration. Aim: This study aimed at assessing the knowledge, perspectives, and readiness as perceived by medical students at Nnamdi Azikiwe University.
Methods: This cross-sectional study recruited 340 medical students using a stratified random sampling technique. A pre-test self-structured questionnaire was utilized for the data collection among students who were already in the clinical phase of their study program. Statistical package for Social Science (SPSS) was used for the analysis of the results.
Results: The study found that the vast majority of respondents (99.4%) had heard of AI, but only 3.2% were very familiar with its real-world applications. Most participants (96.8%) lacked formal education or training in AI, and few (7.4%) regularly followed AI-related news. Concerns about AI integration included data privacy (39.4%) and the potential loss of human touch in patient care (70.9%). Job displacement (72.1%) and misuse of AI (55.9%) were common fears. Despite these concerns, over half of the respondents (55.6%) were interested in AI research, and many expressed openness to collaborating with AI systems (34.1%) and acquiring additional AI-related skills (67.9%).
Conclusion: There is a concerning lack of AI knowledge among respondents, coupled with widespread scepticism about its integration. However, there is a notable interest in AI-related research and projects, indicating a willingness to explore its potential benefits.
Keywords: Artificial Intelligence, Knowledge, Perception, Readiness, Medical Students, Healthcare.

GEOGRAPHICAL AND SOCIO-ECONOMIC DETERMINANTS OF CHILDHOOD NUTRITIONAL STATUS IN NIGERIA

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Background
Childhood undernutrition has remained a challenge in many low- and middle-income countries, especially in Nigeria. This study examined the geographical and socioeconomic determinants of childhood nutritional status in Nigeria.
Methods: We analysed data from the 2018 Nigeria Demographic and Health Survey. The outcome variables were childhood stunting and being underweight. The predictors included geographical and socio-economic characteristics of mothers, children, and households. The association between outcome and predictor variables was examined using complex sample logistic regression; adjusted odds ratios (AOR) were reported. Statistical significance was set at $p < 0.05$.
Results: The prevalence of childhood stunting and underweight was 36.7% and 21.5%. Mothers with no education (AOR:1.37, $p < 0.001$), being a male child (AOR:1.31, $p < 0.001$), being poor (AOR:1.67, $p < 0.001$) and middle quintile (AOR:1.51, $p < 0.001$), living in a rural area (AOR:1.53, $p < 0.001$), and residing in the North-East (AOR:2.24, $p < 0.001$) and North-West (AOR:3.29, $p < 0.001$) regions increased the likelihood of stunting. Residing in the South-East region decreased the odds of stunting (AOR:0.91, $p = 0.003$). Similarly, mothers with no education (AOR:1.50, $p < 0.001$), being a male child (AOR:1.15, $p = 0.010$), being poor (AOR:1.69, $p < 0.001$) and middle quintile (AOR:1.43, $p = 0.001$), living in rural area (AOR:1.40, $p < 0.001$), and residing in the North-West (AOR:2.28, $p = 0.001$), South-East (AOR:1.02, $p = 0.008$), and South-West (AOR:1.49, $p = 0.008$) regions increased the likelihood of underweight. Residing in the North-Central region decreased the odds of being underweight (AOR:0.96, $p = 0.002$).
Conclusion: The prevalence of undernutrition is high in Nigeria. The study highlights geographical, gender, educational and economic variations in childhood undernutrition that can inform policies and programs intended to improve childhood nutritional status in Nigeria.
Keywords: Social determinants, childhood nutrition, undernutrition, Nigeria

USING LIVE SAVED TOOL TO SUPPORT PLANNING FOR NUTRITION IN EBONYI STATE, SOUTHEAST NIGERIA

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Introduction: In 2022 UNICEF ranked Nigeria fourth among countries affected by severe wasting, estimating that one in five deaths among children is linked to wasting. Nigeria's National Multi-Sectoral Plan of Action for Food and Nutrition (2021-2025) (NMPFAN) offers an overarching policy framework for multi-sectoral action to reduce malnutrition in the country. The plan is expected to happen through the implementation of nutrition-specific and nutrition-sensitive interventions to address the challenges of hunger and malnutrition. This study was conducted to support planning for nutrition in Enonyi State, southeast Nigeria.
Methods: A nutrition technical working group was established to determine the key policy questions that the state seeks to answer. Lives Saved Tool (LiST) was used for projections. Hands-on familiarization was conducted using the tool. Health and intervention coverage data needed for the Ebonyi LiST projection including data about child mortality and causes of death, as well as the baseline coverage of key child health interventions in the state were collected. Two scenarios (A and B) were formed to determine the impact of intervention. The data collected were later analyzed using the LiST.
Results: From 2023 to 2025, approximately 1,000 child lives are saved in Scenario A, and more than 1500 lives are saved in Scenario B. By 2025, in Scenario A the prevalence of wasting was 5.1%, whereas in Scenario B it is increased to 5.5% by 2025. With a baseline coverage (i.e., in 2022) of 28.61% of children under-6 months exclusively breastfed in Ebonyi State, this percentage increases to 36.85% by 2025 in Scenario A and 44.91% in 2025 in Scenario B, which remains lower than the target of 65% by 2025 as articulated in the NMPFAN.
Conclusion: Our study found LiST to be an important tool in determining the additional child lives saved by scenarios (2023-2025). There is need for scaling up the use of LiST.
Key Words: Live Saved Tool, Planning, Nutrition, Ebonyi State

HEPATOPROTECTIVE PROPERTIES OF CITRUS AURANTIFOLIA JUICE AND CARICA PAPAYA SEED EXTRACT MIXTURE ON CARBON TETRACHLORIDE INDUCED LIVER INJURY IN ALBINO RATS.

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Introduction: Citrus aurantifolia and Carica papaya, are commonly known as lime and paw-paw respectively, they are used in traditional medicine for the treatment of liver diseases and other ailments. This study investigated the hepatoprotective properties of the aqueous extracts of Citrus aurantifolia juice and Carica papaya seed against carbon tetrachloride (CCl4) induced hepatotoxicity on the serum biochemistry and histomorphology of the liver of albino rats.
Materials and methods: Twelve (12) female albino rats were weighed and divided into four groups (A-D) of three rats each. Pre-treatments with oral doses of 200mg/kg and 400mg/kg body weight of Aqueous Extract of Citrus aurantifolia juice and Carica papaya seed mixture for group C and D respectively for Ten days via oral gavage. Group A (Baseline control) and B (Negative control) received water for ten days preceding liver injury induction using subcutaneous administration of 3ml/kg b.wt. of CCl4 mixed in equal parts with olive oil. Blood samples were collected from the rats and sera obtained were used for the determination of serum levels of Total bilirubin, Alanine transaminase (ALT), and Aspartate transaminase (AST). The rats were sacrificed, liver tissues were excised, histological and statistical analyses were also performed.
Results: There was a statistical increase in the body weights of rats in all groups after the experiment when compared with the weights of the rats before the experiment. There was no significant difference in the serum levels of total bilirubin, ALT and AST, in both the control and test rats. Microscopical examination of the liver tissues showed markedly enlarged portal tracts with inflammatory cellular infiltration, in CCl4-treated negative control rats but improvement of the liver damage was observed in rats pre-treated with 200 and 400mg/kg of the extract.
In conclusion: aqueous extracts of Citrus aurantifolia juice and Carica papaya seed mixture possesses hepatoprotective properties against CCl4-induced hepatotoxicity in rats.
Keywords; Citrus aurantifolia, Carica papaya, liver tissue, CCl4 and serum biochemistry

PERCEPTIONS AND EXPERIENCES WITH DIGITAL HEALTH TECHNOLOGIES AMONG PRIMARY HEALTHCARE WORKERS IN ENUGU STATE, SOUTHEAST NIGERIA: A MIXED METHOD STUDY.

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Abstract
Introduction: Digital health technologies (DHT) such as smartphones, tablets, wearable devices, electronic health records, facilitate the delivery of healthcare services in ways that improve effectiveness and efficiency of health care services. The use of digital health technologies (DHT) is crucial in empowering the health workforce by providing information and clinical support in health facilities. Enugu State in 2014, introduced DHT in primary health facilities for service delivery. However, there is limited evidence on the utilization of DHT in primary healthcare service delivery. This study examines the perception and experiences of primary healthcare workers with digital health technologies in primary healthcare delivery in Enugu State.
Methods: The study was a cross-sectional study which adopted a mixed method for data collection. Data were collected using key informant interviews from 21 purposively selected stakeholders in Ministry of Health, State Primary Health Care Development Agency, State Health Board. Quantitative data were collected using interviewer administered questionnaire from 105 primary healthcare workers in 9 out of the 17 local government areas in Enugu State. The Cronbach's reliability test of the instruments had a value of 0.65. The KIIs were recorded, transcribed and themes related to perceptions and experiences were identified using NVIVO v10. Quantitative data were analyzed using SPSS for frequencies and mean.
Results: The study findings revealed that 100(95.2%) of the respondents were of the opinion that the use of digital health technologies was better than manual system and 101(96.2%) felt that DHT makes the work faster and easier. They also revealed that the use of DHT will improve services provided in the areas of reporting, access to health services, health information, improved record keeping and decision making. However, unavailability of computers, tablets, poor internet connectivity and poor power supply were challenges hindering the effective use of DHT in primary health facilities
Conclusion: Health workers found that DHT has a positive effect on their work and offers immense promise in health service delivery. To achieve the broader benefits of DHT, health systems and policy makers need to identify and address barriers to full use of DHT functions.
Key words: Digital Health Technologies. Health Service Delivery, Primary Health Care, Perceptions, Experiences.

COMPARISON OF PERCEIVED EASE OF PERFORMANCE OF THREE RELAXATION TECHNIQUES UTILIZED FOR STRESS MANAGEMENT AMONG ADULT FEMALES

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Abstract
Aim of Study: Adult females in contemporarily era are saddled with a lot of responsibilities which includes home management, child's care, care of the elderly, career advancement and many others, classifying an average woman as a multi-tasker. The drive to remain effective and productive at different tasks simultaneously causes the increase in stress among adult females. This study was thus designed to evaluate the perceived ease of performance of three commonly-utilized relaxation techniques.
Method: 25 adult females (aged 20-30 years) undergraduates University of Nigeria Enugu campus participated in this repeated measures study. Each of them underwent three trials (15 minutes each) of relaxation techniques, comprising;Deep breathing exercises (DBE), Guided Imagery (GI), and Progressive Muscle Relaxation (PMR). Participants were educated on the procedures of performing each relaxation technique and their perceived ease of performance was rated on a 7-item likert scale as well as qualitative descriptions which were recorded and transcribed. Data were analyzed with descriptive statistics and one-way ANOVA at an alpha level of 0.05.
Results: Results showed a significant difference ($p<0.01$) in participants' ease-of-performance of the three techniques, with GI rated as the easiest. Qualitatively, PMR was described as the most challenging while GI was reported as the least tasking maneuver.
Conclusion: Young females found it easier to perform GI, as compared to DBE and PMR.
Keywords: Relaxation techniques, stress management, perceived ease of performance, adult female, Nigeria

SEROEPIDEMIOLOGY OF TOXOPLASMA GONDII AMONG BLOOD DONORS SEMI-URBAN SETTLEMENT IN ONDO STATE.

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Introduction: Toxoplasma gondii (T. gondii) is an obligate intracellular protozoa parasite with a worldwide distribution. The definitive host of T.gondii is the cat, but the parasite can be carried by many warm-blooded animals, birds or animals, including humans. It is usually minor and self-limiting but can have serious or even fatal effects on a foetus whose mother first contacts the disease during pregnancy or on an immunocompromised human or cat. Human can become infected by any of several routes: eating undercooked meat of animals harboring tissue cysts, consuming food or water contaminated with cat faces contaminated environmental samples (such as faecal-contaminated soil or changing the litter box of a pet cat), or by blood transfusion or organ transplantation trans-placentally from Mother to foetus.
In this study we determined the seroprevalence of T. gondii antibodies among Blood Donors Semi-Urban Settlement in Ondo State.
Materials and Methods: A total of 360 blood samples from blood donors at the Federal Medical Centre Owo, Ondo State. Serologic testing to demonstrate the presence of T. gondii antibodies was conducted in 360 healthy blood donors Using a ToXo IgG/IgM Lateral flow chromatography immunoassay method. Results: A seroprevalence of 39%(n=140) was recorded out of which positivity of IgG antibody was 73%(n=102), 20%(n=28) to IgM antibody and 7%(n=10) for both IgM and IgG.
Conclusion: Thus, we infer that Toxoplasma gondii could be possible transfusion transmissible infection among donors in Owo metropolis and suggested the test should be involved in screening for donors mostly in this region.
Keywords: Seroprevalence, Immunoassay, Antibodies, obligate intracellular, immunocompromise

ASSESSMENT OF ABSOLUTE NEUTROPHIL COUNTS AND USE OF NEUTROPENIA TO PREDICT LOW CD4 COUNT IN ANTI-RETROVIRAL THERAPY (ART)-NAIVE HIV POSITIVE CHILDREN IN ENUGU, NIGERIA.

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Introduction: Neutropenia has been noted to be associated with HIV disease progression and reduced survival in children. Neutropenia has been postulated to be associated with low CD4 count in HIV positive children by some researchers. Hence, this study sought to assess the prevalence of neutropenia in ART-naïve HIV positive patients and compare them to HIV negative subjects and also to investigate if reduced absolute neutrophil counts can be used to predict low CD4 count in the HIV positive children.
Subjects and Methods: This study was a prospective observational study carried out at University of Nigeria Teaching Hospital, Enugu, involving a total of 200 children (100 test subjects and 100 test controls). Biodata was collected with a proforma and blood samples were subsequently collected and analyzed for absolute neutrophil count and CD4 count. Data generated were analyzed with Statistical Package for Social Sciences (SSPS) version 22.
Results: The result showed that anaemia with a prevalence of 18%, is not significantly associated with HIV infections. It was also shown that there is no significant association between the age of the children and neutropenia. Likewise, CD4 count was not significantly associated with neutropenia.
Conclusion: The study showed that neutropenia in the Subjects is comparable with that of the Controls and cannot be used as a substitute for CD4 Count or as one of the criteria for commencement of anti-retroviral medications in ART-naive HIV positive children.
Keywords: HIV, Antiretroviral therapy naïve, Neutropenia, CD_4count, Children.

ASSESSMENT OF MAJOR LIVER ENZYMES ACTIVITIES IN OBESE WOMEN OF ENUGU METROPOLIS

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Introduction: Obesity is an excessive accumulation of fats in fatty tissue to such an extent that it impairs health. It is a world health disorder associated with degradation in a lot of body organs and functions. This study assessed some major liver enzymes activities in obese women of Enugu metropolis.
Materials and Methods: Seventy women (25 obese with BMI ≥ 30 kg/m^2,20 overweight with BMI 25- 29.99kg/m^2 and 25 normal weight BM1 18.5-24.9kg/m^2) were recruited for this cross sectional study. Anthropometric indices (blood Pressure (BP), weight & Height) were measured and body mass index (BMI) calculated. five millimeters of blood samples were collected from each participant and used for analysis of liver enzyme activities (Aspartate Aminotransferases (AST), Alanine Aminotransferases (ALT), Alkaline phosphatase (ALP)) using Reitman-frankel colorimetric method. Data was analysed and result expressed as mean ± standard deviation (SD).
Results: The results showed a significant increase ($P < 0.05$) in the mean ± SD of SBP, BMI ALT, AST and a non-significant increase ($p > 0.05$) in DBP and ALP in the obese, when compare to overweight and normal weight women. There exist a positive correlation between BMI vs DBP, SBP vs DBP and ALT vs AST among the obese subjects.
Conclusion: This study concludes that obesity predisposes an individual to increase liver enzymes activities. Therefore, there is need for frequent evaluation of liver enzymes in obese subjects to avoid liver complications.
Keywords: Obese, Liver -enzymes, Women, Enugu.

ASSESSING PAYMENT COPING STRATEGIES FOR ECONOMIC BURDEN OF BURNS INJURY USING COPING STRATEGY INDEX: A RESEARCH PROTOCOL

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Background: A number of payment coping strategies (PCS) for various disease conditions have been identified in previous studies. These studies presented the PCS in a hierarchical format inferring therein that deploying higher level strategies implied greater household economic burden (EB). In reality however, many PCS are deployed in various combinations by individual households in attempts to mitigate the EB of diseases. Coping strategy index (CSI) is an approach that may be fit for assessing financial toxicity (FT). It attaches a weighting factor to each PCS deployed and determines its frequency of deployment. This approach possesses the potential to rank household EB more appropriately. So far, CSI approach has not been deployed in assessing FT due to EB, but has been used in assessing food insecurity. The aim of this paper is to present a research protocol designed to deploy CSI in assessing FT in a cohort of burns patients.
Methods: An in-depth interview of 15 households of burns patients will be conducted to establish weightings for recognized PCS from literature. To arrive at the weightings, each household will be asked to assign a score 1 – 4 to each PCS based on perceived severity of consequence of the PCS on the household. The weighting for each PCS is the calculated average. Frequency of deployment of each PCS during the period of treatment will be scored as (not used =0, once =1, twice =2, thrice or more =3)
With appropriate study sample size, participating households will be required to indicate against each recognized PCS, the frequency of use. The score for each PCS will be the product of the determined weighting and frequency of use, and will range from 0 – 12. Principal Component Analysis will be used to aggregate the scores and rank the households.
Conclusion: It is expected that CSI will be a more robust measure of FT due to EB of diseases.
Key words: payment coping strategy, coping strategy index, economic burden, financial toxicity

DESIRE FOR PRENATAL GENDER DISCLOSURE AMONG PRIMIGRAVIDAE IN ENUGU, NIGERIA

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Introduction: Prenatal gender disclosure is a nonmedical fetal ultrasonography view which is considered ethically unjustified but has continued to grow in demand due to pregnant women's requests. The aim of this study was to determine the proportion of Primigravidae who want prenatal gender disclosure and the reason for it.
Materials and methods: this was a descriptive cross sectional study of randomnly selected primigravidae seen at Enugu scan centre. The women were randomly selected using a table of random numbers.
Results: ninety percent(225/250) of 250 primigravidae who fulfilled the criteria for inclusion in this study wanted to know the gender of their unborn baby, while 10% (25/250) declined gender disclosure. Furthermore, 62% (155/250) of primigravidae had preference for male children. There was statisticallysignificant desire for male gender (P=0.0001).statistically significant number of primigravidae who wanted gender disclosure did so to plan for the new baby(P=0.0001, and those that declinedgender disclosure leave it to the will of GOD (P= 0.014).
Conclusion: Ninety percent of primigravidae wanted gender disclosure because of plans for the new baby, personal curiosity, partner and in-law curiosity; moreover, some women wanted to test the accuracy of the findings at delivery and 62% of primigravidae had preference for male children. In view of these results, gender disclosure could be beneficial in this environment
Key words: gender disclosure, prenatal ultrasonography,pregnant women, Enugu

EFFECTIVENESS OF POWER POINT ENHANCED LECTURE AND TRADITIONAL TEACHING METHODS IN IMPROVING ACADEMIC PERFORMANCE OF NURSING STUDENTS IN ANATOMY AT BISHOP SHANAHAN HOSPITAL NSUKKA.

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Abstract
Introduction: Quality patient care demands student nurses to acquire basic knowledge of anatomy and skills through effective teaching which requires that teachers should use the teaching method that best suit the specific objectives and level of the learners. The study examines the effectiveness of power point enhanced lectures and traditional teaching methods in improving academic performance of nursing students in anatomy at Bishop Shanahan Hospital, Nsukka.
Materials and methods: Quasi-experimental design of 51 Preliminary Training Study (PTS) nursing students were used for the study. 8 weeks teaching was employed for the study. Researcher developed questionnaire and Anatomy assessment test (AAT) were for data collection before and after teaching.he students were given AAT prior and after for teaching with traditional teaching method (TTM) and power point enhanced lecture (PPEL). Analysis was done with IBM SPSS version 25 using by descriptive statistics(mean & standard deviation) and inferential statistics (t-test & ANOVA)
Results: At baseline all students has poor academic performance which improved post intervention. PPEL (pre 26.91± 6.60, post 58.70±16.82), TTM (pre 17.29± 5.51, post 48.29±18.14). PPEL is statistically more effective in improving academic performance of PTS students (P<05).
Conclusion: Having observed that PPEL was effective in improving students performance, it was recommended that teachers at schools of nursing should use PPEL to blend TTM in teaching anatomy to PTS students.
Keywords: ***power point enhanced lecture, traditional teaching method, academic performance, PTS nursing students.***

EFFECTIVENESS OF PHYSIOTHERAPY EDUCATION PLAN AND KNOWLEDGE LEVEL OF POST-PARTURITION EARLY MOBILIZATION AS A PREVENTIVE STRATEGY OF VENOUS THROMBOEMBOLISM :A QUASI – EXPERIMENTAL STUDY OF PREGNANT WOMEN IN ENUGU STATE, NIGERIA.

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Abstract
Introduction: Pregnancy and the postpartum period are high risk- factors for venous thromboembolism (VTE). Non-invasive options like post- parturition early mobilization (PPEM) are available and reportedly effective for VTE prevention. A recent study showed extremely poor knowledge of PPEM for prevention of VTE among pregnant women in Enugu metropolis, Nigeria. Thus, this preliminary study was designed to investigate the effectiveness of our proposed education plan on pregnant women's knowledge of PPEM as a preventive strategy of VTE.
Materials and Methods: This pre –test -posttest study involved 40 conveniently selected pregnant women who were attending the ante-natal clinic of Enugu State University Teaching Hospital (ESUTH), Enugu. Women with cognitive impairments or are medical practitioners were excluded from this study.Ethical approval was sought from the Health Research Ethics Committee, University of Nigeria Teaching Hospital, Ituku-Ozalla (UNTH), Enugu state Nigeria and from the Medical Advisory Committee , ESUTH, Parklane, Enugu state ,Nigeria. In the antenatal clinic ,participants were educated on Deep Venous Thrombosis (DVT) ,Pulmonary Embolism (PE), and PPEM as a preventive strategy of VTE, using audiovisual aids and readable pamphlet.Also structured readable pamphlets were provided for follow-up reading at home. Information on their knowledge levels of VTE and PPEM were assessed at three points (pre, immediate - post and 3day – post intervention) with a structured questionnaire adopted from a previous study. Data were analyzed with descriptive statistics and relevant inferential statistics of Paired t- test and ANOVA at $p < 0.05$.
Results: Participants' mean age was 29.8±4.4 years. On the average , pre-intervention knowledge levels of PPEM as a preventive strategy of VTE was poor (2.3 ±2.0).Knowledge levels increased significantly (<0.001)immediately (4.9±1.6)after the educational intervention ,as well after three days (5.9±0.9).
Conclusion: Structured maternal education shows potentials of effectiveness in educating pregnant women on PPEM as preventive strategy of VTE. It is recommended that this preliminary maternal education program extends into larger interventions to increase its reach and outcomes towards prevention of obstetrics – related VTE.
Keywords: venous thromboembolism, deep venous thrombosis pulmonary embolism, early mobilization, knowledge, pregnant women, Nigeria

INFLUENCE OF NEUROCOGNITIVE CONFIGURATION ON PERFORMANCE INDICES AMONG AMATEUR FOOTBALL PLAYERS IN ENUGU METROPOLIS

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COGNITIVE ABILITIES AND PERFOMANCE LEVEL OF SOCCER PLAYERS
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Abstract
Introduction: Cognitive function refers to the ability of an individual to understand, take part and work towards his external and internal impulses in his environment. They are responsible for successful performance of most activities of daily living. This is also seen in the game of football where a lot of decisions are made under pressure and players are required to anticipate and react continuously in a changing, unpredictable situation in the field. This work aims to ascertain the influence of cognitive functions on performance indices among amateur football Players.
Materials and Methods: A total of 60 amateur football players; selected from three amateur football clubs (FC) were involved in the study. Ethical approval was sought and obtained from the Health Research and Ethics Committee of the University of Nigeria Teaching Hospital, Ituku/Ozalla, Enugu (NHREC/05/01/2008B-FWA00002458-1RB00002323. Player's information processing speed (IPS) and executive functions (EF) were assessed using Trial making test (TMT) part A and B respectively. Their performance levels including agility, anaerobic capacity (AC) and speed were assessed using proagility test, 20 meters sprint test and running based anaerobic sprint test (RAST). The data was subjected to descriptive statistics and analyzed using Spearman's correlation and Mann-Whitney U test.
Results: The study showed that amateurs scored higher in executive functions and had no significant outcome in information processing speed. No correlation was observed between cognitive skills and performance indices.
Conclusion: Amateur football players demonstrated good performance fitness. The training and improvement of cognitive skills should be emphasized in training and development of amateur football players.
Keywords: cognition, football, physical fitness, aerobic exercises.

QUALITY OF LIFE OF STROKE SURVIVORS MANAGED AT SELECTED TERTIARY HOSPITALS IN SOUTH EAST NIGERIA: A PRELIMINARY STUDY.

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Background: Globally stroke is the leading cause of disability and a significant financial burden among the sufferers and their care givers. Available study has shown that stroke is prevalent in both Enugu and Ebonyi state, but there is paucity of data on the QOL of stroke survivors in the South East, Nigeria. Quality of Life (QOL) is a measure of the perceived level of wellbeing among individuals and is used as an appraisal of treatment outcomes for clients.
Aims: This study investigated the QOL of stroke survivors who received Physiotherapy treatment at selected tertiary hospitals in South East, Nigeria.
Methods: This is a cross-sectional survey study carried out at the University of Nigeria Teaching Hospital (UNTH) Enugu and the Federal Teaching Hospital Abakaliki (FETHA) Ebonyi state. The socio-demographic data of participants and medical records of their physiotherapy treatment duration were evaluated. Quality of life of the stroke survivors were assessed using the Stroke Specific Quality of life Scale (SSQOL). A translated and validated Igbo version of the questionnaire was also used for data collection from participants who could not effectively communicate in English. Data was computed using SPSS version 23 and analyzed using Chi square test at $p < 0.05$.
Results: A total of forty participants aged 18 years and above were purposively recruited into the study. The quality of life of majority of stroke survivors was relatively fair (43%). There was a significant relationship between the quality of life and duration of physiotherapy treatment ($p = 0.039$).
Conclusion: The QOL of stroke survivors managed by Physiotherapists in the tertiary hospitals was fair and needs improvement.
Keywords: Stroke, stroke survivors, quality of life, Physiotherapy.

EVALUATION OF THE CHALLENGES OF THE ADOPTION OF VIRTUAL REALITY TECHNOLOGY IN RADIOGRAPHY TRAINING IN SOME SELECTED SCHOOLS IN THE SOUTHEAST.

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Introduction: Radiography, being inherently reliant on visual interpretation and precise procedural skills, benefits significantly from the immersive and interactive capabilities of Virtual Reality (VR), as this technology provides a platform for an enhanced understanding of radiographic procedures and positioning, offering a realistic and risk-free environment for learning and practice. This study aimed to evaluate the challenges associated with implementing virtual reality technology in radiography training and education in selected schools in the southeast region.
Materials and Methods: A cross-sectional survey design was adopted which included 14 respondents involved in radiography training and education across University of Nigeria, Gregory University, Nnamdi Azikiwe University and Evangel University. The instrument used for data collection in this study was a comprehensive online questionnaire. The questionnaire measured the demographic information of the respondents, level of adoption and implementation of VR in their institutions, challenges in VR adoption, strategies, and solutions to these challenges. These questions were tested for internal consistency using the Cronbach's alpha reliability test and coefficient value of 0.562 got.
Results: The results of this study showed that 7 respondents (50%) agreed that technical difficulties are a major challenge in adopting VR technology in radiography education and training. Other major challenges included financial constraints (n=4, 28.6%) and lack of technical support or expertise (n=5, 35.7%). Challenges of virtual reality technology were believed to have an overall negative impact on the adoption of virtual reality technology in radiography instruction and training (n=10, 71.4%). The study also indicated how these challenges affected the efficacy and standard of radiography education, with 10 respondents (71.4%) claiming these challenges to be generally detrimental.
Conclusion: The adoption of Virtual Reality (VR) technology in radiography training and education faces significant challenges. Addressing these challenges and implementing the proposed strategies could facilitate the successful adoption of VR technology in radiography education and training which will in turn, ultimately enhance its quality.
Keywords: Virtual, Reality, Technology, Radiography, Training.

EVALUATION OF THE KNOWLEDGE OF TELERADIOLOGY AMONG MEDICAL RADIOGRAPHY STUDENTS

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Introduction: Teleradiology is the transmission of diagnostic images captured in the diagnostic room to a predetermined location for interpretative and evaluative purposes. This involves the use of strong channels for image transfer to the radiologist. The aim of this study was to evaluate the knowledge of teleradiology among medical radiography students.
Materials and Methods: A prospective, cross-sectional study of medical radiography students in University of Nigeria Enugu Campus was carried out between February and July 2023. Ethical approval for the study was obtained from the Health Research and Ethics Committee of University of Nigeria Teaching Hospital, Ituku-Ozalla. Written informed consent was obtained from all the subjects. The Cronbach alpha test for internal consistency of items was applied in checking for the reliability of the instrument. The Cronbach alpha coefficient value was 0.89. A well-structured questionnaire was distributed to the students. Data was analyzed using frequency, percentage and Spearman's correlation.
Results: A total of 317 radiography students participated in the study. 52.1% (n=165) were males while 47.9% (n=152) were females. 49.2% (n=156) of the respondents had a high level of knowledge of teleradiology, 26.2% (n=83) had a moderate level of knowledge while 24.6% (n=78) had a poor knowledge of teleradiology. There was a statistically significant correlation between knowledge of teleradiology with level of study (r=0.237, p=0.000).
Conclusion: Most of the students had a moderate to high level knowledge of teleradiology. Radiography departments should organize seminars and workshops which will boost the students' knowledge of teleradiology.
Key words: Teleradiology, Knowledge, Radiography

PREVALENCE OF METALLO-BETA-LACTAMASE PRODUCING PSEUDOMONAS AERUGINOSA AMONG CLINICAL ISOLATES IN ENUGU METROPOLIS

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Abstract
Introduction: The rise in antibiotic resistance worldwide poses a challenge to modern medicine. Metallo-beta-lactamses (MBLs) are enzymes that confer resistance to beta-lactam antibiotics except monbactams. It is a threat to public health because of its broad spectrum of activity and rapid rate of dissemination. The study was undertaken to assess the prevalence of MBL among clinical isolates of Pseudomonas aeruginosa in Enugu metropolis and to determine their resistance profile.
Material and Methods: The work was conducted from October 2020 to July 2021 in the microbiology laboratory of the University of Nigeria Teaching Hospital, Ituku-Ozalla. A total of 127 non-duplicate bacterial isolates recovered from clinical samples including wound, urine, sputum, ear discharge, and catheter tip processed in microbiology laboratory of three referral hospitals within Enugu metropolis was used for the study. Isolates were identified and characterized using standard microbiology protocols. Antimicrobial susceptibility was done using the Kirby-Bauer disc diffusion method. Phenotypic detection of Metallo-beta-lactamase production was done using Combined Disk Test.
Results: Of the 127 isolates, 68 (53.5%) were resistant to imipenem. Among these, 35 strains were positive for MBL production while 33 isolates were non-MBL producers. The highest prevalence of MBL producers was found in wound 20 strains followed by urine 11 strains. Both MBL producers and non-MBL producers displayed high resistance to most of the antibiotics used except Aztreonam. Conclusion: The overall prevalence of MBL among Pseudomonas aeruginosa in our study was found to be 27.6%. MBL producing strains showed higher resistance than the non-MBL producing strains. Aztreonam was the most potent antibiotic. Public health is threatened because of the presence of Metalla-beta-lactamase. Early detection of MBL isolates is crucial to prevent further dissemination of these resistant pathogens and judicious use of antibiotics is very necessary.
Keywords: Antibiotic resistance, Carbapenemase, Metallo-beta-lactamase, Phenotypic detection, Pseudomonas aeruginosa

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PERCEPTION OF NURSES AND MIDWIVES TOWARDS CONTINUING PROFESSIONAL EDUCATION IN SELECTED HEALTH CENTERS IN ENUGU.

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Abstract
Introduction: Continuing Professional Education is a purposeful maintenance and improvement of professional knowledge and skills to remain competent in one's chosen profession throughout work life for the individual and the wider professional benefits.
Materials and Methods: The study assessed the perception of nurses and midwives in selected Health Centers in Enugu towards Continuing Professional Education (CPE). Descriptive cross-sectional design was used for the study among 128 registered nurses and midwives. Data were collected using validated researcher-made questionnaire (r=0.752) and analyzed using descriptive statistics of proportions, frequencies, percentages, mean and standard deviations with Statistical Package for Social Sciences (SPSS) version 25. Criterion mean was set at ≥3.0 and responses that has mean scores of ≥3.0 were regarded as significant.
Results: The mean age was 34.10±1.55 years; majority (n=122; 95.3%) were females, 55 (43%) had their first degree in nursing while majority (n=102;79.7%). had attended a Continuing Professional Education programme before now. Reported perceived benefits of Continuing Professional Education included enhancement of knowledge base of nurses (3.51±3.04), improvement of quality of patient care (3.33±2.85); keeping abreast with current trends in the areas of specialty (3.38±2.34), and to renew professional license (3.50±3.01). Major perceived barrier to attending Continuing Professional Education was lack of funds to cater for the costs (3.55±2.36).
Conclusions: Nurses in the studied health centers perceived CPE as beneficial to their professional practice but required sponsorship from their employers particularly when attending Continuing Professional Education programmes in distant locations. Howbeit nurses should through research demonstrate the impact of Continuing Professional Education on patient care in order to justify the significance.
Key words: Continuing Professional Education, Health Centers, Midwives, Nurses, Perception

FEVER RELATED TO ABO BLOOD USE IN MAJOR ORAL AND MAXILLOFACIAL SURGERY.

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Abstract
Background: Blood transfusion, a critical life-saving procedure is associated with side effects like fever.
Objectives: To determine the pattern of distribution of transfused blood groups among patients with postoperative fever after major oral surgery. Patients and Methods: This is a one-year prospective study of patients that developed fever after major oral and maxillofacial surgery, with or without receiving ABO blood transfusion. Criteria for inclusion include those booked for oral and maxillofacial surgery and without any serious medical conditions. The confounding variables evaluated were divided into clinical and demographic parameters. Both univariate and bivariate statistics were computed. Results: Of the 108 patients, 23 (21.3%) met the criteria for diagnosis of postoperative fever. Majority, 19 (82.6%) of the patients were within 40 years of age. There were 17 males and 6 females with male to female ratio of 2.8: 1. Majority (14, 60.9%, P= 0.021) of the patients having benign and malignant tumors needed blood transfusion. The study showed 18 (78.3%) patients developed fever after blood transfusion while 5 (21.7%) who did not receive transfusion also had postoperative fever. Group O Rhesus D positive blood group was the most common type transfused (P= 0.01), mostly in patients who had malignant lesions, and transfusion was done mainly intra-operatively. Majority (17, 73.9%) of the fever occurred in patients within 24 hours after transfusion, lasting for one day (P= 0.01).
Conclusion: A significant association between the transfusion of blood and the development of postoperative fever, as well as fever occurring more frequently with increased units of blood transfused was noticed. The outcome suggests blood transfusion is a risk factor for postoperative fever in patients after major oral surgery.
Keywords: Fever, Postoperative, Maxillofacial Surgery, Blood transfusion, Malignancy.

EVALUATION OF THE PHYTOCHEMICAL AND ANTIBACTERIAL ACTIVITY OF MATHANOLIC CRUDE EXTRACT OF *Laurus nobilis* [BAYLEAF] ON CLINICAL BACTERIA ISOLATES

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Abstract
INTRODUCTION: *Laurus noblis* (bayleaf) is used traditionally for treatment of bacterial infection, cough, digestive disorder, and fungal infection. This study aims at evaluating the phytochemical and antibacterial activity of methanolic crude extract of *Laurus nobilis* on the clinical bacteria isolate.
Materials and Methods: The dry powdered leaf of *Laurus nobilis* was extracted using cold maceration. The extract was analysed against eight bacteria isolate *(Staphylococcus. aurues, Streptococcus. pyogenes, Streptococcus. pnuemoniae, Pseudomonas. aeruginosa, Escherichia. coli, Salmonella. spp, Shigella spp, Klebsiella. pnuemoniae)* using agar well diffusion method. The activities of the conventional antibiotics were also examined. The qualitative phytochemical analysis showed presence of alkaloid, terpenoid, saponin, tannin, flavonoid, sterol and triterpeneoid.
Results: The extract was analysed against eight bacteria isolate (Staphylococcus. aurues, Streptococcus. pyogenes, *Streptococcus. pnuemoniae, Pseudomonas. aeruginosa, Escherichia. coli, Salmonella. spp, Shigella spp, Klebsiella. pnuemoniae*) using agar well diffusion method. The activities of the conventional antibiotics were also examined. The qualitative phytochemical analysis showed presence of alkaloid, terpenoid, saponin, tannin, flavonoid, sterol and triterpeneoid. The extract revealed varying degree of activities at different concentration against tested bacteria isolates. All the tested bacteria showed highest inhibition at 100mg/ml concentration; *Staphylococcus. aureus* (22.0mm), *Streptococcus. pyogenes* (20.0mm), *Streptococcus. pnuemoniae* (20.7mm), *Pseudomonas. aeruginosa* (21.0mm), *Escherichia. coli* (21.3mm), *Salmonella*. Spp (18.5mm), Shigella. spp (15.5mm), *Klebsiella. pnuemoniae* (10.3mm). There was no statistically significant difference ($p>0.05$) in the inhibition zone diameter (IZD) of the extract on various tested bacteria. There was also no statistically significant difference between the conventional antibiotics and the extract ($P>0.05$). The minimum inhibitory concentration (MIC) of the extract results recorded; Staphylococcus. aureus (25mg/ml), Streptococcus. pyogenes (100mg/ml), pnuemoniae. (25mg/ml), *Pseudomonas. aeruginosa* (25mg/ml), *Escherichia. coli* (50mg/ml), *Salmonella*. Spp (100mg/ml), Shigella. spp (100mg/ml), *Klebsiella. pnuemoniae* (100mg/ml).
Conclusion: *Laurus noblis* can be used to curb the menace of antimicrobial resistance (AMR) from the finding of the present study either singly or in combination with conventional antibiotics.
Keywords: Antibacterial, resistance, medicinal herb, infectious diseases

VIRTUAL REALITY AS AN EVOLVING PRACTICE IN NEUROLOGICAL REHABILITATION OF STROKE SURVIVORS: A SYSTEMATIC REVIEW

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Introduction: Virtual reality is an emerging neuroergonomic tool, capable of enhancing neuroplasticity/ learning, thus supporting its use in neurorehabilitation of stroke survivors (SSv). This study systematically reviewed and meta-synthesised evidence on the effectiveness of virtual reality on selected markers of neuroplasticity among SSv.
Materials and Methods: The review protocol was developed and registered in the PROSPERO database (ID-CRD42024514282). Electronic databases searched were PEDro, CINHAL, the Cochrane Library, and PUBMed using combinations of MeSH terms and keywords in the titles, abstracts and text using the PICO model. Only RCTs that compared the effects VR among adult SSv were included. The PEDro scale was used for quality appraisal. Qualitative synthesis was used to present the findings while Forest plot (RevMan version 5.3) was used for the metasynthesis of the results at $\alpha=0.05$.
Results: A total of 39 RCTs were included from the initial 2,367 articles generated at the first search. Majority of the studies were done in high income countries (81.25%), mostly the Republic of Korea (75.00%). Most of the included studies had high quality (53.80%), with moderate sample size (71.49%), but produced level 1 evidence (52.86%). FMA (55.06%), TUG (42.86%), 2-10MWT (71.43%) and BI (54.55%) were the most utilized tools for assessing motor function, balance, gait performance and functional ability respectively. The pooled effects on the improvement in motor function (SMD=−1.05; CI=−1.53,−0.56, Z = 4.22, $p<0.0001$, $I2=93\%$) and balance performance (SMD=−3.06; CI=−3.80, −2.32, Z=8.11, $p<0.0001$, $I2=94\%$) was significantly in the favour of VR.
Conclusion: There is evidence that virtual reality is an effective emerging modality for encouraging neuroplasticity through its effects on the motor function, balance and functional ability of stroke survivors. LMICs like Nigeria should tap into the enomous potentials of VR in order to align with the rehabilitation 2030 goals.
Keywords: Virtual reality, stroke survivors, Neuro-ergonomics, Neuro-rehabilitation, Systematic Review.

KNOWLEDGE, WILLINGNESS AND PREVALENCE OF POSITIVE PROSTATE CANCER SCREENING AMONG MALE STAFF OF TWO MEDICAL FACULTIES IN UNIVERSITY OF NIGERIA ENUGU CAMPUS.

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Abstract
Background: Previous studies reported good awareness and knowledge, but poor uptake of prostate cancer screening in different settings, in different countries. Previous studies reported good willingness for prostate cancer screening, using questionnaire. **Objective**: Present study adopted "active physical method" to study willingness for prostate cancer screening among staff of two Faculties in a College of Medicine, Southeastern Nigeria.
Materials and methods: Ethical approval was properly sorted. Written inform consent was obtained from the participants. This cross sectional study recruited 66 participants out of 80 male staff in the two faculties. Structured questionnaire was used to obtain the socio-demographic data, willingness and uptake history from male staff ≥ 36 years. Blood sample was collected immediately into Lithium heparin tubes, from those who declared willingness for prostate cancer screening. The blood samples were used for total Prostate Specific Antigen (PSA) assay. The assay was in two steps. Firstly, all the samples were subjected to semi-qualitative assay using rapid test kit. Secondly, those samples that reacted positively with rapid test kit were subjected to the second quantitative assay for PSA, along with control samples selected from the negative results. Results showed that willingness was $^{57}/_{66}$(86.4%). Prevalence of positive results (PSA>4ng/ml) from the screening were $^{9}/_{57}$(15.8%) respectively for the two techniques. $^{5}/_{57}$(8.8%) were conjointly positive for the two techniques.
Conclusions: Willingness for "active prostate cancer screening" was high among the participants. Prevalence of positive result was mildly high. However, we recommend for effective prostate cancer screening program in our country.
Key words: prostate cancer screening; willingness; staff; College of Medicine; Nigeria

EXAMINING THE GOVERNANCE AND INSTITUTIONAL CAPABILITIES OF FEDERAL TAX-FUNDED HEALTH SCHEMES AND THE FORMAL SECTOR SOCIAL HEALTH INSURANCE PROGRAMME IN NIGERIA TO IMPROVE HEALTH PURCHASING STRATEGIES

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Introduction: More public funding will be needed if Nigeria is to fulfil its goal of achieving universal health coverage. But just adding additional resources won't be sufficient. Strategic purchasing, a critical policy tool, must be used to increase the effectiveness and efficiency of government health expenditures. However, there isn't much research on health purchasing in Nigeria's health financing programmes. This study examines the purchasing arrangements in the National Health Insurance Agency's (formerly the National Health Insurance Scheme's) Formal Sector Social Health Insurance Programme (FSSHIP) and federal budget-funded programmes.
Materials & Method: Using a qualitative, descriptive case-study methodology, we gathered information via key informant interviews and document reviews grounded in the Strategic Health Purchasing Progress Tracking Framework. We used a thematic framework approach for our data analysis.
Results: Our research shows that both schemes have governance and regulatory frameworks for strategic purchasing. In particular, benefits package design, provider payment mechanisms, health maintenance organisations (HMOs), provider accreditation and monitoring, and provider oversight are in advanced stages towards strategic purchasing in FSSHIP. Strategic purchasing is hampered by the small portion of healthcare funding that passes via these channels and the further fragmentation of that funding. Dishonest HMO practices, delayed provider payments, and inadequate control by providers and purchasers impede strategic purchasing.
Conclusion: Improving strategic purchasing in Nigeria will necessitate a concerted effort to reduce the fragmentation of health spending, a significant investment in human resources and technical know-how, purchasing institutions' information systems, and, most importantly, actions to improve the accountability of all system actors.
Keywords- Federal Tax-Funded health schemes; FSSHIP; governance; Nigeria; strategic health purchasing

MEDICATION ADMINISTRATION ERROR AND ITS ASSOCIATED FACTORS AMONG NURSES IN UNIVERSITY OF NIGERIA TEACHING HOSPITAL, ITUKU-OZALLA, ENUGU

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Abstract
Introduction: Errors in the administration of medications can have serious consequences and put patients' safety in danger. Despite this, there remained a dearth of information on this topic in the southeast of Nigeria. This study aimed to identify the frequency, types, and factors linked to drug administration errors among nurses working in tertiary institutions in south-eastern Nigeria.
Methods: This cross-sectional study surveyed a total of 251 Nurses. A researcher-designed validated questionnaire was used for data collection which was pretested with 25 Nurses of Enugu State University Teaching Hospital Parklane Enugu. The data collected were subjected to reliability analysis and it gave a Cronbach's alpha (∞) coefficient value of 0.856. The instrument had 5 sections, the first section elicited the socio-demographic characteristics of the respondents, the second section assessed the frequency of MAE, the third section assessed the types of MAE, the fourth section assessed the nurse-related factors associated with MAE and the fifth section assessed the institution related factors. Factors associated with MAE were evaluated using a 4-point Likert scale. The mean responses were computed and a value ≥ 2.5 was considered a factor associated with MAE. Data were analysed using descriptive and inferential statistics.
Results: The findings revealed that most of the respondents 212 (86.5%) had administered medications incorrectly. Additionally, it was discovered that administering medications at inappropriate times 158 (74.5%) was the most frequent form of drug administration error, and the major nurse-related were misidentification of drugs (2.71 ±1.00) and interruptions and distractions (2.65 ± 0.93) Inadequate staffing (2.71 ± 0.97) and poor drug storage (2.70 ±0.90) were the major institutional factors that contributed to medication administration errors.
Conclusion. There is a high occurrence of MAE among the nurses in this study and this might compromise the safety of the patients.
Keywords: ***Medication administration error, Nurses, Factors associated with MAE***

FIBROBLAST GROWTH FACTOR 23 LEVELS OF CHRONIC KIDNEY DISEASE PATIENTS AT THE UNIVERSITY OF NIGERIA TEACHING HOSPITAL, ITUKU-OZALLA, ENUGU STATE, NIGERIA.

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Abstract
Introduction: Fibroblast growth factor 23 (FGF23), a novel biomarker of kidney function, has been in the spotlight of research in nephrology in the developed countries in the last two decades. However, sub Saharan African seems to be left out in this debate hence this study to evaluate the levels of FGF23 in chronic kidney disease (CKD) patients at the University of Nigeria Teaching Hospital Ituku-Ozalla, Enugu State, Nigeria.
Materials and Methods: One hundred and seventy-three (173) age and sex matched subjects comprising of 89 predialysis CKD patients (cases) and 84 apparently healthy subjects (controls) aged 20 to 79 years, were recruited for the study which was conducted between November 2020 and July 2022. A well-structured questionnaire was used to capture bio-data and other vital information from the subjects, and blood samples were collected and analysed for FGF23, electrolytes, urea, creatinine, and estimated glomerular filtration rate (eGFR) using standard procedures and formula. Data were analysed using Students T-test, one-way analysis of variance (ANOVA), and Spearman's rho correlation. P-value < 0.05 was considered statistically significant.
Results: Results showed that the CKD subjects had higher ($p < 0.05$) FGF23 levels (465.88 ± 188.43 pg/ml) when compared with those of the controls (33.12 ± 14.05 pg/ml). Furthermore, our results revealed that the FGF23 levels increased ($p < 0.05$) with the severity of the kidney disease, but there were no significant statistical differences ($p > 0.05$) in the FGF23 levels based om the duration of the CKD. Finally, our study found strong positive correlations between FGF23 and urea and creatinine levels in the subjects ($p = 0.0001$, $r = 0.781$ and $p = 0.0001$, $r = 0.790$ respectively).
Conclusion: Our findings showed that FGF23 levels are affected by CKD and should be further evaluated as a kidney function biomarker in our setting.
Keywords: Fibroblast growth factor 23. Chronic kidney disease. Biomarker. University of Nigeria Teaching Hospital.

CLASSIC HUMAN ASTROVIRUS 4, 8, MLB-3 AND LIKELY NEW GENOTYPE 5 SUB-LINEAGE IN STOOL SAMPLES OF CHILDREN IN NIGERIA.

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Abstract

Introduction: Acute viral gastroenteritis is a common illness especially in developing countries. Globally, the role of human astroviruses (HAstV) in gastroenteritis among children and elderly is well documented. But there exists a substantial dearth of information on HAstV strains circulating in Nigeria.

Method: Viral like particles (VLPs) were purified from stool samples from children diagnosed with acute flaccid paralysis (AFP) between January and December 2020 from five states in Nigeria, using the NetoVIR protocol. Extracted viral RNA and DNA were subjected to a reverse transcription step, and subsequent random PCR amplification. Library preparation and Illumina sequencing were performed. Using the Virome Paired-End Reads (ViPER) pipeline, raw reads were processed into genomic contigs. Phylogenetic and pairwise identity analysis of the recovered HAstV genomes was performed.

Results: Six near complete genome sequences of HAstV were identified and classified as HAstV 4 (n=1), HAstV5 (n=1), HAstV8 (n=1) and MLB-3 (n=3). The HAstV5 belonged to a yet unclassified sub-lineage which we tentatively named HAstV-5d. Phylogenetic analysis of ORFs 1a, 1b and 2 suggested recombination events inside the MAstV1 species. Furthermore, phylogenetic analysis implied a geographic linkage between the HAstV5 strain from this study with two strains from Cameroon across all the genomic regions.

Conclusion: We report for the first time the circulation of HAstV genotypes 4, 8 and MLB-3 in Nigeria and present data suggestive for the existence of a new sub-lineage of HAstV5. To further understand the burden, diversity, and evolution of HAstV increased research interest as well as robust HAstV surveillance in Nigeria is essential.

EVALUATION OF THE PREVALENCE AND PATTERNS OF MUSCULOSKELETAL DISORDERS AMONG ELECTRICAL EMPLOYEES IN SOUTH-EAST, NIGERIA.

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ABSTRACT
Introduction: Work intensification, stress and other psychosocial factors increasingly cause work-related musculoskeletal disorders on the body. These syndrome affect the muscles, tendon, joints, intervetebral discs, peripheral nerves and vascular system. Possible literature review indicted dearth of data on the musculoskeletal related disorders among electrical employees in South-East, Nigeria; thus, the study.
Materials and Methods: Nordic questionnaire was used to assess the socio-demographic characteristics, job background, prevalence and patterns of MSDs of 109 electrical employees (19- 57 years). Data collected were analyzed using Statistical Package for Social Science (SPSS) Version 20.
Results: 76(69.7%) of the respondents were male while 33(30.3%) were female with age ranges (18-65)years [28(25.7%) for 18-24 range, 48 (44.0%) for 25-34 range, 19(17.4%) for 35-44 range, 11(10.1%) for 45-54 range, 2(1.8%) for 54-64 range and 1(0.9%) for >65 range]. 1(0.9%) had no formal education, 1(0.9%) attained primary education only, 12(11.0%) attained secondary education while 95(87.5%) tertiary education. BMI showed 12(11.0%) respondents were under weight, 47(43.1%) normal weight, 34(31.2%) overweight and 16(14.7%) obese. Prevalence of musculoskeletal disorder among the respondents showed prevalence of 96(88.1%) musculoskeletal pain while 13(11.9%) were without MSK disorders. Region of the body with highest rate of pain was the neck 60(55.0%) followed by the lower back and the shoulders having 56(51.4%) each, while the elbow 32(29.4%) had the least rate of pain. Inferentially, a significant relationship between the prevalence of musculoskeletal disorder and educational status (p=0.047) was reported while no significant relationship between the prevalence of musculoskeletal disorder and age (p=0.277), sex (p=0.547), BMI (p=0.920) among electrical employees in south-east, Nigeria. Furthermore, no significant association between the prevalence of musculoskeletal disorders and their daily length of work (p=0.887), work days per week (p=0.904), working hour schedule (p=0.558), Years of working experience (p=3.0137).
Conclusion: High prevalence of musculoskeletal disorders existed among electrical employees. Trainings on correct ergonomic practices should be carried out in this population.
Keywords: Musculoskeletal Related Disorders, Electrical Employees, Prevalence, Patterns, Ergonomics.

ISOLATION AND IDENTIFICATION OF BACTERIA CONTAMINATION OF BATH TOWELS OF STUDENTS IN UNEC HOSTELS.

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Abstract
Introduction: Moist environments are good breeding grounds for microorganisms and our bath towels are designed to absorb moisture. It could serve as a source of microbial transmission through contact with our body, hands, household items, and environment. This work aims to assess the level of bacteria contamination of bath towels using male and female students in the UNEC hostel as a case study.
Materials and Methods: A total of 160 students' bath towels were sampled 90 female and 70 male between January and March 2024. Students' bath towels were swabbed with asterile swab stick moisture with peptone water. The bacteria isolates were identified using standard cultural and morphological methods and various biochemical methods. The antimicrobial susceptibility profiles of the bacteria isolates were also determined. The bacteria load count was done using serial doubling dilution to determine the Colony-forming unit per milliliter (CFU/ML).
Results: Staphylococcus aureus (58.75%) was the predominant isolate, followed by *E.coli* (26.25%) and the least *Klebsiella pneumonia (1.25%)*. The female towels sampled were more contaminated than the male towels although not statistically significant (p>0.05). The bacteria load of student bath towels increased significantly from the first week 3.6 $X10^{8}$ to 4 weeks and above 8.23 X 10^{9} cfu/ml of laundry time. The bacteria load of males (30.34 $X10^{11}$cfu/ml) is more than that of females 19.22 $X10^{11}$ cfu/ml). The antibacterial susceptibility profile shows that most of these isolated bacteria have multiple drug resistance. The isolates were most susceptible to Levofloxacin, Augmentin, and Gentamicin.
Conclusion: The high level of diverse bacterial colonization of bath towels with some of the regular microorganisms implicated in most human diseases and the presence of multiple drug resistance organisms can lead to a high rate of infection transmission hence, calls for great concern. Frequent sun drying and washing of bath towels should be advocated and awareness via educating the students and the general public that, bath towels could serve as a silent dangerous agent of transmission of infectious diseases, to promote good towel hygiene.
Key words: Bath Towels, Contamination, Antimicrobial, Hostel

QUALITY AND QUANTITY OF NUCLEIC ACIDS EXCTRACTED FROM FORMALIN-FIXED PARAFFIN-EMBEDDED LYMPHOMA BIOPSIES

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Integrity of nucleic acids derived from archived formalin-fixed paraffin-embedded (FFPE) cancer specimens affects diagnosis, prognosis, and therapy. Several factors affect the quality and quantity of extracted nucleic acids and one of such factors is the storage period. We investigated the impact of storage duration on the quality and quantity of nucleic acids extracted from archived FFPE lymphoma biopsies in Nigeria. A total of 53 FFPE biopsies diagnosed as lymphoma stored over several years (2008–2019) were analyzed. They were 22 chronic lymphocytic leukemia (CLL) cases, 17 Hodgkin lymphoma (HL) cases, and 14 diffuse large B-cell lymphoma, not otherwise specified (DLBCL, NOS). DNA was extracted from all the lymphoma samples which were analyzed for integrity and amplifiability using the four pairs of control genes polymerase chain reaction (PCR) primers of BIOMED-2 protocol, whereas RNA extraction was from 6 CLL cases used for qPCR analysis of RNU43. For CLL, the mean DNA yield was 193.6 ng/µl (range: 3.0-533.0 ng/µl), whereas the mean A260/A280 ratio was 1.7 (1.2-1.9). For DLBCL, NOS, and HL, 255.5 ng/µl (range: 32.9-605.4 ng/µl), 1.8 (1.5-2.0) and 242.7 ng/µl (range: 1.3-886.0 ng/µl), and 1.7 (0.9-1.8), respectively. The extracted DNA gave amplifiable products of at least 200bp, whereas the RNA analysis showed CT values of <38 in all the samples. The mean RNA yield was 462.2 ng/µl (range: 74.7-1082.1), whereas the mean A260/A280 was 1.7 (1.5-1.8). Quantity and quality of nucleic acids from FFPE tissues stored for different time periods showed no significant difference in yield and quality.

Keywords: Archived biopsies, DNA, FFPE, lymphoma, Nigeria, RNA

SEXUAL AND REPRODUCTIVE BEHAVIOURS AND ASSOCIATED FACTORS AMONG ADOLESCENTS IN A GIRLS SECONDARY SCHOOL IN ENUGU METROPOLIS, ENUGU STATE, NIGERIA.

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Abstract
Introduction: The adolescent period is characterized by increased sexual curiosity and interest in the opposite sex and opposite-sex relationships. Hence, they are more likely to experience sexual and reproductive health issues. This study assessed adolescents' sexual and reproductive behaviour and its associated factors at a secondary school in Enugu metropolis.
Materials and Methods: A cross-sectional descriptive survey was employed among 324 female students at Queens School, Enugu, Nigeria, selected using the simple random sampling technique. A researcher-developed questionnaire with a reliability coefficient of 0.762 was the instrument for data collection.
Results: The mean age and standard deviation of the respondents was 13.55±1.69. Only 28 (8.6%) of the adolescents were sexually active. Half (n=14, 50%) of the sexually active adolescents had their first sexual experience before 9 years. Class (p=.003), living characteristics (p=.019), and receiving of pocket money (p=.002) were significantly associated with SRH behaviour. Receiving pocket money by the respondents significantly predicted risky sexual and reproductive behaviour (OR=2.714, p<0.05, C.I. = 1.002-7.353).
Conclusion: Though proportionately low, risky sexual and reproductive health behaviour is prevalent among the respondents. Healthcare providers should collaborate with other stakeholders to provide more information and resources that can be channeled to improve adolescent sexual and reproductive health behaviour and consequently health.
Keywords: Adolescents, Behaviour, Sexual and Reproductive Health.

SEXUAL AND REPRODUCTIVE BEHAVIOURS AND ASSOCIATED FACTORS AMONG ADOLESCENTS IN A GIRLS SECONDARY SCHOOL IN ENUGU METROPOLIS, ENUGU STATE, NIGERIA.

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VOLUNTARY JAW WIRING IN NIGERIA: REASONS AND TREATMENT OUTCOME

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ABSTRACT
Introduction: Overweight and obese dental patients occasionally request jaw wiring. The aim of this study was to determine the reasons for requesting jaw wiring and to evaluate the outcome of the procedure. **Materials and Methods:** This is a retrospective study (2005-2014) of patients who voluntarily requested jaw wiring treatment for weight loss in two private dental clinics in Enugu and Lagos, Nigeria. The interventions consisted of jaw wiring with four interdental eyelets and two tie wires. The main outcome measures were reasons for the request, weight loss, and body mass index (BMI) change. The data was analyzed using Statistical Product for Service and Solution (IBM SPSS version 23).
Results: Thirty-four patients, all female, requested jaw wiring. Majority of them were single, 82.4% (28/34). The mean age was 28.1 ± 6. Simplicity of the procedure, weight-loss needs, and improved body shape were the main reasons for all the patients. Single women additionally included a "desire to attract a suitor" in 67.6% (23), "preparation for an engagement," and "to fit a wedding gown," 5.9% (2). Married women, 14.7% (5), additionally desired to "please a husband" or "achieve postpartum weight-loss." Nineteen subjects completed the treatment and lost a mean weight of 8.3 ± 3.6 kg over a mean duration of 45.0 ± 14.9 days. The mean BMI was lowered after treatment by 3.09kg/m2 ± 1.3. The post-treatment BMI classification improved for 52.6% (10/19) of the patients.
Conclusions: Jaw wiring was desired by young women because of its simplicity, predictable weight loss, and marital and social concerns. Weight loss and lowered BMI were achieved.
Keywords: Jaw wiring, Nigerian, obesity, overweight, weight loss

PERCEPTION AND FACTORS AFFECTING CLINICAL LEARNING ENVIRONMENT AMONG NURSING STUDENTS OF THE UNIVERSITY OF NIGERIA, ENUGU CAMPUS

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Abstract
Background: Clinical practice occurs in a complex social context of the clinical environment, which forms an important component of nursing education. This concerns how the quality of nursing clinical learning environments (CLE) influences students' acquisition of professional abilities and the teaching-learning process in clinical settings.
Objectives: To determine the perception and factors influencing nursing students' CLE in the context of the University of Nigeria Enugu Campus.
Methods: A cross-sectional research design was adopted for the study, which used a purposive sampling method to collect researcher-developed questionnaire data from 340 nursing students and instrument reliability was done using Cronbach's alpha reliability coefficient of 0.815. Ethical approval was obtained from the Health Research and Ethical Committee of the University of Nigeria Teaching Hospital (UNTH), Ituku Ozalla,
Results: the overall perception of nursing students on CLE was positive (69.9%). The highest-ranked individual and institutional factors affecting students' CLE were mostly students' interest in clinical practice (3.3±0.7) and the ward atmosphere affecting the learning environment (3.3±0.7) respectively. Other factors identified by the respondents were lack of guidance and supervision as an influential factor (3.3±0.7), students' academic workload (3.4±0.7), and poor theory-practice integration (3.2±0.7). There was a significant difference between nursing student perception of CLE and level of study (x^2= 150.69, P < 0.001) and their gender (x^2= 17.16, P < 0.001).
Conclusions: The study determined positive perceptions of the clinical learning environment existed by the students, lack of guidance, academic workload, and poor theory integration as factors affecting students' clinical learning environment. The need for hospital administrators, nurse educators, and policymakers to deliberate efforts toward addressing the individual and institutional factors that affect the CLE is highlighted. This will help to improve the perception that the students have of the CLE.
Keywords: Perception, Factors, clinical practice, clinical learning environment, undergraduate Nursing students

PREVALENCE OF HYPERTENSION AMONG UNDERGRADUATE STUDENTS IN THE UNIVERSITY OF NIGERIA ENUGU CAMPUS (UNEC)

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Abstract
Background: Hypertension is fast becoming a major issue in many parts of the world, and the increasing number of deaths occurring due to cardiovascular disorders among young adults is an issue that's often overlooked.
Objective: This study assessed the prevalence of hypertension among undergraduate students in the University of Nigeria Enugu Campus (UNEC).
Materials & Methods: A total of 273 participants, most between the ages of 21 and 25, participated in this cross-sectional study. A self-structured questionnaire was used to assess the demographic and lifestyle characteristics of the participants. Participants' blood pressure and BMI were measured using an Omron blood pressure monitor, weight scale and height metre rule. Data were analysed using SPSS version 26. Descriptive statistics of tables, frequency and percentages were used to summarise data and chi-square statistics was used to find associations between age, sex, BMI, Family History, nutritional lifestyle, physical activity, smoking pattern and hypertension with the significance level set at p<0.05.
Results: Majority of the participants were females (52.4%), from faculty of Health science and Technology (44.3%), within ages of (21-25) (62.5%), normal weight (72.9%), and in 300L (29.7%). The overall prevalence of hypertension was (3.7%), and the prevalence of prehypertension was (18.5%) in UNEC. Association was found between hypertension and age (diastolic blood pressure) with the significance level set at p<0.05 (0.034), Association was also found between hypertension and sex (systolic blood pressure) with p<0.05 (<0.001).
Conclusion: The observed prevalence of hypertension and prehypertension among UNEC participants highlights the need for increased awareness, education, and preventive measures targeting this population. This study underscores the importance of addressing hypertension as a significant health concern among young adults, particularly undergraduate students, warranting further research and interventions.
Keywords: Hypertension, prehypertension, undergraduate students, Nigeria

ASSESSING THE SERUM C-REACTIVE PROTEIN LEVELS, AS A BIOMARKER OF INFLAMMATION IN CARPENTERS EXPOSED TO WOOD DUST IN ENUGU METROPOLIS SOUTHEAST NIGERIA: A CROSS-SECTIONAL STUDY

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Introduction
Chronic exposure to ambient air pollution is a significant environmental and public health menace. This study assessed serum C-reactive protein levels as a biomarker of inflammation in carpenters exposed to wood dust in Enugu metropolis, southeast Nigeria.
Materials and Methods
The study adopted the cross-sectional survey design. The University of Nigeria Teaching Hospital's Ethics Committee in Enugu approved it. A total of eighty (80) participants, forty (40) carpenters (exposed) and forty (40) office workers (unexposed), age and sex-matched (males) were recruited for the study. Study participants were chosen by simple random sampling. Serum levels of the C-reactive protein of the respondents were analysed using the Enzyme enzyme-linked immunosorbent assay (ELISA) method. Data was analysed using the statistical analysis software GraphPad Prism version 7 (Graph pad Software Inc., USA); a p-value of <0.05 was used to determine statistical significance.
Result
The mean age of the study participants is 32.00 years. This study observed a statistically significant decrease ($p<0.05$) in completion of academic activities in the exposed compared to the non-exposed. Furthermore, a notable decrease ($p<0.05$) was observed in the exposed serum C reactive protein levels compared to the unexposed.
Discussion and Conclusion
This study's findings suggest that occupational exposure to wood dust may have inflammatory potential. This might help fill a research gap, as there are few studies in south-eastern Nigeria on occupational wood dust exposure and its health implications.
Keywords: Wood dust exposure, Inflammation, C -reactive protein, Carpenters, Enugu

COMPARATIVE STUDY OF ANTIBACTERIAL ACTIVITY OF *ALCHORNEA CORDIFOLIA* ETHANOLIC LEAF EXTRACT FROM TWO NIGERIAN STATES.

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Abstract
Alchornea cordifolia, a common medicinal plant in West African traditional medicine is used to treat a wide range of illnesses. The study aimed to investigate and compare the antibacterial activity of ethanolic leaf extracts of *A. cordifolia* that were obtained from two different states in Nigeria, Afikpo Ebonyi State and Ikom Cross River State. The plant material was extracted using 95% ethanol, and the antimicrobial activity was evaluated against two bacterial strains, *S. aureus* and *E. coli* using the agar well diffusion method. The minimum inhibitory concentration (MIC) and qualitative and quantitative phytochemical was determined using standard procedures. The data obtained was compared at a significance level of $p < 0.05$ of the mean difference. *Alchornea cordifolia* leaves from Cross River State exhibited significantly higher inhibitory activity against *E. coli* (p-value 0.8) and *S. aureus* (p-value 0.19) bacterial strains. Comparative analysis of the phytochemicals revealed the absence of glycoside (-), no significant differences in flavonoids (1.16 ± 0.64 NS), tannin (1.57 ± 1.25 NS), saponins (0.62 ± 0.7 NS), steroids (0.52 ± 0.6 NS), but a significant difference in terpenes (0.12 ± 0.04 S) from Ebonyi State sample and a significant difference in phenol (0.49 ± 0.01 S) of Cross River State sample. The lack of substantial variations in flavonoid, tannin, steroid, and saponin content implies that the observed antibacterial variations might not be caused by these phytochemicals. Nevertheless, the significant phenol variation seen in the Cross River sample may account for some of its noteworthy antibacterial qualities. The study suggests that *Alchornea cordifolia* leaves from Cross River State and Ebonyi State exhibit significantly different antibacterial activities which may be attributed to variations in the phytochemical composition due to geographical and environmental factors. The study provides valuable information on the antimicrobial potential of *A. cordifolia* and highlights the importance of examining the influence of geographical factors on the bioactivity of medicinal plants. This could be useful for the development of effective phytomedicines especially for *S. aureus* and *E. coli* treatment and antimicrobial studies of plant extracts.
Keywords: Ethanolic leaf extract, antibacterial activities, phytochemicals, Alchornea cordifolia, Nigeria

PERCEIVED BURDEN OF SCD AMONG INFORMAL CAREGIVERS OF CHILDREN WITH SCD ATTENDING PAEDIATRIC CLINIC OF UNTH, ITUKU-OZALLA ENUGU STATE

AUTHORS

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Abstract

The chronicity of sickle cell disease (SCD) and the challenges associated with caring for a child with SCD have significant implications for caregivers and their families. Caregivers of children with SCD face numerous challenges, including physical, psychological, social, and economic burdens, which can impact their health and well-being. This study aims to examine the perceived burden among informal caregivers of children with SCD attending the paediatrics clinic at the University of Nigeria Teaching Hospital (UNTH) in Ituku Ozalla, Enugu State. A cross sectional design was employed for this study involving a total of 245 participants both male and female which were recruited using a purposive sampling. Data was collected using an adapted validated standardized questionnaire with a four point Likert scale that measured the clinical burden of SCD, the physical, financial, psychological and social/family dynamic burden of caregivers of children with SCD. Data was analyzed using Statistical Package for Social Sciences (SPSS 20.0) software. Findings include:Most of them were females (77.5%), Christians (98.3%), married (88.1%), and (31.4%) completed secondary education followed by (28.4%) that had HND/ Degree. Predominantly were traders (40.7%), followed by civil servants (36.0%). 34.7% had family monthly income between N31, 000-N50, 000, (32.2%) had less than N18, 000, (23.3%) had N18, 000 -N30, 000 while few (9.7%) had N50, 000 and above. Most of the principal informal caregivers (72.0%) were mothers, (45.8%) had up to three children in their family and majority (83.9%) had only one SCD affected child in the family. Conclusively, this research highlights the burden faced by caregivers of children with SCD. It is highly recommended that healthcare providers should establish appropriate nurse-patient-caregiver relationships, provide individualized and holistic care to both children with Sickle Cell Disease (SCD) and their caregivers, advocate for SCD preventive measures, ensure proper supervision of laboratories conducting genotype screening, strengthen national health insurance, and adopt recommended public health interventions to reduce the clinical burden of SCD and alleviate the burden on families.

Keywords: Sickle Cell Disease (SCD), caregivers, burden

TURNING RESEARCH PUBLICATION TO WEALTH CREATION; A NEED FOR PARADIGM SHIFT TO RESEARCH COMMERCIALIZATION AMONG NIGERIAN ACADEMIA.

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Abstract

Introduction: Nigerian academia has been under various pressures from within and outside the university community. Of all these pressures, the publish or perish mantra has left the academia jostling to publish in one impact factor journal or the other. This results in academia bringing biases, ambitions, and tendencies into their work, thus making research rarely, if ever, truly pure, and less impactful to society. However, emphasis has been shifted to the institution-based research which is geared towards the commercialization of research work.

Materials and Method: This paper explores current literature on steps, guides, and policy frameworks regarding institutional based research commercialization of academic research viz-a-viz research funding and program support.

Results: Embracing commercialization of academic research will play a central role in the economic development of our society as well as sustainability of our university. Commercialization of institution-based research will also help in building university-industry collaborations which is needed for the translation of academic research into beneficial products and therapies for public use.

Conclusion: The era of publishing for the purpose of promotion is fast fading away, with emphasis being shifted to the commercialization of research work for the economic growth of our society. Embracing research commercialization ensure university-industry collaboration which is the engine for development of any society as well as making our universities to be self-sufficient.

Keywords: Research; Publication; Commercialization; Wealth Creation; Nigerian Academia.

EXPLORING THE BURDEN OF HYPERTENSION AND DYSLIPIDEMIA AMONG UNIVERSITY STUDENTS IN ENUGU, NIGERIA: A CROSS-SECTIONAL ANALYSIS

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Hypertension is a significant risk factor for chronic diseases, leading to over 10 million deaths globally.While more common in older individuals, there is a rising incidence of hypertension in younger populations. This study conducted in Enugu, Nigeria, explored the prevalence and patterns of hypertension and its comorbidities among young adults in a tertiary Institution.
Methods: This cross-sectional study was conducted from March to April 2021, involving 271 consenting medical students aged 18–35 years (130 males and 141 females). Blood pressure measurements were taken using standard methods, and blood samples were collected for lipid profile, fasting blood sugar, and creatinine assays. Data were analyzed with the IBM Statistical Package for Social Sciences version 25 using descriptive statistics, Chi-square, and Student's t-tests, with $p<0.05$ taken as being significant.
Results: Mean systolic and diastolic blood pressure in the study population was 116.77mmHg and 77.16mmHg. Results show that 19.9% of the study population were hypertensive, with 0.7% presenting with systolic HTN while 13.7% had diastolic HTN and 5.5% had both systolic and diastolic HTN. Males recorded significantly higher systolic ($p<0.0001$) and diastolic ($p<0.05$) blood pressure compared to the female subjects. Males had significantly higher mean values of LDL (<0.05), VLDL (<0.0001), TG (<0.01), creatinine (0.0001) and FBG (<0.01) and lower HDL (<0.01) compared to the female subjects. Prevalence of dyslipidemia was 36.5%, (21.8% male and 14.8% female) subjects. Among the hypertensives, 38.9% also had at least one type of dyslipidemia, which was more prevalent in the male subjects (33.3%). None of the hypertensives presented with creatinine abnormality or were diabetic however, 10% were prediabetic and 2% presented with hypoglycemia.
Conclusion: There is a high prevalence of hypertension ithe young adults studied and a good number of them also presented with at least one or more dyslipidemia as the only comorbidity.
Keywords: Hypertension, comorbidity, medical students, Enugu -Nigeria.

SIGNIFICANCE OF QUALITATIVE RESEARCH METHODS IN HEALTH SYSTEM RESEARCH

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Abstract:
Qualitative research methods play a crucial role in health system research by providing in-depth insights into complex healthcare phenomena. This study explores the significance of qualitative methods in understanding the dynamics of health systems. A qualitative approach was employed, utilizing in-depth interviews, focus group discussions, and participant observation. The study focused on healthcare professionals, policymakers, and patients to explore their perspectives on health system challenges and opportunities. The qualitative analysis revealed several key themes, including the importance of communication between healthcare providers and patients, the impact of socio-economic factors on access to healthcare, and the role of cultural beliefs in shaping health-seeking behaviors. Additionally, the study identified challenges related to healthcare delivery and policy implementation. This research provides valuable insights into the complex nature of health systems, highlighting the need for patient-centered care, improved communication strategies, and targeted policy interventions. By understanding the perspectives of stakeholders, this study contributes to the development of more effective and equitable healthcare systems. Based on the findings, it is recommended that health system interventions focus on improving communication between healthcare providers and patients, addressing socio-economic barriers to healthcare access, and incorporating cultural perspectives into healthcare delivery. Additionally, policymakers should consider the insights gained from this study when designing and implementing health policies and programs.
Keywords: Research, Healthcare, Qualitative Approach, Health Education.

RADIOGRAPHIC ASSESSMENT OF NORMAL RANGE OF HIGH AND LOW CERVICAL ANGLE AMONG APPARENTLY HEALTHY PATIENTS IN SOUTHEAST NIGERIA

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Background:
Although musculoskeletal neck pain has frequently been associated with the elderly, recent studies have shown an increase in its prevalence in the younger population due to dependency on mobile devices, a phenomenon known as 'textneck'. It is estimated that 75% of the world's population is hunched over their handheld devices for hours daily with their heads flexed forward. There are many landmarks and angles that can be obtained from the spine including the cobbs' angle and cranio-cervical angle. This study focuses on finding a normal range of high and low cervical angle among apparently healthy patients in Southeast Nigeria
Methods: 124 radiographs of skeletally mature patients devoid of any pathology were obtained and analyzed with the other pathologic radiographs being excluded.
Result: The high and low cervical angles (sex independent) obtained from the study range from 57.5 0 to 84.1 0 and 4.9 0 – 17.2 0 respectively. The high cervical angles (sex-dependent) obtained from the study for males and females range from 52.7 0 – 83.4 0 and 58.9 0 – 84.9 0 respectively. The low cervical angles (sex-dependent) obtained from the study for males and females range from 4.6 0 – 19.7 0 and 3.9 0 – 17.5 0 respectively. There is a weak correlation between age and high and low cervical angles. Gender disparities do not significantly affect high and low cervical angles.
Conclusion: This study covers the measurement of high cervical angle and low cervical angle. The normative values are 69.0 and 10.36 respectively. There was no significant difference between the High and low cervical angles when age and gender was considered. Values above or significantly below these values may be indicative of a pathology. The findings of this work would aid clinicians in spotting cervical abnormalities, early interventional radiology, and preparation for cervical fusion surgeries.
Keywords: cervical angle, textnneck, normal range, southeast nigeria