



## Book of Abstracts of Papers Presented at the 64<sup>th</sup> Annual General Meeting and Scientific Conference of the Nigerian Medical Association, Rivers State, Port Harcourt 2024 (4<sup>th</sup> – 8<sup>th</sup> August, 2024)

Compiled by: **Daprim Samuel Ogaji**, *Department of Community Medicine, University of Port Harcourt Teaching Hospital, Alakabia, Rivers State, Nigeria; daprim.ogaji@uniport.edu.ng; +2348037092225*

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### Abstract

NMA2024/T1/001

## Objective Hearing Assessment in Children with Speech Impairment in Rivers State University Teaching Hospital Port Harcourt Nigeria Ikenga VO, Oparaodu UA, Biibaloo LL, Ebong ME, Seleye-Fubara E

*Department of Otorhinolaryngology, Rivers State University Teaching Hospital, Port Harcourt, Nigeria*

**Corresponding author: Ikenga VO, [apriokue@gmail.com](mailto:apriokue@gmail.com)**

**Background:** The etiology of speech pathologies in children can be multifactorial, with hearing loss playing a major role. Objective hearing assessments, such as tympanometry, otoacoustic emissions (OAE) and Auditory brainstem evoked response audiometry are crucial for diagnosing hearing impairments. This study aims to evaluate the presence and patterns of hearing loss in children with speech impairment using these objective hearing assessment parameters.

**Method:** We retrieved data from medical records of patients who presented to the audiology/speech therapy section of the Ear, Nose and Throat Department of Rivers State University Teaching Hospital, Port Harcourt Nigeria between January 2014 to December 2023. The study included children aged 2-12 years diagnosed with speech impairment who underwent objective hearing assessments. Data collected included demographic information, tympanometry, OAE and ABR results.

**Result:** A total of 122 children with speech impairment were included in the study. Male female ratio was found to be 1.7 :1. Most (69.7%) were between of 2-4 years. Tympanometric findings were normal in 95% of cases indicating healthy middle ear function while 54.9% had abnormal otoacoustic emission indicating cochlear dysfunction. ABR results were abnormal in 39.3% of the cases, showing deficient brainstem response.

**Conclusion:** The study highlights a significant presence of hearing loss among children with speech impairment. Objective hearing assessments, particularly OAE and ABR are essential for early detection and management. Integrating routine audiological evaluations in the diagnostic workup of speech-impaired children can facilitate timely interventions, potentially improving speech and language development outcomes.

**Keywords:** Objective hearing assessment, speech impairment, children, tympanometry, otoacoustic emissions, auditory brainstem response, hearing loss.





Abstract

NMA2024/T1/002

## Demographic and Risk Factors in Children with Speech Impairment: A Retrospective Study Of 122 Children with Speech Impairment in Rivers State University Teaching Hospital Port Harcourt Ikenga VO, Ikenga VO, Oparaodu UA, Seleye-Fubara E

*Department of Otorhinolaryngology, Rivers State University Teaching Hospital, Port Harcourt, Nigeria*

**Corresponding author: Ikenga VO, [apriokue@gmail.com](mailto:apriokue@gmail.com)**

**Background:** The aim of this study is to investigate the demographic characteristics and associated risk factors in children diagnosed with speech impairment in Rivers State University Teaching Hospital Port Harcourt.

**Method:** We reviewed medical records of children aged 2-12 years diagnosed of speech impairment between January 2014 and December 2023 at the audiology/speech therapy section of the department of Ear, Nose and Throat Rivers State University Teaching Hospital Port Harcourt Nigeria. Data on age, gender, prenatal, perinatal and developmental history were retrieved and analyzed.

**Result:** A total of 122 children were included in the study, with a male-to-female ratio of 1.7:1. The highest prevalence of speech impairment was observed in the age group of 1-3years. Most (77.9%) patients had no known risk factors. However, 8.2% of the patient had history of hearing loss whereas 6.6% had history of neonatal jaundice.

**Conclusion:** The study highlights the role of prenatal and perinatal factors in speech impairment. It underscores the need for a multidisciplinary approach in the management and prevention of speech impairment in children. Future research should focus on longitudinal studies to further elucidate causal relationships and the impact of early interventions.

**Keywords:** risk factors, children, speech therapy, hearing loss, prenatal, perinatal, prevalence, neonatal jaundice

Abstract

NMA2024/T1/004

## Inferior Turbinate/Nasal Cavity Ratio: A Novel Objective Tool with Potential Clinical Implications

Erekosima BU, Jaja BNR, Horsfall AU, Ikenga VO, Oparaodu UA, Robinson E

**Corresponding author: Erekosima BU, Department of Human Anatomy, Faculty of Basic Medical Sciences, College of Medical Sciences, Rivers State University, Port Harcourt, Nigeria; [boma.erekosima@ust.edu.ng](mailto:boma.erekosima@ust.edu.ng); +2348063199036**

**Background:** The nasal cavity is the upper part of the respiratory tract which communicates with the external environment through the anterior apertures. It also communicates with the nares, and the nasopharynx via the posterior apertures. The nasal cavity is divided into two by a septum, each cavity consisting of a roof, floor, medial wall, and lateral wall. The nasal cavity is formed laterally by the inferior, middle and superior nasal conchae (turbinates). The aim of the study was to investigate the dimensions of the inferior turbinate as seen in selected Nigeria subjects and develop novel anatomical parameters and indices with potential clinical implications.

**Method:** This retrospective study was done in the Radiology department of the Rivers State University Teaching Hospital following ethical approval, 339 CT films of adults (males and females) were analysed in this study. Sex and side differences were analysed using t-test, while relationship between anatomical structures were analysed using the Chi square test. The confidence interval was set at 95% and  $p < 0.05$  was considered significant. The volume of the inferior turbinate and nasal cavity were measure and the inferior turbinate/nasal cavity ratio was calculated.

**Result:** The mean volume of the inferior turbinate for males was  $2.01 \pm 0.12$ , female was  $2.22 \pm 0.14$  and for the entire population it was  $2.12 \pm 0.13$ . The mean volume of the nasal cavity for male and female were  $15.98 \pm 0.40 \text{ cm}^3$  and  $14.73 \pm 0.34 \text{ cm}^3$ , respectively, whereas the average for the population was  $15.35 \pm 0.37 \text{ cm}^3$ .

**Conclusion:** To the best of our knowledge, this is the first research that used well defined anatomical landmarks in estimating the volume of the nasal cavity and inferior turbinate. This study also provided a clinically objective tool in assessing the degree of nasal cavity obstruction by providing a grading system for the inferior turbinate/nasal cavity. This



tool will particularly be very useful in resource poor settings like ours where nasal endoscopy and rhinometry may not be readily available and affordable. Therefore, radiologist can use this grading system to grade the degree of inferior turbinate hypertrophy and predict the degree of nasal obstruction and severity of symptoms.

**Keywords:** Inferior turbinate, nasal cavity, ratio, grading.

Abstract

NMA2024/T1/005

## The Role of Nutrition in Hypertension Risk Reduction - The Nigerian Diet Risk Score (NiDRS)

Nimisoere PB, Carolyn IA, Moore JB, Zulyniak MA

**Corresponding author:** Nimisoere PB, *Department of Human Physiology, Rivers State University, Port Harcourt, Nigeria; School of Medicine, Faculty of Medicine and Health, University of Leeds, Leeds, UK, Nigeria; nimisoere.batubo@ust.edu.ng; +2348068856935*

**Background:** Hypertension is a global health concern, particularly in Africa. It is expected to affect 1 in 3 adults living in Africa, with prevalence standing at 36% in Nigeria. Poor diet accounts for two-thirds of cases of hypertension and CVD globally and in Nigeria, and our recent meta-analysis confirms their contribution in West Africa. This study aimed to develop a culturally appropriate diet risk score that can accurately identify individuals at risk of hypertension and support clinicians in providing personalised dietary advice to patients.

**Method:** We used a validated Nigerian Dietary Screening Tool (NiDST) to assess the dietary intake among 151 patients and used approaches similar to Framingham and INTERHEART studies to: (i) construct and validate a Nigerian Dietary Risk Score (NiDRS) for hypertension; and (ii) evaluate the NiDRS against a panel of clinical biomarkers of hypertension, using multiple logistic and linear regression models, ROC, decision curve, mediation analyses to facilitate its use in clinical practice.

**Result:** Each incremental increase in the NiDRS was associated with a 2-fold increase in odds of overall hypertension (OR [95%CI]: 2.04 [1.16, 1.16],  $p=0.01$ ), with the highest score category associated with >18-food increased odds of hypertension, compared to lowest category (OR [95%CI]: 18.27 [1.33, 251.21],  $p=0.03$ ). The NiDRS demonstrated excellent discrimination with an AUC of 92%, high sensitivity (85%), specificity (94%), Brier score of 0.1 and a positive net benefit. In addition, biomarkers (total cholesterol triglycerides, LDL, CRP, and homocysteine) partially (41-76%) mediated the relationship between NiDRS and mean arterial pressure in a positive direction.

**Conclusion:** The NiDRS is an accurate and valuable tool for clinicians to identify and stratify individuals at risk of hypertension and offer personalised dietary needs to address the rising prevention of hypertension in Nigeria.

**Keywords:** Hypertension, mean arterial pressure, Nigerian dietary Risk score, Nutrition, Dietary screening.

Abstract

NMA2024/T1/007

## Knowledge, Attitude and Practice of Food Safety and Hygiene among Undergraduate Students in Pamo University of Medical Sciences, Rivers State, Nigeria

Iwo-brown H, Joseph JD, Josiah AP, Mamudu DE, Joseph CB

**Corresponding author:** Joseph CB, *Pamo University of Medical Sciences, Port Harcourt, Rivers State, Nigeria; josecarol450@gmail.com*

**Background:** Food safety and hygiene are crucial for public health, as poor food hygiene practices can lead to food-borne illnesses and infections, resulting in severe health complications. In the context of university life, where students often live and dine communally, the understanding of food safety and hygiene practices becomes critical. In Nigeria, food-borne illnesses are a common occurrence, and many cases go unreported due to a lack of awareness and knowledge of food safety and hygiene practices. Undergraduate students are among the groups at risk for food-borne illnesses, as they often

consume food from various sources, including campus cafeterias, street vendors, and restaurants. Therefore, this study aims to assess the knowledge, attitude and practice of food safety and hygiene among undergraduate students of PAMO University in Rivers State, Nigeria.

**Method:** A descriptive cross-sectional study with a multi-stage sampling technique was used to select participants for this study. The sample size was 215, and a well-structured interviewer-administered questionnaire adapted from WHO that addressed key aspects of food safety and hygiene was used to collect the data. The data was analyzed using IBM SPSS (Statistical Products and Service Solution) version 27 and the results were presented accordingly.

**Result:** The number of respondents was 195 with results showed outcomes that painted a generally positive picture, with the majority of students displaying a commendable grasp of necessary safety measures and hygiene habits, suggesting a proactive approach to preventing food-borne diseases. The Prevalence of adequate knowledge was 85.04%, Attitude was 89.9% and Practice was 89.7%.

**Conclusion:** The study underscores the vital role educational institutions like PAMO University play in reinforcing food safety and hygiene, not only to safeguard health but also to fortify the academic environment. Addressing the identified gaps by bolstering educational initiatives can enhance the well-being of the student community, underscoring the symbiotic relationship between health awareness, safe dietary habits, and the overarching academic experience.

**Keywords:** Food Safety, Hygiene, Undergraduate Students, PAMO University

## Abstract

NMA2024/T1/008

# Processing methods and preservation practices of fishes sold in major markets in Port Harcourt metropolis, Rivers State, Nigeria

Joseph CB, Ojule IN

**Corresponding author:** Joseph CB, *Pamo University of Medical Sciences, Port Harcourt, Rivers State, Nigeria;* [josecarol450@gmail.com](mailto:josecarol450@gmail.com)

**Background:** Fish is an aquatic animal which represents a good and rich source of animal protein that contains amino acids, vitamins, minerals and polyunsaturated fatty acids. They are highly perishable and susceptible to degradable organisms and hence must be properly handled and processed to be able to extend their storage life and reduce harm to consumers.

**Method:** The study used a cross-sectional design among 212 respondents. A multistage sampling technique was employed. The data were collected using a semi-structured interviewer administered questionnaire with the result analysed using IBM SPSS version 25 and the results presented accordingly.

**Result:** The respondents were smoked fish and smoked-dried fish sellers in the Port Harcourt metropolis. Most were aged between 20 – 29, few were < 20 years and others ≥ 40. Majority were females with some few males. Majority of them were single with some married ones, some divorced / separated and widowed. Majority have only secondary school education and some post-secondary school education; others were without any form of formal education while few had only primary school education. Majority have not received any form of formal training on food safety while only few responded that they have received such training.

Majority are sellers who are involved in the procurement of the smoked fish and smoke-dried fish from the processors while some are directly involved in processing of the fish.

Some were sales persons who attended to customers alone and have no role to play in the procurement/processing of the fish. The majority of the respondents have been in the business for less than five years while some have been in the business for over 5years and up to 14 years.

According to our findings, smoking was the main processing method using the traditional kiln, with wood as source of fuel. The processed products were stored mainly in baskets and airy bags in cool dry places. Further re-smoking, reheating and sun-drying are carried out when not sold to avoid spoilage. Hazards to biological and environmental health are undesired effects of these traditional methods. The main constraints to processing and preservation of the fishes were use of modern and innovative methods, lack of proper education on good fish handling techniques. Biological hazards were rodents and pests, while the main measures employed to curb them were application of dry pepper and re-drying.

**Conclusion:** This study has showed that the traditional methods of kiln and wood are still largely in use. Research and application of modern and innovative methods of fish processing and preservation is advocated. This is to balance product shelf life with consumer and environmental safety.





**Keywords:** Fish processing, Preservation methods, Port Harcourt Metropolis.

Abstract

NMA2024/T1/009

## Determinants of Basic Life Support (BLS) among Undergraduate Students of University of Port Harcourt Rivers State

Enuagwuna FC, Tobin-West CI, Bruce E, Bethel CT, Benjamin FB

**Corresponding author:** Enuagwuna FC, *Department of Preventive and Social Medicine, University of Port Harcourt; Department of Community Medicine University of Port Harcourt Teaching Hospital; drfred.enuagwuna@yahoo.com; +234834419965*

**Background:** Rising incidents of deaths due to cardiorespiratory arrest are an increasing concern globally, adequate knowledge, a positive attitude, and good practice of BLS can reduce mortalities when such events occur. BLS is a set of life-saving procedures used to keep a person alive after a cardiorespiratory arrest. This study aimed to determine the determinants of BLS among undergraduate students at the University of Port Harcourt.

**Method:** A descriptive cross-sectional study design with multi-stage sampling technique was employed, and an online self-administered questionnaire was used to collect data from 494 undergraduate students at the University of Port Harcourt. The data was analyzed using IBM Statistical Product and Service Solutions (SPSS) version 27. Data were summarized using means, frequency, proportions, Chi-square and regression analysis, p-value of  $\leq 0.05$  was considered significant.

**Result:** The result showed that age group, gender, and department of participants were significant determinants of BLS among the study participants. Attitude was seen to be a statistically significant determinant of BLS ( $df=2$ ;  $\chi^2=14.665$ ;  $p$ -value=0.001). It also showed that age group is a significant determinant of BLS ( $df=6$ ;  $\chi^2=29.590$ ;  $p$ -value=0.0001), gender a significant determinant of BLS ( $df=2$ ;  $\chi^2=18.574$ ;  $p$ -value=0.000) and departments were all statistically significant determinants of BLS among undergraduate students at the University of Port Harcourt.

**Conclusion:** Comprehensive strategic plans need to be put in place in the institution to ensure training and re-training of the students on BLS irrespective of their ages, gender, department and faculty as this will further increase their attitude towards BLS.

**Keywords:** Basic Life Support, BLS, Determinants, Undergraduate students, University of Port Harcourt

Abstract

NMA2024/T1/010

## Knowledge, Attitude, and Practice of Basic Life Support Skills among Undergraduate Students at the University of Port Harcourt Rivers State, Nigeria

Enuagwuna FC, Tobin-West CI, Ojule I, Ofurum I, Bruce E, Bethel CT, Benjamin FB

**Corresponding author:** Enuagwuna FC, *Department of Human Anatomy, Faculty of Basic Medical Sciences, College of Medical Sciences, Rivers State University, Port Harcourt, Nigeria; drfred.enuagwuna@yahoo.com; +234834419965*

**Background:** Rising incidents of deaths due to cardiorespiratory arrest are increasing concern globally, adequate knowledge, a positive attitude, and good practice of BLS can reduce mortalities when such events occur. BLS is a set of life-saving procedures used to keep a person alive after a cardiorespiratory arrest. This study assessed the level of knowledge, attitude, and practice of BLS among undergraduate students at the University of Port Harcourt.

**Method:** A descriptive cross-sectional study design with multi-stage sampling was employed, and an online self-administered questionnaire was used to collect information from 494 undergraduate students at the University of Port Harcourt. The data was analyzed using IBM Statistical Product and Service Solutions (SPSS) version 27. Data were summarized using means, frequency, proportions, Chi-square and regression analysis, p-value of  $\leq 0.05$  was considered significant.

**Result:** Out of the 494 respondents that were interviewed, 53.6% had heard of BLS, mostly learning about it in school. However, only 12.8% had good knowledge, and 60.1% had poor knowledge. Medical students showed better knowledge than non-medical students. 77.8% believe that BLS is necessary, 56.7% have a positive attitude, 14.2% have practiced BLS and 78.6% have good practice. 95.3% were willing to undergo BLS training, and 92.7% wanted it included in the curriculum.

**Conclusion:** The result showed that majority of the students had poor knowledge and practice of BLS, but many had a positive attitude towards it. A good number of the respondents showed willingness to undergo BLS training and also wanted it to be incorporated into the curriculum. On this basis, comprehensive strategic plans have to be put in place in the institution to ensure that student are taught, trained, and re-trained in BLS, irrespective of gender, age, department and faculty of study.

**Keywords:** Basic Life Support Skills, Practice, Knowledge, Attitude, Students

Abstract

NMA2024/T1/011

## Causes and Outcome of Altered Consciousness in the Accident and Emergency Department of University of Teaching Hospital

Buowari DY, Ikpae EB

**Corresponding author:** Buowari DY, *Department of Accident and Emergency, University Of Port Harcourt Teaching Hospital, Port Harcourt, Nigeria; dabotabuowari@yahoo.com; +2348037324401*

**Background:** Unconsciousness occurs when a patient enters a sleeplike state but cannot be aroused, and it is not due to physiological drowsiness. It is a common presentation in the Accident and Emergency Department (A&E), and a burden to the emergency physician especially when the cause is unknown. The cause of coma may be trauma or non-trauma-related. There is a shortage of data on the aetiology and outcome of unconsciousness in developing countries including Nigeria.

**Method:** This is a prospective study of 614 unconscious patients using convenience sampling from September 2023 to June 2024 at the A&E of the University of Port Harcourt Teaching Hospital. The World Health Organization emergency unit form was adapted for this study.

**Result:** The total population of this study is 614, 4.7% were unknown, 53.9% were male and a majority 79.0% came from urban areas and 81.1% was not related to trauma. The commonest causes of unconsciousness was stroke, diabetic complications/emergencies, traumatic brain injury, cancer, HIV/AIDs related disease and hypertensive emergency. Most of the patients 405(66%) died while in A&E, 189 (14.5%) transferred to the ward and 43 (7.0%) companions discharged against medical advice.

**Conclusion:** Unconscious patients are a challenge in the emergency room, stroke, and diabetic emergencies are the most common cause of non-traumatic related and traumatic brain injury was the trauma related etiology of unconsciousness. There is need for improvement of ambulance services as most of the patients arrived in a taxi or vehicle of the patient or their companions even those that were referred from another health facility.

**Keywords:** Altered Mental State, Stroke, Traumatic Brain Injury, Diabetic Emergency.

Abstract

NMA2024/T1/012

## Fleeing the Nest: Migration Aspirations of Clinical Year Students in a Nigerian University

Onyemaechi EC, Amaogananya MA, Nwifah LB, Iwunze EC

**Corresponding author:** Onyemaechi EC, *Department of Preventive and Social Medicine, University of Port Harcourt, Port-Harcourt, Rivers State, Nigeria; onyemaechiclaire@gmail.com; +2348166044747*

**Background:** The brain drain of medical personnel is a major public health concern with serious implications, particularly in developing countries. Recent national reports have highlighted a significant increase in the exodus of medical doctors, exacerbating the healthcare crisis. This study aimed to determine the proportion of students intending to migrate and the associated push and pull factors among clinical-year medical students at the University of Port Harcourt.

**Method:** A cross-sectional descriptive study was conducted among 201 clinical-year medical students at the University of Port Harcourt by convenience sampling using an electronic questionnaire. The questionnaire was designed to collect data

on students' demographic characteristics, migration intentions, and the factors influencing their decisions. Data was analyzed using SPSS version 21. Categorical variables were summarized as proportions.

**Result:** The study showed that a significant proportion (70.1%) of the clinical students had intentions to migrate post-graduation and more than half of this population are already actively seeking guidance on how to migrate. The top countries of choice are the United Kingdom (35.7%), the United States of America (31.4%), and Canada (12.1%). Major push factors identified for migration intentions were poor health system (16.6%), poor working conditions (15.9%) and political and socioeconomic instability (15.3%) while the main pull factors were the good standard of living (15.1%), higher salary (15.0%) and better health system (13.9%).

**Conclusion:** A substantial proportion of clinical medical students at the University of Port Harcourt plan to migrate after graduation, posing a critical challenge for Nigeria's healthcare system. Urgent interventions are needed to improve the healthcare system and working conditions, retain future healthcare professionals, and strengthen the nation's healthcare workforce.

**Keywords:** brain drain, migration, clinical students, push and pull factors, developing countries

## Abstract

NMA2024/T1/013

### Spina Bifida Occulta: Unveiling an Atypical case

Iwunze CI, Watson-Aputu E, Aguwuom DI, Brownson NE

**Corresponding author:** Iwunze CI, *Department of Orthopaedics, University of Port Harcourt Teaching Hospital, Alakabia, Nigeria; charlesiwunze@gmail.com*

**Background:** Spina bifida occulta, a rare spine malformation that results from incomplete closure of the spine during development is largely asymptomatic and overlooked. They mostly affect lumbosacral vertebrae, presenting as midline cutaneous lesions, nocturnal enuresis, club feet, low back pain, spinal instability with risk of future sexual dysfunction. We aim to report the early onset lower limb dysfunction associated with asymptomatic spina bifida occulta.

**Clinical presentation:** A 3-year old female presented with inability to walk. She had no antecedent history of trauma, body swelling, weakness, lower limb pain or febrile illness. She also had vigorous neonatal whole-body massage by her grandmother, traditional bone setter treatment for bilateral congenital talipes equinovarus, and subsequent Ponseti treatment from 9 months of age. Social smile, neck control and sitting with support were timely attained. She attempted to stand at 7 months and had normal bowel and bladder control.

At presentation, she was playful, and healthy looking, with normal vital signs, supple neck, normal tone in all limbs. She stood with bilateral knee flexion, power 3 + in all lower limb muscle groups, reduced sensation L5/S1 dermatomes bilaterally, and zero Pirani score bilaterally. Her spine appeared normal on inspection, however there was a palpable defect at L3-L4

A diagnosis of spina bifida occulta to rule out chronic unrecognized vertebral injury was made.

Thoracolumbar spine radiograph showed L4 grade 5 retrolisthesis, increased L2/3 and L5/ S1 disc spaces, while her MRI showed bifid L2 and L5, absent L3 vertebra, with grade IV retrolisthesis of L4 vertebra.

She subsequently commenced muscle strengthening exercise regimen and gait training.

**Conclusion:** A thorough clinical assessment is essential in all neonates for early diagnosis even in the absence of the classical signs, thus enabling early multidisciplinary management to prevent life-long disability.

**Keywords:** Spina bifida occulta, child, case study, University of Port Harcourt Teaching Hospital, UPTH, Nigeria.



Abstract

NMA2024/T2/001

## Prevalence and Pattern of Complementary and Alternative Medicine use among Type 2 diabetics in a Tertiary hospital in South-South Nigeria

Nwanze NM, Dan Jumbo A, Atata CT, Nnadi N, Sokolo JEE

**Corresponding author:** Nwanze NM, *Department of Family Medicine, Rivers State University/Rivers State University Teaching Hospital, Port Harcourt; nnnadede@yahoo.com; +2348038951461*

**Background:** The World Health Organization estimates that a significant number of persons in Sub-Saharan Africa (SSA) depend on indigenous, Complementary and Alternative Medicine to attend to their primary healthcare needs. Furthermore, diabetics are 1.6 times more likely than non-diabetics to use a Complementary and Alternative Medicine (CAM).

The objectives of this study were to determine the prevalence of CAM use, to determine the medium of CAM introduction to the respondents and to know the pattern of CAM use among respondents.

**Method:** The study was a hospital-based study, cross-sectional analytical study of 260 Type 2 diabetic patients aged 18 years and older. Simple random sampling method was used to recruit respondents. A structured interviewer administered questionnaire was used to collect relevant data. Data was analysed using the Statistical Package for Social Sciences version 23. Frequency distribution tables, percentages, charts, were used to analyse data.

**Result:** The prevalence of CAM use was 36% (n=93), 49.5% (n=46) of respondent were introduced to the use of Complementary and Alternative Medicine by Others (friends, colleagues, neighbours, Sales rep and other diabetics) and biological based CAM (>90%) was the most frequently used.

**Conclusion:** The study revealed that less than half of the respondents used CAM. Respondents were introduced to CAM by friends, colleagues, neighbour, Sales representatives and other diabetics. Biological based CAM products were the most commonly used.

**Keywords:** Complementary and Alternative Medicine, Type 2 diabetes, tertiary hospital, south-south Nigeria.

Abstract

NMA2024/T2/002

## A Review of Gynaecological Malignancies in a Tertiary Hospital in the South-South of Nigeria

Onwubuarari M, Abam DS, Ononuju CN, Owoi TJ, Eli S

**Corresponding author:** Abam DS, *Department of Obstetrics and Gynaecology, University of Port Harcourt Teaching Hospital; dagabam@yahoo.com*

**Background:** Gynaecological cancers constitute a major public health problem and are a major cause of morbidity and mortality worldwide. These cancers have diverse patterns of distribution worldwide, with ethnic/racial and environmental differences, and presentation variation. The prevalences of the various cancers in the group vary considerably from country to country, however worldwide cancer of the cervix is the commonest, responsible for 80% of gynaecological cancers in the developing countries. The aim is to review the gynaecological malignancies in a tertiary hospital in south-south Nigeria.

**Method:** This was a 4-year cross-sectional retrospective study conducted in the obstetrics and gynaecology department of the University of Port Harcourt Teaching Hospital. Information were retrieved from the case notes of patients. Data analysis was done using SPSS version 23.

**Result:** There were a total of 2414 gynaecological admissions for the period under review, with 5.26% of them genital tract malignancies. The age range was 20-77 years with a mean age of 51.6 years. The mean parity was  $4.8 \pm 2.3$ . There were 30 deaths in total during the study period, of which 24 (80%) were due to gynaecological cancers. In the order of occurrence



cervical cancer was the most prevalent, accounting for (52%), ovarian cancer (18.2%), choriocarcinoma (15%), endometrial cancer (9.4%), vaginal cancer (3.1%) and vulval cancer (2.3%). Late presentation with stage 2-4 disease was 85%.

**Conclusion:** The study revealed that gynaecological cancers contributed to 5.26% of gynaecological admissions and 80% gynaecological deaths. With screening, if available, and high index of suspicion these gynaecological cancers are likely to be diagnosed at an earlier disease stage and appropriate treatment would mitigate the morbidity and mortality, with improvements in the quality of life of the sufferers.

**Keywords:** gynaecological, cancers, morbidity, mortality, south-south Nigeria.

Abstract

NMA2024/T2/003

## Patterns of Childhood Malignancy: A 5-Year Review

Chioma G, Uwadike RA, Okpani MT, Eke G, Akani N

**Corresponding author: Okpani MT**, *Department of Paediatrics and Child Health, University Of Port Harcourt Teaching Hospital, Port Harcourt, Nigeria; mokpani@gmail.com*

**Background:** Childhood malignancy remains a significant problem and cause of morbidity and mortality in low- and middle-income countries. Incidence of childhood malignancy vary world wide ranging from 80-150 million cases annually. Leukaemias and CNS tumours contribute to over half of new cases in the USA, while in the developing countries, children suffer from malignancy in addition to other prevailing health conditions such as malnutrition and infections. Common childhood malignancies include leukemias, lymphomas, solid embryonal tumours and bone tumours. The pattern of childhood malignancy may have changed over the years due to prevailing environmental factors and improved diagnostic modalities. This study therefore aims to determine the pattern of childhood malignancy in the University of Port Harcourt teaching hospital over a 5-year period.

**Method:** This was a five-year retrospective study conducted on the records of children with malignancy diagnosed at UPTH from January 2019 to April 2024. Data collected from the hospital register included age, sex, and diagnosis. Analysis of data was done with the Statistical Package for Social Sciences (SPSS) VERSION 22.0.

**Result:** A total of 242 children were diagnosed with childhood malignancy within the study period with a male to female ratio of 1.4:1. The mean age was  $7.04 \pm 4.9$ . The commonest malignancy identified were leukaemias, nephroblastoma and rhabdomyosarcoma accounting for 23%, 16.5% and 13.3% respectively. Most cases of childhood malignancy were seen in 2019 followed by 2023 with 65 and 44 cases seen respectively.

**Conclusion:** Childhood malignancy is not uncommon in our environment and their patterns may be changing. Childhood leukaemias and nephroblastoma accounted for a large percentage of cancers in our study contrary to previous studies that reported lymphoma (Burkitt's) but it is similar to the pattern in developed countries. Therefore there is need to be constantly updated on the changing trend of childhood malignancy.

**Keywords:** Patterns, Childhood malignancies, University of Port Harcourt Teaching Hospital, UPTH, Nigeria.

Abstract

NMA2024/T2/004

## Pattern of Childhood Leukemias Presenting to the University of Port Harcourt Teaching Hospital: A 5-Year Review

Chioma G, Okpani MT, Uwadike RA, Eke G, Akani N

**Corresponding author: Okpani MT**, *Department of Paediatrics and Child Health, University Of Port Harcourt Teaching Hospital, Port Harcourt, Nigeria; mokpani@gmail.com*

**Background:** Leukemias are one of the most common malignancies presenting in children accounting for up to 31% of malignancies occurring in children. They are a group of malignant diseases arising due to abnormal unregulated clonal proliferation of haematopoietic cells. These results in a disruption of normal marrow function and, ultimately lead to bone marrow failure. The aim of this study was to determine the pattern of childhood leukemias in children presenting to the University of Port Harcourt Teaching Hospital over a 5-year period.

**Method:** The study was a retrospective cross-sectional study carried out at the department of Paediatrics of the University of Port Harcourt Teaching Hospital. The inclusion criteria included all patients diagnosed with childhood leukemias from January 2019 to December 2023. Data was gotten from the case notes and folders of patients. Results were displayed on tables and bar charts. Data was analysed using SPSS version 22.

**Result:** A total of 242 cases of childhood malignancies were seen by the Paediatric oncology unit of the UPTH over a 5-year period, and of this number, leukemias made up 56(23.1%) with a M:F of 1.07:1. The mean age at diagnosis was 8.6years  $\pm$  4.9years. 48(85.7%) of the children with leukemias had acute lymphoblastic leukemia (ALL), 6(10.7%) had acute myeloid leukemia (AML) and 2(3.6%) had chronic myeloid leukemia.

**Conclusion:** Childhood leukemias accounted for a large percentage of malignancies affecting children in UPTH, males were more affected than females and the most prevalent leukemia was ALL.

**Keywords:** leukemias, childhood, malignancy, ALL

## Abstract

NMA2024/T2/006

### Impact of Intermittent Fasting on Cardiac Biomarkers in Wistar Rats

Reuben E, Chinko BC, Batubo NP, Amah-Tariah FS

**Corresponding author: Reuben E,** *Department of Human Physiology, Faculty of Basic Medical Sciences, College of Medical Sciences, Rivers State University, Port Harcourt, Nigeria; reuben.edith@rst.edu.ng; +2348064058029*

**Background:** Intermittent fasting is one of the most widely used weight loss strategies, but it has been associated with an increased risk of cardiovascular disease. This study investigated the effect of Intermittent fasting on cardiac biomarkers in male Wistar rats.

**Method:** Twenty (20) male Wistar rats (120-130 g) were used for the study. They were randomly assigned to four (4), consisting of five (5) rats per group. Group I served as the control while groups II, III, and IV served as the experimental groups and intermittently fasted for 6 hours, 8 hours, and 12 hours respectively for four (4) weeks. Blood samples were collected to determine cardiac serum biomarkers: troponin-T, troponin-I, and aspartate transaminase (AST)

**Result:** The present study observed a reduction in cardiac troponin-T ( $10.1 \pm 1.36$  pg/ml), and troponin-I ( $0.13 \pm 0.009$  ng/ml) levels in the 6-hour fasting group compared to the control. However, the 12-hour fasting group showed an increase ( $p < 0.05$ ) in cardiac troponin T ( $33.93 \pm 4.13$  pg/ml), troponin I ( $0.39 \pm 0.062$  ng/ml) and AST ( $70.5 \pm 1.04$  U/L) compared to control ( $20.17 \pm 4.34$  pg/ml,  $0.19 \pm 0.031$  ng/ml and  $24.3 \pm 4.41$  U/L respectively). Expectedly, there was a reduction in body weight in all experimental groups compared to the control at  $p < 0.0001$ .

**Conclusion:** Prolonged Intermittent Fasting could pose a risk to cardiac health necessitating careful consideration and monitoring of fasting regime.

**Keywords:** Intermittent Fasting, Cardiac Troponin, Aspartate Transaminase, Biomarkers, cardiovascular disease.

## Abstract

NMA2024/T2/007

### Modulation of Neurochemical Homeostasis and Enhancement of Brain Derived-neurotrophic Factor Associated with Reversal Effects of Geraniol in Mice Exposed to Ketamine-induced Schizophrenia-like Behaviour

<sup>1,2</sup>Uruaka CI, <sup>2</sup>Georgewill UO, <sup>2</sup>Georgewill OA

<sup>1</sup>Department of Pharmacology, Faculty of basic Medical Sciences, College of Medical Sciences, Rivers State University, Port Harcourt, Rivers State, Nigeria. <sup>2</sup>Department of Pharmacology, Faculty of Basic Clinical Sciences, College of Health Sciences, University of Port Harcourt, Rivers State, Nigeria

**Corresponding author: Uruaka CI,** *uruakachristian1@gmail.com; +2347060859705*

**Background:** Alterations of neurochemical homeostasis and brain derived neurotrophic factors are linked to schizophrenia-like features. It has been suggested that these schizophrenia-like alterations are reversible by naturally

occurring psychotropic agents with neuroleptic property. Here, we investigated the antipsychotic property of geraniol, an acyclic monoterpene with neuroprotective and antioxidant functions.

**Methods:** In the reversal study of ketamine-induced schizophrenia-like behavior. According to the reversal protocol, group 1 mice (n=5) received normal saline (10 mL/kg), mice in groups 2-5 received intraperitoneal injection of ketamine (20 mg/kg) for 14 days. From days 7-14 animals in groups 3-5 additionally received geraniol (25, 50 and 100 mg/kg, i.p.) and risperidone followed by behavioral assessments using novel object recognition test (NORT) and forced swim test (FST) respectively on day 15. Neurochemical assays such as dopamine, serotonin, acetylcholinesterase, glutamic acid decarboxylase (GAD) and brain derived neurotrophic factor (BDNF) were thereafter performed in the striatum, prefrontal-cortex and hippocampus with ELISA and standard biochemical procedures.

**Results:** Geraniol (25, 50 and 100 mg/kg) reverses ketamine-induced non-spatial memory impairment and behavioral despair in the NORT and FST respectively. The increased dopamine release in the striatum and hippocampus were significantly reversed by geraniol (100 mg/kg). Also, ketamine-induced increased serotonin and acetylcholinesterase levels were significantly reduced by geraniol. Notably, geraniol also dramatically increased the levels of GAD and BDNF in the different brain regions.

**Conclusion:** The findings suggest that modulation of neurochemical homeostasis and enhancement of brain derived-neurotrophic factor are associated with the reversal effects of geraniol in mice exposed to ketamine-induced schizophrenia-like behavior.

**Keywords:** Ketamine; Neurochemical, Psychosis; Geraniol; Cognitive symptoms

## Abstract

NMA2024/T2/008

# Cormorbid Anxiety Disorders among Asthmatic Patients attending The University of Port Harcourt Teaching Hospital (UPTH)

Nkporbu AK, Ekwubiri C, Jack I, Korubo IF, Stanley PC

**Corresponding author:** Nkporbu AK, *Department of Neuropsychiatry, University of Port Harcourt Teaching Hospital, Port Harcourt, Nigeria; nakpigi2008@yahoo.com*

**Background:** Asthmatic disease is a chronic distressing respiratory disease, and many sufferers of asthmatic diseases tend to have co morbid anxiety disorders due to psychological/emotional burden associated with the disease. The aim of this study was to determine the prevalence of anxiety disorders among patients with asthmatic disease attending the University of Port Harcourt Teaching Hospital (UPTH)

**Method:** Following ethical approval, asthmatics patients diagnosed by Consultant Physicians in the respective Departments of study, who have been on treatment for at least 6 months. A socio-demographic questionnaire as well as the Hamilton's Anxiety Scale was used as study instruments. The data obtained were analyzed using the SPSS version 22. Confidence interval was set at 95% and P-value of less than 0.05 was considered statistically significant.

**Result:** Out of the total number of 46 patients, 36 of them were found to have anxiety disorders (42% GAD, 26% simple phobia and 13% social phobia, 6% panic disorder, 12% mixed anxiety and depression). Sixty-eight per cent of the patients with co-morbid psychiatric disorders were not aware of their mental ill-health. Only 9% of those who were aware of their psychiatric condition had sought psychiatric intervention.

**Conclusion:** Anxiety disorders among asthmatic patients in UPTH is common. There is need to increase awareness of the existence of this comorbidity among clinicians for effective referrals and better management.

**Keywords:** Prevalence, Anxiety disorders, Asthmatic disease, UPTH

## Psychiatric Co-Morbidity and Substance use correlated with Medication Adherence among People Living with HIV (PLWHIV) attending Virology Clinic of University of Port Harcourt Teaching Hospital (UPTH)

Nkporbu AK, Wodu C, Akio EB, Ayodeji O, Stanley PC

**Corresponding author:** AK Nkporbu, *Department of Neuropsychiatry, University of Port Harcourt, Nigeria;* nakpigi2008@yahoo.com

**Background:** HIV infection is an endemic communicable chronic disease, of enormous public health concern worldwide particularly, Sub-Saharan African. Substance use and associated psychiatric co- morbidity among the sufferers may affect medication adherence. The aim of this study, therefore, was to determine the association of psychiatric co-morbidity and substance use with medication adherence among PLWHIV at the University of Port Harcourt Teaching Hospital.

**Method:** A cross-sectional study was conducted among 230 Subjects Living with HIV. Socio- demographic questionnaire was used. A structured questionnaire was used to assess use of psychoactive substances. Psychiatric co-morbidity was assessed using the GHQ-12 in conjunction with the DSM 5. The MAS was used to assess medication adherence. Data was analysed using the SPSS version 20.

**Result:** The prevalence of psychological co-morbidity was 30.6% while that of substance use was 60.7%. Alcohol use was highest with 41 (24.3%), followed by cigarette smoking 26 (18.9%) while nicotine snuffing was the least with 1 (0.4%). Of the 43(18.7%) with poor medication adherence, 31(15.2%) had psychiatric co-morbidity, 26(11.3%) had substance use, 25(10.8%) had both psychiatric and substance use co-morbidity while 19(8.2%) had none ( $p=0.004$ ).

**Conclusion:** Psychological co-morbidity and substance use are prevalent among PLWHIV and may affect medication adherence.

**Keywords:** Psychological co-morbidity, Substance use, Medication adherence, PLWHIV

## Biochemical analysis of cerebrospinal fluid in a tertiary hospital in South South Nigeria: a one-year perspective

Otokunefor O, Wonodi W

**Corresponding author:** Otokunefor O, *Department of Chemical Pathology, University of Port Harcourt, Rivers State, Nigeria;* mayslady@hotmail.com; +2348037056312

**Background:** Cerebrospinal fluid analysis is an investigation routinely carried out in patients to make or exclude a diagnosis or treat infectious and non -infectious diseases of the nervous system. Analysis of cerebrospinal fluid could be biochemical or microbiological. The aim of the study was to review the biochemical characteristics the cerebrospinal fluid over a one-year period in a tertiary health facility.

**Method:** This was a descriptive retrospective study of the biochemical analysis of 106 cerebrospinal fluid (CSF) specimen over a one-year period in a tertiary health facility. Data on the age, sex, diagnosis of the patients and the results of the biochemical analysis of the CSF were analysed using the SPSS 24 and results presented as descriptive data.

**Result:** A total of 106 CSF specimen were analysed with only two specimen from adults. Most of the specimen were from males with the most common diagnoses for requesting for CSF analysis being meningitis, sepsis and febrile convulsion. Most of the specimen were sent between the months of October, December and January to March with March receiving the highest number. The total number of CSF glucose results that were low when compared to the plasma glucose was 45 which is 42.3%. A little lower than a fifth (21.2%) had increased protein levels.

**Conclusion:** The CSF biochemistry request pattern showed that most of the specimen were from the paediatrics department, with a higher male preponderance, the three main diagnoses were, meningitis, sepsis and febrile convulsions.



42.3% of the specimen had reduced glucose levels, while 19.8% had increased protein levels which are in keeping with the biochemical findings for bacterial meningitis.

**Keywords:** cerebrospinal fluid analysis, meningitis, glucose, protein.

Abstract

NMA2024/T2/011

## Leveraging Technology to Enhance Healthcare Delivery and Reduce Brain Drain

Nwafor CE, Ogomegbunam MO

**Corresponding author:** Nwafor CE, *Cardiology Unit, Department of Medicine, University of Port Harcourt and University of Port Harcourt Teaching Hospital; [eze.nwafor@uniport.edu.ng](mailto:eze.nwafor@uniport.edu.ng); +2348037324401*

**Background:** Nigeria's healthcare system is struggling to provide quality care due to a brain drain crisis, outdated facilities, limited access to care, high mortality, and medicine shortages. The main issue is that many healthcare workers are leaving the country, making it hard to provide good care. This can lead to increase morbidity, increased mortality and a shortage of qualified healthcare professionals. Nigeria needs to find a solution to keep healthcare workers and improve its healthcare system. This research explores the role of technology in addressing the healthcare workforce shortage in Nigeria, with a focus on sustaining quality care and developing strategies to minimize the impact of brain drain.

**Method:** This study combines a systematic literature review, qualitative case studies, and policy analysis to understand how technological advancements can enhance healthcare delivery and mitigate brain drain.

**Result:** Electronic medical records (EMRs) improve access to patient information. AI-assisted diagnosis and robotic surgery enhance predictive analytics and surgical precision. Wearable devices monitor vital signs, enabling proactive health management. Telemedicine expands access to healthcare through remote consultations, reducing the need for in-person visits and increasing access to global specialists. These technologies help leverage specialist expertise, improving health outcomes and reducing recovery times.

**Conclusion:** Technological advances can significantly reduce the impact of brain drain in developing nations like Nigeria. Adopting these techniques is essential to prevent increased mortality and poor knowledge transfer in healthcare systems. The government and healthcare organizations must urgently incorporate these technologies into Nigeria's healthcare system, as the migration of highly qualified professionals is unlikely to decrease soon. Integrating technology into healthcare is crucial for maintaining an effective and sustainable healthcare system.

**Keywords:** Healthcare system, Technological advancements, Brain Drain, developing nation

Abstract

NMA2024/T2/012

## The Impact of Medical Policies and Politics on Brain Drain in Developing Countries

Nwafor CE, Clement C

**Corresponding author:** Nwafor CE, *Cardiology Unit, Department of Medicine, University of Port Harcourt and University of Port Harcourt Teaching Hospital; [eze.nwafor@uniport.edu.ng](mailto:eze.nwafor@uniport.edu.ng); +2348037324401*

**Background:** Brain drain devastates developing countries as healthcare professionals seek better lives and careers abroad. Medical policies and politics significantly influence their migration decisions. Factors like inadequate funding, restrictive laws, limited growth opportunities, political instability, and corruption drive brain drain. This article examines the relationship between medical policies and politics on brain drain in developing countries, aiming to identify key factors driving emigration and inform policy solutions to reduce brain drain and strengthen healthcare systems.

**Method:** This study used secondary data to investigate the impact of medical policies and politics on brain drain in Nigeria, Ghana, India, and Haiti. It examines relationships between healthcare workforce emigration and policy/political factors, using data from WHO, OECD, national health data, and Google Scholar articles.





**Conclusion:** The brain drain in developing countries is a critical issue caused by flawed medical policies and politics. Nigeria, Ghana, India, and Haiti are experiencing significant losses of skilled healthcare professionals due to factors like underfunding, low pay, limited opportunities, and political instability. This brain drain undermines healthcare progress, exacerbates development challenges, and increases dependence on international aid. To address this, policy reforms, investments in healthcare infrastructure, and international collaboration are needed to create conducive work environments and retain skilled professionals.

**Keywords:** brain drain, developing countries, healthcare professionals, medical policies, politics, Nigeria, Ghana, India, Haiti

Abstract

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## Reversing the Trend of Health Sector Brain Drain among final year Medical Students and House Officers among Medical Schools in Rivers State

Gbaranor KB, Robinson ED, Sokolo JEE, Tamuno-Opubo A

**Corresponding author:** Gbaranor KB, *Department of Human Physiology, College of Medical Science, Rivers State University, Rivers State, Nigeria; barinua.gbaranor@ust.edu.ng; +2348037414186*

**Background:** The phenomenon of brain drain (BD) is the movement of highly educated individuals or professionals from a low socio-economic country to a more advanced socio-economic country for a greener pasture. However, reversing the trend of healthcare sector brain drain require several mechanisms to be in place as this will encourage and improve the standard of healthcare delivery. The aim of this study is to evaluate the reversing trend of health sector brain drain among final year medical students and house officers in tertiary institutions in Rivers State.

**Method:** This was a cross-sectional study involving 350 (final year medical students 200 and house officers 150) who were within the age of 18 to 47 years. A well-structured questionnaire was administered to participants. The study lasted for a period of 2 months. Exclusion criteria were non-final year medical students and non-house officers. Inclusion criteria were final year medical students and house officers. The sample was calculated using Taro Yamane formula. Data were analyzed using SPSS Version 25.0.

**Result:** The results of the study revealed that 94.3% of the participants are willing to stay and practice in Nigeria. Also, 71.4% of the doctors said better welfare who keep them back in the country and 71.4% of the participants said training and retraining of healthcare professionals is a panacea for brain drain and good working conditions, attitudinal change by the consultants, employing doctors, equipping of hospitals with good facilities and ending kidnapping of doctors are instruments of reversing brain drain in Nigeria.

**Conclusion:** The study revealed that 94.3% of the participants are willing to stay and practice in Nigeria and good working conditions, attitudinal change by the consultants, employing doctors, equipping hospitals with good facilities and ending kidnapping of doctors are instruments of reversing brain drain.

**Keywords:** Reversing, Trend, Health, Brain Drain, House Officers

Abstract

NMA2024/P/001

## Association between family functioning and depression in adult hypertensive patients attending the Family Medicine Clinic of a tertiary hospital in Southern Nigeria

Dickson CI, Dienye PO, Gbeneol PK

**Corresponding author:** Dickson CI, *Department of Family Medicine, Rivers State University Teaching Hospital, Port Harcourt, Nigeria; christian.dickson@ust.edu.ng; +2348036768494*

**Background:** Depression is a mental disorder that has become an increasingly important health problem. Depressive symptoms are common in patients with chronic medical illnesses like hypertension, although they are usually not



recognised and not treated. Family functioning affects the outcome of chronic diseases like hypertension, and it is an important aspect of care often neglected by Physicians. This study aimed to determine the association between family functioning and depression among adult patients with hypertension attending the Family Medicine Clinic of Rivers State University Teaching Hospital.

**Method:** This was a hospital-based cross-sectional study involving 312 adult hypertensive patients selected by systematic random sampling. Questionnaires were used to collect information on the sociodemographic characteristics, family functioning, and depression status of participants. The results were analysed using the Statistical Package for Social Sciences (SPSS) version 20.

**Result:** Good family function was found in 81.7% of the participants and the prevalence of depression was 26.6%. Participants with dysfunctional families were 9.3 times more likely to have depression when compared to those with functional families ( $P < 0.001$ ). Good family function was strongly associated with milder levels of depression ( $P = 0.02$ )

**Conclusion:** Depression is more likely to exist and be more severe in hypertensive patients who lack good family function. Physicians should screen for depression and family functioning in hypertensive patients, for early detection, holistic management, and better health outcomes.

**Keywords:** Association, Family Functioning, Depression, Hypertensive, Clinic

## COVID-19 incidence and severity outcome by vitamin D status among healthcare workers in Rivers State

<sup>1,2</sup>Amadi C, <sup>1</sup>Amadi BC

<sup>1,2</sup>Department of Chemical Pathology, Rivers State University Teaching Hospital, Port Harcourt, Rivers State, Nigeria

<sup>1</sup>Department of Chemical Pathology, PAMO University of Medical Sciences, Port Harcourt, Rivers State, Nigeria

**Corresponding author: Amadi C,** Department of Chemical Pathology, Rivers State University Teaching Hospital, Port Harcourt, Rivers State, Nigeria; [Collins338@yahoo.com](mailto:Collins338@yahoo.com)

**Background:** Vitamin D status (VitDs) is known to positively influence the incidence/severe outcome of several viral infections in humans. However, the impact of VitDs on COVID-19 incidence/severe outcome remains conflicting in the literature with no existing data among Nigerians. Herein, we explored the frequency and risk of COVID-19 incidence/severe outcome by VitDs among the various healthcare workers (HCWs) in Rivers State, Southern Nigeria.

**Method:** This retrospective study was conducted in the Department of Chemical Pathology of the Rivers State University Teaching Hospital among HCWs with positive close contact history with individuals of unknown COVID-19 status who eventually had rt-PCR-confirmed COVID-19. Relevant data (obtained between March 2020 and December 2023), including VitDs [using serum 25(OH)D] acquired during the quarantine period of these exposed HCWs (before rt-PCR-confirmed COVID-19) were compared with those obtained at diagnosis/confirmation of COVID-19. Analysis was carried out by VitDs (sufficient:  $\geq 50$ ; insufficient: 30-49.9; deficient:  $< 30$  nmol/L) using appropriate descriptive/inferential tools at 95% confidence intervals (CI) and p-value of  $< 0.05$ .

**Result:** Among those evaluated (n=276), the frequency of COVID-19 incidence/severe outcome was more pronounced among the deficient VitDs cohorts (incidence frequency: 95.4%; severe outcome frequency: 100%) compared to those with insufficient/sufficient VitDs. Furthermore, the risk of COVID-19 incidence/severe outcome was also more amplified among those with deficient VitDs (adjusted incidence hazard ratio (HR): 8.670; 95%CI: 6.744-11.776;  $p < 0.001$ ; adjusted severe outcome HR: 12.333; 95%CI: 8.866-14.765;  $p < 0.001$ ) compared to those of insufficient/sufficient VitDs following adjustments for age, sex, and prior vaccination status.

**Conclusion:** These findings indicate the direct influence of VitDs on the incidence/severe outcome of COVID-19 among Rivers State HCWs.

**Keywords:** COVID-19, incidence, severity, vitamin D, healthcare workers, Rivers state

## Marijuana-Provoked Hypoprolactinemia and Impaired Bone Mineral Density: A Case Report

<sup>1</sup>Amadi C, <sup>2</sup>Aaron FE, <sup>1</sup>Amadi BC

<sup>1</sup>Department of Chemical Pathology, Rivers State University Teaching Hospital, Port Harcourt, Rivers State, Nigeria

<sup>2</sup>Department of Chemical Pathology, Rivers State University Teaching Hospital, Port Harcourt, Rivers State, Nigeria

**Corresponding author:** Amadi C, [Collins338@yahoo.com](mailto:Collins338@yahoo.com)

**Background:** The incidence of concurrent hypoprolactinemia and impaired bone mineral density (IBMD) induced by marijuana abuse has not been observed among the general population. To the very best of our knowledge, none of these two rare conditions have previously been documented among Nigerians, within the existing literature.

**Case report:** Herein, is a rare case of concurrent hypoprolactinemia and IBMD triggered by marijuana abuse, in a 21-year-old undergraduate Nigerian male, who is a regular/heavy marijuana smoker of thirteen months duration. He had presented in our medical facility with complaints of recurrent excruciating lower back pain of three weeks duration which intensified with walking and while undertaking weight-bearing activities. He attested to having and seeking medical attention for, excessive sweating, and insomnia symptoms before the onset of current presenting symptoms. Results of investigations showed positive urine test for marijuana, hypoprolactinemia, distortions of biomarkers of bone metabolism, and radiologic features consistent with IBMD. Having found no other discernible cause of the low back/hip pain and hypoprolactinemia, he was diagnosed clinically with hypoprolactinemia and IBMD secondary to marijuana abuse. This warranted hospital admission where he obtained standardized specialist medical care and was subsequently discharged in good clinical condition with an uneventful follow-up period.

**Conclusion:** This case highlights the dangers of metabolic aberrations due to marijuana abuse and the need to always maintain a high index of suspicion when confronted with it to avoid unnecessary medical protocols.

**Keywords:** Marijuana-Provoked Hypoprolactinemia, Impaired Bone Mineral Density, case study, Port Harcourt

## Pathway to the Emergency Department in a Tertiary Hospital in Port Harcourt, Nigeria: A Prospective Study of 614 Unconscious Patients

Department of Accident and Emergency, University of Port Harcourt Teaching Hospital, Port Harcourt, Nigeria

**Corresponding author:** Buowari DY, [dabotabuowari@yahoo.com](mailto:dabotabuowari@yahoo.com); +2348037324401

**Background:** Patients arrive at the emergency department by a different array of means of transportation. This depends on the availability of ambulance and paramedic services. This is a challenge in Nigeria and the worst affected are the critically ill, unconscious patients and the unknown patient. The aim was to investigate the journey and pathway of the patients to the Accident and emergency department of the University of Port Harcourt Teaching Hospital. The specific objective is to investigate the companions, mode of arrival and where the unconscious patients are coming from.

**Method:** This is a prospective study conducted at the A&E of UPTH from September 2023 to June 2024.

**Result:** Six hundred and fourteen unconscious patients were recruited into this study. Most of the informants were the patients' spouses 253(41.4%) and children 184(30.0%). The patient's companions included people who have close acquaintances with the patient. Most of the unknown involved in road traffic patients were brought to the A&E by policemen and soldiers. Some unknown patients were brought by bystanders/good Samaritans. The majority of the unconscious patients were accompanied by 1-3 persons. Only 10.6% arrived in an ambulance including those that were brought from another health facility. Most of the patients arrived from home and another health facility. Most of the patients with trauma were brought directly from the accident scene. For patients brought from another health facility, the majority were from a private hospital.

**Conclusion:** There are poor emergency services in Port Harcourt as most unconscious patients arrive at the A&E in taxis and personal vehicles that are not designed for the transportation of the critically ill. A central ambulance system should be established in Rivers State that can transport any critically ill patient from one hospital to another and also from their homes to a hospital.

## Epidemiology and causes of skin infections among adolescents attending Government Secondary School Ogbogoro, Rivers State, Nigeria

Udeh WC, Mene AE

**Corresponding author:** Udeh WC, *University of Port Harcourt, Department of Medical Biochemistry; [winiifred.udeb@uniport.edu.ng](mailto:winiifred.udeb@uniport.edu.ng)*

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**Background:** This study investigated the epidemiology and causes of skin infections among adolescents attending Government Secondary School Ogbogoro in Rivers State, Nigeria. Most of the students attending this school reside in the Ogbogoro local community which has mainly farmers and petty traders with very low socio-economic status as the Indigenous habitants of the community. The community is also known to have poor supply of portable water, poor housing, bad roads, poor nutrition, poor hygiene practices, no public health facilities with non-existent maternal, adolescent and child health facilities. Pregnant females in the community who desire antenatal care or new mothers who desire immunisation services for their newborn babies tend to visit the health centre located in the next Ozuoba community, thereby limiting their ability to access health care services as at when needed. Children and adolescents suffering from poor nutrition and poor hygiene practices, tend to develop skin infections amongst other health issues and the study was done to determine the prevalence and causes of skin infections among adolescents attending the government secondary school in the community.

**Method:** Utilizing a cross-sectional design, data was collected through surveys and clinical examinations. A total of 421 students were incorporated into the study and they formed the sample size taken from a study population of 2,696 students attending the school. The sample size was determined using the Taro Yemen formula; and while 216 students or 61.31% were females, 205 students or 48.69% were males. Data analysis was done with the aid of Statistical Package for Social Sciences (SPSS) version 25.0 using descriptive statistics to answer the research questions.

**Result:** Findings revealed a prevalence of skin infections among the adolescent population, with a total of 192 students or 45.61% of the sample population having one skin infection or the other. Notable contributors to the disease prevalence included poor hygiene practices, poor nutrition and environmental factors such as overcrowding and poor refuse disposal. The poor hygienic practices prevalent in the community included non-bathing or inadequate bathing practices due to lack of adequate water supplies, bathing without soaps or body wash shampoos, poor dental and oral hygiene due to unavailability of toothpastes/toothbrushes, non-washing of clothes and school uniforms because of lack of water and washing soaps and detergents; poor foot care because of no school shoes, sandals or wearing of torn slippers to school because of poverty; poor hair hygiene and skin care because of lack of body creams, lotions, shampoos, etc. Dermatophytes and bacterial pathogens emerged as common causative agents with Eczema (34%), scabies (31%), lice (23%), tinea corporis (6%), others including tinea unguum, tinea capitis (6%) being the prevalent diseases observed.

**Conclusion:** The study underscores the importance of targeted interventions to promote hygiene awareness, initiate school nutrition programs, provide health care facilities and mitigate environmental risks as well as contributing valuable insights for public health strategies in the community.

**Keywords:** Dermatophytes, Eczema, Scabies, Tinea corporis, Tinea Unguum

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