



NMA/ABS/2018/01-OR

Audit of Patients Aged 60 Years and Above Presenting in a Tertiary Hospital in South-South Nigeria

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Background/Aim: Elderly persons form the majority of the population that makes use of health facilities. CEPU was established to offer organized care of their medical, psycho-social and rehabilitative needs in May 2013 in UPTH. This audit aims at establishing the population of elderly persons who had been served in the past 2 years in UPTH. A review of their entry points, demographic data, pattern of diseases, other associated information and their usage of health facilities have been analyzed.

Methods: A retrospective and observational study of elderly patients seen at UPTH between 4th May 2013 and 4th May 2015 was undertaken. Data was analyzed using EPI-INFO 7.

Results: A total of 1,099 patients were analyzed. Males, 599 (54.5%) were higher in their use of the hospital while females were 500 (45.5 %). General outpatient department, Internal Medicine and Surgery units accounted for 31.9%, 22.2% and 8.5% respectively. Hypertension (12.2%) and Type 2 Diabetes mellitus (4.5%) are the commonest reasons for hospital visits.

Conclusion: Non-communicable diseases such as hypertension and diabetes are more likely to cause the elderly to visit hospitals than communicable diseases. Elderly men are more likely to visit tertiary hospitals than women. There is a wide spectrum of reasons and variety of ports of entry where the elderly were seen. A center which provides almost all services to this vulnerable group is advocated to co-ordinate and reduce the need for visiting several units within the hospital.

Key words: Audit, Hypertension, Diabetes, Elderly, Hospital visit

NMA/ABS/2018/02-PO

Trend of Acute Respiratory Infections among Under Five Children in Braithwaite Memorial Specialist Hospital Port Harcourt, Nigeria: A Two Year Review
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Background/Aim: Acute Respiratory Infections (ARI) are a major cause of childhood morbidity and mortality in developing countries. This study sought to determine the trend of ARI among under-five children over a two year period in BMSH, Port Harcourt.

Methods: A Total Population Survey of under five children seen at BMSH between March 2015





and February 2017 was carried out using hospital records.

Results: The total number of under five children seen between March 2015 and February 2016 was 5,517 and that seen between March 2016 and February 2017 was 5,661. Among these children, 1,107 (20.1%) and 1,095 (19.3%) were ARI cases respectively, giving a total of 2,202 (19.7%) ARI cases in the 2 years. URTI & LRTI constituted 82.8% and 17.2% of ARI cases respectively. Tonsillitis was the commonest ARI seen accounting for 970 (44.1%), followed by Cough & Catarrh 796 (36.1%), Bronchopneumonia 330 (15.0%), Otitis media 57 (2.6%) and Bronchiolitis 49 (2.2%) cases. RTI was significantly higher among children less than 24 months and during the wet seasons ($p < 0.05$). An increase in the prevalence of ARI cases between September and December 2016 (7.4%, 11.2%, 9.7% and 7.3%) when compared to the same months in the year 2015 (5.2%, 7.8%, 7.6%, and 5.7%) was noted. The latter period coincides with the emergence of Black Soot in Port Harcourt, thus possibly uncovering the effect of environmental pollution on health of under five children.

Conclusion: The prevalence of ARI at BMSH is high, with a significantly higher prevalence during the wet than the dry season. It is therefore recommended that preventive and control measures including concerted efforts aimed at proffering a lasting solution to the menace of Black Soot in Port Harcourt be established.

Key words: Acute Respiratory Infections, Under-5 Children, Nigeria, Braithwaite Memorial Specialist hospital

NMA/ABS/2018/03-OR

The Cost effectiveness of including Hepatitis C Antibody Screening in Routine Antenatal

Tests: A Single-Centre Experience

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Background/Aim: Hepatitis C virus, a blood-borne flavivirus, has a predilection for the hepatocytes though not directly cytopathic. Major means of transmission is through contact with infected blood and body fluids; thus health workers, IV drug abusers, and people undergoing invasive procedures are at risk. Mother to child transmission has been documented. We aimed to determine the prevalence of Hepatitis C virus infection in pregnant women and the cost effectiveness of including it in routine ANC screening.

Methods: Ethical Approval was gotten to enroll consenting women initiating ANC in BMSH



using a pre-tested questionnaire. blood sample was collected for HCV screening by immunochromatographic methods using Diaspot® One Step Hepatitis test kits. Seropositive patient were recalled and samples were collected for HCV viral load by RT-Polymerase Chain Reaction Technique and then followed up to delivery.

Results: 488 women enrolled in 4 months with mean age of 32.11 + 4.89 years. One subject had HCV antibodies, with viral Load of 33,108 cell/ul, and the risk factor was blood transfusion. Thus the prevalence of HCV in our study was 0.21%

Conclusion: These findings showed that it is not cost effective to include HCV screening in routine ANC testing in our environment, but rather a risk based screening is preferable. There is a great need for increased public health education.

Key words: Hepatitis C, viral load, antenatal care.

NMA/ABS/2018/04-PO

Perception of Hand Hygiene among a Diverse Group of Healthcare Workers in Port Harcourt.

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Background/Aim: Hand hygiene is the single most important tool in preventing the spread of health care-associated infections. Awareness and commitment to correct hand hygiene practice by healthcare workers and people who visit the hospital is a cost effective way of preventing HAIs. This study assessed hand hygiene knowledge and practice gaps among health workers in BMSH with the intent of addressing these areas with periodic training.

Methods: Data was collected using a pre-tested anonymous questionnaire to all the staff that presented for Infection Prevention and Control Training in the hospital. The data was analysed with SPSS version 23.

Results: There were 111 respondents, 69.4% had previous training on Hand Hygiene. However, only 8.1% acknowledged that the hands were the commonest means of transmission of infections, 13.5% said that hand hygiene was an effective way to reduce HA. Although 82.9% of respondents provide care for patients that are potentially infectious, 54.1% did not know what to do if they came in direct contact with HIV infected blood. Commonest obstacles to IPC were shortage of human resources, no lab support and overcrowding. 69.4% of the respondents recommended training as very important to improve IPC in the facility.

Conclusion: The findings of our study show that although some staff had received training



on hand hygiene, its knowledge and practice are also low. There is need for training, implementation and monitoring to ensure compliance to improve patient safety and reduction in healthcare cost.

Key words: Infection prevention and control, hand hygiene

NMA/ABS/2018/05-PO

A TEN YEAR REVIEW OF OBSTETRIC ADMISSIONS WITH ASSOCIATED MEDICAL CONDITIONS AND MATERNAL OUTCOME MANAGED AT THE INTENSIVE CARE UNIT OF THE UNIVERSITY OF PORT HARCOURT TEACHING HOSPITAL.

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Background/Aim: Management of obstetric cases with associated medical conditions may require close monitoring and treatment at the intensive care unit (ICU) for a favourable outcome for the mother and baby. This study aimed at evaluating the maternal outcome of obstetric cases with associated medical conditions admitted into the ICU of the University of Port Harcourt Teaching Hospital.

Methodology: The study was a retrospective study of all the obstetrics cases with associated medical condition admitted into the ICU of the University of Port Harcourt Teaching Hospital between 1st January, 2007 to 31st December 2016. Information was retrieved from the patients' case notes and analyzed using SPSS version 20.

Results: A total of 1549 patients were admitted into the ICU for the period under review, of which 218(14.1%) were obstetric admissions One hundred and forty were unbooked mothers while 78 were booked. The mean age was 30 ± 2 years and the modal parity was 2. There were 79 (44.4%) of obstetric cases with associated medical conditions. The mortality rate was high 37(17%). The commonest medical condition was pre-eclampsia/eclampsia 60(27.5%) and it was also the commonest cause of death 24(11.8%).

Conclusion: The study revealed that the maternal mortality from obstetric cases with medical complications, requiring at ICU admission was high due to late presentation mostly as unbooked emergencies. Pregnant women should register early for antenatal care at centers with competent personnel for early detection and treatment of associated medical conditions for better outcome.

Key words: obstetric, medical, maternal outcome, ICU



NMA/ABS/2018/06-PO

Factors associated with HIV risky practices among seafarers in Port Harcourt, Nigeria

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Background/Aim: Seafarers could be particularly prone to HIV risky practices because of their wide geographic mobility, periods of separation from intimate partners and availability of cash. Therefore, this study aimed to determine the prevalence of risky sexual practices among seafarers in Port Harcourt, Nigeria, and the factors that are associated with such practices.

Methods: This is a cross-sectional study carried out among seafarers at the Port Harcourt Seaport, Rivers State, Nigeria, who had been working in the seafaring profession for at least 3 months. Data on socio-demographic characteristics, HIV comprehensive knowledge and HIV risky practices were obtained using a validated self-administered questionnaire. Bivariate and multivariate analyses were employed at a significant level of 0.05.

Results: The study comprised of 103 seafarers, of which 95 (92.2%) were males and 8 (7.8%) were females, with a mean age 38.8 ± 8.51 years. The prevalence of multiple sex partnership among the respondents was 29.1%, transactional sex 6.8%, homosexuality 1.0% and illicit intravenous drug use 2.9%. Thirty-five (36.8%) of the males and none (0.0%) of the females engaged in any HIV risky practice. The odds of HIV risky practice was higher among seafarers who spent six or more months on voyage (Adjusted Odds Ratio= 3.17; p-value 0.008) and those with no comprehensive HIV knowledge (Adjusted Odds Ratio = 2.58; p-value= 0.027).

Conclusion: HIV risky practices among seafarers is associated with the male sex, the time period of voyage and not having comprehensive knowledge of HIV. Preventive measures, including a comprehensive HIV campaign, will help to reduce such practices among seafarers.

Key words: HIV risky practices, seafarers, Port Harcourt

NMA/ABS/2018/07-PO

Perception, Attitude of Women on ageing, Old age and Geriatric care in Rivers State, Nigeria

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Introduction/Aim: Old age though desired by many can be the period of anxiety, despondency and economic challenges. Some persons also view old age with regrets, apprehension and see ageing into older age negatively as morbidity and mortality are much commoner in the aged.

Due to increase in ageing population worldwide and even more so in Africa, care of the health of the elderly (Geriatric Medicine), is becoming of greater importance as awareness increases. The aim of this study was to examine the attitude and perception of women to ageing, old age and care given to older people.

Methods: This was a cross-sectional survey via questionnaires administered to various women groups in Rivers State.

Results: There were 200 respondents in the study. Out of these, 86.8% thought that ageing is a good thing. 75.6% believe that family members should care for them. Most of the respondents 88.9% prefer to be cared for in their homes. Some of the respondents - 59.2%, felt that funding for the aged should preferably be by their families. However only 52.5% of them have pension while 31% have insurance cover.

Conclusion: Most women perceive old age positively and prefer family sponsored Home-based care and independence in old age but only few have made any provisions for it.

Key words: Ageing, Geriatric, Care, Old age, Perceptions, Females

NMA/ABS/2018/08-OR

Endoscopic Posterior Urethral Valve Excision using Hysteroscopic Scissors:

Colworths' Experience

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Background/Aim: Posterior urethral valves (PUV) are the most common cause of bladder outlet obstruction in infancy that impair renal and bladder function. Endoscopic PUV ablation is however not commonly practiced in our country compared to valve avulsion using the catheter balloon. This study was planned to establish the use of hysteroscopic scissors in incising the posterior urethral valves endoscopically via a paediatric size cystoscope in the absence of a bugbee electrode.

Patients and methods: This study was a prospective study of endoscopic posterior urethral valve treatments carried out in Colworths Medical Centre between November 2015 and April 2017. Information obtained includes age, diagnosis, procedure, duration of surgery, complications and were analysed.



Results: During the period of study, 13 babies who were diagnosed with PUV following clinical and radiological evaluations had the endoscopic valve treatment using the hysteroscopic scissors to incise the valve at 5 and 7 O'clock positions. 10 patients had good stream at immediate post-operative period and disappearance of the valve after micturating cystourethrogram.

2 babies had recurrence and needed a second surgery resulting in good urinary stream with post-operative micturating cystourethrogram showing complete disappearance of the valve. 1 child had post-operative sepsis and required a suprapubic cystostomy.

Conclusion : Endoscopic posterior valve excision using hysteroscopic scissors is a safe procedure and is regularly performed in Port Harcourt, Nigeria. This obviates the need for a diathermy using bugbee electrode and results are very satisfactory.

NMA/ABS/2018/09-PO

Experience with the Use Of Combined Injectable Contraceptive (Norigynon), in Port Harcourt

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Background/Aim: The menstrual side effects of progesterone only injectable contraceptives had been reported to be responsible for the high discontinuation rate among users, thus the increasing preference of the once monthly combined injectable contraceptive (CIC), with much better cycle control and bleeding pattern similar to normal menstrual cycle. The study set out to evaluate the use, acceptability, effectiveness and side effects of CIC in Port Harcourt.

Methods: All clients who used modern contraceptives at the family planning clinic of UPTH between 1st January 2010 and 31st December 2013 made up the study population. The hospital records of all new clients who used CIC within this period were retrieved from the records section and studied. Data on Socio-demographic characteristics, adverse effects, and reasons for contraception were extracted and analysed using SPSS for windows 21.0 version and results expressed in figures and percentages.

Results: Of the 1260 new acceptors of modern contraceptives in UPTH, 21 clients chose the CIC (Norigynon), giving an acceptance rate of 1.67%. All (100%) of the acceptors used it for child spacing. Of these, five (23.81%) reported side effects which were, oligomenorrhea (n = 1, 4.76%), intermenstrual bleeding (n = 2, 9.52%), and secondary amenorrhea (n = 2, 9.52%). Twelve (57.14%), were lost to follow up. There was no pregnancy reported among



the users, giving Pearl Index of zero.

Conclusion: Combined injectable contraceptive (Norigynon) is a very effective and safe method of contraception but with surprisingly very low uptake and continuation rates in Port Harcourt.

Key words: Injectable, Contraceptive, Norigynon, Port Harcourt.

NMA/ABS/2018/10-PO

Combined Oral Contraceptive Use at the University Of Port Harcourt Teaching Hospital, Port Harcourt: A-20 Year Review

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Background/Aim: While the combined oral contraceptive pill (COCP) remains one of the most commonly used method of birth control especially in developed countries, robust and current information on the pill use in developing countries including Nigeria is at best lacking. Aim of the study was to determine the prevalence rate, efficacy and side effects of COCP at the University of Port Harcourt Teaching Hospital (UPTH), Port Harcourt.

Methods: A retrospective analysis of all clients who used COCP at the family planning clinic of UPTH between 1st January 1997 and 31st December 2016, was done. Their case notes were retrieved and data extracted included, age, marital status, parity, level of education, complications, method change and reasons for discontinuation. The data were entered into MS Excel spread sheet and analysed using frequency counts and percentages.

Results: Of the 8310 acceptors of modern contraceptives, 399 clients used COCP, giving a prevalence rate of 4.8%. The mean age of the acceptors was 26.42 ± 4.27 years while the mean parity was 1.90 ± 0.36 . Patronage declined from 57 acceptors in 1997 to 14 in 2006, and 7 acceptors in 2007 to 0 in 2016. Menstrual disruption was the most common complication with 78 episodes, constituting 47 % of all the complications. One unintended pregnancy occurred during the observation period, giving a Pearl index of 0.01.

Conclusion: Although COCP is very effective, safe and a reliable method of fertility control, the acceptance rate is very low and patronage rapidly declining at the University of Port Harcourt Teaching Hospital, Port Harcourt.

Key words: Combined oral contraceptive pill, Port Harcourt, Twenty years.



NMA/ABS/2018/11-PO

Contraceptive use trends In Port Harcourt, Southern Nigeria

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Background/Aim: Family planning has clearly been a major public health success as evidenced by substantial decline in fertility and maternal mortality in countries with high rate of use of contraceptives. Nigerian governments have continued to expand the scope and improve accessibility and availability of contraceptive commodities, given the numerous health benefits. Aim was to determine the trends in contraceptive usage and the preferred methods among clients in Port Harcourt.

Methods: This was a 15 year cross sectional study of all clients who accepted contraceptive methods in our facility between 1st January 2001 and 31st December, 2015. The total number of each contraceptive method used by the clients for each year was retrieved from the record section of the family planning clinic. Also the total number of deliveries for each year was retrieved from the maternity registers of the department. The data obtained were entered into SPSS windows version 21.0, analysed and the results expressed in simple figures and percentages.

Results: During the period, a total of 9190 clients accepted contraceptive methods, while 40,334 women were delivered in our maternity unit giving an acceptance rate of 1 in 4 deliveries or 22.8%. The clientele increased steadily from 419(4.6%) clients in 2001 to a peak in 2008 with 1477(16.1%) clients which sharply declined to 381 (4.1%) in 2009 before increasing gradually again to 519 (5.6%) clients in 2015. The most commonly used method was the male condom, accepted by 3194 (34.8%) clients followed by injectables, accepted by 2185 (23.8%), while 1752 (19.1%) clients, used the IUD. Implant contraceptive was used by 915(9.9%) clients, followed by oral contraceptive pills used by 547 (6.0%). Female sterilization was the least commonly used method, accepted by 302(3.3%) clients. There was no record of vasectomy.

Conclusion: Generally, use of contraceptives was on the increase with an overall contraceptive acceptance rate of 22.8%. The male condoms and injectable contraceptives were the most commonly used methods over time, while female sterilization remains the least common method. There was no record of vasectomy.

Key words: Contraceptive use, trends, Port Harcourt.



NMA/ABS/2018/12-OR

Prediction of Gestational Diabetes Mellitus in Early Pregnancy: Is Abdominal Skin fold Thickness 20mm Or More An Independent Risk Predictor?

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Background/Aim: Gestational Diabetes mellitus (GDM) is associated with high perinatal and maternal morbidity and mortality and the incidence appear to be rising. Early detection and treatment can improve pregnancy outcomes. Study aimed to determine the incidence, risk factors and if Abdominal skin fold thickness ≥ 20 mm is an independent risk predictor of GDM in early pregnancy.

Methods: A cohort of 250 mothers who registered for antenatal care between 15-18 weeks of pregnancy at the University of Port Harcourt Teaching Hospital (UPTH) between 1st April and 31st May 2015 was recruited and studied. Their socio-demographic data, significant medical history, examination findings, anthropometric measurements, fasting blood sugar at booking and OGTT results at 28 weeks gestation were collated and entered into PC with SPSS for windows version 21.0 which was also used for analysis. Variables were expressed as absolute numbers, percentages or means with standard deviations and significant differences determined using chi square test or student "t" test as appropriate. The level of significance was set at $P < 0.05$.

Results: Of the 250 mothers recruited, 235 completed the study while 15 participants were lost to follow up, giving an attrition rate of 6%. Of the 235 mothers, 35 (14.9%) were diagnosed with GDM, all of whom were obese, while 200 participants did not have GDM. In general, women with GDM were older, more often multiparous and had significantly higher weight ($t = 2.95, P = 0.01$), BMI value ($t = 2.29, P = 0.02$), abdominal skin fold thickness ($t = 4.15, P = 0.001$), systolic blood pressure ($t = 3.38, P = 0.001$), diastolic blood pressure ($t = 3.43, P = 0.001$) compared to women who did not have GDM. Statistical evaluation of association of the risk factors with GDM showed significant value for previous history of GDM ((RR = 0.09, 95% CI: (0.05 - 0.15), $P = 0.000$)) and abdominal skin fold thickness ≥ 20 mm ((RR = 8.97, 95% CI: (4.97 - 16.17), $P = 0.00$)).

Conclusion: The incidence of GDM in Port Harcourt is 14.9% and major risk factors are obesity, previous GDM history, advanced maternal age, hypertension and anterior abdominal skin fold thickness of ≥ 20 mm. A combination of risk factor screening and anterior abdominal skin fold thickness of ≥ 20 mm measured in the early 2nd trimester may provide a useful approach to the prediction of gestational diabetes mellitus. Validation in a larger



prospective study is required to determine the usefulness of this algorithm in clinical practice.

Key words: Gestational Diabetes Mellitus, Risk factors, Detection, Early pregnancy, Port Harcourt

NMA/ABS/2018/13-OR

Association between Cooking Fuels And Peak Expiratory Flow Rate among Rural Women in The Niger-Delta.

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Background/Aim: Long term exposure to indoor air pollution from biomass fuel combustion is a risk factor for respiratory diseases including chronic obstructive airway disease, which is an increasingly prevalent contributor to morbidity and mortality in low and middle-income countries. This study aimed to explore the association between household fuel use and baseline lung function (using the peak expiratory flow rate) among rural-dwelling non-smoking women who have limited access to health care.

Methods: This cross-sectional study involved 321 non-smoking women aged 18 years and older. Questionnaires were used to obtain data on predominant fuel used and a brief medical history. Women with current respiratory symptoms were excluded. Fuel use was classified into 3 categories: Biomass fuels (wood, charcoal and agricultural waste), kerosene and liquefied petroleum gas. The PEFr was measured with an Omron peak flow meter using standard protocols and PEFr was abnormal if it was less than 80% of predicted based on age and height. Regression analysis was used to assess the relationship between fuel type and abnormal PEFr adjusting for confounders.

Results: The mean age of the 321 women was 38.5 ± 14.2 years. The proportion using BMF, kerosene and LPG was 207 (64.5%), 82 (25.5%) and 32 (10.0%) respectively. The biomass fuel users had significantly lower PEFr (353.9 ± 104.4) compared to kerosene users (376.2 ± 70.1) and LPG users (393.6 ± 93.3) ($p=0.030$). The overall prevalence of abnormal PEFr was 22.4%: 28% of BMF users, 13.4% of kerosene users and 9.4% of LPG users ($p=0.005$). The use of LPG compared to BMF, was associated with 20.8 l/min higher PEFr ($p=0.012$). Use of BMF compared to LPG, increased the odds of abnormal PEFr (OR 5.8, 95% CI 1.62, 20.52, $p=0.007$). Kerosene use compared to LPG increased the odds of abnormal PEFr but this was not statistically significant (OR 1.7, 95% CI 0.43, 6.72, $p=0.449$).

Conclusion: In this population, the use of biomass fuel was significantly associated with



abnormal PEFr. This requires further exploration with a large-scale longitudinal study design because there are policy implications for countries like Nigeria where a large proportion of the population still rely on BMF for domestic energy.

Key words: Cooking fuels, peak expiratory flow rate, rural women, Niger-Delta

NMA/ABS/2018/14-PO

Ultrasonic measurement of Left Ventricular Mass Index Of Hypertensive and Normotensive Adults in Port Harcourt

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Background/Aim: Hypertension is a known cause of heart disease which may manifest as an increase in the left ventricular mass index. This study was aimed at evaluating the ultrasonic measurement of the left ventricular mass index of hypertensive patients and normotensive participants in the University of Port Harcourt Teaching Hospital, Port Harcourt, Rivers State.

Methods: A prospective hospital-based case-control study of 150 adult hypertensive participants and 150 normotensive controls with echocardiographic measurement of the LVMI of both groups was undertaken. Simple and stepwise regression analysis was used to calculate relationship between Left Ventricular Mass Index (LVMI) and independent variables-body mass index and gender.

Results: There were 72(48%) males and 78(52%) females among the 150 adult hypertensive participants, while there were 75(50%) males and 75(50%) females among the non-hypertensive adult control group. Age range was 35 years to 85 years. The mean BMI was statistically higher in the hypertensive group ($25.98 \pm 4.40 \text{ kg/m}^2$) than in the normotensive group ($24.35 \pm 3.88 \text{ kg/m}^2$) (p-value=0.001).

The mean Left Ventricular Mass Index was significantly higher in the hypertensive group ($79.59 \pm 61.67 \text{ g/m}^{2.7}$) with a significant positive correlation between the left ventricular mass indexed to height^{2.7} and the Body Mass Index (BMI) in both hypertensive and normotensive groups. In this study, the high BMI was the strongest predictors of LVMI above $51 \text{ g/m}^{2.7}$ (p-value=0.0001).

Conclusion: This study revealed that gender, BMI and hypertension were significant predictors of increased left ventricular mass index. High BMI category (obese/overweight) was the strongest predictors of LVMI above $51 \text{ g/m}^{2.7}$.

Key words: Hypertension, normotensive, left ventricular mass index, left ventricular hypertrophy.



NMA/ABS/2018/15-PO

Traumatic Pseudoaneurysm of the Radial Artery - A Case Report

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Introduction: Pseudoaneurysms are rare and are late complications of an arterial lesion. These lesions are often missed at the time of the initial injury and hence patients presents months later with progressive swelling and pain at the initial site of injury.

Case Report: Here we present a 60 year old female farmer who reported to the hospital with a 9 month history of a painful swelling on the volar aspect of the right distal forearm. She had a knife cut at the site of the swelling a year prior to presentation which subsequently healed. Duplex scan revealed a partially thrombosed pseudoaneurysm in the distal radial artery. Surgical findings showed a ventral aneurysm of the right radial artery proximal to the wrist joint. Histological examination confirmed a pseudoaneurysm of the right distal radial artery. At one year follow up, patient was asymptomatic with no post-surgical complications

Conclusion: This case is presented because of the rarity of the pathology and to emphasize the usefulness of ultrasound as an important tool for confirmation of clinical diagnosis. A differential diagnosis of pseudoaneurysm should be considered in evaluation of soft tissue swelling especially after a history of trauma.

Key words: Trauma, Pseudoaneurysm, Soft Tissue Swelling.

NMA/ABS/2018/16-PO

Osteoid Osteoma: A Cause of Non Traumatic Lower Backpain in a Middle Aged Male

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Introduction: Low back pain is a common debilitating musculoskeletal disease affecting more than one million Nigerians yearly. Intervertebral disc disease has been noted to be the commonest cause of low back pain in this clime however the case presented is a rare cause of lower back pain in this environment. This study illustrates the importance of radiological imaging in the evaluation of low back pain and to increase the knowledge of other rare causes of low back pain in our environment.

Case Report: We present a 45 year old male farmer who presented at the Outpatient Department of the University of Port Harcourt Teaching Hospital with a one year history of persistent lower back pain. No radiculopathy or history of trauma was noted. An x ray of the lumbar spine was done which showed a lytic expansile lesion of the right L4 pedicle. A non-



enhanced computed axial imaging [CT] scan was done and a diagnosis of osteoid osteoma, a benign osteoblastic tumour of the right L4 pedicle was made. Patient however opted for medical management and was lost to follow up six months later.

Key words: Low Back Pain, Osteoid Osteoma, Computed Axial Tomography.

NMA/ABS/2018/17-PO

Willingness to pay for Social Health Insurance by the Self-Employed in Port Harcourt, Rivers State: A Contingent Valuation Approach

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Background: Urban Self-Employed Social Health Insurance (USSHIP) which is similar to Community-based health insurance schemes CBHI, USSHIP is a package in the National Health Insurance Scheme NHIS specific but no limited to self-employed individuals in Nigeria, which has been rarely explored as instrument in financing healthcare in Nigeria.

Aim: This study was aimed to assess the Willingness-to-Pay (WTP) for USSHIP and its determinants among the self-employed in Port-Harcourt.

Methodology: This was cross-sectional descriptive study of 204 self-employed individuals selected from various trade associations in Port-Harcourt using semi-structured interviewer-administered pre-tested questionnaires. An iterative bidding approach of the contingent valuation method was used to elicit maximum WTP for the schemes. A multivariate logistic regression analysis was done to determine predictors to WTP. Data collected were analysed using the Statistical Package for Social Science (SPSS), version 23 software.

Results: The results show that 89.7% (181) were willing to enrol into the program, the median WTP for the scheme per person/per month is ₦300 (\$0.83). The predictors of WTP were marital status, level of education and mode of payment of healthcare.

Conclusion: Sequel to the findings of this study, the WTP amount for social health insurance program by the self-employed is too small. The implication of these findings is that with the amount stated, the program cannot be successfully implemented. Recognizing this low amount stated for WTP for USSHIP which is insufficient to scale up the scheme, the government support for the program is highly recommended.

Key words: Self-employed, Out-of-Pocket, Willingness-to-Pay, Health, Insurance.



NMA/ABS/2018/18-PO

Spinal Canal Stenosis: How common in Patients with Low Back Pain

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Background/Aim: Stenosis of the spinal canal is one of the common causes of low back pain leading to disability associated with neural element compression. Study aimed to assess the frequency and pattern of occurrence of lumbar spinal canal stenosis and its correlation with clinical symptomatology in patients presenting with low back pain

Methods: One hundred and twenty (120) adult patients who presented with a history of low back pain were included for this study for a period of one year (1 year). Lumbar spinal canal stenosis was graded based on anteroposterior diameter of the spinal canal and the level of compression of the dural sac and cauda equine.

Results: The age distribution of patients was from 18-80 years, mean age was 50.0 ± 12.2 years. Males were 66(55%) and females 54(45%). Lumbar spinal canal stenosis was confirmed in 39(32.5%) of cases out 120 patents presenting with low back pain. Lateral recess canal stenosis was most common accounting for 81.6 (68%). The L4/L5 level was also the most common site for stenosis. In addition, majority of stenosis were classified as moderate stenosis with herniation of the disc being the commonest cause of stenosis.

Conclusion: Lateral recess canal stenosis and the L4/L5 disc level are the common locations of spinal canal stenosis with disc herniation being the most common cause.

Key words: lumbar spinal stenosis, low back pain, magnetic resonance imaging.

NMA/ABS/2018/19-PO

Transrectal Ultrasound Prostate Volume Correlation with serum Prostate specific Antigen Level in Patients with Prostatic Enlargement in Port Harcourt

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Background/Aim: Prostatic enlargement is common among aging men with associated elevation of serum prostate specific antigen level. Prostatic enlargement could be due to benign prostatic hypertrophy, prostatitis, or prostatic neoplasms. The study aimed to determine transrectal ultrasound prostate volume correlation with serum prostate specific antigen level in patients with prostatic enlargement.



Methods: One hundred and forty-three (143) males referred for ultrasound prostate evaluation with clinical diagnosis of prostatic enlargement that fulfill the study criteria were studied, using LOGIQ P6 PRO GE Healthcare machine fitted with 10MHz transrectal probe while the PSA level was estimated by Enzyme Immunoassay using DIAGNOSTIC INC PSA KIT. The blood samples were collected before the ultrasonic evaluation. The antero-posterior, transverse and cranio-caudal diameters of the prostate gland were obtained and the prostate volume generated by the ultrasound machine. The data collected was analyzed using SPSS windows version 21.0 statistical software. Correlation between variables was determined using Pearson correlation coefficient and linear regression analysis.

Results: The mean (Mean \pm SD) transrectal Prostate Volume (TPV) and serum PSA levels were 66.13 \pm 30.43cm³ and 8.50 \pm 3.95ng/ml respectively. Pearson's Correlation between TPV and **Serum PSA level** gave a correlation coefficient (r) of 0.809 (*p*value of 0.01). TPV and Serum PSA Concentrations did not show correlation with BMI.

Conclusion: This study showed a significant correlation between transrectal prostate volume and serum PSA concentration in patients with prostate enlargement. Therefore, TPV can be used as alternative method of estimating serum PSA concentration where direct measurement is absent.

Key words: Transrectal Prostate Volume, Serum Prostate Specific Antigen, Prostatic Enlargement, Braithwaite Memorial Specialist Hospital.

NMA/ABS/2018/20-PO

Umbilical Cord Cyst: A Case Report
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Background: Ultrasonography has become a routine investigation carried out during antenatal period especially due to its non-invasive nature. It is used for monitoring fetal viability, gestation and growth as well as detection of foetal anomalies. Umbilical cord cysts are among the anomalies that can be detected by ultrasound. Chromosomal and structural abnormalities are seen in up to 20% of foetuses with umbilical cysts detected in the second and third trimester.

Methods: We report the case of umbilical cord cyst detected by ultrasound at 15 weeks gestational age in Mrs A. B. a 34 year old Gravida2 Para 1+0.

Results: The pregnancy resulted in an intrauterine foetal death at 34 weeks gestational age. Post mortem confirmed presence of umbilical cord cyst and multiple foetal congenital anomalies.



Conclusion: The association of umbilical cord cysts with foetal anomalies and adverse foetal outcomes should always be kept in mind. The importance of ultrasound in detection and follow up cannot be overemphasized.

Key words: Umbilical cord cyst, Foetal anomalies, Ultrasound.

NMA/ABS/2018/21-PO

Cognitive Decline with Atypical Antipsychotic Agents in Long Term Treatment of Vascular Dementia.

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Background/Aim: The dopamine (D) receptor antagonists which act mainly on the d2 receptors have been largely replaced by the serotonin-dopamine antagonists in the treatment of psychotic disorders including dementia with psychotic symptoms. The study was to determine and compare the level of cognitive decline in patients with vascular dementia receiving typical and atypical agents.

Methods: Equivalent oral doses of typical antipsychotics (haloperidol and stellazine of 5mg b.d each) and atypical antipsychotics (Risperidone 2mg daily and Olanzapine 10mg nocte) were administered daily. The patients were assessed for cognitive decline before, at 6 months and at 9 months of therapy. Cognitive decline was graded as mild (21-25 points), moderate (16-20 points) and severe (below 16 points) using the Mini Mental State examination. A descriptive and analytical statistics was used.

Results: At 6 month, mild cognitive decline was 79% and 52% for typical and atypical agents respectively ($p=0.002$). At 9 month, cognitive decline was 80% for mild, 18% for moderate and 2% for severe for those on the typical agents compared to 46% for mild, 28% for moderate and 26% for severe among those on atypical agents ($p=0.001$).

Conclusion: The atypical antipsychotics in long term use may be more associated with cognitive decline among dementia patients.

Key words: Cognitive Decline, Atypical Antipsychotics, Long Term Treatment, Vascular Dementia

NMA/ABS/2018/22-PO

Neuroimaging Evaluation of Adult Patients presenting with Non-Traumatic Headache

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Background/Aim: Headache is defined as pain that arises from the head or upper neck and is a common symptom of neurological disorder with an increase in the global health burden. This study was conducted over an eighteen-month period to evaluate the common causes of headache in our environment, the frequencies of cranial pathologies and its correlation with clinical diagnosis.

Methods: This was a descriptive study carried out in a diagnostic centre in Port Harcourt metropolis over an eighteen-month period. Two hundred and thirty four (234) patients with a presenting symptom of headache who were sent for neuroimaging, either Computerized tomography or magnetic resonance imaging of the brain were recruited for the study. The neuroimaging results were classified as significant findings or normal.

Results: The study age group ranged from 20- 83 years with a mean age of 51.7 ± 14 years. Females were 131 (56%) and males 103 (44%). Neuroimaging studies detected 91(39%) patients with significant findings: Paranasal sinusitis 44(48%) was the most common significant positive finding. Intracranial space occupying lesions 13(14%) was more commonly seen in females 9(68%) than males(4) $p < 0.05$.

Conclusion: paranasal sinusitis is the most common cause of headache in our environment with a higher female increase in intracranial space occupying lesions.

Key words: Neuroimaging, Headache, Computerized tomography Scan, Magnetic Resonance Imaging Scan.

NMA/ABS/2018/23-PO

Knowledge of Gestational Diabetes Mellitus among Health Workers in Southern Nigeria

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Background/Aim: Health workers at various levels of care are responsible for providing quality health care and it is imperative that they are knowledgeable/competent to provide such care for Gestational Diabetes Mellitus (GDM) whose prevalence is on the increase. This study aims at assessing the knowledge of GDM among health workers in Southern Nigeria. Medical Women's Association of Nigeria, Rivers State in partnership with World Diabetes Foundation is piloting GDM prevention and care interventions in Rivers State.



Methods: A cross sectional study design was employed. A total of 142 health workers were recruited from 30 public and private health facilities across five local government areas in Rivers State. Data collection was done via interviewer administered questionnaire uploaded on android mobile phones using open-data-kit (ODK) software.

Results: Fifty one percent (35.9%) were males and 91 (64.1%) females. The mean age was 40.5 ± 9.3 years. Majority were nurses/midwives 54 (38%) and doctors 43 (30.3%), the others being community health, pharmacy and laboratory workers. Twenty six respondents (18.3%) had 5 years or less of practice with a mean of 14.2 ± 9.7 years. Of those that had heard about GDM (88.7%), only 18 (14.3%) could define it correctly. Most respondents 101 (80.2%) identified universal screening as the most appropriate screening for GDM and 54 (42.9%) stated that it should be performed more than thrice during pregnancy.

Conclusion: There are gaps in the knowledge of GDM among health workers in the state with evidence of wrong knowledge leading to wrong practice. MWAN Rivers State is partnering with the World Diabetes Foundation to address these gaps and improve health workers' capacity to manage GDM.

Key words: Gestational Diabetes Mellitus, Health Workers, Southern Nigeria

NMA/ABS/2018/24-OR

Improving Child Survival in Nigeria and the revised Ten Steps to Successful Breastfeeding

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Background: Globally, 5.6 million (15,000 /day) under-fives died in 2016 with under-nutrition underlying about 50% of them. Breastfeeding prevents 13% under-five deaths. Nigeria is one of the 6 countries that contributed 80% of the under-five deaths and with India, 32% of the deaths. The SDG target of "ending preventable deaths of newborns and children under 5 years of age, with all countries aiming to reduce neonatal mortality to at least as low as 12 deaths per 1,000 live births and under-five mortality to at least as low as 25 deaths per 1,000 live births by 2030", is achievable in Nigeria through accelerated and sustainable implementation of the Child Survival Strategies which include breastfeeding. The Revised Ten Steps to Successful Breastfeeding significantly improves breastfeeding rates and impacts early breastfeeding initiation, exclusive breastfeeding and total duration of breastfeeding and therefore its implementation promises to impact on child survival in Nigeria.

Aims/Objectives: To acquaint the medical practitioner with the revised Ten Steps to Successful Breastfeeding and solicit their commitment for its implementation.



Results: The Revised Ten Steps to Successful Breast Feeding are:

- “1a. Comply fully with the International Code of Marketing of Breast-milk Substitutes and relevant World Health Assembly resolutions.
- 1b. Have a written infant feeding policy that is routinely communicated to staff and parents.
- 1c. Establish ongoing monitoring and data-management systems.
2. Ensure that staff have sufficient knowledge, competence and skills to support breastfeeding.
3. Discuss the importance and management of breastfeeding with pregnant women and their families.
4. Facilitate immediate and uninterrupted skin-to-skin contact and support mothers to initiate breastfeeding as soon as possible after birth.
5. Support mothers to initiate and maintain breastfeeding and manage common difficulties.
6. Do not provide breastfed newborns any food or fluids other than breast milk, unless medically indicated.
7. Enable mothers and their infants to remain together and to practise rooming-in 24 hours a day.
8. Support mothers to recognize and respond to their infants' cues for feeding.
9. Counsel mothers on the use and risks of feeding bottles, teats and pacifiers.
10. Coordinate discharge so that parents and their infants have timely access to ongoing support and care.”

Conclusion: The WHO and UNICEF call on all practitioners to integrate the Ten Steps into their Facilities for sustainable implementation for improved child survival

Key words: Sustainable Development Goals, Breastfeeding, The Revised Ten Steps to Successful Breastfeeding.

NMA/ABS/2018/25-OR

Prevalence of Gallstone Disease in Patients with Type 2 Diabetes using Ultrasound in Port Harcourt, South-South Nigeria

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Background /Aim: To compare the prevalence of gallstone disease between patients with type 2 diabetes and the normal population, and to assess the risk factors for GSD in type 2 diabetics at the University of Port-Harcourt Teaching Hospital.

Methods: This was a cross-sectional comparative study, involving 108 patients with Type 2 diabetes and a control group of 108 normal subjects. Both groups had ultrasonographic



examination of the gallbladder. The presence or absence of gallbladder stones was determined. Data on demographic and clinical characteristics were obtained using the study proforma. Bivariate and multivariate analyses were performed using the Statistical Package for Social Sciences (SPSS) version 20.

Results: In this study, the participants were aged from 30-80 years with a median age of 56 years. Male diabetics were 42 (38.9%) and the female diabetics were 66 (61.1%). Among the diabetic cases, 20.4% had gallstone disease compared to 9.3% in the controls which was statistically significant. The diabetic patients were 2.5 times more likely to have GSD than the controls. The prevalence of GSD was higher among female diabetics. High body mass index (BMI) was the only significant factor associated with GSD in this study. Majority of diabetic patients (88.9%) had no knowledge of GSD.

Conclusion: The diabetic patients were significantly more likely to have GSD. The proportion of diabetic patients with knowledge about GSD is low, hence the need for a focused health education related to GSD is advocated.

Key words: Gallstone Disease, Type 2 Diabetes, Ultrasound Scan, Port Harcourt

NMA/ABS/2018/26-PO

Psychiatric Morbidity and Substance use Correlated with Medication Adherence among Subjects with Essential Hypertension at The University Of Port Harcourt Teaching Hospital (UPTH)

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Background/Aim: Essential hypertension has remained a major public health problem. Psychiatric comorbidity and substance use tend to affect drug compliance as well as outcome of the disease. The study was to determine common psychiatric co-morbidity and substance use correlated with medication adherence among patients with essential hypertension at the University of Port Harcourt Teaching Hospital.

Methods: The study was conducted among 360 hypertensive patients, using structured questionnaires to assess substance use. Psychiatric co-morbidity was assessed using the GHQ-12 in conjunction with the DSM 5. Data was analysed using the SPSS version 20.

Results: The prevalence of psychological morbidity was 61.7%. Sixty two (17%) of them had alcohol use disorders, cigarette smoking 44 (12.2%), Nicotine snuffing 6 (1.7%), kolanut and khatchewing 15 (4.2%), tramadol 17(4.7%), codeine 14 (3.9%), caffeine 12 (3.3%), cannabis 8 (2.2%) and cocaine 5 (1.4%).Of the 104(28.9%) who had ever missed or



discontinued medications, 37(35.6%) had psychiatric co-morbidity, 23(22.1%) had substance use, 25(24.0%) had both psychiatric and substance use co-morbidity while 19(18.3%) had no psychiatric or substance use co-morbidity($p=0.001$)

Conclusion: Psychological morbidity and substance use affect medication adherence among hypertensive patients, hence the need for adequate mental health evaluation for effective management.

Keywords: 'Psychological morbidity', 'Substance use', Essential Hypertension, Port Harcourt.

NMA/ABS/2018/27-PO

Economic Burden of Illness among the Self-Employed in the Commercial City Of Port Harcourt

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Background/Aim: Self-employed activities in Nigeria contribute appreciably to the nation's Gross Domestic Product. The informal sector is an opportunity for generating employment and reasonable incomes for many people, yet most self-employed individuals are without secure income, employments benefits and social protection. As a result, they often face health related issues, such as unpredictable illnesses that weaken their health status. The objective of the study was to determine the cost of illness among the self-employed in Port-Harcourt, Rivers State.

Methods: It was a descriptive cross-sectional study. Respondents were selected from seven different trade associations using a stratified proportionate sampling method. Pre-tested semi-structured interviewer administered questionnaire was used to elicit information. A health provider perspective was adopted for the costing. Data was collated and analyzed using SPSS version 23, P was set at ≤ 0.05 .

Results: A total of 204 respondents with 111(54.4%) males and 93(45.6%) females took part in the study. Most, 149(73.0%) had only secondary school education. The mean income per month was ₦87724.51 \pm 41287.93 (\$242US). The prevalent illness was malaria, most 143(70.8%) sought treatment through patent medicine vendors. All respondents used Out-of-Pocket as the predominant mode of payment. The average total cost of illness for respondents only was ₦4602.93 \pm 13194.072 (\$12.7US) monthly, while that of household members was ₦3314.17 \pm 7139.74 (\$9.1US).



Conclusion: Respondents spent about 9% of their monthly income on common ailments, most of this was from out-of-pocket as they have no access to any form of financial risk protection. Respondents will benefit from access to a health insurance scheme such as the Urban Self Employed scheme of the NHIS.

Key words: Burden of Illness, Self-employed, Port Harcourt

NMA/ABS/2018/28-OR

The Quality of Public Sources of Drinking Water in Oil Bearing Communities in the Niger Delta Region of Nigeria

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Background/Aim: Several studies carried out in the Niger Delta region of Nigeria have demonstrated poor quality of drinking water in comparison to international standards. This study compared the quality of sources of drinking water in gas-flaring exposed and unexposed communities in three oil-bearing states in the Niger Delta region of Nigeria.

Materials and Methods: Water samples were collected from the major sources of drinking water in six communities in Rivers, Baylesa and Delta States. A total of twelve samples were collected (two per community), stored and transported in line with International standards to a certified environmental laboratory where physical, chemical, bacteriological and petrochemical assessments were conducted for 27 parameters.

Results: Physical analysis showed samples with pH within normal range with exception of one sample from a gas flaring host community with pH of 5.27. Chemical parameters were all within normal range with exception of Magnesium, while eleven samples (91.7%) had microbial contamination with total and faecal coliform demonstrated at values ranging between 15 and 90 MPN/100mls for total coliform and 9 to 23 MPN/100mls for faecal coliforms. Oil and grease, and Total Petroleum hydrocarbons (TPH) were identified in all water samples from all communities. Values for oil and grease ranged between <0.001 and 0.015 mg/l while TPH values were between <0.001 and 0.046 mg/l.

Conclusion: Hydrocarbon and faecal contamination of drinking water remain major challenges to portable water supply in oil-bearing communities in the Niger Delta. This calls for urgent interventions to improve sources of drinking water.

Keywords: Drinking water, quality, oil-bearing community.



NMA/ABS/2018/29-OR

The International Code of Marketing of Breastmilk Substitutes: Its Implications to the Nigerian Medical Association

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Background: The International Code of Marketing of Breast Milk Substitutes was adopted in 1981 with the aim of contributing “to the provision of safe and adequate nutrition for infants, by the protection and promotion of breastfeeding, and by ensuring the proper use of breast milk substitutes, when these are necessary, on the basis of adequate information and through appropriate marketing and distribution”. Following its adoption, the World Health Assembly has regularly reviewed its provisions through the adoption of resolutions relevant to the Code to update it in line with current scientific evidences and practices which forms an integral part of the Code.

Aims and Objectives: To sensitise medical practitioners on the Code and secure their commitments towards its optimal and sustained implementation

Results: The 1981 Code contains 11 articles and with their relevant subsequent WHA Resolutions impact on medical practice. Thus the 2016 Resolution WHA69.9 reiterated the need for “..the private sector, health systems, civil society..” “..to promote exclusive breastfeeding practices in the first 6 months of life, and the continuation of breastfeeding up to 2 years and beyond”, and recognized “the need to promote optimal complementary feeding practices for children from ages 6–36 months”.

Conclusions: “To fulfill their essential role in providing parents and other caregivers with information and support on optimal infant and young child feeding practices and to implement the guidance recommendations” and avoid sanctions for the violation of the National Regulations for implementing the Code, health workers are expected to be acquainted with the Code

Key Words: International Code of Marketing of Breastmilk Substitutes, Relevant Subsequent WHA Resolutions; Nigeria Medical Association



NMA/ABS/2018/30-OR

Arthroplasty: The Braithwaite Memorial Specialist Hospital Experience

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Background: Arthroplasty refers to any surgical procedure to replace, remodel or realign a joint. The goal is to restore the function of a stiffened synovial joint and relieve pain. It can be inter positional, resection, total joint and resurfacing. Total joint Arthroplasty is one of the most cost effective and successful interventions in Medicine

Aim: The objective is to share our experience and outcome in this new arthroplasty service in our hospital.

Methods: A prospective review of all patients who underwent arthroplasty between 2009 to 2018, diagnosis, laterality and outcome were analysed.

Results: The total number of arthroplastic procedures carried out in the period was 65, the patients served where between 21-80 years of age. The Team has carried out 65 knee replacements (M:F - 1:4) and 7 hip replacement. M:F (4:3). The major indications were degenerative osteoarthritis in 63(96.9%) and Post Traumatic Osteoarthritis in 2(3.1%). The outcome in the 65 arthroplasty done was good. Commonest complication was...early wound breakdown and infection.. in 1 patient (knee)..and Delayed Implant failure in 2 patients follow ed up to 2yrs. The major challenges include the Universal Free Medical care in 2011/poor funding, the high cost of implants, dwindling political patronage/will, absence of marketers of good quality implants in Nigeria, the patients mentality, lack of sustained training.

Conclusion: The findings of our review shows that the outcome of arthroplasty in these early days in our centre is good, there are many patients that need this procedure, measures to sustain it should be adopted, training and retraining should be sustained, sources of implants should be expanded.

Keywords: Arthroplasty, knee joint, hip joint.