



Papers presented at 2019 AGM, NMA Rivers

## Abstracts of Papers Presented at the 2019 AGM and Scientific Conference of NMA, Rivers State Branch

NMA/ABS/2019/01-OR

### EVALUATION OF RESPIRATORY SYMPTOMS AND LUNG FUNCTION IN APPARENTLY HEALTHY WOOD DUST EXPOSED WORKERS IN PORT HARCOURT, NIGERIA

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**BACKGROUND:** The burden of non-communicable respiratory diseases is rising globally, with environmental and occupational pollutants playing a significant role. Workers exposed to wood dusts are at risk of respiratory disease. The objective of this study was to determine the pattern of respiratory symptoms and lung function in sawmill workers in Port Harcourt, Nigeria.

**Methods:** A cross sectional comparative descriptive study of sawmill workers from 3 sites in Port Harcourt, selected by multistage and stratified sampling compared to controls in non-risk occupations was done. Demographic, anthropometric, respiratory symptoms and spirometry assessment of subjects was done. Subjects with a history of smoking, asthma, pneumonia and already established respiratory diseases were excluded from the study.

**RESULTS:** Respiratory symptoms were significantly more prevalent in the 105 sawmill workers compared to 60 controls, with a significant risk and odds ratio. The most prevalent symptoms in subjects were Catarrh 45.7%, Chest Pain 39.0%, Cough 31.4%, Breathlessness 28.6%, Wheezing 25.7%, Sputum Production 23.8% and Fast Breathing 22.9%. The FEV1 was significantly lower in subjects compared to controls  $2.70 \pm 0.77L$  vs  $3.11 \pm 0.44L$ ,  $p < 0.001$ . Other lung function parameters were not significantly different.

**Conclusion:** Respiratory symptoms and reduction in FEV1 are prevalent among saw mill workers in Port Harcourt Nigeria. With significant environmental air pollution from soot it is important for workers at risk of occupational lung disease and regulatory authorities to implement preventive action.

**KEYWORDS:** Wood Dust; Respiratory Disease; Lung Function; Nigeria.



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**NMA/ABS/2019/02-OR**

## **GINGIVAL BLEEDING AMONG NIGERIANS**

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**BACKGROUND:** Gingival bleeding is one of the cardinal signs of inflammatory gum disease which if untreated can lead to periodontal disease and eventual tooth loss.

**OBJECTIVES:** To assess the knowledge and clinical presentation of inflammatory gum disease among a selected Nigerian population

**METHODS:** Questionnaires were administered to all patients that attended the Oral Diagnosis Clinic of the University of Port Harcourt Teaching Hospital, between May and July 2017. Information elicited were socio-demographics, knowledge on causes and sequelae of gingival bleeding. The Simplified Oral Hygiene Index (OHI-S) was determined from oral examination. Data was analyzed using epi-info 2008 version 3.5.1 and the level of significance was set at <0.05.

**RESULTS:** One hundred and forty participants who consented were recruited with M:F ratio of 1:1.4 and mean age of 35.8(± 14.4) years. Two-fifth (42.1%) had gingival bleeding while brushing. Though 51 (36.4%) knew gingival bleeding is abnormal, more than half [35(59.3%)] did not know what caused their bleeding. Reasons given for gingival bleeding while brushing varied; these included dental infection 10 (17.0%) and hard bristled toothbrushes 8 (13.6%). Majority [102 (72.9%)] did not know the sequelae of untreated gingival bleeding. Clinical examination showed 33(23.6%) had halitosis, 43 (30.7%) bled on probing and 62(44.3%) had Gingival index of 0. The mean OHI-S was 1.79(±1.0). Fifty (35.7%), 73(52.1%), 17(12.2%) participants had good, fair and poor oral hygiene, respectively.

**CONCLUSION:** There is a poor knowledge of inflammatory gum diseases among the populace. There is the need to increase awareness and encourage prompt treatment thereby reducing its avoidable sequelae like tooth loss.

**KEY WORDS:** Gingival Bleeding, Tooth brushing, Knowledge, Awareness, Sequelae



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**NMA/ABS/2019/03-OR**

**THE KNOWLEDGE AND LEVEL OF AWARENESS OF PERIODONTAL DISEASE AND ITS RELATIONSHIP WITH SYSTEMIC DISEASES AMONG MEDICAL PRACTITIONERS IN UNIVERSITY OF PORT HARCOURT TEACHING HOSPITAL**

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**BACKGROUND:** Recent findings have strongly suggested that oral health may be indicative of systemic health. Therefore this study aims to determine the knowledge of medical practitioners about periodontal disease and its association with systemic diseases.

**MATERIALS AND METHODS:** This cross-sectional study was done using semi-structured and self-administered questionnaires that were randomly distributed to 154 practicing medical doctors of various fields at the University of Port Harcourt Teaching Hospital, Rivers State of Nigeria. Level of awareness was categorized into Poor (yes to  $\leq 1$  systemic disease), Fair (yes to 2-3 systemic diseases), and Good (yes to 4-5 systemic diseases).

**RESULTS:** Sixty per cent of the participants were male with M: F of 1.5:1. The mean age was  $38.5 \pm 10.2$  years. The study participants comprised 71 registrars, 28 senior registrars and 55 consultants. Eighty-seven per cent (134) of the doctors were aware, and 146 (94.8%) agreed that there is an association between periodontal disease and systemic diseases. Awareness was more among females, senior registrars and those in Internal medicine. Cardiovascular disease was the most common systemic disease (61.7%) known to be related to periodontal disease, followed by Diabetes Mellitus (51.3%). According to 'poor', 'fair', and 'good' levels of awareness, medical practitioners were 86(55.6%), 54(35.1%), and 14(9.1%) respectively. Also, only 20(13.0%) of the medical practitioners referred their patients for a regular dental checkup.

**CONCLUSION:** Although the vast majority of the medical doctors reported that they knew the relationship between periodontal disease and systemic health, more than half (55.6%) have a poor level of awareness. Interdisciplinary dental and medical training is advocated.

**KEYWORDS:** Awareness, Periodontal Disease, Systemic Diseases, Medical Practitioners



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**NMA/ABS/2019/04-OR**

## **THE IMPACT OF PLASMA ZINC STATUS ON THE SEVERITY OF PROSTATE CANCER DISEASE**

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**BACKGROUND:** The severity of prostate cancer (PCa), which determines the disease progression, is theorized to be a function of zinc status.

**Objective:** This study was structured to determine the impact of zinc status on the severity and progression of PCa disease.

**METHODOLOGY:** This was a descriptive cross-sectional study of 220 histologically-confirmed PCa patients and 220 age-matched controls, conducted prospectively in a Nigerian tertiary hospital. Plasma zinc, PSA, creatinine, fasting glucose, and estimated glomerular filtration rate were determined for both study groups. The International Society of Urological Pathology (ISUP) grades and the American Joint Committee on Cancer (AJCC) clinical staging were employed as indices for PCa severity (grade) and progression (stage) respectively.

**RESULTS:** The PCa patients had markedly reduced plasma zinc status compared to controls (cases:  $9.42 \pm 3.02$   $\mu\text{mol/l}$  versus controls:  $15.23 \pm 4.37$   $\mu\text{mol/l}$ ;  $p < 0.001$ ). Low zinc status was more pronounced within the severe grade and advanced PCa disease subgroups ( $p < 0.001$ ). Inverse relationships existed between zinc status and ISUP grades among the entire PCa patient ( $p < 0.001$ ) and the categorized PCa grade and stage subgroups ( $p < 0.001$ ). Low zinc status had significant impact of predicting severe (crude = OR: 8.714;  $p < 0.001$ ; age-adjusted = OR: 11.152;  $p < 0.001$ ) and advanced (crude = OR: 17.160;  $p < 0.001$ ; age-adjusted = OR: 18.295;  $p < 0.001$ ) PCa disease.

**CONCLUSION:** This study suggests that low plasma zinc status is associated with severe grade and advanced PCa disease. However, further well-designed studies with large sample sizes are warranted to confirm these associations.

**KEYWORDS:** Prostate cancer; Plasma zinc; Gleason score.



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**NMA/ABS/2019/05-OR**

**PREVALENCE OF VIOLENCE AGAINST WOMEN IN PREGNANCY AMONGST ANTENATAL CLINIC ATTENDEES AT THE RIVERS STATE UNIVERSITY TEACHING HOSPITAL**

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**BACKGROUND:** Violence against women in pregnancy is an important public health as well as human right issue globally. Exposure of intimate partner violence during pregnancy is associated with a wide range of reproductive health outcomes.

**AIM:** To determine the prevalence of violence against women in pregnancy amongst antenatal clinic attendees at the Rivers State University Teaching Hospital (RSUTH) and offer solutions.

**METHODS:** It was a cross-sectional study of antenatal clinic (ANC) attendees at the Rivers State University Teaching Hospital (RSUTH). Simple randomized sampling method was used for the recruitment of respondents. The information was analyzed using SPSS version 25.

**RESULTS:** Three hundred questionnaires were distributed out of which 274 were retrieved. The median age was 32 years and the modal parity was 2. Twenty six (8.7%) of the respondents were abused of which verbal abuse contributed to 12(46.2%), physical abuse 6(23.3%), financial deprivation 4(15.4%) and family deprivation 3(11.5%). Of the abused mothers (50%) were by husbands, 3(11%) outsiders, 2(8%) family members while 8(31%) of respondents did not volunteer abusers. For those that reported 7 (27%) to human right organisations and pastors, 1(3.8%) to family members and friends while 7(27%) never reported.

**CONCLUSION:** The prevalence of violence against women in pregnancy at the RSUTH was 8.7%. The husbands were prime abusers in 50% of these cases. Verbal abuse (46.2%) was the most common type of abuse. Awareness is needed to face out this double tragedy against our pregnant women and their unborn babies.

**KEYWORDS:** Prevalence, violence, pregnancy, ANC, RSUTH



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**NMA/ABS/2019/06-OR**

## **OPEN CYSTOLITHOTOMY FOR HUGE INTRAVESICAL CALCULI: A CASE REPORT**

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**BACKGROUND:** Huge bladder calculi in present day urological practice is rare due to awareness, early presentation and avoidance of aetiological factors ranging from diet and alcohol intake just to mention a few. The incidence of bladder stones in western countries is relatively low compared to developing countries basically due to dietary effects.

**CASE REPORT:** Mr E.O 67 year old farmer presented with lower urinary tract symptoms of frequency, nocturia, urgency, intermittency and residual urine of 2 weeks duration and difficulty in passing urine of 8 months. A clinical diagnosis of Benign Prostatic Hyperplasia (BPH) was made but surgery was deferred due to financial constraints. His serum, electrolyte, urea and creatinine (E/U/Cr) were deranged and radiogram done revealed huge bladder calculus and BPH. He subsequently had a direct vision urethrotomy for urethral stricture and an open cystolithotomy for huge bladder stone with dimensions of 22 centimeters by 16 centimeters which weighed 2.1 kilograms. He was thereafter discharged home on his 15th post-operative day in good clinical state. His E/U/Cr returned to normal 3 weeks post-surgery.

**CONCLUSION:** This case report revealed that the giant bladder calculi grew to this size because the patient delayed his treatment due to financial constraints. For better outcome early presentation to the urologist remains key to favourable outcome.

**KEYWORDS:** cystolithotomy, huge intravesical calculi, urethrotomy



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**NMA/ABS/2019/07-OR**

**ORAL CONTRACEPTIVE PILLS: SOCIO-DEMOGRAPHIC CHARACTERISTICS OF ACCEPTORS AT THE RIVER STATE UNIVERSITY TEACHING HOSPITAL, A TERTIARY HOSPITAL SOUTH-SOUTH IN NIGERIA**

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**BACKGROUND:** Oral contraceptive pills are the most widely prescribed form of hormonal contraception both in developed and developing countries. They are also the most popular non-surgical method of contraception.

**OBJECTIVE:** To determine the prevalence rate and socio-demographic characteristics of oral contraceptive pills acceptors at the Rivers State University Teaching Hospital (RSUTH), Port Harcourt.

**METHODS:** A 10 year review of all clients who accepted oral contraceptive pills in the family planning clinic of the hospital from 1st January 2008- December 2017. Data was extracted, coded and analyzed using the statistical package for social sciences (SPSS) IBM version 25.

**RESULTS:** There were 1854 contraceptive acceptors during the study period, out of which 86 (4.6%) accepted the oral pills. Majority of the clients (76.8%) were between the age range of 20-34, married (95.3%), multiparous (55.8%), Christians (95.3%) and 95.4% had formal education. Clinical personnel were the commonest source of information on the use of oral contraceptive pills, accounting for 36 (41.9%).

**CONCLUSION:** Oral contraceptive pills are very effective and safe method of contraception but with very low uptake rate and diminishing patronage in the family planning clinic of the hospital. Concerted effort should be made to improve on information dissemination and uptake of the oral pills.

**KEYWORDS:** Contraception, Oral contraceptive pills, Acceptors.



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**NMA/ABS/2019/08-OR**

**ORAL HEALTH PRACTICE, AND DENTAL SERVICE UTILIZATION, OF A RURAL COMMUNITY IN SOUTH-SOUTH, NIGERIA**

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**BACKGROUND/OBJECTIVES:** Oral health awareness in Nigeria is low and particularly so among rural communities. Based on this realization, Smiles Dental Foundation (SDF) a Non- Governmental Organization carried out a free dental outreach with the main aims of creating awareness and increasing utilization in a rural community in Port Harcourt, South-South Nigeria.

**METHODS:** Data was collected using an interviewer administered questionnaire after which a comprehensive dental check was carried out on each participant person by a dentist. Data was analyzed using SPSS 20.0.

**RESULTS:** Out of a total of three hundred and eighty-three participants with a mean age of 28.3±14.2 years, only 34% brushed twice daily with a toothbrush and fluoridated toothpaste. About a third (33.5%) had visited a dental clinic at least once whilst a fifth (21.5%) went for a dental check.

Reasons for non-utilization of dental services were lack of dental pain (24.3%), fear of dental treatment (11.9%), fear of dental instruments (17.5%), high cost of dental treatment (15.7%) and lack of knowledge about the need to access oral care (30.6%).

**CONCLUSION:** There is a great need in this part of Nigeria for strategies to be put in place to increase oral health awareness and encourage the populace to utilize available dental services

**KEYWORDS:** Oral Health, Practice, Service Utilization, Rural, Nigeria