

LIST OF ABSTRACTS PRESENTED AT THE 13TH MDCAN BIENNIAL DELEGATE MEETING AND SCIENTIFIC CONFERENCE KANO

1. Acceptability of mastectomy in patients with breast cancer at the University of Abuja Teaching Hospital, Gwagwalada, Abuja, Federal Capital Territory
2. Assessment of factors affecting utilization of COVID – 19 disease vaccine among health care workers at National Orthopaedic Hospital Dala – Kano
3. Clinical illness and outcome in pregnant patients with Lassa virus disease: lessons from 2023 outbreak
4. Comparing skin tone to shade of upper anterior teeth in four Nigerian cities
5. Comparison of cognitive impairment among the older adults with selected chronic medical conditions attending the university of Maiduguri teaching hospital (UMTH).
6. Computed Tomography Angiographic evaluation of anatomical variations of renal arteries at Aminu Kano Teaching Hospital, Kano, Nigeria
7. Determinants of Quality of Life among elderly survivors of Covid-19 in Kano State, Nigeria
8. Economic evaluation of patients with neurological diseases in a resource-challenged setting: a preliminary appraisal
9. Endoscopic laryngeal surgery: a retrospective review of indications and outcome
10. Epidemiology of post- operative deep spinal infection in National Orthopaedic Hospital, Dala – Kano.
11. Geospatial mapping of orofacial clefts in Northwest Nigeria.
12. Hepatitis B Vaccination Status and associated factors among Federal Road Safety Corp personnel in Northwestern, Nigeria
13. Improving tuberculosis case-finding through regular routine maintenance of GeneXpert machine and adherence to sample collection standard operating procedures
14. Integrative oral health outreach model: affirming World Health Organization universal health coverage objective
15. Maternal serum lipid profile at term and its association with fetal birth weight in Usmanu Danfodiyo University Teaching Hospital, Sokoto, Nigeria.
16. Open per trochanteric fracture from gunshot treated using linear rail system with swivel clamp: a case report
17. Outcome and barriers to cervical cancer screening among human immunodeficiency virus-positive women in Kano, Nigeria
18. Pattern of early onset colorectal cancer (EOCRC) in Nigeria: a single centre experience
19. Patterns and predictors of contraceptive uptakes among women attending family planning clinic in a tertiary health facility in South-West Nigeria: a 10-year review
20. An analysis of pediatric head and neck cancers in northwest Nigeria: a decade-long review of demographics, cancer types, treatment modalities, and outcomes.
21. Prevalence of psychiatric comorbidities among adult out-patients living with HIV/AIDS in a tertiary care centre, North-Central Nigeria
22. Psychosocial correlates of antiretroviral medication adherence among people living with HIV (PLWHA) attending outpatient clinic of Aminu Kano Teaching Hospital Kano, Nigeria
23. Relationship between endothelial dysfunction and risk of stroke among adults with Type-II Diabetes in Northern Nigeria
24. Serum Immunoglobulin E level and its relationship with eosinophil count among patients with allergic rhinitis in tertiary hospital in Bauchi, Northeastern Nigeria
25. Transorbital ultrasonographic measurement of optic nerve diameter in children with clinical features of raised intracranial pressure in Kano, Nigeria
26. Outcome and barriers to cervical cancer screening among Human Immunodeficiency Virus-positive women in Kano, Nigeria

The Abstracts

1. ACCEPTABILITY OF MASTECTOMY IN PATIENTS WITH BREAST CANCER AT THE UNIVERSITY OF ABUJA TEACHING HOSPITAL, GWAGWALADA, ABUJA, FEDERAL CAPITAL TERRITORY

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Background: Breast cancer is the most common cancer in women worldwide, and a leading cause of cancer-related morbidity and mortality in Low-income and Middle-Income Countries (LMICs). Delayed presentation is the reason why 60%-80% of patients with breast cancer in Nigeria are diagnosed at stages III or IV with high grade disease. Thus, primary curative surgery may not be the preferred modality of treatment. However, mastectomy is indicated in late disease to reduce tumor burden, ameliorate fungating nature of some tumors and make adjuvant therapies more effective. The acceptability of mastectomy by patients with breast cancer has been a subject of serious concerns, because this form of treatment is perceived to be mutilating and a cause of disfigurement. The objective is to determine degree of acceptability of mastectomy among patients with breast cancer. **Methods:** A cross-sectional study of 199 consecutive breast cancer patients, using pretested structured self-administered questionnaire (assisted and supervised by a research assistant). The study was carried out at the Breast and Endocrine surgery clinic of University of Abuja Teaching Hospital, Gwagwalada, Abuja, Federal Capital Territory for the period 1st march, 2021- 30th September, 2022, after approval by the Health Research Ethics Committee. **Results:** 135 (67.8%) of respondents accepts mastectomy (removal of the whole breast) if diagnosed of breast cancer while 64 (32.8%) did not accept mastectomy. 38 (19.1%) refused mastectomy on account of 'cancer is not my portion'; this represented a proportion of patients in self-denial due to ignorance about the disease. **Conclusion:** Mastectomy is a widely accepted modality of treatment for breast cancer at the health facility. Expanding the availability of surgery is likely to yield improvement in palliation and prolongation of disease-free intervals among patient with breast cancer in LMICs especially Nigeria.

2. ASSESSMENT OF FACTORS AFFECTING UTILIZATION OF COVID – 19 DISEASE VACCINE AMONG HEALTH CARE WORKERS AT NATIONAL ORTHOPAEDIC HOSPITAL DALA – KANO

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Background: The COVID-19 pandemic resulted in so many cases and deaths all around the globe. As of 11th May 2021, Nigeria had recorded 165,468 confirmed cases, 156,318 discharged and 2,065 (NCDC, 2021). Vaccines have been one of the most successful public health interventions of all time and Health care worker's acceptance of the vaccination would be a great milestone in archiving control, hence the justification for this study. The

objective of this study is to determine the Knowledge, attitude and uptake of Covid 19 vaccines among health care workers.

Methods: A prospective descriptive cross-sectional study, with aid of self-administered questionnaire to front line health workers at National Orthopaedic hospital Dala Kano, with sample size of 216. **Result:** Response rate was 86.1 %, mean age was 39.5 years. Majority of the respondents have a good knowledge of COVID 19 vaccination, as 58% knew that the COVID 19 vaccine upper protection against the disease, with 28% not sure and 14% felt the vaccine does not upper any form of protection. On attitude, 62% have taken at least one dose of the vaccine and were willing to recommend same to family and friends. The strongest factor that influences the vaccine uptake was good knowledge followed by travelling purpose with 88. 8 % and 77% respectively. **Conclusion:** The knowledge of and attitude toward COVID 19 vaccination was good; and good knowledge of the vaccine and travelling purpose were the strongest factors that affect its uptake; female gender and people with advance age are more likely to take the vaccine.

3. CLINICAL ILLNESS AND OUTCOME IN PREGNANT PATIENTS WITH LASSA VIRUS DISEASE: LESSONS FROM 2023 OUTBREAK

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Background: Lassa fever (LF) outbreak has continued to occur yearly, with growing incidence and increasing geographical spread, affecting children, pregnant and non-pregnant adults. In Nigeria, in the last 1 to 2 decades, it occurred in annual outbreaks but in the recent past, it has been present all year round with seasonal surge of cases. In this review, we present the pattern of clinical illness, management, outcomes and complication of pregnant Lassa fever patient seen during the surge of Lassa fever cases in first quarter of 2023. The aim of this study was to review the folders of pregnant patients seen during the 2023 Lassa fever outbreak at ISTH Irrua, and determine the clinical presentation, common complications and outcome of the illness in pregnant women.

Methods: Data was abstracted from case records of every confirmed case of LF in a pregnant woman admitted to ISTH during January–May 2023. There were 12 pregnant women managed over the given period. All confirmed cases received the same specialized care as per IVEP protocol for care of infected pregnant women. **Results:** Hypokalaemia and anaemia were leading complication at the time of admission. Eleven of the 12 patients, had blood transfusion and hypokalaemia corrected on admission. Four of the five deliveries were preterm birth. Only pregnant women in late second and third trimester had a surviving fetus at birth. **Conclusion:** Pregnancy has a common confounding symptomatology with Lassa virus disease. The overlap in complications such as abortions and preterm birth could lead to misdiagnosis in core obstetrics considerations. Overall, OBS/

GYNs must stay awake of the unique clinical presentation in pregnancy. High index of suspicion is key, and symptomatology consistent with Lassa fever should trigger immediate coordination of identification, isolation and testing, and plans for adequate referral.

4. COMPARING SKIN TONE TO SHADE OF UPPER ANTERIOR TEETH IN FOUR NIGERIAN CITIES

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Background: An analysis of the relationship of skin tone to anterior tooth shade within a population may improve the realism of complete dentures. This study aim was to determine the relationship between skin tone and shades of upper anterior teeth among adult Nigerians in four cities by: delineating patterns of skin tone and anterior tooth shade; establishing the relationships between skin tones; and, anterior tooth hue and value; establishing how these relationships were affected by sociodemographic parameters; and developing predictive probabilities for tooth shades across different skin tones.

Methods: Participants were adults with unaltered skin and upper anterior teeth. Their skin tones were recorded with the NIS skin color scale, while tooth shades were recorded with the Vita shade guide.

Bivariate analysis of frequencies and percentages was with the Chi² test. Regression coefficients and adjusted odds ratios were used to develop predicted probabilities. The level of statistical significance was set at $p \leq 0.05$. **Results:** Participants ($n=1070$) had a M:F ratio of 1:1.2 and mean age of 30.8 ± 11.0 years. Most participants were moderately light-skinned (40.3%) or moderately dark-skinned (45.4%). Hues A and B were commonest (89.8% in incisors, 88.5% in canines). Values 1 and 2 were commonest in incisors (85.6%), while 2 and 3 were so in canines (72.3%). There was a positive correlation between skin tone and tooth value ($p=0.001$). Females had lower values ($p=0.007$ for incisors, and $p=0.002$ for canines). The values of teeth increased with increasing age ($p<0.001$ for incisors, and $p=0.003$ for canines). Incisor values were likely to be 1 or 2 ($\beta = 0.173$, OR = 1.19, $p < 0.001$). Canines were more likely to have a value greater than 2 ($\beta=0.118$, OR=1.12, $p=0.01$). **Conclusion:** Darker individuals had “darker” anterior teeth. Canines were darker than incisors. Females had brighter teeth, while teeth became darker with age.

5. COMPARISON OF COGNITIVE IMPAIRMENT AMONG THE OLDER ADULTS WITH SELECTED CHRONIC MEDICAL CONDITIONS ATTENDING THE UNIVERSITY OF MAIDUGURI TEACHING HOSPITAL (UMTH).

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background: Older adults constitute a rapidly growing population whose healthcare needs are unique, with a higher prevalence of chronic medical and neuropsychiatric morbidities, especially cognitive impairment. This may be linked to their chronic nature and impacts on cognition.

Objective: This study assessed cognition among older adults with Hypertension, Diabetes Mellitus, and Arthritis and compared cognitive impairment among these conditions in specialty clinics of UMTH, Maiduguri. **Methods:** A comparative cross-sectional analytic study was employed to recruit 327 older adults aged ≥ 60 years. They were proportionally distributed into four groups: Hypertension only (140), Diabetes only (85), Arthritis only (43), and HTN-DM comorbidity (59). Socio-clinical proforma, Community Screening Instrument for Dementia (CSID), and other tools were administered. Data were analysed using SPSS version 26.0 with the level of significance set as 0.05. Kruskal-Wallis H test exploratively compared cognitive impairment in an equal number of participants from each group through random sampling. **Results:** The study found the group prevalence of cognitive impairment to be 13.6% among those in the hypertension-only, 7.1% in Diabetes only, 4.7% with Arthritis only, and 35.6% with Hypertension and Diabetes comorbidity. Cognition was significantly associated with chronic medical conditions ($p = 0.01$). In explorative comparison, cognition score was highest among participants with hypertension only, with a median (IQR) score of 14.0 (6.0), then Arthritis only 13.0 (4.0), then those with diabetes 12.0 (6.0), and those with HTN-DM comorbidity had the least cognition, 9.0 (8.5). This implies that those with hypertension-diabetes comorbidity had the most cognitive impairment, while hypertension was the least impaired. **Conclusion:** Cognition is more impaired among older adults with comorbidity of chronic medical conditions than in those without comorbidity. This underscores the need for consultation-liaison practice to effectively manage hypertension and Diabetes comorbidities and proactivity in assessing for cognitive impairment in older adults with co-morbid conditions.

6. COMPUTED TOMOGRAPHY ANGIOGRAPHIC EVALUATION OF ANATOMICAL VARIATIONS OF RENAL ARTERIES AT AMINU KANO TEACHING HOSPITAL, KANO, NIGERIA

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Background: Knowledge of renal arteries anatomical variations is important for different laparoscopic surgeries, kidney transplantation, oncologic resections and radiological interventional procedures in the abdomen. The aim is to evaluate the prevalence of anatomical variations of renal arteries using 160-slice CT angiograms at AKTH, Kano, to associate the variations with gender and ethnicity and to compare the results with the available findings in the literature.

Methods: The computed tomographic renal angiograms of 378 subjects comprising 204 males (54%) and 174 females (46%) with a M: F ratio of 1.2:1 were prospectively obtained from November, 2018 to August, 2019 at Radiology Department of AKTH. They were then analyzed using SPSS software version 22.0 for the presence of potential anatomical variations. **Results:** Among the 378 subjects studied, 246 (65.1%) had normal renal artery supply while there were anatomical variations of the renal arteries in 132 (34.9%) subjects but no side preponderance was observed. Early branching of the renal artery was observed in 47 (12.4%) subjects while the presence of at least one accessory renal artery was observed in 85 (22.5%) subjects. The most frequently observed renal variation in this study was accessory hilar artery found in 40 kidneys (5.3%). Bilateral renal vasculature variation was detected in 8 (2.1%) subjects. The variations were more frequently seen in males ($p > 0.05$). **Conclusion:** The study showed significant prevalence of anatomical variations of renal arteries (34.9%). CT angiograms showed high sensitivity and precision in the detection of these variations.

7. DETERMINANTS OF QUALITY OF LIFE AMONG ELDERLY SURVIVORS OF COVID-19 IN KANO STATE, NIGERIA

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Background: COVID-19 became the greatest healthcare concern of the twenty-first century. This highly contagious disease affects the ever-increasing elderly population. The proportion of the elderly is increasing in almost every country of the world and is expected to triple by 2050. It is important for this ever-increasing elderly population to have a good quality of life (QOL) especially following a devastating disease condition like COVID-19. This study aims to find the determinants of quality of life among elderly survivors of COVID-19 in Kano State. **Methods:** A cross sectional descriptive study design that utilizes mixed methods of data collection (sequential explanatory) was deployed. Data was collected using interviewer-administered questionnaire and focus group discussions. **Results:** The major themes that emerged from the FGD were: quality of life as it relates to health, COVID-19 and quality of life, and factors associated with quality of life. Majority of the respondents (75.1%) were in the 60-69 years age bracket with mean age ($\pm$ SD) of 66.6 ($\pm$ 5.6) years, majorly (60%) males and mostly (70%) were treated at home using the home-based care approach. The overall quality of life was found to be good in over half of the respondents (54.3%), while it ranged from 26.6% to 33.6% in the four domains of quality of life. At bivariate level, educational status, place of treatment, current monthly income, and cigarette smoking were found to be significantly associated with overall quality of life while participating in community activities and, contact with friends were found to be associated with at least three domains. Predictors of good overall quality of life were being treated at the isolation centre/ICU [aOR=2.50, 95%CI: (1.415-4.431)], current monthly income less than N30,000 [aOR=2.7, 95%CI: 1.438-5.084], and not smoking cigarette [aOR=2.89, 95%CI: 1.198-6.970]. **Conclusion:** The study concludes that treatment at isolation centres should be prioritized during epidemics.

8. ECONOMIC EVALUATION OF PATIENTS WITH NEUROLOGICAL DISEASES IN A RESOURCE-CHALLENGED SETTING: A PRELIMINARY APPRAISAL

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Background: Economic concerns are paramount due to considerable disease variability that exists between patients with neurological diseases, especially in developing countries. The predominant health financing option available is the out-of-pocket payment method, which can lead to catastrophic health expenditures. The aim is to estimate the economic cost of care in patients with neurological diseases in Kano, Nigeria. **Methods:** A cross-sectional study where patients admitted with neurological diseases were enrolled. Prevalence-based costs were stratified by patients' socio-demographic characteristics, the 'bottom-up' design and 'human capital' approach were utilized to generate both the direct and indirect (productivity losses) estimates respectively. All costs were analyzed from the patients' perspective using the IBM SPSS statistics software, version 20.0. **Results:** The study recruited 51 patients with an established diagnosis of a neurological disease over a period of 30-days (1st -31st March 2023) admitted into the medical wards of Aminu Kano Teaching Hospital, Kano. They have a mean age of 57.45 $\pm$ 13.59, mostly reside in an urban setting (84.3%) and were predominantly males (54.9%). Most of the patients had a diagnosis of stroke (80.3%), followed by those with status epilepticus (9.8%), and the remaining were diagnosed each to have Parkinson's disease (2.0%), neuroglycopenic coma (2.0%), Pott's disease (2.0%), motor neuron disease (2.0%) and subdural hematoma (2.0%). The average costs of care per patient was ₦134,530.88 (\$246.84), with subdural hematoma having the highest cost of ₦341,700.00 (\$626.97). Investigation/ procedures were the principal cost drivers comprising approximately 37.2% of the total direct costs per patient. The estimated cost of care for all the patients with a neurological disease over the study period was ₦6,861,075 (\$12,589.13). **Conclusions:** With the general economic down turn in the country, the high costs observed may lead to worsening of care in patients with neurological disease especially in our resource challenged settings.

9. ENDOSCOPIC LARYNGEAL SURGERY: A RETROSPECTIVE REVIEW OF INDICATIONS AND OUTCOME

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Background: Endoscopic laryngeal surgery, a minimally invasive technique for treating laryngeal pathologies, has gained prominence due to its benefits over open surgeries. While widely adopted in developed countries, its utilization in certain regions is limited, prompting exploration of its indications and outcomes. This study aimed to assess the indications and outcomes of endoscopic laryngeal surgeries at Yobe State University Teaching Hospital (YSUTH). The objective was to evaluate the effectiveness and applicability of this technique in their setting. **Methods:** Conducted from January 2018 to December 2022, this retrospective study enrolled consecutive patients undergoing endoscopic laryngeal surgery at YSUTH. Ethical approval was secured, patient records retrieved, and incomplete data excluded. Collected information included biodata, clinical presentations, indications, surgical outcomes, and complications. Analysis utilized SPSS version 26. **Results:** Among the 22 patients included, 63.6% were males and 8 (36.4%) were females, aged 5 to 77 years (mean: 23.8). Leading indications were laryngeal papilloma (40.9%) and vocal cord nodules (27.3%). Other indications comprised endoscopic examination and biopsy for suspected laryngeal tumors (13.7%), excision of post-traumatic laryngeal granulation tissue (9.1%), vocal cord polyps (4.5%), and foreign body removal (4.5%). Successful outcomes prevailed in 72.7% of cases, with laryngeal papilloma patients avoiding tracheostomy and experiencing shorter hospital stays. Conversely, 27.3% faced unsatisfactory outcomes, including recurrence of laryngeal papilloma, advanced laryngeal squamous cell carcinoma necessitating radiotherapy or total laryngectomy, and persistent granulation tissue requiring open surgery. Post-operative laryngeal edema necessitating intensive care admission occurred in 9.1% of patients. **Conclusion:** Endoscopic laryngeal surgery demonstrated satisfactory outcomes within their context, notably for laryngeal papilloma and vocal cord nodules. However, findings' generalizability is limited by the small sample size and COVID-19 disruptions. To validate outcomes, the study suggests a large multicenter investigation.

10. EPIDEMIOLOGY OF POST- OPERATIVE DEEP SPINAL INFECTION IN NATIONAL ORTHOPAEDIC HOSPITAL, DALA – KANO.

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Background: Surgical site infections (SSIs) are infections along the surgical tract or organ/space manipulated during surgery, occurring within 30 days of surgery or up to one (1) year if an implant is used. Those occurring along surgical tract are further classified as superficial or deep using the deep fascia as the divide. The reported infection rates in instrumented spine surgery ranges between 0.7 to 11.9%, with associated significant morbidity and sometimes mortality. The objective was to determine the prevalence of Post-operative Deep Spinal Infection, describe the risk factors, and Outcome of treatment. **Methods:** A retrospective study was conducted involving 828 patients who underwent spine surgeries between January 2017 to December 2021 at NOH – Dala. Data was collected and analyzed with aid of SPSS version 20. The statistical significance relationships were tested with Pearson's Chi-square test. **Results:** A total of 828 cases were reviewed (455 cervical and 373 thoracolumbar

surgeries). A total of 14 deep spine infections were recorded, all occurring in thoracolumbar region, with a male to female ratio of 1.8:1, and a mean age of 54years. The prevalence is 1.6%. Identified risk factors were advanced age (35%), associated dural tear (22%), diabetes mellitus (17%), malnutrition (13%), Obesity (9%), immunosuppression (4%). All had debridement and implant retention but one had an eventual implant removal due to persistence of infection. Average hospital stay of 11weeks. *Pseudomonas* is the commonest cultured organism followed by *Staphylococcus Aureus*, and the most sensitive Antibiotic was Quinolones. 5 patients were discharged with full neurological recovery, 7 patients had some neurological deficit, and 2 patient died.

Conclusion: The prevalence of post-operative deep spinal infection at NOH Dala is 1.69%. Associated dural tear, diabetes mellitus, and malnutrition in the setting advanced age were the most important risk factors, and *Pseudomonas* was the commonest isolated organism.

11. GEOSPATIAL MAPPING OF OROFACIAL CLEFTS IN NORTHWEST NIGERIA.

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Background: Geographic information systems (GIS) can be used to determine the spatial extent of a disease, identify spatial patterns and link the disease to spatial data. Grassroot Smile Initiative (GSI) is a foremost Smile Train partner in Kano which commenced operations in 2008 and has managed over 2000 patients with cleft lip – palate (CL/P). It will thus be used as a pilot study clinic to estimate geospatial distribution of CL/P cases in Northwestern Nigeria. The aim is to estimate the geospatial distribution of CL/P cases in Northwestern Nigeria and to estimate incidence and patterns of CL/P across wards in Kano. **Methods:** The data utilized was for in-patient CL/P cases that got treated at GSI. Basic information from the hospital's patients' records was retrieved. Statistics utilized in the study included: means, percentages and frequencies. GIS analysis was done using ArcMap 10.3. A first step involved geocoding street addresses into a map coordinate system before aggregation to wards for subsequent spatial distribution analyses. **Results:** The mapping analyses were carried out using the aggregated number of cleft cases for 928 cases. The analysis indicated that over half (54.4%, n=505 patients) lived within the Kano Metropolitan, while 45.6% (n=423 patients) lived within the outskirt. The Metropolitan are considered as high-density locations, confirming that patterns of cleft incidence follow the population density pattern in Kano. Also, the prevalence of Cleft was highest in the Metropolitan in 2008, with slight increases towards the northern and Southern part in 2013. Cleft Incidence by age revealed that the Metropolitan had the highest prevalence of cleft for children < 1 month and children > 5 years, but south-western part had the

highest prevalence for children over 20 years. **Conclusion:** The GIS analysis revealed that most of the patients with CL/P who got treatment from GSI Hospital lived relatively nearby with greatest incidence of cleft was in the Metropolitan Inconvenience. The cost of travelling may explain why those further afield do not come in for treatment or lack of public awareness about the services provided at the cleft clinic.

12. HEPATITIS B VACCINATION STATUS AND ASSOCIATED FACTORS AMONG FEDERAL ROAD SAFETY CORP PERSONNEL IN NORTHWESTERN, NIGERIA

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Background: Hepatitis B virus (HBV) is a leading cause of morbidity and mortality in Nigeria. It remains a major occupational health hazard among health care workers and paramedics especially during rescue mission. The Road safety personnel are at even greater risk due to poorer compliance with universal safety precautions during rescue missions. The Federal Road Safety Corp personnel are amongst those persons at risk of acquiring HBV infection that WHO recommended for Catch-up hepatitis B vaccination strategies. The aim is to assess the Knowledge, HBV vaccination status and associated risk factors among Federal Road Safety Corp Personnel in Northwestern, Nigeria. **Methods:** A cross-sectional study was conducted among 180 Federal Road Safety Personnel in North Western command between May to June 2023. Data was collected electronically using Kobo Collect tool (KCT) that contained pre-tested interviewer-administered questionnaire. The data was analyzed using Statistical Package for Social Sciences (IBM SPSS) version 24. Univariate (Tables, graphs and charts), bivariate (Chi-square) and multivariate analyses (Binary logistic regression) were used to determine the relationships between categorical variables with a significance level set at $p \leq 0.05$. **Results:** Only 15% of the respondents had good knowledge of hepatitis B infections. The mean knowledge score was 10.28 ± 4.16 . The proportion of respondents with good knowledge of HBV was higher among personnel that were aged ≥ 50 years (29.4%) as compared to those aged < 50 years (11.6%). Only one-third (36.0%) of the respondents were vaccinated with required doses of hepatitis B vaccines whereas more than two-fifth (42.8%) of the respondents had zero dose of the Vaccines. Personnel with years of service less than 10 years are 2.3% less likely to be vaccinated as compared to those that spent 10 or more years in service. Those who had never been transferred are 36% less likely to be vaccinated compared to those who had been transferred before.

Conclusion: The level of knowledge of hepatitis B virus infection and HBV vaccine uptake among Federal Roads Safety Personnel was poor. Years of service and being transferred from one unit command to another were independent factors associated with vaccine uptake. The FRSC in collaboration with the State Ministries of health should organize public awareness and sensitization campaigns on HBV infection and developed a written policy on pre-employment and periodic vaccination against HBV infection.

13. IMPROVING TUBERCULOSIS CASE-FINDING THROUGH REGULAR ROUTINE MAINTENANCE OF GENEXPERT MACHINE AND ADHERENCE TO SAMPLE COLLECTION STANDARD OPERATING PROCEDURES

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Background: Maintenance of GeneXpert entails disinfecting the machine and its work area with 5% sodium hypochlorite and 70% alcohol solutions to remove the corrosive effect of the hypochlorite. Routine maintenance is done daily, weekly, monthly and yearly and it helps in the optimal functioning of the modules and the machine at large. Another factor that plays a role in accuracy of test result is the sample quality and volume. A mucopurulent sputum sample devoid of food particles and not less than 2ml is required for result. The main objective of the study is to assess the functionality of modules and reduction in error rate on the Genexpert machines from the experience of the laboratory in the Wellness on Wheels truck deployed in northern Nigeria.

Methods: A concentration of 5% Sodium hypochlorite & 70% ethanol were used to disinfect the GeneXpert machine on a daily, weekly, and monthly basis. Routine periodic maintenance which includes disinfection of cartridge bay, plunger rod, cleaning of PCR slot and filter as well as yearly calibration of machine scheduled after 2000 runs, this was conducted regularly as per protocol. **Results:** From January to August 2019, the WOW truck recorded 97 errors. However, between January and August 2021 only 63 errors were recorded. A total of 2389 tests were conducted between January and August 2019 as compared to 2782 total tests conducted for the same period in 2021. For the period of maintenance between January to August 2021 the percentage error rate was 2.2% compared to 4.0% experienced in 2019. **Conclusion:** The improved results seen were due to regular maintenance carried out on the machines. Due to improved cleaning and maintenance of the machines there has been no report of modular failure for over five months, this will be sustained to ensure continuous functionality of all modules.

14. INTEGRATIVE ORAL HEALTH OUTREACH MODEL: AFFIRMING WORLD HEALTH ORGANIZATION UNIVERSAL HEALTH COVERAGE OBJECTIVE

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Background: Dental outreach programs have been reported to be effective in improving oral health status of a community. They have also been shown to improve oral health awareness and reinforce oral health prevention strategies. However, utilization

of these services has been reported to be low due to the limited dental services. This is mainly due to the planning cost and the limited armamentarium which can be deployed in the field. Unfortunately, illiteracy, lack of health insurance and extreme poverty makes these programs a necessity. We thus proposed a model where deploying improvised dental chairs, engagement of all tiers of dental professionals, robust community involvement and provision of extensive dental procedures will serve to combat these barriers. **Methods:** A staggered oral health program tagged “Naija Smiles” was conducted across six LGAs in Kano. Each outreach included of all tiers of dental personnel and laboratory scientists. The program encompassed five units namely biodata, laboratory, examination, treatment and pharmacy. All retrieved data were analyzed and test of association of dental indices were conducted using chi square, T-test and ANOVA when indicated. **Results:** A total of 3695 individuals were seen across the LGAs with 53.2% males (n=1964). Highest proportion was at Nasarawa LGA (n=794), young adults were the most frequent age group (38.4%, n=1420) and the mean age at 33.7 years. An estimated 59.1% (n=2185) have never visited a dental clinic while 24.6% (n=1320) only visited once in over 3 years. Mean OHI and DMFT are at 2.2 and 2.5 respectively and both varied significantly across LGA, dental visits, occupation and medication usage. 42% had known comorbidities (n= 1537) with PUD preponderance (19.9%). Treatment Need Index was 51.3% and the Met Need index is at 50 % however, greater than 85% of all individuals had a form of treatment. **Conclusion:** With this integrative model, robust participations was recorded and expansive dental procedures were performed. Evaluation of comorbidities also allowed comprehensive counselling. This model can increase dental utilization of oral health outreach programs.

15. MATERNAL SERUM LIPID PROFILE AT TERM AND ITS ASSOCIATION WITH FETAL BIRTH WEIGHT IN USMANU DANFODIYO UNIVERSITY TEACHING HOSPITAL, SOKOTO, NIGERIA.

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Background: Birth weight has been associated with several adverse outcomes, both early and late in life. Glucose accounts for up to 80% of the energy used by the fetus and is the primary fuel for fetal growth. However, information regarding the other 20% remains scarce. Lipids can cross the placenta thus they could be used by the fetus for growth. The aim is to assess the relationship between maternal serum lipids at term and fetal birth weight. **Methods:** This was a cross-sectional study. Pregnant women who were between 37-38 weeks of gestation were recruited consecutively for the study after screening for gestational diabetes mellitus. Blood samples were then taken and analysed for serum

triglycerides, cholesterol, low density lipoprotein and high-density lipoproteins using calorimetric enzymatic methods. These women were followed up till delivery and birth weights were recorded. The data were analysed using Statistical Package for Social Sciences (SPSS) version 20. The level of significance was set at a p-value less than 0.05. **Results:** There was a strong positive correlation between birth weight and total cholesterol (r=0.86, p=0.00) and low-density lipoprotein (r=0.68, p=0.00). The linear regression model summary demonstrated that 75% of changes in the neonatal birth weight could be accounted for by maternal serum lipids and for every unit increase in serum cholesterol a corresponding 1g increase in neonatal birth weight could be predicted. On binary logistic regression model, every unit increase in maternal total cholesterol would increase the odds of having a macrosomic baby by 0.16. **Conclusion:** Total cholesterol was positively correlated with birth weight and total cholesterol could significantly predict changes in birth weight and macrosomia. Further larger multi-centre studies are however required to fully evaluate the relationship between serum lipids and birth weight.

16. OPEN PER TROCHANTERIC FRACTURE FROM GUNSHOT TREATED USING LINEAR RAIL SYSTEM WITH SWIVEL CLAMP: A CASE REPORT

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Background: Gunshot injuries resulting in fractures around the hip are not a common encounter in normal daily living except in the war zone areas and countries with high gun violence like the US and cape town in South Africa. This usually results in complex injuries to both soft tissues and bone that required careful and purposeful management to achieve a good outcome. We therefore report this case of gunshot injury leading to an open fracture of the left proximal femur (perthrochanteric fracture) who was successfully managed with linear rail system with a swivel clamp. **Case report:** The patient is a 31year old man who had gunshot to the left hip following a failed attempted kidnap. He had pain, bleeding, deformity and inability to walk. There was no history suggestive of other injuries. He had initial treatment at the military hospital where he was resuscitated, had wound debridement and was placed on high tibial skeletal traction. His x-ray showed a comminuted perthrochanteric fracture. He was later referred to our hospital for further management. A diagnosis of open comminuted perthrochanteric fracture with sciatic nerve injury secondary to gun shot was made. He had a second wound debridement and linear rail system with a swivel clamp applied. He was followed up at the clinic over 11months period. He was commenced on partial weight bearing 6 weeks after surgery and Full weight bearing at 12 weeks postoperative. LRS was removed 6 months after surgery. He was eventually weaned off crutches at 10 months. No limb length discrepancy but has a foot drop for which he is being worked up for tendon transfer. **Conclusion:** Management of gunshot wound leading to open fracture of the proximal femur is challenging but can be successfully managed with careful well-planned debridement and linear rail system application.

17. OUTCOME AND BARRIERS TO CERVICAL CANCER SCREENING AMONG HUMAN IMMUNODEFICIENCY VIRUS-POSITIVE WOMEN IN KANO, NIGERIA

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Background: Sub-Saharan Africa carries the overwhelming share of the global burden of HIV infection and of HIV-associated cervical cancer. Screening is an effective strategy for the prevention, early diagnosis and prompt management of cervical precancerous lesions among HIV-positive women. The study aim is to assess the outcome and barriers to cervical cancer screening among HIV-positive women attending Aminu Kano Teaching Hospital, Kano. **Methods:** Using a cross sectional study design, a proforma was used to collect data and screen 740 HIV-positive women. Screening was done using visual inspection with acetic acid and Lugol's iodine and the data was analysed using SPSS version 24.0. **Results:** The age of the clients ranged from 25 – 49 years with a mean age of 30.7 ± 2.4 years. Majority (n=698; 94.3%) were ≥ 30 years and married (n=592; 80.0%). Almost half (n=362; 48.9%) had secondary level of education and many (n=520; 70.3%) were unemployed. A few (n=42; 5.7%) had positive results on visual inspection with acetic acid and a lesser proportion (n=26; 3.5%) had positive screening results on visual inspection with lugol's iodine. Lack of awareness of screening services for cervical cancer was found to be a barrier to cervical cancer screening and treatment among two-thirds (n=565; 76.4%) of the clients while a significant proportion (n=592; 80.0%) reported that their personal belief which was strengthened by their religion prevented them from accessing cervical cancer screening services. Also, two-thirds (n=493; 66.6%) agreed that their culture which considers cervical screening a taboo was a barrier to screening. **Conclusion:** There is a need for targeted and enhanced education with counselling to optimize the uptake of screening for cervical cancer among HIV-positive women in HIV treatment centers. The generated data can guide evidence-based policy and decision-making.

18. PATTERN OF EARLY ONSET COLORECTAL CANCER (EOCRC) IN NIGERIA: A SINGLE CENTRE EXPERIENCE

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Background: Early-onset CRC (EOCRC) is defined as CRC occurring in adults younger than 50 years old. It has been observed that EOCRC has increased recent years. Late onset colorectal cancers (LOCRC) are seen among patients that are at least 50 years. The pattern of EOCRC has been compared to LOCRC among Caucasian and Asian population and some differences were observed. The aim is to compare the pattern of EOCRC vs LOCRC among Nigerian patients. **Methods:** A single centre retrospective study conducted in General Surgery Unit of Aminu Kano Teaching Hospital, Nigeria. Data was collected from the operation register of patients that had curative surgery for colon or

rectal from January 2017 to December 2022. The following data were collected; age, gender, location of the tumour, neoadjuvant therapy, histologic type of the tumor and outcome of the surgery. The patients were then divided in to groups. Group A are patients with CRC but less than 50 years while group B are patients that are more that or equals to 50 years. The data between the two groups were compared. **Results:** A total of 189 patients had curative surgery for colon or rectal cancer during the period of the study. Among these patients 84 were less than 50 years at the time so EOCRC constituted 44.44% of all CRCs. When EOCRC was compared to LOCRC, we found that EOCRC is more commonly seen among males and the rectum was or commonly affected as opposed to LOCRC that affects both genders equally with predominant colonic distribution. **Conclusion:** EOCRC showed some differences when compared to LOCRC.

19. PATTERNS AND PREDICTORS OF CONTRACEPTIVE UPTAKES AMONG WOMEN ATTENDING FAMILY PLANNING CLINIC IN A TERTIARY HEALTH FACILITY IN SOUTH-WEST NIGERIA: A 10-YEAR REVIEW

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Background: Contraception is a cost-effective way of reducing maternal morbidity and mortality in Sub-Saharan Africa where its utilization is still significantly low despite the alarming rate of unemployment and economic downturn. The choice and acceptability of different contraceptives depend on myriad factors. The study aims to determine the patterns and predictors of contraceptive uptake among women attending family planning clinic in Federal Medical Centre, Abeokuta, South-West Nigeria. **Methods:** This was a 10-year retrospective descriptive study of the women who sought contraceptive services at the family planning clinic of Federal Medical Centre, Abeokuta from 1st of January, 2011 to 31st December, 2020. Relevant data were collected from the available records, coded and analyzed with the Statistical Package for Social Sciences (SPSS), IBM version 25.0 (Armonk, NY). Descriptive statistics were computed for all data and results were presented in tables and charts. Chi-square was used to test for significance and p-value < 0.05 was considered statistically significant. **Results:** A total number of 3023 women accessed contraceptive services during the study period with the clients within the ages of 17 and 56 years and the highest percentage (36.3%) of contraceptive usage was between 30-34 years whereas 8.2% of women below the age of 25 years utilized contraceptive care services. Majority of clients were Christians (72.2%), predominantly had tertiary education (75.9%) and the highest frequency of contraceptive utilization was among client who have had three deliveries. Overall, 93.2% of clients were married and mostly (49.4%) self-employed. The most common method of contraception used during the study period was

implants whereas the least method was Bilateral Tubal Ligation (BTL). The relationship between age, parity and level of education with the preferred methods of contraception were statistically significant ($p=0.000$). The highest uptakes of contraception were recorded in 2017 and 2019 with the lowest usage in 2011 and 2020. Information about contraception predominantly (71.6%) emanated from clinical personnel. **Conclusion:** Acceptability of different contraceptive methods is multifactorial and the relevant stakeholders should be apprised of these key determinants in policy formulation as well as implementation.

20. AN ANALYSIS OF PEDIATRIC HEAD AND NECK CANCERS IN NORTHWEST NIGERIA: A DECADE-LONG REVIEW OF DEMOGRAPHICS, CANCER TYPES, TREATMENT MODALITIES, AND OUTCOMES.

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Background: In developing countries, pediatric head and neck cancers are on the rise, while developed regions see declining mortality rates. Managing these malignancies in resource-limited settings poses significant challenges. This study aimed to uncover the distribution and outcomes of pediatric head and neck cancers within a developing country's tertiary care setup, with the goal of guiding future policies and interventions. The primary aim was to assess the distribution and treatment outcomes of pediatric head and neck cancers treated at a northwest Nigerian tertiary hospital. The objective was to gain insights that could inform effective strategies for addressing the complexities of managing these malignancies in resource-constrained settings. **Methods:** A retrospective review analyzed 133 pediatric patients diagnosed with head and neck cancers, treated at a northwest Nigerian tertiary hospital between January 2010 and December 2019. The assessment focused on evaluating patient responses to various treatment modalities and determining the time intervals between symptom onset and hospital presentation. **Results:** The patient cohort, spanning from two months to 15 years, exhibited a wide spectrum of head and neck tumors. Notably, retinoblastoma (36.1%) and Burkitt's lymphoma (19.5%) were the most prevalent malignancies. Treatment approaches varied significantly, leading to pronounced differences in treatment adherence. Alarming, only 8.3% achieved remission, while 39.1% succumbed during treatment, and 27.8% defaulted from care. Additionally, over half of the patients sought medical attention belatedly, with just 19.5% seeking help within six weeks of symptom onset. **Conclusion:** This decade-long retrospective analysis sheds light on the challenging landscape of managing pediatric head and neck cancers in a resource-limited tertiary care setting in northwest Nigeria. The study revealed a diverse spectrum of head and neck tumors, with retinoblastoma and Burkitt's lymphoma being the most prevalent. Importantly, the variation in treatment modalities significantly impacted treatment adherence, resulting in alarmingly low remission rates, high mortality during treatment, and a substantial proportion of patients defaulting from care. Equally concerning was the delayed presentation of over half of

the patients, emphasizing the urgent need for early diagnosis and intervention.

21. PREVALENCE OF PSYCHIATRIC COMORBIDITIES AMONG ADULT OUT-PATIENTS LIVING WITH HIV/AIDS IN A TERTIARY CARE CENTRE, NORTH-CENTRAL NIGERIA

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Background: Psychiatric disorders had been reported with higher prevalence among people living with Human Immunodeficiency Virus (HIV)/acquired immunodeficiency syndrome (AIDS), [PLWHA] than the general population and its presence could confer poorer prognosis on infected individuals. However, only a little attention is given to these common psychiatric disorders (CPDs) among PLWHA, so also there is a paucity of research on the above subject matter in the North-Central part of Nigeria. This study aimed to determine the prevalence of CPDs [depression, anxiety disorder (AD) and alcohol use disorder (AUD)] among adult out-patients PLWHA attending highly antiretroviral therapy clinic (HAART) of the University of Ilorin Teaching Hospital (UITH), Ilorin and also to determine the relationship between CPDs and respondents' socio-demographic factors. **Methods:** It was a hospital-based descriptive cross-sectional study conducted among 363 respondents attending UITH HAART clinic between March and May 2019. Interviewer-administered structured and semi-structured questionnaires were used to collect data among respondents. Mini International Neuropsychiatric Interview (MINI) was used to assess the prevalence of CPDs. Data were analysed using the Statistical Package for Social Sciences version 21 and p value of < 0.05 was taken as statistically significant. **Results:** Larger proportions of the respondents were females 72.2% with mean age of 44.8 ± 10.05 . The prevalence of depression was 24.5%, AD was 16.8% while AUD was 0.6%. Respondents from extended family type were more depressed 70.4% and about half 43.3% among the nuclear family had AD while 1.6% prevalence of AUD was found among nuclear family. The association was statistically significant with p -value of 0.001. **Conclusion:** CPDs exist among PLWHA with increasing prevalence therefore screening for these disorders should be encouraged during routine management of PLWHA in order to improve their psychological well-being.

22. PSYCHOSOCIAL CORRELATES OF ANTIRETROVIRAL MEDICATION ADHERENCE AMONG PEOPLE LIVING WITH HIV (PLWHA) ATTENDING OUTPATIENT CLINIC OF AMINU KANO TEACHING HOSPITAL KANO, NIGERIA

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Background: HIV/AIDS has remained a disease of public health concern, with only 30% of People Living with HIV/AIDS (PLWHA) in Nigeria accessing antiretroviral medications. ART adherence is critical in the management of PLWHA, as suboptimal adherence results in inadequate viral suppression, emergence of resistant strains, transmission of resistant virus and treatment failure. Psychosocial factors are known to affect ART adherence. The study aims to describe the pattern of ARV medication adherence among PLWHA; to describe the prevalence of psychiatric disorders, and to determine the relationship between psychiatric disorders, social factors and medication adherence. **Methods:** The study was a descriptive cross-sectional study, involving 420 Adults Living with HIV attending outpatient of Aminu Kano teaching hospital Kano. Each participant was administered the socio-demographic questionnaire, Mini International Neuropsychiatry Interview, Oslo Social Support Scale and Morisky Medication Adherence scale. Data was entered into SPSS version 20 for analysis. P value of <0.05 was set as statistically significant. **Results:** The level of ARV medication adherence was 75%. The prevalence of psychiatric disorder was 22.1% (95%CI 18.3-26.4). There was statistically significant association between medication adherence and psychiatric disorders (χ^2 88.946, $p < 0.001$) and social support (χ^2 135.606 $p < 0.001$). Social support, cannabis abuse/dependence and psychiatric disorder were found to be independent predictors of medication adherence. **Conclusion:** The level of adherence was sub-optimal thus more effort is needed to ensure the adherence level is improved upon. There is also the need for routine screening of psychiatric disorders in the clinic and health education to enlighten the public to offer support for PLWHA.

23. RELATIONSHIP BETWEEN ENDOTHELIAL DYSFUNCTION AND RISK OF STROKE AMONG ADULTS WITH TYPE-II DIABETES IN NORTHERN NIGERIA

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Background: There is a global increase in the burden of diabetes mellitus with adverse cardiovascular events. Sonographic determination of endothelial dysfunction through measurement of brachial artery flow-mediated dilation (BAFMD), and common carotid artery intima-media thickness (CCA-IMT) are simple, accurate and reproducible means of identifying early vascular changes that can lead to adverse cardiovascular events such as stroke. The study aims to determine the relationship between the BAFMD and CCA-IMT among patients with Type-II diabetes and to compare with controls. **Methods:** This cross-sectional comparative study was conducted on one hundred and eighty-seven adult patients with Type-II diabetes and equal number of matched controls were recruited. The fasting blood sugar and blood pressure were measured, and blood samples for HbA1c were obtained after the sonographic analysis. The CCA-IMT and BAFMD were determined using Nortek Digital Ultrasound

Imaging system with the use of a 7.5MHz linear transducer. **Results:** The mean age of the diabetic group was 45.4 ± 10.3 years while those of the control group was 44.5 ± 10.9 years. There is statistically significantly lower BAFMD among diabetic group, with mean BAFMD among the diabetic group of $7.23 \pm 4.77\%$ and that of the control group of $10.58 \pm 5.47\%$ ($p < 0.0001$). We found a statistically significantly higher CCA-IMT among the diabetic group

There was a negative correlation between BAFMD and CCA-IMT on both right and left sides among diabetic group. RT ($r = -0.296$, $p = 0.01$) and LT ($r = -0.290$, $p = 0.01$). CCA-IMT on both sides was found to be more sensitive than BAFMD in detecting endothelial dysfunction based on ROC curve.

Conclusion: We found that CCA-IMT is significantly higher in the diabetic group when compared to non-diabetic control group while BAFMD is significantly lower in the diabetic group when compared to the non-diabetic control group. The combination of BAFMD and CCA-IMT will improve early detection such that preventive measures can be instituted.

24. SERUM IMMUNOGLOBULIN E LEVEL AND ITS RELATIONSHIP WITH EOSINOPHIL COUNT AMONG PATIENTS WITH ALLERGIC RHINITIS IN TERTIARY HOSPITAL IN BAUCHI, NORTHEASTERN NIGERIA

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Background: Allergic rhinitis is an Immunoglobulin E mediated hypersensitivity disease of the mucous membrane of the nasal airway. The aim of this study was to determine serum Immunoglobulin E level and its relationship with eosinophils count among patients with allergic rhinitis. **Methods:** It was a cross-sectional study of consecutive patients diagnosed with allergic rhinitis that were recruited from the Ear, Nose and Throats Surgery and Respiratory Medicine clinics of ATBUTH, Bauchi, Bauchi State, Northeastern Nigeria from 1st January, 2022 – 31st May, 2023. Five milliliters of blood were analyzed for Immunoglobulin E estimation using Immunoglobulin E Elisa kit with catalog NO. T1244A (96 Tests) by Calbiotech Company Inc and for Eosinophil count using pack 5 haematologic autoanalyzer. Extracted data was analyzed using IBM SPSS version 23.0 software. **Result:** There were 61 patients studied comprising of 22 (36.1%) males and 39 (63.9%) females with a male to female ratio of 1:1.7. Their ages range from 18-77 years old. The mean age, serum IgE level and eosinophil counts of all the patients were 38.65 ± 14.34 years, 371.24 ± 82.63 IU/ml and 3.35 ± 2.87 % respectively. All (100%) participants have raised serum IgE level and 88.53% have normal Eosinophil count. The Pearson's product moment correlation coefficient between the serum IgE level and eosinophil counts ($r = -0.206$ ($P = 0.112$)) which was a negative correlation that is not statistically significant.

Conclusion: All of the participants had a high serum IgE level with a negative relationship with eosinophil count that is not statistically significant.

25. TRANSORBITAL ULTRASONOGRAPHIC MEASUREMENT OF OPTIC NERVE DIAMETER IN CHILDREN WITH CLINICAL FEATURES OF RAISED INTRACRANIAL PRESSURE IN KANO, NIGERIA

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Background: Raised intracranial pressure is caused by traumatic and non-traumatic causes in children and if not identified and treated on time may lead to serious complications ranging from visual disturbances to death. Ultrasonographic measurement of the optic nerve sheath diameter is a simple, safe, readily available and affordable means and serves as a bedside procedure for identifying raised intracranial pressure in emergency settings among children. The aim is to sonographically determine the optic nerve diameter (ONS) in children with clinical features of raised intracranial pressure (ICP) **Methods:** Children with clinical features of raised ICP admitted in the paediatric emergency Units in Kano, had ultrasound measurements of ONS. Controls were healthy school children and those that came for immunization. Informed written consent was obtained. The ONS was assessed using a 7.5MHz linear transducer, and the values obtained in both eyes were documented by taking the average value of the three readings obtained from each eye. **Result:** The participants in the study and control groups were between 0-16 years of age. The range of ONSD obtained among 130 study group were 3.2-7.1 mm (mean $\pm$ SD, 4.7 $\pm$ 0.9 mm) in < 1 year old, 4.2-7.5 mm (5.5 $\pm$ 1.0 mm) in 1-5 years old, and 4.4-8.3 mm (Mean $\pm$ SD, 6.6 $\pm$ 1.3 mm) in > 5 years old. The matched aged group ONSD among 130 controls were 3.3-4.4 mm (mean $\pm$ SD, 3.8 $\pm$ 0.3mm), 4.0-6.0 mm (5.0 $\pm$ 0.6mm) and 4.1-6.5 mm (5.5 $\pm$ 0.6mm) respectively. The ONSD of the study group was statistically higher than that of the control ($t = 2.93$, $p = 0.001$). **Conclusion:** ultrasound is a safe and accurate bed side method of detecting raised ICP This study confirmed that there is a direct relationship between the raised ICP and ONSD in children.

26. OUTCOME AND BARRIERS TO CERVICAL CANCER SCREENING AMONG HUMAN IMMUNODEFICIENCY VIRUS-POSITIVE WOMEN IN KANO, NIGERIA

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Background: Sub-Saharan Africa carries the overwhelming share of the global burden of HIV infection and of HIV-associated cervical cancer. Screening is an effective strategy for the prevention, early diagnosis and prompt management of cervical precancerous lesions among HIV-positive women. This study assessed the outcome and barriers to cervical cancer screening among HIV-positive women attending Aminu Kano Teaching Hospital, Kano. **Methods:** Using a cross sectional study design, a proforma was used to collect data and screen 740 HIV-positive women. Screening was done using visual inspection with acetic acid and Lugol's iodine and the data was analysed using SPSS version 24.0. **Results:** The age of the clients ranged from 25 – 49 years with a mean age of 30.7 $\pm$ 2.4 years. Majority ($n=698$; 94.3%) were ≥ 30 years and married ($n=592$; 80.0%). Almost half ($n=362$; 48.9%) had secondary level of education and many ($n=520$; 70.3%) were unemployed. A few ($n=42$; 5.7%) had positive results on visual inspection with acetic acid and a lesser proportion ($n=26$; 3.5%) had positive screening results on visual inspection with lugol's iodine. Lack of awareness of screening services for cervical cancer was found to be a barrier to cervical cancer screening and treatment among two-thirds ($n=565$; 76.4%) of the clients while a significant proportion ($n=592$; 80.0%) reported that their personal belief which was strengthened by their religion prevented them from accessing cervical cancer screening services. Also, two-thirds ($n=493$; 66.6%) agreed that their culture which considers cervical screening a taboo was a barrier to screening. **Conclusion:** There is a need for targeted and enhanced education with counselling to optimize the uptake of screening for cervical cancer among HIV-positive women in HIV treatment centers. The generated data can guide evidence-based policy and decision-making.

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