

VOLUME 42, NUMBER 2
February 2025

ISSN 0189 - 160X

WAJM

WEST AFRICAN JOURNAL OF MEDICINE

ORIGINALITY AND EXCELLENCE IN MEDICINE AND SURGERY



OFFICIAL PUBLICATION OF
THE WEST AFRICAN COLLEGE OF PHYSICIANS *AND*
WEST AFRICAN COLLEGE OF SURGEONS



www.wajmed.org



TABLE OF CONTENTS

GENERAL INFORMATION	IC
INFORMATION FOR AUTHORS	1F
EDITORIAL NOTE:	
Confronting the Hidden Wounds-Prioritising Mental Health in Communities affected by Armed Conflicts – <i>G. E. Erhabor</i>	79
Ending Nuclear Weapons, Before they End us – <i>Kamran Abbasi, Parveen Ali, Virginia Barbour, Marion Birch, Inga Blum, Peter Doherty, Andy Haines, Ira Helfand, Richard Horton, Kati Juva, Jose F. Lapena Jr, Robert Mash, Olga Mironova, Arun Mitra, Carlos Monteiro, Elena N. Naumova, David Onazi, Tilman Ruff, Peush Sahni, James Tumwine, Carlos Umaña, Paul Yonga, Chris Zielinski</i>	80
ORIGINAL ARTICLES	
Predictors of Erectile Dysfunction among Nigerian Men with Type 2 Diabetes Mellitus	83
A. M. Badmus, S. O. Ikuerowo, E. A. Jeje, A. A. Abolarinwa, O. A. Omisanjo	
Work-Related Stress among Academic Staff of a Higher Institution in South-west, Nigeria: A Cross-sectional Study	90
O. Q. Bakare, A. O Coker, M. Saibu, T. O. Durojaiye	
Programmed Cell Death Ligand 1 (PD-L1) Expression in Triple Negative Breast Cancer Cases in Benin City	97
D. O. Owolabi, I. Obahiagbon, M. O. Udoh, C. Owobu, V. J. Ekanem, J. O. Ogunbiyi, A. N. Olu-Eddo	
Post-Traumatic Stress Disorder in the Epicenter of the Boko Haram Insurgency: Prevalence and Psychosocial Correlates	104
A. W. Ibrahim, U. B. Musami, Y. A. Kareem, M. Y. Mahmood, A. I. Halid, B. K. Machina, F. B. Shettima, A. Ashiru, P. N. Oguallili	
Paracetamol-Diclofenac Versus Pentazocine-Diclofenac for Post-Caesarean Section Pain Relief: A Double Blind Randomized Controlled Trial	114
J. O. Chionuma, T. O. Odetayo, A. M. Olumodeji, O. A. Makinde, A. Gbadegeshin	
Prevalence and Determinants of Malocclusion among Preschool Children in Maiduguri	121
T. O. Ligali, A. E. Oromakinde	
Assessing Fibrosis and Steatosis utilizing Transient Elastography (Fibroscan) in Metabolic-dysfunction Associated Steatotic Liver Disease: An Experience from UBTH, Benin City, Nigeria	127
R. A. Ugiagbe, E. E. Ugiagbe, A. O. Malu	
Effects of Footwear Types on Balance and Risk of Falls among Pregnant Women: A Cross-Sectional Study	137
C. P. Ojukwu, J. S. Elejo, O. J. Nebo, N. E. Ubochi, E. M. Anekwu, I. J. Ilo	
Promoting Adolescents Oral Health: Effectiveness of Two Oral Health Educational Methods among Senior Secondary School Students in Lagos, Nigeria	143
U. I. Ekowmenhenhen, O. O. Sofola, O. G. Uti, U. Odogu, A. Akande, O. J. Oluwaleti	
CASE REPORT	
Evaluating the Effectiveness of Multiple Provider Enhanced Adherence Counselling in the Improvement of Treatment Outcomes amongst Adolescents Living with HIV (ALHIV): A Case Series	152
T. O. Adebawojo, O. M. Oladosu, A. O. Onifade, E. Hambolu	
INDEX TO VOLUME 42, NO. 2, 2025	
Author Index	157
Subject Index	158



Effects of Footwear Types on Balance and Risk of Falls among Pregnant Women: A Cross-Sectional Study

Effets des Types de Chaussures Sur L'équilibre et le Risque de Chute Chez les Femmes Enceintes : Une Étude Transversale

¹C. P. Ojukwu, ¹J. S. Elejo, ²O. J. Nebo, ³N. E. Ubochi, ⁴E. M. Anekwu, ^{3*}I. J. Ilo

ABSTRACT

BACKGROUND AND OBJECTIVE: Falls are one of the most common causes of trauma among pregnant women. Footwears are part of the major environmental risk factors of falls, yet there is no evidence to ascertain how different footwear types affect balance and risk of falls in pregnant women. Our study assessed the effects of footwear types on balance and risk of falls among apparently healthy pregnant women.

METHODS: 43 pregnant women in their second and third trimesters simulated static balance, measured by the maximum width base of support and risk of falls as determined by the three-meter backward test, using six different types of footwear. Data were analyzed using descriptive statistics and one-way analysis of variance at an alpha level of 0.05.

RESULTS: There was a significant variation in balance with types of footwear ($p < 0.001$), with the female variant flip flop slippers exerting the most unfavourable effects on balance (maximum width base of support of 32.3 ± 4.4 cm). The work shoes and ankle strap sandals provided the greatest degree of balance, with mean maximum width base of support of 30.8 ± 4.3 and 31.4 ± 3.9 , respectively. Surprisingly, there was no significant variation in the risk of falls with types of footwear ($p < 0.052$).

CONCLUSION: Work shoes and ankle strap sandals have a greater tendency to improve static balance in pregnant women while flip flop slippers may contribute to poor balance performance, as compared to other footwear types. The findings may be helpful to researchers and clinicians in understanding balance responses to different footwear designs. **WAJM 2024; 42 (2): 137-142**

KEYWORDS: Pregnancy; Footwear type; Balance; Fall risk; Nigeria

RÉSUMÉ

CONTEXTE ET OBJECTIF: Les chutes sont l'une des causes les plus courantes de traumatismes chez les femmes enceintes. Les chaussures constituent l'un des principaux facteurs environnementaux de risque de chute. Cependant, aucune preuve ne permet de déterminer comment différents types de chaussures influencent l'équilibre et le risque de chute chez les femmes enceintes. Notre étude a évalué l'effet des types de chaussures sur l'équilibre et le risque de chute chez des femmes enceintes apparemment en bonne santé.

MÉTHODES: Quarante-trois femmes enceintes aux deuxième et troisième trimestres ont simulé un équilibre statique, mesuré par la largeur maximale de la base de soutien, et le risque de chute, déterminé par le test du recul sur trois mètres, avec six types différents de chaussures. Les données ont été analysées à l'aide de statistiques descriptives et d'une analyse de variance unidirectionnelle avec un niveau alpha de 0,05.

RÉSULTATS: Une variation significative de l'équilibre selon le type de chaussures a été observée ($p < 0,001$), les tongs féminines ayant les effets les plus défavorables sur l'équilibre (largeur maximale de la base de soutien de $32,3 \pm 4,4$ cm). Les chaussures de travail et les sandales à brides ont offert le plus haut degré d'équilibre, avec une largeur maximale moyenne de $30,8 \pm 4,3$ cm et $31,4 \pm 3,9$ cm, respectivement. De manière surprenante, aucune variation significative du risque de chute selon les types de chaussures n'a été observée ($p < 0,052$).

CONCLUSION: Les chaussures de travail et les sandales à brides présentent une meilleure capacité à améliorer l'équilibre statique chez les femmes enceintes, tandis que les tongs pourraient compromettre la performance de l'équilibre par rapport aux autres types de chaussures. Ces résultats pourraient être utiles aux chercheurs et aux cliniciens pour comprendre les réponses en matière d'équilibre face aux différentes conceptions de chaussures. **WAJM 2024; 42 (2): 137-142**

MOTS CLÉS: Grossesse ; Type de chaussures ; Équilibre ; Risque de chute ; Nigéria

¹Department of Medical Rehabilitation, Faculty of Health Sciences and Technology, University of Nigeria Enugu, Enugu state Nigeria

²Department of Physiotherapy, Faculty of Health Sciences and Technology. David Umahi Federal University of Health Sciences, Uburu, Ebonyi State Nigeria

³Department of Nursing. Faculty of Health Sciences and Technology. University of Nigeria Enugu State, Nigeria

⁴The Rotherham NHS Foundation Trust, UK

*Corresponding Author: Dr. Ijeoma Judith Ilo, Department of Nursing, University of Nigeria Enugu, Enugu State. Nigeria