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TABLE OF CONTENTS

GENERAL INFORMATION	1C
INFORMATION FOR AUTHORS	1F
EDITORIAL NOTES	437
ORIGINAL ARTICLES	
Perceived Stress and Coping Strategies among Adults with Asthma in Ile-Ife, Nigeria	441
A. O. Arawomo, J. O. Erhabor, A. Akinsulore, O. F. Awopeju, A. O. Ajayi, G. E. Erhabor	
A Comparative Study of Uterine Artery Doppler Parameters and Endometrial Characteristics in Women with Unexplained Infertility and Fertile Women at a Nigerian Teaching Hospital	451
A. E. Smart, G. O. Obajimi, A. J. Adekanmi, M. O. Obajimi	
An Evaluation of a Supervised School Tooth Brushing Program on Plaque and Gingival Scores of a Group of Rural Nigerian Primary School Children	459
S. P. Ozoemena, N. K. Onyejaka, E. F. Ani, O. F. Eboh, E. O. Odo	
Correlative Ultrasound Evaluation of Anterior Abdominal Wall Subcutaneous Tissue Thickness in Type 2 Diabetic and Non-Diabetic Adults.....	465
A. A. Adeyekun, J. P. Okojie, M. M. Abubakar, E. E. Efe-Aluta	
Informed Consent: The Surgical Patient's Experience in a Tertiary Hospital in Northwest Nigeria	471
B. A. Grema, S. T. Tanimu, G. C. Michael, I. Aliyu, S. A. Aji, I. U. Takai, A. I. Sulaiman	
Knowledge of Environmental and Genetic Risk Factors for Cleft Lip and Palate among Dwellers of a Suburban Community in Nigeria	479
U. P. Egbunah, A. A. Adekunle, W. L. Adeyemo	
Policy Proposal for Integration of Tobacco Cessation Interventions into Oral Health Care in Dental Settings	486
A. Oyapero, O. Erinoso, O. Olatosi	
Acute Leukaemias in Bauchi State, Northeastern Nigeria: Pattern of Presentations and Clinical Entities	497
R. A. Dachi, F. G. Mustapha, M. Mahdi, H. Abbas	
Correlates of Depression among Elderly Patients Attending the General Out-Patient Department of a Tertiary Hospital in Northwestern Nigeria	501
F. Damagum, B. A. Grema, G. C. Michael	
Use of Herbal Medicine by Rural Residents in Lagos, Nigeria	508
T. M. Oyeleye, I. P. Okafor	
Early Experience of Laparoscopic Surgery in a Teaching Hospital in Rural Nigeria	516
C. C. Adumah, A. O. Mosanya, O. F. Salami, O. K. Apata, I. O. Ogundele, E. C. Onuoha	
Prevalence and Factors Associated with Depression among Resident Doctors in Nigeria: A Multi-Center Study	521
R. E. Obilom, C. T. Amanyam, A. M. Ogunbode, O. A. Mosuro, G. U. Ndukwu, F. M. Onuoha, B. A. Grema, M. D. Akangoziri	
Prevalence and Correlates of Suicidal Ideation among Medical Students in a Tertiary Institution in Southern Nigeria.....	529
B. E. A. Uteh, O. A. Adejumo, R. E. Ogbolu, J. O. Omoaregba, A. A. Akinnuoye	
Severe Cutaneous Adverse Drug Reactions in Children: Epidemiological, Clinical and Etiological Aspects in Dermatology-Venereology Unit at National and Teaching Hospital of Cotonou	538
B. Dégboé, C. Koudoukpo, C. D'Almeida, A. Kouassi, C. Nguessie, F. Akpadjan, H. Adégbidi, F. Atadokpèdé	
MEDICAL EDUCATION FORUM	
Clinical Summary and Reasoning Format: Cognition Levels and Proposal of a Grading System	543
E. A. Disu, A. N. Ikefuna, F. O. Njokanma, K. E. Nkanginieme	
CASE REPORT	
Depression and Suicidality in a Covid-19 Patient: A Case Report from Calabar, Nigeria	548
B. E. Edet, E. A. Essien, M. B. Ugobo, C. J. Okafor, E. O. Olose, V. A. Essien	
INDEX TO VOLUME 39, NO. 5, 2022	
Author Index	552
Subject Index	553



An Evaluation of a Supervised School Tooth Brushing Program on Plaque and Gingival Scores of a Group of Rural Nigerian Primary School Children

Évaluation d'un Programme Supervisé de Brossage des Dents à l'École sur les Scores de Plaque et de Gencive d'un Groupe d'Enfants d'Écoles Primaires Nigérianes Rurales

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ABSTRACT

AIM: The study assessed the Plaque and Gingival scores of rural Nigerian school children before and after supervised school brushing program.

METHODS: This was an interventional study of 96 children aged 6 to 12 years in selected rural primary schools in Enugu, Nigeria. Data on sex, age, type of school, Plaque score and Gingival score were collected. Data was analyzed using SPSS version 20 and student's t- test was used to compare means. $P < 0.05$ was considered significant.

RESULTS: There were 45(46.9%) male and 51(53.1%) female participants and their mean age was 8.45 ± 1.83 years. Forty nine (51.0%) children attended private school while 47(49.0%) attended public school. Only 10(10.4%) had good Plaque score while 8(8.3%) had healthy gingiva. Before intervention, 83(86.5%) children used tooth brush as cleansing tool, 7(7.3%) children brushed twice a day while after the intervention, 96(100.0%) children used toothbrush and 39(40.6%) children brushed twice a day. Also, before intervention, there was significant association between Plaque scores ($p = 0.012$), Gingival scores ($p < 0.001$) and type of school attended. The mean plaque score for the school children before and after intervention was 2.17 ± 0.57 , and 1.28 ± 0.49 respectively and the change was statistically significant ($p = 0.01$). The mean gingival score before and after intervention was 1.23 ± 0.67 and 0.31 ± 0.49 respectively and the change was also statistically significant ($p < 0.001$).

CONCLUSION: Children who attended private schools had better Plaque and Gingival scores than those who attended public schools. Supervised school tooth brushing program improved the plaque and gingival scores of rural primary school children in the study population. **WAJM 2022; 39(5): 459–464.**

Keywords: Supervised, tooth brushing, rural, school children.

RÉSUMÉ

OBJECTIF: L'étude a évalué les scores plaque et gingival des écoliers nigériens ruraux avant et après l'école supervisée programme de brossage.

MÉTHODES: Il s'agissait d'une étude interventionnelle portant sur 96 enfants âgés de 6 à 12 ans dans certaines écoles primaires rurales d'Enugu, Nigéria. Données sur le sexe, l'âge, le type d'école, le score de plaque et Le score gingival a été recueilli. Les données ont été analysées à l'aide de SPSS la version 20 et le test t de l'élève ont été utilisés pour comparer les moyennes. $P < 0,05$ a été jugé significatif.

RÉSULTATS: Il y avait 45 (46,9 %) hommes et 51 (53,1 %) femmes et leur âge moyen était de $8,45 \pm 1,83$ an. Quarante-neuf (51,0 %) enfants fréquentaient l'école privée tandis que 47 (49,0 %) fréquentent l'école publique. Seulement 10 (10,4 %) avaient un bon score de plaque tandis que 8 (8,3 %) avaient une gencive saine. Avant l'intervention, 83 (86,5 %) enfants utilisaient la brosse à dents comme outil de nettoyage, 7 (7,3 %) les enfants se brossent les dents deux fois par jour après l'intervention, 96 (100,0 %) enfants ont utilisé une brosse à dents et 39 (40,6 %) enfants brossés deux fois par jour. De plus, avant l'intervention, il y avait association significative entre les scores de plaque ($p = 0,012$), Scores gingivaux ($p < 0,001$) et type d'école fréquentée. Le score moyen de plaque pour les écoliers avant et après était de $2,17 \pm 0,57$ et $1,28 \pm 0,49$ respectivement et était statistiquement significative ($p = 0,01$). La gencive moyenne le score avant et après l'intervention était de $1,23 \pm 0,67$ et $0,31 \pm 0,49$ respectivement et le changement était également statistiquement significatif ($p < 0,001$).

CONCLUSION: Les enfants qui fréquentaient des écoles privées avaient de meilleurs scores de plaque et de gingival que ceux qui y ont assisté écoles publiques. Programme de brossage des dents scolaire supervisé amélioré les scores de plaque et de gingival de l'école primaire rurale les enfants de la population étudiée. **WAJM 2022; 39(5): 459–464.**

Mots-clés: Supervisé, brossage des dents, rural, écoliers.

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