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TABLE OF CONTENTS

GENERAL INFORMATION	1C
INFORMATION FOR AUTHORS	1F
EDITORIAL NOTES – From the Editor-in-Chief	775
G. E. Erhabor	
– Decolonizing Medical Training for Development Impact in West Africa	776
Friday Okonofua	
ORIGINAL ARTICLES	
Burden, Severity and Characteristic Pattern of Coronary Artery Disease using 160-Slice Computed Tomographic Angiography: Earliest Report from Northern Nigeria	779
A. Ismail, Y. Lawal, K. Isyaku, I. Garba, J. A. Ismail, A. M. Tabari, M. S. Umar	
Audit of Preoperative Fasting for Elective General Surgeries in the Obafemi Awolowo University Teaching Hospitals Complex, Ile-Ife, Nigeria	786
A. O. Adesunkanmi, A. E. Ubom, C. U. Ndegbu, A. M. Olugbami, O. I. Aaron, F. O. Wuraola, O. Olasehinde	
Determinants and Outcomes for Neonatal Septicaemia at the Federal Medical Centre Bida, North Central Nigeria	792
G. Ahmed, G. O. Oladele, A. Usman, O. Adesiyun, A. O. Olowu	
Knowledge Levels and Predictors of Venous Thromboembolism among Pregnant Women in Nigeria: A Cross-Sectional Survey for the ‘Move for Flow’ Programme	799
C. P. Ojukwu, T. U. Nwagha, L. C. Agbo, A. U. Ezeigwe, P. Okorie	
Knowledge of Healthcare Professionals on Hepatitis B Virus Infection and Vaccination Uptake in a Tertiary Hospital in Nigeria	808
S.T. Suleiman, M.K. Ogunfemi, M.O. Bojuwoye, K.O. Omokanye, A.H. Bello, S.O. Idris, A. Ahmed, J.O. Oni, J. Imran, C.I. Oyewopo	
Knowledge, Attitude and Practice of Shisha Smoking among Undergraduates in a Private Tertiary Institution in Nigeria: A Cross-Sectional Study	814
J. O. Ogunkoya, K. J. Sodeinde, F. E. Bamidele, A. E. Ladele, O. Abiodun, O. T. Imishue, O. Ehioghare, O. A. Ogunkoya	
Oral Disorders and Serum Oestrogen Levels in Postmenopausal Women in Lagos, Nigeria	820
K. O. Ojo, O. M. Eweka, P. O. Ayanbadejo, T. A. Oshodi, F. J. Owotade	
Outcome of Combined Trabeculectomy-Trabeculectomy in Eyes of Nigerian Children with Primary Congenital Glaucoma	826
M. O. Ugalahi, A. O. Adeyemo, B. A. Olusanya, A. M. Baiyeroju	
Predictors of Anaemia among Pregnant Women Booking for Antenatal Care at Federal Medical Centre, Bida, Niger State, Nigeria	831
A. C. Ekpe, S. A. Adefemi, M. D. Pemi	
Cardiovascular Risk Factors in the 21st Century in a Semi-Urban Slum in North-Central Nigeria	838
G. O. Osaigbovo, L. C. Imoh, T. Afolaranmi, A. I. Zoakah	
COVID-19 Infection Prevention and PPE Use: A Cross-Sectional Survey of Maternity Health Care Workers’ Perspectives and Practices in a Tertiary Hospital, Nigeria	850
T. O. Kuye-Kuku, A. M. Olumodeji, F. D. H. Olalere, J. O. Chionuma, A. O. Aborisade, U. G. Ofulue	
Awareness and Knowledge of Breast Cancer and Breast Examination amongst Undergraduate Students. Mixed Method Approach	857
O. Y. Makinde, F. O. Wuraola, A. A. Aderounmu, T. O. Ugalahi, O. Olasehinde, A. O. Adisa	
A Multicenter Retrospective Cohort Study of the Profile of Seminal Fluid Analyses of Men Seeking Fertility Care at Different Hospitals	863
A. O. Ugwu, E. P. Igbodike, R. Funtua Anas, O. A. Kusamotu, A. Adefemi, O. Anyobode, C. J. Okeke, B. S. Umezulike, J. S. Shehu, S. Ige, N. E. Harrison, S. A. Ayeni, A. L. Okpara, P. Soibi-Harry, H. O. Ngwu, C. C. Makwe, E. O. Ugwu, J. I. Achara, J. A. Olamijulo, S. Garba, R. Garba, S. I. Omisakin	
SHORT COMMUNICATION	
A Call for Regular Ophthalmologist Cover for Rehabilitation Centers for the Blind	869
A. O. Adio, U. Udo	
CASE REPORT	
Mpox and Chicken Pox Coinfection Complicated by Acute Urinary Retention: A Case Report	873
A. E. Onukak, C. N. Nga, B. C. Ubani, E. Umoinkwe, N. Umoette	
MEDICAL EDUCATION	
Training of Doctors at the Geriatric Centre, University College Hospital, Ibadan, Nigeria	877
L. A. Adebuseye, O. O. Olowookere, E. O. Cadmus	
INDEX TO VOLUME 40, NO. 8, 2023	
Author Index	883
Subject Index	884



ORIGINAL ARTICLE

Knowledge Levels and Predictors of Venous Thromboembolism among Pregnant Women in Nigeria: A Cross-Sectional Survey for the 'Move for Flow' Programme

Niveaux de Connaissance et Facteurs Prédicatifs de la Thromboembolie Veineuse chez les Femmes Enceintes au Nigeria : Une Enquête Transversale pour le Programme 'Move For Flow' (Bougez pour le Flux)

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ABSTRACT

BACKGROUND: Pregnancy is a significant risk factor for Venous Thromboembolism (VTE) which results in high maternal and perinatal morbidity and mortality rates. Awareness creation is one of the preventable strategies of VTE. To this effect, we designed the 'Move for Flow' program aimed at maternal health education on VTE, its symptoms and preventive strategies. For the best implementation of this program, the current knowledge level of the relevant population is of great interest in guiding the program design and implementation.

AIM: To assess the knowledge levels of VTE among Nigerian pregnant women.

METHODOLOGY: In this cross-sectional survey, 1000 pregnant women residing in Enugu, Nigeria, completed a structured questionnaire which assessed their knowledge of VTE, its risk factors and prevention strategies. Quantitatively, their knowledge levels were categorized as no, poor, average and good knowledge.

RESULTS: The majority of the respondents did not know about pregnancy-related deep vein thrombosis (DVT) (80.8%) and pulmonary embolism (PE) (88.9). Predictors of DVT knowledge levels include husbands' level of education (at most secondary education) (AOR = 4.2; 95%CI = 2.554–6.816; $p < 0.001$) and maternal age (AOR = 0.9; 95% CI = 0.930–0.999; $p = 0.044$) while predictors of PE knowledge level include husbands' level of education (at most secondary education) (AOR = 2.1; 95%CI = 1.005–4.436; $p = 0.048$) and maternal occupation (professionals) (AOR = 0.4; 95% CI = 0.219–0.794; $p = 0.008$).

CONCLUSION: Pregnant women are unaware of pregnancy-related VTE in Enugu, Nigeria. Immediate designing and implementation of the 'Move for Flow' program are recommended to improve maternal knowledge levels of VTE. **WAJM 2023; 40(8): 799–807.**

Keywords: Pregnancy, Venous thromboembolism, Deep venous thrombosis, Pulmonary embolism, Nigeria.

RÉSUMÉ

CONTEXTE: La grossesse est un facteur de risque important pour la thromboembolie veineuse (TEV), qui entraîne des taux élevés de morbidité et de mortalité maternelles et périnatales. La sensibilisation est l'une des stratégies de prévention de la TEV. À cet effet, nous avons conçu le programme "Move for Flow", qui vise à éduquer les mères sur la TEV, ses symptômes et les stratégies de prévention. Pour une mise en œuvre optimale de ce programme, le niveau de connaissance actuel de la population concernée est d'un grand intérêt pour guider la conception et la mise en œuvre du programme.

OBJECTIF: Évaluer le niveau de connaissance de la TEV chez les femmes enceintes nigérianes.

MÉTHODOLOGIE: Dans cette enquête transversale, 1000 femmes enceintes résidant à Enugu, au Nigeria, ont rempli un questionnaire structuré qui évaluait leurs connaissances sur la TEV, ses facteurs de risque et les stratégies de prévention. D'un point de vue quantitatif, leurs connaissances ont été classées en trois catégories : pas de connaissance, faible connaissance, connaissance moyenne et bonne connaissance.

RÉSULTATS: La majorité des personnes interrogées ne connaissaient pas la thrombose veineuse profonde (TVP) (80,8 %) et l'embolie pulmonaire (EP) liées à la grossesse (88,9 %). Les facteurs prédictifs des niveaux de connaissance de la TVP comprennent le niveau d'éducation du mari (au plus l'éducation secondaire) (AOR=4,2 ; 95% CI =2,554-6,816 ; $p < 0,001$) et l'âge de la mère (AOR=0,9 ; 95% CI=0,930-0,999 ; $p=0.044$) tandis que les prédicteurs du niveau de connaissance de l'EP incluent le niveau d'éducation du mari (au plus l'éducation secondaire) (AOR=2.1 ; 95%CI=1.005-4.436 ; $p=0.048$) et la profession de la mère (professionnels) (AOR=0.4 ; 95% CI=0.219-0.794 ; $p=0.008$).

CONCLUSION: Les femmes enceintes ne sont pas conscientes de la TEV liée à la grossesse à Enugu, au Nigeria. La conception et la mise en œuvre immédiates du programme "Move for Flow" sont recommandées pour améliorer les connaissances maternelles sur la TEV. **WAJM 2023; 40(8): 799–807.**

Mots clés: Grossesse, Thromboembolie veineuse, Thrombose veineuse profonde, Embolie pulmonaire, Nigeria.

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