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## EDITORIAL

# REPOSITIONING NURSING THROUGH EVIDENCE- BASED PRACTICE



**Dr. F. A. Badru**  
Editor-in-chief

Nursing is an important profession in the healthcare industry. Nursing Practice is revolutionizing and undergoing continuous modification with globalization and knowledge explosion. This is to attain a better care and treatment outcome for our patients and clients. In addition, it assures optimal care outcome, quality assurance that is premised on logic and sound scientific proof. Gone are the days when nurses and student nurses rely on task centred approach, sole, obsolete and unscientific experience.

The need for conception, articulation and implementation of

evidence -based practice cannot be overstressed. Of course, there are challenges of getting adequate knowledge across the spectrum of nurses and constraints of time, material and human resources tend to impinge negatively on evidence-based practice; efforts must be geared to ensure and implement evidence-based practice in all the settings where nurses practice. This will engender sound, replicable resounding clinical expertise and challenge shaky foundation of obsolete practice. It must be noted that patients/clients' needs vary, depending on their religion, ethnic groups, socio-economic status and orientation of the healthcare provider. The kernel of this piece is that we must jettison practice and attitude that is anchored on intuition, common sense, untested theories and traditional experience that is not data-driven. Evidence-based practice is conscientious, explicit and judicious use of current best research evidence/data in taking decisions about care and treatment of clients and patients. The traditional focus on views, tasks, actions and opinion of leaders that, hitherto guides

nursing practice should give way to data-driven, clinically pertinent reliable and replicable studies. For us, this will mainstream and reposition the nursing profession in the millennium. Thus, evidence-based practice is a sine qua non for nurses to be recognized in the comity of healthcare providers/professionals.

**DR. F. A. BADRU**

Editor-in-Chief

## RESEARCH PAPERS

### **PREGNANT WOMEN PERCEPTION OF MATERNITY CARE GIVEN IN LADOKE AKINTOLA UNIVERSITY TEACHING HOSPITAL, OSOGBO, OSUN STATE, NIGERIA**

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## **Abstract**

*This study examined the perception of pregnant women about their care and assessed maternity care given to the child-bearing women in LAUTECH Teaching Hospital (LTH) Osogbo, Osun State. This was done with a view to determining the quality of maternity care given. The study, which utilized a quantitative research approach, adopted a purposeful sampling method to obtain women's views about their care*

*during antenatal period. A sample of 150 child-bearing women in antenatal clinic and antenatal ward, in LTH Osogbo was selected for the study. The expected standard care (ESC) to be given to the child-bearing women in pregnancy was listed out in the questionnaire. The (ESC) was used to compare with the respondents' views of the care given to them in pregnancy. Two null hypotheses were tested using chi-square statistical analysis of independent variables. The results showed that no significant relationship exist between the care given to primigravida and that of multipara. It was also revealed that the views of pregnant women admitted to the antenatal ward differ significantly from the views of women in the antenatal clinic about the care given to them. It was concluded that in order to reduce increased morbidity and mortality during pregnancy, standard care must be given to pregnant women before, during and after delivery and thorough health education must be given to them on standard maternity care.*

**Key words:** *Perception, Pregnant women, Maternity care, Assessment*

# HOW MANY NURSES WORK IN PRIVATE HOSPITALS IN NIGERIA? A STUDY OF SELECTED HOSPITALS IN ZARIA, NORTHERN NIGERIA

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## ABSTRACT

*This study was carried out to assess the nursing staff strength in private hospitals and clinics in Zaria, Northern Nigeria, with a view to determining the degree of quackery in nursing. A cross-sectional approach was used to study twenty randomly selected private hospitals. Two sets of questionnaires were used to collect data from hospital directors and nursing staff. Many of the hospitals would not participate in the study, and some staff of the consenting hospitals also declined participation. Findings revealed that only 46.3% nurses work in private hospitals in Zaria; majority {53.7%} of those working in private hospitals as nurses were quacks, commonly called auxiliaries. These quacks are trained in different parts of Nigeria by medical doctors and registered nurses, who are not necessarily their employers. They hawk their 'expertise'; many of them are employed in private hospitals in Zaria to work as nurses after being 'trained' elsewhere. They perform almost all procedures, including invasive and high-risk ones, on unsuspecting clients in these hospitals. Only a few private hospitals insist on using only registered nurses (RNs), while some have no RNs at all in their employment. While it is suggested that further studies be conducted to pool sufficient data together on the state of quackery in nursing across Nigeria and the West African sub-region, relevant authorities need to apply professional and legal instruments of control, appropriately, on the trainers and employers of these quacks, and on the quacks themselves, to assure health care services consumers of deserved safety, and quality delivery.*

**Key words:** *nursing services, nursing staff strength, quackery, quality of care, private hospitals*

# NURSES' PERCEPTION OF EVIDENCE-BASED PRACTICE IN GENERAL HOSPITAL CALABAR, CROSS RIVER STATE, NIGERIA

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## **Abstract**

*Critical reflection upon nursing practice is pivotal in achieving optimal patient outcome. Implicit in this statement is the knowledge and attitude towards implementation of evidence-based practice. This study sought to assess nurses' perception of evidence-based practice in General Hospital Calabar. Three research objectives and one hypothesis was formulated to guide the study. The study design was a descriptive survey and a convenient sampling technique was used to get 83 nurses out of 208 nurses, representing 40% of the total population. The instrument for data collection was a questionnaire. Data was analyzed using descriptive statistics, while the hypothesis was tested using Pearson Product Moment Correlation. The results of the findings revealed that nurses in General Hospital were aware of evidence-based practice and their attitude towards it was favourable. There was a significant relationship between nurses' knowledge and attitude towards implementation of evidence-based when the calculated r-value of 0.73 was greater than the critical r-value of 0.211 at 0.5 level of significance with 81 degree of freedom. Perceived barriers to implementation were lack of time, resources, education, uncooperative attitude of doctors and unavailability of relevant research. Based on these findings it was recommended that health service should support and provide a receptive environment that is amendable to change and recognizes the role of research and its relevance. Promotion of research utilization through formation of nursing research committee as a potent way to promote evidence-based practice by nurses in Cross River State. Lastly, the government should provide research grants and resources to support implementation of evidence-based practice in health settings.*

**Key words:** Evidence-based practice, nurses' perception, knowledge, attitude and Barriers

**KNOWLEDGE, ATTITUDE AND PRACTICE OF CERVICAL  
CANCER SCREENING AMONG WOMEN IN PRIMARY HEALTH  
CARE CENTRES IN IBADAN SOUTH-EAST LOCAL  
GOVERNMENT AREA, OYO- STATE, NIGERIA**

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**Abstract**

*Cervical cancer is the second most common cancer in women all over the world. In Nigeria, research has shown that the incidence of cervical cancer is on the increase and that almost 85% of those diagnosed with the disease die (11.2 per 100,000); almost thrice the rate in the developed countries. This research was conducted to assess the level of knowledge, attitudes to, and the practice of cervical cancer screening among women in some selected PHC's in Ibadan, Nigeria. This became expedient because cervical cancer is highly preventable with regular cervical screening for early detection and treatment.*

*The study was descriptive. It was carried out in two randomly selected PHC centres in Ibadan. A total of 261 women aged 25 to 50 years at the PHC participated in the study. Data was collected with the aid of a self-structured questionnaire which was thoroughly validated by available literature on the topic to elicit their knowledge, attitudes and practice about cervical cancer and screening.*

*Results showed that just 28.7% of the women possessed a good knowledge of cervical cancer with 46% of them being aware of what cervical screening is all about. None of the women had ever heard of self collection of cervical sample which is now globally acclaimed to be the most culturally and readily acceptable screening method. It was further revealed that 31.4% of the women had never had a cervical screening done in the past. Some of the women did not perceive cervical cancer as a serious disease and 7.3% of them did not even see themselves at risk of contracting the disease despite their being sexually active.*

*An association existed between respondent's levels of awareness about cervical screening and their actual screening practice; and that there was also a significant relationship between their perceived barriers and the various screening methods.*

*There is an urgent need for the community health nurses and the government at various levels to increase the level of knowledge and awareness of cervical cancer and screening methods among Nigerian women and also provide screening facilities in our Primary Health Care centers.*

**Key Words:** *cervical cancer, cervical screening, knowledge, attitude, practice*

## EDUCATION PAPERS

### MARKETING NURSING AND MIDWIFERY SERVICES

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#### **Abstract**

*Nursing and midwifery services form a backbone of health systems. Nurses collaborate between the client and the family, significant others and other members of the health team, contributing in diverse ways for the client to achieve optimal health. This paper set off to explore how the nursing/midwifery services could be marketed. It is believed that the public will be able to fully appreciate and utilize the services once they are aware of what is available to them, hence the need for marketing nursing/midwifery services. Nursing/midwifery is a service industry and marketing a service industry is different/ram marketing a tangible product.*

*In developing an effective marketing plan, commonly marketing principles that involve the ufaur Ps-product (or service), price (cost or value), place, and promotion should be used. The "four Ps" farm the fo u n d a t i o n for understanding the marketing process. If these principles are adhered to, and nurses execute their work in a professional manner, our services will not require fortunes for advertisement and publicity. These efforts can help nurses gain recognition as providers and develop a professional reputation.*

**Key words:** *Nursing, marketing principles, midwifery, services*

# REPOSITIONING NIGERIAN NURSING PROFESSION IN THE 21ST CENTURY THROUGH CURRICULUM REVIEW DR.

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## **ABSTRACT**

*The paper examined the need for curriculum review in the professional Nursing education. This is aimed at meeting the need of the society; correct the public criticism and the expansion of knowledge in the field of nursing science. The paper analyzed the training programme workload vis-a-vis the certification and compared the nursing training programme with tertiary educational programme like polytechnic and any other monotechnic education. It also examined the role of Nursing profession in the health core industry in Nigeria. Attributes of professional nursing and process of developing standard curriculum for students in tertiary institutions like nursing schools were carefully examined. There is the need to organize National Workshops and Seminars on the review of the curriculum for professional nursing and fashion it into systems approach and certified with appropriate and acceptable tertiary certification nomenclature. For example, Higher National Diploma in Nursing Science (HND.NSc); Associate Diploma in Nursing Science (AD.NSc.) and Bachelor in Nursing Science (B.NSc).*

**Key words:** *Repositioning, Nursing Profession and Curriculum Review.*

# THE ROLE OF TRADITIONAL HEALERS IN THE MANAGEMENT OF MENTALLY ILL PERSONS

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## **Abstract**

*Majority of participants in a study on how stigma of mental illness affects chronic mentally ill patients stated that they only reported for treatment at the mental hospitals as a last resort. Rather, the traditional healers are most often their first line of treatment and care. This paper describes the treatment that participants in the study received at the various prayer camps and fetish shrines they visited. The purpose of the paper is that through this evidence-based report, readers especially senior and executive level leaders, managers, mental health advocates and health care professionals will be able to learn about the dehumanizing treatments meted out to the mentally ill at these treatment centres, despite global developments in mental health care. Policy makers will also find it useful since it will contribute to decision making on best practices and strategies based on research and initiatives that comprehensively address local issues related to mental health. Factors which led to this choice of treatment have also been listed. They include citing of the only few available mental health services in developing countries in repressive and isolated mental hospitals, which are not accessible to the majority. Portrayal and perception of psychiatric hospitals as penal rather than therapeutic, as well as inadequate numbers and poor distribution of specialist psychiatric personnel were also mentioned. Collaboration with traditional practitioners was strongly recommended. In addition, a clarion call to the World Health Organization (WHO) and the Ministry of Health (MOH) in Ghana for scientific research on mental health issues, which was found to be almost lacking in developing countries, was emphasized. Urgent passage of the long overdue Mental Health Bill as a legal document for protection of mentally ill persons was also advocated for.*

**Key words:** *Traditional healers, conventional*

*/allopathic/orthodox medicine, mental illness, stigma, traditional medicine, fetish shrines.*

## CLINICAL PAPERS

### QUALITY OF CARE OF EMERGENCY CONTRACEPTION

#### IN PUBLIC PRIMARY AND SECONDARY CARE FACILITIES IN ZARIA, NORTHERN NIGERIA

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#### **Abstract:**

*Emergency contraception (EC) reduces the incidence of unwanted pregnancy. Since the introduction of EC into the notional family planning programmes in Nigeria nearly two decades ago, there is little information regarding the quality of EC services from the providers' perspective. This study seeks to examine the level of knowledge and the provision of EC services among family planning providers in public/mission primary and secondary level facilities within Zaria metropolis. All public and mission secondary and primary level facilities providing family planning services within Zaria metropolis were used for the study. Cross-sectional study with a qualitative component (in-dept interview) Information on EC was collected from providers of family planning in public/mission primary and secondary health centres using a semi structured questionnaire. The heads of two selected family planning centres were engaged in in-depth interview sessions. There were 25 FP providers distributed among 12 facilities giving an average of two providers per facility. Majority of the providers were nurses/midwives and no physician provider in any of the facilities. Only 14% of the respondents had good knowledge of EC. Five percent of the respondents knew that /UCD can be used as EC. The level of knowledge of EC is not related to years of experience and cadre of the respondents. None of the respondents had an update course in contraception six months prior to study. There were no IEC materials on EC or single pack of levonagestrel (Postinor) in any of the 12 facilities under survey. Information on EC is not routinely given to clients in all the facilities. The quality of care of EC services in secondary and primary care facilities in Zaria is poor owing largely to providers' poor knowledge on EC and lack of competence in the provision of EC services.*

**Key words:** *Emergency contraception, quality care, family planning, providers' knowledge.*

# PSYCHOSOCIAL FACTORS AFFECTING TREATMENT AND REHABILITATION OF PATIENTS WITH DIABETES MELLITUS IN SELECTED HOSPITALS IN IBADAN METROPOLIS

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## Abstract

*The treatment and rehabilitation of patients with diabetes mellitus have been issues of concern for both the Government and Healthcare workers. Several approaches to these have not yielded desired results because the psychosocial factors relating to the disease have not been considered in the past. It is against this background that this study investigated the psychosocial factors affecting the treatment and rehabilitation of patients with diabetes mellitus in selected hospitals in Ibadan metropolis.*

*The descriptive research design was adopted for the study. Random sampling technique was used in selecting the study sample, which consisted of 240 patients with diabetes mellitus. A standard structured questionnaire tagged: Psychosocial Problem in Diabetes Questionnaire (PPIDQ)' was used to collect the data. The data were analyzed using frequency counts, percentages and Pearson Product Moment Correlation to test the three research hypotheses formulated for the study at 0.05 level of significance. The results established that there was a significant relationship between psychosocial factors and the treatment/rehabilitation of patients with diabetes mellitus ( $r=.548$ ,  $N=200$ ,  $p<0.05$ ). There was a significant relationship between social support and treatment/ rehabilitation of patients with diabetes mellitus ( $r=.403$ ,  $N=200$ ,  $p<0.05$ ) but the relationship was weak. Stigmatization was also found to have positive significance on the treatment and rehabilitation of patients with diabetic mellitus ( $r=.588$ ,  $N=200$ ,  $p<0.05$ ). Based on the findings, the study concluded that if the various psychosocial needs of patients with diabetic mellitus are adequately met during the period of crisis of illness, majority of the patients would experience pleasant emotions which will aid their treatment and rehabilitation and improve early recovery from their illness. It is therefore, recommended that, relatives and friends of the patients with diabetes mellitus should give adequate financial, material and emotional supports to the patients to facilitate and motivate the patients in their treatment and rehabilitation.*

**Key Words:-** Psychosocial factors, treatment, rehabilitation, patients with diabetic mellitus.

# CLIENTS WITH SERIOUS MENTAL HEALTH PROBLEMS EXPERIENCING CARE WITHIN THE CURRENT MENTAL HEALTH POLICY IN THE NIGER DELTA REGION OF NIGERIA

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## **Abstract**

*Persons with serious mental health problems experience fluctuating course of illness that interacts both with the environment and the individuals' effort to sustain healthy living. The burdens associated with mental illness may increase further, given the policy and implementation challenges facing mental health services in Nigeria. This study explored the experiences of clients with serious mental health problems receiving care within the current health care environment.*

**Methods-** *A qualitative study was conducted among 30 clients attending the neuropsychiatric outpatient clinic in Port Harcourt, Rivers State, Nigeria. Socio-demographic characteristics of clients were recorded.*

*Result; The mean age of clients is 36.43 years; duration of illness is seven years; 46.6% are males, 13.3% have a regular monthly income, 3.3% use the free medical care programme, and 66.6% have used spiritual or traditional models of care. A high burden associated with mental illness presented with symptoms of illness, family members' negative attitude, cost of medication, long-distance travels and high service charges among unemployed and low-income clients.*

**Conclusion-** *Clients experience significant burden of the disease, mainly associated with cost of service utilisation, long waiting times, discrimination and stigma. In spite of difficulties caused by mental illness, clients with serious mental health problems can be treated and live productive lives if provided with adequate social support.*

## **Keywords:**

*Burden; Mental health policy; Nigeria; Primary mental health care; Stigma; Social support.*



