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**COMBATING RE-EMERGING COMMUNICABLE DISEASE:  
THE CASE OF MERS-MIDDLE EAST RESPIRATORY SYNDROME**

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COMBATING RE-EMERGING COMMUNICABLE DISEASE:  
 THE CASE OF MERS-NICOLE EAST RESPIRATORY SYNDROME

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## COMBATING RE-EMERGING COMMUNICABLE DISEASE: THE CASE OF

### *MERS-MIDDLE EAST RESPIRATORY SYNDROME*



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EBOLA has been under guillotine of multiple healthcare providers and has posed enormous challenge to the healthcare system. There are emerging and re-emerging new viral diseases that are of concern to the healthcare system. One of such is *Middle East Respiratory Syndrome*

MERS

The *Middle East Respiratory Syndrome* is caused by a deadly coronavirus tagged (MERS-CoV). It is also called EMC/2012 HCoV-EMC/2012) in the literature. The virus is known as positive sense, single-stranded RNA novel species of the genus Betacoronavirus. It is first termed novel coronavirus 2012 as it was

first reported in 2012 after genome sequencing of a virus isolated

sputum samples from patients who fell ill in a 2012 outbreak of a new flu in Saudi Arabia. It is largely a respiratory disorder with manifestations in other systems and associated with compromised immunity.

Like the SARS virus, MERS-CoV resemble coronaviruses found in bats. The infection can be spread from person to person through respiratory secretions. Infected people have symptoms of a flu-like illness followed by an atypical pneumonia, including fever, dry cough, and severe shortness of breath.

As of June 2014, MERS-CoV cases have been reported in 22 countries, including Saudi Arabia, Malaysia, Jordan, Qatar, Egypt, the United Arab Emirates, Kuwait, Turkey, Oman, Algeria, Bangladesh, Indonesia, Austria, the United Kingdom, and the United States.

None is reported in Nigeria yet but we need to take personal and environmental health precautions as we do for EBOLA as the disease can be transmitted from person to person and there is no known cure yet. It is apposite at this time as pilgrims go on pilgrimage to Jerusalem and Saudi Arabia to fulfill religious injunctions. Our healthcare providers must not throw

precaution to the winds.

We must put all arsenals in gear to combat the emerging infection of MERS and any other disease in the train by scrupulous and universal hygiene practices. Clients and individuals with flu-like symptoms, with history of recent travel to the MIDDLE EAST, and with manifestations of dry, unproductive cough, that are unduly prolonged with features of hyperpyrexia, and which are associated with shortness of breath should be screened and possibly treated and managed for MERS. This is one sure way of combating the spread of the new emerging diseases such as MERS.

KNOWLEDGE, ATTITUDE AND PRACTICE OF PRE-MARITAL GENETIC COUNSELLING AND TESTING OF SICKLE CELL DISEASE AMONG WOMEN IN ZARIA, NIGERIA

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**ABSTRACT**

This study is aimed at assessing the knowledge, attitude and practice of premarital genetic counselling and testing of sickle cell diseases among women of child bearing age in Zaria Metropolis. A descriptive research design was used and four (4) districts were randomly selected for the study. A sample size of 374 was chosen and a multistage sampling technique was employed to select the respondents for the study. The data was collected using structured questionnaire and interview. The data was analysed using frequency distribution tables and percentage. Most of the respondents were within the age group of 15-24 years (41%), single (43.2%), Hausa/ Fulani (47.4%) and had attained tertiary education (51.6%). More than Seventy percent (71.5%) had knowledge of PGCT and sourced their information from hospital (36.8%). More than seventy-eight percent (78.9%) knew what genotype entails and 72.6% knew their genotype. The Genotype of the respondents were, HbAA (48.4%), HbAS (33.8%) and HbSS (17.8%).

67.4% agree that SCD can be prevented, 68.4% knew the cause of SCD as being

Hereditary, 60% supported the idea that PGCT should be made compulsory and 68.4% asserted that PGCT prior to marriage can reduce the incidence of SCD. More than fifty seven percent (57.8%) agree that there are no enough health facilities within their vicinity to conduct the PGCT, 63.2% do not patronise any Genetic Counselling and Testing (GCT) Centre prior to marriage, 89.5% ascertained that their culture or religion does not prevent them from seeking PGCT and 81.1% of the respondents said there are no obstacles that hinder them from seeking GCT. Most of them said that they had not received formal education on GCT (53.7%).

**KEY WORDS:** KNOWLEDGE, ATTITUDE, PRACTICE, PRE-MARITAL GENETIC COUNSELLING AND TESTING, SICKLE CELL DISEASE, WOMEN, ZARIA, NIGERIA

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## ABSTRACT

**Objective:** The study investigated the demographic attributes influencing the acceptance of regional anaesthesia in the primary health centre of Ibadan South West Local Government.

**Methods:** A structured self-administered questionnaire that raised four questions and four hypotheses were used to collect data from 87 respondents aged 18-60 years old. The data collected were analysed using the *Statistical Package for Social Sciences* at 0.05 level of significance.

**Results:** It was found that there was no significant relationship between the knowledge, the level of education of respondents and acceptance of regional anaesthesia. ( $P=0.4$ ) ( $P=0.9$ ). There was however a significant relationship between the age of the respondents, socio-economic status and the acceptance of regional anaesthesia. ( $P=0.00$ ) ( $P=0.002$ ).

**Conclusion:** age and the socio-economic status of participants were the two variables of the demography that influenced the acceptance of regional anaesthesia.

**Key Words:** Demographic attributes, Regional Anaesthesia, Acceptance





**EFFECTIVENESS OF MIDWIVES' SERVICE SCHEME IN THE REDUCTION OF MATERNAL AND CHILD MORTALITY RATE, EDO STATE, NIGERIA.**

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## **Abstract**

**Objective:** This study assessed the effectiveness of Midwives' Service Scheme (MSS) in the reduction of maternal and child mortality rate in Edo State of Nigeria.

**Methods:** The study employed retrospective design. The target population included mothers and children. An observational check list was developed for manual collection of secondary data from the Primary Health Centres' records of patients. The checklist included information on the attendance register for: Antenatal clinic, delivery, immunizations, family planning, and treatment of minor ailments, maternal and infant mortality.

**Result:** Findings of this study were positive and MSS was significantly effective because the result revealed that before the introduction of MSS, maternal and child mortality rate was high, antenatal clinic attendant record and child(ren) delivery in health centres were low. Lastly, the choice of family planning method by women in the study area was lower than after the introduction of MSS.

**Conclusion:** The government should include the stakeholders in all health-related issues of their community and prioritise all health issues. Government should not play politics with issues relating to health.

**Key words:** Effectiveness, Midwives Service Scheme (MSS), Maternal and child, Mortality rate.

**EFFECT OF COMMUNICATION ON NURSE-PATIENT RELATIONSHIP IN NATIONAL  
ORTHOPAEDIC HOSPITAL, IGBOBI, LAGOS**

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**ABSTRACT**

**Introduction:** Communication is fundamental in nursing practice. The development of an effective nurse - patient relationship is essential for the delivery of quality nursing care.

**Purpose:** This study was designed to find out the effect of communication on nurse - patient relationship in National Orthopaedic Hospital Igbobi, Lagos. The objective was to determine the effect of nurses' interaction / communication on patients' recovery and to ascertain the attitude of nurses towards patients.

**Methods:** Eighty nurses and eighty patients were used and subjects were selected using stratified random techniques. Data collected were organized, analysed and interpreted using tables and figures.

**Findings:** The study revealed that majority of the nurses do not have detailed knowledge about nurse -patient communication due to constraints/ barriers (inadequate nursing staff, poor remuneration of nurses, increased workload, poor infrastructure and equipment) but nurses participate most in nursing care at the planning and implementation phase. **Implication for practice:** The present practice of nursing requires adequate continuous education on current related nursing courses especially therapeutic nurse-patient communication, graduate, and post graduate degrees. Government/ Agencies should ensure adequate provision and remuneration of nursing staffs, supply, and maintenance of standard equipment and infrastructure and subsidizing medical bill with prompt medical services.

**KEYWORDS:** Communication, Nurse, Patient, Relationship, Effect

KNOWLEDGE AND PRACTICE OF PLASMODIASIS PREVENTION AMONG PREGNANT  
WOMEN IN MAIDUGURI, BORNO STATE

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ABSTRACT

Plasmodiasis is a life threatening parasitic disease transmitted by female anopheles mosquito. It is a major cause of prenatal mortality, low birth weight, and maternal anaemia. This study was designed to assess the knowledge and practice of plasmodiasis prevention among pregnant women attending ante-natal clinic in General Mohammed Shuwa Memorial Hospital Maiduguri, Borno State. The study was a descriptive survey; a total of 300 respondents were selected using systematic random sampling technique, and self developed questionnaire was administered to collect data from the respondents. A total of 300 questionnaires were available for analysis. Findings revealed that majority of the respondents (82%) had good knowledge of plasmodiasis disease process and its preventive practices, however only few respondents practised these preventive measures against plasmodiasis. The study suggests that in view of the gap that exists between knowledge and practice, there is a rising need for the nurses working at the antenatal clinic of the hospital to intensify health education with more emphasis on positive attitude towards preventive practices of plasmodiasis.

Key-words: Knowledge, Practice, Plasmodiasis, Prevention

**The Relevance of Continuing Education among Nurses in  
National  
Orthopaedic Hospital, Igbobi, Lagos**

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**ABSTRACT**

**Introduction:** Continuing education is necessary for nurses to perform competently, and respond positively to advanced medical and technological changes in this age of rapid change. This entails adequate development of knowledge, skills, and attitudes for the enhancement of nursing practice, thus improving health care to the public.

**Purpose:** This study was designed to find out the relevance of continuing nursing education among nurses in National Orthopaedic Hospital Igbobi, Lagos. The objective was to determine the key variables that influence nurses towards Continuing Nursing Education (CNE).

**Methods:** Twenty nurses were used and subjects were selected using convenience sampling method. Data were collected from nurses in specific wards with a structural checklist using Focus Group Discussion method.

**Findings:** Nurses have positive regard for CNE with urge to keep current in practice and career advancement which results to higher quality of care for patients, increased overall nursing care and knowledge development thereby promoting the positive image of nursing profession.

**Implication *in* practice:** Nurses need to further transfer learned knowledge to actual practice. Resolutions made at each CNE session must be practised and supervised on site to attain further CNE impart on nursing.

**Key words:** Relevance, Education, Continuing Education, Nursing, Continuing Nur5mg Education.

**FACTORS AFFECTING UTILIZATION OF PRIMARY ORAL HEALTH CARE SERVICES: A STUDY OF  
SELECTED POPULATION IN IBADAN.**

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**ABSTRACT**

Health is a universal human need across all cultures and groups. It has been established beyond doubt that optimal health cannot be attained or maintained independent of oral health. Primary oral health services utilization is a multi-factorial phenomenon which depends on various factors. In this study, more emphasis was given to knowledge of the people about dental health and their socio-cultural conditions. Descriptive research design with cluster and random techniques was used to select the 106 respondents. Responses were analyzed in frequency, percentages, correlations and chi square, presented in tables and charts. Problems like poor knowledge of oral health and oral health care, cultural and social factors were identified as having significant effect on the people's utilization of primary oral health care services. It was shown, among other things, that three of the variables studied: age, knowledge of health and knowledge of primary health services explained 17.2% of the variations in the dependent variable - utilization of primary oral health service. Findings from this study have implications for inclusion of issues in health promotion into dental health education programmes. Based on the findings of this study, recommendations on improvement of the knowledge of people about oral health were made.

**Key Words:** Oral health status, Oral health care, Primary Oral Health Care, Utilization of primary oral health services, Cultural Dental Health Practices.





## Clinical Papers

COMPLIANCE TO DIET AND ACTIVITY CONTROL REGIMENS AMONG  
CONGESTIVE CARDIAC FAILURE PATIENTS IN ABIA STATE UNIVERSITY  
TEACHING HOSPITAL, ABA ABIA STATE, NIGERIA.

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## Abstract

It has been observed that many clients with Congestive Cardiac Failure (CCF) do not comply with their diet and activity control regimen. It was on this basis that this study was carried out to investigate compliance with diet and activity control regimens among CCF patients in Abia State University Teaching Hospital (ABSUTH) Aba, Abia State. A structured questionnaire was administered on 50 CCF patients attending clinic in ABSUTH. A sample size of 50 of the population was used. Data obtained was analysed using frequencies and percentages. The result revealed that 54% of the patients had a good knowledge of diet and its importance. Sixty-two percent had a good knowledge of activity control while a lesser percentage agreed that regular weighing was also a means of monitoring management. Factors identified for non compliance included lack of adequate information, negative attitude of health workers, poor health worker-patient relationship, delay in the clinic, and feeling of thirst, among others. Based on the findings of the study, the following conclusion was drawn: knowledge which involves the patient having adequate information is important as the study showed close relationship between it and compliance. This study hence recommends that strategies to improve communication, health teaching and good relationship be put in place to enable patients have adequate information and comply more with prescribed regimen.

Keywords: Congestive Cardiac Failure, Factor, Diet, Compliance, Health Worker Patient Relationship.