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Editorial

MASS MEDIA AND THE NURSING PROFESSION

The Mass Media shelters print and electronic forms. Its influence on professions including nursing is dramatic. As opinion shapers, agenda setters, and agents of socialization, its impact cannot be swept under the carpet. The idea of "nursing" denotes and conveys within itself a very powerful social charge and connotation. A nurse is a highly skilled professional who has undergone prescribed and accredited programme in School of Nursing and passed prescribed examinations and in addition licensed and registered to practise as a nurse by the Nursing and Midwifery Council of the Country; that an individual is a nurse means different things to different people. The mass media, on the other hand, fall next to the legislative arm of government; hence, it is regarded as the fourth estate of the realm. The mass media, as an epitome of light, enlightens individuals and remove them from the shackles of ignorance. Despite the effort of the media to enlighten members of the society and to keep them abreast of the happenings in their environment, the media particularly the television medium has overtime given members of the public untrue picture of the profession of nursing. Is the media image of nursing promoting or damaging the profession? Would young members of the society develop interest in the profession if they see how nurses are portrayed on the television and Nollywood to be subservient? Is the nursing profession meant for the female gender only? The nurses are poorly paid, earned poor image, painted as insensitive, wicked and uncaring to their patients and clients. The unhealthy media portrayal of nursing profession is a big challenge to the professional nurses, which tends to play a crucial role in forming and reinforcing peoples' negative attitude towards the profession.

There is an urgent need to re-educate members of the society and also to correct their impressions about the idea of “nursing” and “nurse”. In truth, the nursing profession is not about sitting at the reception, informing the doctor about the patients in wards, carrying medical equipment subserviently after the doctors, and shouting Doctor! Doctor!! Doctor!!! in cases of emergency as portrayed by the mass media. The nurses are professional carers, with tender loving and velvet therapeutic hands, devoted angels, physician helpers, client counselors, patients’ confidants, bedpan ‘engineers’, and many more. Nurses are not just ordinary people in the medical world, but people who have received competent, tested and evidenced –based and adequate knowledge and skills to save lives by monitoring patients’ conditions, advocating for patients and teaching them how to manage their health, among others.

Just as the profession of engineering, medicine, and law are not gender-specific, the profession of nursing is not left out. A nurse could be male or female, tall or short, white or black. Nursing is a crucial and skilled profession in the society. Mass media should re-orientate members of society about the profession by painting the true picture of nursing and nurses. The older members of the society should educate their younger ones about the joy in the profession, and also encourage them – both males and females- to go into the profession.

KNOWLEDGE, ATTITUDE AND BARRIERS TO NURSING ENTREPRENEURSHIP: A STUDY OF SELECTED NURSES IN SOUTH EAST OF NIGERIA.

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Abstract

Many nurses in developed countries are employers of labour, but in Nigeria the reverse seems the case. The study investigated the knowledge, attitude and barriers to the practice of entrepreneurship by nurses in the South East of Nigeria. Using a descriptive design, a total of 126 registered nurses that participated in the nursing workshop were recruited. Researchers’ developed questionnaire was the data collection instrument. Responses of participants were analyzed using percentage and means. Result showed 100% female participants, between 22- 65 years (mean =46; SD ±10.65). Years of experience varied from 3-37 years; 36.6% respondents were Nursing Officers 1 and II, 63.4% were Senior Nursing Officers and above; 43% of the respondents demonstrated good knowledge of entrepreneurship, while 57% didn’t. Some respondents (50%) listed Petty trading, Poultry farming, or operating patent medicine shops as practices for a nurse entrepreneur. Attitude to nursing entrepreneurship was negative (76%). Highest barrier to the practice of nursing entrepreneurship was public attitude to the role of the nurse, while lack of knowledge was the least barrier. It was concluded that majority of these nurses are under Government employment and had poor knowledge of and negative attitude to nursing entrepreneurship. Awareness campaign and attitudinal change strategies are recommended.

Key words: Entrepreneurship, Nurse, Knowledge, Attitude, Barriers to practice

FOOD PREFERENCES DURING COMPLEMENTARY FEEDING PERIOD AMONG NIGERIAN NURSING MOTHERS.

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Abstract

Globally, malnutrition is the major cause of childhood mortality, being implicated in about 50% of all deaths in children under the age of five. About two-thirds of these deaths occur in the first year of life with inappropriate transition between breastfeeding and family diets being mostly implicated.

This descriptive cross-sectional study was carried out to ascertain the complementary food preferences of nursing mothers attending the immunization clinic at a secondary health care facility in Lagos, Nigeria. Systematic sampling technique was adopted for the study and an interviewer-administered questionnaire was used to obtain qualitative data.

Results revealed that majority (59.5%) of the mothers had good understanding of what complementary feeding means yet most (41.5%) started introducing other foods between the ages of 4 to 6 months. Most (40.5%) of the nursing mothers preferred plain pap as the first complementary food to be introduced to the infant. Factors that were significantly associated with complementary food preference included: influence of advice from family, friends, and hospital nurse; socio-cultural variables such as belief and cost; father's influence; mother's work; and child's taste ($p < 0.05$).

In conclusion, it can be inferred that the nursing mothers did not give adequate nutritive complementary foods to their children and that they would benefit from health education about the appropriate complementary diets and practices.

Keywords:

Food preferences, complementary foods, complementary feeding period, nursing mothers, infants.

REDESIGNING PRENATAL CARE THROUGH CENTERING FOR SAFE MATERNAL AND NEW BORN HEALTH.

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Abstract:

This paper explores how women are empowered towards a positive health habit in their community through centering pregnancy programme. The centering pregnancy programme abolishes routine prenatal care by bringing women out of examination rooms into groups for their care. The design incorporates the three components of prenatal care –risk assessment, education, and support –into one entity. Women are placed into groups of 8-12 based on estimated dates of delivery and meet for ten 90 minutes prenatal or post natal visits at regular intervals. At these visits, standard prenatal risk assessment is completed within the group setting, an educational format is followed that uses a didactic discussion format and time is provided for women to talk and share with one another. Women are encouraged to take responsibility for themselves; this leads to a shift in the client-provider power base. New Health System for the 21st Century concludes that current delivery systems are poorly organized to meet today`s health care challenges. Six fundamental aims central to health services outcome are proposed which are: Care must be 1) safe, 2) effective, 3) patient- centred, 4) timely, 5) efficient and 6.) equitable, for those providing prenatal care know that there is need for redesigning of the delivery system to accomplish these basic goals. It is, therefore, recommended in clinical practice to enhance maternal and new born health.

Key words: Prenatal care, Group care, pregnancy, Centering pregnancy, social support, safe maternal and new born health

Education Papers:

EMERGENCE OF TELE-HEALTH IN NIGERIA: IMPLICATION FOR COMMUNITY HEALTH NURSING

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Abstract

Healthcare industry has been undergoing significant changes in the last decade. It is making healthcare industry to become more complex, regulated and financially very expensive. This makes access to healthcare services a very serious issue. There is an increasing demand for quality healthcare at a low cost. As a result of these, more competitive health care organisations are exploring diverse services, efficient management and technologies that will bring about quality care which is easily available and accessible at a lower cost. For more than 30 years, clinicians, health services researchers, and others have been investigating the use of advanced telecommunications and computer technologies to improve health care. At the intersection of many of these efforts is **tele-health**—a combination of mainstream and innovative information technologies. Currently, in response to the above numerous challenges, the Nigerian Government is currently pilot- testing tele-health in about eight tertiary health institutions. Thus, this paper is out to explore the role of community health nurses in the emerging tele-health in Nigeria.

Key Words: Tele-nursing, Tele-health, Community Health, Information technology

UNDERGRADUATE FEMALE STUDENTS' KNOWLEDGE OF BREAST SELF EXAMINATION IN NATIONAL OPEN UNIVERSITY, BENIN STUDY CENTRE, EDO STATE, NIGERIA

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ABSTRACT

This study was conducted to assess the knowledge of breast self examination among female undergraduates of National Open University, Benin Study Centre with a view of providing database for instituting intervention programmes. The population of the study was 1951 female students. The sample size of one and ninety five (195) students was selected using proportional stratified sampling technique. The data were collected using structured questionnaire. The data were analysed using frequency counts, percentages and chi-square. Findings reveal that majority of the respondents (48%) were between the age group of 18-27 years, 82% had heard of Breast self-examination and 38% of the respondents heard it through media. However, only 16% knew the right time for breast self examination. The age of the students, school and level of study had association with knowledge of breast self examination at p-value of 0.05. About 86% of the students would like to be taught about breast self examination prior to their

self-discovered knowledge. It was, therefore, recommended that training programme on the reproductive health should be incorporated in the curriculum for all female undergraduate students.

HOME MANAGEMENT OF NIGERIAN ELDERLY STROKE SURVIVORS: A NEED FOR FAMILY AWARENESS EDUCATION.

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Abstract:

The study explored family caregivers' expectations of recovery from stroke, as well as the home strategies used by them with a view to managing the stroke trajectory and problems experienced. The sample comprised 20 discharged stroke survivors purposively selected coupled with 20 family caregivers that were within close range and most involved in their care who gave their consent and could be visited without constraints. Interviews and observation in the process of caring were also utilised for data collection while a combination of content analysis and descriptive procedures were used to analyse the data.

The study revealed that stroke is a stressful condition that challenged strength of families and compelled relatives to enforce hospitalisation of the victims because of its burden of impairment, physical state of dependency and mortality which increased and deteriorated with increasing age. Of the 20 survivors, 9 still required follow up with physical therapists, 8 could walk around partially but limited with bathing among other activities, while the remaining 3 (left sided stroke) could not walk at all and required regular lifting from bed to chair but could support themselves with feeding and oral care. Spouses occasionally alternated with either children or cousins and at times other relatives cared for the survivors in rotation. It is concluded that stroke is a stressful condition that challenged strength of families and requires awareness education on intervention planning to enhance the psychological well-being of both the patients and caregivers.

Key words: Home care giving, stroke impairment, elderly dependency and care giving burden.

Clinical Reports:**ASSESSMENT OF CHRONIC WOUND INFECTION: A REVIEW OF PROCEDURES FOR TAKING WOUND SWAB**

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Abstract:

A wound generally describes a discontinuation in the integrity of the tissues resulting in the disruption of its structure and function. Restoration of normal physiology and structure, in an acute wound usually follows well defined patterns and processes of inflammation, proliferation and remodeling. However, these phases may, sometimes, become stalled and delayed as a result of underlying problems, thereby presenting a chronic wound state. All chronic wounds become contaminated and colonised with bacteria and, therefore, never sterile. It is important to note that infection is common in chronic wounds and it is the main factor why the wound will get stalled, with increasing risk of morbidity and mortality. Clinically, it is not a routine practice to obtain wound swabs in chronic wounds but this may become indicated when clinical signs of infection are present. Although wound biopsy is the gold standard, it may not always be feasible because of cost, invasiveness and expertise required. Taking a wound swab is the most practical, common and the easiest method to determine specific pathogens in a clinically diagnosed wound infection. However, the accuracy of the result is a function of how reliable the sample is, and this is influenced by the method applied during the procedure. Nurses are sometimes required to take a wound swab for culture depending on their areas of practice. Clinical observation shows that some practitioners take a wound swab prior to irrigating the wound, thus presenting a lack of standardized procedure. This review, therefore, explores research-based guidelines and expert opinions on preparation of wound site for swab culture in order to accurately provide a clinical guide. Other related aspects of chronic wound infection are also considered.

Key words: Bacterial burden, chronic recalcitrant wounds, critical colonisation and infection, wound swab, wound culture

**KNOWLEDGE AND UTILIZATION OF ANTI-SHOCK GARMENT IN THE MANAGEMENT OF
POSTPARTUM HAEMORRHAGE IN USMANU DANFODIYO UNIVERSITY TEACHING HOSPITAL
SOKOTO, NIGERIA.**

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ABSTRACT

Globally, about 11% of the women having live births have severe postpartum haemorrhage (PPH) amounting to 14 Million women annually. The study was conducted at the Usmanu DanFodiyo University Teaching Hospital, Sokoto to assess the knowledge, utilization and effectiveness of Anti-Shock Garment (ASG) in the management of PPH. A descriptive survey design was employed and a sample size of 58 was chosen which comprised of all the Nurses in four (4) wards: Labour Room, Gynae, Lying – In and Pre-Eclamptic Toxaemia wards of UDUTH, Sokoto. Data was collected using questionnaire as an instrument. The findings of this study showed that 86.2% of the respondents had information on ASG and lecture (52%) was their major source of information. Over 62.1% of the respondents defined ASG correctly and 69% knew the types of ASG available in their unit while only 25.9% knew the working mechanism of ASG. The result also showed that 67.2% utilised ASG in their practice for 1 – 3 times, (41%) for prevention of Shock due to postpartum haemorrhage (84.5%). Majority of the respondents ascertained its effectiveness to be between 50 – 75% effective (60.3%) and 51.7% of the respondents stated that there is no side effect of ASG.

KEY WORDS: knowledge, utilisation, postpartum haemorrhage, anti-shock garment

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Research Articles:

MALE INVOLVEMENT IN FAMILY PLANNING AMONG CIVIL SERVANTS IN IBADAN, SOUTH WESTERN NIGERIA

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Abstract

Though family planning (FP) is often viewed as primarily a woman's concern, it has been noted that men play a critical role in women's ability to seek health care including family planning services. This descriptive, cross-sectional survey was carried out among 403 currently married male civil servants in Oyo State Secretariat, Ibadan, Nigeria, to assess their level of knowledge and utilization of FP, as well as their attitude towards, and roles in their wives' FP practices. The mean age of the respondents was 44 ± 9.74 years. The study revealed that whilst most of the respondents were aware of FP (95%) and had average knowledge (69.2%), only a few were currently utilizing FP methods (45.7%). Most were aware of condom (94.8%) but male sterilization (Vasectomy) was the least known contraceptive by the respondents (15.4%). Also, slightly lower than half of the respondents had positive attitude towards FP (49.1%) and only a few attended FP clinics with their wives (22.6%). Efforts to reach out to men to improve their FP practices should be intensified.

Key Words: Family planning, Male civil servants, Knowledge, Attitude, Utilization

PREVALENCE RATE OF MALARIA PARASITE IN DONATED BLOOD FOR TRANSFUSION IN THE CENTRAL REGION HOSPITAL, CAPE COAST, GHANA.

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Abstract

Background: Unscreened blood, when transfused, could be a good medium for transmitting malaria parasite. This is often overlooked when there is urgent need for blood transfusion, even in malaria endemic areas. This constitutes a potential health hazard and could be responsible for many cases of malaria recorded in various health care settings.

Objective: This study was designed to find out the prevalence rate of malaria parasite in blood samples donated to clients in need of blood.

Method: The study was hospital-based. Standard parasitological techniques were used to determine the prevalence rate of malaria parasite in blood samples donated to the Cape Coast Regional Hospital in the Cape Coast Metropolis of Ghana. The study population consisted of commercial blood donors, volunteer donors and family members of recipients of blood.

Results: From a total of 325 blood samples that were screened, taken from 305 male and 20 female donors, 14 (4.3% CI 95%: 21-65%) were infected with malaria parasite. The extent of infection by the protozoa in the blood samples varied with age but not with sex. The infection load decreased with age of the donor; the highest prevalence (6.2%) was observed in samples from donors aged 20-30 years. Samples from donors with blood group B were slightly more infected (6.1% 95%CI, 0.0-12.8%) than those of groups O (6.0%, CI 95%: 22-9.8%), A (1.8%, CI 95%: 0.0-5.2%) and AB (1.4%, CI 95%: 0.0-4.3%). The highest prevalence of infection was in the month of April, corresponding to the onset of the wet season, marked by heavy rainfall.

Conclusion: A review of the existing blood donation policies may have to incorporate inclusion of screening of donors for presence of malaria parasite in their blood. Alternatively, chemoprophylaxis may be necessary for all recipients of blood.

Key words: Risk of transfusion, Malaria parasite, Blood sample, Potential health hazard.

**OCCUPATIONAL STRESS AMONG HEALTH PROFESSIONALS IN AHMADU BELLO UNIVERSITY
TEACHING HOSPITAL (A.B.U.T.H), SHIKA, ZARIA, NIGERIA**

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Abstract

This study was carried out to survey occupational stress among health professionals in Ahmadu Bello University Teaching Hospital (ABUTH), Shika, Zaria. The study was aimed at investigating the differences in perception of stress among different health professionals in ABUTH. The descriptive survey design method was used. Questionnaires were distributed based on availability to the different clusters of health professionals in the study group. A sample size of 107 was used comprising 45 nurses, 48 doctors, 5 pharmacists, 3 physiotherapists and 6 medical lab scientists. The findings showed that most of the respondents (36.5%) were within the age range of 31 – 40 years and very few of them were aged 55 years and above. More than fifty six percent (56.7%) of the total respondents were males. Seventy five percent (75%) of the respondents stay long (7-10hours) at work which could be a contributing factor to the development of occupational stress in them. Most of the respondents (90.4%) were identified to be stressed due to work overload because the number of health professionals available to carry out a particular function is inadequate. Eighty percent (80%) of respondents exhibit anger and irritability while twenty seven percent (27%) engaged in absenteeism when they are stressed up. A lot of respondents (78.8%) combat these signs and symptoms of stress by the use of physical exercise. The following measures were recommended to help prevent stress at work: respondents should ensure that the workload is in line with their capabilities and resources, jobs should be designed so that they provide meaning, there should be positive stimulation and opportunities for workers to use their skills, workers' roles and responsibilities should be clearly defined, communication within the work place should be clear and unambiguous, there should also be opportunities for career development and future employment prospects.

Key-words: Occupational stress, Health professionals, Work place, Burn-out and Work load.

KNOWLEDGE AND PRACTICE OF HEALTH WORKERS IN THE MAINTENANCE OF COLD CHAIN IN IFE – IJESHA ZONE OF OSUN STATE, NIGERIA.

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Abstract

Background: Maintenance and promotion of health through illness-preventing behaviours including immunization has been adjudged to be the best method or means of ensuring healthy living. An intact cold chain system is critical to the success of immunization. The study examined the health workers knowledge and practice in the maintenance of cold chain.

Materials and Methods: This study was conducted among 240 health-workers in twelve health institutions in Ife-Ijesa Zone. A self structured questionnaire and an observational checklist were used. The instrument were tested for validity and reliability with a correlation Coefficient of $r = 0.86$ before it was finally administered in the study settings. Descriptive and inferential statistics were used in analyzing data collected.

Results: Most health workers were knowledgeable about cold chain system. However, practice deficit was recorded on the importance of variables to be considered in handling cold chain adequately.

Conclusion: This study also showed that there was a correlation between health workers knowledge of cold chain and their preservation of vaccines [$r = 0.629$; $p < 0.05$]. The years of experience of the health workers have a significant association with their preservation of vaccines [$X^2 = 33.8$; $p = 0.05$].

KEYWORDS: Cold chain maintenance, health workers, knowledge, practice

AN ASSESSMENT OF STRESS AMONGST NURSES IN ZARIA METROPOLIS, NORTHWEST NIGERIA

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Abstract

Nursing is one of the most stressful occupations in the world. However, many nurses, especially in Nigeria, do not have an idea of how much stress they have and how it affects their professional functioning. This study was undertaken to measure the level of stress amongst nurses working at different tiers of hospital settings in Zaria, and to determine the socio-demographic attributes of the nurses in relation to the levels of stress. Two hundred and seventy-three (273) nurses from three hospitals were selected through a combination of stratified and convenience methods from a Federal, State and a Faith-based hospital. The Kinzel's Scale for Measuring Stress in clinical nurses was adopted for data collection and data were analysed using SPSS version 17. Findings indicated that most nurses (87.2%) in Zaria are experiencing between high-level and extreme stress levels at their work places; levels that are theoretically incompatible with normal functioning. Manpower shortages and poor equipment supplies to carry out effective nursing care in government hospitals and poor inducements in faith-based health facilities appear to be the major stressors for nurses. Suggestions are made for urgent stress management interventions for nurses by all categories of hospital administrators, nurse leaders and educators to improve the quality of nursing care, and to save nurses from the effects of high stress levels.

Key words: assessment, nurses, Kinzel's Scale, burn-out, nursing care, occupational stress

STUDENTS' PERCEPTION OF ENVIRONMENTAL SANITATION IN FEMALE HOSTELS- A STUDY OF A NIGERIAN UNIVERSITY

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Abstract

The study investigated students' perception of factors affecting environmental sanitation in the female hostels of the University of Maiduguri, Borno State, Nigeria. A sample of two hundred female students was chosen by simple random sampling. The research instrument was a 19-item structured five-point Likert type questionnaire. Responses to the questionnaire were analyzed using descriptive statistics. Results showed that students felt that the sanitary condition of their hostels was poor because most of the basic elements of environmental health were inadequate, such as safe water and basic sanitation. Factors perceived to promote good environmental sanitation were identified as: creation of awareness, inclusion of environmental sanitation in the school curriculum, and those that are responsible for poor environmental sanitation: improper refuse disposal, inadequate personnel. Results also showed that although many students could identify diseases associated with environmental sanitation, only about half of them (54%) agreed that typhoid fever is one of such diseases. The implication of this for the health of the population is glaring since typhoid fever has become endemic in Nigeria. There is need for improvement in the environmental sanitation of the country and proper enlightenment among university students as their knowledge will positively affect their life styles.

Key words: Students' perception, environmental sanitation, female hostel.

Clinical Papers

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A QUALITATIVE STUDY OF SELF-MANAGEMENT NEEDS OF PEOPLE LIVING WITH HIV/AIDS IN A SEMI-RURAL AREA IN KWAZULU-NATAL SOUTH AFRICA

Abstract

This paper reports the views of people living with HIV/AIDS about what they perceived most helpful in self-management in a semi-rural KwaZulu-Natal, South Africa. A total of 88 people living with HIV/AIDS who were participating in a prospective study were asked to complete a researcher-administered questionnaire. Questions asked included, 'what one thing would be most helpful in meeting your current self-management?' Statistical methods such as frequencies and percentages were used to describe participants' demographic characteristics, and categories generated by content analysis were compiled. Majority, 79.1%, of the study participants were females and 20.9% were males; and 82.5% of participants were between the ages of 18 and 45 years. Categories identified: (a) Medical - highly active antiretroviral, supportive therapies and emergency services. (b) Physical - supplies for home-based care and prevention, household infrastructures and nutritional supplement. (c) Psychosocial – help with emotional and spiritual problems, assistance with relationships, love and legal services. (d) Socioeconomic and environmental – money, job, enabling environment and engagement in community life. (e) Health literacy information – information about HIV/AIDS, available care and management services, and community awareness programmes. People living with HIV/AIDS in resource limited semirural African settings need variety of resources to self-manage.

Key words: self-management, needs, people living with HIV/AIDS, nursing, healthcare provider