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Council Meeting and 20th Scientific Session held in Banjul, The Gambia
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On Thursday, March 17, 2011 at Banjul, The Gambia

EDITORIAL

The Imperative of Safe Motherhood in our communities



Conception and safe delivery is crucial to every health care provider. Maternal and child health are good indicators of societal development. Pregnant mother(s) must be cared for professionally at the defining moment of their lives. Maternal morbidity and mortality are twin scourges that should not be encouraged. About 800 women out of every 100,000 die from preventable causes. There are about 4,400 maternal deaths per month in Nigeria. Other sub-regional countries have their unacceptable maternal and child mortality statistics. The woman has been likened to the

production and reproduction. In most communities, the birth of child is celebrated and a cause of joyous occasions when mother and child are safe and sound.

In sub-Saharan Africa, it is a cause for mourning and concern due to the death of the mother, child or both. That maternal health is directly linked to

child health is not gainsaying. The 4th and 5th

Millenium Development Goals (MDGs) are relevant; that is, 'reduce child mortality' and

'improve maternal health'. The late Professor of Paediatrics, Olikoye Ransome- Kuti did say in his inaugural lecture 'that our children will not die'.

The editorial is akin to this that our mothers should not die in delivery and that our babies should be delivered safely in conducive environment (s).

The Editor, in this first editorial, pays due homage to the immediate past Editor in Chief, Mrs. Valerie Nylander, who mentored many generations of nurses including my humble self. She is a mother of mothers and an inimitable nursing colossus. Readers are warmly welcome to the journal. It is our Journal. We must treasure it.

Dr. F. A. Badru
Editor-in-Chief

Research Papers

Knowledge, Attitude and Practice of Cervical Cancer Screening Among Women in Primary Health Care Centres in Ibadan South-East local Government Area, Oyo- State

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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 Primary Health Care Centres 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 respondents level 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.

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Abstract:

The study was conducted to investigate the determinants and prevalence of schistosomiasis in Methodist Primary School in Otukpo, Benue State. The Objectives were to identify the group at risk with respect to age, sex and occupation of the parents and to identify the factors that predispose to schistosomiasis infection with respect to water supply and the means of disposal of solid waste. The school was randomly selected and one hundred pupils selected from all the classes by simple random sampling technique. Methods of data collection were by the use of interview guide and experiment conducted on urine samples of the pupils. The results were coded, analyzed using the statistical packages for Social Sciences (SPSS and presented in frequency tables and percentages. Inferential statistics (Chi-Square) was used to test for relationship between some variables like age and sex. The result showed that, majority 69.7% of the pupils who suffered from the disease were between the ages of six and ten years. The male pupils suffered more from the disease 43.5% compared to the females 31.5% and mostly from classes four and five. The prevalence rate of schistosomiasis was 19.0%. The condition as common among pupils whose mothers or fathers or both were civil servants 57.2%. Pupils of fathers who were farmers had the highest prevalence of 37.5% followed by civil servants 19.7% then other occupations and lastly traders. Concerning the activities that favour the disease, the highest percentage with positive schistosomiasis were pupils who did gardening 30% followed by those who walk bare footed and fetching water directly 15.3% and bathing in the water 20.7%. Hypothesis was tested and showed a significant difference in the occurrence of schistosomiasis among the different ages ($X^2 = 90$, $df = 1$, $p > 0.05$) while the test of relationship between ages and sex showed no significant difference in the occurrence of schistosomiasis ($X^2 = 2.2$, $df = 2$, $p < .05$) among the children. For the methods of waste disposal, 86 pupils used pit latrine and 19.8 were positive for schistosomiasis while for 16% who used bush, 37.5% were positive for the disease while out of 11 who used flush toilet, 21.05% were positive for the disease. In view of the above finding, it was there recommended that there should be proper awareness and health education of the society both in schools, at home and the general public of the means of spread, the dangers of the infection, methods of transmission and ways to prevention of disease. Vaccines or prophylactic drugs should be provided to enhance prevention of the disease and regular check up of pupils for immediate treatment of positive cases.

Key words: prevalence, determinant, Schistosomiasis, Primary school children Benue State.

Adolescents Perceptions of Causes And Effects of family Violence in Ile-Ife, Nigeria.

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ABSTRACT

The descriptive study was designed to determine what adolescents in Ile-Ife, Nigeria perceived to be major causes of family violence in their community and the effects of family violence on adolescents. Multistage sampling method was used to select 385 adolescents from 11 senior secondary schools. A semi-structured questionnaire was used to collect data. Results showed that adultery ranked highest on the list of perceived major causes of family violence, while family members coming home late ranked list. The list of perceived effects of family violence on adolescents included feeding on unbalanced diet, absenteeism, cheating, becoming a bully and committing criminal abortion. School nurses are faced with the challenge of working with other organizations and professionals that are involved in family violence prevention to educate many ways. Apart from the fact that these children could adolescents on prevention of family violence, grow up to become perpetrators*, it could also be identify adolescents that are exposed to it, traumatizing, affecting them both physically and counsel and make appropriate referrals. psychologically⁷

result of the health consequences of violent acts in the family, it has therefore, become a major issue in the discourse of health worldwide hence, the declaration of the Forty-Ninth World Health Assembly in 1996 that violence is a major and growing public health problem across the world⁴.

Violence could involve the beating or torturing prisoners of war, raping women in the enemy camp, the bombing and shooting that has made warfare so tragic since the dawn of the industrial age and most importantly it can occur in the family where there is supposed to be peaceful co-existence of individual members. It has been reported that estimates of deaths from war and other forms of violence worldwide for the twentieth century top one hundred millions and that the economic costs of the violent acts are large and that those costs can endure long after the acts have stopped⁵. Incidence of violence in homes has been noted to affect children in in adolescents grow up to become perpetrators*, it could also be identify adolescents that are exposed to it, traumatizing, affecting them both physically and counsel and make appropriate referrals. psychologically⁷ hence making the cycle of violence to be difficult to break.

Key Words: Family violence, Perceived causes, Perceive effects, School adolescents, School nurses.

SOCIO-DEMOGRAPHIC CORRELATES OF BREASTFEEDING PRACTICES AMONG MOTHERS IN KOGI STATE, NIGERIA

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ABSTRACT

This study was carried out to examine the social demographic correlates of patterns of breastfeeding among mothers in Kogi State, Nigeria. Survey method was adopted in which a simple random selection of one local government area from each of the three senatorial districts of Kogi State was done. An urban and a rural community were selected from each of the local government arms. Forty five households were randomly selected from each town and 40 households from each of the villages. One mother was also randomly selected from each household. The sample size for this study was 45 from each town and 40 from each village. In all, a total of 255 respondents were given questionnaire or interviewed while 230 valid responses were received and analyzed. The findings show that the mean age of respondents is 38 years. The respondents cut across the three major ethnic groups of Kogi State i.e 28.3% Igala, 34.8% Kabba/Okun, 27.4% Ebirra and others 9.6%. The practice of exclusive breastfeeding was higher (47.8%-57%) among young mothers who had at least secondary education and residing in urban centres while complementary feeding was predominant (72.6%-93.9%) among older women who had at most primary education and residing in rural areas. The regression analysis of the influence of socio-demographic variables on the patterns of breastfeeding among the mothers revealed that, the percentage contribution of level of formal education to the determination of the patterns of breastfeeding among respondents is 38%, hours of work per day 21%, occupation 19.5% and age 18%. Therefore, level of education plays the most prominent role while hours of work per day, occupation and age play some contributory roles in the determination of patterns of breastfeeding among

the respondents. On the other hand, the differences observed across ethnic groups, religious affiliations and marital status were found not to be statistically significant. In view of these findings, it is recommended that enlightenment campaign on the benefits of exclusive breastfeeding should be intensified in Kogi State, Nigeria.

Keywords: Mothers, socio-demographic, variables, correlation, breastfeeding practices.

Education Papers

Appraisal of Management Policy Implementation on
General Nursing Education in Nigeria
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ABSTRACT

This study is aimed at evaluating the extent of management policies promulgated by the Nursing and Midwifery Council of Nigeria (NMCN) on the general nursing education being implemented in the various schools of nursing in Nigeria. Seven research questions and seven null hypotheses were formulated to guide the study. Reviewed literature on evaluation of school programmes implementation showed discrepancy between programme stipulations and programme implementation. Evaluation survey research design was employed for the study. The population was made up of 70 principals of the 70 schools of nursing in Nigeria. All the members of the population were included in the study. Observation and interview were used to collect data. Chi square test of independence and t-test for non-correlated data were inferential statistical procedures used for appraising policy implementation as influenced by ownership and location. Findings showed that ownership and location are rarely variables affecting the implementation of management policies on general nursing education in Nigeria; rather, many of the variations were internal, that is, arising from the management itself. These findings suggest that there is a need for more frequent but objective monitoring of the study cohort and evolving strategies to ensure that these school principals strictly adhere to the programme policy for general nursing education.

Keywords; Management policy, Educational management, policy implementation, general nursing education.

HEALTH EDUCATION: IMPLICATIONS FOR THE ACHIEVEMENT OF THE HEALTH-RELATED MILLENNIUM DEVELOPMENT GOALS

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ABSTRACT

The focus of a public health intervention is to prevent rather than cure. *Health education is said to be the process of passing information to individuals or groups with the purpose of helping them adopt positive change in attitudes and behaviour in health related matters.*

Health education is geared towards change in behaviour that persists over time. It has to be practiced and repeatedly reinforced through learning. Health, which can be explained as a state of complete physical, mental and social well-being of an individual, group or community, can be attained if the eight-millennium development goals (MDGs) are achieved. *Health education*, helps to maintain, promote, prevent and restore the various components of man, and therefore contributes immensely to the achievement of the health-related millennium development goals, even though it could be applied partly in the achievement of some others. This paper outlines the various principles, steps and methods of health education and explores the implications of health education in the achievement of the health-related MDGs. It is therefore believed that this paper would sensitize nurses in general, community health nurses, and health educators in particular, on their roles in the achievement of the health-related millennium development goals, through the adoption of health education as an indispensable tool.

Key words: Ignorance, Health education, Health Educator, Millennium Development Goals (MDGs).

Influence of New National \

Health Insurance Scheme on Job Satisfaction of Nurses and Midwives of University of Ilorin Teaching Hospital, Ilorin, Kwara State, Nigeria.

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In the past decades, the health care delivery system in Nigeria has been in a deplorable state where services are not adequately provided while not the available health services are very expensive thereby making it unaffordable for a common man to enjoy. Health has become what only the privileged can access because they can afford it. The introduction of National Health Insurance Scheme (NHIS) is a social security system that guarantees the provision of needed health

should enforce compliance of the enabling law on employers either in public or private and the consumers especially those employers operating the Scheme for their workers and educational curricula at all levels should include National Health Insurance Scheme so that students can have adequate exposure to the Scheme for better understanding at all levels as these students are leaders of tomorrow.

services for persons on payment of token contributions at regular intervals. The contributors are expected to reap the gains of quality healthcare services which makes it readily available, accessible, and equitably distributed and at a reasonable cost. A descriptive survey was carried out at the University of Ilorin Teaching Hospital, Ilorin, Nigeria to assess the influence of the new National Health Insurance Scheme on job satisfaction of nurses and midwives of the hospital. 80 nurses and midwives were randomly selected and a self-reported questionnaire of 30 items was used to elicit the needed information. Four hypotheses were tested using t-test method of statistics. The findings showed that the newly introduced National Health Insurance Scheme had a significant influence on the nurses and midwives job satisfaction leading to an enhanced productivity. It is therefore recommended that the government

Keywords: National health insurance scheme, influence, job satisfaction, productivity, social security scheme.

Nurses perception on the efficacy and safety of integrating herbal with orthodox medicine in Ghana.

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ABSTRACT

Ghana Ministry of Health (MOH) intention is to integrate herbal with orthodox medicine for effective management of certain ailments. Divergent opinions have been expressed by the health professionals and other individuals on the integration plan, especially about the efficacy and safety of herbal medicine. Some query the scientific process, dosage and multipurpose use of herbal medicine while others remain indifferent.

This study surveyed the perception of professional nurses about the efficacy and safety of integrating herbal with orthodox medicine. The study adopted descriptive and cross sectional design to examine the perception of the professional nurses.

Results indicate that 76% of the nurses were of the opinion that herbal and orthodox medicine should be integrated, 63% of them confirmed the efficacy and safe use of herbal medicine based on personal experience while 75% recommended the usage of herbal medicine. It was, therefore, suggested that MOH should periodically organize seminars and workshops to educate the public on the usefulness and the intention of the Ministry to integrate herbal with orthodox medicine.

Keywords: Integration, Herbal Medicine, Orthodox Medicine, Efficacy, Safety, Nurses Perception.

Clinical Reports

Factors Affecting Utilization of Skilled-Provider Antenatal Care in the Rural Communities of Ebonyi State, Nigeria

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Abstract

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The health behaviour of Nigerian women regarding pregnancy-related care remains poor and poses one of the greatest challenges to maternal mortality reduction in the country. The aim of this study was to ascertain the factors influencing the choice of facility for antenatal care (ANC) and describe the relationship between socio-demographic characteristics and utilization of skilled provider ANC among the rural women of reproductive group in Ebonyi State. A cross-sectional community based study was conducted in all the 5 Development

Centres of Izzi local Government Area. By systematic random sampling method 430 eligible women were selected and their responses elicited using semi structured questionnaire. Data was analyzed with SPSS and MathCad Professional. Results showed that out of the 115% of the respondents that used ANC in their last pregnancy, 26.6% were from traditional birth attendants (TBAs), 21.0% from nurse/midwife and 10.2% from doctors. While level of education had the most significant influence on utilization, proximity of facility and traditional beliefs also influenced their choice. It was recommended that efforts should be made to link rural communities with health facilities where skilled ANC services are provided, through massive awareness campaigns, community

Activities and scaling-up of the midwife service scheme in the rural areas.

Key-words: Utilization, skilled-provider, antenatal care, rural, Ebonyi State

ENHANCING RECOVERY OF MALNOURISHED CHILDREN: MOTHERS COUNSELING AND PARTICIPATION ENSURES INTERVENTION EFFECTIVENESS

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ABSTRACT

The study employs mothers counseling and participatory approach in ensuring quick recovery among malnourished children. Cohorts of sixty eligible mothers who have children diagnosed of malnutrition were considered for the study. The mothers and their children were grouped into test and control groups of thirty. The anthropometric measurements of the children were obtained before and after eight weeks of intervention. Mothers were involved in rehabilitating their own malnourished children by using local foods and knowledge. In addition to mothers counseling, growth monitoring was done for the malnourished children. The study showed a positive relationship between mothers counseling and the recovery rate of children suffering from acute malnutrition. During the eighth week of intensive counseling a change in the malnourished children in the test group became obvious: appetite returned, edema disappeared, and the children began to run and play. These strategies of counseling mothers and a participatory approach can save cost of care, prevent malnutrition and improve the nutrition status of children.

Key words: malnutrition, malnourished children, less than 5years old, mothers counseling, intervention, participatory approach, effectiveness, recovery.

NWINEE SOCIO-BEHAVIOURAL SELF-CARE MANAGEMENT NURSING MODEL

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ABSTRACT

Nwinee Self- Care Management Nursing Model is a socio-behavioral health promotion model which takes cognizance of the uniqueness of the nurse and her role, the uniqueness of the client and the socio-cultural practices of the society in which the client is born, lives and functions while both work together in a therapeutic teaching and learning process. The model was an offshoot of her work with the diabetics in: 'The Relationship between Clients reported Knowledge of Diabetes and Compliance with Self-Care Management among Nigerians living with diabetes mellitus' ⁴. It is a synthesis of the popularly used 'Rosenstock Health Belief Model' and the two renowned Nursing Models 'Peplaus theory of Interpersonal Relationship' ² and the 'Kings Theory of Goal Attainment' - the theoretical frameworks employed in the study. Nwinee self care model was self developed by the Masters student of the Department of Nursing, University of Ibadan with the aim designing a more comprehensive nursing model with behavioural change strategies that could persuade the diabetic client to sustain near total compliance with his self care management.

Key Words: Socio- Behavioural, Self-Care Management, Clients, and the pronoun He

Mothers Actions and Preferences of Treatment of Febrile Illnesses Among Under- Five -Year- Old Children in Osun State.

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Abstract

This study examined the maternal actions and preferences of treatment of febrile illnesses among the under-five-year old children.

Purposive sampling method was used to select 150 subjects comprising mothers who brought their children to seven selected health institutions in Osun State. An interview guided questionnaire was used in collection of data. The data were analyzed using both descriptive and inferential statistics. Results of the study showed that fever was the main reason for taking action and 122 (81%) had taken first level home care before going to the clinic. As the first line of action 89 (59%) bought drugs from the chemists while only 29 (19%) displayed correct knowledge of drug schedules and doses. Respondents preferences increase from 33% as first line of action to 95% as second line of action and 99.3% as the third line of action. It was found that those respondents that had no formal education accounts for more than half (8.5%) of those that used herbs(14.9%). Using Pearson product moment correlation analysis, educational status of mothers was also significantly associated with initial treatment of febrile illnesses ($P < 0.01$). Summarily, these findings showed high prevalence of home treatment and that chemists were the main source of obtaining orthodox drugs. Thus they should be exposed to periodical trainings especially on essential drugs for treating febrile illnesses in under five year -old children.

