

CONFERENCE ABSTRACTS
LIVE/ONSITE ABSTRACT PRESENTATION

WA 001

The assessment of opioid prescribing patterns of physicians in the trauma clinic at John Fitzgerald Kennedy Medical Center, Monrovia - Liberia

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Background: Opioids have been used for medicinal and recreational purposes for many decades. In modern medicine, opioids are still the cornerstone for pain management in trauma clinics. Opioid prescribing patterns at John Fitzgerald Kennedy Medical Center for trauma patients are unknown.

Objective: To assess opioids prescribing patterns of physicians in the Trauma Clinic at the John Fitzgerald Kennedy Medical Center from January to June 2021.

Methods: A retrospective study was conducted for all trauma patients treated with opioids during the period. Patients' charts were scrutinized in line with the inclusion criteria (patients of either sex aged 18 - 70 years) and the exclusion criteria (patients of either sex aged below 18 years & above 70 years). The World Health Organization prescribing indicators and the Center for Disease Control and Prevention for Opioids were

used to assess the opioid prescribing patterns.

Results: A total of 574 (77%) respondents were males and 171 (23%) were females. The findings indicated that more males were involved in severe traumatic situations than females, with pentazocin being the most prescribed (714 or 96%), followed by tramadol in 24 (3%) and morphine in 7 (1%) of respondents. The most appropriate chosen dosage form was the injectable, which was used in all 745 (100%) patients.

Conclusion: The assessment of opioid analgesics in the Trauma Clinic was performed. Pentazocin was consistently used for all the patients. The need to design appropriate treatment guidelines cannot be overemphasized to encourage judicious use of opioid medications.

Keywords: Opioids, Trauma-patient, Prescription, Tertiary Hospital, Liberia

WA 002

The Impact of covid-19 pandemic: How technologically prepared was the Nigerian Pharmaceutical Industry?

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Background: The occurrence of the COVID-19 global pandemic in 2020 led to the lockdown of the economy and catalyzed numerous challenges, thereby accelerating digital health solutions. The Pharmaceutical industry in Nigeria, consisting of over 120 companies had to respond to the resulting challenges. Industry 4.0 is a concept that represents the adoption by the industry of techniques and processes allowed by digitization.

Objectives: This study evaluated the state of preparedness of pharmaceutical manufacturing companies in Nigeria for the adoption of emerging technologies post-COVID-19.

Methods: This descriptive cross-sectional study was conducted in June 2021 among some pharmaceutical manufacturing companies in Nigeria using structured electronic questionnaires for data collection. Data obtained was examined and statistically relevant relationships evident in the responses were identified and investigated.

Results: The results showed that the impact of COVID-19 on supply chain was unfavorable (61.11 %). Only 50 % of the respondents indicated knowledge of 4.0. Lack of experts for training (61.11 %) and lack of finance (72.22 %) were identified as barriers to technology optimization.

Conclusion: The advent of the COVID-19 pandemic negatively affected Nigerian pharmaceutical companies in the sourcing and delivery of materials, even though demand for pharmaceuticals was high, leading to a reduction in production capabilities. Adoption of industry 4.0 was poor due to barriers such as lack of experts for training, lack of finance and lack of proper regulatory guidance. The study provides insights for stakeholders by identifying gaps, opportunities, and challenges for the implementation of Industry 4.0.

Keywords: Industry 4.0, pharmaceutical manufacturing, post covid-19

WA 003

Predictors and prevalence of self-medication among pharmacy and medical students in a tertiary institution in southeastern Nigeria

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Background: Self medication is an integral part of self care that involves the selection and use of non-prescription medicines to treat illnesses.

Objective: The study aimed to assess the prevalence of self-medication among pharmacy and medical students in a tertiary institution in south-eastern Nigeria.

Methods: A cross sectional study was conducted on 274 randomly selected pharmacy and medical students of Nnamdi Azikiwe University, Awka, Nigeria using systematic sampling technique. Data was collected using structured validated questionnaire adopted from a previous study and analyzed using SPSS Version 25. Ethical approval was obtained for the study. Descriptive statistics was used to summarize the result obtained (frequencies, percentages). Spearman's Chi-Square was used to determine the association between the two variables. $P < 0.05$ was considered significant. Period of data collection was from February to June 2021.

Results: The prevalence rate of self-medication among the medicine and pharmacy student were found to be 50.97% and 43.63% respectively. Ill-health conditions such as body ache, common cold, diarrhea amongst others were where the major reasons why the student self-medicate, and the drugs mostly used were antimalarials drug and analgesics. Patent medicine stores were the leading source of drugs for 57% of the students.

Conclusion: This study recorded high prevalence of self-medication among pharmacy and medical students of Nnamdi Azikiwe University. The students source most of their medications from patent medical stores. Rational drug use and responsible self-medication should be encouraged amongst students in Nigerian Universities.

Keywords: Self-medication, Prevalence, Predictors, Non prescription medicine, Practice.

WA 004

The impact of the NHIS On Medication Adherence of Hypertensive Patients

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Background: There is paucity of information on the effectiveness of the National Health Insurance Scheme (NHIS) in improving medication access in hypertensive patients, as well as its impact on adherence rates and patient outcomes.

Objectives: To investigate barriers to medication adherence and to determine the impact of enrollment in NHIS on medication adherence in hypertensive patients.

Methods: The study was conducted as a cross-sectional prospective study. Medication adherence score was ascertained using the eight-item Morisky Medication Adherence Scale, which was self-administered to 250 selected patients of NHIS and non-NHIS each. Statistical analysis was performed using SPSS 16 for Windows (Chicago, IL) while comparisons of proportions were carried out using Chi square. All hypotheses tested were two tailed, with significant values taken at $p < 0.05$.

Results: The mean adherence score for the NHIS was 4.40 ± 2.28 , while the non-NHIS group recorded a mean adherence score of 4.92 ± 2.15 . The non-NHIS group reported a statistically significant higher adherence score ($p = 0.011$). From the multiple linear regressions, there was a positive correlation between adherence score and age and duration of disease. There was also statistically significant negative correlation between adherence scores and educational level, monthly income, and improving health status.

Conclusion: Non-enrollees of the NHIS were associated with better adherence level despite the lower monthly income. Cost of medication was not found to be a statistically significant barrier to adherence in this study.

Keywords: Adherence, Hypertension, NHIS

WA 005

Evaluating structured medication review services on hypertension management in public health institutions in Liberia

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Background: Structured Medication Review Services are unique services that are performed by pharmacists to detect, resolve or prevent medications-related problems and to improve treatment outcomes in chronic disease management in a clinical or ambulatory setting. However, little is known about the application of these unique services in the Liberian healthcare system. The objective of the review was to assess the application of structured medication review services in public health institutions in Liberia.

Methods: A scoping review was conducted using pre-defined search terms in scientific databases such as Google Scholar, PubMed, and ScienceDirect. Original research articles that were recently published and reported on the impact of structured medication review services were included. Data were charted according to author, publication, study design, population, type of intervention, treatment outcomes, and major findings. Descriptive analysis of the data was conducted. Studies that showed significant improvement in the

management of hypertension were included.

Results: Fifty-eight articles were reviewed. Of the fifty-eight, thirty hypertension and adherence intervention studies were identified. Twenty-six were randomized controlled trials, one a participatory action design and three mixed methods design. None of the articles revealed the practice of structured medication review services in public health institutions in Liberia.

Conclusion: Structured medication review services are lacking in practice and theory in the Liberian healthcare system. More needs to be done to formulate pharmaceutical care policies and to empower pharmacists to be adequately involve in this practice.

Key words: Structured Medication Review Services, Pharmacist, Public health, Liberia, outcomes, adherence.

WA 006

Prevalence and management of insomnia in substance use disorder in a tertiary health institution in Nigeria.

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Background: Substance use causes sleep problems, but insomnia and insufficient sleep may also be a factor raising the risk of substance use, addiction, and increased severity of substance use disorder.

Objectives: The main objective of the study was to determine the prevalence of insomnia in patients with substance use disorder. The specific objectives were to determine the rate of use of antipsychotics and other sedative-hypnotics in the management of insomnia in a patient with substance use disorder.

Methods: A retrospective study of prescriptions of patients diagnosed with substance use disorder was carried out at the outpatient pharmacy department of a tertiary health institution in Nigeria for twelve months. The pattern of prescriptions containing antipsychotics and other sedative-hypnotics for the management of insomnia was analyzed.

Results: One hundred and eighty prescriptions were analyzed, and more than one-third, 63 (35 percent) of the patients were treated for insomnia using typical antipsychotic chlorpromazine (80.9 percent), and sedative-hypnotics (19.1 percent). Antipsychotics polypharmacy was observed in 39.4 percent of the prescriptions analyzed.

Conclusion: Insomnia is a major problem in substance use disorders: Nitrazepam, diazepam, and chlorpromazine were prescribed. Chlorpromazine was prescribed for use at bedtime in combination with one other antipsychotic in the majority of patients despite attendant side effects. Identification and early management of insomnia with non-pharmacological therapy will be a viable option.

Keywords: Substance use disorder, Insomnia, Antipsychotics, non-pharmacological therapy

WA 007

Topical steroid abuse for cosmetics purpose: Burden, determinants and outcome of educational intervention among women in Port Harcourt Metropolis, Nigeria

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Background: Abuse of Potent Topical Corticosteroids (TCs) is common among the population, particularly women who use them for Skin lightening and complexion enhancement. Studies on this subject had paid little attention to educational intervention in the community.

Objectives: The objective of the study was to assess the outcome of educational intervention on the abuse of Topical corticosteroids by women in Port Harcourt Metropolis, Nigeria.

Methods: This was a cross sectional interventional study where questionnaires were administered to a convenient sample of 450 women aged 18 to 67 years, pre and post intervention. The intervention was a 90 minutes health education using annotated fliers. Data from 400 usable questionnaires were entered into Microsoft Excel and analysed using the Statistical Package for the Social Sciences (SPSS). Chi-square test was used to explore association between variables. P -value <0.05 was considered statistically significant.

Results: Topical steroid preparations were freely available with bethametasone the most abused (58.4%). Prevalence of TC abuse in the population was 49.3% (N=400), for cosmetics purpose was 79.2% (n=197) and adverse effect on the affected population was 91% with stubborn pimples most dominant. There were significant correlation between age (p=0.0007), marital status (p=0.000), occupation (p=0.006) with TC abuse. Proportion of participants who became aware of dangers inherent in topical preparations increased from 40.5% to 97% post intervention (p=0.009).

Conclusions: Prevalence of TC abuse is high with consequences on women's wellbeing. Educational intervention is effective in closing the knowledge gap leading to abuse.

Key words: Corticosteroids, Abuse, Cosmetics, Intervention.

WA 008

Vaccination status and seroprevalence of hepatitis B infection among healthcare workers in selected hospitals in Rivers State, Nigeria

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Background: Hepatitis B virus (HBV) infection is a major cause of liver-associated death and disability affecting over 350 million people globally. Individuals with chronic hepatitis B may progress to a more severe and deadly form of disease mainly cirrhosis, end-stage liver disease and hepatocellular carcinoma (HCC). Healthcare workers (HCWs) are at a high risk of occupational exposure to HBV infection.

Objectives: The objectives of the study were to determine the risk factors and seroprevalence of HBV infection and the vaccination status of HCWs in selected hospitals in Port Harcourt.

Methods: Socio-demographic data and venous blood specimens were collected from consenting HCWs in the selected hospitals and tested for the presence of HBV immunological markers using immuno-chromogenic and enzyme-linked immunosorbent assay methods. Data generated was analyzed using descriptive statistics and chi

square.

Results: This study has revealed low levels of HBV infection (2%), high HB vaccination coverage (98%) and HBsAg - anti-HBs double seropositivity in chronic carriers that increases the risk of HCC and liver failure. Having a family member with liver disease, history of blood transfusion, blood donation and needle stick injury were significant risk factors (p<0.05) for HBV infection. However, a history of blood splash was the only significant risk factor for anti-HBs seronegative HCWs.

Conclusions: In order to achieve the WHO Global health Sector Strategic plan to eliminate chronic viral hepatitis by the year 2030, there is need to increase awareness and public health education on prevention of hepatitis B infection.

Keywords: Hepatitis B Virus, HBV Vaccination, HBV Infection, Healthcare Workers

WA 009

Monitoring of liver enzymes in HIV patients on HAART regimen in university of Port Harcourt teaching hospital, Port Harcourt.

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Background: Administration of antiretroviral therapy to HIV patients (HAART) has changed the prognosis of the disease leading to decreased morbidity and mortality, but also affects liver function causing abnormal Liver function tests (AST, ALT). About 14-18% of deaths in HIV-infected patients have been associated with liver diseases.

Objectives: The study was aimed at determining abnormalities in liver enzymes of HIV-infected patients on HAART and to identify factors associated with the enzyme elevation among these patients.

Methods: Adult participants comprising 120 HIV-positive (HAART-treated) and 90 HIV-negative volunteers were recruited for the study. Self-administered questionnaires and hospital case-notes were used to collect information of the participants. Enzymes assays were performed using serum samples obtained from 5mls of blood collected from each subject. Data analyses was done via Chi square analysis, cross

tabulation, Pearson's and Spearman's correlations. P-values <0.05 were considered significant for all results.

Results: Mean AST and ALT values were 30.47±20.58 and 30-19±17.55 for HIV-positive and 25.477±14.22 and 29.90±12.77 for HIV-negative subjects. The study established higher abnormal values of the enzymes in HIV-positive subjects compared to HIV-negative group (AST: 9.62% vs 3.85%; ALT: 8.65% vs 5.29%); AST: ALT ratio was significantly higher in the HIV-positive group (p = 0.0001), with duration of treatment exerting a significant influence (p=0.0001).

Conclusions: Duration of HAART and HIV status had a significant impact on AST: ALT ratio. Routine monitoring of these enzymes will serve as early indicators of occurrence of liver disease.

Keywords: HIV/AIDS, HAART, AST, ALT, Liver disease.

WA 010

Formulation and biopharmaceutical evaluation of fixed combination suppository for nocturnal asthma

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Background: Night awakenings in asthmatics though the cause is unknown, is characterised by chest tightness, shortness of breath, cough, and wheezing, which is a major challenge that disrupts sleep. This further affects the overall quality of life, making it even more difficult to control daytime asthma.

Objective: To formulate and evaluate salbutamol (a short-acting beta agonist drug) and beclomethasone (a long-acting corticosteroid) suppository as a single fixed combination using a hydrophilic (polyethylene glycol) and hydrophobic (cocoa butter) base.

Methods: Pre-formulation studies were carried out to determine the compatibility of the bases and the exact means by which the fixed combination suppository could be achieved. Suppositories (2.5g each) were formulated using the fusion method. The suppositories were then evaluated for uniformity of weight, crushing strength, disintegration time and In vitro

drug release.

Results: The weight uniformity of the suppositories was 2.45 ± 0.08 g, and the percentage deviation was in cognizance of the BP specification. The crushing strength was 10.17 ± 0.46 N. The hydrophilic base disintegrated within 38.1 min while the hydrophobic base took 410.3 min to disintegrate. The In vitro drug release showed that at 60 min only 53.6% of the salbutamol in polyethylene glycol had been released while beclomethasone in cocoa butter a hydrophobic base achieved complete release at 45 min.

Conclusion: The study showed that formulation of the single fixed combination of salbutamol and beclomethasone was with potential for Nocturnal Asthma improvement.

Keywords: Nocturnal Asthma, Salbutamol, Beclomethasone, Suppository, Bases

WA 011

Formulation of antifungal vaginal suppository using coconut oil as base

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Background: The emergence of antimicrobial resistance to antifungals has made vaginal candidiasis a concern. Coconut oil has anti-mycotic properties that could have a synergistic effect when combined with antifungals.

Objective: To formulate clotrimazole suppositories using coconut oil as a base to improve its use and delivery in antimycotic treatment.

Methods: Using the fusion method, coconut oil was solidified with beeswax (20%) to prepare 100mg clotrimazole suppositories. Surfactants (4%w/w) sodium lauryl sulphate, Tween20®, Span20® and their combinations (3%w/w ratio 1:1 of Tween20®:Span20®) were used to improve the rate of drug release from the suppository. The suppositories were evaluated for their physicochemical properties, and the antimycotic effect of clotrimazole and coconut oil was examined singly and in combination (1:1 and 1:2) using the agar-well diffusion method.

Results: The suppositories had a pH of 5.1 - 7.5 and crushing strengths of 0.5 - 3.1N. Addition of surfactants improved drug release; Tween20® and sodium lauryl sulphate at 4% released 68.87% and 94.54% clotrimazole, respectively, after 360 mins whereas the combination of 3% Tween20® and Span20® ratio 1:1 had <25% release at 360 mins. Suppositories with beeswax showed <50% clotrimazole release in 60 min. The combination of clotrimazole and coconut oil had a zone of inhibition of 20mm against *Candida* species and individually 12, and 19mm, respectively. *Candida albicans* were more susceptible to clotrimazole and coconut oil individually and in combination than *Candida* spp.

Conclusion: Clotrimazole suppository with coconut oil as a base in the treatment of vaginal candidiasis showed potential against *Candida* species.

Keywords: Antifungal, Coconut Oil, Vaginal Suppository, *Candida albicans*, surfactants

WA 012

Hepatitis B, knowledge, awareness and vaccination status of members of two communities in Lagos state.

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Background: Hepatitis B virus is caused by an Hepadnavirus which infects liver cells is responsible for an estimated 820,000 deaths in 2019 and linked with severe chronic infection with development of hepatocellular carcinomas. It is one of the life-threatening diseases ravaging the world population resulting in cirrhosis of the liver, liver cancer, liver failure, and death. However, millions of people especially adults are unaware of the causes, symptoms as well as the preventive measures especially the vaccines available. This study aimed at assessing the knowledge, awareness and vaccination status of Hepatitis B among members of two communities in Lagos State, Nigeria.

Objectives: The study was carried out to determine the knowledge, awareness and vaccination status of some community dwellers about hepatitis B virus.

Methods: The study was carried out in Okota, Ago Palace Way in Oshodi/Isolo Local Government Areas and Ijesh, Surulere Local Government Area in Lagos State. Participants were mainly adults with children excluded from the study. A random

sampling technique was used to distribute 300 questionnaires within a one-week period. The sample size of the research was calculated using Cochrane's Formula with 95% confidence level. P-value of 0.05 was taken to be statistically significant.

Results: Of the 292 returned questionnaires, 278 were completely filled. Respondents were mostly male (56.2%), within the age range of 34 - 44 years. Most of the respondents were educated up to tertiary level (52.2%). Major findings included that most (56.0%) of the respondents had poor knowledge about the Hepatitis B virus, neither were they aware of the disease. Few (8.4%) of the respondents had been vaccinated of which 47.8% had taken two doses, while 77.4% of the unvaccinated were willing to be vaccinated and 67.2% were willing to let their baby receive the vaccine.

Conclusion: Most of the respondents are not knowledgeable nor aware of the Hepatitis B virus neither have they been vaccinated.

Keywords: Hepadnavirus, Hepatocellular carcinomas, Hepatitis B vaccine, Liver cirrhosis, Liver failure

WA 013

Assessment of the impact of municipal solid waste management on the Whein town and Gobuchop communities in Paynesville city, Liberia

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Background: Solid waste management in municipalities attracts global attention because the methods used to dispose of solid waste in most cities in developing countries pose danger to the health of the population. The study was an assessment of the impact of solid waste management on the Gobachop Community and Whein Town Community in Paynesville, Liberia.

Objectives: The objectives of the study were to determine the impact of solid waste management on the two communities; to determine the extent to which solid waste management methods used are protecting the community environments and to determine the extent solid waste management is being challenged in the communities.

Methods: Structured questionnaires were administered to participants in the communities to collect useful data. Collection process was carried out in two phases: The first phase was the pre-testing of the questionnaire, and the second was the useful data collection phase.

Several meetings were held with community leaders and community residents to solicit their participation; inclusion and exclusion criteria were determined to identify the strength of the project. The data were cleaned, coded, captured, and analyzed.

Results: Findings show that the solid waste management system being used is negatively impacting the two communities; the methods (open air dumping and open air burning) used in the system is only providing minimum protection as the solid waste management is grossly challenged; the lack of logistics to collect and dispose of the wastes generated in the communities imposes health hazards to the population. Community residents have limited knowledge in the proper management of solid wastes.

Conclusions: Solid wastes management system used in the communities is negatively impacting the communities; the system provides breeding grounds for mosquitos, rodents, and pollutes the air. It affects surface water and ground water. Poor sanitary condition of the communities reduces real estate property value, limiting habitation. The management system provides minimum protection to the environments. Challenges of solid waste management in the communities cannot be overemphasized. The challenges are as a result of limited knowledge on the part of community residents; also lack of resources to transport the waste to disposal sites is a compounding factor.

Keywords: Community environment, Whein Town, Gobachop, Solid wastes, Municipalities, Dispose

WA 014

Knowledge, attitude and practice of residents of selected villages in FCT Abuja towards the control of cholera during outbreaks

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Background: Cholera, a bacterial infection caused by *Vibrio cholera* continues to be a global threat to public health and a key indicator of lack of social development. It is a disease that has reoccurred frequently in the five selected villages in FCT, Abuja under study.

Objectives: Assessment of the knowledge, attitude and practice of residents of five selected villages in FCT towards the control of cholera during outbreaks.

Methods: Cross-Sectional Survey Research Design was used and carried out among 399 residents across five (5) selected villages in FCT, Abuja. A pretested, close-ended questionnaire was used to extract information on the knowledge, attitude and practices of the residents towards cholera control during outbreaks. Data analysis was done using SPSS version 25 both descriptive and inferential statistical techniques.

Results: 399 out of the 400 administered questionnaires were returned comprising 204 (51%) males and 195 (49%) were females. Based on the analysis of variance results, there was significant difference in both the knowledge and attitude of the residents towards cholera control. The practices of the residents towards the control of cholera were ineffective or unsatisfactory.

Conclusion: The level of knowledge of the residents was poor and so educational program or awareness campaign on cholera can address this. Also, their attitude was unsatisfactory and their practices were ineffective and as such the intervention of the government and non-governmental organisations is needed to bridge the gap.

Keywords: Assessment of knowledge, attitude and practice, selected villages, cholera.