

POSTER ABSTRACT PRESENTATION

WA 001 P

Assessing the prescription pattern in patients managed for hypertension with co-morbidities in a public tertiary hospital in Abuja, Nigeria.

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Background: Hypertension is a common condition seen in primary care, which leads to cardiometabolic co-morbidities like Diabetes, Congestive Heart Failure, Chronic Kidney Disease and death if not detected early and treated appropriately. The latest review of America's Joint National Committee on the prevention, detection, evaluation, and treatment of high blood pressure and National Standard Treatment Guidelines provide the standard of care for the Nigerian population. It is vital therefore, to assess the prescription pattern of antihypertensives against recommended treatment guidelines to help ensure improvements in quality of care.

Objectives: To show the rates and patterns of commonly prescribed antihypertensives, common co-morbidities, and the extent of adherence of these prescriptions to treatment guidelines.

Methods: The study was a cross-sectional, descriptive retrospective review of prescription records of adult patients treated for hypertension with cardiometabolic co-morbidities at the National Hospital, Abuja. Simple descriptive statistics was used to analyse the data and assessment of prescription pattern was done by comparing antihypertensives prescribed against the recommended treatment guidelines.

Results: Prescriptions for antihypertensive drugs issued to a

total of 384 patients within a 12-month period were analyzed. The mean age of the patients was 54 years. The study found that of the 178 individual diagnosis, Diabetes [29 (16%)], Dyslipidemia [14 (7.8%)] and Heart failure [12(6.7%)] were the most common co-morbidities observed in patients. Also, out of the 384 prescriptions, a total of 132 (34 %) antihypertensives drugs prescribed were calcium-channel-blockers, while only 48 (13 %) of the drugs were thiazide-diuretics. Only 34 (9 %) of prescribed drugs were fixed dose combinations. The study found that of the 178 individual patient diagnosis 144 (81%) had Thiazide Diuretics and/or a calcium channel blocker in the treatment regimen while 34 (19%) did not have Thiazide Diuretics or a calcium channel blocker in the treatment regimen. Also 65 (37%) of the patients had a Diuretic in their treatment regimen while 113 (63%) of the patients did not have a Diuretic in the regimen.

Conclusion: It was observed that prescribing patterns for antihypertensives adheres to the Joint National Committee Guidelines, but do not adhere to the Nigerian Standard Treatment Guidelines.

Keywords: Hypertension, primary-care, Standard-Treatment-Guidelines, antihypertensives, prescription, cardiometabolic, comorbidities, calcium-channel-blockers, thiazide-diuretics.

WA 002 P

An overview of pattern of antidiabetic drugs use and efficacy among patients with type 2 Diabetes Mellitus in general hospital Kontagora, Niger State.

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Background: Diabetes Mellitus is a common chronic, metabolic disease affecting individuals in both developed and developing countries, including Nigeria, where it affects about two percent of the population. Pharmacotherapy involves the use of varieties drugs hence, the need for evaluation for rational drug use.

Objective: To study the pattern of antidiabetic drugs use and efficacy among patients with Type two Diabetes mellitus in General Hospital Kontagora.

Methods: This present study was a descriptive and retrospective one, with data retrieved from Patients' prescription sheets containing at least one antidiabetic drug issued at the hospital. A data collection form was used and information collected analysed with statistical package for social science and Microsoft excel.

Results: A total of sixty seven patients were enrolled with a mean age of fifty two years. Two hundred and ninety seven drugs were reviewed with an average of four drugs per encounter. Metformin and gliclazide were the most prescribed while antihypertensives were commonly prescribed along with the antidiabetics. The annual cost of treatment with antidiabetic agent was estimated at about twenty five thousand naira per patient. Less than twenty percent of the patients had good glycemic control.

Conclusion: The pattern of use and effectiveness of antidiabetics was studied, with an optimal level of prescriber's adherence to clinical guidelines and poor glycemic control in about eighty percent of the study population.

Keywords: Diabetes, prevalence, effectiveness, antidiabetics.

WA 003 P

Assessment of drug therapy problems among hypertensive and diabetic patients attending Lagos Island general hospital, Lagos, Nigeria

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Background: Drug therapy problems are of major concern in health care because of increased cost of treatment, delayed therapeutic goals, morbidity, and mortality.

Objectives: The aim of this study was to assess the drug therapy problems, its prevalence, the associated factors, and its resolution among hypertensive and diabetic patients attending General Hospital Lagos.

Methods: This was a retrospective study of DTPs of 234 systematic randomly selected case notes of diabetic and hypertensive patients older than 18 years who had been on medications for more than a month. The data collected using data forms was analysed using descriptive analysis and Chi square test. Statistical significance was considered at p-value < 0.05.

Results: The total number of patients' case notes assessed was 234 out of which 182 (77.78%) had drug therapy problems.

Drug therapy problems identified were 277. The most common drug therapy problems identified were effect of drugs not optimal (27.8%), lack of adherence (24.91%), and untreated indications (26.72%). Neither socio-demographic factors, polypharmacy or presence of comorbidities were associated with having drug therapy problems. The drug therapy problems were either partially resolved (17.01%), fully resolved (14.29%), not resolved (22.4%), or with unknown outcomes (46.3%).

Conclusion: There was a high prevalence of drug therapy problems in the study with lack of adherence, effect of drugs not optimal, unnecessary drugs, untreated indication and adverse effects occurring most frequently. Socio-demographic characteristics, co-morbidity and polypharmacy had no association with the prevalence of drug therapy problems.

Keywords: Drug therapy problems, Hypertension, Diabetes.

WA 004 P

The impact of psychotic and non-psychotic mental health disorders on the reproductive and sexual health of patients at university of Port Harcourt teaching hospital, Rivers State, Nigeria

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Background: Certain mental health conditions make people incapable of making rational decisions thus exposing them to risky sexual behaviours that may result in sexually transmitted infections (STIs).

Objectives: This study evaluated the impact of mental health disorders on reproductive and sexual health of patients accessing care at the Neuropsychiatry Department of University of Port Harcourt Teaching Hospital (UPTH) as reflected in the STIs seen among this population.

Methods: Ethics approval was obtained from the UPTH Research Ethics Committee. A 5ml aliquot of venous blood was aseptically collected from all participants following their voluntary informed consent to be enrolled into the study. Socio-demographic characteristics of participants was collected using a structured questionnaire and labelled with the samples with strict confidentiality. The samples were

analysed for hepatitis B (HBV), hepatitis C (HCV), human immunodeficiency virus (HIV), and genital herpes simplex virus (HSV) using enzyme linked immunosorbent assay (ELISA) methods.

Results: The observed prevalence for the STIs in this study was 3.5%, 1%, 36.23%, and 2% for HBV, HCV, HIV, and HSV respectively. The study noted with grave concern the high prevalence of HIV seen in this population

Conclusion: The prevalence and variety of STIs observed in this study makes mandatory screening for patients and healthcare workers at the hospital imperative. Policies and measures that enhance infection prevention and control should be instituted by the hospital management.

Key words: Mental Health Disorders, Human Immunodeficiency virus, Psychosis.

WA 005 P

Knowledge and attitude of adolescents towards substance abuse: an intervention study

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Background: Substance abuse involves excessive use of illegal and over-the-counter drugs or for purposes different from what they are meant for. It may lead to physical, emotional, psychological and other related problems. Adolescents, according to WHO is any person between the ages of 10 and 24. Adolescents are curious and this attribute predisposes to substance abuse.

Objective: It was to assess the knowledge and attitude of adolescents living around University of Ibadan on substance abuse and provide educational intervention designed to increase their awareness.

Methods: The study was intervention in nature and utilised pre and post-tests. The questionnaires were pretested, semi-structured and self-administered with sections on demography, knowledge and attitude of the participants toward substance abuse. Participants were recruited by household visits and invitation to the training venue. Adolescents (57) responded to the invitation; 51, consisting of

20 males and 31 females, participated.

Results: The mean age of participants was 16.1±2.4 years, 64.7% are Christians and 33.3% muslims. The pre-test showed that 80.4% have heard of substance abuse while 19.6% never did. Participants knew substances in the order of cocaine/Indian hemp>drugs>alcohol>heroin. Post-test results showed improved knowledge on the negative consequences of substance abuse and the names of substances that can be abused. In addition, post-test showed that the negative outcome of substance abuse stimulated interest in the respondents on the need to dissuade those involved in their circle of influence.

Conclusion: Training improved knowledge of adolescents on substance abuse and created onset of positive change in attitude.

Keywords: Knowledge, Attitude, Substance Abuse, Intervention.

WA 006 P

Pharmaceutical waste disposal practices in pharmacies in the volta region

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Background: Appropriate disposal of pharmaceutical waste is necessary to reduce environmental pollution. The evidence on the safe disposal of pharmaceutical waste in Ghana is scanty and absent in the Volta Region.

Objectives: This study assessed the pharmaceutical waste disposal practices by pharmacies in the Volta Region.

Methods: Superintendent pharmacists of all the registered retail and wholesale pharmacies in the region were recruited and administered the questionnaire. The questionnaire assessed the methods of pharmaceutical waste disposal, compliance with disposal guidelines, and the reasons for non-compliance. The data was analysed and a p-value < 0.050 was adjudged statistically significant.

Results: A 91.36% response rate was observed with 35.8% pharmacies disposing all categories of pharmaceutical waste according to the Ghanaian Food and Drugs Authority

guidelines, whilst 16% returned pharmaceutical waste to their parent branches. The majority of pharmacists (93.2%) were aware of the authorised disposal guidelines. However, compliance was 35%. Identified barriers to compliance included pharmacy-specific policies, cost, and guideline complexities. The length of time the pharmacy had existed was associated with compliance ((p-value = 0.008), while the category of pharmacy was not associated with compliance (p-value=0.889).

Conclusion: A general lack of compliance with disposal of pharmaceutical waste in accordance to disposal guidelines was observed. The Food and Drugs Authority should enforce compliance with the pharmaceutical waste disposal guidelines through cost reduction, and sensitization of pharmacists.

Keywords: Environmental protection, Pharmaceutical disposal, Pharmaceutical waste, Pharmacy regulation, Waste disposal guidelines.

WA 007 P

Prevalence of hypertensive disorders, antihypertensive therapy and pregnancy outcomes among hypertensive pregnant women: a retrospective review of cases at Tamale teaching hospital, Ghana

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Background: Hypertensive disorders in pregnancy have become a public health challenge in many countries as they contribute to maternal mortality and morbidity. It complicates about 6-8% of all pregnancies, globally.

The maternal mortality ratio was 890 per 100,000 live births in 2016 with hypertensive disorders being one of the causes of death annually. However, there is paucity of data on hypertensive disorders in pregnancy, its management and treatment outcomes.

Objective: To assess the prevalence of hypertension in pregnancy, the antihypertensive therapy and pregnancy outcomes among hypertensive pregnant women at the Tamale Teaching Hospital in Ghana.

Methods: This was a retrospective study conducted using data from the case notes of pregnant hypertensive patients. It was conducted at the maternity ward of the Tamale Teaching Hospital over a 12 months period in 2019. Records of 5,396 pregnant women were reviewed.

Results: The prevalence of hypertensive disorders in pregnancy was 12.5%. The most common antihypertensive prescribed was nifedipine (548; 81.4%) followed by methyldopa (506; 75.2%), hydralazine (94; 14.0%), labetalol (28; 4.2%) and diuretics (10; 1.5%). Caesarean section accounts for most deliveries (68.1%) followed by vaginal (30.5%) and vacuum and forceps (1.5%). Thirty-eight (5.7%) babies died before delivery whereas 635 (94.3%) babies were born alive.

Conclusions: Adherence to antihypertensive medicines recommended by the standard treatment guidelines of Ghana for the management of hypertensive disorders in pregnancy was observed in this study, with controlled blood pressure in two-thirds of the participants. Majority with well controlled blood pressure had positive delivery outcomes, while negative delivery outcomes were associated with uncontrolled status.

Keywords: Hypertensive disorders in pregnancy, chronic disease, blood pressure control, maternal mortality

WA 008 P

Pharmaceutical care interventions in a secondary healthcare facility in Osun State

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Background: Pharmaceutical care is the provision of medication-related care towards achieving a definite goal which will improve patient's quality of life for which the pharmacist must take responsibility. Drug Therapy Problems (DTPs) pose considerable potential or actual risks to patients on medications. Inadvertently, these DTPs have been found to be responsible for some hospital admissions, increased hospital stay and overall medical costs. Pharmaceutical care interventions help to identify and resolve these DTPs thereby optimizing medication therapy and the ultimate therapeutic outcomes.

Objective: This study aimed at evaluating Drug Therapy Problems among patients attending a secondary health care facility in Osun State.

Methods: A retrospective analysis of prescriptions presented at the pharmacy from April 11, 2022 to April 17, 2022 was carried out, and the Drug Therapy Problems in those prescriptions were identified and documented. The acceptance level of pharmaceutical care interventions by the prescribers was also noted and documented. Total sampling technique was used in this study. This study was approved by the Ethics and Research Committee of Osun State Ministry of Health. The documented data were summarized using frequencies and percentages.

Results: Out of 500 prescriptions received at the pharmacy within the stated period, 124 (24.8%) had at least one Drug Therapy Problem (DTP), although 133 DTPs were identified altogether. Majority (61.3%) of the prescriptions with DTPs were issued for female patients while 58.9% of the prescriptions with DTPs were for patients less than twelve years of age. Most (72.6%) of the DTPs observed in this study were found in prescriptions issued by House Officers (HOs). Doses too low (33.8%) especially for antibiotics and doses too high (17.7%) especially for analgesics were the most common types of DTPs identified. Majority (97.6%) of pharmacists' interventions on DTPs were accepted immediately by the prescribers, while the ones that were delayed (2.4%) were later accepted after a follow-up with the prescribers' superior officers.

Conclusion: Drug Therapy Problems appeared in various forms and constitute risks to patients, but pharmaceutical care interventions help to reduce or avoid the risks involved. Prescriptions written by junior physicians contained most of the DTPs. However, pharmacists' interventions in resolving the problems were well received in the study location.

Keywords: Pharmaceutical Care, Interventions, Secondary Healthcare facility, Osun State