



## DEPARTMENT OF OBSTETRICS AND GYNAECOLOGY (O & G) PRESENTS; 'REVIEW OF MATERNAL DEATHS IN UITH'.

In a retrospective study under the topic: 'Review Of Maternal Deaths In UITH', the Department of Obstetrics and Gynaecology (O&G) in the April 2024 edition of the Grand Round, disclosed some statistics of maternal deaths in the hospital but equally offered plausible solutions to stem future cases.

The Presenter, Dr A.A.Otuyo described Maternal mortality as a global tragedy and defined it as, "the death of a woman while Pregnant or within 42 days of termination of pregnancy irrespective of the duration and site of the pregnancy, from any cause related to or aggravated by the pregnancy or it's management but not from incidental causes."

She said that Nigeria and India had the highest estimated numbers of maternal deaths accounting for about one third of the estimated global maternal deaths. She noted that one of the Sustainable Development Goals of the World Health Organisation (WHO) was to reduce maternal mortality rate to less than 70 per 100,000 live births by the year 2030. At present, she added that maternal mortality ratio in the UITH over a quarter review was 2,000 per 100,000 live births. According to her, the leading cause of maternal mortality remained postpartum hemorrhage, accounting for about 27.1 percent, hypertensive disorder 14 percent, sepsis, 10.7 percent, abortion 10.7 percent,

embolism 3.2 percent, others 9.6 percent. She added; "factors that contribute to maternal deaths are delay in the decision to seek for care, delay in identifying and reaching the health facility and delay in receiving appropriate treatment in the facility."

Dr Otuyo identified some of the causes of tertiary delay as; erratic power supply, extra materials not included in the Operation Pack Revolving Fund (OPRF) packs, shortage of manpower and financial status of the patient. She concluded that maternal mortality could be a preventable condition but it must take concerted efforts of patients, hospitals and government to achieve this.



**The Presenter, Dr Otuyo, Presenting at the April 2024 edition of the Grand Round**



**The Chief Medical Director, Prof A.D. Yussuf, Making His Remarks At The Event**

**WE HAVE ZERO TOLERANCE FOR CULTISM AND INDECENT DRESSING -ACTING C-MAC, TELLS MATRICULATING STUDENTS**

THE Acting Chairman Medical Advisory Committee (Ag-CMAC) of University of Ilorin Teaching Hospital, (UITH) Professor S.A. Biliaminu, has reiterated the need for students of the UITH schools to shun cultism and indecent dressing, warning that anyone caught in the act will face disciplinary action.

According to Professor Biliaminu on 23rd April 2024, representing the Chief Medical Director (CMD) Professor A.D. Yussuf, at the 26<sup>th</sup> Joint Matriculation Ceremony of the College of Community Health of the UITH schools, said the Management of the school would not bend its rules and regulations for any erring student. He promised the students and their lecturers more of the Management's supports, especially in the areas of provisions of infrastructural needs and instructional facilities. He urged the

matriculating students to be studious and ensure that they complete their studies within the scheduled time.

In the same vein, the Deputy C-MAC (Training and Education), Dr B.B. Olafimihan canvassed high moral standards from the students, describing their matriculation as unique, being the first of its kind since the school recently attained its collegiate status.

In her welcome address, the Provost of the College, Dr S.B. Oyewole said the matriculating students comprised 47 students on two years course, 37 on one year program, and 19 on the newly introduced course on Post Graduate Diploma in Community Health Education, (PGDCHE), in affiliation with the University of Ilorin. She added, "today's ceremony is so unique because, we are celebrating with our first-set of the PGDCHE students, the first of its kind of all the colleges

of community health established in University Teaching Hospitals nationwide. "These categories of students", according to her, "are to be trained to lecture at the college of Health Technology and Colleges of Community Health for the production of the man-power that will effectively manage the primary healthcare facilities, in order to measure up with the Sustainable Development Goals (SDG). It is in consideration of the above, that the school's status is advanced to a college headed by a Provost."

In her Good-Will message, Dr. (Mrs) M.M. Fashiku who represented Professor AbdulRaheem, the Head of Epidemiology and Community Health, urged the students to believe in themselves, trust their trainees and perform excellently in their academic pursuits, in order to be transformational agents to the larger society.



The Acting Chairman Medical Advisory Committee (Ag-CMAC) Professor S.A. Biliaminu (left), The Deputy C-MAC (Training And Education), Dr B.B. Olafimihan (Middle) And The Provost Of The College Of The Community Health, Dr S.B. Oyewole At The Matriculation Ceremony



Oath Taking By Some Of The Matriculating Students on 23<sup>rd</sup> April, 2024

**EXPERTS AT THE 2024 WORLD HEALTH DAY AT THE UITH, CANVASS AFFORDABLE HEALTH CARE FOR ALL**

THE needs for affordable health care system for all Nigerians, early introduction of teaching of mental health into secondary school curriculum and strict observance of the rights of patients and health care givers,

formed the fulcrum of recommendations by medical experts who delivered separate lectures at this year World Health Day, marked at the University of Ilorin Teaching Hospital (UITH) community.

The World Health Organization, (WHO), celebrates World Health Day on 7th April of every year to improve the level of well being of the world human population. The UITH, via the Department of Epidemiology and Community

Health in collaboration with Association of Public Health Physicians of Nigeria, (APHPN), commemorated the day on Monday, 8th April, 2024. This year theme, was "My Health, My Right."

According to Dr. Oluwabunmi Buhari, a Consultant Psychiatrist, of the Department of Behavioural Science of the UITH, while speaking on 'My Health, My Right: Mental Health And Wellbeing,' it has become necessary to introduce mental healthcare into Primary Health Care System (PHCS) of Nigeria, especially while considering the little awareness of the reality of the existence of the disease among Nigerians. She described mental health as an albatross that could hinder the socio, political and economic developments of any nation, when left untreated or where the management of such disease, is not available or affordable.

According to her, one in every

four people will experience mental illness as health conditions. She attributed this to changes in emotional conditions, thinking or behavioural patterns. She added that, "the mental illness can be associated with distress and problems functioning in social, work or family activities. Mental health is also key to relationship, personal and emotional well-being and contributing to community or society".

The psychiatrist disclosed that mental illness could affect anyone, irrespective of age, gender, income status, social ranking, race, ethnicity, religion and spirituality. She however cautioned against stigma and discrimination on those with mental illness. Buhari pointed out the risk factors as; social, physical and psychological. She advised people to look at life with positivity.

In his presentation, Dr. Oluwatosin Fakayode, Director of Public Health, Kwara State

Ministry of Health, lamented on how about half population of the world, suffered hindered access to effective healthcare system. He spoke on the topic; "My Health, My Right: Health Care Access And Equity In Kwara State". He described the theme for the year health day as apt, urging health care providers, other critical stakeholders and philanthropists to champion the cause of ensuring that people have access to qualitative healthcare which he said was a Fundamental Human Rights.

Another Guest Speaker, Dr. Sarumi Olakunle, a Consultant Public Health Physician of the Department of Epidemiology and Community Health of the UITH, said the Bill of Rights for patients and the health care givers should be dutifully observed, just as he cautioned against discrimination against any patient, noting that such would constitute unethical conduct in healthcare delivery system.



Some Of The UITH Participants At The 2024 World Health Day



A Cross Section Of The Participants At The 2024 Edition Of The World Health Day.



Acting C-MAC UITH, Professor S.A. Biliaminu (Fourth Left), And Other Officials At The 2024 World Health Day.

## HEALTH TIPS ON LASSA FEVER

Lassa fever is an acute Viral Haemorrhagic Fever (VHF) caused by the Lassa virus. The natural reservoir for the virus is the *Mastomys natalensis* rodent (commonly known as the multimammate rat) but other rodents have also been identified as carriers of the virus. Lassa fever occurs throughout the year, but most commonly during the dry season

### The virus is spread through:

1. Direct contact with urine, faeces, saliva or blood of infected rats.
2. Contact with objects, household items and surfaces contaminated with urine, faeces, saliva or blood of infected rats.
3. Ingesting foods contaminated

with urine, faeces, saliva or blood of infected rats.

4. Person-to-person transmission can also occur through contact with blood, urine, faeces, vomitus and other body fluids of an infected person

### Potential risk factors for the infection

1. Coming in direct contact with the urine, faeces, saliva or blood of infected rats
2. Living in rat infested environments
3. Consumption of potentially contaminated food especially those left open overnight or dried outside in the open
4. Handling or processing of rodents (rats) for consumption
5. Caregivers of infected persons

with poor infection prevention and control measures

6. Health care workers including Doctors, nurses and other health workers providing direct patient care, Laboratory staff who handle blood samples and other Hospital support staff who clean and disinfect contaminated surfaces, materials and supplies,

### Signs and symptoms

- The initial presentation is like any other febrile illness such as malaria. The symptoms include: fever, headache, sore throat, general body weakness, cough, nausea, vomiting, diarrhoea, muscle pains, chest pain.
- In severe cases, unexplainable bleeding from ears, eyes, nose, mouth and other body openings.

## TIPS ON HOW TO REDUCE THE RISK OF LASSA FEVER TRANSMISSION

1. Keep your environment clean at all times
2. Block all holes in your house to prevent entry of rats.
3. Cover your dustbins and dispose refuse properly. Refuse dump sites should be very far from homes to reduce the chances of having rodents within homes
4. Store foodstuff like rice, garri, beans, corn/maize etc. containers which are well covered with tight fitting lids
5. Avoid drying food stuff outside on the floor, roadside where it will be exposed to contamination
6. Avoid bush burning which can lead to displacement of rats from bushes to human dwellings
7. Eliminate rats in homes and communities by setting rat traps and other means available
8. Practice good hand hygiene by frequent hand washing or use of hand sanitizers