

**CONFERENCE ABSTRACTS**  
**LIVE/ONSITE ABSTRACT PRESENTATION**

**WA 001**

**Haematological effects of aqueous stem extract of Croton membranaceus in male Sprague-Dawley rats**

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**Background:** Roots of Croton membranaceus has been used for decades for management of prostate enlargement for decades in Ghana, and recently with scientific proofs. Haematopoietic system is an important index of physiological status in man and animals. Assay and interpretation of haematological parameters in experimental animals during the study of a potential drug or extract is a common practice in toxicological studies. Currently, the stem is being added to the roots for management of prostate enlargement in Ghana without scientific evidence.

**Objective:** To study the effect of aqueous stem extract of Croton membranaceus (CMASE) on the haematological indices of male Sprague-Dawley (SD) rats.

**Methods:** A total of 24 male SD rats were divided into 4 groups and administered distilled water (control), CMASE doses of 30, 150 and 300 mg/kg by oral gavage for 60 days. At the end study, blood obtained by cardiac puncture after anesthesia was analyzed. Results were using one way

analysis of variance (ANOVA) with Graphpad prism 6, and significance set at  $p < 0.05$ . Ethical clearance was obtained for study (UG-IACUC 003/18-19).

**Results:** No statistical significant differences was observed in haematological indices: haemoglobin concentration (HB), red blood cells (RBC), mean corpuscular haemoglobin (MCH), mean corpuscular volume (MCV), mean corpuscular haemoglobin concentration (MCHC), mean corpuscular haemoglobin (MCH), white blood count (WBC) levels in the treated groups compared to control. Also, effects of CMASE on these indices were mostly in non dose-dependent pattern. CMASE caused non-significant marked elevation of platelets levels of compared to the control group.

**Conclusion:** CMASE does not have potential to induce anemia, leucopenia nor leukocytosis but could cause thrombocytosis.

**Keywords:** Haematological indices, stem extract, C. membranaceus, rats.

**WA 002**

**Assessment of quality of Life of breast and Prostate Cancer patients receiving treatment at a tertiary health institution in Imo state, Nigeria**

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**Background:** Breast Cancer is the most common cancer in the world, while Prostate Cancer affects 1.1 million people.

**Objective:** To assess the quality of life of breast and prostate cancer patients receiving treatment at a tertiary health institution in Owerri, Imo State, Nigeria.

**Method:** The European Organization for Research and Treatment of Cancer - Quality of Life Questionnaires Breast 23 and Prostate 25 were used. Descriptive and Inferential statistics were determined using Statistical Package for Social Sciences. One-way Analysis of Variance and Spearman's correlation were used to determine statistical significance and correlation respectively.

**Results:** Sexual enjoyment functional scale was high

among breast cancer participants for various treatment protocols ( $p = 0.001$ ). Body Image functional scale was elevated in those with treatment duration above twelve months ( $p = 0.009$ ). Breast symptoms were reduced in all treatment groups ( $p = 0.031$ ). Prostate cancer research participants showed increased sexual enjoyment functioning scale for all treatment duration categories ( $p = 0.035$ ). Treatment related symptoms were reduced with treatment duration above 12 months ( $p = 0.035$ ).

**Conclusion:** Specific treatment of breast and prostate cancer patients does not affect their quality of life due to improved health care services and positive attitude.

**Key words:** Quality of life, breast cancer, prostate cancer, patients, treatment

## WA 003

### A retrospective study of physician-managed hypertension in a tertiary hospital in Southwestern Nigeria

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**Background:** Hypertension is a cardiovascular disease of public health concern that has caused severe mortality and morbidity. Information on costs of managing hypertension, as well as classes of drugs used for hypertension have not been fully studied. Again, data on factors that influence physicians' choice of antihypertensive drugs are scarce.

**Objectives:** This study intends to determine costs and classes of antihypertensive drugs used by physicians as well as assess factors that influence physicians' choice of such drugs in a tertiary hospital in Southwestern Nigeria.

**Method:** Six hundred and eighty four case notes of hypertensive patients were retrospectively reviewed within a three month period. A prospective interaction with 85 randomly selected physicians was undertaken using a pretested questionnaire to obtain their demographic characteristics. Data were summarised using descriptive and inferential statistics at  $p < .05$ .

**Results:** Physicians and patients mean ages were

45.74±10.63 and 65±11.12 years respectively. Average monthly costs of antihypertensive drugs in patients with and without comorbidities were \$9.11±0.15 USD and \$12.56±0.06 USD, respectively. These different costs were significant at  $p=0.001$ . Classes of antihypertensive drug used were thiazides (60.8%), calcium channel blockers (57.6%), angiotensin converting enzymes inhibitors (50.7%),  $\beta$ -blockers (15.2%), and  $\alpha$ -blockers (6.1%). Physicians' choice of anti-hypertensive medications was significantly influenced by cost of medication ( $p=0.003$ ), patients' economic status ( $p=0.004$ ), presence of comorbidities ( $p=0.026$ ), among others.

**Conclusion:** Cost of managing hypertension was high. Classes of drugs used were in line with JNC 7 guidelines. Physicians' choice of antihypertensive medication was mostly influenced by costs of medication, patients' physical and economic status.

**Keywords:** Cost, Antihypertensives drugs, Hypertension, Nigeria

## WA 004

### Universal Health Coverage: The collaborative services of Sickle Cell Clubs in Abeokuta, Ogun State. Nigeria.

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**Background:** Achieving the Universal Health Coverage (UHC) requires collective effort from government and non-governmental organization. The sickle cell club offers collaborative services especially for the sickle cell community to support UHC. Studies on role of collaborative services of sickle cell clubs in UHC are scarce.

**Objective:** This study sought to review the collaborative services of sickle cell clubs in Abeokuta, Nigeria geared towards achieving the UCH

**Method:** To understand sickle cell club collaborating effort on UCH, the activities of sickle cell clubs in Abeokuta was reviewed and compared to the localized SDGs 3.8 indicators.

**Results:** Sickle cell clubs offers variety of collaborative services, including health information and education, genetic counselling, reproductive health care services, social and economic services consultations, research, group therapy, team building activities, health welfare investment and other resources to empower each individuals on how to cope and adapt to the lifestyle that is often dictated by their genotype status.

**Conclusion:** The sickle cell clubs facilitate SDG 3.8 for sickle cell community of all ages that joins the club. More deliberate efforts by other sickle cell clubs in all the state in Nigeria are suggested to enhance achieving UCH by 2030.

**Keywords:** Universal Health Coverage, SDG 3.8, Sickle Cell Club, Health welfare investment, Collaborative services.

## WA 005

### Medication adherence and associated factors with pharmaceutical care among patients attending a tertiary psychiatric care facility in Accra, Ghana

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**Background:** Provision of pharmaceutical care to mental health patients is acknowledged to positively influence adherence to medication. Exploring further which aspects of this service offers greatest impact can help in the optimum application of scarce resources.

**Objective:** To evaluate which aspects of pharmaceutical care service offered to out-patients with mental illness at the Korle Bu Teaching Hospital has the most effect on their adherence.

**Method:** A cross-sectional descriptive survey of 145 outpatients was undertaken. A structured questionnaire was used to gather data on patients' socio-demographic characteristics, their adherence to medications and perception of which components of pharmaceutical care influenced their adherence. The data collected were analyzed using linear regression models with significance determined at  $p < 0.05$ .

**Results:** About 63.2% of the respondents were adherent to their medications and respondents engaged by pharmacists (62.8%) at start of therapy were found to be two times more likely to be adherent to their medication than those who were not engaged by a pharmacist at start of therapy (37.20%) ([OR] = 2.09; [CI 1.04-4.19], (P = 0.038)]. The aspects of pharmaceutical care contributing most to adherence (aspects with mean rated scores above 85.00) were the counselling sessions, knowledge acquired, the pharmacist identifying and helping solve medication-related problems, and the quality, efficacy and availability of the medications offered.

**Conclusion:** The study showed two key areas that aids adherence; patients engaging a well-trained pharmacist before initiating pharmacotherapy and having access to quality medicines.

**Keywords:** Pharmaceutical care, Adherence, Perception, Mental health

## WA 006

### Over-the-counter (OTC) sales of male sexual enhancement products among community pharmacists in Ogun State, Nigeria

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**Background:** Over-the-counter sales of male sexual enhancement products are widespread particularly in developing countries and community pharmacists are well positioned to prevent the misuse and abuse of such products.

**Objective:** To investigate over-the-counter sales of male sexual enhancement products by community pharmacists in Ogun State.

**Method:** Descriptive cross sectional study was conducted among community pharmacists in Ogun State. Data were analysed using Statistical Package for Social Sciences (SPSS) version 20.0 with statistical significance set at  $p > 0.05$ . Results were presented as frequency tables and charts.

**Results:** Most respondents sold male sexual enhancement products over-the-counter on a daily basis, particularly sildenafil and tadalafil respectively (64.9% and 50.0%). About 46% sold the products over-the-counter based on assumption that the users were conversant with the

products. About 47.4% reported erectile dysfunction by their clients. However, 64.9% of respondents provided pharmacotherapy with counselling (6.1%), while only 36.8% referred cases. Choice of sexual enhancement products by respondents was majorly influenced by type of sexual dysfunction (39.5%) and drug safety (23.7%). However, there was no significant association between respondents' characteristics and over-the-counter sales of male sexual enhancement products.

**Conclusion:** Sales of male sexual enhancement products over-the-counter is a common practice among community pharmacists in Ogun State mostly based on the assumption that the users were conversant with such products. Many community pharmacists in Ogun State do not follow recommended guidelines for diagnosis and management of sexual dysfunction in men.

**Keywords:** male sexual enhancement products, over-the-counter, sales, community pharmacists

## Students' perception of drug abuse and effects of educational intervention in selected secondary schools in Iwo, Nigeria

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**Background:** In Nigeria, the menace of drug abuse is rapidly rising. Studies have shown dearth of knowledge as a major cause of drug abuse.

**Objective:** This study assessed perception of students on drugs of abuse and effects of educational intervention on the knowledge of secondary school students about drug abuse in Iwo, Nigeria.

**Method:** Two secondary schools (one private and the other public) were selected for the study. The respondents were randomly selected and included 111 students from the private school and 94 from the public school. Data was collected using a pre-tested semi structured questionnaire. Thereafter the respondents were educated for a period of two weeks on drugs of abuse and their effects if abused. The same set of questionnaire was administered pre and post intervention.

**Results:** The result revealed that the drugs perceived to be

commonly abused were cocaine (17%), marijuana (12.6%), tramadol (12.6%), alcohol (11.6%), heroine (8.4%), cigarette (7.4%). The greatest social factors perceived by students to be responsible for drug abuse were bad parenting and peer pressure, while psychological factors were depression (82%), stigma (79.7%), disappointment (66.3%), insomnia (67%), Stress (58.5%) and poor performance (53.7%). The knowledge of the respondents about drugs of abuse and effects of drug abuse improved significantly after the educational intervention for Iwo High School ( $p = 0.004$ ) and A1 Comprehensive High School ( $p = 0.04$ ).

**Conclusions:** The study showed that drugs commonly perceived to be abused were cocaine, marijuana tramadol, alcohol, heroine and cigarette. Also, educational intervention is useful in improving knowledge of students about drugs abuse and effects of drug abuse.

**Keywords:** Drugs, Abuse, Psychological, Social, Knowledge, Intervention

## Evaluation of binding properties of native and modified starches obtained from yam (*Dioscorea cayenensis*).

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**Background:** Tablet binders are referred to as adhesives substances ensuring that tablets manufactured have the required mechanical strength. They are an increasing need to improve on our local starch to Pharmaceutical grade excipients which can be used to produce quality tablets.

**Objectives:** To evaluate binding property of native and modified starches obtained from Yam (*Dioscorea cayenensis*) tubers in Paracetamol tablets

**Methods:** Native starch (NS) was extracted from standard procedures and then modified to water pregelatinized starch (PGS?) and alcohol dehydrated pregelatinised starch (PGS?). Paracetamol tablets with binders concentrations (2.0, 5.0, 7.0, 10.0% w/w) of NS, PGS? and PGS?, Gelatin (GL) were prepared by wet granulation method. The flow and compressibility properties of the starch, granules and the Crushing strength, Friability, Dissolution efficiency of the tablets were determined.

**Results:** The granules show excellent flowability and compressibility properties. The Crushing Strength increases as the binder concentration increases in all the material under investigation. Generally, as the binder concentration is increased, Friability decreases. The Dissolution efficiency of the dosage form for 10% w/w binder concentration was comparable to the standard Gelatin.

**Conclusion:** *Dioscorea cayenensis* starch can be used as binder in Paracetamol tablets. The flowability and compressibility property were greatly improved by modification to PGS? and even better to PGS? and modified starches were comparable to Gelatin used as standard.

**Key words:** *Dioscorea cayenensis*, Binder, Paracetamol, Water pregelatinised starch, Alcohol dehydrated pregelatinised starch.