

Nigeria Health

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Intro to Health Promotion

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Nigeria is a beautiful cultural place located in North Africa. Typically where a lot of people would visit but there's unfortunately a sad reality that is just like many other countries that are going through real evolving things, such as severe health problems causing high mortality. This study focuses on recognizing Nigeria's top leading cause of death as well as their health system overall and many more factors to be discussed.

One of many top leading causes of death in Nigeria would be lower respiratory infections. Known to cause pneumonia, or other infections including lung abscess and acute bronchitis. Some of the typical symptoms for lower respiratory infections would be; coughing, fatigue, shortness of breath or even having a fever. Typically the prevalence of the lower respiratory infections increases tremendously with age. Commonly seventy one years and older to have the highest prevalence. Gender doesn't affect the prevalence, age did. Also the season was another factor that may have been connected to affect the prevalence of lower respiratory infections. The leading killer of children mainly five years or younger. A recent scientific study finds LRIs responsible for one in seven child death worldwide. Although the pace for LRI's has slowed behind that of other childhood infectious diseases, such as measles and tetanus.

For LRI's surveillance infections in the community are those that do not get reported clinically. The preventable nature of the vast majority of lower respiratory infections deaths mandates focuses attention on health system efforts in specific locations with the highest burden. Many deaths causes by LRI's are preventable, as far as women breastfeeding to protect the children, also household air pollution. In Africa the largest mortality rate caused by LRI's is Nigeria. 5 years old or younger. Statistics shows, "The largest number of LRI's deaths in any divisions in 2017 occurred in Nigeria and Ethiopia; in particular, Kano and Kaduna states in Nigeria (13,800 (UI 12,200–15,500) deaths and 11,500 (UI 9,800–13,300) deaths".

Furthermore the demands for the healthcare is expanding, changes are necessary to improve healthcare. Lower respiratory infections continues to be the major cause of the mortality and morbidity in Nigeria. Nigeria has a high prevalence of a lot of risk factors of ARI's among children. Including sex, overcrowding, socio-economic status. In need for community based initiatives for interventions and surveillance. Commonly in Nigeria some hospitals are visited when symptoms are really severe. It's said that viral information from clinical sampling is insufficient to either capture disease incidence in general populations or its usually predicted from symptoms. They've been focused on creating community based disease surveillance methods. Community based has been proven useful for learning more about respiratory infections such as assessing the under reporting, predictions of epidemics as well as types of viruses prevalent in communities. Nigeria hospitals are very limited, other constraints and diagnostic methods have limited studies. Statistic shows that LRI death fell by 65% globally between 1990 to 2017 decreasing from 2.3 million to 809,000. 15% of 5.4 million total children deaths in 2017. Nearly half occurred in Nigeria with 153,069, India 186,429 and Pakistan with 40,480, all combined. An article states how in Nigeria they have to come really early and pick numbers before they can meet the doctors. They stated that it has gotten worse. Power cuts challenging work conditions for the medical professionals and low pay. Those are Nigeria's largest problems of economic stability. Also not having enough staff. There are serious systemic problems with the medical system in Nigeria that makes the mortality rate worse. According to the Nigerian medical association the seventy five thousand doctors registered in the country, almost 40 thousand now practice outside of Nigeria. The UK itself estimates about 12 doctors from Nigeria are registered every week there. With more than 5,000 Nigerian already working at their hospitals. Nigeria faces a lot of issues in the healthcare system. From lack of support, to

funds limitations, poor governance and mismanagement. Supposedly they proposed 2020 budget of the federal ministry of health is 427bn which amounts of 4 percent of the budget. The lack of funds to the health sector, led to the hospitals being understaffed and underfunded medical. Nigerian doctors were owed a specific salary which they never got so it led to strikes that lasted for months. Article states that some patients were forced to sleep on bare floors. The president muhammadu Buhari took excessive amounts of trips to Britain to seek medical health for an undisclosed illness were noted with irony by Nigerias poorest. Nigeria has suffered over two hundred grid collapses in 9 years with just 12 in 2019. That problem resulted in doctors having to perform surgeries using candles, cell phones or lamps. Many left due to shortage in drugs and equipment. Many couldn't be treated if the doctor didn't see anything wrong with out taking any test. For example victims who suffered gunshot wounds couldn't be treated in Nigerian hospitals if they didn't have a police report with them, a policy that led to many deaths unfortunately. I think that is very unfair. Although they may not want to, those are the precautions they have to take because of the Compulsory Treatment and Care for victims of Gunshot act. Which was introduced by Buhari in 2017. They were suppose to end the practice but doctors claim the legislation is not always enforced and the police might still extort the doctors if they treat the patients with their gunshot wounds.

Despite clear evidence of the growing numbers with doctors looking or leaving outside the country for residency programs, the Nigerian minister of labor and employment says they're supposedly enough medical personnel in Nigeria. Also their minister of health, Prof Issac Folorunso Adewole vouches for the minister and also claims that the ratio of doctors to 5,000 people in nigeria is better than other African countries. The world health organization states that countries with 10 or less doctors per ten thousand people to have an insufficient number of

medical professionals. I believe that Nigeria health system hinders LRI's from decreasing because they are underfunded, less medical supplies they need to treat patients and very bad hospital conditions where they are hindered from being treated, which cause many deaths.

As for the health promotion the failure of the government to regulate and fund the health system sustained the prevalence of LRI deaths in the country. Nigeria is undergoing a process of health sector reform, the federal ministry of health developed "seven strategic thrust". The following are Improving the stewardship role of government, strengthening the national system and its management, improving availability of health resources and other management, reducing the burden of disease, improving access to quality health services, improving consumers awareness and community involvement and promoting effective partnership, collaboration and coordination. Increasing funding of the health system, establishment of quality assurance, certificate of needs and standards, regulation and registration of informal providers, strengthening regulatory mechanism including codes of conduct.

Overall Nigeria health system is poor and underfunded and understaffed, I strongly feel like the health care in Nigeria is hindering. I believe they are trying to help but there's not much they can do without support from the government the supplies, health facilities, health personnel and medical equipment are not sufficient enough in Nigeria. Great doctors are leaving to different countries with better pay. In Nigeria it is crowded living conditions that may affect children under 5 are exposed to LRI's. No specific gender, it's an even proportion of male and female to get the infection. Nigeria health care suffered many downfalls. According to the Nigerian National health conference health care system remains weak for the lack thereof. If they truly enforce their health promotion strategy I believe it will save the mortality rate for LRI's tremendously.

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